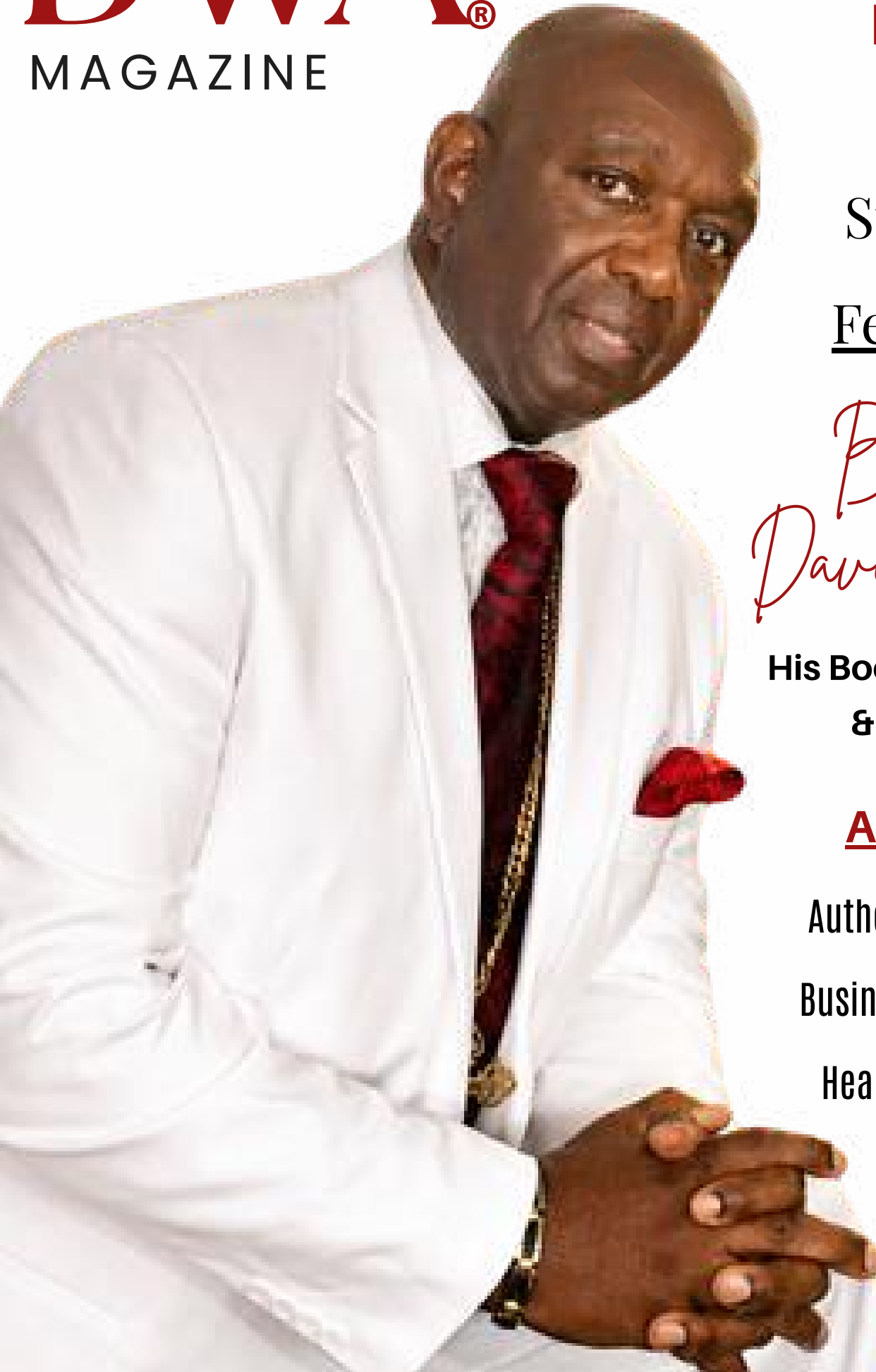


# BWA<sup>®</sup>

MAGAZINE



**HAPPY  
FATHER'S  
DAY!**

**Author  
Spotlights!**

**Featuring**

*Bishop  
David Curtis*

**His Books, Ministry,  
& Mission**

**Articles**

**Author Spotlights**

**Business | Finance**

**Health | Fitness**

**Recipes**

**Travel**



*Happy*  
**FATHER'S**  
**DAY**

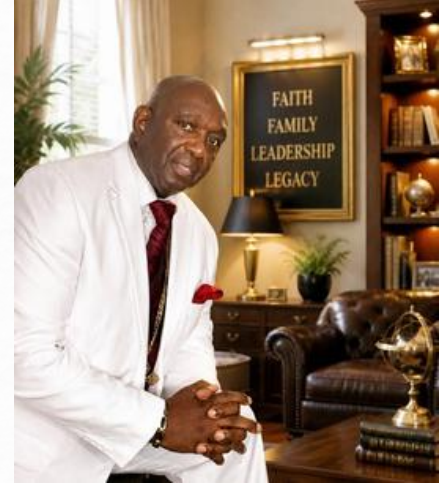


*Happy Father's Day to All the Men Biological or not, Thank you!  
We Love you, Dad, Uncle, Grandpa, Mentor!*



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(Cover Feature)

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Welcome from the Editor  
Honoring Fathers, Freedom,  
Legacy, and Leadership

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# *Editor's Note*



Dear Readers,

Welcome to our June edition of BWA Magazine, a special issue dedicated to two powerful celebrations that hold deep meaning within our communities—Father's Day and Juneteenth. This month, we pause to recognize and honor the fathers, grandfathers, stepfathers, mentors, and father figures whose guidance, wisdom, and sacrifice to help shape families and future generations.

Fathers play a vital role in building strong foundations, teaching life lessons, providing protection, and instilling values that often last a lifetime. Whether through biological ties or chosen responsibility, the impact of a father can influence a child's confidence, identity, and vision for the future.

We are honored to feature **Bishop David Curtis** on our cover, highlighting his commitment to leadership, ministry, and legacy. Throughout this edition, readers will discover inspiring stories focused on fatherhood, men's wellness, entrepreneurship, relationships, and the importance of building strong family foundations.

As we also commemorate Juneteenth, we recognize the resilience, achievements, and cultural contributions of African Americans throughout history. This month serves as a powerful reminder of the importance of freedom, opportunity, and generational impact. Together, Father's Day and Juneteenth encourage us to reflect on the legacies we inherit and the ones we create. We hope this issue inspires meaningful conversations, celebrates Black excellence, and honors the men whose influence continues to empower future generations.

*Paulette Henson*

**Paulette Henson, MBA**  
Editor-in-Chief

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*"A father's legacy is not measured by what he leaves behind, but by what he instills within those who follow. Likewise, freedom's greatest purpose is creating opportunities for future generations to thrive."*  
— Paulette Henson

# A Father's Hands

By Paulette Henson

A father's hands are strong and wide,  
Built to protect, to teach, to guide.  
They lift a child when days are hard,  
They guard the home, they stand on guard.  
A father's voice can calm the storm,  
His presence alone can bring such warmth.  
He teaches strength, respect, and grace,  
And helps a child discover their place.  
For daughters watching from afar,  
A father often becomes the bar  
For how a man should speak and love,

How he should lead, protect, and  
hug.  
And sons become what they have  
seen,  
The lessons spoken and in-  
between.  
Fathers shape futures every day,  
In every word and every way.  
So on this day we honor men  
Who choose to lead again and  
again.  
For fathers matter more than  
words can say,  
And families are stronger because  
they stay.



# DADDY ISSUES

BY PAULETTE HENSON

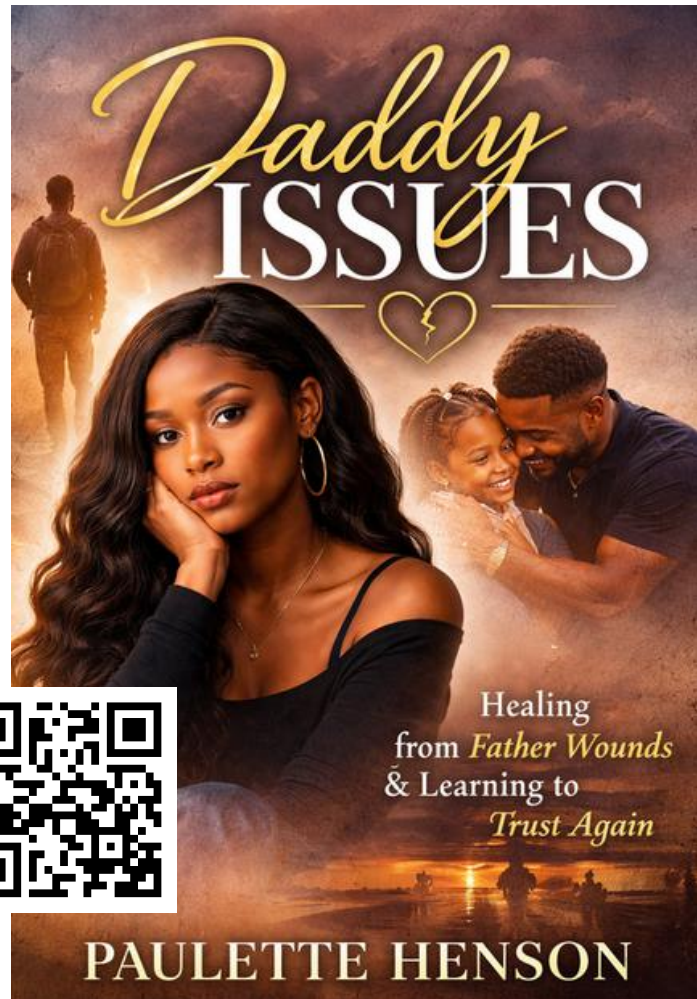
## HOW IT CAN EFFECT YOUR ADULT RELATIONSHIPS!

There are some wounds that do not bleed outwardly, yet they silently shape the way we love, trust, communicate, and connect with others. One of the deepest emotional wounds many women carry is the absence, rejection, or inconsistency of a father figure. For some women, “Daddy Issues” is not just a trendy phrase used on social media — it is a lived emotional experience that affects relationships, self-worth, boundaries, and emotional security well into adulthood.

I understand this personally.

I have a biological father with whom I do not have a relationship. His absence created questions, emotional distance, and feelings of abandonment that I carried for years. Yet, while one father figure was absent emotionally, God blessed me with a stepfather who stepped into my life and loved me as his own daughter. He raised me with structure, boundaries, protection, wisdom, and standards. He showed me what genuine care looked like. He taught me how a woman should be treated.

When my stepfather passed away, I felt like I lost the one man who truly chose me, protected me, and poured into my life consistently. That loss changed me deeply. And perhaps that is one of the reasons I wrote my book, *Daddy Issues*.



Because the truth is, father wounds do not simply disappear with age. They often follow women into adulthood and quietly influence the relationships they pursue. Many women who experienced abandonment from their fathers may struggle with trust, emotional vulnerability, fear of rejection, insecurity, or the desire for validation from men. Others may develop extremely high standards because they once experienced a man who treated them with love, honor, and protection — and now refuse to settle for less.

In my case, my stepfather set the standard so high that it became difficult to accept emotionally unavailable, inconsistent, or immature behavior from men. He showed me what respect looked like. He showed me what accountability looked like. And because of that, I found myself searching for relationships that mirrored the safety, protection, and stability he provided.

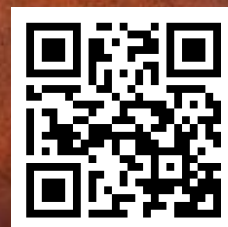
# Is *Daddy* ISSUES? — *for You?*

- You have unresolved father wounds impacting your relationships and self-esteem.
- You struggle with trust and intimacy due to the absence of a nurturing father figure.
- You find yourself in unhealthy relationship or repeating cycles of abandonment.
- You desire healing and want to break free from the pain of your past.

If any of these resonate with you, "*Daddy Issues*" is the compassionate guide you need on your journey toward healing and self-discovery.

*This book will help you:*

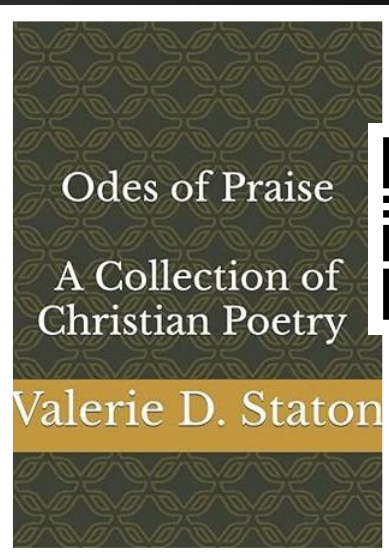
- Understand and heal your *father* wounds
- **Break unhealthy** patterns and develop healthy relationships
- Learn to trust again and build a foundation for a brighter future



**Invest in your healing.**

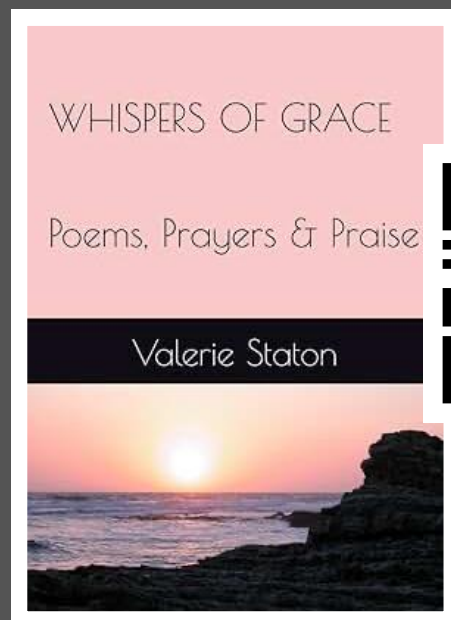
*Author Spotlight*

# VALERIE STATON



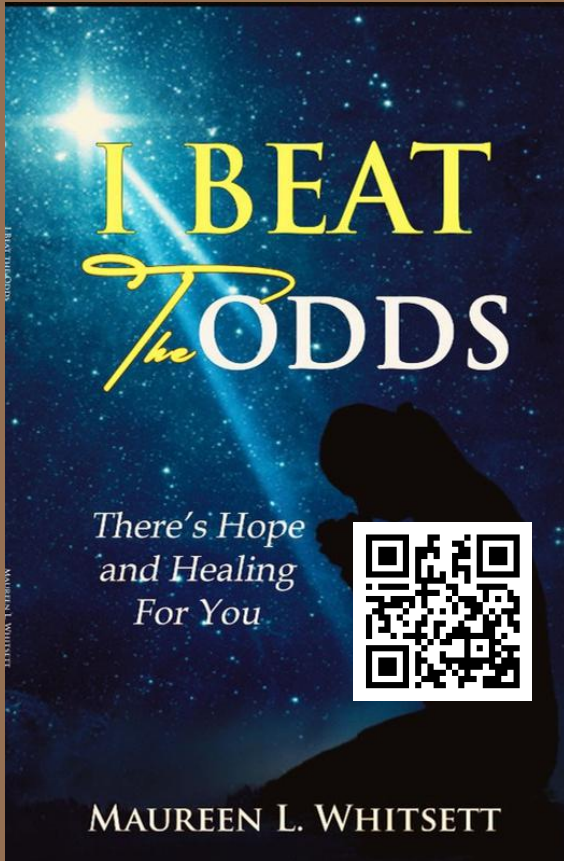
**Valerie Staton**

**"Staton the Facts"  
The Informative Bible  
Based Activity Book**





# AUTHOR SPOTLIGHT



Beating the Odds: How Maureen Whitsett is Transforming Pain into Purpose Through Faith

"My story is proof that no matter what you've faced, through faith in Jesus Christ, there is still hope, there is still healing—and you can still rise."

In a world where many women carry silent battles, Maureen Whitsett is using her voice to bring hope, healing, and restoration. A faith-driven author, speaker, and founder of Queen of the Keys Publishing, she creates space for women—especially Black women—to reclaim their stories with boldness and faith.



## MAUREEN L. WHITSETT

Having overcome trauma, mental health challenges, and life's most difficult seasons, Whitsett writes from lived experience. Her book, *I Beat The Odds, There's Hope and Healing For You*, serves as both a testimony and a lifeline, reminding readers that their past does not disqualify them from purpose. Through her publishing platform, she equips aspiring authors with the tools and confidence to share their voices. Rooted in faith and excellence, her mission is clear: to inspire healing, empower voices, and help others walk boldly in their God-given purpose.

Website: <https://thequeenofthekeys.com>  
The Queen of the Keys, LLC





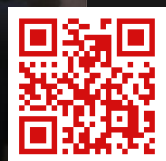
# TIFFANY THURMON

Tiffany Thurmon, also known as Lady Tiff, is a woman of God and lover of God's word. She is graced as a teacher, counselor, bible study leader, facilitator and creator of L.O.V.E.E. (Loving Openly & Vulnerably to Encourage and Empower) Women Fellowship. She uses her gifts to empower, help, and encourage others to reach their potential. Lady Tiff holds an LCSW and has worked in behavioral/mental health for over 2 decades. She is known to provide a listening ear and give wise counsel to those that may seek her wisdom. Lady Tiff serves alongside her husband, in ministry at The Encounter Assembly, in Indiana. She is the mother of one son, who is her inspiration for this first book. It is her desire that her writings help people live their authentic self and reclaim their voice, take back their power and live in truth. Her mission is to inspire people to make wise life choices that will leave them healthier, happier, and fulfilling their life's purpose.

Book Trailer:

<https://www.youtube.com/watch?v=atex00ySIyc&t=5s>

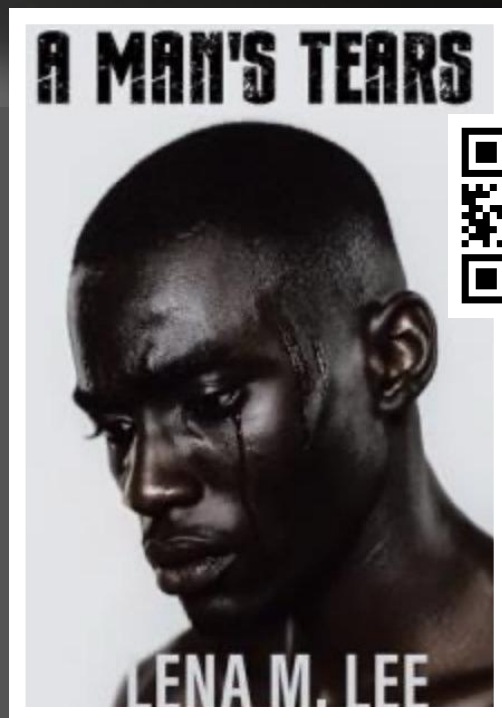
Book synopsis read in trailer.





*Author Spotlight*

# LENA LEE

A screenshot of a Facebook post from 'The Authors Spot' dated 2 days ago. The post features the book cover for 'A Man's Tears' by Lena M. Lee. Below the image is an Amazon.com link with a 'Shop now' button. The post has 1K likes and 4 shares. A comment from Akawu John Esla says 'THANK YOU GOD'.

The Authors Spot  
2d · 🌐

**A Man's Tears**  
LENA M. LEE  
kindle

amazon.com  
**A Man's Tears** [Shop now](#)

👍 Like    💬 Comment    ➦ Share

👤 The Authors Spot + 1K    4 shares

Most relevant ▾

👤 Akawu John Esla  
THANK YOU GOD

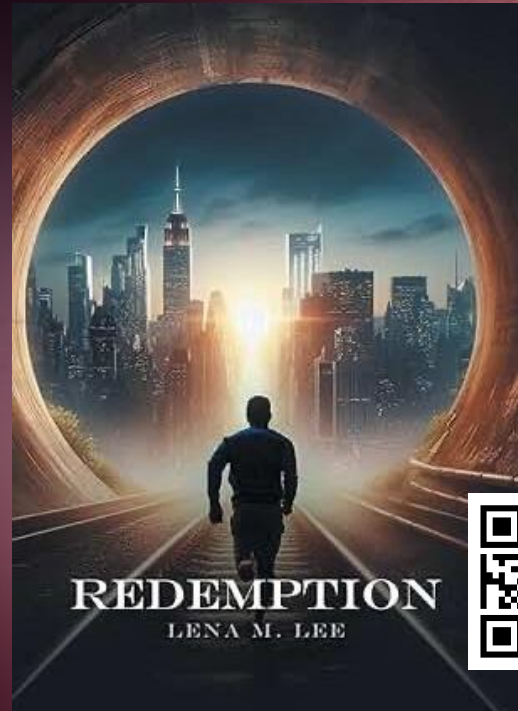


David Drake has graduated from high school and is on his way to college where he meets and falls in love with the beautiful Delilah Henderson. The relationship starts out great until their first major argument where David learns that the woman he loves is extremely abusive. Eventually they depart and he moves on with his life until Delilah cultivates her last form of deceit and David is forever caught into her web.

# LENA'S BOOKS

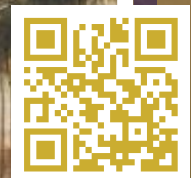
## Redemption

Jamar Tucker, a 16-year-old, out of control teen, who had been inducted into the vicious circle of a violent street gang at the age of 12, gets a wake up call after a dose of reality suddenly finds him fighting for a second chance. An angry kid who was never acknowledged by his well-known celebrity father, Antoine Davis, has nothing but animosity and revenge on his mind. But, after being kicked out of school the end of his 11th grade, then given the boot by a loving, law-abiding mother, who had done all she could, Jamar is forced to either get it right or take flight. He vows to turn it all around, but first he must pay for all the wrong he's done before he's given his wings of redemption. A story about forgiveness, retribution and success.



## After The Sun Rises

After leaving home at a young age, Kia Patterson finds herself responsible for her younger siblings after the tragic death of her mother, Charlotte. She leaves her hometown in Winston, Ohio, and treks to southern California to begin a new life where she unexpectedly meets and falls in love with a famous Hollywood star.



*New York Times* and *USA Today* Bestselling Author

SHANORA WILLIAMS

THE  
WIFE  
BEFORE



"A shocking, sensual thriller with sharp twists."

—TARRYN FISHER,

*New York Times* bestselling author of *The Wives*

# FASHION & LIFESTYLE

# STYLE SMARTER, NOT HARDER



How to Build a Versatile Wardrobe Without Breaking the Bank!



Fashion is often associated with expensive designer labels, overflowing closets, and constantly chasing the latest trends. However, true style is not about how much you spend—it's about how well you curate what you own. A thoughtfully selected wardrobe built around timeless essentials can create dozens of stylish looks while saving both money and time. The secret lies in investing in core pieces.

Core wardrobe staples serve as the foundation of your style. These are versatile items that can be mixed, matched, layered, and accessorized to create multiple outfits for work, social events, travel, and everyday life. Rather than purchasing numerous trendy pieces that may quickly go out of style, focus on building a wardrobe around quality basics that never lose their appeal.

Every woman should consider having a few key essentials in her closet: a well-fitted blazer, a classic white button-down shirt, a little black dress, dark-wash jeans, tailored black pants, a neutral cardigan, and a versatile pair of comfortable heels or flats. These pieces can effortlessly transition from day to evening and from casual to professional settings.

One of the easiest ways to multiply your wardrobe is through layering. A simple black dress can be transformed with a blazer for the office, a denim jacket for brunch, or statement jewelry for an evening event. The same pair of jeans can be worn with a graphic tee, a silk blouse, or a structured blazer to create entirely different looks.

Accessories are another powerful wardrobe enhancer. A bold necklace, colorful scarf, statement handbag, or elegant belt can completely change the appearance of an outfit without requiring the purchase of new clothing. Accessories allow you to express your personality while maximizing the versatility of your existing wardrobe.

Color coordination also plays a significant role. Building a wardrobe around neutral colors such as black, white, navy, beige, and gray makes it easier to mix and match pieces. Once your foundation is established, you can introduce pops of color through accessories, shoes, handbags, or seasonal pieces.

Another cost-saving strategy is to focus on fit rather than brand names. An affordable garment that fits properly often looks more polished than an expensive piece that does not. Simple tailoring can elevate even budget-friendly clothing, making it appear custom-made and sophisticated.

Fashion should empower confidence, not create financial stress. By investing in timeless essentials, embracing creative styling, and choosing quality over quantity, anyone can build a wardrobe that feels luxurious without the luxury price tag.

Remember, style is not about having more clothes—it is about making the most of the clothes you have. With a few strategic pieces and thoughtful accessories, your wardrobe can work harder, look better, and help you feel confident every day.

## ***Fashion Quick Tips***

- *Invest in neutral basics first.*
- *Add personality through accessories.*
- *Choose fit over labels.*
- *Build outfits around versatile staples.*
- *Shop intentionally rather than impulsively.*
- *Keep your wardrobe organized so you can easily see styling possibilities.*
- *A great blazer can instantly elevate almost any outfit.*
- *Confidence remains the most important accessory you can wear.*

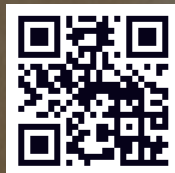


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# JEWELRY



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# Dr. Karish Tatum



## A GLIMPSE INTO THE JOURNEY

More than just a memoir, *From Mother to Doctor: A Journey of Grit, Growth, and Grace* can be a manual for self-improvement. The book draws upon authentic experiences of balancing motherhood, professional success, and self-growth to provide readers with both validation and guidance.

By incorporating techniques such as affirmations, effective time management skills, and goal-setting strategies, Dr. Tatum equips the reader with the tools to navigate challenges and achieve goals despite feelings of uncertainty and doubt.

## STRUCTURED GROWTH, REAL TRANSFORMATION

The book does more than inspire; it gives you an organized pathway to success. You learn clear, attainable strategies, such as time management, goal-setting, and mindset shifts that are easy to implement in real-life situations. Everything that the author says is based on experience, giving you a chance to relate to the content.

*From Mother to Doctor* is recommended for people who are going through or dealing with many things at once. People who need help with career development, families, and personal lives will find this book enlightening and insightful. It is an indispensable resource for growth and improvement.

The unique feature of this book is that it integrates motivational and strategic elements. While most inspirational books focus only on motivating the reader, this one goes beyond by providing a roadmap for implementing the strategies enclosed in this book.



# Dr. Karish Tatum

## Rising with Purpose

### *The Story Behind Dr. Karish Tatum*

Karish Tatum, Ph.D., is a dynamic healthcare leader, doctoral scholar, and visionary entrepreneur who has made significant achievements through discipline, hard work, and passion. She has overcome challenges in her life, such as those associated with early parenthood, and worked her way up to a doctoral degree, thus creating an impressive career based on leadership and strategy.

Having spent more than two decades in the healthcare industry, she turns ideas into actions that generate positive outcomes. As the CEO of Dissertation Compass and Flawless Surgery Consulting, she provides mentorship that enables people to progress in their careers in accordance with their individual obligations.





# THE ART OF BALANCING LIFE & BUSINESS

## The Importance of Protecting Your Peace While Building Your Purpose

In today's fast-paced world, many entrepreneurs, business owners, authors, and leaders are constantly chasing success while silently battling exhaustion, stress, and emotional burnout. The pressure to grow a business, maintain visibility, care for family, manage finances, and still find time for personal wellness can feel overwhelming. Yet one of the greatest lessons successful people eventually learn is this: success means very little if you lose yourself in the process.

***Balancing Business and Life is no longer a luxury – it is a necessity.***

Many ambitious individuals spend years pouring into clients, customers, brands, and responsibilities while neglecting their own mental, emotional, and physical well-being. The result is often burnout, anxiety, strained relationships, lack of rest, and emotional fatigue. Society frequently celebrates hustle culture, but rarely discusses the importance of balance, boundaries, and healing.





True success should not come at the cost of your peace.

Creating balance starts with understanding that productivity does not define your worth. Rest is not laziness. Taking time for yourself is not selfish. Protecting your mental health is essential for longevity in business and in life. Healthy boundaries allow individuals to operate from a place of clarity rather than exhaustion.

Many entrepreneurs struggle with balance because their business becomes emotionally attached to their identity. When business is doing well, they feel valuable. When challenges arise, they feel defeated. This emotional attachment can create constant pressure to overwork and overperform. However, sustainable success requires structure, discipline, and intentional self-care.

Balance also means learning to prioritize relationships. Family, friendships, faith, health, and emotional wellness deserve the same level of attention as financial goals. No amount of money can replace lost time, damaged health, or disconnected relationships. The most fulfilled people are often those who understand how to create harmony between ambition and personal well-being.

- *Sometimes balance means saying no.*
- *Sometimes it means unplugging from social media.*
- *Sometimes it means resting without guilt.*
- *And sometimes it means choosing peace over pressure.*
- *Business should enhance your life – not consume it.*

As entrepreneurs continue building brands, platforms, ministries, and legacies, it is important to remember that the goal is not simply to become successful, but to remain healthy while succeeding. A balanced life creates clearer thinking, healthier relationships, stronger leadership, and greater emotional stability.

At the end of the day, your greatest investment will always be yourself.

- *Protect your peace.*
- *Protect your health.*
- *Protect your purpose.*

*Because a successful life should feel good, not just look good.*

# Author Spotlight

# ELAINE PERKINS

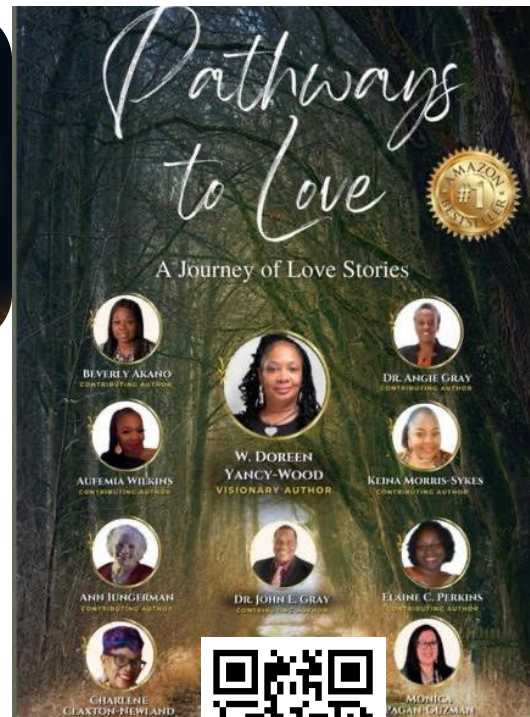


Elaine C. Perkins is a dedicated educator and passionate advocate for lifelong learning, with a career spanning more than 30 years in the New York City Department of Education. Raised in Brooklyn's District 13, she began her journey serving the very community that shaped her, impacting thousands of students over two decades.

Elaine holds an Advanced Certificate in Administration and Supervision, a Master's Degree in Mathematics Education, and a Bachelor's Degree in Elementary Education. Her teaching experience spans elementary and middle school classrooms, where she has instructed students in mathematics, physical education, technology, and writing, while also supporting at-risk students through academic intervention.

Beyond the classroom, Elaine served 14 years as a Staff Developer, training educators across New York City, and contributed to the nationally recognized Algebra Project. She also shared her expertise as an Adjunct Professor at the College of Mount Saint Vincent.

Extending her passion into wellness, Elaine became a coach with Weight Watchers after losing over 70 pounds. A woman of faith, devoted mother, grandmother, and community leader, she continues to inspire others to live healthy, purposeful, and fulfilling lives.



*This anthology invites readers into the varied journeys of life, where each author courageously shares personal experiences. In their stories, you may recognize familiar moments and discover you are not alone. Each voice points to a source greater than themselves—God, the giver of strength. This collection reminds you that you are not defined by what you have faced, but are being shaped into something greater. Within every heart is a divine love story with God. Invite Him to reveal yours more fully today as you reflect pray and embrace hope healing and renewed purpose for your life ahead each day.*

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



Shqueenca King



# Shqueenca King

## The Woman Behind Every Word

Shqueenca writes from lived experience, not imagination. Her voice is shaped by everything she has endured. Her story is unfiltered, carved from abandonment, betrayal, heartbreak, and the lessons only survival can teach. She has faced love that turned toxic, people who walked away, and moments meant to break her, yet she chose to speak rather than stay silent. A devoted mother, she pours love into her children while continuing her own healing.

This work stands as both her testimony and her strength made visible.

Experience a powerful journey of survival, truth, and becoming your own safe place.

# The Voice Behind the Story

**Shqueenca King** does not write from fantasy, she writes from reality. Her writing is honest and unflinching, emerging from the realities of suffering, abandonment, betrayal, and sheer survival. She has experienced others leaving, love becoming destructive, and situations intended to destroy her – but she would not stay silent. No, she chose to be truthful.

Her writing is candid and blunt because that's what life required of her. Deep down, she is a dedicated mother who wants to provide her kids with the love she herself once lacked, while continuing to heal from her past. For Shqueenca, this book is proof that she endured, rose above, and emerged stronger.



## The Heart of the Story

**No One Hears My Loud Cries** is not only a story but also a proof of survival, strength, and transformation. Shqueenca narrates an unfiltered story of rejection, abuse, and love she was forced to experience and discover all alone. Each sentence depicts her struggles and triumphs. Instead of seeing the trials in her life as a reason for despair, she sees them as validation that she endured and survived.

Through heartbreak, self-reclamation, and motherhood, Shqueenca transforms pain into purpose. She learns to stop chasing, set boundaries, and rebuild herself. No one came to save her – so she became everything she needed. This story is not about breaking; it is about rising, protecting, and continuously becoming stronger.

## From Helpless to Empowered: The Lessons You Will Take Away from This Book

This powerful book delivers readers an unflinching insight into the reality of surviving abuse, betrayal, and heart-wrenching love stories. The author tells her personal story raw and uncensored, allowing readers to access truths untainted by sugarcoating. Unlike other books, it is not about romanticizing the process of overcoming challenges, but rather about revealing the price one has to pay.

The reason readers will find this story so captivating is the journey it takes them on. Instead of describing the things that brought the author down, the book shows how the protagonist built herself from scratch, leaving broken pieces behind. This includes going through unhealthy relationships, misplaced loyalty, and realizing when it was time to stop waiting to be rescued. This is what makes this story a perfect guide on surviving the emotional trauma.

If you've ever found yourself trapped in toxic love, feeling too much, and giving all of yourself away in vain, then this is the book for you. If you have ever wondered whether it was worth it and why you are still here, reading this story will provide you with some clarity.

Available on **amazon** **BARNES & NOBLE**



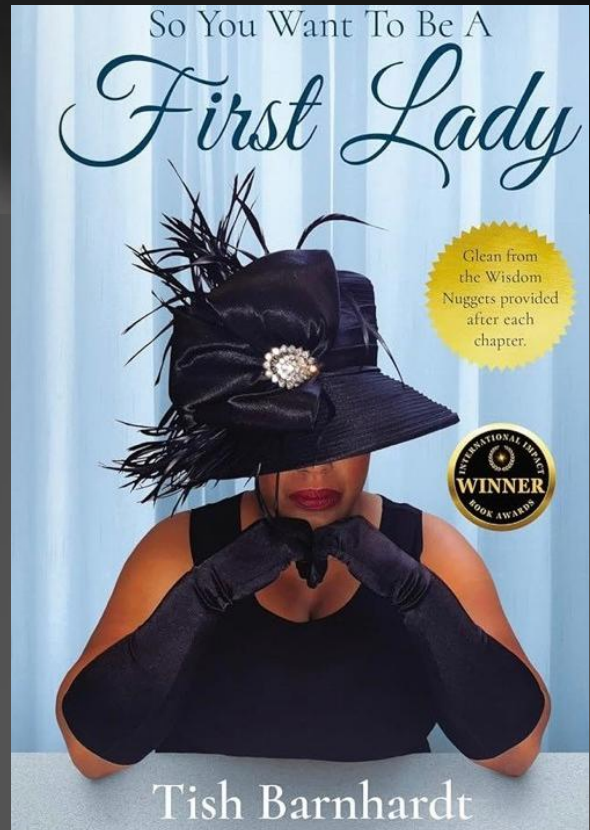
Let's Go!

You don't need  
permission to  
succeed, only  
commitment.





# TISH *Author Spotlight* BARNHARDT



Tish “Latissua” Barnhardt is a 3X award-winning Transformational Author Strategist, Book Coach, and Speaker redefining what it means for women to use their voice with power and purpose. Once silenced by fear and self-doubt, she has transformed her own journey into a movement—helping women unapologetically tell their stories and step into visibility, authority, and impact.

She is the author of the award-winning book *So You Want to Be a First Lady?* and has been featured on Global Thought Leaders TV, expanding her message to a global audience. Through her speaking, coaching, and literary work, Tish continues to inspire women to break their silence and own their narrative.

As the visionary behind the Unmute Your Story coaching program, Tish equips aspiring authors with the clarity, confidence, and strategy needed to turn their life experiences into compelling books and purposeful platforms.

Her mission is unwavering: to help women build legacy, visibility, and impact—one story at a time.



NEW YORK TIMES BESTSELLER

Whoopi Goldberg



Updated  
and expanded with  
anecdotes from  
the Audio  
Award-winning  
audiobook

Bits and Pieces

MY MOTHER, MY BROTHER, AND ME

Includes a new foreword by *New York Times*  
bestselling author Adriana Trigiani and an  
exclusive letter from the author

Whoopi Goldberg

Bits and Pieces

# Dr. Crystallee Crain

AUTHOR SPOTLIGHT

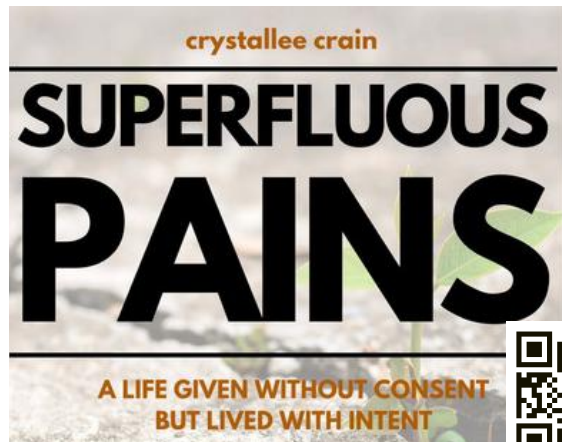
## ABOUT

Dr. Crystallee Crain (she/her/hers) is an interdisciplinary public health scholar, human-rights advocate, and healing-centered leader. She brings more than 15 years of national consulting, two decades in the nonprofit sector, and 18 years of college-level teaching. Dr. Crain facilitates trainings grounded in trauma, prevention science, and participatory capacity-building, helping organizations actualize their mission and vision. She unveils layers of institutional inequality that can re-injure survivors of violence and supports communities to shift practices that improve life chances—bridging research, healing justice, and capacity building. Her work strengthens violence responses through transformative, liberatory approaches and centers healing as a strategy for durable change.



# Dr. Crystallee's Books

AVAILABLE ON AMAZON



## Superfluous Pains: A Life Given Without Consent, But Lived With Intent

Link: Superfluous Pains is a personal collection of essays, poems and micro nonfiction by Dr. Crystallee Crain, her first memoir, is an intimate, candid, and committed to turning private wounds into public work. The pieces translate Dr. Crain's professional concerns about how institutions respond to violence into lived experience, as she writes openly about family, trauma, race and identity, intimate-partner violence, and the painful bureaucracies that can re-injure survivors. The book is both witness and tool: an act of public vulnerability meant to de-stigmatize suffering, model courageous honesty, and invite readers into the hard work of communal repair. Dr. Crain frames these stories as a corrective to the silence many survivors learn early in life—stories deemed “superfluous” by the world - not knowing that sharing is essential to our healing and dignity.



## Cultural Humility in Practice:

Link - The Cultural Humility in Practice: Workbook is one of many transformative tools for anyone involved in community leadership. Cultural Humility involves maintaining an open interpersonal approach towards individuals and communities of diverse cultures, focusing on aspects of cultural identity significant to each person. It entails a lifelong commitment to self-reflection and continued learning to explore ways to engage in collective liberation. Learn more about the Cultural Humility in Practice training options at [www.culturalhumilitytraining.com](http://www.culturalhumilitytraining.com).

# Dr. Crystallee's Contact Media

[HTTP://WWW.CULTURALHUMILITYTRAINING.COM/](http://www.culturalhumilitytraining.com/)

[HTTP://WWW.SUPERFLUOUSPAINS.COM/](http://www.superfluouspains.com/)

[HTTP://WWW.CRYSTALLEECRAIN.ORG/](http://www.crystalleecrain.org/)





# FASHION TODAY IS MORE THAN TRENDS

Fashion today is no longer simply about following the latest trends seen on runways or social media. It has evolved into a powerful form of self-expression, personal branding, and confidence. The clothes we wear tell a story about who we are, what we value, and how we want to present ourselves to the world.

Most importantly, fashion has become about confidence. The right outfit can empower someone to walk into a room with purpose, embrace their individuality, and feel comfortable in their own skin. Whether your style is classic, bold, casual, or sophisticated, true fashion is about wearing what reflects your personality and makes you feel your best.

Because fashion today isn't just about what's trending—it's about expressing who you are.



In an era where personal and professional brands matter more than ever, fashion has become an extension of identity. From entrepreneurs and executives to authors and influencers, people are using style to communicate professionalism, creativity, and authenticity. A well-curated wardrobe can create a lasting first impression and open doors to new opportunities.

Today's fashion is also shifting toward versatility and intentionality. Consumers are investing in timeless pieces that can be mixed and matched rather than constantly chasing fast-changing trends. Quality, comfort, and sustainability are becoming just as important as appearance.

Social media has also transformed the fashion industry, allowing individuals to showcase their unique style and inspire others around the world. Fashion is no longer dictated solely by designers; everyday people now influence trends and redefine what style looks like.





# Serah Oleanma

Author of "My name is willow"

## Meet the Storyteller of Survival and the Unknown

Serah Olekanma is married and a mother of one son. She lives on the East Coast of the United States with her family, which includes three dogs and a cat. She authored *Out of Water*, *Encounter with Zhurong*, and *Squatter Nightmare*.

Her writing explores survival, fear, and the psychological tension that emerges when ordinary life is disrupted by extraordinary events. Through vivid imagery and suspense-driven storytelling, she examines resilience, uncertainty, and the fragile boundary between reality and the unknown.

## Unveiling the Story

Willow's life unfolds in Freedman Village, a place steeped in history and emotional depth where identity, displacement, resilience, and belonging are constantly tested. Her journey reflects both personal struggles and the broader societal challenges faced by a community shaped by its past. As she navigates uncertainty, Willow's story reveals the enduring human effort to find meaning and stability amid shifting circumstances. *My Name is Willow* celebrates memory and legacy, emphasizing the importance of preserving history across generations. It presents freedom as an ongoing relay of spirit and strength, passed from one generation to the next. Even in hardship, hope persists and blooms in difficult soil, sustained by the courage of those who came before and carried forward by those continuing the journey today with determination and faith.

## Why Willow's Voice Still Echoes: A Journey Into Heritage, Healing, and Belonging

In *My Name is Willow: My Life In and Out Freedman Village*, readers step into the lived reality of Freedman Village through Willow's eyes – a story shaped by history, identity, and the search for belonging. This novel is not just about one woman's journey; it is about generations carrying the weight of displacement and the hope of renewal.

What makes this story stand out is its intimate blend of personal struggle and collective memory. Willow's experiences reflect the broader human condition, offering readers a rare emotional depth that connects past injustices with present-day identity questions. It gives voice to a community often defined by history but rarely heard through personal narrative. For readers, the reward is a powerful reflection on resilience and self-discovery. It invites us to understand how heritage shapes who we are and how survival becomes a quiet form of strength.



Available on  
**amazon**



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



The author draws inspiration from her own life experiences and surroundings on the East Coast of the United States. Her work revolves around survival and the human response to the unknown, often portraying psychological tension when reality is fractured by unexpected events.

She brings warmth and authenticity to her writing, grounding her stories in real emotion and human connection. With a distinct blend of vivid imagery and suspense, she crafts stories that explore fear, resilience, and the shifting line between the familiar and the extraordinary.



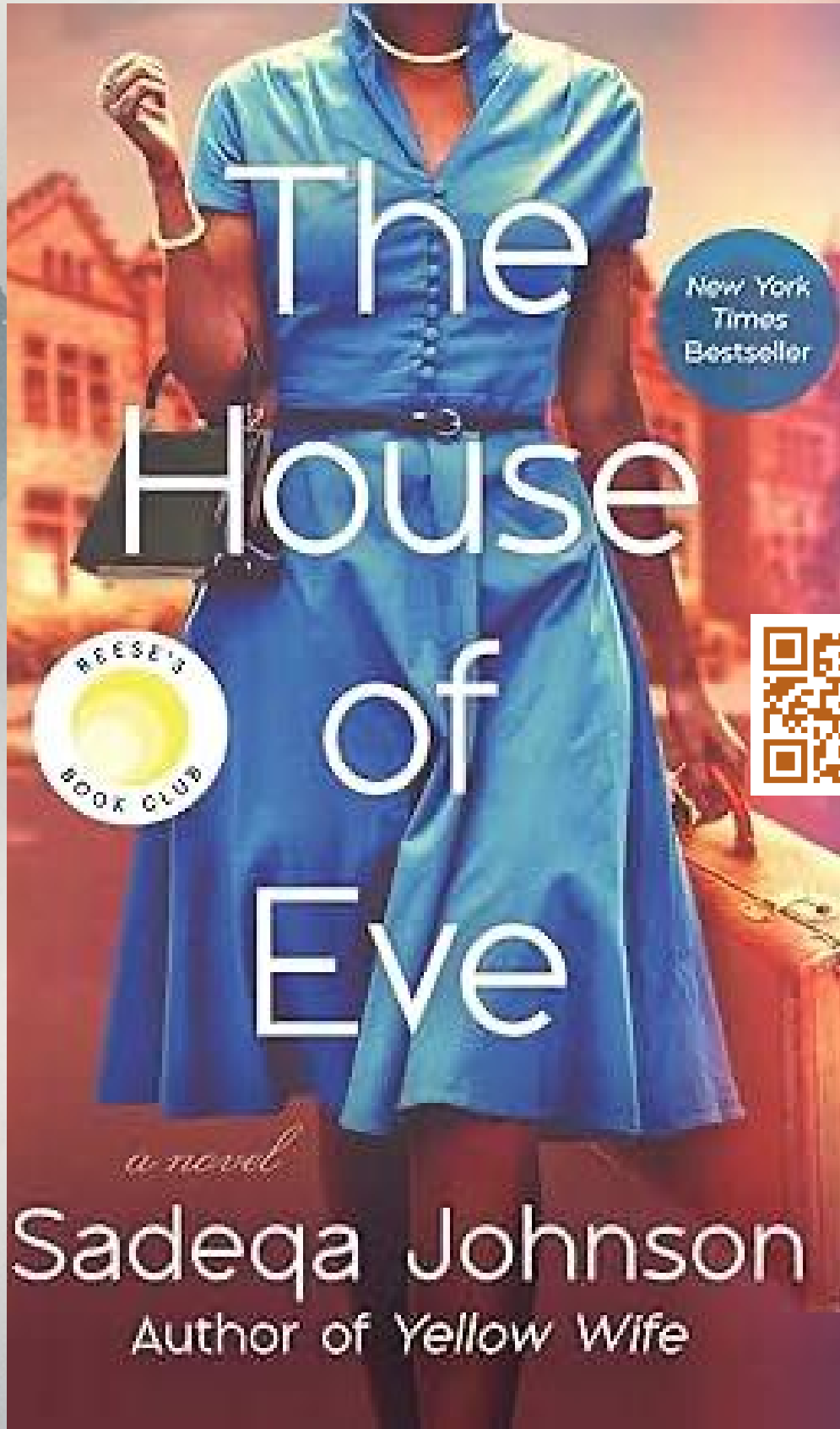
*Sarah Olekanma*

The Architect of Psychological Suspense

# Poetry is Life!

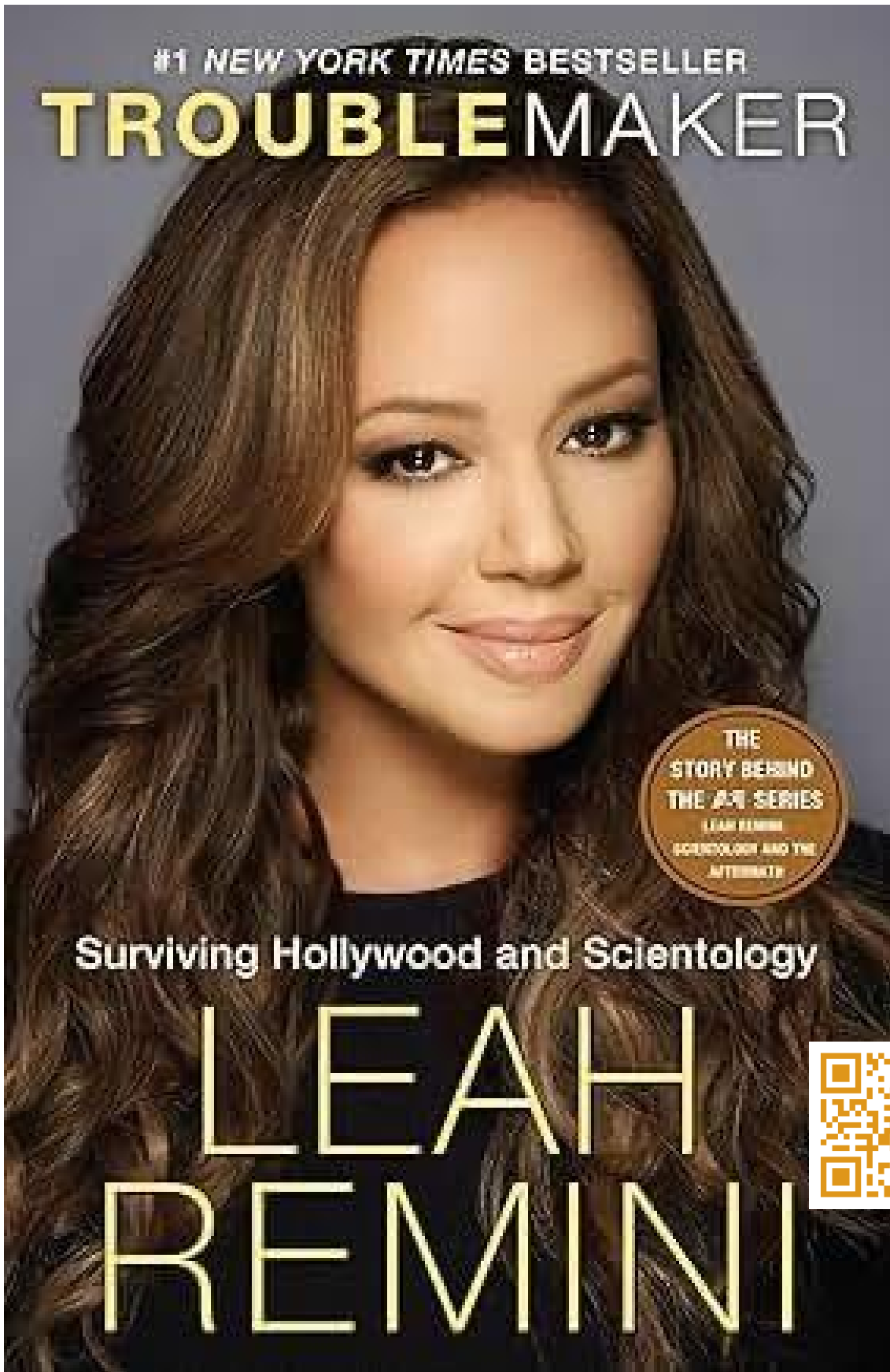
## Through it All, She Still Rises

She wakes before the sun  
Not because she has to—  
But because purpose  
Whispers her name before the world does.  
She pours into everyone else's cup  
While hers sits quietly  
On the edge of the table  
Waiting its turn.  
She is mother.  
She is maker.  
She is memory keeper.  
She is miracle worker in disguise.  
They call her strong  
As if it is a compliment—  
Not knowing strength was born  
The day she had no other choice.  
She has mastered  
The art of holding tears in her throat  
While speaking life  
Over everyone else's dreams.  
She has smiled in meetings  
After crying in parking lots.  
She has clapped for others  
While rebuilding herself in silence.  
But here is what they don't see—  
She is not just surviving.  
She is becoming.  
She looks a lot like you.



#1 NEW YORK TIMES BESTSELLER

# TROUBLEMAKER



THE  
STORY BEHIND  
THE A-R SERIES  
LEAH REMINI  
SCIENTOLOGY AND THE  
ALTERNATE

Surviving Hollywood and Scientology

LEAH  
REMINI



# SHEKETHIA'S BOOK BIBLE QUIZZES 101



Shekethia Cash has always enjoyed reading, particularly the Bible. I soon discovered that I enjoyed explaining and teaching, elaborating, using illustrations, being creative, and many times "thinking outside the box." In October 2021, led by the Lord and inspired by my passion for Scripture, I began writing Bible quizzes—a calling that grew into a thriving ministry known as Friday Bible Quiz (with 138 active participants).

Four years later (in 2025), those simple, yet educational, fun, impactful, inspirational one-day a week Bible quizzes spawned. What started out as a weekly Bible Trivia being distributed to 15 family members has now evolved into this tangible product that was published October 2025.

From a deep love of Scripture and a passion for teaching, "Bible Quizzes 101" was birthed. Rooted from a strong foundation of faith, creativity, and a desire to make learning the Bible engaging, my book offers a unique and interactive way to grow spiritually.

Shekethia is not only an author but I a devoted mother, nurse, speaker, a member of the Alpha Kappa Alpha Sorority Incorporated, and an active member of Greater Mt. Zion Church, Austin, Texas.

Shekethia's other passion is serving others. She dedicates time to community service projects and enjoys reading, painting and attending stage plays and concerts.

**Facebook: Shekethia Leeks-Cash**  
**IG: Biblequizzes101**  
**Email: [Biblequizzes101@gmail.com](mailto:Biblequizzes101@gmail.com)**

**BIBLE QUIZZES 101 IS AVAILABLE ON AMAZON**

**BIBLE QUIZZES 101**  
**BWAMAGAZINE.COM**



## ABOUT HER BOOK

Inside my book, you'll find quizzes that are more than just words on a page. They are tools for transformation. My book is comprised of over 250 Bible quizzes and 10 different quiz formats- Name That Book, Questions, Fill-in the Blank, True or False, Who Said It, Word/Word Combinations (quizzes related to parables & stories), Matching, Multiple Choice, What's My Name and Unscramble.

The answer for each quiz is supported by corresponding Bible verse(s), and is located on the adjacent page. You'll also find thoughtful prayers, helpful definitions, index pages and space to jot down any additional reflections.

"I'm aiming to change lives one Bible quiz at a time!" Will you be a part of the change?

# SUPREME

## SIRENS

Iconic Black Women  
Who Revolutionized Music

by Marcellas Reynolds | Foreword by Monica  
*Author of Supreme Models and Supreme Actresses*



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# AUTHOR SPOTLIGHT



## Cheryl Garrison

connect with Cheryl at [cheryl@50somethinglifestyle.com](mailto:cheryl@50somethinglifestyle.com)

Cheryl Garrison is a publisher, coach, author and champion for women over 50. Her desire is to help women over 50 live their BEST life, right now.

For more than 40 years, Cheryl has been an entrepreneur and was awarded numerous Business Excellence awards. She is the CEO of 50Something Lifestyle, a resource, coaching business, and Becoming 50Something Publications, the publishing wing of her business.

As a coach, she teaches women how to have the confidence to start and grow a business. As a publisher, she helps women tell their story in a safe and affordable place. She publishes fiction and non-fiction books.

Cheryl is the author of eight non-fiction books and two novels. Her most recent

Cheryl is the author of eight non-fiction books and two novels. Her most recent release, LEGACY: Secrets Revealed is the sequel to her first novel LEGACY: A Novel. Cheryl is passionate about exploring identity, family history, faith, and personal transformation. Through emotionally resonant fiction, she invites readers to confront the past, embrace truth, and step into healing.

### Her nonfiction books include:

- Re-Invent Yourself
- From Expert to Entrepreneur
- Living Your Best Life Planner
- Finding Your Passion
- After the Storm
- Becoming 50Something Books I, II and III



## Author Spotlight



# CASSANDRA HILL

### Bio

Cassandra Hill is a Master Life Coach, Best-Selling Author, and Speaker. Her passion is empowering Black women to live life on their terms by up-leveling their emotional, spiritual, and mental well-being. Cassandra is passionate about spreading self-love as one of the solutions to eradicate the domestic violence epidemic among Black women.

### Website

<https://linktr.ee/healercassandra>



HAPPY FATHER'S DAY



By Paulette Henson

# KINGS OF THE HOUSEHOLD

*A Poem of Celebration  
and Legacy*

A father is more than a title alone given,  
He is the strong foundation that builds a home,  
The wisdom spoken around dinner and table,  
The steady foundation keeping laughter.

He is the provider, the prayer, the guide,  
The one who walks with us through life,  
A joy season, Teaching his children  
purpose and reason.

Our world fathers build confident sons,  
And daughters who think they can do it all,  
Worth from day, We can stand strong,  
Heart and soul, We heart of our  
purpose and reason.

The father's guidance helps us find our way,  
Points the way, reflecting the way of life,  
The wisdom, the strength, the love,  
Always there to guide us through life,  
Families with fathers that last.

*Happy  
Father's Day*

TO ALL THE MEN WHO LEAD,  
LOVE & LEAVE A LEGACY.



# AFFIRMATIONS FOR BLACK MEN

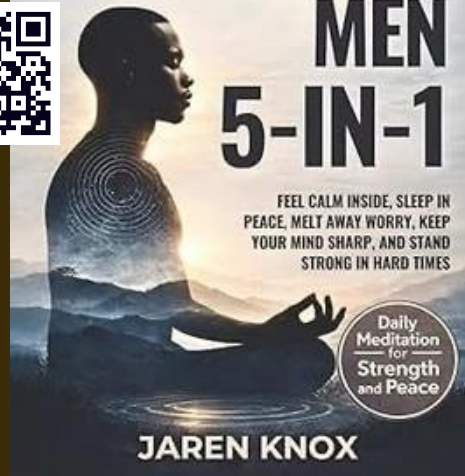


Rewire Your Brain For Success in 30 Days with Inspiring and Motivation Affirmations About Money, Wealth, Health, Confidence and Abundance (Part 1)

DABERECHI N

# BLACK MEN AUTHORS

## MEDITATIONS FOR BLACK MEN 5-IN-1

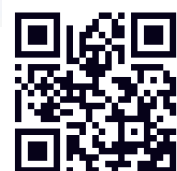
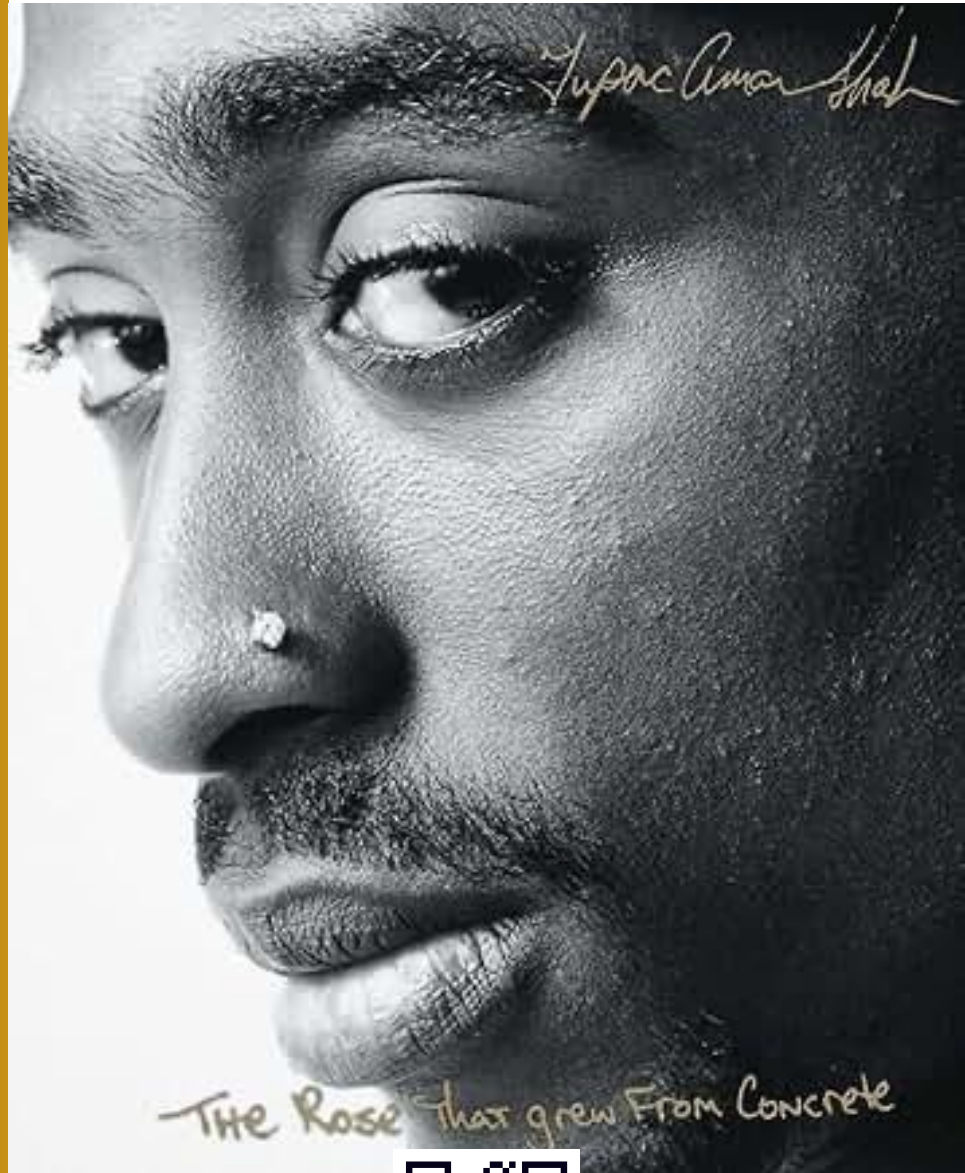


JAREN KNOX

TY NESHA



Can I Fix Your Tilted Crown?  
(Love Letters and Affirmations to the Black King)



NEW YORK TIMES BESTSELLER

IGNITE YOUR POWER,  
YOUR PURPOSE, AND YOUR WHY

# YOU OWE YOU

ERIC THOMAS, PhD

FOREWORD BY CHRIS PAUL





**James  
Quentin  
King**

**Author Spotlight**

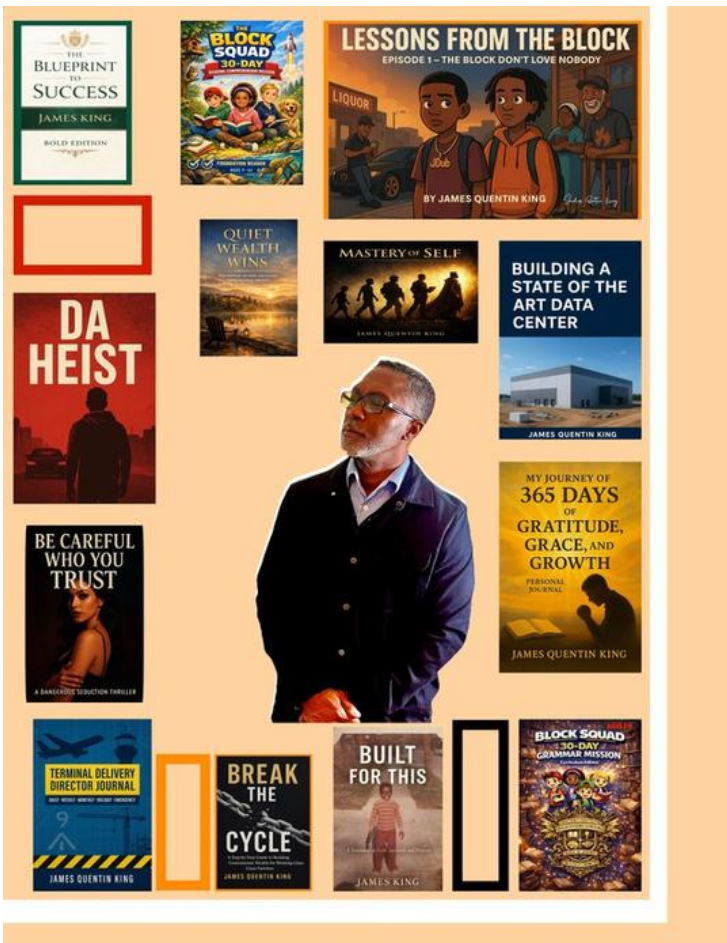
**WHO'S  
THAT  
AUTHOR?**

## ABOUT

### *James Q. King*

James Quentin King is an author, visionary creator, educator, and transformational speaker whose work is rooted in resilience, discipline, faith, and self-mastery. Raised in a small-town in Ohio. An environment where survival often came before self-discovery, James learned early how adversity could either break a person or build them into something greater. Those early life experiences became the foundation of a journey that would later shape his books, businesses, and mission.

After serving in the military(USN Seabees), James developed a deep understanding of structure, leadership, sacrifice, and mental endurance. Yet some of his greatest battles were internal—facing betrayal, heartbreak, spiritual warfare, and the difficult process of rebuilding himself through faith, purpose, and self-awareness. Those experiences inspired the powerful themes found throughout his work: overcoming fear, mastering the mind, protecting one's energy, and transforming pain into growth.



# ISSAGOODREADBOOKS

As the founder of ISSAGOODREADBOOKS Kids Academy, James has expanded his mission into education by developing mission-based learning systems focused on math, grammar, vocabulary, and reading comprehension for young learners. His educational programs are designed to build confidence, strengthen critical thinking, and help students develop lifelong learning habits through repetition, structure, and engaging exercises.

Through books such as Love Over Fear, High Vibration Mindset, and Mastery of Self, James blends spiritual insight, motivational philosophy, life lessons, and elevated mindset principles to challenge readers to evolve mentally, emotionally, and spiritually. His work speaks to those seeking healing, discipline, purpose, and personal transformation.

Today, James Quentin King continues building a legacy centered around empowerment, education, and higher consciousness—creating books, brands, and learning platforms designed to inspire both adults and children to unlock their fullest potential. He has Over 35 Books Written and Published

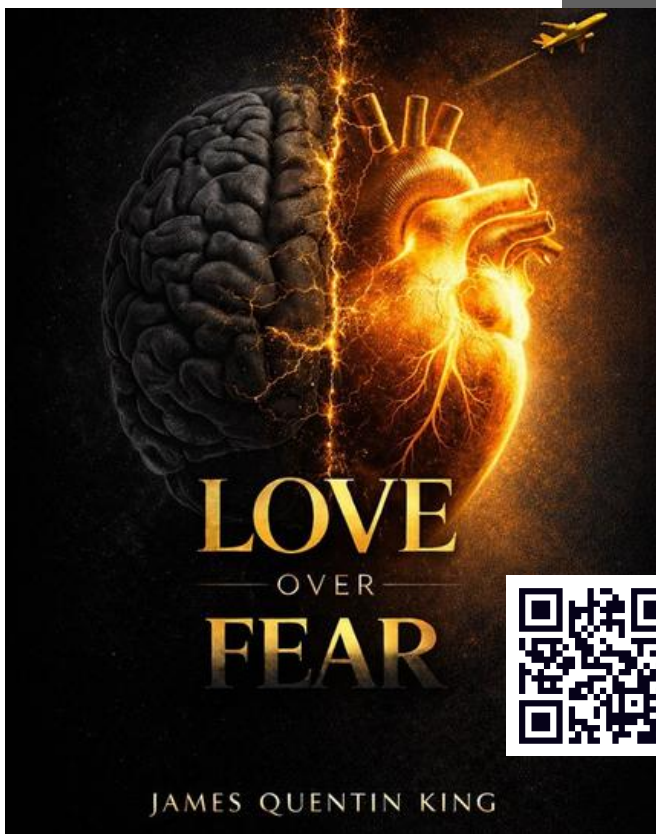
## ISSAGOODREADBOOKS Kids Academy

*ISSAGOODREADBOOKS Kids Academy is a mission-based learning system created to help students strengthen the core skills that shape lifelong success—reading comprehension, grammar, vocabulary, and math mastery. Founded by James Quentin King, the academy was built from personal experience, perseverance, and the belief that every child can succeed with the right structure, encouragement, and learning approach.*

*Designed for both classrooms and home learning, the academy transforms education into an engaging mission where students build confidence, sharpen critical thinking, and develop stronger study habits through repetition, focus, and interactive exercises. The curriculum combines motivation with education, helping students not only improve academically, but also grow mentally and emotionally.*

*More than workbooks, ISSAGOODREADBOOKS Kids Academy is a movement focused on empowering the next generation to believe in themselves, overcome learning struggles, and unlock their full potential—one mission at a time.*





About:

## LOVE OVER FEAR

Love Over Fear is a powerful journey through healing, self-discovery, faith, and emotional transformation. In a world where fear controls decisions, relationships, identity, and purpose, James Quentin King challenges readers to confront the pain, trauma, attachment, and inner battles that keep them spiritually and emotionally trapped.

Blending real-life lessons, deep reflection, and empowering mindset principles, this book reveals how fear silently shapes our lives—and how choosing love can completely transform them. From heartbreak and betrayal to forgiveness, growth, and self-worth, Love Over Fear is a guide for anyone seeking peace, clarity, and the courage to evolve beyond their past.

This isn't just a book about relationships—it's about the relationship you have with yourself, your purpose, and the life you were truly meant to live.

### LOVE OVER FEAR/Juneteenth Edition



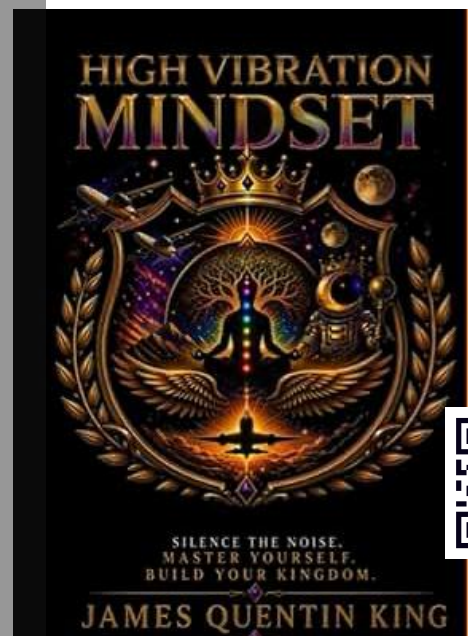
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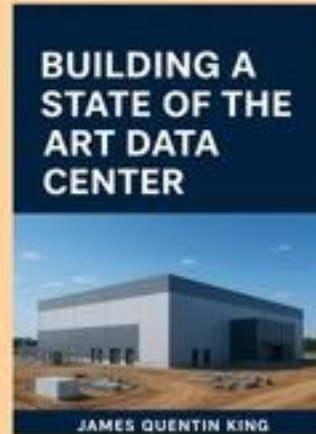
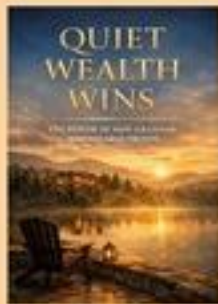
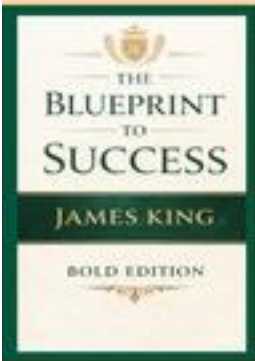
## HIGH VIBRATION MINDSET

High Vibration Mindset is more than a book—it's a mental reset for anyone tired of surviving and ready to evolve. Through powerful life lessons, spiritual insight, discipline, and mindset elevation, James Quentin King challenges readers to break free from fear, distractions, toxic cycles, and limited thinking.

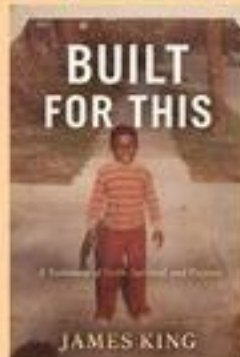
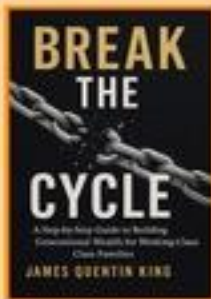
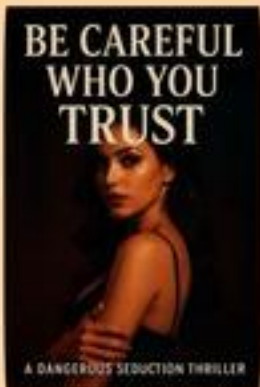
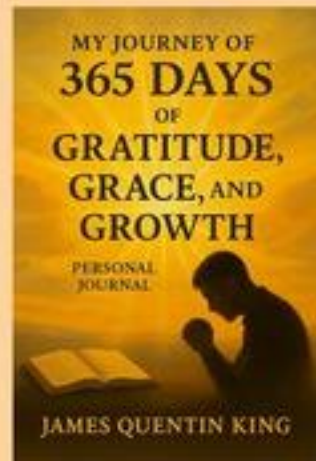
This transformative read explores the power of energy, self-mastery, faith, focus, and protecting your peace in a world designed to drain it. Whether you're rebuilding after heartbreak, battling internal warfare, chasing purpose, or striving to become the highest version of yourself, this book delivers the tools and perspective to level up mentally, emotionally, and spiritually.

If you're ready to silence the noise, reclaim your power, and operate on a higher frequency—High Vibration Mindset is your next move.





Scan Code to Access All of James's Books on Amazon



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# JAMES QUENTIN KING

Music Website: [www.Jaydavet.com](http://www.Jaydavet.com)

Book Website: <https://Books.by/issagoodreadbooks>

Amazon: James Quentin King

Book YouTube:

<https://www.youtube.com/@ISSAGOODREADBOOKS520>

Public Speaker: [www.jaydavetspeaks.com](http://www.jaydavetspeaks.com)

Music YouTube: <https://www.youtube.com/@jaydavet2602>



*NEW YORK TIMES* BESTSELLER

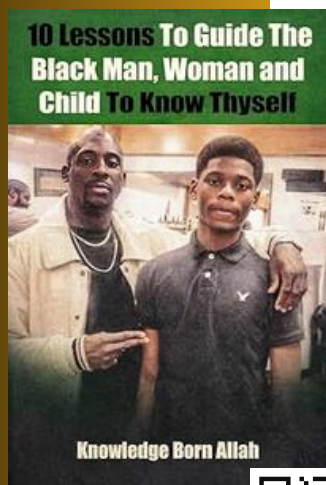
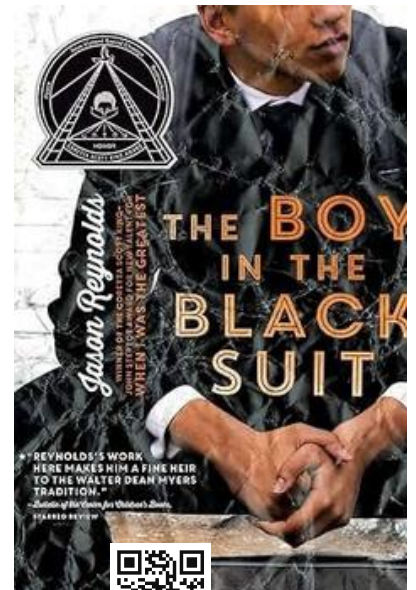
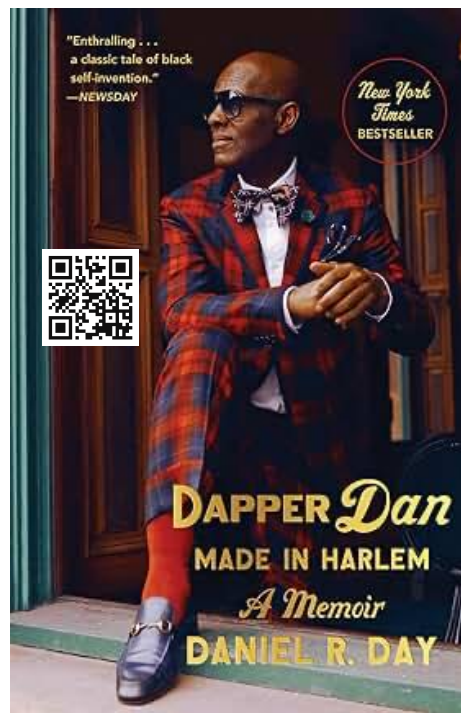
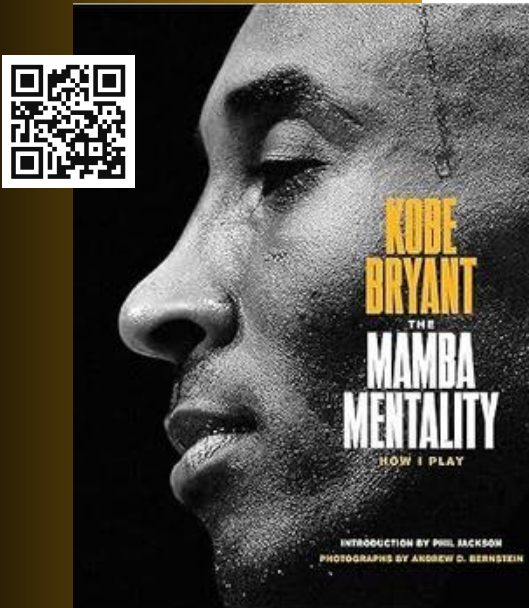
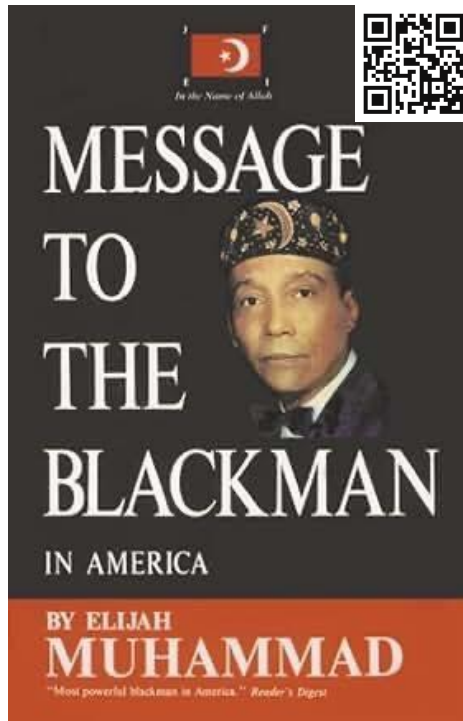
# CHARLAMAGNE THA GOD

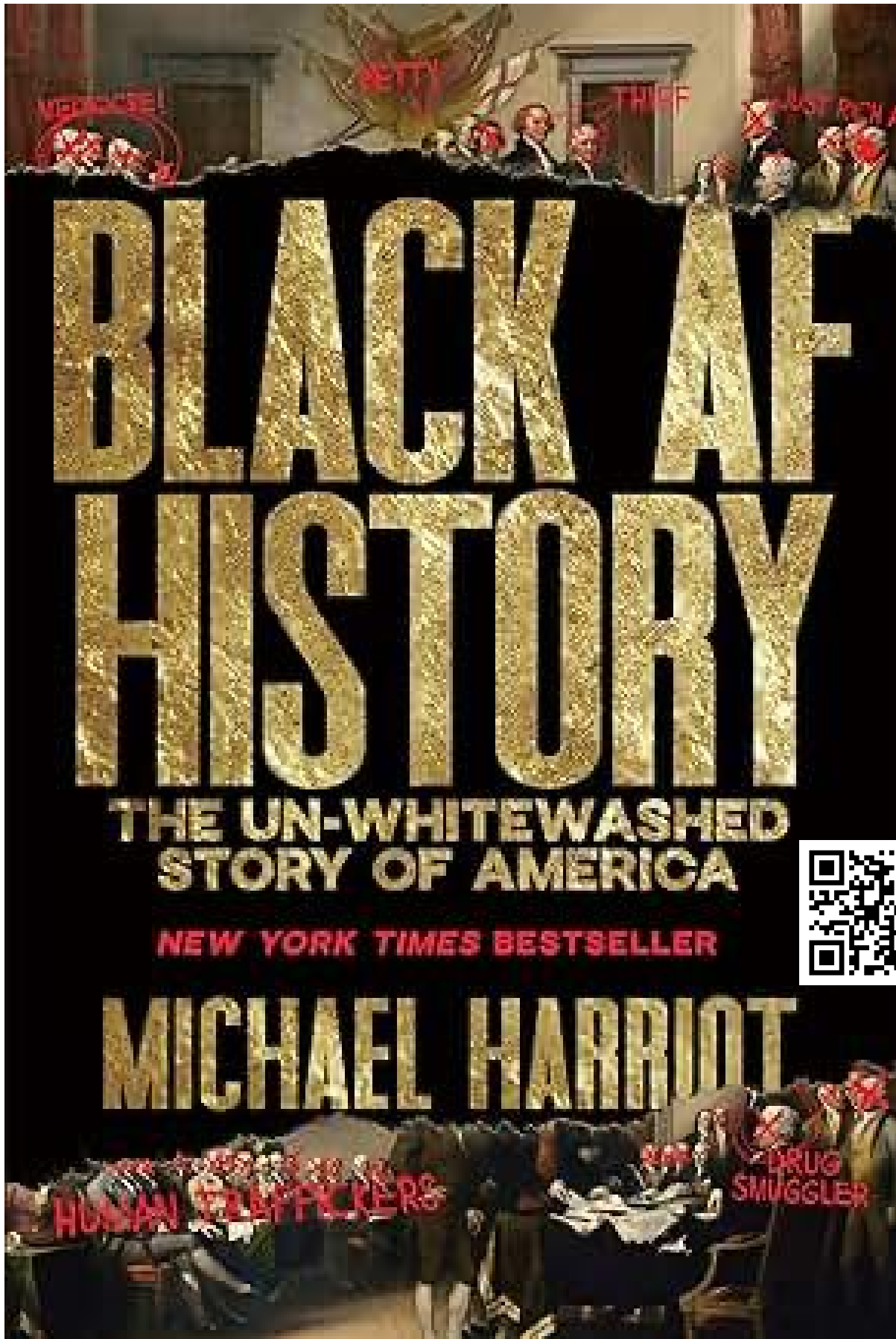


# BLACK PRIVILEGE

Opportunity Comes to Those Who Create It

# BLACK MEN AUTHORS





OMAR TYREE

JUNE 2026

NEW YORK TIMES BEST SELLING AUTHOR

# THE BLACK MAN'S

# PERSPECTIVE



## “The Quagmire of Male Readership”

I wanted boys and men to see how much life information, human experiences and understandings they leave on the table by not reading. Reading literally opens up a world of different perspectives on everything.

I also introduced, defined, and explained “The 5 Key Components of Literacy” that will never change, with #1) Reading defined as simply taking in information, #2) Writing defined as the ability to communicate, #3) Thinking defined as the process of everything, #4) Visualization defined as the ability to see the past, present and future through words and ideas, and #5) Application defined as the ability to apply skills.

Well, in the American work force, if you want a job that pays the bills, you typically have to fill out an Application, where you will need to Read what an employer asks of you, then Write your answer nice and neat for someone else to understand it. Then if you want a higher paying job, an employer will likely interview you to see how well you Think and process information, while also Visualizing the future of your role with the company. And there is no getting around that process. That’s what we all do for employment, Read, Write, Think, Visualize and Apply, every single day of our lives.

More than 25 years ago when I still had a hard-driving Black woman literary agent from the tough city of Detroit, Michigan, to pitch my books to the publishers, I was complaining so badly about the lack of readership from Black men that was seriously impacting my writing career, that my agent finally exploded on me and said, “Omar! Would you stop talking about these Black men and reading! They’re not going to do it! These men won’t read a book even if you gave it to them! And if you’re that concerned about it, you need to start a nonprofit or something.”

So, I did. I formed the Urban Literacy Project (ULP) in 2009, and went on to organize and attend dozens of reading and literacy events, while cutting checks from my own bank accountant to keep it going.

Sounds like a great idea, right? Not if other people don't know about it. So, I quickly found that my mission for literacy could not sustain itself without me because no one else with money seemed to care about the issue of Black and Hispanic men reading. Math and science STEM programs get all of the money in the school systems. Why? Because White kids needed to compete with Asians nationally and abroad, which is more important to the economics of White America than Black and Hispanic boys who rap, talk shit, argue, fight, dance, draw, play sports, kill, intimidate, make babies, and go to prison, but not read.

Yes! I said it. And I'm a Black man who does not hate himself, and who doesn't hate YOU! I'm just having what us men call a "tough love" moment, as we like to state to each other with everything else but reading. Why? Because Black and Hispanic boys who become men will get upset about it and then whine and gripe about someone picking on them or feeling superior or uppity to them. Or, they'll snap and say, "We just don't read your books," as a defense mechanism.



Fellas, I am 57 years old now, and I have been around men of color for my entire life. And no offense to the sisters, but where I'm from, we had certain words for guys who became overly emotional and couldn't handle the pressures of hard knocks manhood. However, when it comes to reading, we allow the excuses and emotionalism of our deficiency to persist, and it's now of our own doing. Plain and simple. We actually get mad just because someone tells us to go and read something, as if reading is the most torturous cuss word in the dictionary.

Well, I'm sorry guys. I apologize. I didn't know that reading was some type of mental competition that we failed and became ashamed of. I just wanted to be able to converse on more topics than just sports, music, money, sex, crime and drama with my brothers, without them constantly saying, "Oh, I don't know much about that. But I heard..."

Reading makes it easy for us to go "and find out" in order to catch up to speed on the news and hot topics of discussion. That's all I'm asking. Just go read up on it, brothers. It's not that hard. I'm not trying to offend you. Just read the book or the article so we can all discuss it. But instead of agreeing to do so, like you're reading and unraveling this honest and detailed article, we continue to allow offended males to get away from the dilemma at hand, which is reading something for their own comprehension. We actually accept their offense and back down from them, allowing them to continue being illiterate and defensive about it.

And... if you already read, then I'm obviously not referring to you, so don't get offended by this. Please focus your energy on the brothers who don't read. I don't get offended when sisters say, "These brothers need to get their acts together." I've been had my act together, so they are not talking about me. And when they are, because none of us are perfect, I will actually say, "Yeah, I gotta work on that." Because I do. I don't get offended and run away from it. Knowing yourself and being HONEST is a key principal of life.



**But here's what my reading and writing peers told me to do to avoid the pain of that needle on my side and yours:**

1. **Stop** saying men don't read because they don't like hearing that and will respond negatively to it, which will hurt you more than it helps you.
2. Volunteer your time and services at boy's and men's clubs, organizations and groups to stay involved with men and boys who will support you.
3. Continue doing public speaking and workshop events that champion reading, writing and literacy, like you've been doing for the past 30 years.
4. Record some 30-90 second videos to discuss the issue of literacy and reading on social media, where more activity is found and listened to these days.
5. Explain at least 3 reasons why men should read your books, how they will relate to them, or what they may gain from them.
6. Utilize more terminology in your talks that boys and men are more familiar with, like quarters, halftime, timeouts, break sessions, the full game plan, and so on to make the information more relatable to them.
7. Target more sports podcasters, radio shows, colleges and HBCUs, little league sports teams, rec centers, hip hop groups, and active fraternities to remain involved with the audience.
8. Share excerpts from your books with men so they can read small samples of it to get a feel for how you write and what you write about in order to see if they like it.
9. Write shorter, easy to digest articles as bite-sized introductions in other publications and websites to spread the word on what your goals are for men and literacy.

stuff to appease women. So, we have to make sure our books always appeal to them, since they read a lot more "fiction" than men do. But that tends to lean everything we do in literature away from the man. It is incredibly hard to publish and sell a boy's book in our community, even when they like it because we rarely get excited about it. Unless you have major media attention or a film production deal that men will indeed watch on the big screen from Stephen King, Michael Crichton, John Grisham, and Ian Fleming with his James Bond series. But... these White men had BOOKS that SOLD first and allowed them to become the cultural icons they've now become in both the literature and film worlds. I pray to join these guys myself one day, like Oscar Micheaux, the first black man to do it. But that's not why I want more brothers to read. I just want us to learn how to EXPLORE more, which is what reading is, the exploration of things that you didn't know before.

With all that being said, I've been having a lot of conversations of late about this quagmire—a difficult, precarious or entrapping position—of masculine readership and how to address it, if we cannot address it head on, because of the fear of offense.

Well... the last time I checked, fellas... those needles at the doctor's office still hurt. Nevertheless, we need certain medicines to penetrate our system and blood stream, immediately. That's why those painful needles that we hate are more effective than pills and liquids. Needles go straight to the heart of the issue. And it hurts. But only until we take it, like men, and feel better.

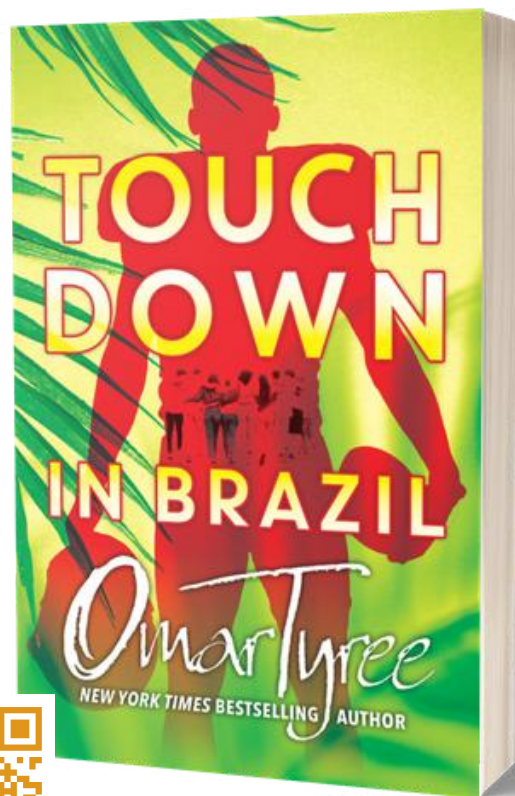


## THE BLACK MAN'S PERSPECTIVE

Okay. That's a pretty good list of things-to-do there. I get it. So... let's start the process right now with a sample chapter of my upcoming football book, *Touchdown In Brazil*, about the first ever NFL game that was played in Sao Paulo in September 2024 between my hometown Philadelphia Eagles and the legendary Packers of Green Bay @ <https://blackmeninamerica.com/touchdown-in-brazil-by-omar-tyree/>

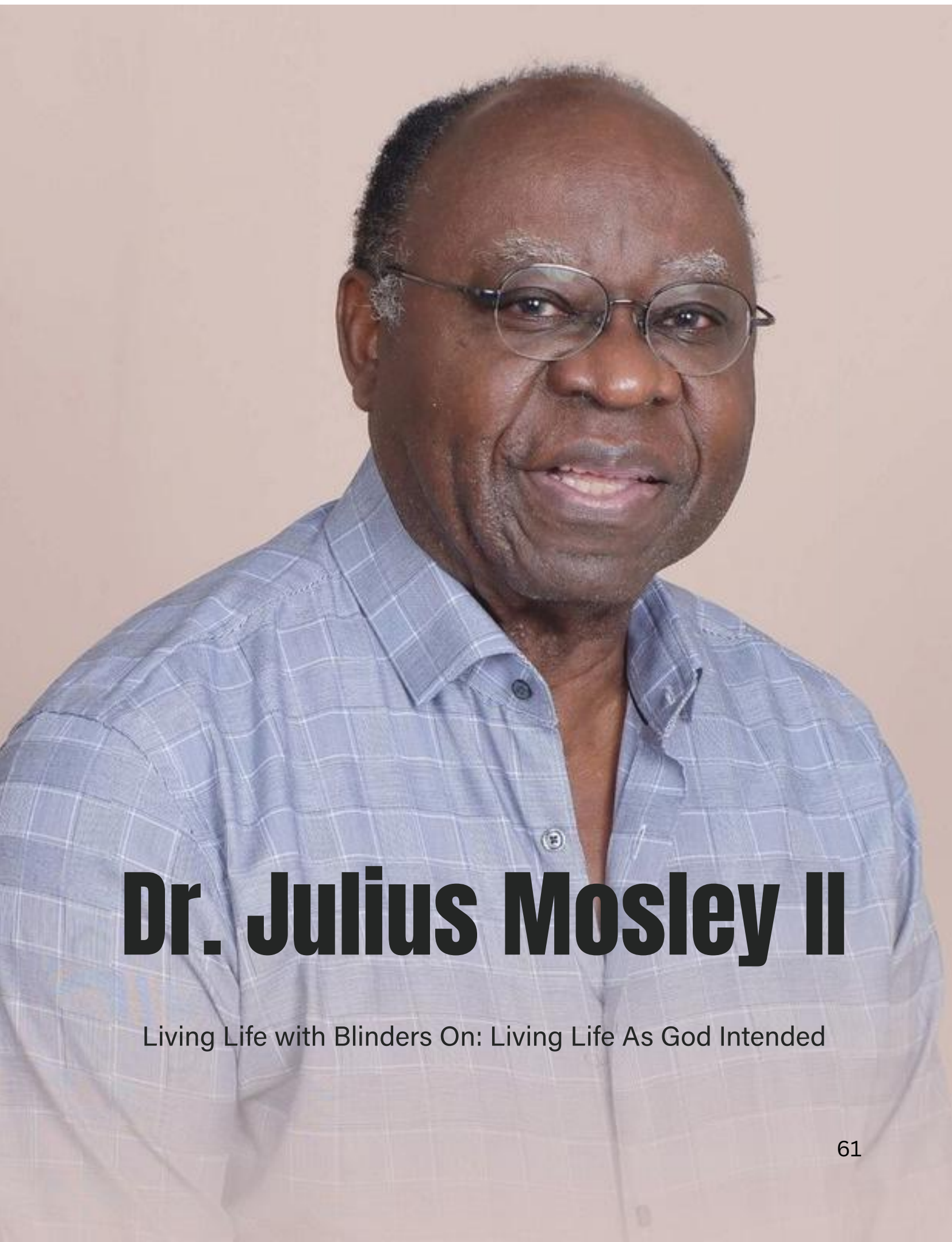
Do you think you can get your husband, boyfriend, brother, uncle, father, son, or male cousins to try? Let's ask to see what they say. And have them to read this full article by a West Philadelphian hard rock who learned to "man up and read" a long-ass time ago.

New Release



## OMAR TYREE

~ Omar Tyree is a New York Times bestselling author who has published more than 30 books and counting and won an NAACP Image Award for Outstanding Work of Fiction after graduating from Howard University, cum laude, with a degree in Print Journalism from the School of Communications in 1991.



# **Dr. Julius Mosley II**

Living Life with Blinders On: Living Life As God Intended

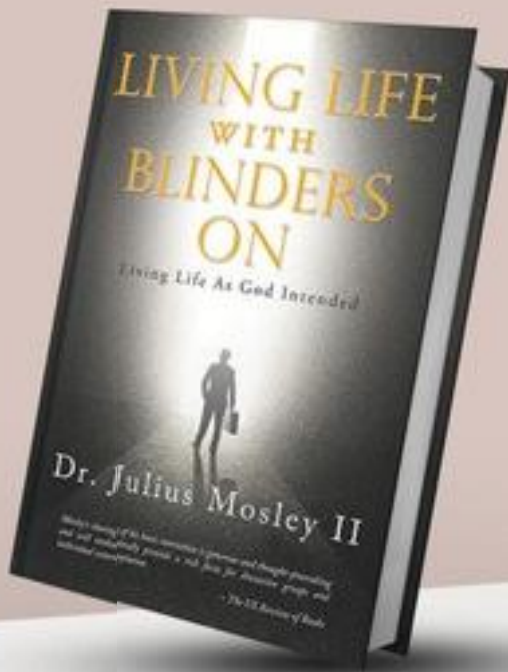
# Living Life with Blinders On

## Living Life As God Intended

**Living Life with Blinders On** urges readers to look past worldly distractions and recognize that physical life is only the beginning of eternal existence. Dr. Mosley explains how humanity often neglects what matters most and reveals why every choice made today shapes one's destiny beyond death. By illuminating humanity's inherited cursed nature, he emphasizes the necessity of being "born again" to truly live as God intended. This book delivers a timely spiritual wake-up call, encouraging readers to seek God's righteousness while the opportunity remains.

### **AWAKENING TO ETERNAL TRUTH**

In a world consumed by temporary pursuits, **Living Life with Blinders On** reminds readers that physical death is not the end. The book highlights the eternal significance of the choices made in this life and encourages deep spiritual self-examination.



### **CLARITY FOR THE SEEKING SOUL**

Dr. Mosley's teachings shed light on the reasons behind human beings having a corrupted nature and the necessity of spiritual rebirth for being in line with God's plan. He has not only pointed out a way out but also an urgent call for those who are willing to face the more profound truths.

### **A TOOL FOR REFLECTION AND RENEWAL**

The book equips readers to challenge complacency, strengthen their faith, and pursue a path shaped by God's promises and righteousness.

Get a copy now!

amazon BARNES NOBLE



SCAN ME

# 10 COMMANDMENTS

*of*

# BLACK ECONOMIC POWER



DR. BOYCE WATKINS

A photograph of two Black men laughing joyfully. The man on the left is wearing a white t-shirt and a maroon jacket. The man on the right is wearing a blue button-down shirt. The background is a soft, out-of-focus light brown.

# THE SECRET TO A SUCCESSFUL SIDE HUSTLE

*HOW TO START A PROFITABLE  
SIDE BUSINESS IN 2026*

By Paulette Henson

[READ MORE](#)

[BWAMAGAZINE.COM](http://BWAMAGAZINE.COM)



Perhaps the most overlooked secret is patience.

Many people quit just before momentum begins. Building a side hustle requires faith, perseverance, and the ability to stay committed during periods when results are not immediately visible. Every successful entrepreneur has experienced setbacks, disappointments, and moments of doubt. The difference is that they kept going.

A side hustle can begin as a small passion project and eventually become a thriving business. What starts as a few hours a week can grow into financial independence, generational wealth, and a legacy for future generations.

The secret is not having the perfect idea.

The secret is taking consistent action, providing value, staying visible, and refusing to quit.

Your side hustle may start small, but with dedication and persistence, it has the potential to change your life.

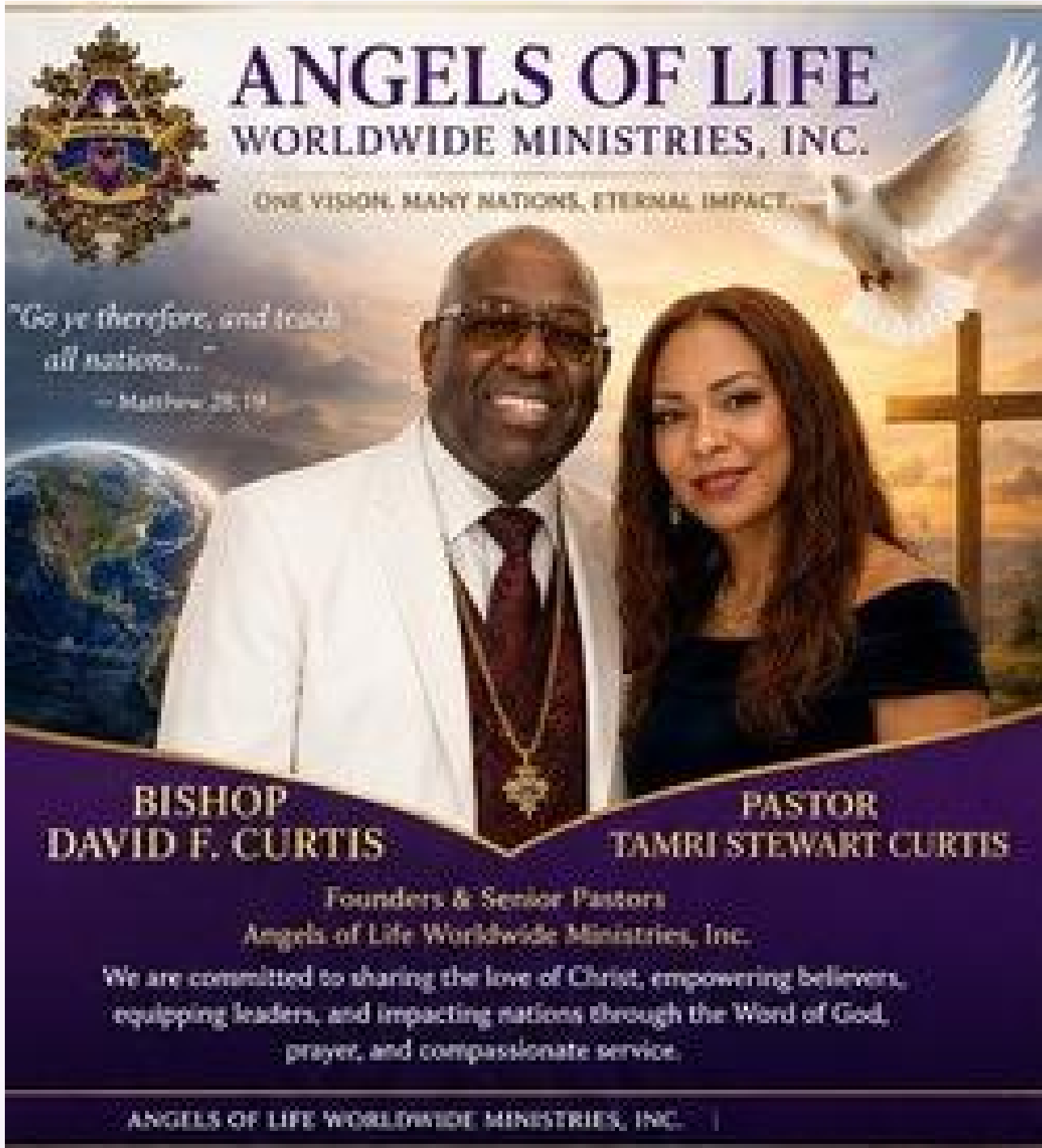
## Side Hustle Success Tips

- Start before you feel ready.
- Focus on solving a specific problem.
- Create a consistent schedule.
- Build your online presence.
- Continue learning and improving.
- Reinvest in your growth.
- Be patient with the process.

Stay committed even when progress feels slow.

Remember: Success is rarely about talent alone. More often, it is about showing up consistently long enough for your efforts to pay off.

# COVER FEATURE



**ANGELS OF LIFE**  
**WORLDWIDE MINISTRIES, INC.**

ONE VISION, MANY NATIONS, ETERNAL IMPACT.

"Go ye therefore, and teach  
all nations..."  
— Matthew 28:19

**BISHOP**  
**DAVID F. CURTIS**

**PASTOR**  
**TAMRI STEWART CURTIS**

Founders & Senior Pastors  
Angels of Life Worldwide Ministries, Inc.

We are committed to sharing the love of Christ, empowering believers,  
equipping leaders, and impacting nations through the Word of God,  
prayer, and compassionate service.

ANGELS OF LIFE WORLDWIDE MINISTRIES, INC. |

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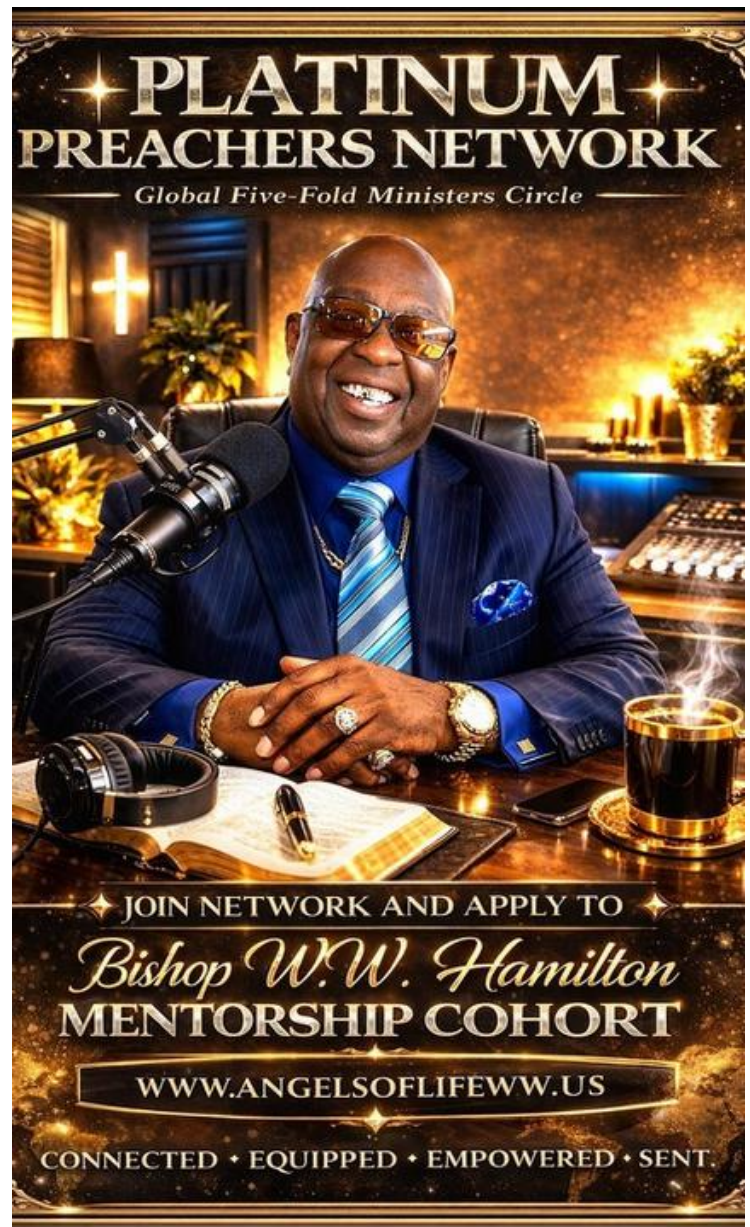
# The Biography

Bishop David F. Curtis is an inspirational and Holy Spirit-filled leader, author, educator, and global faith advocate whose life has been devoted to advancing the Gospel of Jesus Christ through prayer, leadership, teaching, and compassionate outreach. Known as a pilot of inspirational leadership led by the Holy Spirit, Bishop Curtis has dedicated his ministry to guiding individuals, churches, and communities toward spiritual growth, healing, unity, and Kingdom purpose.

Born in Oxford, North Carolina, Bishop Curtis is the son of Willie Junius Curtis and Lila Otelia Cozart Curtis and was raised alongside eight siblings in a faith-centered family environment that helped shape his commitment to service, perseverance, and spiritual leadership. He is blessed with five children, more than ten spiritual children, and a growing legacy of over twenty grandchildren. Called to ministry on June 17, 1981, Bishop Curtis will celebrate 45 years of ministry on June 17, 2026, marking decades of faithful service, leadership, evangelism, mentorship, and Kingdom impact throughout the United States and abroad.

A revivalist preacher, Bishop Curtis has ministered nationally and internationally throughout West Germany, France, Japan, Hawaii, and Korea while preaching across the east and west coasts of the United States, including Alaska, Texas, Louisiana, Florida, and throughout the southern United States. His ministry continues reaching churches, leaders, and communities with messages of revival, healing, restoration, prayer, and Kingdom empowerment.

---



“Where two or three are gathered  
in My name, I am there...”


— Matthew 18:20

Join us this Sunday for our

*International*   
**Worship Experience**

**9:45 AM**

 Zoom: 721-211-0362

 Prayer Line: 351-999-3223 (No code needed)

*Your breakthrough could be one prayer away.*

**See you soon!**

# BISHOP

*David Curtis*

He has faithfully served congregations within the Church of God in Christ (COGIC) and currently serves as the Prelate of Angels of Life Worldwide, Inc. alongside his wife, Overseer Tamri J. Curtis.

Through innovative ministry programs and international outreach, Bishop Curtis continues impacting lives through committed churches and ministry partnerships throughout the United States, Pakistan, Liberia, Kenya, and regions across East, South, and West Africa.

His ministry initiatives include the Kingdom Conversations Broadcast and Global Worship Service, airing Tuesday through Saturday at 9:00 a.m. Eastern Time, along with a national television broadcast every Sunday at 10:00 a.m. Eastern Time on Gospel America Television Network, owned and operated by Apostle Gary Jenkins

*The ministry also hosts Global Prayer through its One Number Broadcast Prayer Line at (351) 999-3223 and Global Worship Services streamed worldwide through Zoom ID: 741-211-0362, Facebook, YouTube, Snapchat, and Instagram, connecting believers globally through prayer, worship, biblical inspiration, and spiritual encouragement.*

Dear President,

I am honored to submit this presentation showcasing my ministry, leadership, outreach, and published works. Angels of Life Worldwide Ministries exists to build people, strengthen leaders, and transform communities through faith, teaching, mentorship, and global impact.

Through preaching, discipleship, media, and literature, we continue to equip believers and leaders to fulfill their God-given purpose and leave a legacy that lasts for generations.

I look forward to the opportunity to contribute to the mission, vision, and expansion of BWA Magazine.

In His Service,

*Bishop David F. Curtis*

Bishop David F. Curtis

Overseer, Angels of Life Worldwide Ministries, Inc.

Author (Pen Name: Junius Forster) • Kingdom Leader • Mentor • Teacher

## KINGDOM CONVERSATION — BROADCAST —

With  
*Bishop*  
DAVID CURTIS

Broadcast at 9 AM Eastern Time

Connect with Minister at

IG: praynow2n3  aQFDM7z7

[www.angelsollifeww.us](http://www.angelsollifeww.us)



## ORGANIZATION OVERVIEW

Angels of Life Worldwide, Inc., led by Bishop David Curtis, stands on three principles that we believe in with all our hearts. First, we believe that God restores, rebuilds, and restores all generations through the Word of God. Second, we believe that all who hear the Word of God will confess with their mouth and believe in their heart. And third, we believe because Jesus Christ is Lord and Savior.

This ministry is a multi-faceted Christian organization dedicated to spiritual empowerment, community support, and global outreach.

We operate through a dynamic network of prayer groups, fellowship centers, and specialized outreach programs that reach a diverse audience across various digital and physical platforms.



### CORE MISSION

To provide biblical inspiration, foster spiritual growth through prayer and fellowship, and offer compassionate support to communities in need, including specialized advocacy for victims and families affected by mass shootings.



WORSHIP

PRAYER

TEACHING

OUTREACH

COMPASSION

We exist to love God, love people, and make a Kingdom difference every single day.



## PLATINUM PREACHERS NETWORK

Global Five-Fold Ministers Circle

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*Bishop W.W. Hamilton*  
MENTORSHIP COHORT

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CONNECTED • EQUIPPED • EMPOWERED • SENT

## ANGELS OF LIFE WORLDWIDE MINISTRIES, INC.


Building people. Strengthening families.  
Equipping leaders. Impacting nations.  
One vision. Many nations. Eternal impact.



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ESTABLISHED TO EMPOWER, EQUIP,  
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 Instagram: praynow2n3

 Snapchat: aQFDM7z7

 YouTube: davidcurtis1575

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

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## ✍️ CORPORATE PRAYER EXPERIENCE ✍️

**Tonight at 7:00 PM**

There is **POWER** in **AGREEMENT!**

A Sound of **TOTAL VICTORY!**

*Many have testified that God has healed*

✍️ God has **HEALED**

✍️ God has **DELIVERED**

*God can do the impossible.*

*All things are possible with God.*

*You just have to believe He will do it.*

**Call In: 351-999-3223**

— Free Conference Call Line • No Code Needed —

*Invite someone to join you!*

*Share this post — there is power when we gather!*



*Pastor Tamri Stewart Curtis*

*Love Unlimited Worship Center*



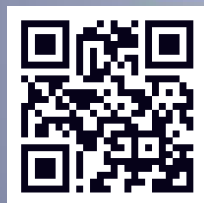
**Bishop David Curtis**

*WWW.ANGELSOFLIFEWW.US*



# Dr. Columbus Batiste

A Cardiologist's  
Guide to Healing  
a Broken Heart



*Selfish*



# Dr. Columbus Batiste

THE HEALTHY HEART DOC

CARDIOLOGIST | AUTHOR | SPEAKER & CONTRIBUTOR

Dr. Columbus Batiste, known as the "Healthy Heart Doc," is a captivating speaker and advocate of plant-based nutrition. His unique ability to turn disparity topics into relatable and engaging conversations makes him one of the leading lifestyle medical influencers. He educates his audience on simple healthy heart strategies for documentaries, podcasts, news outlets, international conferences, churches, and non-profit organizations.

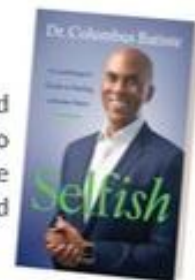


## CARDIOLOGIST

Dr. Columbus Batiste is a double board-certified Cardiologist, Interventional Cardiologist, and passionate lifestyle advocate. Through the support of many giants in the field of lifestyle medicine, he embarked on a crusade to educate and empower patients to enact change and defeat these preventable diseases thereby extending their health-span.

## AUTHOR

In *SELFISH: A Cardiologist's Guide to Healing a Broken Heart*, Dr. Columbus Batiste provides the ultimate blueprint for coping with the everyday stressors of life that lead to heart disease, anxiety, and depression. Built upon an evidence-based approach to optimal health, *SELFISH* challenges readers to combine self-care techniques with the transformative power of plant-based nutrition to truly heal from the inside out, and enjoy life on purpose.



## SPEAKER & CONTRIBUTOR

Dr. Batiste's engaging viewpoint on heart health not only captures the attention of audiences but also imparts enlightening insights. Recognized for his expertise, he has been featured in renowned documentaries like "Eating You Alive" and "The Game Changers." Moreover, he shares his wealth of knowledge on maintaining a healthy heart and adopting a plant-based diet through interviews on television, radio, and various podcast platforms.

## SPEAKING TOPICS

- Role of Lifestyle in Achieving Optimal Health
- *SELFISH: The Cure for Stress and a Broken Heart*
- Lifestyle Interventional Cardiology 101
- How to Democratize Health for All



For inquiries about booking Dr. Batiste as a speaker contact him at e: [Info@DrBatiste.com](mailto:Info@DrBatiste.com)

[www.DrBatiste.com](http://www.DrBatiste.com) | [@HealthyHeartDoc](https://www.instagram.com/HealthyHeartDoc)



[www.jkithcartcodeofsilence.com](http://www.jkithcartcodeofsilence.com)

# JONATHAN KITHCART

## On a Biblical Mission to Confront the Unbiblical Understanding of Tithes

In his over 30 years of studying the Word of God, Minister Kithcart has devoted much to studying the subject of tithing. He had not only published one but two books on the subject. Furthermore, his research expanded beyond the years of early church history, through the reign of Charlemagne and all the way to how tithing has been practiced across mainline American churches today. What he discovered is that the entire concept is not of God! And now, he is on a mission to spread the word about this grievous error.

## The Truth of Tithing Paul Never Endorsed It

There is an uncomfortable truth about tithing in the Bible.

Paul never taught the Early Church to tithe.

The Apostles never taught it.

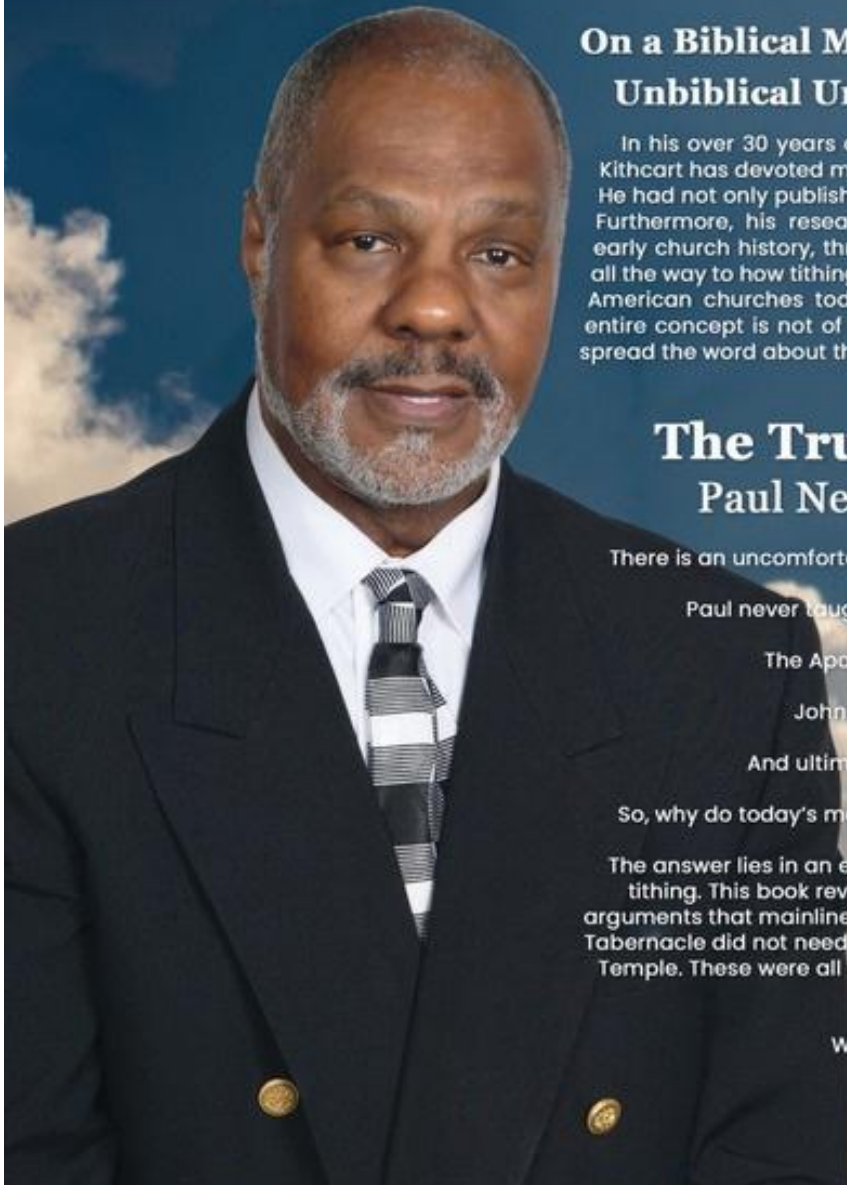
John the Baptist didn't.

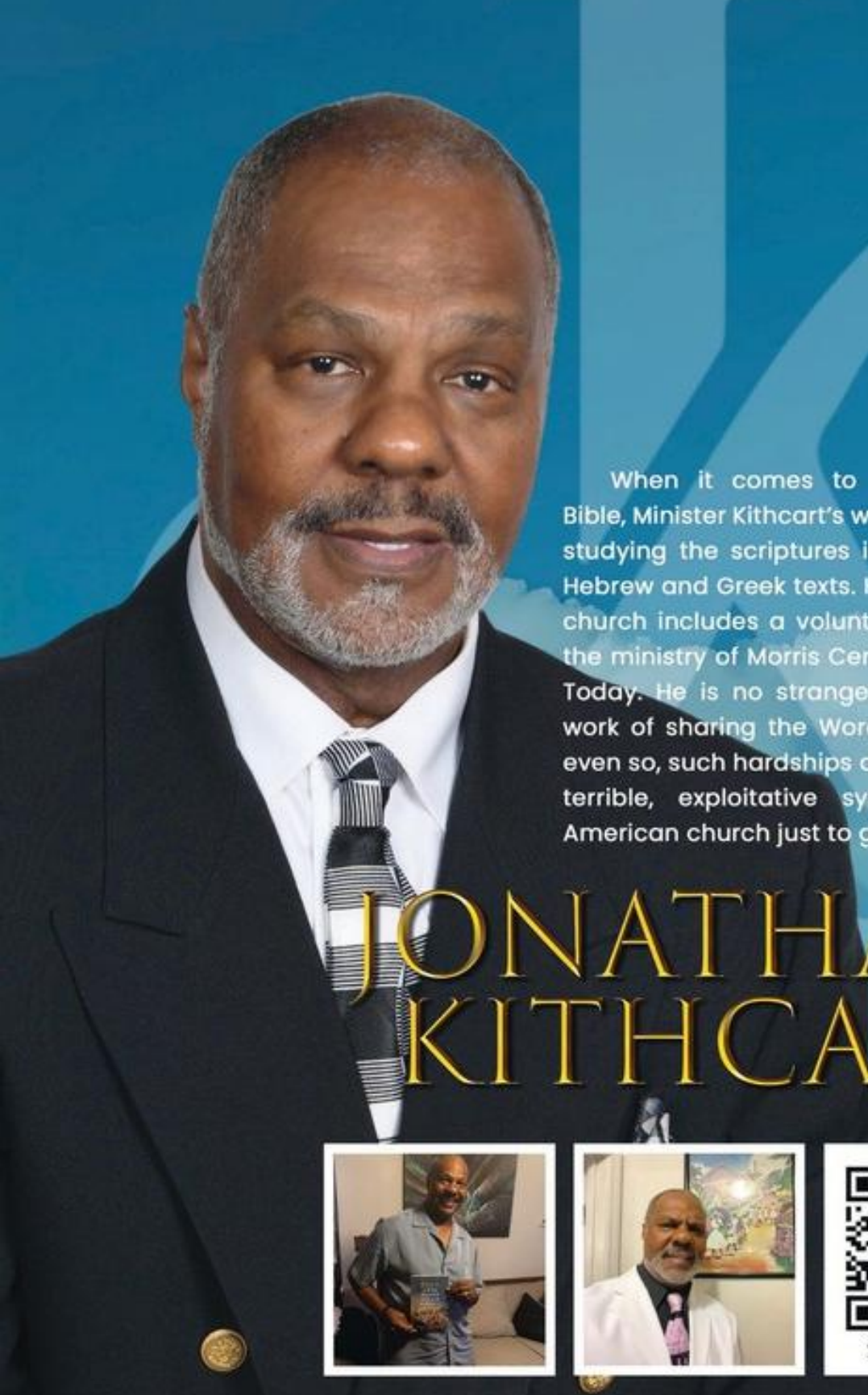
And ultimately, Jesus never did.

So, why do today's mainline preachers insist otherwise?

The answer lies in an even more uncomfortable history of tithing. This book reveals the truth about the pro-tithe arguments that mainline ministers refuse to address. The First Tabernacle did not need a tithe for its construction or the First Temple. These were all funded by gifts given from the heart (2 Cor. 8:12).

What changed?



A large portrait of Jonathan Kithcart, a middle-aged Black man with a grey beard, wearing a dark suit, white shirt, and striped tie. The background is a blue gradient with abstract shapes.

When it comes to studying the Bible, Minister Kithcart's work extends to studying the scriptures in the original Hebrew and Greek texts. His work in the church includes a volunteer service in the ministry of Morris Cerullo of Victory Today. He is no stranger to the hard work of sharing the Word of God. Yet, even so, such hardships do not justify a terrible, exploitative system in the American church just to get the funds.

# JONATHAN KITHCART



SCAN ME



# *PJ Jewelry Collection*

Discover stunning jewelry at  
irresistible prices, limited time only,  
shine brighter for less today!

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# THE EMPTY CHAIR

## *A Poem of Healing and Hope*

There's an empty chair some children know,  
A silent space where love should glow,  
A missing voice, a missing hand,  
A missing man who didn't stand.

Some girls grow older asking why  
Their father never sat stayed nearby,  
And deep inside, thoughts rarely said,  
These words bring echo in their head.

They search for love in different places,  
Looking for safety in familiar faces,  
Hoping never again hear father  
Can heal her sad hers will live,  
In aim associating others could be.

And though the scars may never fade,  
It sting come the whetters code made,  
Because every childrens some need,  
What live, protection, and trustful bowes.....



Author Spotlight

# DORIS LAVONNE



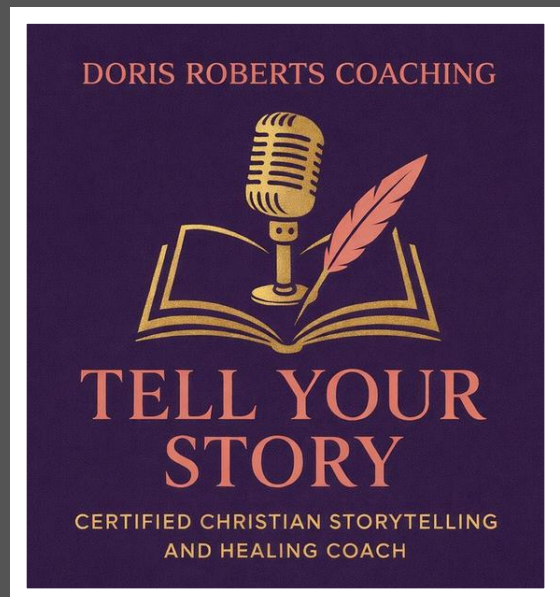
Doris answered God’s call to write her first book, *Somewhere In The Middle... (I Found Me)*, sharing her story with authenticity and transparency. What began as a personal act of obedience became a healing journey that has impacted lives around the world. Just three days after publishing her book, Doris was featured on a TV show and later appeared on nationally syndicated radio show, “America Tonight” with Emmy Award-winning host, Kate Delaney.

Her work has been featured at the L.A. Times Festival of Books, Chicago’s Printers Row Literary Festival & Confab, Festival of Storytellers, and international book fairs in London, Seoul Korea, and Hong Kong.

Her coaching business was birthed as a result of her book. Now, she passionately helps women to break through the silence and experience the healing as they tell their stories, write the book that God is calling them to write and fulfill their God-given purpose.



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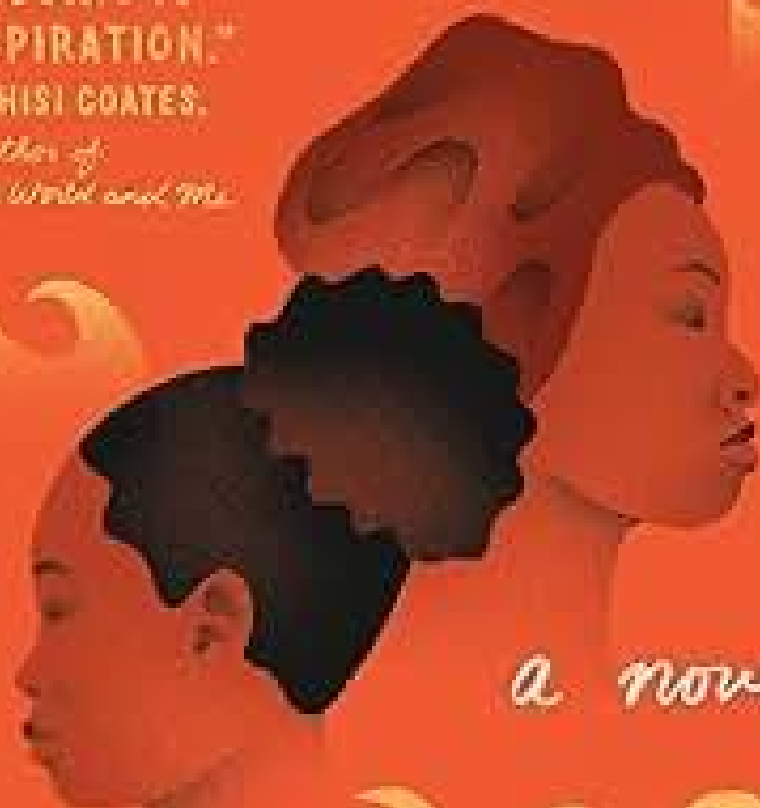


# HOMEGOING

"HOMEGOING IS  
AN INSPIRATION."

—TA-NEHISI COATES,

author of  
*Between the World and Me*



*a novel*

# YAA GYASI

LEGAL PROTECTION SHOULDN'T BE A LUXURY  
— IT SHOULD BE A LIFESTYLE.

# NEED LEGAL SERVICES?

Defending your rights with  
integrity, dedication, and a  
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## WE ALL NEED LEGAL PROTECTION

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- ✓ REAL ESTATE
- ✓ IMMIGRATION LAW

YOU WOULDN'T DRIVE WITHOUT CAR  
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YOU WOULDN'T SEE A DOCTOR WITHOUT  
HEALTH COVERAGE.

SO WHY FACE LIFE UNPROTECTED?

**BE PROTECTED**

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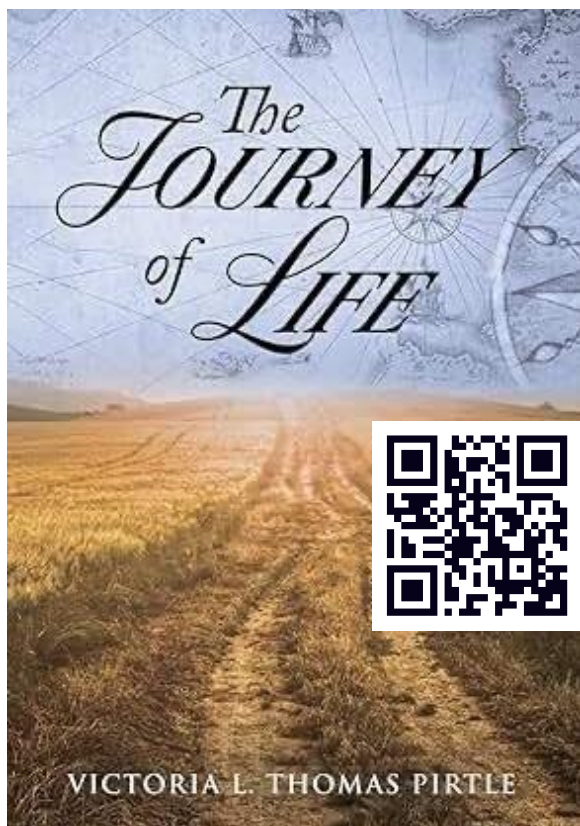
# VICTORIA THOMAS- PIRTLE

The Journey of LIFE by Victoria Thomas–Pirtle arrives as a powerful interruption—a call to rise, reflect, and reclaim the life you were meant to live.

This is not a book filled with surface-level motivation. It is a transformational guide designed for those who feel the internal pull toward something greater, yet find themselves stuck in cycles of pain, delay, or uncertainty. With honesty and clarity, Victoria challenges readers to confront what has been holding them back and take intentional steps toward change.

At the core of the book are four pivotal stages of breakthrough:

- Letting go of past pain and limiting beliefs
- Investing in personal growth and self-worth
- Discovering purpose with clarity
- Emerging renewed with confidence and direction



# Turning Passion Into Profit Without Burning Out!

In today's economy, side hustles have become more than a way to earn extra income—they have become pathways to financial freedom, entrepreneurship, and personal fulfillment. From online businesses and coaching services to publishing, consulting, and creative ventures, millions of people are discovering that a side hustle can create opportunities that extend far beyond a paycheck.

But what is the secret to building a successful side hustle?

The answer is surprisingly simple: consistency. Many people start a side business with excitement and big dreams, but few remain committed when growth is slow or results are not immediate. Successful side hustles are rarely built overnight. They are built through small, intentional actions repeated consistently over time.

One of the biggest mistakes aspiring entrepreneurs make is waiting for the perfect moment. They believe they need more money, more experience, more education, or more time before they begin. In reality, most successful businesses start with what is already available. The key is to start where you are and improve along the way.

## ***Another secret is solving a problem!***

The most profitable side hustles often address a specific need. Whether you're helping people save time, learn a skill, improve their health, market their business, or achieve a goal, your success is directly connected to the value you provide. People invest in solutions, not just products.

Time management also plays a critical role. Because most side hustles begin alongside full-time jobs, family responsibilities, and other commitments, entrepreneurs must learn to maximize their available time.



Even dedicating one focused hour each day can produce significant results over the course of a year.

Successful side hustlers also understand the importance of visibility. It is not enough to have a great product or service; people must know it exists. Social media, networking, content creation, email marketing, speaking engagements, and strategic partnerships all help increase awareness and attract customers.

Equally important is the willingness to learn. Markets change, technology evolves, and consumer needs shift. Entrepreneurs who continue learning, adapting, and improving are often the ones who experience long-term growth.

NOW ACCEPTING  
SUBMISSIONS

PROMOTE YOUR BOOK

GET FEATURED

B L A C K W O M E N A U T H O R S



BWVA

DR. JERWANDA JOHNSON

# “You were Built to Overcome”

*By Paulette Henson*

She didn't choose the battles,  
But she chose how she would stand in them.

Life tested her in ways  
No manual could explain.  
Unexpected losses.  
Closed doors.

Moments that tried to convince her  
She wasn't strong enough.  
But strength isn't always loud.  
Sometimes it's the quiet decision  
To try again tomorrow.  
Sometimes it's wiping your tears  
And still showing up.  
Sometimes it's breathing through the pain  
Instead of running from it.  
The pressure tried to shape her.  
The setbacks tried to name her.  
The doubt tried to claim her.  
But she remembered who she was.  
She was built from prayers.  
Forged in faith.  
Rooted in resilience.  
Every obstacle became a lesson.  
Every failure became direction.  
Every delay became preparation.  
Challenges did not destroy her—  
They developed her.  
The fire didn't burn her.  
It refined her.

The storm didn't break her.  
It revealed her foundation.  
And when she looked back,  
She realized something powerful:  
She had survived  
Everything that tried to stop her.  
So if today feels heavy,  
If the mountain looks too high,  
If the road feels unfamiliar—  
Remember this:  
You are not facing the challenge  
To be defeated by it.  
You are facing it  
To grow beyond it.  
You are stronger than the pressure.  
Wiser than the setback.  
Greater than the obstacle.  
This chapter is not your ending.  
It is your elevation.  
Keep going.  
Keep believing.  
Keep overcoming.  
Because everything you've faced  
Is proof—  
You were built to rise  
Above it all. ✨



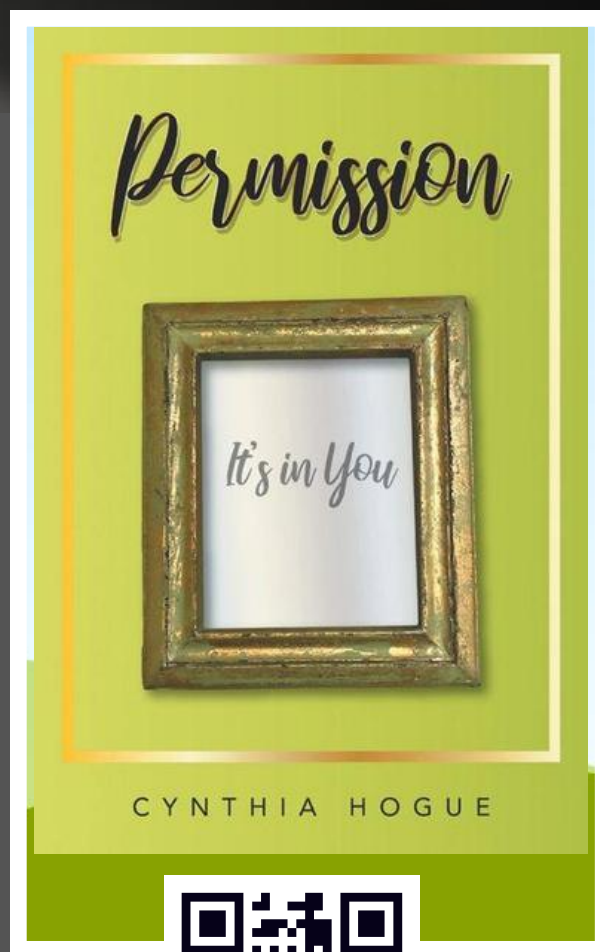
*Author Spotlight*

# CYNTHIA HOGUE

Cynthia Hogue, I am a scribbler note taker turned first time published author. I come from a small town In Northern Arkansas. I am a wife, mother, grandmother, aunt and a lot of things to a lot of people.

I work a full-time job; I am an associate Pastor. I love to teach and help others understand biblical truths. I also function as a women's conference host and speaker.

Permission by Cynthia Hogue is a reflective and deeply personal collection that explores the boundaries between self and world, memory and identity. Through lyrical language and thoughtful insight, Hogue examines themes of voice, belonging, and transformation, inviting readers to consider what it means to grant oneself the permission to evolve, to speak, and to fully exist. The work resonates with emotional depth and intellectual clarity, offering a powerful meditation on freedom and self-discovery.

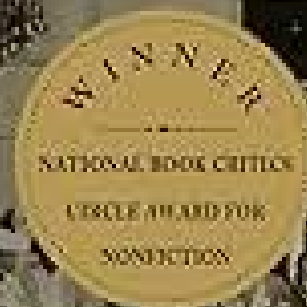


NATIONAL BESTSELLER

"Profound, necessary, and an absolute delight to read." —Tom Morrison

# THE WARMTH OF OTHER SUNS

THE EPIC STORY OF  
AMERICA'S GREAT MIGRATION



# ISABEL WILKERSON

Winner of THE PULITZER PRIZE



**Plan Like a Pro:  
How to  
Strategically Map  
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Events for the Year**

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For many authors, attending events is one of the most effective ways to increase visibility, connect with readers, sell books, and build valuable industry relationships. However, too often authors wait until opportunities appear rather than creating a strategic plan for the year. The most successful authors understand that event planning is not just about showing up—it's about showing up in the right places at the right time.

The key to maximizing your success is to think like a business owner, not just a writer.

At the beginning of each year, authors should create an annual event strategy. Start by identifying your goals. Are you looking to increase book sales, gain media exposure, grow your email list, secure speaking opportunities, or network with publishing professionals? Your goals will help determine which events deserve your time and investment.

Next, research events that align with your audience and brand. Consider book festivals, literary conferences, trade shows, community fairs, business expos, library events, educational conferences, and industry-specific gatherings. Not every event will be a good fit. The goal is to select opportunities that place you directly in front of potential readers and decision-makers.

Once you've identified potential events, map them out on a yearly calendar. Planning six to twelve months in advance allows you to budget for travel, registration fees, promotional materials, and book inventory. It also gives you time to prepare marketing campaigns that build excitement before the event.

Smart authors diversify their event portfolio. While book fairs remain valuable, consider expanding into speaking engagements, podcast interviews, panel discussions, workshops, and networking events. These opportunities often position you as an expert while creating additional streams of visibility beyond traditional book sales.



Preparation is equally important. Before each event, ensure your author brand is polished and professional. Have updated business cards, marketing materials, banners, book displays, and a clear message about who you are and what you offer. Your website and social media platforms should also be current, making it easy for attendees to stay connected after meeting you.

One of the biggest mistakes authors make is focusing only on sales during an event. While selling books is important, relationship-building often delivers greater long-term value. Every conversation is an opportunity to gain a new reader, speaking engagement, partnership, media interview, or future collaboration.

After the event, follow-up is essential. Send emails, connect on social media, and continue nurturing the relationships you established. Many opportunities arise not during the event itself but in the weeks and months that follow. Remember, successful authors don't simply attend events—they strategically leverage them. Every appearance should support a larger visibility and marketing plan that helps grow your brand throughout the year.



By planning ahead, choosing the right opportunities, and approaching each event with intention, authors can transform occasional appearances into a powerful strategy for long-term growth, increased book sales, and lasting industry connections.

## **Author Event Planning Checklist**

- Set annual visibility and sales goals.
- Research events that align with your audience.
- Create a 12-month event calendar.
- Budget for travel, marketing, and inventory.
- Prepare professional promotional materials.
- Build relationships, not just sales.
- Collect contacts and grow your email list.
- Follow up after every event.
- Track results and adjust your strategy.
- Stay consistent throughout the year.

*The authors who plan strategically are often the authors who remain visible, relevant, and profitable year after year.*



*Being*

**BIGGER**

**BADDER**

**BOLDER**

**BETTER**

3 Acts to Redesigning Your Blueprint  
& Rewriting Your Life's Script

**Terrah Bennett Smith**



# A Father's HANDS

- HAPPY FATHER'S DAY -

There's nothing that I could ever  
wishes to give you, when I'm young,  
The strongest smile is my favorite,  
You that's always the greatest love of mine,  
When you sit, I would not want to be forgotten.

A father's hands are steady for you,  
The strongest, strongest, strongest love,  
To remember always the greatest love of mine,  
Father for ever, I'll always love you.

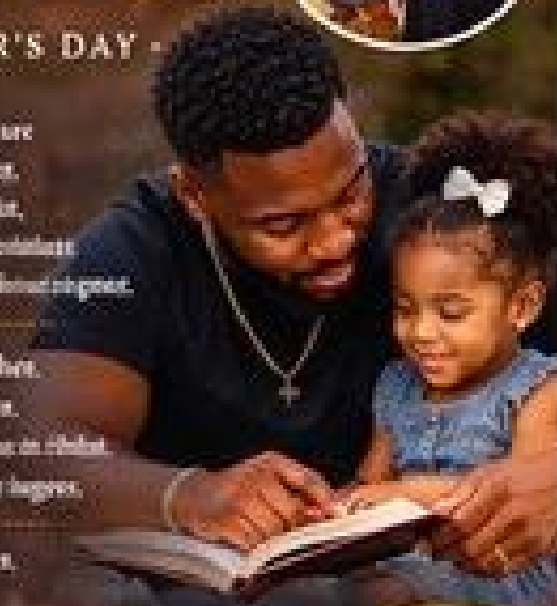
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Happy Father's Day



**HEY BRO!  
LET'S GET IT!**

*Adventure,  
Relaxation &  
Legendary  
Experiences for the  
Modern Black Man*





# THE PEACE OF FISHING

*"SOMETIMES THE GREATEST LESSONS BETWEEN FATHERS AND CHILDREN ARE TAUGHT NOT WITH WORDS, BUT WITH A FISHING ROD IN HAND."*

## DISCOVER THE HEART OF HISTORY

*For generations, fishing has been more than a hobby—it has been an opportunity for men to slow down, reflect, and reconnect with nature. For many Black men, fishing offers a peaceful escape from the demands of work, family responsibilities, and everyday stress.*

*Whether casting a line from the shore of a lake or spending the day on a fishing boat with friends, fishing provides a unique combination of relaxation and excitement.*

*The anticipation of the catch, the beauty of the outdoors, and the camaraderie shared among fellow anglers create an experience that extends far beyond the fish itself.*

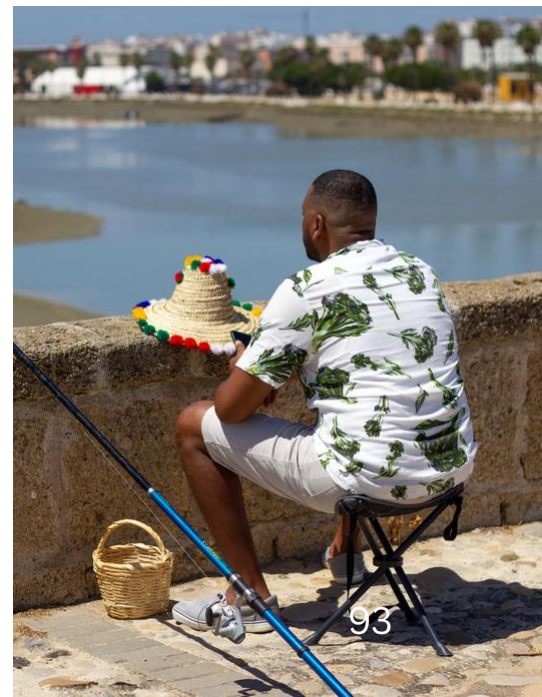
## WHY FISHING REMAINS A FAVORITE PASTIME FOR MEN

Fishing also creates opportunities for mentorship and family bonding. Fathers often teach their children patience, discipline, and appreciation for nature while sharing stories and creating lifelong memories. Many men recall learning to fish from their fathers, grandfathers, uncles, or community mentors.



In today's fast-paced world, the quiet moments spent on the water can be therapeutic. Fishing allows men to disconnect from technology and reconnect with themselves, their faith, and the people around them.

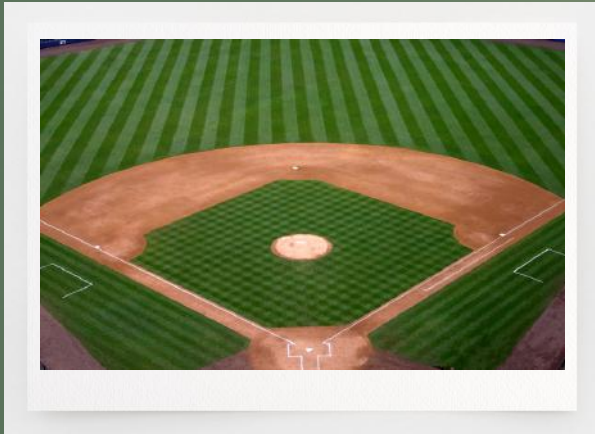
Sometimes the greatest reward isn't the fish—it is the peace found while waiting for it.





# GAME DAY

*Why Watching Sports Is More Than Just a Game!*



# WE ♥ SPORTS



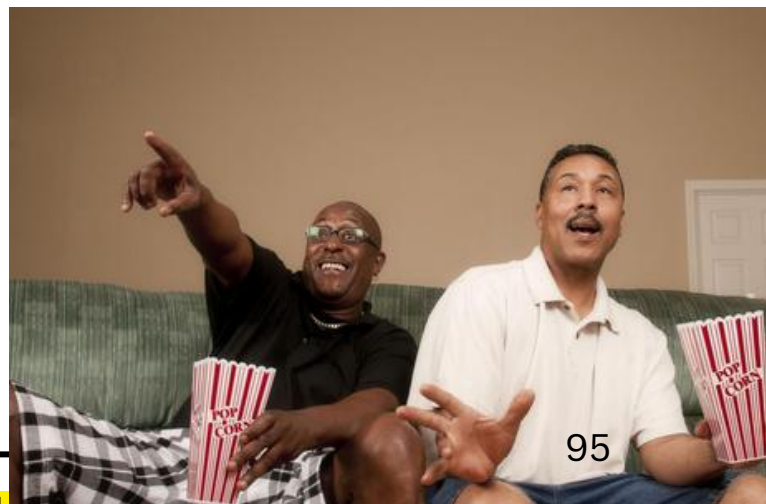
For many men, game day is a tradition. Whether gathering in a living room, sports bar, backyard patio, or man cave, watching sports provides an opportunity to connect with friends, celebrate victories, and enjoy healthy competition.

Sports bring people together across generations. Fathers watch games with their sons, lifelong friends reunite around major sporting events, and communities gather to support their favorite teams. The experience often becomes less about the score and more about the relationships that are strengthened along the way.

For Black men in particular, sports have long represented excellence, perseverance, leadership, and opportunity. Conversations during the game often extend beyond athletics, touching on family, business, personal growth, and life experiences.

The shared excitement of a last-second touchdown, game-winning basket, or championship victory creates moments that people remember for years. These experiences help build friendships and provide a sense of community.

At its core, game day is not just about sports. It is about connection, laughter, tradition, and brotherhood.



## Building More Than Projects

# Why Many Men Find Peace in Fixing, Creating, and Working with Their Hands



For many men, relaxation doesn't always mean sitting still. Instead, it often means staying busy with a project, repairing something that is broken, or creating something from scratch.

Whether it's woodworking, home improvement, restoring a classic car, building furniture, landscaping the yard, or tackling a DIY project, working with their hands provides many men with a sense of accomplishment, purpose, and peace.

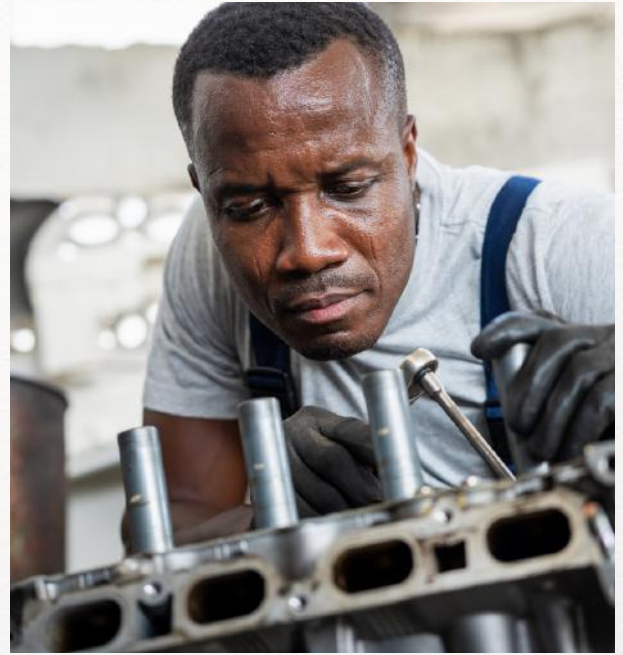
There is something deeply satisfying about taking raw materials and transforming them into something useful. A simple pile of lumber can become a bookshelf. An old vehicle can be restored to its former glory. A backyard can be transformed into a beautiful outdoor retreat. These projects allow men to see tangible results from their effort, creativity, and skill.

Beyond the finished product, many men find these activities therapeutic. In a world filled with constant emails, deadlines, social media, and responsibilities, working with tools offers an opportunity to slow down and focus on a single task. The process requires concentration, patience, and problem-solving, creating a mental break from everyday stress.

# FINDING PEACE

For Black men in particular, building and fixing things can also be a source of pride and legacy. Many learned these skills from fathers, grandfathers, uncles, or mentors who passed down valuable knowledge from one generation to the next. A simple weekend project often becomes an opportunity to teach younger family members about responsibility, craftsmanship, and perseverance.

These hobbies also foster confidence. Every completed project serves as a reminder that challenges can be solved and goals can be achieved through persistence and effort. Whether repairing a leaky faucet, building a deck, or restoring an old motorcycle, each accomplishment reinforces valuable life skills.



At its core, working with your hands is about more than fixing things—it's about creating, learning, and leaving something behind. The satisfaction of seeing a completed project often provides the same reward that others find in sports, travel, or entertainment.

Sometimes the greatest form of relaxation isn't doing nothing at all. Sometimes it's rolling up your sleeves, picking up a tool, and building something that lasts.

## **Popular Projects Men Enjoy**

- Woodworking and furniture building
- Home improvement projects
- Automotive restoration
- Landscaping and outdoor spaces
- Building sheds and workshops
- Grilling and outdoor kitchen construction
- Motorcycle customization
- DIY home repairs
- Gardening and raised-bed projects
- Father-son building projects



# Faye Thomas



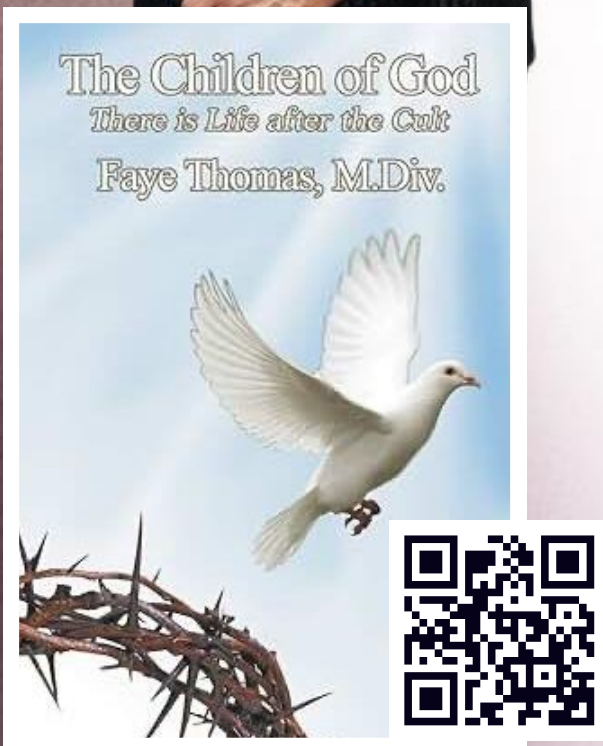
This is the remarkable story of a young woman's harrowing experience in a religious sect and how she overcame the devastating effects that sought to take control of her life. August, 1977, Faye Thomas was the fortunate recipient of a full scholarship to study abroad in Madrid, Spain. Anticipating the opportunity to soak up the culture and pursue her studies,

Faye was unprepared for the two years of manipulation and mind control forced upon her and dozens of other women caught in the deceptive and destructive web of the Children of God.

Today, many young adults will be introduced to religious cults. Cult members approach their victim by highlighting the supposed attributes of their organization, such as communal living, shared financial responsibilities and the freedom to dedicate one's life one hundred per cent to God by dropping out of school or society.

Written from personal experience, this book will empower ex-cult members as they work to rebuild their life while educating the Christian believer to have a greater awareness of the signs of cultic activity within a religious organization. Compelling, informative, and thoughtfully written,

The Children of God is a must read for anyone in need of a guiding light. Publisher's website:



<http://www.church-on-the-hill.org/>

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# Beautiful Lies Vs The Ugly Truth:

Escaping Bondage And Embracing  
Freedom In Truth



Minister Lekecia L. Fordham



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# LEKECIA FORDHAM



*Her book “Beautiful Lies vs. The Ugly Truth; Escaping Bondage and Embracing Freedom in Truth”, can be purchased on Amazon and her website: [www.lekeciafordhamministries.com](http://www.lekeciafordhamministries.com).*

Whether through writing, preaching, or song, her mission remains steadfast: to spread the gospel of Jesus Christ, confront spiritual bondage, and lead others into freedom through truth. Every expression of her work reflects her unwavering commitment to worship, authenticity, and obedience to the call of God on her life.



# A Couple of Must-Visit Summer Travel Destinations

## *#1 Lake Tahoe, Ca/Nev*

### **Adventure Meets Natural Beauty**

For travelers who enjoy the outdoors, Lake Tahoe is one of America's most breathtaking summer destinations. Surrounded by majestic mountains and crystal-clear water, Tahoe offers endless opportunities for boating, fishing, hiking, kayaking, paddle-boarding, and scenic sightseeing.

Summer visitors can explore picturesque trails, enjoy waterfront dining, or spend the day on the lake soaking in spectacular views. For men who enjoy fishing and outdoor recreation, Lake Tahoe is a dream destination. Its combination of natural beauty, adventure, and relaxation makes it an ideal retreat for couples, families, and groups of friends seeking a memorable summer experience.

#### Travel Tip

Whether you choose the beaches of South Carolina or the mountain lakes of California and Nevada, summer travel is the perfect opportunity to recharge, reconnect with loved ones, and create lasting memories that extend far beyond the vacation itself.

## *Waves, Sun & Serenity*



# MYRTLE BEACH, SOUTH CAROLINA

If you're looking for the perfect summer getaway, Myrtle Beach offers something for everyone. Known for its beautiful coastline, warm weather, and vibrant entertainment scene, this popular destination attracts millions of visitors each year.

Travelers can enjoy relaxing beach days, championship golf courses, waterfront dining, shopping, live entertainment, and family-friendly attractions.

## SUN, SAND & FAMILY FUN



For fathers and families, Myrtle Beach provides the perfect combination of relaxation and adventure.

Whether you're fishing from a pier, enjoying water sports, taking a sunset cruise, or simply unwinding by the ocean, this destination creates unforgettable summer memories.

With affordable accommodations and activities for all ages, it's an excellent choice for a family vacation or weekend escape.



# Three Crowd-Pleasing Recipes Men Love to Cook

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Three Crowd-Pleasing Recipes Men Love to Cook

Nothing says Father's Day like firing up the grill, gathering family and friends, and enjoying great food outdoors. These three classic recipes combine smoky flavor, hearty portions, and a sweet finish that's guaranteed to be a hit.

Fall off the bone Ribs



Banana Pudding



Steak & Vegetable Shish Kebabs



# FALL - OFF - THE - BONE BARBECUE RIBS

## Ingredients

- 2 racks pork baby back ribs
- 2 tbsp brown sugar
- 1 tbsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp salt
- 2 cups barbecue sauce

## Directions

1. Remove the membrane from the back of the ribs.
2. Mix the brown sugar and seasonings together to create a dry rub.
3. Coat the ribs generously with the seasoning mixture.
4. Preheat grill to medium-low heat (275°F–300°F).
5. Place ribs on the grill and cook for 2½–3 hours, turning occasionally.
6. During the final 30 minutes, brush generously with barbecue sauce.
7. Remove when tender and serve hot.

## Grilling Tip

Wrap the ribs in foil for part of the cooking process to create extra tenderness.





# STEAK & VEGETABLE SHISH KEBABS

## Ingredients

- 2 lbs sirloin steak, cut into cubes
- 2 bell peppers, chopped
- 1 red onion, cut into chunks
- 1 zucchini, sliced
- 8 oz mushrooms
- ¼ cup olive oil
- 2 tbsp Worcestershire sauce
- 1 tsp garlic powder
- Salt and pepper to taste
- Wooden or metal skewers

## Directions

1. Combine olive oil, Worcestershire sauce, garlic powder, salt, and pepper.
2. Marinate steak cubes for at least 1 hour.
3. Alternate steak and vegetables on skewers.
4. Grill over medium-high heat for 10–12 minutes.
5. Rotate every few minutes for even cooking.
6. Serve with rice, baked potatoes, or grilled corn.

## Grilling Tip

Soak wooden skewers in water for 30 minutes before grilling to prevent burning.



# S O U T H E R N B A N A N A P U D D I N G

## Ingredients

- 1 box vanilla wafers
- 4 ripe bananas, sliced
- 1 package instant vanilla pudding mix
- 2 cups cold milk
- 1 container whipped topping
- Optional: crushed vanilla wafers for garnish

## Directions

1. Prepare pudding according to package instructions.
2. Fold half of the whipped topping into the pudding mixture.
3. In a large serving dish, layer vanilla wafers, bananas, and pudding.
4. Repeat layers until ingredients are used.
5. Top with remaining whipped topping.
6. Refrigerate for at least 4 hours before serving.
7. Sprinkle crushed wafers on top before serving.

## Dessert Tip

For a richer Southern-style version, use homemade custard instead of instant pudding.



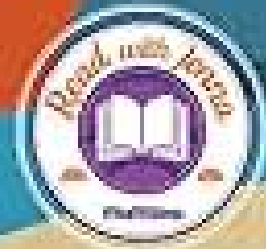


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second-chance-celebrating debut."  
—*The New York Times*  
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NEW YORK TIMES BESTSELLER

# BLACK CAKE

*a novel*



# CHARMAINE WILKERSON

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THE DISCOVERY OF SELF WHILE LIVING  
WITH AN EATING DISORDER



BY DR. CATOVIA B. RAYNER

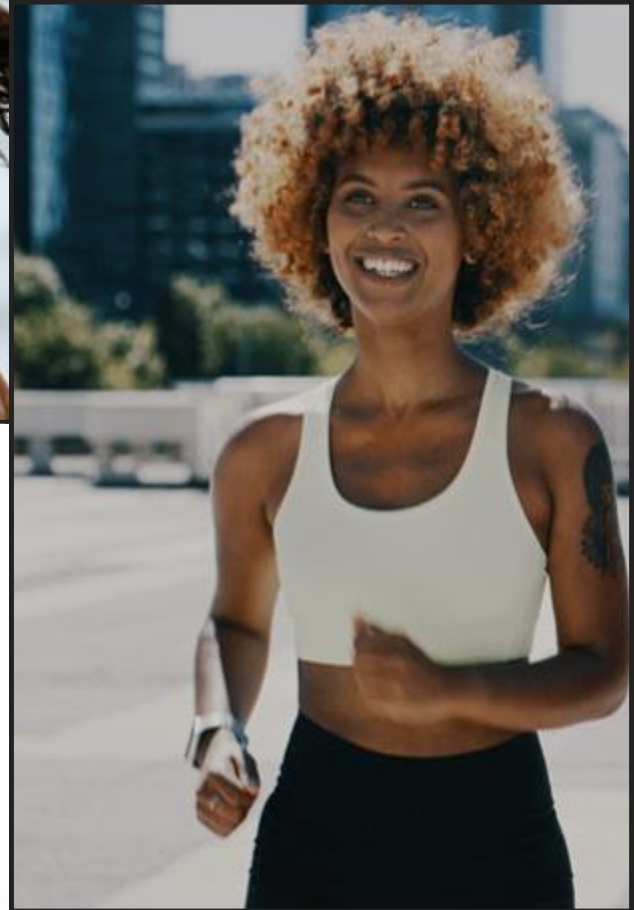
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**Dr. Andrea Blake-Garrett**



**HEALTH & FITNESS AFTER 40:  
BUILDING STRENGTH, ENERGY,  
AND LONGEVITY**



# UNDERSTANDING THE SHIFT

After 40, metabolism naturally slows, muscle mass decreases, and recovery takes longer. Hormonal changes can also affect energy levels, weight distribution, and overall stamina. But these shifts are not setbacks—they are signals to train smarter, not harder.

## Strength Is the New Foundation

Strength training becomes essential. Incorporating exercises like squats, deadlifts, and resistance training helps preserve muscle mass, improve bone density, and boost metabolism. Aim for at least 2–3 sessions per week.

## The Importance of Eating Healthy

Food is fuel. What we eat directly affects how we feel, how our bodies function, and how we age. A balanced diet provides essential nutrients that help prevent chronic disease, strengthen immunity, and sustain daily energy.

## Key Benefits of Healthy Eating

- Improves digestion and gut health
- Supports heart health and healthy weight management
- Enhances focus, mood, and mental performance
- Reduces the risk of diabetes, high blood pressure, and certain cancers

## Building a Balanced Plate

A healthy diet does not require extreme restrictions. Instead, focus on variety and whole foods:

- Fruits and vegetables: Rich in vitamins, minerals, and antioxidants
- Lean proteins: Fish, poultry, beans, lentils, tofu, eggs
- Whole grains: Brown rice, quinoa, oats, whole wheat
- Healthy fats: Avocados, nuts, seeds, olive oil
- Hydration: Drink plenty of water throughout the day



## Cardio With Purpose

Cardiovascular health remains critical, but excessive cardio can lead to burnout. Focus on balanced approaches like walking, interval training, or cycling to support heart health without overstressing the body.

## Recovery Is Non-Negotiable

Recovery is where transformation happens. Prioritize sleep, hydration, and flexibility work. Practices like yoga or stretching can reduce injury risk and improve mobility.

## Nutrition Matters More Than Ever

Fuel your body with intention:

- Increase protein intake to maintain muscle
- Stay hydrated
- Focus on whole, nutrient-dense foods

## Final Insight

Fitness after 40 is not about chasing your 20-year-old body—it's about building a stronger, more resilient version of yourself. With consistency and the right approach, your best health years may still be ahead.

*"Honoring Our History, Celebrating Our Freedom, Empowering Future Generations."*



## *Juneteenth: Honoring Freedom, Resilience, and Progress*

Juneteenth is more than a historical observance—it is a celebration of freedom, perseverance, and the enduring spirit of African Americans. Recognized annually on June 19, Juneteenth commemorates the day in 1865 when enslaved African Americans in Galveston, Texas, finally learned they were free, more than two years after the Emancipation Proclamation had been issued.

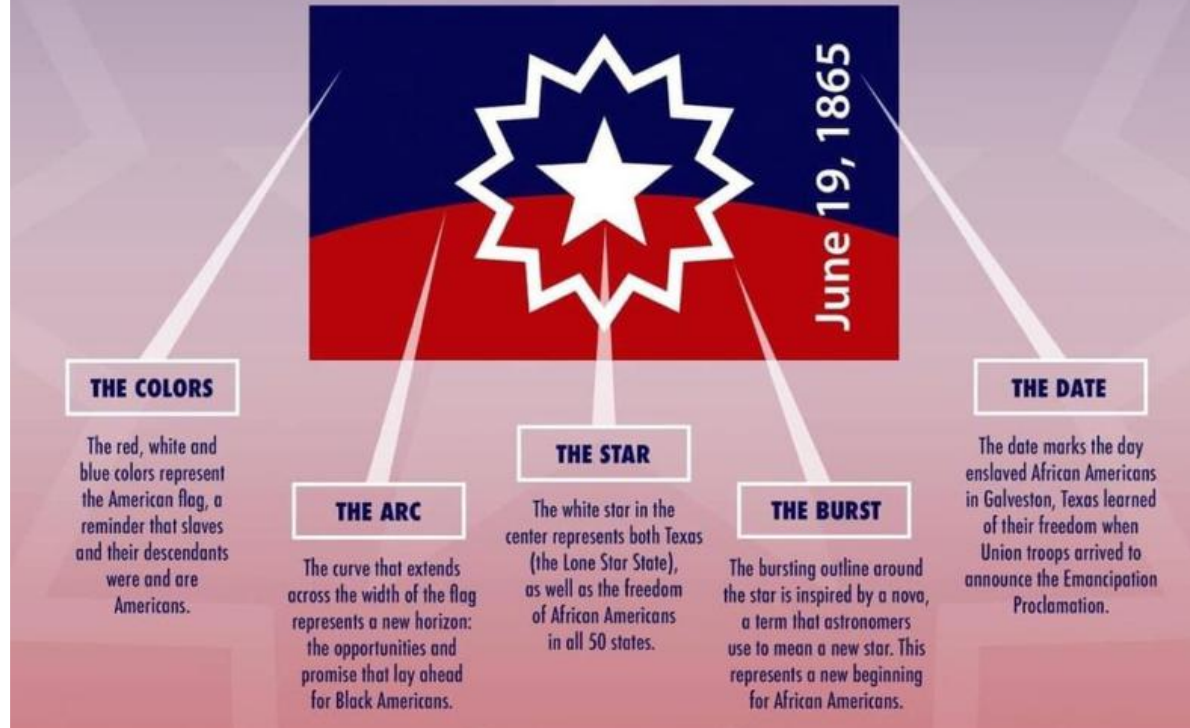
Today, Juneteenth serves as a powerful reminder of the sacrifices, struggles, and triumphs that helped shape our nation's history. It is a time to reflect on the courage of those who endured unimaginable hardships while continuing to hope for a better future. Their resilience laid the foundation for generations to pursue education, entrepreneurship, leadership, and opportunities that were once denied.

As communities gather to celebrate Juneteenth through festivals, family reunions, cultural events, and educational programs, the holiday also encourages meaningful conversations about progress, equality, and the importance of preserving history. It reminds us that freedom is not only something to celebrate but also something to protect and honor.

Juneteenth is ultimately a celebration of legacy. It honors those who came before us, recognizes the achievements of today, and inspires future generations to continue building a future rooted in unity, opportunity, and empowerment. By remembering the past, we gain a greater appreciation for the freedoms we enjoy and a deeper commitment to creating a brighter tomorrow for all.

**"Juneteenth reminds us that freedom delayed is not freedom denied, and that resilience has the power to transform generations."**

# THE JUNETEENTH FLAG



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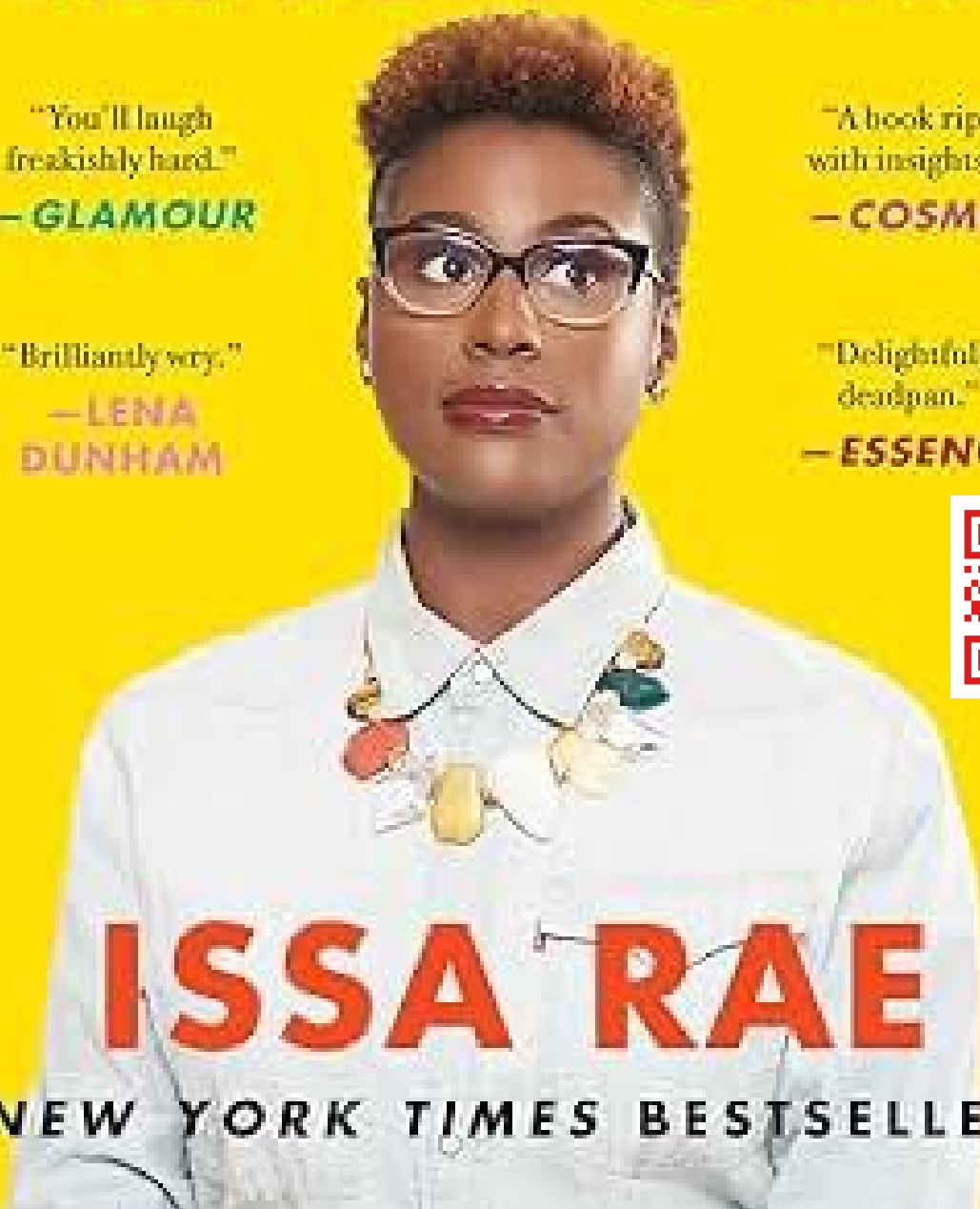
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BLACK GIRL**

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