

# NOBILITY

Magazine

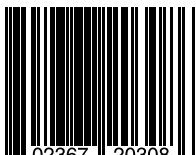
Fall 2025

The Vision Edition

volume 1

In This Issue...

How vision impacts your life.



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# Table of Contents



04 Notes & Quotes

06 A Word About Vision

14 The Power of Making Smart Decisions

16 Beyond Money

24 My Vision For Success

28 The Power of Perseverance

30 Interview with Steve Gunz

34 Managing Your Mental Health

# Message From the Publisher

Vision is such a powerful word. Anything that has been created or achieved has all started with vision. A clear vision is one of the most powerful assets a person can possess. It provides the clarity, focus, and motivation needed to create a life of purpose and fulfillment. Without vision, it's easy to get caught in the cycle of reacting to circumstances rather than shaping them. With vision, you live with intention and direction. Vision turns intention into reality, potential into progress, and a life of chance into a life of purpose. **Please remember,** If you don't have a vision for your life, someone else will!

Here's to having 20/20 vision in 2026!

E. W. Lyons



**no·bil·i·ty**

/nō'bilədē/

noun

**The quality of being noble in character, mind, birth, or rank.**

"a man of nobility and learning"



**"The only thing worse than being blind is having sight but no vision." – Helen Keller**

**"Create the highest, grandest vision possible for your life, because you become what you believe." — Oprah Winfrey**

**"Failed plans should not be interpreted as a failed vision. Visions don't change, they are only refined." — John C. Maxwell**

**"Where there is no vision, the people perish." – Proverbs 29:18**

**"You will never rise above the image you have of yourself in your own mind." — Joel Osteen**

# WHY VISION MATTERS



**ONLY 3%**

of adults write down their goals



**70%**

of people don't have a clear vision for their life

**ONLY 28%**

of young adults (ages 18-29) feel "very clear" about their life purpose

People who write down their goals are

**10X**

more likely to succeed

**VISION+WRITTEN GOALS = SUCCESS**



Life gives you either what you fight for or what you settle for. Your choice.

A clear **vision** turns intention into direction and direction into transformation



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# A Word About VISION

*By: Keith Cannon*

When most of us hear the word vision, the first thought that comes to mind is pretty simple: the ability to see with our eyes. A quick dictionary search confirms this. The first definition reads, “the act or power of sensing with the eyes; sight.”

That definition is very straightforward. As a kid, it was the one I learned first; vision is seeing. I knew my eyes gave me the ability to take in the shapes, colors, and movements and that was accepted and unquestioned.

But the dictionary gives us another definition that is far more intriguing: “the act or power of anticipating that which will or may come to be.”

## **The act or power of anticipating**

Anticipation means to regard as probable, or regarding something likely to happen before it exists in reality. This suggests that vision is not just about what’s in front of us, but it is also about what is possible. That definition sparked an exploration in me. How could this be considered a power, and if it is a power what does it mean for how I create, how we interact, and how we become?

Vision is the power to sense the present, and the ability to use imagination to see the future. Unlike eyesight, which functions subconsciously, the second form of vision requires intention.

## Vision Before Language

To understand vision more deeply, I often return to childhood. Before I had words, or before I had categories for body parts or objects, I experienced the world in its rawest form.

Imagine being a toddler surrounded by unfamiliar people, space strangers, as my young mind may of once conceived them. I had no formal understanding of language, no framework of rules, yet my eyes were already actively observing. They were acting as witnesses, collecting information for the table of my senses.

Something inside me, that early spark of vision, decided I wanted to be more like the people who connected with me in a warming way. So, I imitated them. My tongue found new movements, and my vocal cords discovered vibration, and eventually their partnership slowly resembled language. My once chaotic limbs, seemingly weak and uncoordinated, slowly became an obedient instrument that let me join in the activities of my family.

This is prior to being taught the concepts of struggle. I wasn't working through textbooks, or strategies. I was simply present, experiencing, and aligning myself with a clear idea: to belong, to connect to grow closer to those around me. That might be active vision purest form. No education, no experience, just a determined mind and clear idea that pulled me forward.

## The Shift

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As life unfolded, this effortless flow began to meet complications. At first, the love and attention I received from learning to speak, walk, and interact was a reward in itself, but it wasn't the goal. My vision was bearing fruit and I felt the joy of progress. But then something shifted. The more I communicated, the more my family wanted to teach me. And with teaching came correction, rewards, and the intoxicating experience of being right.

I began to crave that feeling. Slowly, my focus drifted. I was no longer simply improving for the sake of becoming better. I was improving for the applause that came with it.

As I grew older, I cared more about the recognition I received than the quality of the work itself. My vision hadn't disappeared, but it had been altered. The attention I pursued began shaping the ideas I created and projected. Vision still worked, my ideas still became reality, but they were now driven by the external validations and not the internal convictions.

My sense of sight became more than a witness, it became a belief system, filtered by the approval of others. And like many of us, I fell into a common trap: mistaking attention for achievement.

**“So, what exactly is vision? Is it instinct or imagination? Is it your destiny?”**

### **The Nature of Vision**

So, what exactly is vision? Is it instinct or imagination? Is it your destiny?

Vision is not a mystical power reserved for daydreamers or prophets. It's an ability we all carry, a birthright written into our DNA. And this ability is always activated.

Think about it, when you hold an idea with conviction, you begin to see it every.

Opportunities appear, resources align, people show up. It isn't magic; it's focus.

Vision directs our attention and energy toward what we believe is possible, and in doing so, it pulls those possibilities closer.

Although vision is always active, it isn't passive. It works best when paired with clarity. You must know the person you are becoming. Once that identity is clear, actions naturally align. They become meaningful, measurable, and actionable, not just random tasks, but deliberate steps toward becoming. This sense of vision is less about what your eyes see and more about what your heart and mind agree on.

## Vision Experienced

If you look closely, the pattern is everywhere. Children naturally embody vision. They imagine, explore, and anticipate constantly. A child playing with blocks doesn't just see wooden pieces, they see towers, kingdoms, and buildings. The same ability that once allowed me to shape sounds into words is what allows a child to shape blocks into dreams.

But as we get older vision becomes cloudy. We inherit expectations. We chase after applause. We are taught to value outcomes over processes, recognition over growth. Slowly the effortless clarity of vision is replaced with hesitation and doubt. Yet and still vision never leaves us, but waits for our intentions to set aim to it.

## The Discipline of Vision

Vision, when used properly, is a discipline. It asks us to slow down and choose what we see.

- **It asks us to look at our environment for information and meaning.**
- **It asks us to explore both probability and possibilities.**
- **It asks us to anchor beliefs in conviction.**

Vision requires a level of courage. Because when you anticipate a future that does not yet exist, you will always face resistance. People will challenge you with limitations based on eyesight alone. But here is the truth, the limits of your vision are only the limits you choose to accept.

When we dare to envision a different outcome in our work, our relationships, our health, our community, we are exercising one of the most powerful abilities humanity possesses.

## Vision Recalibrated



So how do we use vision in practical terms? How do we move beyond theory and make it tangible?

### **1. Start with identity.**

Asking: Who are you becoming is a great start. Developing vision begins with self-concept. The clearer the answer, the stronger the vision.

### **2. Take action.**

Vision without action is fantasy. Acknowledge the path and create steps that are meaningful, measurable, and actionable.

### **3. Anchor in conviction.**

Build your vision on internal conviction, the belief that growth itself is worthwhile.

### **4. Eyes are for sensing.**

Your environment holds information, not judgment. Look for the patterns, resources, and opportunities that align with your idea of the future.

### **5. Anticipate with imagination.**

Don't predict the future, create it. Anticipation is not passive waiting; it is active imagining.

## Vision is a Birthright

Vision is not a luxury. It is not optional. It is woven into the human experience. Every intention, every work of art, every social movement, every personal transformation, they all began with someone daring to envision. There have been phenomenal historical events that document humans envisioning the world differently and the effects of their vision. Someone envisioned technology that could connect people all over the map long before we carried smartphones in our pockets.

The same power that shaped civilizations is available to each of us in our everyday lives. Whether it's building a business, strengthening a family, or simply becoming a better version of yourself, vision is the seed from which all growth begins.

## Closing Thought

Vision is more than seeing. It is more than I imagined. It is the courage to anticipate, the discipline to choose, and the persistence to act.

It begins as a whisper in childhood, the desire to connect, to belong, to grow. It faces trials as we pursue applause and external validation. But it matures when we reclaim, refine, and direct it with intention.

Vision is a gift that comes at a price of responsibility. It calls us to stop merely reacting to life and start shaping it. And here is the idea to carry forward:

**It's not whether you have vision, the question is, what future are you choosing to see?**



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# The Power of Making Smart Decisions: How to Create the Life You Want.

By Nobility Staff Writer

Nobility Magazine



All of us have made a bad decision at some point in our lives. The purpose of this article is to lower the percentage of bad decisions that we make over our lifetime. Now let's explore why making smart decisions is so important. The reality of the matter is that **the quality of our decisions determine the quality of our life.** We make our decisions and our decisions make us. This is exactly why there is nothing more important than a good decision, and we're going to show you some strategies to help you to make the best decisions ever.

Have you ever made a poor decision and in hindsight asked yourself "why did I do that?" Hindsight is always 20/20, so let's examine why we may have made a bad decision in the past.

## **We made the decision out of emotions**

This one is very easy to do. We get "caught up" in the moment without really thinking it through and we made a spur of the moment decision based on feelings. This often stems from hurt. We get an "I don't care" attitude.

### **We've listened to the wrong people**

We let someone talk us into something that we knew wasn't in our best interest, but we went along to get along.

### **We didn't care about the outcome**

We didn't believe that the decision really mattered. While some decisions seem irrelevant, they should be in line with your overall values and goals.

Try these helpful tips...

**1. Write down your list of goals.** What do you want to accomplish in the next one to five years. This way you can make certain that your decisions line up with your goals.

**2. Imagine yourself one year from now.** How does this decision help move you forward to the end result you are wanting?

**3. Ask yourself "What's this going to cost me?"** Everything has a cost associated with it. The price for not exercising is weight gain. Not studying for a test may cost you a passing grade on the test.

**4. Look at it from multiple angles.** One of my favorite tools I use when making a big decision is the *Risk Assessment Analysis* used by Neurosurgeon **Ben Carson**. This helps you to consider all of the different outcomes. Take a plain piece of paper, divide it into four sections. Name each section one of these titles, And write down everything that comes to mind for each section. They are:

- *What is the **worst thing** that can happen if I do this?*
- *What's the **best thing** that could happen if I do this?*
- *What's the **worst thing** that can happen **if I don't** do this?*
- *What's the **best thing** that could happen **if I don't** do this?*

<b>Making Smart Decisions</b>	
<u>Best Outcome If I Do...</u>	<u>Best Outcome If I Don't...</u>
<u>Worst Outcome If I Do...</u>	<u>Worst Outcome If I Don't...</u>

Adapted from the book *Take The Risk* by Dr. Ben Carson

**5. Pray/Meditate/Ponder on it.** I am a big proponent of prayer, but whatever you call it, mull it over in your spirit. Take the time to do a gut check to see how you are feeling about it.

**6. As the proverb goes there is safety in a number of counsel.** Get a second, third, or fourth opinion from trusted sources. Robert Kiyosaki said it best, "If you don't have a team of advisors, you are already losing."

**7. Identify your values and stay true to them.** Your values are considered your True North, especially when making decisions in an uncertain situation. Goals are important, but personal values are critical.



## Comparing the values of the wealthy and the impoverished.

Do you often find yourself imitating your parents' spending habits? Can unspoken generational rules affect your wallet? Has anyone ever told you that changing your mindset will make you wealthy, but failed to explain what specifically you should change about your mindset?

The usual belief is that the difference between the impoverished and the wealthy is only a measure of material wealth and money. However, the true measures between the impoverished and

the wealthy are valuing connections and preserving assets.

Poverty is indeed an outcome of circumstance and is unforeseen, However, if you are someone interested in imitating the wealthy to transform your life, exploring the hidden rules of social classes is a great way to start. In order to compare and contrast wealth and poverty, it is important to first understand the priorities between the classes.

# Hidden Rules of Poverty

1. **Survival is the main goal.** For those living in poverty, survival is the main goal. This means that they prioritize meeting their basic needs, such as food and shelter over anything else. This can often mean sacrificing other things, such as education or career opportunities, to survive. Some individuals in poverty believe in fate and believe that there is not much they can do to change their situation.

2. **Immediate gratification is necessary.** When living in poverty, the future is uncertain, so immediate gratification becomes necessary. This means that people in poverty will often spend money on things that bring them immediate pleasure, such as fast food or entertainment, rather than saving for the future.

3. **Relationships are key.** In poverty, relationships are often the key to survival. People living in poverty rely on their social networks for support, whether it's for financial assistance, child care, or emotional support. Building and maintaining relationships is crucial for survival in poverty.

4. **Education isn't a reality.** For those struggling in poverty, education (especially post-secondary education.) is seen as a luxury. Money is tight, and resources often needed for success cannot be budgeted. The struggles for basic needs such as housing and food can often interfere with education and cause it to be thrown on to the back burner. Those in poverty begin to give up on the aspect of education and choose to go straight into the entry-level workforce. While this is okay to do, it can limit on future opportunities and earning power.

Understanding the hidden rules of the wealthy can help us better understand their motivations and behaviors. It's important to recognize that not all wealthy individuals think or behave the same way and that there are variations within this group. However, these are common values present amongst the wealthy. Try comparing and contrasting your own rules to the hidden rules of the wealthy and think about which rules you would like to adopt for yourself.

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## The Hidden Rules of the Wealthy

**1. Legacies are the main goal.** For the wealthy, inter generational wealth is the main goal. Transferring the accumulation of assets, financial resources, and economic opportunities helps preserve the legacies' wealth to the next generation. To the wealthy, family values, traditions and wealth are important to pass down. They utilize businesses, education funds and investments as vessels to pass down wealth. Some celebrities are notorious for finding unusual ways to pass down generational wealth. For example, Beyonce, who is a billionaire, adds her 12 year old daughter, Blue Ivy's vocals to her songs so that her daughter can collect music royalties. Kanye West credits his 10 year old daughter as a writer on the tracks he produces so that she also can collect music royalties.

**2. Immediate gratification is out.** Future planning is in. The wealthy prefer not to spend their money for immediate gratification. Interestingly, they prefer to conserve and invest it. The wealthy invest wisely in a variety of assets and choose to use tax strategies to minimize tax liabilities. In addition, they prioritize saving and investing rather than spending it on unnecessary luxuries. You may have heard that the wealthiest men don't wear flashy clothes. They dress down. A waitress on TikTok confirmed this saying, "I always knew who the real wealthy patrons were because

they would come to a nice restaurant dressed in jeans and a t-shirt.”

**3. Connections are key.** Have you ever heard the phrase “It’s not what you know but whom you know.”? While those in poverty focus on relationships for survival aspects, wealthy people choose to utilize relationships for financial, political, and social connections. People in poverty choose to include people in their social circles, wealthy people choose to do the opposite—they choose to exclude people. A strong social network will offer exclusive investment opportunities, new markets, profitable business deals, and valuable information exchanges. With political connections, wealthy people can influence policy as well as lobby for specific beneficial policies. By utilizing relationships, wealthy individuals can gain access to opportunities and resources that may not be available to others.

**4. Education is important.** Especially for making long-lasting connections. The wealthy highly value education. They understand that education helps their legacy expand their knowledge, increases earning potential, and offers better opportunities for career advancement. Not only does education expand the mind, but it also expands the inner circle. Education is a powerful tool for networking as it can connect you with professionals in a variety of fields. Education networking pays off in the future as it expands your professional circles, gives you exclusive knowledge of opportunities, and connects you with mentors.

The following chart illustrates how the poor, middle class, and wealthy think about money, relationships, education and more.

# Poverty

Possessions	People
Money	To be used, spent
Personality	Is for entertainment. Sense of humor is highly valuable.
Social Emphasis	Social inclusion of people he/she likes.
Food	Did you have enough? Quantity important.
Clothing	Clothing valued for individual style and expression of personality.
Time	Present most important. Decisions made for moment based on feelings or survival.
Education	Valued and revered as abstract but not reality.
Destiny	Believes in fate. Cannot do much to mitigate chance.
Language	Casual register. Language is about survival.
Family Structure	Tends to be matriarchal.
World View	Sees world in terms of local setting.
Love	Love and acceptance conditional, based upon whether the individual is liked.
Driving Force	Survival, relationships, entertainment.
Humor	About people and sex.

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From Hidden Rules Among Classes - Dr. Ruby Payne

# Middle Class

# Wealthy

Things	One-of- a-kind objects, legacies, pedigrees.
To be managed	To be conserved, invested.
Is for acquisition and stability. Achievement is highly valued.	Is for connections. Financial, political, social connections are highly valued.
Emphasis is on self-governance and self-sufficiency.	Emphasis is on social exclusion.
Did you like it? Quality important.	Was it present well? Presentation important.
Clothing valued for it's quality and acceptance into norm of middle class. Label important.	Clothing valued for it's artistic sense and expression. Designer important.
Future most important. Decisions made against future ramifications.	Traditions and history most important
Crucial for climbing success ladder and making money.	Necessary tradition for making and maintaining connections.
Believes in choice. Can change future with good choices now.	Noblesse oblige. ('Nobility Obliges')
Formal register. Language is about negotiation.	Formal register. Language is about networking.
Tends to be patriarchal.	Depends on who has money.
Sees world in terms of national setting.	Sees world in terms of international view.
Love and acceptance is conditional largely based upon achievement.	Love and acceptance conditional, related to social standings and connections.
Work, achievement	Financial, political, social connections.
About situations	About social faux pas

When you get that next big tax refund, will you choose to buy a new TV, or will you invest and save those funds? Will you skip out on another networking event, or will you attend? Most importantly, who are your friends and do they truly understand your life's vision?

Which mindset are you? Take the quiz on the next page to find out.



## What Class is your Mindset in?

**1. You have been given a \$100 bill as a gift. All your necessities have already been budgeted. What should you do with it?**

- A. Use it for an item that would really make me happy or treat myself to a nice dinner.
- B. I would spend maybe half and save the rest.
- C. I would save it and maybe lock it away in an account somewhere.

**2. When choosing food, what is most important to you?**

- A. If I am spending money on food, I have got to get enough bang for my buck. Portion sizes are important to me.
- B. The food quality should be up to my standards,
- C. Hey, if the food looks great then I want it.

**3. What are your views on education?**

- A. Yeah, it's great and all but it isn't a reality in today's world.
- B. It is necessary for making money!
- C. It's important for opportunities and making connections.

**4. Which of these three things motivates you the most?**

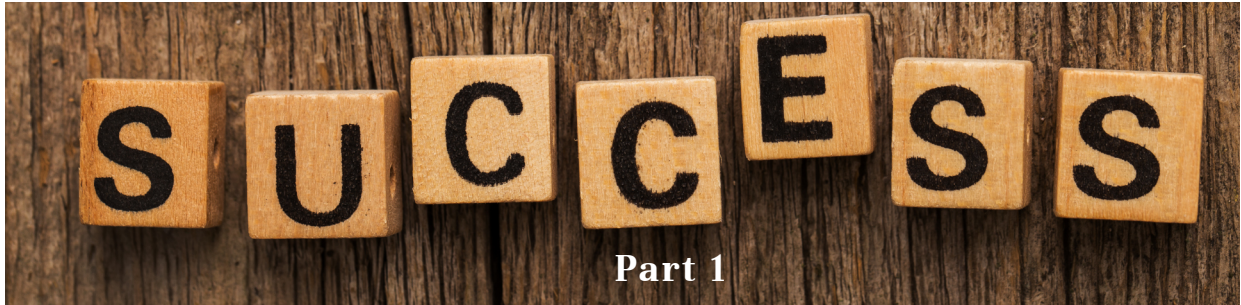
- A. Survival.
- B. Reaching towards achievements.
- C. Meeting new people.

**5. Which type of news interest you the most?**

- A. I like local news the most. My city is important to me.
- B. I like national news. I like to stay in the loop about the country.
- C. I like listening to world news. We are all interconnected somehow.

A answers = poverty mindset, B answers = middle class mindset, C answers = wealthy mindset.

## My Vision of



By Amiel Green II

**M**y college career began at the age of 16 because the vision I had for myself was simply to be successful. I had no idea what exactly that meant because I did not necessarily see myself in traditional roles. However, at a very young age my parents instilled in me that education alone would open doors for me that nothing else could.

In media and society at large, this became abundantly clear; I could either speak with no idea what I am talking about. I could veil my incompetence beneath thin humor and laughter. Or, when I talk, people will choose to listen because I am informed. Backing up what I say with facts meant that I would not need to struggle for people to listen and perhaps I could persuade them to change their minds too. Maybe I could encourage more people to search for the logic despite being surrounded by chaos and the illogical. This was my vision and my mission: I could create a repeatable path that would not only save those who come after me time, but also money?

“After all, there is no sense in a tragedy claiming two lives.”

Thus, I began taking free dual enrollment classes where instructors from the local community college came to my high school and taught various courses. Eventually, I exhausted all the classes offered at the high school, but I still had the entire second semester of my senior year left. I refused to go back to taking high school classes; it simply was not an option. The street I was traveling down was a one way. Straying from this commitment to myself to finishing college would only be wasting time, which is the most important element. So, I found a way to take classes entirely at the community college my last year of high school.

When I found out my current trajectory predicted that I would be graduating high school with 46 college credits I could hardly contain my excitement. At 17, I was working at a restaurant and at the Ralph Lauren Polo Factory Store, taking a full-time college schedule and seemed to finally have my ducks in a row.

I thought I was successfully grown and no different than your average college student. One day while I was driving to class, I received call that my mother Charmaine Hall had passed away. She was also my best friend and I felt blindsided by the loss. It took over a month before I was able to return to a semi normal life. I still find ways to deal with her loss even today.

Finding and focusing on measurable ways to be successful despite losing someone so close to me became a way for me to rise above the depression. After all, there is no sense in a tragedy claiming two lives. After some time, I finished my college classes and graduated high school with 46 college credits, the most in my class, and transferred them to Rockhurst University. This allowed me to graduate in three years with a degree in Bioethics Pre-Medicine and minors in Theology and Religious Studies. Knowing that this would not be my terminal degree, I applied for a one-year masters in Transactional Toxicology at the Indiana University School of Medicine. Unbeknownst to me I was the first person to be enrolled in and to graduate from this program.



**Do you have an success story that you would like to share? Please let us know by scanning the QR code below.**



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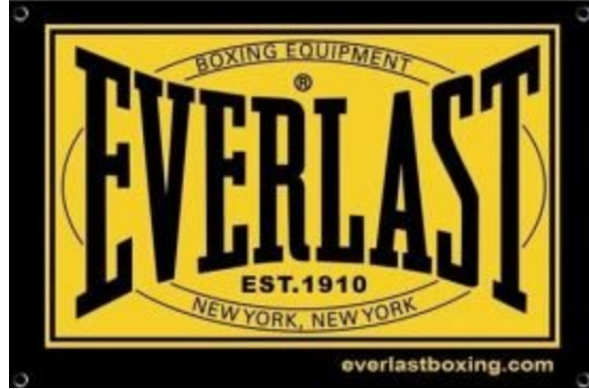
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# The Power to Persevere

Article by E.W. Lyons

**G**rit. Determination. Endurance. All words to describe perseverance. Let's face it, it's not something we hear a lot about. Sometimes we think that success is instantaneous with a good idea. It is not. Championship quarterback Patrick Mahomes has said, "Incredible moments come from incredible preparation" I would add to that statement incredible perseverance.

Consider the Olympic athletes who persevere through countless hours of practice and preparation all for one moment. Sometime you have to persevere through losses and learn from them. **This I know: no matter who you are, you cannot win without perseverance.**

Perseverance is the quality of persisting in pursuit of a goal despite obstacles, challenges, setbacks, or difficulties. It involves a steadfast determination to continue working towards a desired outcome, even when progress is slow or non-existent. Perseverance requires a strong sense of commitment, resilience, and the ability to stay motivated even in the face of adversity.

Perseverance is a valuable trait in many areas of life, including personal relationships, education, career, and sports. People who demonstrate perseverance are often admired for their determination and ability to overcome obstacles. They are also more likely to achieve their goals, as they are willing to put in the hard work and effort required to succeed.

Developing perseverance can be challenging, but there are several strategies that can help. With perseverance, anyone can achieve their goals and overcome the challenges that life presents.

# 5 Perseverance Strategies To Help You Win.

1. **Set realistic goals:** When you're faced with a challenge, it's important to set realistic goals for yourself. Break the challenge down into smaller, more manageable tasks and set achievable goals for each one. This can help you stay motivated and make progress towards your ultimate goal.

2. **Stay focused:** It's easy to get bogged down in the details of a difficult task or challenge, but it's important to keep your eye on the big picture. Remind yourself of why you're working towards this goal and what it means to you. This can help you stay motivated and keep going when things get tough.

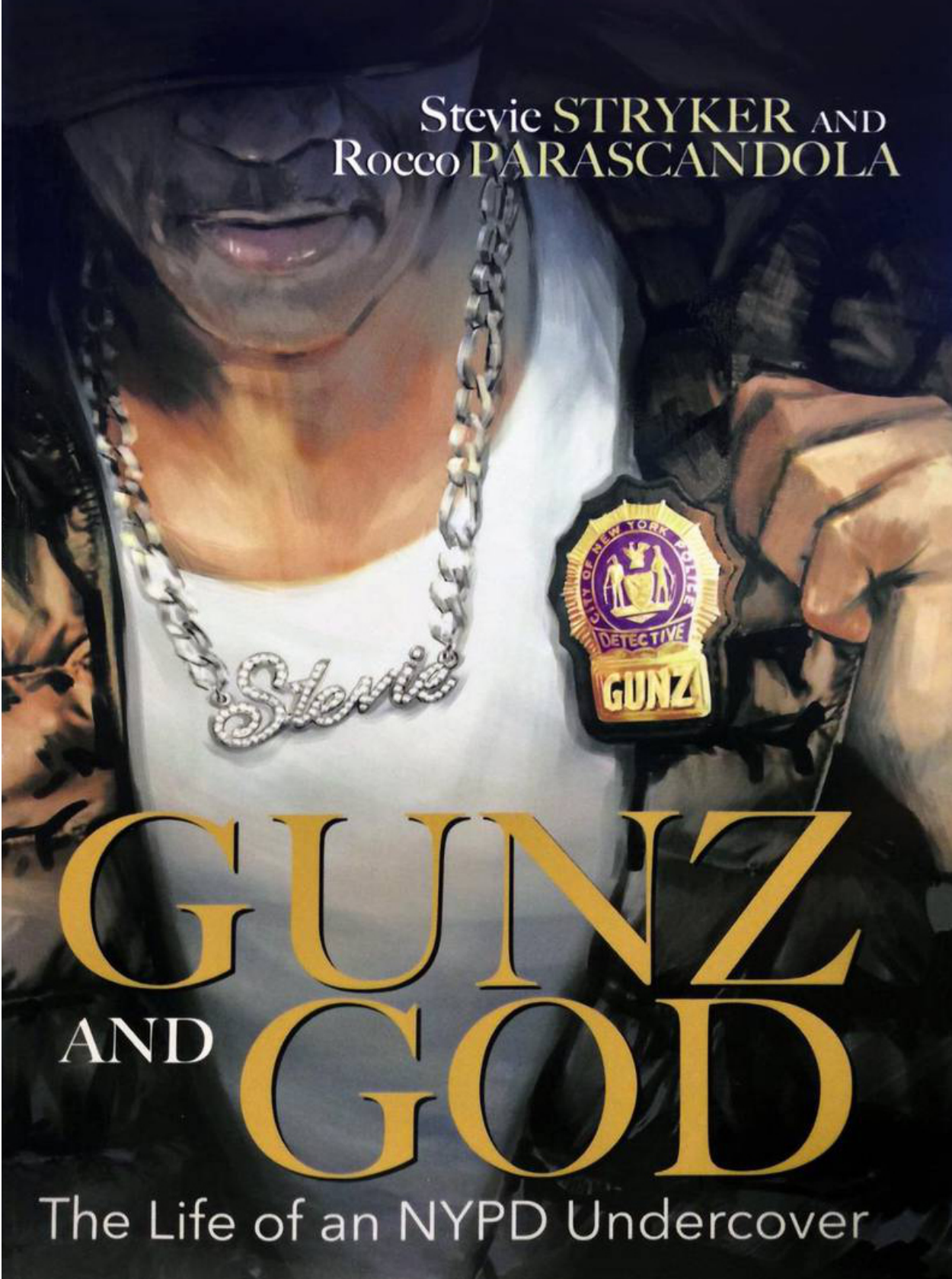
3. **Practice self-care:** Taking care of yourself is crucial when you're facing a difficult challenge. Make sure you're getting enough rest, eating well, and taking time to do things that make you happy and help you relax. When you're feeling your best, you'll be better equipped to persevere through tough times.

4. **Seek support:** Don't be afraid to reach out to others for help and support. Whether it's a friend, family member, or a professional, having someone to talk to and lean on can make all the difference when you're facing a difficult challenge.

5. **Learn from setbacks:** Setbacks and failures are inevitable when you're working towards a challenging goal. Instead of giving up when things don't go as planned, use these setbacks as an opportunity to learn and grow. Analyze what went wrong and use that knowledge to adjust your approach and keep moving forward.



Stevie STRYKER AND  
Rocco PARASCANDOLA



# GUNZ AND GOD

The Life of an NYPD Undercover

# Former NYPD Detective Stevie Gunz Shares His Story of Redemption

**A**fter meeting Steve at a Christian network gala in Alpharetta GA, he graciously agreed to an interview with Nobility Magazine. Here are the highlights from that conversation.

**Nobility:** Steve Gunz, thank you so much for agreeing to sit down with us! We are so very grateful that you took the time to share your story with our readers.

**Steve:** Thank you. It's my honor and my pleasure, sir.

**Nobility:** Steve, you've led a very interesting life. You grew up in New York, joined the Marines, then became an outstanding undercover New York Police Department detective to now becoming a pastor. What is the one takeaway from your collective experiences?

**Steve:** Well, the first thing is joining the Marine Corps at the age of 17 in 1984. The one thing I learned from the Marines is the ability to never quit. To see a wall and find a way to go around it, under it, or over it, but the wall should never stop you. From the police department, I learned that in bad neighborhoods are good people. Just because you reside in a bad neighborhood [it] does not make you a bad person. I've worked in some of the toughest neighborhoods in all five boroughs of New York and met some of the nicest people. Lastly, what I've learned from being a pastor and in the office of the Apostle, is that no matter how flawed you are God loves you. He's never going to fall out of love with you. He will take what people throw away and turn it into something that can be used.

**Nobility:** That's powerful sir! You and I have talked about this next question at length; however, I'm going to ask it anyway so other people will have an opportunity to hear you. What made you want to become a police officer?

**Steve:** I didn't wake up one day saying [that] I want to be a cop. At [an] age between 7 and 9, it was Easter weekend and my father would give my mother money to buy me an Easter suit for Sunday. Walking home in Brooklyn, my mother had the bags in her left hand and was holding my hand with her right hand. While we were talking, a man ran up and snatched the bags out of her hands. She was bruised and had some scrapes from falling to the ground. At that moment, I developed a disdain for people doing bad things. Growing up in Brunswick, I saw drug dealers and pimps, but they had not had a direct effect on my life until that moment. That incident is how I developed such anger for bad guys. I'm not sure that it gave me the desire to be a cop as much as I wanted to be the total opposite of that guy.

**Nobility:** Let's shift for a moment to your book, Gunz and God. You presented a copy to me and I could not put it down! The whole plane ride home, I was enthralled with it! It is really quite a page-turner and so very well written! What inspired you to write a book?

Steve: Truth be told, I have always thought about writing a book. Like most people, we think of something but don't follow through with it or we don't want to put the effort into doing it. The way the book came about was that I was already retired and Rocco, (the co-author) who is a bureau chief for the New York Daily News, wanted to write a news article about guns and drugs in the city of New York. He went to the detective's union and said, "Hey, can I speak to a detective about guns and drugs?" At the time, the Chief of Detectives Mike Pallidino said "Well, it would be better if you talked to a detective that's retired as opposed to one that's active right now because we don't want to run the risk of putting information out there and the detective's identity is compromised. But, I have a top-notch guy who's retired by the name of Stevie Gunz. He is the best undercover we had, talk to him." Rocco contacted me,



Photo by :  
**Steve Gunz**

*"I have hundreds of stories and quite a few [from] drug and gun buys"*

[and] we did the news article which turned out fabulous. It was maybe a year later, that he drew a lot of interest from book companies who said, "Hey, we would like to write a book and we want to talk to Stevie about doing a book." Rocco and I spoke and said [that] we will write the book together. So, we sat down and began writing because I have hundreds of stories and quite a few [from] drug and gun buys. That's how it came about. I wasn't searching for this; the opportunity came knocking at my door. Once I sat down and talked to other senior detectives about writing the book, I didn't want to give away secrets of how we operate, how we move, and how we watch. As long as I didn't put those things in the book and jeopardize my fellow undercover who are still out there working deep undercover then I was comfortable doing it. Had it been a situation where it would have jeopardized operations then I would not have done that.

**Nobility:** Understood, there's a lot to consider. Speaking of undercover, how did your faith impact your duties as an undercover?

**Steve:** Well, growing up I was literally born into the church because my parents were pastors. I have always heard if God be for you, who can be against you? "No weapon formed against you shall prosper." (New King James Version, Isa. 54:17) "Yea though I walk through the valley of the shadow of death, I shall fear no evil." (New King James Version, Ps. 23:4) Those are the scriptures that played over and over in my mind when I was out there buying the drugs and guns in those streets. I always felt that I was doing God's work [and] that God was with me. I would pray before we went out. When I got into that car, turned my hat backward, turned up the music, and played the role, I spoke to God before, during, and after the operation.

**Nobility:** That sounds like a pretty hairy moment. So, what would you say is your greatest achievement?

**Steve:** I would say my greatest achievement is being a great husband to my wife of 26 years, a great father to my 6 children, and a grandfather to my 3 grandchildren.

*"I would have to say my greatest achievement is being a great husband to my wife of 26 years, a great father to my 6 children, and a grandfather to my 3 grandchildren"*



Photos by :Steve Gunz

Why do I say that? Because if you came to my house and asked them about Stevie Gunz, they don't care about that. If you asked them about Apostle Steve, they don't care about that either. [Do] you know what they care about? Daddy! At one point I was a superhero in the police department but I was a villain at home because I wasn't there. I was out trying to save the world. So, my greatest achievement is my sons seeing me love only one woman, their mother. My greatest achievement is showing how their mother is treated, and how they should be treated.

**Nobility:** Very nice. Having said that, in your opinion, what are three things you believe young men need to focus on?

**Steve:** The first thing is that you must have a relationship with God because all things are possible with God. I'm not being religious here. Every young man has to have the ability to get on his knees and pray. Every young man has to be able to have a conversation with God. Another thing a young man needs to have is a mentor. Someone to tell you you're wrong. Someone to tell you you're going the wrong way. Not someone who is going to encourage you in your bad behavior. The third thing every young man needs to have is the ability to learn. Having the ability to not think you know it all and the ability to say I want to learn. Learning is the most powerful pill to take for growing. A good mentor will hold you accountable.

**Nobility:** Great advice! So, what's next for Steve Gunz?

**Steve:** Well, I'm always continuing to spread the gospel of Jesus Christ. The next thing for me is to make sure that my generations to come are set up. The Bible says a wise man plants for his children's children. Now I want to make sure that my children's children's children can sit under the tree that I'm planting.

**Nobility:** Yes! I recall you and I discussing legacy.

**Steve:** Yes, you can't leave sneakers and jewelry behind. You've got to be able to leave wisdom, land, property, deeds, and finances. I want to cancel the spirit of lack. I want to cancel poverty. A lot of people will talk about curses in their families; well, maybe you were born to run the curse out. We are not going to be here forever but if you leave something behind you will be remembered forever.

**Nobility:** Well stated Steve. Thank you for taking the time sir. Much success in all your endeavors. We are including a QR Code where our readers can purchase your book.

**Steve:** By the way, there is something big coming down the pike regarding the book that is in the works for this summer of 2026 so stay tuned. I am humbled for the opportunity just to have this conversation with you, sir.

# Managing Your Mental Health

By Dr. Tracy L. Gunn PhD

Managing your mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care also plays a major role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

## Self-Care

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are few tips to help you get started with self-care:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night or replay them in your mind. Focus on positivity. Identify and challenge your negative and unhelpful thoughts. Stay connected. Reach out to your



Dr. Tracy L. Gunn is board-certified Christian family therapist. You can find her professional profile on Psychology Today.



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