

T&W

Today's Ebony Woman

The Most Intriguing
Women Of Color
Are Found Here

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& Bio
Today!



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Renita D. Alexander

Dr. Shyrlena Bogard MD

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I went on to become an Ob/Gyn and I am now moving again into the field of Regenerative Health.



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My life is filled with positive energy and light. I have manifested it, because I love myself and I am able to love others. Love is my superpower.



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From The Editor's Desk

Belinda Trotter-James



I am so excited to create a platform that will highlight the most amazing women who do amazing things. As women we should always celebrate each other and assist whenever possible by spreading word-of-mouth about each other's products & services.

Each story should inspire and motivate one to do great things. In today's technology world, doing something alone is like being a tic tac in the mouth of a whale. How will anyone find out that they need your product, service, advice or experience if they cannot find you in cyberspace?

Today's Ebony Woman magazine will showcase ordinary women doing great things as mothers, sisters, aunts, etc. doing what we do best, multitask, create and motivate.

I cannot wait to introduce you to the women in this issue. If you would like to be in our next issue, please send your bio and at least five photos to TodaysEbonyWoman@gmail.com

Belinda Trotter James

Editor-in-Chief

Belinda Trotter-James is the first black editor-in-chief to create the first hip-hop hair magazine, Hype Hair, along with being the editor-in-chief for other national fanzines with Word Up, Rap Masters, 2 Hype, Modelocity Online and her latest publication, Blown Woofer entertainment magazine.

Volume 1 Issue 2

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BEVERLY WALTHOUR

BORN - HINESVILLE, GA

BUSINESS STRATEGIST

Beverly Walthour, 44. Business Strategist for Established Christian Female Coaches who want to ACCELERATE their INCOME & IMPACT without compromising their Christian Values. I reside in Atlanta, GA. I was born in Hinesville, GA. As a child, I always loved teaching others. I used to teach my sister whatever I learned in school that day. In high school, I had an amazing math teacher that was the deciding factor in my becoming an educator. I was a middle school math teacher for 14 years. However, when I used to dread going to work on Mondays, I knew that it was time for me to transition careers. I secured a position as a trainer for an organization in Georgia. That position was terminated 6 months later. That was the moment I realized that I needed to have more than one source of income. Although I was hired by another company a few weeks later, the entrepreneurial bug was activated in me again. Although this entrepreneurial journey is not for the faint of heart, I would not change what I do for anything. Being able to support women in creating their dream businesses is worth it all.



TODAY'S EBONY WOMAN

BEVERLY WALTHOUR

I'm not married and do not have any kids or pets. My favorite color is blue and I love soul food. My favorite place to travel is to the beach, which must have white sand and turquoise water! When I'm not coaching, I love to read and work in my garden.



"That position was terminated 6 months later. That was the moment I realized that I needed to have more than one source of income."



Young Beverly

CARENDA DEONNE AKA "COACH C."

BORN - BALTIMORE, MD

CERTIFIED STRESS MANAGEMENT COACH, AUTHOR, SPEAKER

I live in Gastonia, NC. My childhood formed me into the woman I am today by the amazing role models I have in both my parents. My mother, Beulah Smith, is a woman of faith and integrity. She taught me how to be a lady. She saw my gifts and talents and pushed me to pursue them. She was instrumental in the publishing of my first book, *Soul of a Poet*. I would also not be the woman I am today if it was not for my father Jerry Pittman. He is a man of great insight and discernment. He also taught me values and how a lady is to be treated and respected. Growing up in N. East Baltimore, with a single parent, was not always easy, but both of my parents committed their time, resources and Christian values in raising me to be the woman I am today.

One day the Lord asked me, "Do I want to be stretched, or do I want to be expanded?" Since then, I have been asking women all across this world the same question. Despite challenges that I have had in my life, two failed marriages, failed business relationships, the tragic loss of my baby brother, Evan Pittman, and health challenges, one thing I knew and still believe is that the Lord loves me. That love has helped me to forgive myself, forgive others and own my worth. That love has done more than stretch me in my purpose, but expanded me for a greater purpose. Two things that I personally worked on and dedicated myself to was detoxing emotionally and learning how to stress easy.



"...one thing I knew and still believe is that the Lord loves me."



CARENDA DEONNE


Once I did those things, as well as surround myself with others who were smarter and wiser than me, the cycle of failure, isolation and rejection were broken. I now utilize my business and ministry to teach women how to have more serenity, stability and harmony in their lives, and to never lose hope.

Carenda is a licensed minister, member of Alpha Kappa Alpha Sorority Inc., author of two books (*Soul of a Poet* and *Perfect Patty Messed Up Devotional*), contributing author for *The Wait to Success*, and a certified stress management coach. Carenda has been featured on CBS, WATC TV, TCT TV, WCCB- Charlotte, and more. **Woman With Vision** is the official charitable partner of **Carenda Deonne LLC**.

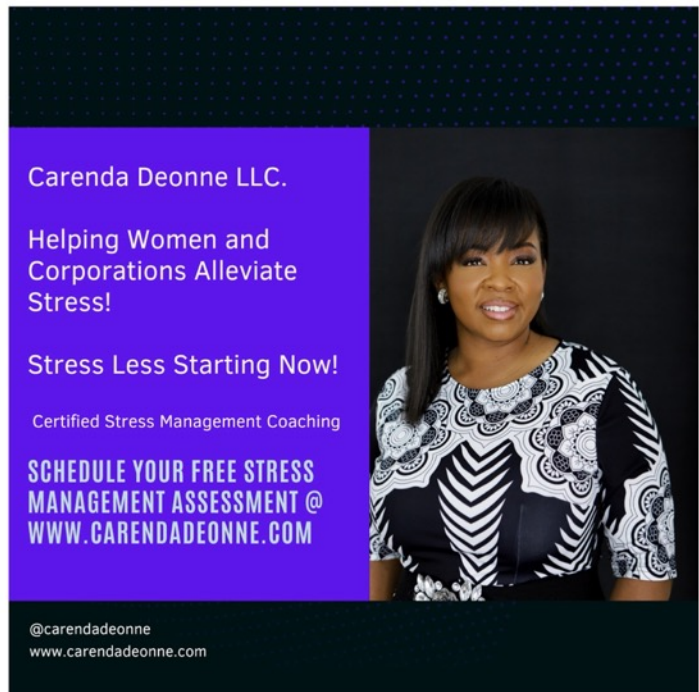
No children. No Pets. Married to Jeff Beamon. Love being an Auntie. Favorite food is seafood (blue crabs, crab cakes, oysters, seabass) Favorite color is black. Favorite hobby is anything that incorporates the arts. (poetry, music, theater) Love writing poetry. Love watching wrestling. Her favorite wrestlers of all time are the *Undertaker* and *Stone Cold Steve Austin*. Loves Comedy - favorite comedians are Dave Chappelle, Nathaniel Martin Stroman (Earthquake), Rickey Smiley and D.L. Hughley. Favorite places to visit are the mountains. I tap into my creativity in the mountains. Love Asheville (the Grove Park Inn), Favorite TV Show is **Married at First Sight** and Favorite Football team is the Baltimore Ravens.

Carenda is amazing, supportive and will help anyone without hesitation. She has such an aura about her, and it touches the heart of anyone she comes in contact with. Carenda told me once that the legacy she wishes to leave is, "*At the feet of this woman I learned great wisdom and understanding.*" If you ever have a chance to hear her speak, or just have a general conversation with her, that statement holds true. I am most confident you will agree that she embodies wisdom, love, and beauty. She truly is a beam of light, and it radiates from the inside out. I am blessed to call her my sister.

-Sharon Beamon-Gastonia NC



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CLARISSA SANTIAGO

BORN - ASBURY PARK, NEW JERSEY
LICENSED COSMETOLOGIST / CERTIFIED MAKEUP ARTIST

The Art of Reinvention Clarissa Santiago began her career as a hip-hop dancer appearing in music videos with P. Diddy, Missy Elliot, and Lil Kim to name a few. While attending Harry S Truman High School in the Bronx, she was a contestant in the Teen Puerto Rico Pageant, which sparked her interest in pageantry. After graduating from high school, she became a franchise owner representing the Latina World pageants under her event production company, Ideal Entertainment. As director of the Latina New York Pageant, she was recognized as Director of the Year for her 2004 and 2005 pageant show productions by the Latina World organization. She went on to become Vice President of the international pageant in 2005 bringing New York delegates into top five positions through her training and mentoring programs.

In 2006 Clarissa would kick start her modeling career. She has been presented in both print and online features for King-Mag.com, DynastySeries.com, TheUrbanDaily.com, That'sHipHop.com, Asls Magazine, and The Hottest & Sexiest Model Network in Canada. Clarissa was also selected from thousands of entries across the country for a royal experience on the reality TV show *American Princess*. You'll see the Beauty from the Bronx battle it out for a dance with the prince, a diamond tiara, and \$50,000 cash! The reality show aired in August 2007 on the Women's Entertainment network (WE TV), with Clarissa as one of the final three princesses. Clarissa went on to expand her professional career obtaining an Associate's Degree from Monroe College.



You can follow her online:
IG @naturaldivabeauty101 and
on Facebook: Natural Diva Beauty.
You can also see her hair & makeup
videos on YouTube: Natural Diva Beauty



CLARISSA SANTIAGO

She served as Executive Assistant to C-level executives in corporate public relations and advertising; a role she would hold for the next 15 years, before eventually relocating to Richmond VA. In early 2020 she embarked on a new career. Clarissa wanted to work in an industry that she was passionate about, doing hair and makeup, working with models and celebrities. She attended Empire Beauty School to obtain her cosmetology certification and went on to earn her cosmetology license. In 2021, Clarissa launched Natural Diva Beauty and is now a salon suite owner at Top Notch Salon Studios RVA. She offers professional hair and makeup services for a regular clientele, weddings, and special events. She is also a member of the RVA Fashion Week Beauty Team. In addition to being a DPOR Licensed Cosmetologist, she is a Certified Makeup Artist (New Skills Academy), a Keratin Treatment Tech (Pretty In A Minute) and is also Olaplex Certified. Appointments are required and can be made directly on her website at www.naturaldivabeauty.com.

Clarissa continues to walk in her purpose doing what she loves, taking in clients at her salon suite, offering professional hair and makeup services and making a difference in her community. She is proof and inspiration that you can reinvent yourself at any time in your life, follow your dreams, and be whatever you want to be.



BACK
TO WHERE HE BEGAN



TODD JONES
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Publisher/Editor-in-Chief

CYNTHIA JACKSON

BORN - LONG ISLAND, NY

FASHION DESIGNER

My name is Cynthia Jackson, and I was born on Long Island, New York. My formal education has led to a fulfilling career in the medical field for the past 25 years with retirement in the near future. My passion for fashion started at an early age. I am a self-taught designer whose gift for sewing and designing was passed down from my mother, the late Mamie Jackson. My mother was a professional seamstress and she taught me so much about the craft as I would sit at her feet and watch her create the most beautiful garments. It was magical and it created such an amazing bond between us. It wasn't until after her passing that my calling was set into motion.



Young Cynthia



CYNTHIA JACKSON



Sewing kept her spirit close to me. All the conversations of us starting a business together moved me and with a lot of courage and FAITH I stepped out to fulfilling my true purpose. In 2017 I officially launched my brand, CJackson Long Island and it has taken me to the streets of Time Square NYC, NYC Fashion Week, Harlem Fashion Week, and multiple magazine publications. The continued invitations are too numerous to count, and I am humbled by it all. I was just named New York Time Square Fashion Week Experience Designer of the Year for 2022. I give thanks to my photographers Kareem Johnson, MFI, Louis Moore, and Kenya Callandar to name a few. A special thank you to the amazing models that continue to support me Luciana Hernandez, Joy Rolland, Mikaielle Fuoco-Kandemir and MichiMii and the countless many I have had the privilege of working with through out this amazing journey. It has been inspiring, challenging but mostly humbling. To have so many wish me well and be so supportive is dream come true....and it's only just beginning.



DESHANDA T. CARTER

BORN - HARLEM, NY

RETIRED CORRECTION CAPTAIN / ACTRESS

I was born in Harlem New York, and was raised in the Bronx. I am a product of the NYC school system. I am an only child, and a divorced mother with two adult sons, and one granddaughter who currently resides in Orange County, New York.

I am a noted actress, and member of the screen actors guild. I have appeared in one major motion picture, *Dangerous Minds* and several other stage and television appearances. I also enjoy writing and singing.

Being a retired New York City Department of Correction, Captain, I served the city for 20 years before taking on the roll of full time entrepreneur. As a child I watched my mother hustle jobs to make sure I was very well taken care off. She also is a NYC Department of Corrections retiree. I would have to say hustle and drive runs through my veins.

Currently I own and operate Simply Carter Corp, Carter's Diva Glam Mobile Party, Simply Carter Events, Simply Carter's Tees and Things and Carter's Caring Hands Inc. In addition, I am a noted author, radio show host on totalentradio.com and a licensed life insurance agent. I created the first ever Diva Glam Future Boss Pageant, were young girls ages 5 to 12 competed by presenting their business in different forms.

I have one dog and an amazing boyfriend of 5 years.

I love seafood, the colors-pink and purple. I love dancing and singing, and my favorite place is Aruba.

Her goal is to build a brand that will empower girls and women into becoming the correct entrepreneur.



VW photography



DESHANDA T. CARTER



VW photography



VW photography

"I am a noted actress, and member of the screen actors guild."



DORESE CRAFT

BORN - SARASOTA, FLORIDA
PINKDIAMONDSBLING.COM

I was born Dorese Kathleen Gandy to Lynn and Martha Gandy on December 23, 1962 in Sarasota Florida, where I now reside. I am the oldest of 5 kids 2 brothers and 2 sister, who were adopted when I was older. I Would say I was definitely inspired by my parents, who were both small business owners. My mother owned and operated a 24 hour daycare, and my father owned and operated a mechanic shop. Watching them be their own bosses made it easier for me to do the same as an independent Paparazzi consultant. (pinkdiamondsbling.com)

Our house was always filled with kids and family, if you needed a place to stay our door was always open. Because of this I now have an open-door policy. I can't stand to see someone down and out, I will always help if I can. That's just how our family was, and now how I am.

I have three children Marvin (39) the marine, Dominique (36) the stylist/salon owner and Wynton (30) the HVAC specialist. I also have a dog named Cinnamon. I am single, my favorite color is pink (all shades) and my favorite food is between sweet potato pie and peach cobbler.



Young Dorese

DORESE CRAFT

My hobby would be digital creation, I love making reels on Facebook. And one place I would love to travel to is Dubai, and all the countries with pink sand beaches.



JESSICA SINCLAIR

BORN - BROOKLYN, NY
REGISTERED NURSE, MASTER OF CEREMONIES

My mother said “I had such an outgoing personality from the age of two”. Always waving and spontaneously saying hello to strangers, neighbors, friends, and family. According to her, I was a firecracker; a jolly baby to be around. Jessica was born in Brooklyn, New York, and raised in Elmont, New York. Jessica learned the fundamentals of family and hard work from a very early age. Her dad, a hardworking Jamaican native and taxi cab driver, and my mom, a courageous and fearless entrepreneur and former child day care assistant, raised my four Jamaican-born siblings. Jessica is the aunt of four nieces and six nephews.

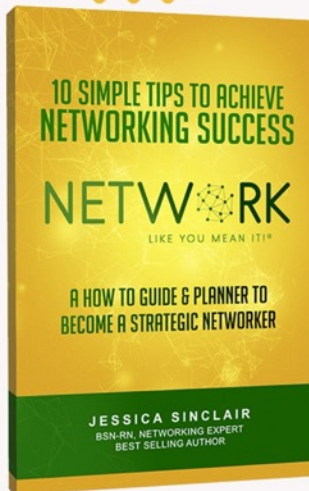
Jessica created Sinclair Master of Ceremonies Inc, the umbrella under which she provides MC services and in addition to on-air hosting, interviews, public speaking, vlogging and voice overs. Today she is a multi-recipient of the Wedding Wire's Couples' Choice Awards, the Caribbean American Healthcare Award, The Young Gifted & Black Entrepreneurial Award and recognized for outstanding commitment and excellence to her community by Mayor Eric Adams.



Young Jessica



JESSICA SINCLAIR



Jessica Sinclair, BSN-RN

A Certified Minority & Women Owned Business

Award Winning
Host | Speaker | Educator

Amazon Best-Selling
Author | Consultant

www.itsjessicasinclair.com

As a registered nurse, she holds the role of a Gastroenterologist Special Procedure RN where she assists Gastroenterologist with procedures such as Colonoscopy, Bronchoscopy, ERCP, etc. Jessica is the Co-Founder of Nurses of Integrity a community that celebrates, uplifts, and empowers nurses. As well as the co-founder of the Career Mavericks a professional development platform, that helps to produce high performance individuals through coaching and virtual workshops to change the way they work within their organizations and individually. The Career Mavericks is a proud education partner of The United States Chamber of Commerce.

Jessica is also the founder of *Network Like You Mean It* an offering of soft skill development workshops that provides tips on how to identify, cultivate & maintain meaningful relationships through networking as well as workshops on how to manage stress, how to boost confidence, and how to public speak to name of a few. Jessica has a passion for activism and empowering women. Jessica has worked with the NYC Department of Education, Uniondale Union Free School District, HSBU just to name a few. One of Jessica's beliefs is that one of the most essential factors to a successful business and career is communication. Jessica is the bestselling author of *Network Like You Mean it, A Nurses Journey to Entrepreneurship & Purpose* available on Amazon. Her second book a downloadable "*10 Simple Tips to Achieve Networking Success*" available on www.itsjessicasinclair.com

Jessica is a 2007 graduate of the City University of NY (CUNY) with a concentration in Communications and Public Relations (PR). She later transitioned from Public Relations to work as a Medical Clerk which inspired her to become a Registered nurse. In 2014, Jessica received an Associate Degree in Nursing from Nassau Community College. Upon completion, Jessica was a recipient of the Nassau Community College Association Scholarship, Presidential Scholarship and Citation Award. Jessica is currently has a Bachelor of Science degree Cum Laude, in Nursing, from Farmingdale State College in 2018.

KISHA JONES

BORN - PHILADELPHIA, PA.
KEEKABOO CONNECTIONS, LLC

My name is Kisha Jones. I am 49 years old. I was born, raised and currently reside in Philadelphia PA. I work in Healthcare IT, and I am the owner of **Keekaboo Connections, LLC** where we connect our customers to beauty, photography, and travel.

My favorite food is seafood. My favorite color is burnt orange and my favorite past time is traveling. My most memorable trip was to Barcelona Spain for a seven-day Mediterranean cruise.

“I was bedridden for so long that I had to learn how to walk all over again...”

I am a single mother of 15-year-old gentlemen, Nathan who makes me proud to be his mom.

My childhood has shaped me into the woman I am today because I received an abundance of love and support from my family, in addition to having strong female role models.

It was the love, support, and prayers of my family that I was able to face the most difficult time in my life being diagnosed with lupus at age 18 and having to spend four months in the hospital. Several weeks of my hospital stay was spent on life support. I was bedridden for so long that I had to learn how to walk all over again, which wasn't easy.

So, the perfectly imperfect me wears the physical scars that remind of where I have been, but grateful to God for His grace and mercy.



Young Kisha

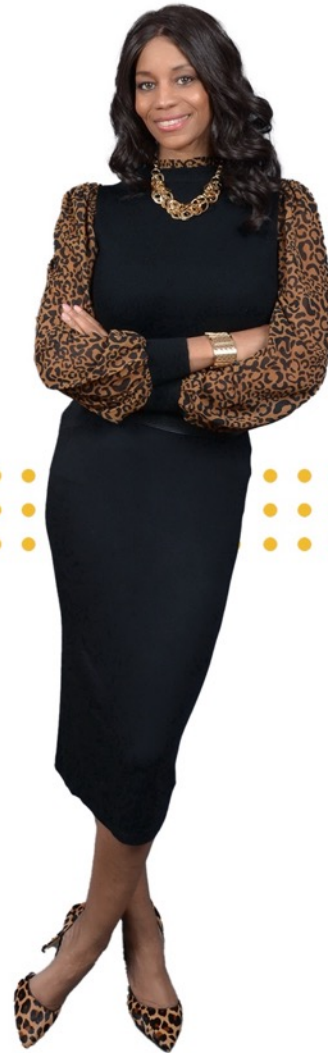
KISHA JONES

The way that I have been able to overcome having lupus was by taking charge of my health and protecting my peace. I always say that I may have lupus, but lupus doesn't have me. I am medication free!

My journey has taught me not to take life for granted, be humble, stay present, be intentional, take control of my health and to do all that I can to leave a legacy for my son and next generation.

"Who is Kisha to me? Kisha is a beautiful, talented & tenacious sister & friend. We met as strangers 3 years ago & over a short time became family. She's determined to win in life & whatever she puts her mind to attain. She's a "GOAL DIGGER" with a lioness spirit when she's on the hunt. Kisha has a poker face most of the time but behind that is a "Queen of Hearts." She's Fashionable, Fierce & Fun! She's a mom that is determined NOT to have her son as another statistic in society. I'm blessed to call her my sister/friend!"

Best regards,
Renee Wilson



LAKEYMA THOMAS

BORN - BROOKLYN, NY
KEYMA NAILED IT INC

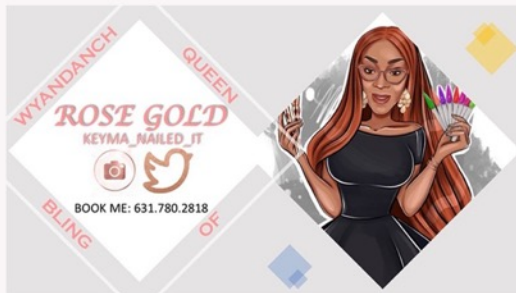
Lakeyma “Wyandanch Queen of Bling” Thomas, a “Brooklyn Girl”, never forgets those roots that showed her how tough life can be but that you can overcome, especially with God. Marrying her husband JD, Lakeyma migrated to Wyandanch, NY.

At an early age she earned money while helping family and friends feel great with her hair styles and makeup designs. This helped her understand the importance of people feeling good about themselves. Later she served in the Army, federal law enforcement and then in private sector security.

In 2017 Lakeyma gave birth to a baby boy, Elisha, who graduated to heaven at five weeks old. With her husband and daughter by her side, she made it through the toughest battle of her life.

In 2018, Lakeyma attended a prophetic service and was told that she'd be doing a job that focused on helping and encouraging woman, while sharing her testimony. She couldn't understand, as she worked in a man dominant industry.

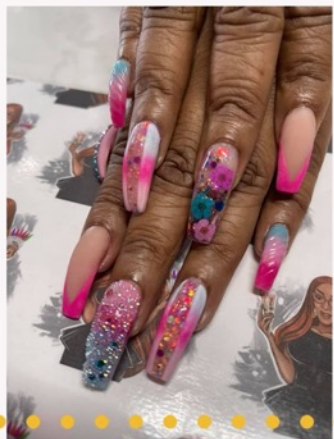
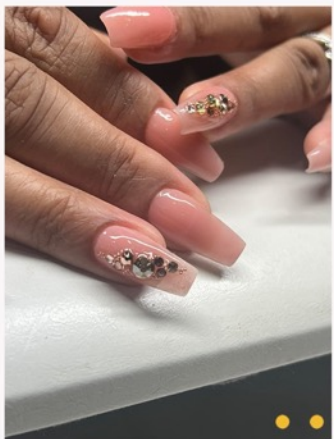
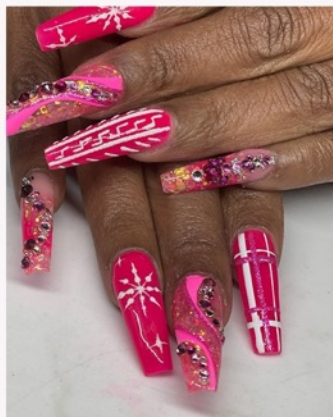
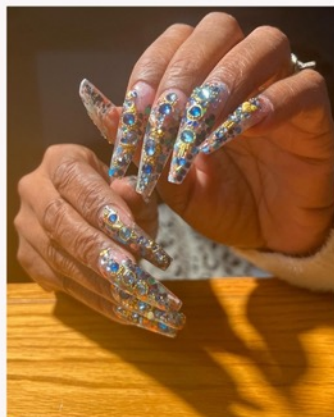
During Covid shutdown, Lakeyma began working from home and found herself doing her own nails, then family and friends. She was being an ear, encouraging them and, suddenly, realized the prophetic was becoming fulfilled. She expeditiously obtained her NYS Nail Specialty license, resigned from 20+ years of security experience, and followed the path of the prophetic.



LAKEYMA THOMAS



Today, Lakeyma is the owner of "Keyma Nailed It Inc" in Copiague, NY, where she is a nail artist like no other! The only salon in Long Island offering appointments 24/7, has a clean, warm, and welcoming environment. Lakeyma shared that her very first new client at the salon, confessed that she had attempted suicide. This was more confirmation that she was right where God wanted her to be, that she may uplift, encourage, and pray for her clients while she splayed their nails!



MARTHA HUNTER

BORN - ROSEDALE, MISSISSIPPI
WOMEN'S WORKSHOP FACILITATOR

I'm a southern girl, born in Mississippi, and I've been living in New York City for over fifty years.

I've always loved and still love doing creative things with my hand, I can cook, bake, crochet hats, scarves and I love making sweaters and dresses for babies.

One of the most rewarding things I like to do with my hands is do hair, I braid, perm, wash/set and curl hair for others and get paid for it too.

I also love decorating and planning events. I was the one when younger would plan all our picnics and make all of the food, everyone was pleased. I love to host and have cookouts, friends and family over to share my meals with and enjoy our social times together.

I've planned weddings, birthday parties and even a funeral for a very close friend who lost her son and she couldn't handle it. I planned everything from beginning to end and even officiated the services.

If there's something I haven't accomplished, I usually learn and become very good at it. For the past couple of years, I've been a Facilitator for a Women's Workshop, discussing many topics, such as Relationships, Politics, Colorism, Sisterhood, Health, Evacuation Safety Tips and other topics of concern.



MARTHA HUNTER

Always having the Entrepreneur spirit, I've ventured into many things over the years, I was a Mary Kay Representative for many years, doing facials, make-over, doing make-up for weddings and proms.

In my previous neighborhood, which I lived there for about twenty-five years and raised my two daughters there in the West Bronx, I was on the Community Board, I was the Chairperson for the Youth Committee. The Co-Chair and I gave events for the youth, such a Christmas Event, where we gave them toys and a pizza party. We also gave a summer event, that included a health fair. Where our youth are concerned, I am always willing to help and assist in any way that I can.

I went to night school while working my full-time job and received my associate degree. I was also a full time Real Estate Agent for about seven years until the market crashed in 2008.

My biggest life accomplishment is my two daughters, Taniqua and LaTasha. They are adults now, but I still do their hair and I enjoy every moment of it. I enjoy when we get together for each other's birthdays, holidays and Sunday dinners (the dinners had slowed down due to COVID). I enjoy anytime that I spend with my girls.





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NATASHA MILLER

BORN - NEW YORK, NY

MILLER'S MOBILE MASSAGE

I am Natasha Miller, Owner of Miller's Mobile Massage, 40 years old. I was born in New York City, and raised in Jackson Heights Queens and Elmont Long Island.

From the age of four I enjoyed massaging people. It was rewarding and gave me a sense of purpose. A purpose I ignored for years as I tried to figure out a career. I tried everything, and kept pushing massage to the back burner of my mind. I was out of ideas for what I wanted to do with myself and finally decided to try learning massage.

Well, I tried, and I was terrible at it. Halfway through a six-month intensive Massage Therapy program, I was not doing well. It was harder than I anticipated, and the natural talent I thought I had, went right out the window. I didn't give up and things improved. I became a New York State Licensed Massage Therapist in 2014, the same year that I gave birth to my first child.



SADIE THE MERCEDES MILLER

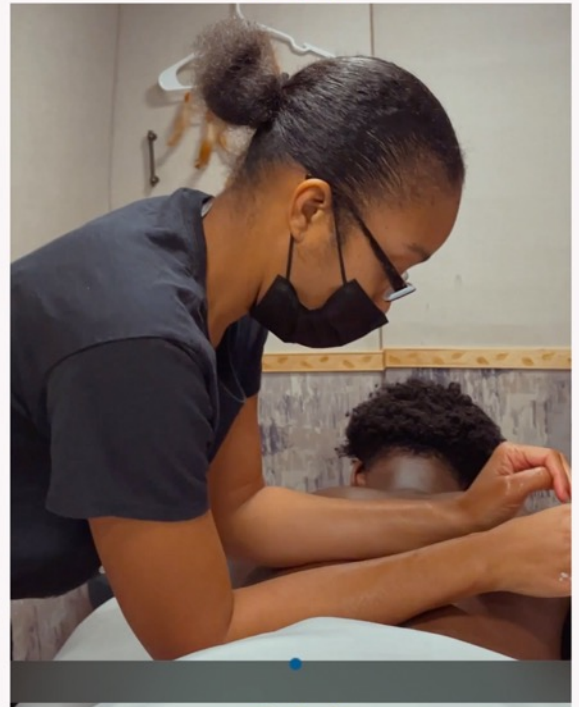


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www.millersmobilemassage.com



Photos by Jason Miller

NATASHA MILLER



Young Natasha

I have two children. A girl and a boy. After the birth of my son, I recognized that I didn't feel like myself. I needed help. I was diagnosed with severe depression. I began medication and therapy which has helped tremendously. Two years after my diagnosis I started my mobile massage business in a converted sprinter van. All people have to do is step out of their homes and into the oasis I have created inside the van. Running a business, raising children, and treating a mental illness is challenging. I know that I am making an impact in people's health and that keeps me going.

My favorite color is Cerulean Blue. My favorite city to visit is Philadelphia. My favorite vacation was the UAE.



NICOLE "SUNSHINE" DALTON

BORN - HUNTINGTON, NEW YORK
PARALEGAL, AUTHOR, PODCAST HOST & COACH

I was born at Huntington Hospital, Huntington, New York. I am a paralegal at Feroletto Law, author, and podcast host of "Celebrating Life with Sunshine" and "Hip Hop Friday". I also have a business "Gods Property" where I coach and develop businesses. I currently live in Buffalo, NY where I operate each of my daily functions.

The childhood I had helped create the woman I am today. I am the eldest of both biological parents. My mother is a registered nurse and my biological father he was not present majority of the time, so my stepfather raised me. My stepdad, I called him "Daddy Roy" entered my life at 1 years of age and unfortunately died when I was 15 years old. I helped my mother and visiting nurses take care of him on his deathbed. I have been surrounded by death my entire life so that is why I try to spread a ray of SUNSHINE always. You just never know what someone is facing behind closed doors.



NICOLE "SUNSHINE" DALTON



NICOLE "SUNSHINE" DALTON
author. speaker. podcast host. business coach.

BOOKS RELEASED
IN GODS HANDS
LIFE AFTER DEATH
LOOKING IN FROM THE OUTSIDE
ESSENCES OF GOD
THIS TOO SHALL PASS

WEEKLY PODCAST
Hip Hop FRIDAY PODCAST
Celebrating LIFE WITH Sunshine PODCAST

SMALL BUSINESS LIFE
THE Sunshine EXPERIENCE

Email: nicoledalton3@gmail.com
@Godsproperty2022

SOCIALS
f i t y

No matter what obstacles you come against, know that I can endure. Watching my Daddy Roy take his last breath in our home at the age of 15, being the eldest, and carrying all the weight of the family counting on me was very tough. Dealing with a nasty divorce with a man after 18 years of being together and being lied to with a slandered name was horrific. GOD. I however used all of these things for my good. I wrote it all out in my books. I empower people by telling them to thank God they do not look like what they have been through. The enemy tried to break me but wanted me to give up. I am a warrior and a survivor and refuse to be defeated. Yes, I have lost some battles and won others, but I learned from my mistakes, and I own them all. I am an advocate for the babies and worked in foster care for 3 years. I received an award from The Buffalo Urban League because of the love I show to the children.

I am a mother of 3 young men, and I have a granddaughter. Our family pet is Pepper a Shiba Inu puppy, that looks like a fox.

My favorite food is seafood (lobster, shrimp, crabs, clams and fish), and my favorite color is purple because in the bible it means Royalty. I love to travel, garden, go to the gun range, go to the beach, zip-lining, long walks, love taking photos and spend quality time with my loved ones.



QUEEN JUICEY SHAKE

BORN - PHILADELPHIA, PA
NUMBER 4 FRESH BLEND. IRISH, LLC.

My name is Queen JuicEy Shake. I'm a 40-year-old. Originally from Philadelphia, now residing in Atlanta, as an official Georgia peach. I am a gift shop coordinator at The APEX Museum of black history. My father is a Reverend and my mother an Evangelist. So, my childhood was strict, boring, and planned out. Branching out as an early adult to find the real version of myself through spirituality. The thought of having many foods that love me is wonderful. Berries, spinach, feta cheese, and salmon. I love shakes, Omg! Peanut butter, beans, and pasta. My favorite food in the world is pizza. Which I don't eat often.

Wellness is my thing. My weight was out of control. Weighing 262 lbs. 4'9" at the height, wasn't a genius idea to encourage. 6 months into my journey, placing motivation in my mind, to know that I'm more than what people knew me to be. More than what I knew of myself. I had the mental and emotional fears of the fat that weighed so heavily on my mobility. I was unable to play with my three daughters. Run in the park, tying my shoes, getting dressed without assistance, an agonizing task. Daily chores were tremendous. Intimate moments were such a struggle.

I had a lack of awareness that my body was getting fatter. Crying of pain in the night. Insomnia ripping a hole through my fat. One day while networking on Facebook, all these meaningless challenges the youth were entertained by, were on my timeline. I challenged myself for 30 days to Detox. Not knowing what was involved. My body said, "please try it for me."



Young Shamerra P. Saunders
Queen JuicEy Shake



QUEEN JUICEY SHAKE

On May 1, 2018, I started my journey. Drinking detox water for 30 days. Feeling all motivated, and then... BOOM! On the 22nd of May, there lay the fat as it grew and grew. Other people's problems, worries, and grief. Not taking my health seriously, experiencing close to DEATH. Risk of 3 strokes February 14th, 2018, and April 24th, 2018, high blood pressure, a tumor in my lower back.

Sciatica nerve damage. Edematous of the feet blew up. I looked like Eddie Murphy in the Nutty Professor. My health needed severe self-care, self-healing, and praying nonstop for my children. I was all they had. A change had to become part of my journey. Not only for myself, but for my children.

Everything around me I knew and loved became a massive part of the inspiration, to help me lose more than 100 pounds naturally in one year. I researched vital fruits & vegetables to assist in losing more weight, and the benefits in healing my body. I worked twice with this amazing Queen name Tracey Takeover. We became great friends and supported one another on our individual journeys. Tracey had me jump up the Museum steps. Yes! Those famous Rocky Balboa steps. I felt amazing and full of joy. Thank you for being a part of my journey.

This 20-year struggle. Fighting as a single mother. Juicing, yoga, working out, and eating cleaner. Every day, detox juice, and then it happened. My first juice, as my sister calls it. We laughed about the name, The original detox juice, now known as **Number 4 fresh blend. Irish @ 6,199,462**. It was created from bare hands and hearts. From one simple transforming juice to **33 juices**, in sauces and all sorts of other dishes. We have our online store, www.queenjuiceyshake00.myshopify.com and our podcast *The Queen Juicey Shake Show*, on Spotify and all social media platforms.

NUMBER 4 FRESH BLEND IRISH LLC.
The Queen Juicey Shake
Shamerra P. Saunders



Show
Every Wellness Wednesday
"AIE" Corner
NUMBER 4 FRESH BLEND IRISH @ 6,199,462
'GET GREEN, GET GOING'

Author **Shamerra P. Saunders**
Queen Juicey Shake



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RENITA D. ALEXANDER

BORN - FLORENCE, AL.

RETIRED AIR FORCE COLONEL, FOUNDER & PRESIDENT - LEADERSHIP UNLOCKED LLC

My leadership journey started in my hometown of Florence, AL. As the oldest of five and the oldest grandchild on both sides of my family, I was often "voluntold" to lead my siblings and or cousins in some activity...an exercise akin to herding cats.

But I learned an early leadership lesson: responsibility with no authority requires relationships.

My southern socialization taught me disagreement meant disrespect, girls were expected to be silent and sweet, and the default leader was male. In addition to those restrictions, I felt the pressure to represent how a well-mannered Negro child behaved as one of the first at my elementary school.

I learned being excellent does not always mean being heard.

In my first Air Force job, I had one co-worker, a very elegant senior Non-commissioned officer who took his sacred responsibility to train brand new officers, like me, very seriously. So even though I was the ranking officer, he was the one doing the training.



Renita D. Alexander
The Leadership Locksmith
LEADERSHIP UNLOCKED

RENITA D. ALEXANDER



I learned that leaders are learners, and every encounter is an opportunity to learn.

Throughout my Air Force career, I was often the only Black woman in the room. I realized I was a lot more comfortable with my mostly White male coworkers than they often felt around me.

I learned that my authenticity as a Black woman was my superpower.

Every difficulty encountered...every lesson experienced is a part of the legacy I've passed to my daughter and the women leaders I empower to show up and speak up authentically and powerfully in male dominated spaces.

Leadership Unlocked is a full-service leadership development and training company focused on empowering aspiring & ambitious leaders to unlock and leverage their unique, innate leadership DNA so they can lead with energy, authenticity and agility.



Unlock your leadership potential with me.

The Leadership LocksmithSM

Renita D. Alexander

www.LeadershipUnlocked.com



SHYRLENA BOGARD, MD

BORN - MILLINGTON, TN

SEXUAL HEALTH PHYSICIAN & INTIMACY LIFESTYLE COACH

I was born and raised by my grandparents in a small rural town, Millington, TN, located about 30 miles north of Memphis. What I remember most about my childhood was constant movement. My brothers and I spent many days traveling on Greyhound with bologna sandwiches, generic chips, and Capri-sun juice boxes packed in make-do grocery packs to tide us over on the long journeys between my grandparents in TN and my mother in Virginia. This was an every 6 month occurrence, which ensured I was the perpetual "new girl" in class and had very few childhood friends. It did not help my social status that I was a nerd who wore big glasses and dressed far from anything considered fashionable. Thank God I loved reading and found a perfect life inside the pages of the books I read.

In 8th grade and the age of fourteen, I missed my period. Not many months later I gave birth to my son. Having been at the top of my class, it was a disappointment to my teachers to see me ruin my life and future potential. But I never read that book. What I knew was the world was available to me and I would not live in poverty my entire life. So, I did the only thing I knew; I kept moving toward my dreams.



SHYRLENA BOGARD, MD



In 2010, I graduated from medical school, and accomplished made possibly only by a wing and many prayers. I went on to become an Ob/Gyn and I am now moving again into the field of Regenerative Health. In this season, I am learning to enjoy life, take risks on the desires of my heart, and inspire other women to chase their own dreams.

Find her on Facebook & Instagram



VANESSA LAKE

BORN - ST. MAARTEN
SPIRITUAL LIFE COACH

My name is Vanessa Lake, and I am 48 years blessed. I am a spiritual life coach that assists you in your spiritual life journey by enhancing the way you mentally function on a deeper level. Getting you to your best spiritual self. We are spiritual beings having a human experience. Rather than just examining your behaviors, habits, and goals alone, I delve into your deep-rooted beliefs, feelings and actions as well as your connection to the divine. I assist you in having a balanced, peaceful, self-loving, forgiving, energy within.

I am also a private traveling mobile certified bartender and bar event planner in one. I customize and theme the bar to match your event, whether it is for a Birthday, Engagement, Wedding, Anniversary, Baby Shower, etc.

I currently reside in Queens, New York. I was born on the beautiful Island of St. Maarten. As a child I was always happy and loving and I grew up that way with a touch of no nonsense. My life is filled with positive energy and light. I have manifested it, because I love myself and I am able to love others, Love is my superpower. Therefore, when I am faced with a challenge, I logically figure out a solution, being emotional does not serve me. There is a time and place for that. My life is beautiful, peaceful, and blessed and I am grateful. My King has two beautiful children, and we are getting married next year, GOD willing. I enjoy all kinds of food; my favorite colors are black and chrome. I would love to visit Hawaii; we will go there for our honeymoon.



Eric Von Lockhart



VANESSA LAKE



Eric Von Lockhart



YOUNG VANESSA



GOD, grant US the Serenity to accept the things we cannot change,
Courage to change the things we can and
Wisdom to know the difference.
Thank you for loving us and giving us life.
I LOVE YOU

My Life Coaching Instagram:
Vanessa Lake Life Coach

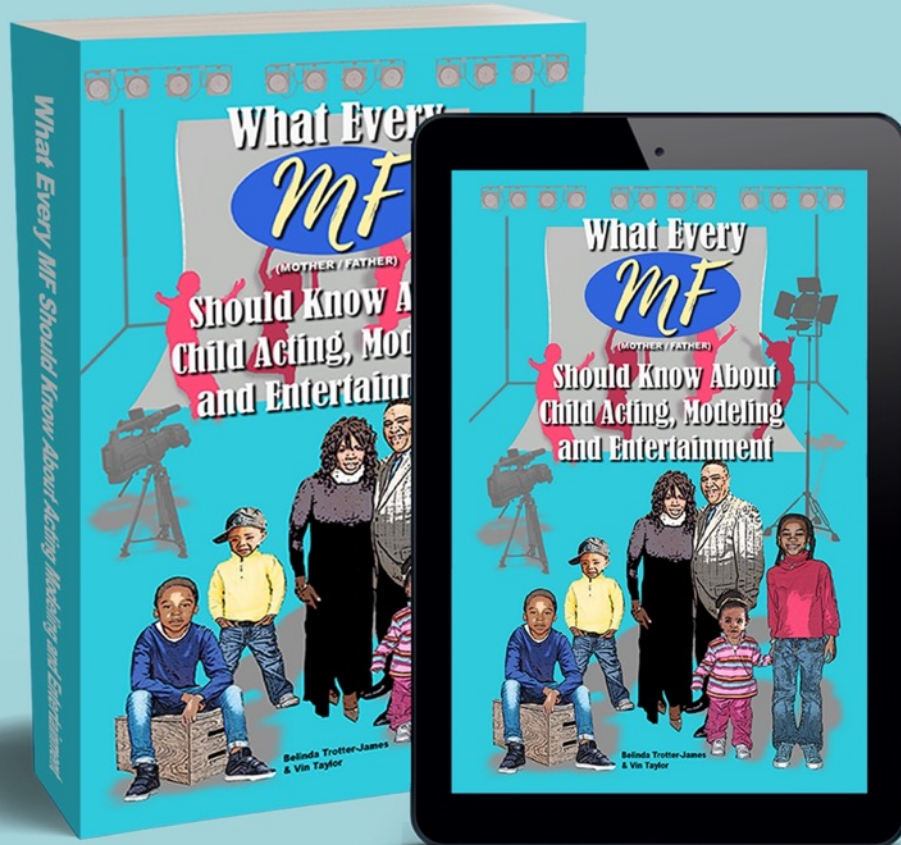
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