

ENVISION

MAGAZINE

**Interview
With
Julia
Royston**

**2020
REFLECTION:
ARE YOU
READY?**

LEAVING 10
YEARS BEHIND

**AND MUCH
MORE**

**2021 F.I.T.
AFFIRMATIONS**

SPEAKING A
PROSPEROUS 2021
INTO REALITY

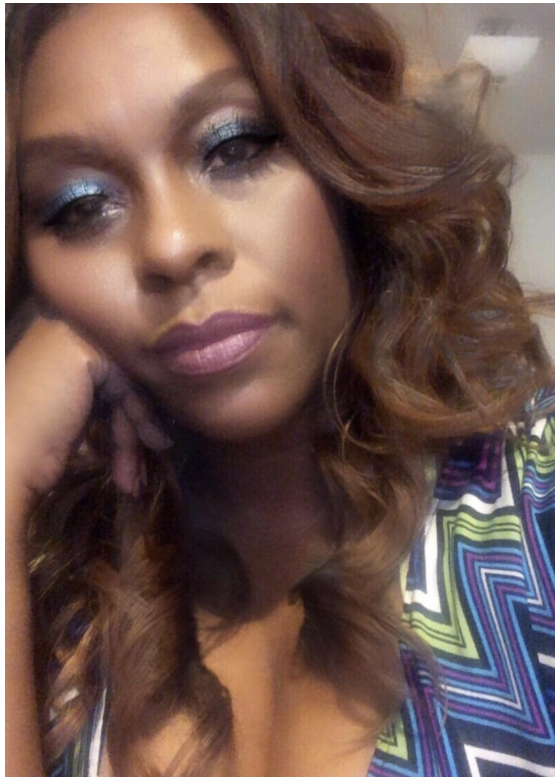
Volume 2, Issue 1



The [@502LIVEstreamers](#) that single handedly have kept Louisville, Kentucky in front of the world! While showing the injustice of Breonna Taylor's death! We thank them for their hard work and perseverance!

From left to right: Chea K Woolfolk, Jason Downey, Maxwell Mitchell, Tara Bassett, Jon herry, Jared Wright (Rioheart), Summer Dickerson and Antonio T-Made Taylor.

EDITOR NOTE



Can you believe we are here again it's our second issue and the first quarter of 2021 did you make any New Year's Resolutions? I know I did one of them is to eat better! My health has taken some hits these past 10 years but praise God I am still here ! There's a reason for that ! So I need to thank HIM in actions not just words. Are you doing that ? Thanking God only in talk & not action ? We gotta do better by HIM because he keeps us even in our mess he keeps us!

This quarter the magazine cover honors our host **Julia Royston** who's considered to be one of the best Book Bosses in the country! Check out our interview with her! We have great articles from **Reverend Joan Gray**, **James Marshall**, **Brian Watts**, **Karla Jarvis MSN FNP-C** , **Staci Stills** and **Dana Seay**, and our new host **Syvoskia Bray Pope**.

Envision Magazine is growing !

Wishing your family a Happy New Year !

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with Sheryl every Sunday at 11AM EST!
You can listen at www.envision-radio,
Simple Radio App & Radio.Garden App.

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

Interview with Julia Royston

1. What's your favorite pastime?

When I get time to myself, my favorite thing is to write. I have stories, characters and themes I want to address but time to do it is difficult because I am helping others write and publish their books. If you see a new book out from me, know that it came at a price of lack of sleep, laundry and chatting with friends.

2. What is it like to be retired from education?

I am free to do and be me. I'm retired from being under contract, teaching while being watched closely and listed as an employee of a particular school district but I'll always teach.

3. Who is your favorite author?

I hate to toot my own horn but I love me as an author. It has now consumed me and taken over from even music. I will

always love music and singing but the transformation as me as an author will always be evolving but I am my favorite author.

4. Who is your favorite singer?

I am very eclectic when it comes to music. I like the divas Patty Labelle, Aretha Franklin, etc. to new country music to new gospel of Kierra Sheard and Jonathan McReynolds. I really don't have a favorite.

5. How are you handling the pandemic?

It's been tough personally because I haven't been able to really connect with readers, clients and to network in person like I would like. Business wise, I have been able to get a lot done in the virtual space and at home. It has been emotional as well because I have lost mentors, family members and friends. We will all get through it but it is going

to take all that we have spiritually, emotionally and our support system to get through it.

6. What's your favorite book?

My favorite book and series is the one I asked God to help me write "The Women of the Fellowship Series: Erma."

7. How many books have you written?

I have written and published 53 and 6 in production at various stages.

8. What would you tell someone that is fearful about writing their first books?

Just do it. Get a writing coach or someone who is proficient in writing to help you but we all have a story and it could possibly save someone's life. With that being said, "Just start writing." We can't correct, edit or change blank pages. Let's go!

9. How long does it take for you to write a book?

It all depends. A children's book 1-2 days. A non-fiction book 30-60 days. A fiction book 6 months - 18 months.

10. Can you give us your favorite scripture?

Right now my favorite, Psalms 121:1-2 (KJV) "I will lift up mine eyes unto the hills, from whence cometh my help. 2 My help cometh from the Lord, which made heaven and earth."

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WEIGHT LOSS THE RIGHT WAY

The truth is we are on a roller coaster with our weight loss regimen. The main cause of weight gain is inflammation in the body that causes obesity. Please understand that obesity induces an inflammation state that is implicated in many clinically important complications, including insulin resistance, diabetes, atherosclerosis and non-alcoholic fatty liver disease. Obesity adversely affects the functioning of many tissues of the body, including the pancreas, liver, skeletal muscle, heart, joints and central nervous system.

There are so many diet fads out there for weight loss but these are not long standing things you can do to keep the weight off. There are things you have to prepare your body for weight loss and to keep it off or down. Knowing you will gain some back at times but that is the body normal response. Here are things we offer in our office:

1. Allergy testing: Find out what foods you don't tolerate or process by a finger pick.
2. Labs: to make sure not a hormonal or metabolic imbalance, which can lead to weight, gain and unsuccessful weight loss regimen.

3. Medication: to help with curbing your cravings and appetite.

4. Then you come in every 4 weeks to assist with accountability and if changes need to be made they are made quickly.

5. Call us when you are we would love you help get the weight off!

Karla Jarvis, MSN, APRN, FNP-C
Jarvis Family Medical Services
www.jarvisfamilymedicalsolutions.com



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IN HIS WORD

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2021 F.I.T. Affirmations

with Staci Stills, MS, BSN, AFAA GEI



2020 was definitely a year of ups and downs, highs and lows. While we cannot always control the outcome of life. We can control our thoughts in life and the way we speak to ourselves. Our thoughts affect our feelings. Our feelings affect our actions and our actions shape our lives. It's time to speak the life we want into existence.

Let's speak a prosperous 2021 into reality with these affirmations. Let's Get Fabulous, Irresistible and Totally hot in every area of you life!

with Staci Stills, MS, BSN, AFAA GEI
Registered Nurse and Online Holistic Coach
CEO of FITmom MoveS
www.fitmommoves.com

I AM BLESSED!

No matter what is going on in your life right now, remember you are blessed and highly favored (Luke 1:26-28, NKJV).

I AM WHOLE AND COMPLETE!

Sometimes we look to places and to people to make us happy and whole. Please remember that God knitted you together in your mother's womb. You have everything you need and you are complete in totally God (Psalms 139:13).

I AM BEAUTIFUL, INTELLIGENT, FUN, AND FULL OF LIFE!

Don't focus on who you are not. Embrace everything you are and live to the fullest. There is no one on this earth like you and that's your superpower. Walk in your purpose and let your light shine bright (Psalms 139:14 and Ephesians 2:10).

I AM DEEPLY GRATEFUL FOR MY BODY, HEALTH AND MY UNIQUE TALENTS!

Your health is your wealth. Preserve your physical, mental and spiritual health. Stay

close to God for he will restore you. Nourish your mind, body and spirit with good wholesome food. For when your cup is full, you are able to give from the overflow (Proverbs 17:22 and Jeremiah 30:17).

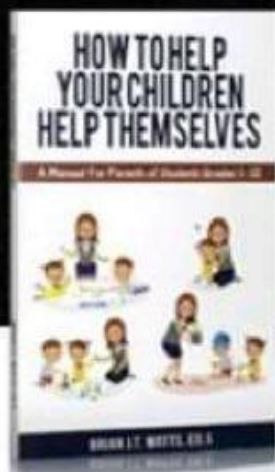
I AM A CHILD OF GOD!

You can do all things through Christ, for He is your father and you are his child. Lift your head, arch your back and adjust your crown—for you are ROYALTY (John 1:12).

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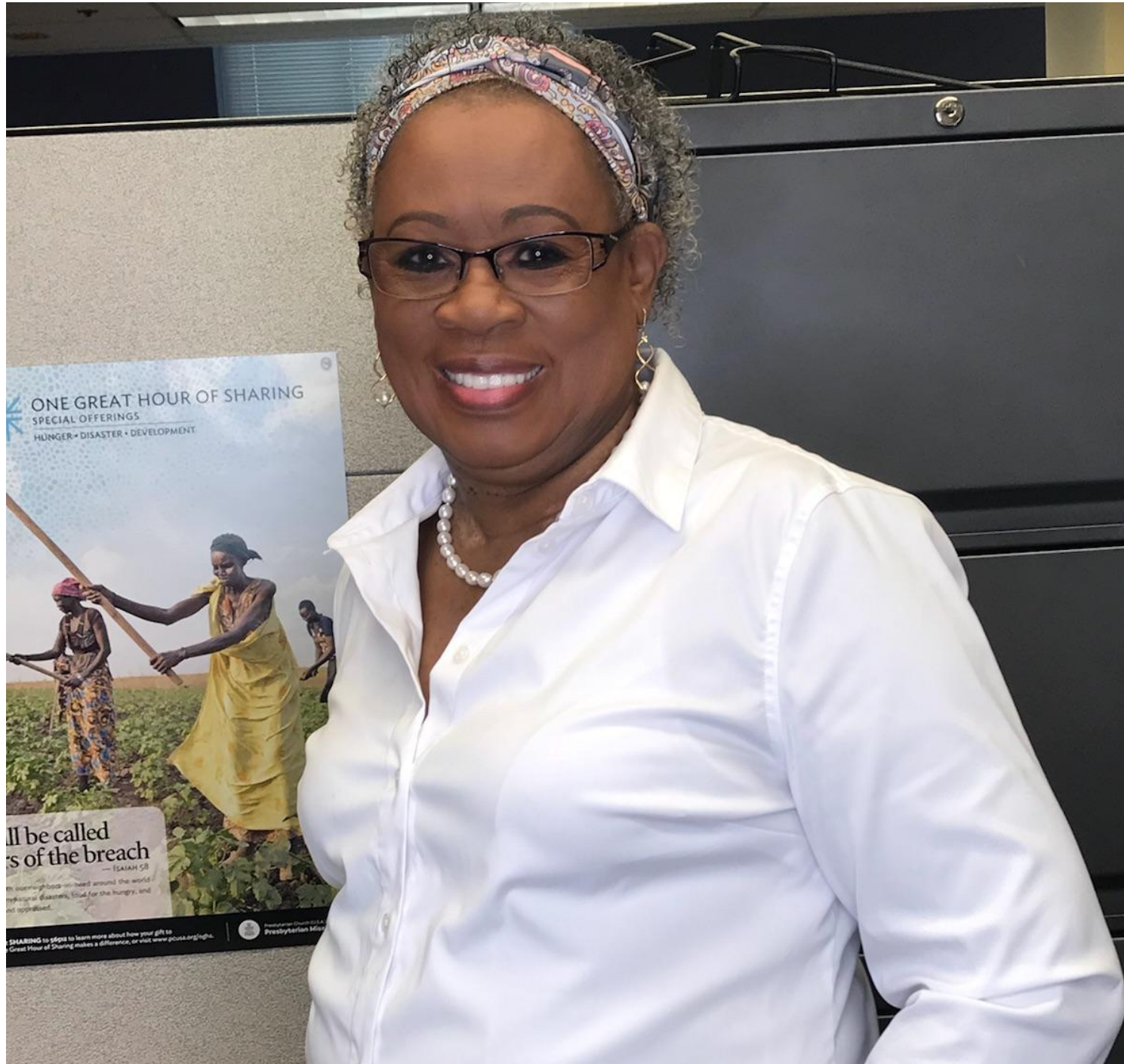
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By Reverend Joan Gray | Host of In His Word

Unto Us a Child is Born

Luke 2:10-11 – The Poverty and Justice Bible (But the angel said, “Don’t be afraid! I have good news for you, which will make everyone happy. This very day in King David’s hometown a Savior was born for you. He is Christ the Lord.)

We have good news today, no matter what is going on in the White House; Coronavirus (aka Covid-19) or Social Injustice and Disunity in our Country we still have good news.

Today a Savior is born one whose the government shall be on His shoulders. One who feels and knows our infirmities, His mind is always on us, even if it does not feel like or look like it.

The world would have us think we are in this by ourselves, but we are not, because today a Savior is born - was the cry of the Angels long ago.

Today the Good News is that, that baby became a man and has taken on the sins of men. And as we look to Him, we have hope until He returns for His church you and me. He is here and is coming soon. Be encouraged Good News is here! Amen.

TOP 10 HEALTHIEST SOURCES OF FIBER



Chia seeds



Berries



Broccoli & Brussels sprouts



Onions & Sweet potatoes



Almonds



Psyllium seed husk & flax seeds



Green beans



Cauliflower



Beans



Peas

A simple “rule” to remember is simply to get most of your fiber in the form of vegetables, NOT grains.

Source: <http://articles.mercola.com/sites/articles/archive/2013/11/25/9-fiber-health-benefits.aspx>



“Your children are unique students with their own talents and skills, but they will become products of the school and the school system where they are taught.”

- Brian J. T. Watts



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Marital Bli\$\$

There is no such thing as a 50/50 relationship. Someone is always going to be contributing a little more.

Living these last few months in close quarters with not much respite has forced us to face things that we may have been trying to avoid regarding our relationships. During one of my podcast episodes we discussed being equally yoked, and about wealth building philosophies before getting married.

Make sure you and your spouse or mate are on the same page when it comes to money management, saving and investing. But does this concept transfer well from marriage 101 over to real life?

Are relationships like partnerships? Is a 50/50 approach to managing finances and building wealth realistic?

Before getting into the topic; let me give you the definition of partnership. What is a partnership?

A partnership is a formal arrangement by two or more parties to manage and operate a business and share its profits.

There are several types of partnership arrangements. In particular, in a partnership business, all partners share liabilities and profits equally, while in others, partners have limited liability. There also is the so-called "silent partner," in which one party is not involved in the day-to-day operations of the business.

Is your mate a full partner or a profit sucking silent partner?

Let me be clear; it has been my experience that the couples that build solid lasting wealth, share in the labor and rewards of wealth building. Everyone knows their role and plays to win! Not to say that there are not moments of disconnection; but that disconnection is quickly corrected when there is constant and consistent discussion about financial goals and concerns.

Like most issues, the points of view on this subject are divided down the gender lines. And unfortunately women are talking to other women about these issues; and men are talking to other men.



The solution will be found when spouses talk to each other. Even when it hurts!

Keep building wealth!

James Marshall
Financial Advisor
Marshall Wealth Management
www.Marshall your money.com

Source: World Health Organization

Physical Distancing 101

Physical distancing slows down the spread of the coronavirus, which keeps our resources available to those in need.

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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 to Choose the Correct Consultant for your School and/or District

I am a consultant/public speaker who offers a variety of educational services. I offer PD (professional development) for teachers (1-12), parent seminars, student motivation and tutoring. As an “educational consultant” I have trained and inspired many teachers and administrators with improved classroom management and student engagement techniques, engaged parents in the educational process and inspired students to work toward their goals. It bothers me to see how our profession is being challenged. It seems that many school districts are no longer hiring “consultants” to come to their schools because, in some cases, there have been little to no measureable positive results in those schools after a visit. I have heard many administrators and district personnel say that consultants charged a lot of money, talked a lot and then took off. I have a little advice for administrators and district personnel alike when it comes to bringing in consultants for their schools. It’s a simple matter of asking yourself the following: Who, What, Why, Where, When and How.

WHO. Who is this person? Do they have a history of experience in education? It is of extreme importance to know the answers to these questions. Why should teachers sit around and listen to someone telling them how to teach if they have never taught? Has this person experienced the trends in education or have they just watched them. Teachers have the most difficult job in the world, yet everyone wants to educate them. Search for someone who has been in the trenches and can see education from more than one vantage point.

WHAT. What does this person have to offer? Are their methods new or recycled (both can be good). Are they offering a one-time theoretical seminar or an interactive presentation? Will they leave books and information behind that will continue to inspire after they are gone? Do they offer a recap of material? Can you email them for assistance? Answers to these questions can be the difference between a great ongoing experience and a mediocre or horrible one.

WHY. There are two sets of questions here. Why is this person a consultant? Do they have a desire to positively affect education for students, teachers, parents and students or do they have an ulterior motive? The second set of questions: Why have they targeted your school or district? Do they know your mission and your shortcomings? Do they understand what you need? The answers to these questions will give you an insight to what you will be receiving as far as quality is concerned. If a consultant has adequately prepared, he/she can better fulfill your needs.

WHERE. Where does this consultant live? Does the consultant know where you are? In other words, different parts of a city or county may experience different issues and therefore require different solutions or at the very least a different approach to the solution. Is the consultant aware of where you are academically? Is your school on a list for improvement? Are you at the top of the list of great schools? A good consultant will know and approach you to give you what you need, not what he/she can sell. If the information is not readily available, a good consultant will ask.

WHEN. A great consultant is time conscious. They will offer you times that

coincide with your schedule and provide the most benefit for you and your school/district. They will be sensitive to the school calendar and make adjustments to fit in at the best possible dates.

HOW. How will the presentation be unveiled? Will the teachers, parents and/or students sit the whole time? Will it be interactive? Will there be hands on experiences that give participants hope and inspiration? No one wants to be involved in boring professional development/seminar.

If you are searching for a great consultant for professional development seminars, feel free to use these questions to gauge the appropriateness of those you are considering. Of course, if you chose them, they may not be able to answer questions about your school, but I am sure you will know which questions to ask. I challenge you leaders to find consultants like the one I described. I am sure it will restore your faith in our profession. Feel free to contact me for more information at www.theBrianWatts.com and consider us for your educational consultant needs.





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By: Syvoskia Bray Pope - Host of Credit Conversations

WATCH OUT! – HOLIDAY SPENDING HABITS

TIPS TO AVOID IMPULSIVE SPENDING



1 - Leave credit cards at home.

Take those out of your purse or wallet. Try using cash, debit cards. Spend cash that you have access to on-hand, rather than going into debt. Remember, what you charge today you pay for it later.

2 - Shop online instead of going into the store.

We get infused by the Holiday rush and what we see. We are quick to take on impulsive spending. Also remember your spending habits of using 30% of your credit cards lowers your credit utilization. Make a list and spend a dollar amount of what you can afford this year.

3 - Distract Yourself.

There are many things you could find to do. Do you need to make a end of year list or a new year list. I know many times we have projects we need to complete, such as cleaning out those closets, working on a budget, going to the gym or reading a good book. Stay in touch with your mind, heart and spirit.

4 - Being Content

How content are you with your spending habits. Is it a need or want. One of my favorite scriptures teaches us through the writings of the Apostle Paul. "I am not saying this because I am in need, for I have learned to be content, whatever the circumstances, I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, "whether living in plenty or want. I can do all things through him who gives me the strength". Phillipians 4:11-13

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Host of “The Reset” Dana L. Seay

2020 Reflection: Are you ready?

Well, here we are, the last days of December, and getting ready for another year. I don't know about you, but I have a lot of gratitude as a result of 2020. This year has been horrific in ways and also a game changer. If you are reading this that means, there is more to our story. There is more to live. It means an opportunity to close out this year with a bow and walk into a new year with eyes wide open for our opportunities. Here is a reminder, this year marks the beginning of a new decade. Here is a challenge-take control and take the last few days of December to reflect on your last 10 years. What did you do? What didn't you do? What did you wish you would have done? What did you lose? What did you gain?

Now, that you have answered those questions, this decade, what are you going to do? What do you want to do? Where do you want to go? Who do you want to see?

Finally, as you are thinking about the last decade, pay homage to the relationships you lost or ended, the people you lost or left, and leave them back there. Remember, everyone can not go with you so...

Get ready, be ready, anticipate, plan, expect, move boldly, and deliberately into a new decade. Get excited about what your life will look like at the end of 2020. I'm so excited, are you?

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.



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Julia Royston

Live Your Best Life: Surviving to Thriving

This past year has been quite a year. But if you are reading this, congratulate yourself because you survived. Be thankful and appreciative that you are still here. No matter what happened, how many people you lost along the way or how you might feel right now, be grateful that you are still here. There is a purpose and plan for your life. You have been given another opportunity to fulfill that plan. Sometimes you have to tell yourself that over and over again. Self-talk is powerful and will give you the courage, strength and wisdom to keep going forward with your life. Over the past year, I've learned a lot but these 4 statements/decisions are continuing to help me to Live My Best Life.

Take Inventory – What do you still have? Who is still here? Who can you still call and they answer the phone? If you are in business, what inventory is still selling?

What do You Want to Be Doing? What is that thing, project, email, mentor to connect with and/or assignment that you still have left to do?

What and Who do you need to accomplish it? – Life gets down to the basics. What do you really need to live your best life?

Go for it. You may be filled with fear and trepidation but eventually, you have to start, go for it and launch.

Living Your Best Life will take prayer, thought and work but in the end, it will be worth it. Let's go!

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

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SUN | 11:00AM EST

ENVISION Radio

WHERE PRAISE MEETS TALK
TUNE IN AT ENVISION-RADIO.COM



SIMPLE
RADIO APP



**TWO MAMAS AND
A MUSTARD SEED**
Renee & Kisa
TUES | 11:00AM EST



REFOCUS ON U
C. Malinda Peart & Dr. E
WED | NOON EST



KARLA'S KORNER
Karla Jarvis MSN FNP-C
WED | 1:00PM EST



KNOWLEDGE IS THE KEY
Brian "JT" Watts
WED | 6:00PM EST



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



SO U THINK
Pastor Terry Jones
THURS | 6:00PM EST



BLESSED BEATZ
Marcus Sullivan
FRI & SAT | 7:00PM EST



SHE'S FIT
Staci Stills
SAT | 11:00AM EST



**100 WEALTH
BUILDING SECRETS**
James Marshall
SAT | 1:00PM EST



MARK GUNN MEDIA
Mark Gunn
SAT | 3:00PM EST



GURLZTALK
Joy & Ellen
SUN | 8:30AM EST



LIVE YOUR BEST LIFE
Dr. Julia Royston
SUN | 10:00AM EST



THE RESET
Dana Seay
SUN | 3:00PM EST



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