

ENVISION

MAGAZINE

THE RESET REFLECTION

THINK DIFFERENT
IN A TIME OF CRISIS

SHUT THE DOOR

FEAR AND
ANXIETY CAN'T
HOLD YOU

**AND MUCH
MORE**

Volume 1, Issue 1



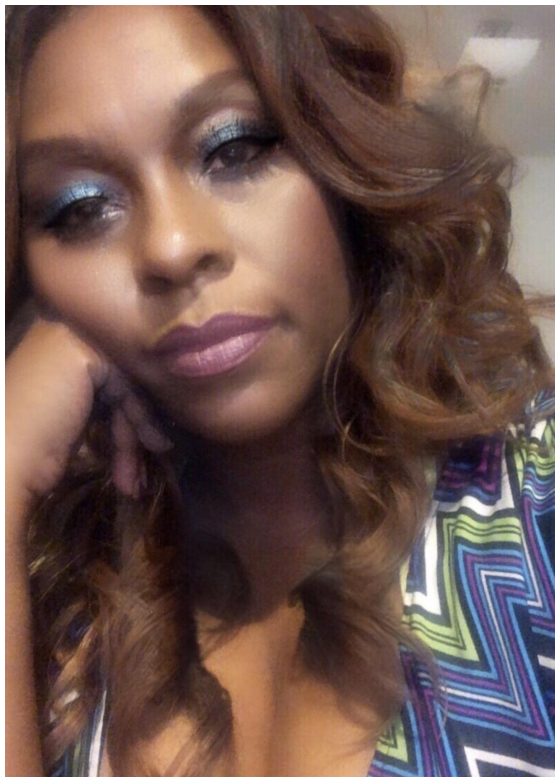
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EDITOR NOTE

Greetings!

Well you are reading our very first issue of EnVision Magazine! I am so excited !This is a dream come true and we are excited to create another avenue of EnVision Radio! Thanking God for his mercy, grace and love. In this issue we have several of our hosts to write some incredible articles on some great subjects!



Joan Gray (In His Word) gives a inspirational article that makes us think about our faith.

Our favorite nurse practitioner **Karla Jarvis MSN FNP-C** asks an age old question (Karla’s Korner).

Dr. Julia Royston gives you reasons on why you should write (Live Your Best Life).

Professor Dana Seay helps you reflect on the past few months (The Reset with Dana Seay).

Educator Brian Watts asks the questions “How bad do you want it?” (Knowledge is the Key).

Staci Stills offers great wellness insight (She’s Fit).

We hope you enjoy magazine and if you would like to see something in the magazine or you would like to submit an article for the magazine please reach out to us at envision20@gmail.com thank you & be blessed!

Don’t forget to tune in daily to Envision Radio (www.envision-Radio.com) it’s where Praise Meets Talk.

Editor-in-Chief Ann C.
“If you stay read you don’t have to get ready.”

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Shut the Door!

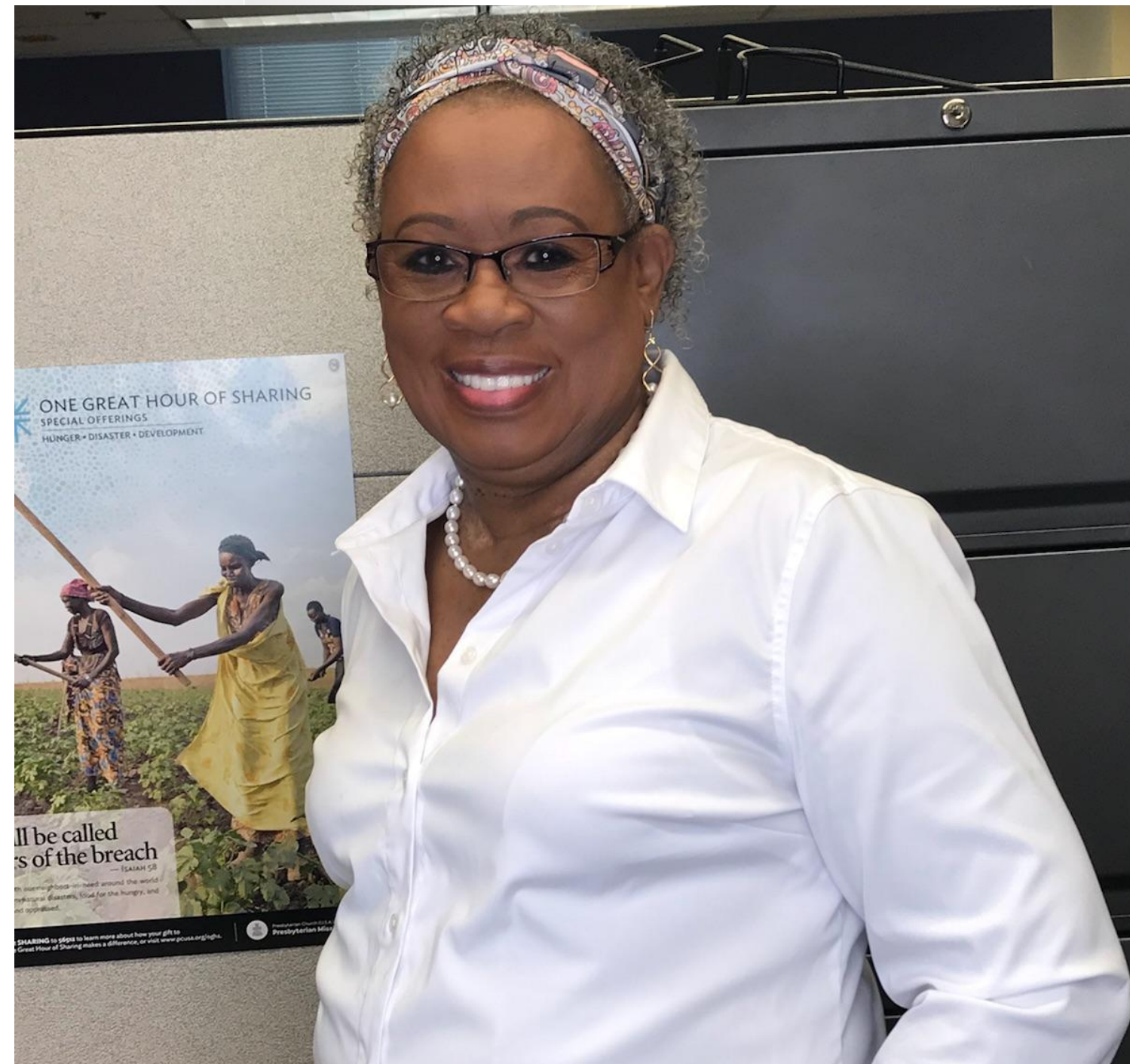
By Joan Gray

Let us look at the book of Esther, please read it in its entirety. Some of you may know the story of Queen Esther. This is my paraphrased version of the book. Queen Esther found herself going from a peasant to the queen. After some time goes by, a plot is set forth to kill all the Jews (her people), because of one man's hatred. As it would happen, her uncle told her, she was the only one that could stop this from happening, (Shut the door!) but she would have to go before the King. Seems easy right, wrong! In those days you would have to be called into the king's presence by invitation only (even the queen) or be killed. And Esther had not been called into his presence for some time.

Let us look to see what Queen Esther's response was to her uncle's request to go before the king unsolicited. At first Esther was saying oh hack haw I ain't going in there, do you know what this means, I could be killed. That would have been my response, now let's see

what Esther really said. "Esther 4:14 *"If you keep quiet at a time like this, deliverance and relief for the Jews will arise from some other place, but you and your relatives will die. Who knows if perhaps you were made queen for just such a time as this?"* (NLT)

Esther shut the door to fear of not knowing what the outcome was going to be, she shut the door to anxieties, she shut the door to being told she couldn't, she shut the door to being ignored, she shut the door to being underestimated and she answered the call. Will you answer the call?





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Brian J. T. Watts is an educational consultant, motivator, author, and host who helps teachers and parents better prepare students for life. His offerings (including seminars for parents, professional development for teachers, motivation and math tutoring for students and his book; “How To Help Your Children Help Themselves”) may be found on his site: www.theBrianWatts.com

The Educational Corner With Brian Watts

How Bad Do You Want It?

I have heard a lot of motivational and empowering speeches and talks in my lifetime. I have actually delivered many motivational and empowering talks myself. It seems that the core message in every one of these speeches, talks, sermons or keynote addresses has been: “How bad do you want it?”

So, I want to ask this question to two groups of people who are not mutually exclusive. I will elaborate, but just so you know, that question is coming at the end.

Teachers, I was in your shoes not so long ago. I have: worked alongside you, planned with you, supervised and counseled you, modeled lessons for you and delivered professional development strategies to many of you. In other words, I know what you want and what you need! You are

overburdened by the paperwork and the meetings. You strive to instruct your students the best way you know how, only to be met by what sometimes seems to be ridiculous “red tape” restrictions and policies. It is getting harder and harder to be a teacher! It seems that teaching has gone the same route as the cellular phone. The first cellular phone was for one thing: calling people when you were out of the house. Now cell phones can: text, take pictures, give directions, record conversations, play and record video, stream movies, get you online, play your music, offer games and countless other applications. Who uses their phone to talk to people? This is the same feeling many of you may have. With all of the things you are expected to do, who uses a teacher to teach a subject anymore? With all of the testing and data, discipline issues, countless

Brian J. T. Watts

meetings on various subjects and issues, etc. where do you find time to teach? I know you are sick of it and you want a better way. But how bad do you want it? Do you want it enough to change the game? Do you want it bad enough to seek out change and implement it? Do you even want it bad enough to join forces with other educators who feel the same way you do? Believe me, we all know a change is needed. Many of us, offer solutions to making today's system better, and we are actually good at it. But we all know that things must change if we want our students to be successful on a larger scale.

Parents, I cannot claim to have been in your shoes at any point in my life. I am an uncle and a godfather to many, but I have never fathered a child. I have been a surrogate to many young men and young women, but I know that is not the same as being the biological caregiver or even the adopted caregiver of a child. However, as an educator I have seen your struggle. I have had countless parents ask me how to raise their child in this tech-savvy world. You have asked for guidance and ideas that challenge the educational system that your child is forced to take part in. You want your children

to: have discipline and freedom, academics and extracurricular activities, be sheltered and be exposed. You want them to be pushed and to let them express themselves and I get it! But how bad do you want it? What will you do to get it? Will you speak with educators about your ideas and try to formulate a solution? Will you become more involved in the educational process and work from the inside to make changes? Will you rally the other parents in your neighborhoods and influence them to be a part of the process? I know this is a lot. But we are talking about our children. Yes, I said our. Doesn't it still take a village?

I am doing what I can as a consultant/motivational speaker to alert parents and teachers to the reality that our system will never be adjusted without us adjusting it. The only reason it still runs the same way is because WE are not running it. Let's take our children's future into our own hands and create something we can be proud to have our children give to their children, something that will positively change the world and last a lifetime. I am ready to do what it takes.

That's how bad I want it!
What about you?





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Stay home as much as possible



SOURCE:
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Dana L. Seay

The RESET Reflection:

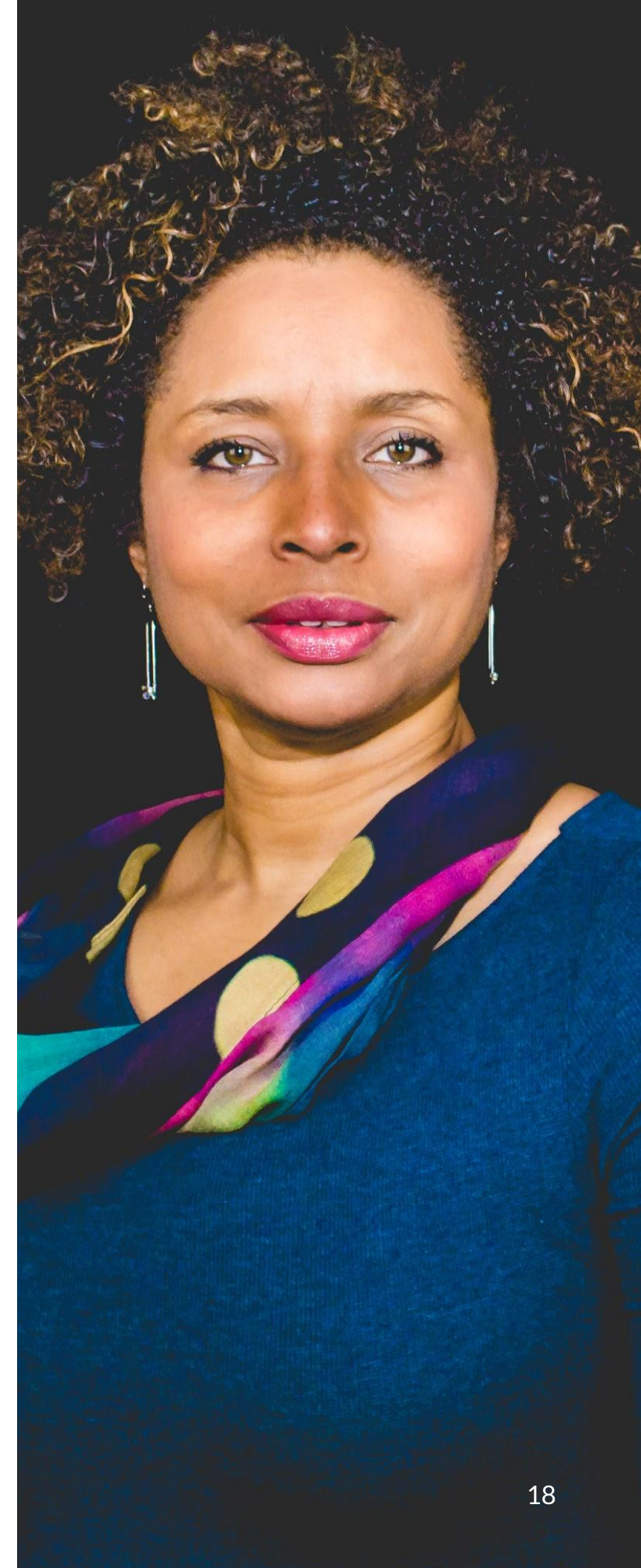
Dana L. Seay is an Instructor at the University of Louisville in the Department of Communication. She is a Male Traditional High School Alum and the mother of three children, two of which are JCPS graduates, Manual and Central High Schools. She is a Louisville native and a communication strategists, whose work and interests focus on fighting the injustices to marginalized groups, and public policy justice at the federal, state and local level.

As we all are getting ready for this fall and winter of uncertainty due to COVID-19, the election, and the weather due to climate change, we must remember what the Scripture says, *"I can do all things through Christ who strengthens me."* (Phil 4:13). Another Scripture says, *"Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go..."*(Matthew 6:34). *Therefore, do not worry about tomorrow, for tomorrow will worry about itself.* "We see here that God is faithful and each and every time we wake up means we have another chance and we are not in it alone. Let's continue through this time with assurance, courage, and most of all faith. God is faithful and each and every time we wake up means we have another chance to exercise faith that we have a purpose to perform that day.

If you are still here you have a purpose and although trouble comes, it does not last forever. Think about it! Think about your last crisis, how long did it last? I recall while raising my children, there were times when I thought crisis was my forever existence, but time took the reins and now when I look back, I barely have a memory of the bad times, nothing but good comes to mind, and I even find myself missing certain times.

What helped to get through those times? Scriptures like the one's above and doing something for others. I would often do a reset in my thinking and think about who I could call and check on. I would talk to them about their life and it would take my mind off my troubles and that person would be glad to know someone was interested to listen.

Other times I would think, what are you grateful for? I would make a list and soon I would feel relief in that moment and sometimes for the remainder of the day. Bottomline, in this time of uncertain know God will give you strength, God is with you, and the trouble will end.



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Julia Royston is an author, radio show host and owner of BK Royston Publishing and Royal Media and Publishing. For more information, visit www.bkroystonpublishing.com or connect with her on social media @juliaaroyston



Why You Should Write

By Julia Royston

Writing is one of the most pleasurable activities in my life and that's just me. Writing did so much for me within the past 15 years, that it is hard to imagine how I didn't enjoy it sooner. Now, you may say to yourself, 'I'm not someone who is a natural writer or who loves writing.' It took me a while too but let me give you some reasons why you should write and how it can benefit and impact your life.

Expert... advice that you can give someone based on your training, experienced or acquired knowledge for the course of your life and career. There is someone who needs to know what you know.

Vision... "And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it." People are waiting to read the things that you have to give that will provide them with direction for their lives.

Activation... you have been stagnant and unfulfilled with not writing the things that are on your heart and mind. You have been created and commissioned for your voice to be heard through the work(s) of your hand. Activate your voice.

Release... the things that you have been holding inside that are to be released through the power of writing. Doing so will release the pressure of being inactive in the area of your life that desires the most attention from you.

Leave a Legacy... to the next generation whether they are related to you or not. Transferring your knowledge, wisdom, information and experiences is a testament that you were here and a long lasting legacy for the generations to come.

Accomplishment... occurs as a result of your ACTIONS to bring an endeavor into fruition. Once you begin the first sentence and complete the last sentence, it will catapult you into the most rewarding accomplishment of completing your entire book.

Wealth... Turn your words into wealth. Through the tools that we offer, you will become, not only an author, but an author whose work(s) produces reward and profits.

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Karla Jarvis, MSN, APRN, FNP-C
Jarvis Family Medical Services

DO YOU HAVE THE RIGHT HEALTHCARE PROVIDER?

Primary care doctors, physician assistants and nurse practitioners are unique because they are trained experts in treating a broad range of health conditions. Let me help you find the right one for you.

There are five main types of primary care providers. Each has a different background and focus, but all can provide you with the regular preventive health care you need, and can help with the management of some chronic and acute conditions. Here's a quick breakdown of the five types of primary care providers.

Family medicine:

The unique benefit of family medicine provider is that they can provide care for you're whole family. They see babies, children, parents and grandparents. They tend to know your entire family background.

Internal medicine-pediatrics:

Internal medicine-pediatrics providers are two types of healthcare providers in one. These providers care for kids and adults, and can help prevent, treat and diagnose diseases.

Pediatricians:

Pediatricians specialize in caring for children, from birth through early adulthood. They treat minor illnesses and injuries, along with more complex medical conditions.

OB-GYNs:

Obstetrics and gynecology providers are experts in women's health. They provide routine women's health services and screenings.

Holistic Providers:

When you feel unwell, you probably make an appointment with your family provider, who likely prescribes a pill to help you get better. But these days, holistic providers take alternative, more holistic approaches; and instead of medication, they're recommending treatments with herbs, oils, meditation, acupuncture, and more.

Now ask yourself do I have the right healthcare provider to address all my Needs?

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Coronavirus Corner

with Stacy Stills, MS, BSN, RN, AFAA GEX

Coronavirus aka COVID-19 hit 2020 like a head on collision with an Australian Road Truck. All 112 of its trailers hitting us one at a time-deaths, failed economy, lost wages, virtual schooling, crowded hospitals, mental health crisis and so much. Coronavirus has stomped us all in one way, shape, or form. According to The Centers for Disease Control, coronavirus cases has increased to an all-time high of 7,009,216 with 203,018 deaths and counting. While we pray for those that the Lord have called home, let's take some time to talk about the residual effects of the coronavirus pandemic.

The pandemic has left behind a nation of people who are more anxious, more depressed, and less social. And with health officials predicting a phase II, it is important

to stay above sea level. Here are 5 things to consider as we go into the Fall season.

GET OUT AND GET SOME VITAMIN D:

Even if it's only a walk in your neighborhood or a sit in the backyard. Get up and out often. Melatonin (a hormone in the body that regulates the wake/sleep cycle) drops in the winter months causing a sluggish effect. In addition, Seasonal Affective Depression (SAD). SAD occurs when temperatures are cold, days are shorter, and sunshine is reduced. SAD presents as tiredness, low energy, sadness and appetite changes (especially an increased in carbohydrates).

REV UP YOUR IMMUNE SYSTEM:

It is important to wear a mask to prevent direct contact of the virus.

Stacy Stills, MS, BSN, RN, AFAA GEX

However, it is even more of a necessity to increase your number of white blood cells to combat the probability of contracted coronavirus or any virus for that matter. Improve your immune systems by incorporating echinacea, elderberry, fruits and vegetables, and probiotics to support gut health.

MIND YOUR MENTAL HEALTH:

Try not to isolate yourself, ask for help and tap into your support circle often. Many times, individual battle mental changes silently because of shame or pride. A new normal is still being cultivated. So, as we continue to adapt, consider modifying your holiday traditions, take on video chat, send text messages-but whatever you do, stay connected.

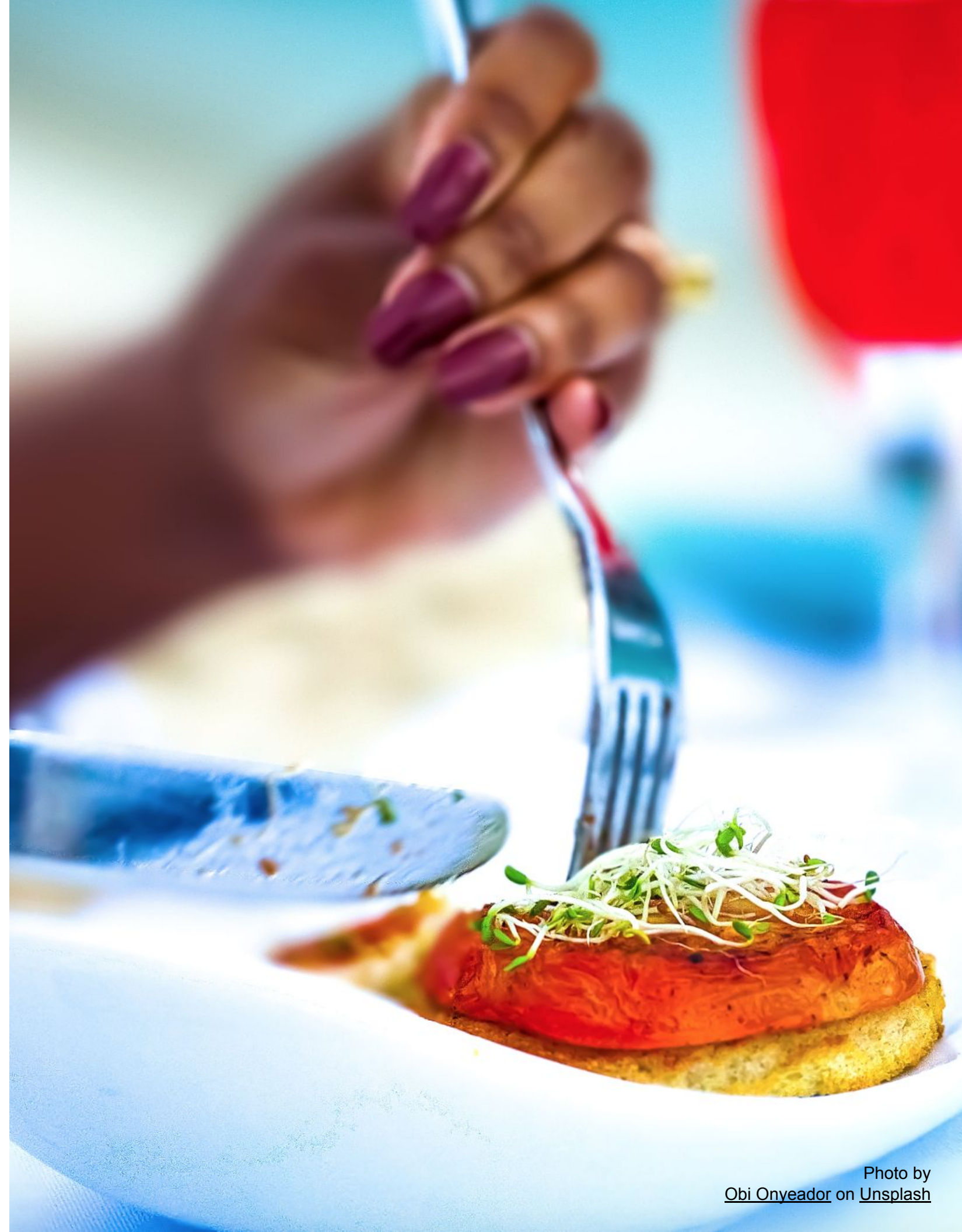
FIX YOUR FOOD AND YOUR FITNESS:

Fueling your body with nutrient dense foods enhances your energy to enjoy life- to thrive and not simply survive. Moving your body releasing happy hormone, promote weight loss and/or maintenance, improves mental health and mood, controls blood sugar levels and reduce risk of heart disease and other preventive illnesses. Being in shape gives you one more advantage.

LET GO AND LET GOD:

Weddings have been cancels, birth plans have been altered, lives have been lost. A feeling of “out of my control” is left behind. Instead of trying to figure it all out, rely on God’s word. In Romans 8:28, it says that all things are working out for the good of those that love the Lord. God promised to never leave or forsake us. His rod and His staff comfort us. He is there with us in the valley and on the mountain. Lastly, stay connected spiritual. Make your time with the Almighty God your priority.

Contact Stacy Stills at
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About the Author:

Julia Royston is an Author, Publisher, Coach and Speaker to help people get their message to the masses and turn words into wealth. For more information about Julia and purchase any of her books, visit <http://www.juliaroyston.net> or www.roystonroyalbookstore.com

**We've got on our mask.
We'll do as you ask.
Whatever you say,
Just can we play
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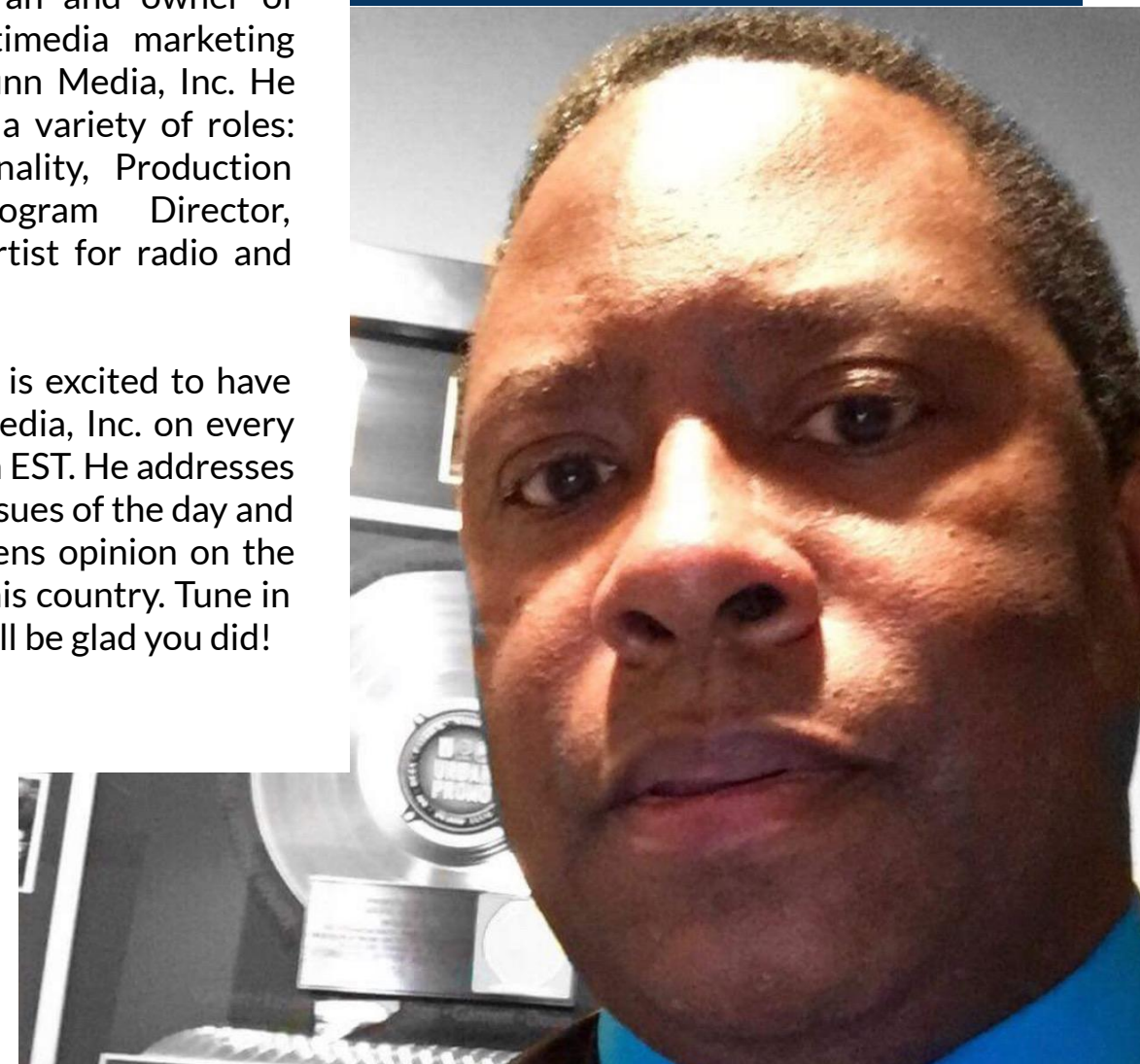
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Mark Gunn Media, Inc.

He is a 40-year radio and industry veteran and owner of his own multimedia marketing firm, Mark Gunn Media, Inc. He has served in a variety of roles: On-Air Personality, Production Director, Program Director, Voice Over Artist for radio and television.

Envision radio is excited to have Mark Gunn Media, Inc. on every Sunday at 3pm EST. He addresses the complex issues of the day and gives a wide lens opinion on the injustices of this country. Tune in weekly. You will be glad you did!



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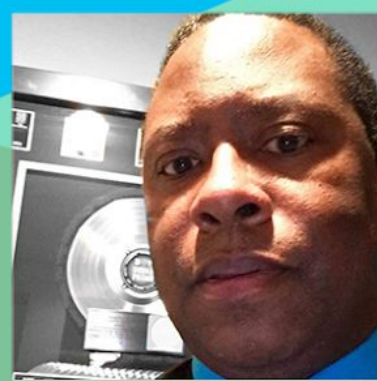
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IN HIS WORD
Rev. Daniel & Joan Gray
THURS | 4:00PM EST



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