

MS. TBTV NEWS

Celebrating Women's History Month!



A NEW LEVEL NEW U ACADEMY & Ms. TBTV publication for People who want to Grow from their mistakes!



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Grace Under Pressure

There's something about this season of life that keeps reminding me how many of us are carrying more than we let on. We wake up, get dressed, show up, smile, respond, perform, and nobody knows what we're navigating internally. Responsibility doesn't pause because we're tired. Expectations don't lower themselves because we're hurting. And sometimes the weight of it all creates an ache.

Not the loud kind. Not the dramatic kind. The quiet, persistent kind that settles deep within and just sits there.

The truth is, pressure has a way of revealing what we're made of. It presses on our patience. It tests our endurance. It challenges our faith. And yet, even while we feel like sitting down and shutting it all off, we still have things to do. Children to care for. Deadlines to meet. Dreams to pursue. Assignments to fulfill.

So, we stand tall, not because it's easy, but because quitting isn't an option. We move forward, not because we don't feel the ache, but because purpose is louder than pain.

I've come to understand that grace is what allows you to carry both. *Grace* lets you feel the weight without collapsing under it. *Grace* lets you ache without announcing it. *Grace* lets you endure without hardening your heart. And maybe that's the lesson for this month, not how to avoid pressure, not how to eliminate the ache, but how to remain steady while it's there.

Because strength isn't always loud. *Sometimes* it looks like composure. *Sometimes* it looks like quiet resilience. *Sometimes* it simply looks like showing up.

And that right there... is called "*Grace Under Pressure*."

Watch & Learn...

Four seasons in and *Bridgerton* is still doing what it does best... serving *Drama, High Society, Romance, and Rules... So Many Rules*. Set in a Regency-era world of corsets, courtship, and carefully curated reputations, the show continues to explore what it means to live in "*Polite Society*" where every move is *Watched, Judged, and Whispered* about.

The gowns are *Extravagant*, the headpieces are *Over-the-top*, and the Queen? *Royal, Regal, and Commanding* with just the tilt of her chin. And let's not ignore the intentional casting; *Interracial couples, a Black Queen*, and a reimagined aristocracy that challenges what we thought high society was "SUPPOSED" to look like. It's *Bold*. It's *Beautiful*. And it's *Intentional*.

But what keeps me watching isn't just the glamour... It's the pressure underneath it all. Every character is born into expectation. *Court Properly. Marry Well. Protect The Family Name. Love...* but *Love Within The Rules*.

And yet, season after season, we see people wrestling with *Desire, Identity*, and the *Longing* to choose for themselves. Even Lady Whistledown... "*Now revealed as Penelope Bridgerton*", is navigating what it means to pursue purpose when the world suddenly has access to your voice. When she was anonymous, writing was *Power*. Now that she's known, it feels like *Pressure*. Everybody wants to control the narrative. Everybody wants to edit her story. And isn't that real life? The moment people know who you are, they start telling you who you should be.

At its core, *Bridgerton* reminds us that no matter how polished the outside looks, "*People Are Still People*."

They love. They ache. They hide things. They chase purpose. They fear judgment. "High Society Just Dresses It Up Better." But underneath the silk gloves and ballroom dances? It's the same human struggle we all face... *Wanting Love, Wanting Freedom, Wanting To Be Seen...* and *Wanting It On Our Own Terms*.

So yes, *Watch The Romance. Enjoy The Drama. Admire The Gowns*.

But make sure to pay attention to the lesson... At the end of the day... *Everybody Is Just Trying To Figure It Out*.

Available on Netflix



Inspire Me

"But Still Like Air,
I'll Rise."

- Maya Angelou



What's That All About??

Webster defines **Ache** as "a continuous or prolonged dull pain." It can describe a physical discomfort. Like a toothache or a sore muscle but it can also mean a deep and persistent longing or emotional pain. And that's the definition we're sitting with this month. Not the kind of ache that sends you to the medicine cabinet... but the kind that sits quietly in your chest. The kind that doesn't announce itself but weighs on you. The kind that makes you pause.

We all ache sometimes. Not the dramatic kind. Not the kind that gets attention. I'm talking about the deep-within kind. The ache that makes you sit down. The ache that tries to interrupt your focus. The ache that comes from disappointment, pressure, responsibility, loss, or simply life doing what life does... "Life!"

And if I'm being honest... I ache too. But when I think about this month, **Women's History Month**, I'm reminded that women have been carrying that kind of ache for generations and still finding a way to rise. Women like *Harriet Tubman*, who carried the ache of injustice but walked back into danger again and again to lead others to freedom. Women like *Rosa Parks*, whose quiet strength showed that sometimes the greatest power is found in refusing to move when the world expects you to. And women like *Maya Angelou*, who turned pain into poetry and taught us that even through hardship, the human spirit can still rise.

And here's what I'm grateful for: through the grace of God, I've been given the ability to ache with grace. I can be hurting and **Still Stand**. Hurting and **Still Record**. Hurting and **Still Write**. Hurting and **Still Show Up For My Grandbabies**. Hurting and **Still Excel At Work**. The ache may be there, but **It Doesn't** take me out. **It Doesn't** own me. **It Refines** me. And most of the time... **People Don't Even See It**. And when I think about the women who came before us, I realize that this quiet strength has always been a part of our story. A story wrapped in endurance.

So, this month, while we celebrate **Women's History Month**, I also celebrate the resilience that women carry every day. Because maybe the ache isn't just about pain. **Maybe It's A Tool! Maybe It's Building Endurance. Maybe It's Strengthening Something** in us that **Comfort Never Could**.

If you're aching right now, know this...

You Can Ache And Still Rise. You Can Ache And Still Pursue Purpose. You Can Ache... And Still Carry Grace.

Her Word Still Speaks...

The first Black woman elected to the U.S. Congress.

"If they don't give you a seat at the table, bring a folding chair."

— Shirley Chisholm

Ms. TBTV
FAV

Educator, activist, and founder of Bethune-Cookman University.

"Without faith, nothing is possible. With it, nothing is impossible."

— Mary McLeod Bethune

Ms. TBTV
FAV

Investigative journalist, anti-lynching crusader, and civil rights leader.

"The way to right wrongs is to turn the light of truth upon them."

— Ida B. Wells

Ms. TBTV
FAV

Knowledge is Power

This month, I want to circle back to something very special to me, my very first book

"The Me I Want 2 Be"

"An Inspiration Workbook and Journal"

by

Tiquita Bell.



This inspirational workbook and journal is built around short stories from my own life, stories that reflect lessons I've learned along the way. Each chapter focuses on an important part of personal growth, beginning with *Forgiveness* in Chapter One and ending with *Peace* in Chapter Nine.

One of the things I love most about this book is that it isn't just meant to be read, it's meant to be experienced. After each chapter, there is a section called "Path to Healing." In this section, readers are asked thoughtful questions designed to help them reflect on where they currently stand in areas like forgiveness, self-love, discipline, courage, and purpose.

It allows you to pause and honestly ask yourself,

"Where am I in this journey, and where do I want to go from here?"

If you are someone who is working through forgiveness, learning to embrace self-love, discovering your purpose, or simply trying to find peace while moving forward in life, then *The Me I Want 2 Be* may be exactly the book you need in this season.

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The Village That Raised Us

Celebrating The Everyday Women In Our Lives.

There's something powerful about the phrase "It takes a village." For many of us, that village was built by women. Women who showed up. Women who stepped in. Women who made sure things got done when life got complicated. The aunts who made sure you had somewhere safe to go after school. The grandmothers who believed in prayer before anything else. The mothers who stretched a dollar, worked two jobs, and still showed up for every program, every game, every milestone.

And then there were the sisters, cousins, neighbors, and friends who became family.

The women who helped raise children who were not their own.

The women who gave advice, guidance, discipline, encouragement, and sometimes just a listening ear.

During Women's History Month, we honor the women who broke barriers and changed history.

But we also celebrate the women who built our personal foundations.

The women who helped shape who we became.

"Because history isn't only written in books."

Sometimes it's written in living rooms, kitchens, classrooms, church pews, and front porches.

And many of us are walking in the strength of women who poured into us long before we understood how valuable that love truly was.

"Lifting as we climb."

- Mary Church Terrell

Women Who Changed the Game

Highlighting Powerful Achievements.

- *"Women are changing the game in ways that once seemed impossible."*

Across industries, business, science, education, politics, medicine, technology, media, entrepreneurship, etc.; women continue to expand the definition of leadership, innovation, and excellence.

Today we see women leading *Fortune 500* companies, serving in positions of political power, launching groundbreaking startups, conducting scientific research that saves lives, and creating platforms that influence millions of people around the world.

But perhaps one of the most powerful things about this moment in history is not just that women are succeeding; it's that more women are bringing other women along with them.

"That fact alone is phenomenal."

Doors are being opened.

Tables are expanding.

Opportunities are being shared.

And the next generation of girls growing up today can look around and see something many women before them could not always see clearly... POSSIBILITY.

"That's worth celebrating!"

Because every woman who rises in her field makes it easier for another woman to believe that she can too.

Empowered Women,



Empower Women... and Men too!!

- Tiquita Bell

From Her Desk...

"This month we celebrate:

*Women Who Made History,
Women Who Are Making History,
and the*

Women Quietly Shaping The Future Every Single Day."  

Tiquita - Ms. TBTv

Who's Been Paying Attention?? 🧐

March Quiz

1. What is Lady Whistledown's real identity? _____
2. Why has writing become more difficult for her in recent seasons? _____
3. What does high society in the show value more, love or reputation? _____
4. In this month's feature story, what allows a person to stand under pressure without collapsing? _____
5. According to the definition in "What's That All About?", what kind of pain are we focusing on when we say "ache"? _____
6. In the feature story, what determines how we carry pressure? _____
7. Name one theme that The Me I Want to Be walks readers through. _____
8. Finish this sentence:
Women are changing the game in ways that once seemed _____.

The Conversation Continues 🗣️

Make sure you subscribe to the Ms. TBTv YouTube Channel and join the conversation! After each newsletter release, we'll post questions and polls in the Community section as a way to connect with others and grow together. Come be a part of the conversation... Let's see Who's Really Paying Attention! 🧐

We look forward to hearing from you!

Celebrating Women's History Month!

1. Penelope Featherington (now Bridgerton)
2. Because she no longer has anonymity and feels pressure from society's expectations
3. Reputation
4. Grace
5. Emotional / deep internal ache (not physical pain)
6. Grace / resilience
7. Forgiveness / self-love / self-discipline / purpose / peace
8. Impossible

ANSWER KEY (No Peeking) 🧐

March Quiz

Contact Ms. TBTv NEWS

Do you have a story you would like to share? A business/event/product that you would like to promote? Have a Book recommendation? Want to run an ad?

Contact us for more info:

[Tiquita Bell](#)



Quita@mstbtv.com

Deadline: March 30th, 2026



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