

SUMMER 2020

\$8.95 US/CANADA

# THE **LAYFF**

MAGAZINE

**AFFIRMING  
SELF IN THE  
PERILS OF  
DARKNESS**

**2020 - WE  
SEE YOU**

**BENEFITS OF  
WORKING OUT  
AS A COUPLE**

**One-on-One with**

**LAY-T.C.**

**BEAUTIFUL, TALENTED AND SMART... MEET THE MUSIC  
INDUSTRY'S NEWEST TEENAGE STAR**

# THE LYFE STAFF

## Letter from the Editor

To The Lyfe Magazine family,

God continues to smile on us and we are printing the Summer 2020 issue.

Times are hard for many of us but we must continue to keep God at the forefront of all we do. Three months ago I typed a message to inform you the Spring 2020 would be the last one printed. However, God had other plans and we continue to roll along.

We would also be remiss if we did not say Thank You to all of you who continue to support The Lyfe Magazine.

Be Blessed,

*Gerald C. Anderson, Sr.*

**MAGAZINE**  
SUMMER 2020

**PUBLISHER**  
LYFE PUBLISHING

### BOARD OF DIRECTORS

**FOUNDER & EDITOR IN CHIEF**  
GERALD C. ANDERSON, SR

**CHIEF OPERATING OFFICER**  
TINA M. SCOTLAND

**DESIGN**  
AIONIOS DESIGNS

**QUALITY CONTROL CHIEF**  
SHAWN-TA WILSON

**BOARD MEMBER**  
RENATA MIKAE  
BERYL BRACKETT





DOWNLOAD THE SPRING 2020  
ISSUE OF THE LYFE MAGAZINE  
AT [WWW.THELYFEMAGAZINE.COM](http://WWW.THELYFEMAGAZINE.COM)

BOOKHIVE PODCASTS BY TREPPIK

VISIT US AT [WWW.THELYFEMAGAZINE.COM](http://WWW.THELYFEMAGAZINE.COM)



Business pod creation by kiparguier

# Copyright & Disclaimer

Lyfe Publishing  
Publishers Since 2012  
Published by Lyfe Publishing LTD  
Lyfe Publishing, 10800 Nautica Place, White Plains MD 20695

Copyright © 2020 by The Lyfe Magazine

All rights reserved. No part of this magazine may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher except with brief quotations embodied in critical articles and reviews.

Because of the dynamic nature of the Internet, some Web addresses or links in this magazine may have changed since publication and may no longer be valid. The views expressed in this work are those of the authors and do not necessarily reflect the views of the magazine, the publisher, and the

publisher and the magazine disclaims any responsibility for them.

The Lyfe Magazine has taken care to make sure that content is accurate on the date of publication. The views expressed in the articles reflect the author(s) opinions and are not necessarily the views of the publisher and editor. The published material, adverts, editorials, and all other content are published in a good faith. The Lyfe Magazine cannot guarantee and accepts no liability for any loss or damage of any kind caused by this issue and errors and for the accuracy of claims made by the advertisers or authors.

All rights reserved and nothing can be partially or in whole be reprinted or reproduced without a written consent. This issue contains website links, third-party content and advertising. The Lyfe Magazine cannot be held responsible and shall not be liable for content of other websites, advertisements and other resources.

The Lyfe Magazine does not endorse any businesses mentioned in this magazine unless specifically mentioned. The Lyfe Magazine cannot be held responsible and shall not be liable for the claims or actions of another business.

The Lyfe Magazine reserves the right to make changes to any information in this issue or on its website without a notice.



# Who We Are



On November 14, 2015, Righteous Productions closed a deal with Madhouse Design, Inc. to purchase the rights to The Lyfe Magazine.

The Lyfe Magazine is the voice and soul of men and women. It started as a magazine that celebrated Florida's unique style, beauty, culture, inspiration and achievements. Righteous Productions extended the reach of the magazine to cover Washington, D.C., Maryland, Virginia, Texas, West Virginia, and California.

The Lyfe Magazine affirms its identity and shows its readers how to live life and have fun within the bounds of Christianity. Our editorial content, promotion, and brand extensions communicate the appeal of a luxury lifestyle with an authoritative voice and sophisticated design. Our editorial content highlights the best in Christian living, finance, home décor, automotive, technology, fashion, jewelry, fitness, health and wellness, beauty, travel, food, sports, entertainment, and arts and culture.

The Lyfe Magazine affords luxury purveyors the broadest access to a distinctive group of male and female consumers. The Lyfe Magazine is a multi-media venture which provides marketers with traditional and alternative ways to reach our audience at home, work, and play.

In 2017, The Lyfe Magazine took over sole responsibility for ownership and management of The Lyfe Magazine and on January 1, 2017 we released the first issue.

We publish the Lyfe Magazine four times per year (Winter, Spring, Summer and Fall issues). The Lyfe Magazine's target audience expects to reach 10,000 men and women through subscriptions, newsstand sales and direct mail. We provide controlled and targeted distribution in residential buildings, restaurants, lounges, galleries, salons, spas, health clubs, retail stores, such as Walmart, Safeway, Publix and Walgreen's stores. The magazine also will have a special distribution at major lifestyle and cultural events targeting our affluent consumers and at annual signature events.

The Lyfe Magazine expects to go beyond traditional mass media to provide our marketing partners with 360-degree turnkey opportunities to engage its audience and increase sales. We will provide advertisers with direct access to high-profile events, including fashion shows, ride & drive experiences, film and music festivals and charitable events. The Lyfe Magazine will continue to work with advertisers to develop custom programs and promotions suited to their brand and product initiatives.

## Social Media

[Facebook - @MyLyfeMag](#)

[Instagram - @TheLyfeMagazine](#)

[Twitter - @TheLyfeMagazine](#)

10

Heroes of the  
Pandemic

18

8 Effective  
Habits  
for the  
Successful  
Entrepreneur

32

Affirming  
Self

12

Just A  
Thought  
Book Review

34

Jared Cohn

24

One-On-One  
With  
Lay-T. C.

46

Uncertainty

14

2020 - We See You

50

Benefits of Working Out as a Couple

56

Jasmine Young - On The Rise Again

66

I'm Not Okay

52

What is Courage?

68

It's Praying Time

62

5 Essential Strategies

76

The Remote Worker's Guide

54

The Importance of Building a Brand



# Amazon Reviews for Leah Grace Bedtime Adventures



**CBHUBB**

Sweet Dreams Princess

What a sweet bedtime story every princess will love. Looking forward to seeing more from these authors and following Leah Grace on more adventures.

**Amazon Customer**

A Wonderful Bedtime story!

Beautifully written and illustrated ! What a wonderful Children's bedtime story...I would highly recommend this to any parent or grandparent looking for that special bedtime adventure with their little ones !

**Amazon Customer**

Spirited and Fun

This was truly a fun book to read with kiddos! Leah Grace is so spirited, imaginative and excited about her adventures. I highly recommend to others and we are looking forward to more adventures with Leah Grace!



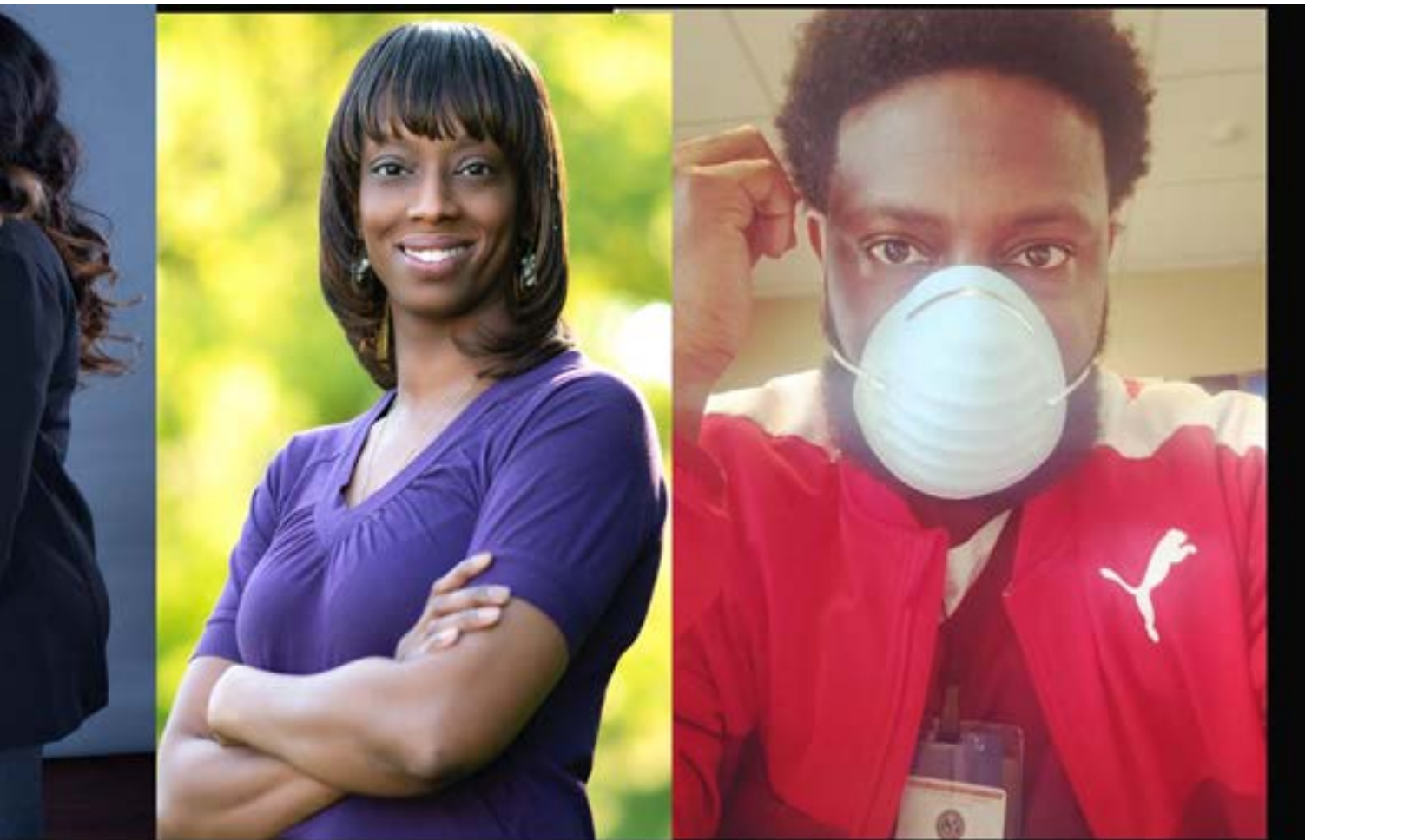


# THE LYFE MAGAZINE



THE LYFE





# THE MAGAZINE'S HEROES OF THE PANDEMIC



**THE LYFE**  
MAGAZINE



# Just a Thought Book Review

By Beryl Brackett



Looking around, things aren't what they used to be. The world is constantly changing. There is so much going on in the world. COVID 19, should or should we not

wear a mask? Don't touch your face, you could spread the virus that way. Don't visit people that are high risk, you might be asymptomatic and pass the virus on. Virtual learning to teach, or let the kids take a break. This year is a wash, anyway. I know nothing about this new math. Working from home, it's not at all that it is cracked up to be. Too many distractions. Protests, voting rights, should schools reopen? If so, when and how they will practice social distancing.

## “Too many distractions. Protests, voting rights, should schools reopen?”

Job loss, death, destruction and uncertainty, New York Times best-selling author, Lysa Terkeurst, book is a breath of fresh air as she peels back the hurt, pain and disappointment in her book, “It's Not Supposed to Be This Way.” She opens her heart to her audience and lays everything out on the table as she becomes transparent in sharing her life story.

Terkeurst, opens the door and invites the reader to come in, grab a cup of coffee and sit a spell while she shares her life altering stories about faith, determination, and perseverance. The author rips off the band aid and dives deep into the cuts, bruises and disappointments of life and shows the

reader how to overcome disappointments when life isn't supposed to be this way.

In this unprecedented time, we have been disappointed with the way things are. Never would I have imagined I would have to make a fashion statement by wearing a mask and staying six feet apart from people. It can be depressing and nerve wrenching. In Terkeurst's novel, she lays out her feelings and dissect them one by one. She understands that disappointment will come. However, she also discovers that heart break and disappointments, does not come to tear you down, but helps to build you up.

Sometimes it's God's way of whispering in your ear, letting you know that you have gotten off track, nudging you in the right direction to make sure that your life is what he wants for you and not the other way around. This is your appointed time to feel God and his presence in your life. This is your time to see God's plan at work.

As long as we live, we will encounter things we feel should not happen. Whether it is life altering situations, things we cannot control, or the way we perceive them to be. It is a much bigger picture than we had planned for ourselves. God loves us and only wants the best for us. I am not dismissing how anyone feels about what's going on around them. However, have you stopped to think about the enormous picture? Families are now spending more time with each other. Eating dinner together, having conversations, becoming very creative, and starting business they would not have the time to do. We may never get back to the way the things used to be, so what are you going to do about it? God has a plan for you, trust the process. “It's Not Supposed to Be This Way,” what do you think?

# The Lyfe Magazine

## Editorial

### 2020 - We See You

By Gerald C. Anderson, Sr.

2020 roared its way into our lives and opened the eyes of many to see people for exactly who they are. As a nation, many people who are not black, turned a blind eye to racism; rather believing it didn't exist instead of believing our cries that it continued to happen across the nation. Now, 2020 has given the nation perfect vision into the virus that has infected America for over 400 years.

Perfect vision is generally termed as "20/20" and this year has given us perfect vision to see what's at the heart of many Americans, some of whom are our friends, our co-workers, maybe even family. I have read posts on Facebook that would shock you. Our leaders have spewed hateful words inciting others to follow them and instilling a sense of empowerment to those who have harbored these destructive and divisive emotions inside for years.

At the time of this writing, 2020 is but five months old and we have added four names to the list of those who have died senselessly; three of whom were at the hands of police. In an effort not to forget them, let us mention them here:

Ahmaud Arbery, gunned down simply for wanting to go out on a run. He woke up on his last day feeling a desire to exercise which is his right to do but paid for it with his life. It should not be a death sentence to exercise.

Breonna Taylor, gunned down in her bed because the police decided to execute a no-knock warrant on her apartment. Earlier in the evening the leading suspect of the crime was apprehended (without violence) but the police felt the need to go after her boyfriend who had little to do with the crimes. Breonna had nothing to do with the crimes. Couldn't the warrant be executed during the day when the possibility of someone dying would be less likely?

George Floyd, for 8:46 seconds a Minneapolis police officer held his knee on this man's neck leading to his death. For 8:46 seconds he could be heard crying out for his life. Constantly reminding the officers that he could not breathe. His cries were not answered and these four men who were sworn to protect and serve allowed him to die.

It was George Floyd's wrongful death that brought outrage to not only America but around the world as protests took place in most major cities and countries like Italy, Germany and England. The cries for justice could be heard everywhere. That is everywhere except Atlanta, Georgia where in under three weeks following George Floyd's death, Rayshard Brooks was gunned down by police. His crime... sleeping in a Wendy's drive thru.

Rayshard had too much to drink and fell asleep in the drive thru. Police were called and a struggle ensued. Rayshard took the officers taser and ran. He suddenly stopped and turned. The officer pulled his gun then shot and killed

him with three shots to the chest. The officer knew Rayshard was unarmed. He had more than enough time to search him. When Rayshard turned the officer knew he only had a taser and his life was not in danger. It should not be a crime to fall asleep in a drive thru.

If you think we don't see you, we do. We see the pain you are inflecting on our brothers and sisters for no reason. The interactions with Ahmaud, Breonna, George and Rayshard were not reasons for the death penalty, or shall I say, murder?

We also see our own showing blatant disrespect for the race. We see you Candace Owens and we will remember the words that you spoke. We will remember how you compared the deaths of nine unarmed black people in 2019 to the death of 19 white people in the same year. Your comparison attempted to belittle the loss of black lives. Candace in case you read this US News reports, "About 17% of the black people who died as a result of police harm were unarmed, a larger share than any other racial group..." (US News, June 3, 2020, <https://www.usnews.com/news/articles/2020-06-03/>)

data-show-deaths-from-police-violence-disproportionately-affect-people-of-color]

In the end, we want the world to know we are watching. We see all that goes on and we hear all that is being said. In November, we can take a step to turn the tide of this country. This article is not merely to provide information, it is a call to go out and take a stand. Show this country's leaders that you are the real power and vote them out of office. A friend of mine once said, "I will not vote in this election because if I vote I would vote for the current president." I have longed to ask with the unveiling of all our eyes and what 2020 has shown us; do you now refuse to vote?

Four people named in this article were murdered for absolutely no reason. Many years ago, others died while fighting to make positive changes. They fought for our right to vote. We cannot let their dying be in vain nor the deaths of the Ahmad, Breonna, George, and Rayshard. Vote!



# Planning a Budget That Sets You Free

Wouldn't it be great to have enough money to live your life to its fullest, while still putting away plenty for a rainy day? You can turn this dream into your reality, if you're willing to plan and stick to a budget. A well-planned budget enables you to make financial decisions that support your happiness and peace of mind.

With a budget, you see exactly where each dollar you earn is being spent. This helps you spend less on items that don't fit your life's priorities. As a result, you have more money to spend on things that really matter to you.

If you think that staying on a budget is difficult, you may be pleasantly surprised. It's easier than you think. When you plan your budget carefully, you create the right mix of spending and saving to support you in the pursuit of your dreams.

## How to Plan Your Budget for Financial Solvency

Contrary to popular belief, planning a budget allows you to experience more of the fun things in life. Many believe that sticking to a budget robs them of life's adventure and spontaneity. A well-crafted budget, however, ensures that funds are available for instant adventures as well as planned expenses.

The first step in creating your budget is to gather the things you'll need. Among them are your bank statements, bills, and information about how much cash you have available. It's also helpful to know how much you're spending on necessities like food and gasoline.

The budget you create can be as simple as a hand written document or small spreadsheet on your computer. The important thing is that





the budget helps you to track what you spend and keep your financial life organized.

### **To plan your budget, consider:**

- How much money you have right now
- What you're spending your money on
- Where you can cut back
- What you'll gain by spending less
- What you want to save for
- Your plans for the future

When you know what you want and where you're going financially, you can create a plan to help you get there. Don't be afraid to dream big and budget for joy.

### **Using a Budget to Meet Goals**

With a budget, you're more likely to achieve your financial goals. Break your ultimate goal down into a series of smaller goals to keep from getting overwhelmed. The sense of accomplishment as you achieve these small goals will keep you moving forward.

Also, remember that it's okay to adjust your budget. You don't have to do everything perfectly from the beginning. The effort to get your finances under control can lead to more monetary security in the future if you stay organized and adjust your budget as you go.

Plan your budget with your significant other, if you have one. Ensure that the budget you create supports the pursuit of the things that are important to both of you. A step-by-step plan for your financial future together is more fruitful if it's a joint goal-setting effort.

Track your spending, commit to a plan that supports your financial goals, and remain flexible. Your first budget may need tweaks, but that budget is the first step to the financial freedom and peace of mind you deserve.



# 8 Effective Habits for the Successful Entrepreneur

**BY GERALD C. ANDERSON, SR.**

**E**very career has a set of habits that greatly increase the odds of success. The habits necessary for success will vary from career to career. Fortunately, there are many successful entrepreneurs that we can look to for guidance. It's not surprising that many of them share the same habits.

There's no reason why you can't have the same habits as some of the most successful people in the world!

Increase your odds for success with these habits:

1. An incredible work ethic. It takes a lot of time and effort to grow a company. It's necessary at first to be a jack-of-all-trades. Until you can grow enough to hire others to cover all the required skills your company needs to thrive, you're going to have to carry a lot of weight.
2. Conscientiousness. When you own a business, it's up to you to ensure that things are done properly and on time. The responsibilities are great. You don't have the luxury of putting out sloppy work. It will always come back to haunt you.
3. Use time wisely. Time will always be a limited resource. How you use your time dictates how successful your company ultimately becomes. That means having the knowledge and experience to make wise decisions and the mental toughness to avoid distractions.
4. Have a plan each day. One of the keys to using your time successfully is to plan for each day ahead of time. Avoid going to bed without having a detailed idea of what you're going to do the following day. When your feet hit the bedroom floor, you should already know what needs to be done for the day.
5. Wake up early. There are very few successful entrepreneurs that don't get up very early. Some get up even before 4 a.m. How early you get up is up to you, but if you're not beating the average person out of bed, you're behind.

6. Set goals. It's not enough to work hard and work smart. You also must know where you're going. Goals help you make wise decisions. Know what you're trying to accomplish today, this week, this month, this year, and 10 years from now.

7. Deal with stress effectively. Entrepreneurs have plenty of stress to deal with on a regular basis, so it's important to learn how to manage it. Have a process for dealing with stress and anxiety. Learn to recognize what you can control and what you cannot.

8. Look ahead for obstacles. Avoid being blindsided by obstacles and setbacks. Be aware of your future. Look ahead for the challenges that you're likely to face and have solutions in mind.

Think of all the major challenges in your life and notice that there were plenty of warning signs for all of them. The same is true with your business. Avoid putting your head in the sand and hoping for the best. Deal with challenges now while they're still manageable.

What are your current habits? Can you see why your current habits have either helped you or harmed you on your path to business success? Think about what you want to accomplish to be successful and build a set of habits that will support those activities.

The person with the best habits usually wins. How far will you go with your habits?



# AN HOUR

OF RELAXATION A  
DAY HELPS TO  
KEEP MY DOCTOR  
AT BAY.



# 10 Ways to Relax That Require 10 Minutes or Less

While it would be nice to just take a long vacation or check out of work each day for a few hours, most of us have limited time and opportunities to relax. However, we usually do have 10 minutes here and there throughout the day.

There are several ways you can relax in just 10 minutes or less. Do this a few times a day, and you'll find that you might not need that long vacation.

Use these methods to relax in as little as 10 minutes:

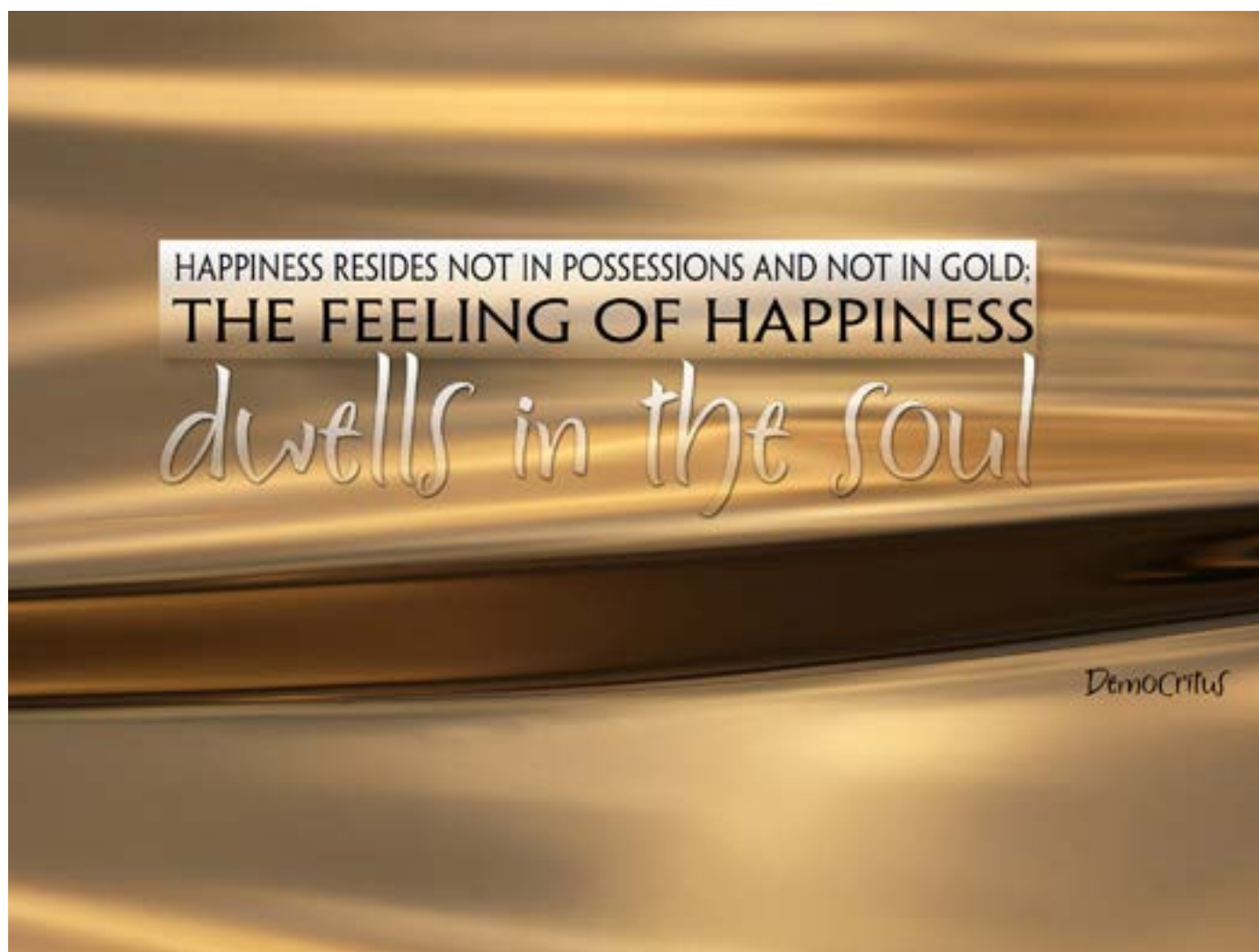
1. **Meditate.** The benefits of meditating are many. It's incredibly popular right now but has been around for thousands of years. Experts often claim that even just one minute of meditation per hour is enough to gain benefits.
2. **Control your breath.** Your breath is one of the few parts of your physiology you can control. Slower, deeper, breaths will help you to relax. Focus on the feeling of your breath passing through your mouth or nostrils. Count your breaths if you find that helps.
3. **Visualize a peaceful scene.** Our moods follow our thoughts. Think about something pleasant, and you can expect to experience a more enjoyable mood.
4. **Spend time with your pet.** Pets are a blessing. They require little and ask for even less. They're always happy to see you. Cuddle up with your pet and notice how much better you feel. Your pet will love the extra attention, too. Don't have a pet? Borrow a friend's pet.
5. **Talk to a friend.** Call up a friend, or even better, have a face to face. A few minutes spent chatting with a trusted confidant can do wonders for your stress levels. You'll also be maintaining your relationships.
6. **Take a short walk.** A long walk is even better, but if you only have 10 minutes, a short walk can help a lot if you're feeling stressed. Pay close attention to your surroundings while you walk. It will keep your mind off your challenges for a few minutes.
7. **Listen to music.** Music has an amazing ability to alter one's mood. Think of a few songs that will put you in a mood you'd rather feel. Listen away! If you don't happen to have those songs available at the moment, YouTube has just about every song available for free.
8. **Chew gum.** Chewing gum has been shown to be an effective reducer of cortisol, the primary stress hormone. Many people like to blow bubbles, too. You can lower your stress and amuse yourself at the same time.

9. Sit outside in the sun. Relax for a few minutes on a nice day and enjoy the sun. The warmth on your body can be a great mood booster, and you'll get a nice dose of vitamin D, too.

10. Write down everything that worries you. One way to be less stressed and anxious is to write down everything that's bothering you. Get it out of your system and down on paper. By externalizing it, you'll often find that things aren't quite as bad as you thought.

If you're regularly feeling stressed, it's important to do something about it. Not only is it miserable to feel stressed all the time, but it's terrible for your health.

If you want to relax, make time for it each day. Ten minutes can be enough to take the edge off your stress levels. Don't allow 10 minutes to go to waste. Use them to relax!



# STANDING FIRM

Available On



**Click to Watch Standing Firm**



**Use Keywords:** The Lyfe Magazine Standing Firm

Novel available on  
**amazon.com**



# ONE-ON-ONE WITH LAY-T. C.

**BEAUTIFUL, TALENTED AND SMART... MEET THE MUSIC  
INDUSTRY'S NEWEST TEENAGE STAR**

By Gerald C. Anderson, Sr.

**L**ayah-Tone' C. F. Castro, A.K.A Lay-T. C. is the newest musical threat facing the world today. If you don't pay attention you'll find yourself humming her choruses while doing your chores around the house. I know because after listening to her EP a few times, that's what I was doing.

I had the opportunity to catch up with this rising star and find out a few things about her. What I discovered was a very intelligent and thought-provoking young lady. At one point in the interview I thought her mom was coaching her but that wasn't the case.

Lay-T. C. was born to the proud parents of Johnnie and Lahla-Hadiya Castro. She is one of six talented children. She just graduated the eighth grade and will be headed to high school next fall.

## **The Lyfe Magazine Interview of Lay-T. C.**

The Lyfe Magazine - What started you in music?

Lay-T. C. - I've been singing around the house since I can remember, so it was inevitable for me to get into music. I'm a part of a musical family. My mom sings; my father sings, plays the bass,



and runs a recording studio; my uncle, my little brother, and my grandma all sing, and the list just keeps going. My dad doesn't just play bass he plays a number of instruments and my little brother plays several instruments too.

The Lyfe Magazine - Who inspired you to write and record music?

Lay-T. C. - My mom. I always saw her recording in the studio when she was working on her double album, My Thoughts 1 & 2. This inspired me to give it a shot and see if I could do it.

The Lyfe Magazine - What instruments do you play?

Lay-T. C. - I can play the violin. I learned how to play in the third grade when my orchestra teacher taught me. I started learning to play the guitar, but I fell off. Now, during the pandemic, I have so much

time I want to pick it back up. I also want to learn how to play the keyboard, drums and the bass.

The Lyfe Magazine - How would you describe your music?

Lay-T. C. - I would describe it as hip-pop rock. I know that's a weird combination but that's how my music sounds to me.

The Lyfe Magazine - How did you come up with that combination?

Lay-T. C. - I say that because it's a general category. I don't really like to label my music because it changes, but I know that it's easier for people to find my music if I give it a general label. My music changes so often. However, I feel at this moment that's what my music sounds like. Later, if I want to put out a gospel album, that's what I



would do. That's how I came up with hip-pop rock.

The Lyfe Magazine - Tell me about your creative process, what do you do when you create music?

Lay-T. C. - It is so hard to create music. Sometimes I'll have writer's block and you being an author, would understand. I get inspiration from what's going on around me and in the world. My creative process changes so I don't have one process. For me it just happens. Sometimes I can start from the chorus; other times I come up with something catchy and I piece it together. Other times I might start with a verse, so it changes a lot.

The Lyfe Magazine - "If You Ask Me" is your first release. Tell us about it. What was the inspiration behind it?

Lay-T. C. - The inspiration behind my release is to let the world know young people have a voice. I felt if I could use this platform and my gifts to get that message out, then I should do it. We have something to say about what's going on and this was my way of expressing it. My initial single, Blow Your Mind, was to introduce myself but the CD gives my listeners a deeper understanding of my personal life. I wanted them to understand how I feel which is the main reason for the CD.

The Lyfe Magazine - What is your favorite song on your release?

Lay-T. C. - It's so weird because I can't really pick one. Each of my songs bring something different to the table. One song could be hyped; while another could be fun to perform. Then there's some that are laid back and cool. Daddeez Lil Gurl is a sweet song. I guess I would say that's one of my favorites.

The Lyfe Magazine - What is your favorite song, other than one you released?

Lay-T. C. - I don't have a favorite. My favorite song changes. If I hear something that I like,



then that will be my favorite song for the moment. My favorite song changes all the time.

The Lyfe Magazine - What was the inspiration behind your song, Magic Carpet?

Lay-T. C. - The inspiration behind that song was just to have fun. There's so much that we have to worry about today. Something bad can always happen so I wanted to have a song to have fun and be a kid.

The Lyfe Magazine - I think I already know the answer to this question but Daddeez Lil Gurl, what was the inspiration behind that song?

Lay-T. C. - That was just my love for my dad and the people in my life. All the male figures in my life that made me who I am today. I wanted to put a song out there to thank them, and tell them how much I love them. It was not just about me but for other girls. Girls that may have lost their dad or that may not have their dad in their life. I also wrote that song around the time of Kobe Bryant and Gigi Bryant's death. I wanted to make sure the males in my life knew that I loved them and that I appreciate them.

The Lyfe Magazine - If you had the chance to collaborate with an artist, who would that be?

Lay-T. C. - Oh, there are so many artists that I would love to collaborate with but hands down, Ariana Grande. Her vocals are amazing and her range is awesome. It's amazing how she sings like that. Oh, and I would want to collaborate with her and Beyonce.

The Lyfe Magazine - What artists would you like to open a show for?

Lay-T. C. - It would be the same artists, Ariana Grande and Beyonce. I would also add Kehlani. I like her sound and I just feel like everything that she says is from the heart and true.

The Lyfe Magazine - Do you see yourself becoming a mixture of those artists?

Lay-T. C. - Yes, and just adding my own sound because I don't ever want to sound like somebody, but I definitely do have influences from other people like Whitney Houston and Michael Jackson.

The Lyfe Magazine - What would you be doing right now if it wasn't for your music career?

Lay-T. C. - I'm really not sure. I used to dance a lot and I was in a lot of dance groups. So if it wasn't for my music career I'd probably be dancing 24/7.

The Lyfe Magazine - Where have you performed and which is your least favorite? Which is your favorite?



“I would describe my music as hip-hop rock. I know that's a weird combination but that's how my music sounds to me.”

Lay-T. C. - As a dancer I performed at many places with various groups. Now, as a singer, I have performed at a lot of outdoor festivals and even at the Cherry Blossom Festival, birthday parties, my school, and the Howard theater. I also performed at my parents' lounge which is called The Vibe, and Redskins stadium. And I think there's some others that I can't really recall right now.

My least favorite venue would probably be the Howard theater, only because when I was there, it was freezing cold, and anybody that knows me knows I like the heat. I do not like to be cold. My mom can turn on the fan and I will grab a blanket in a heartbeat because I don't like the cold.

My favorite venue, because I like the heat, would be the Cherry Blossom Festival. The sun was beaming on me the whole time. It was really hot outside, so that's what I like.

The Lyfe Magazine - How do you feel the internet has impacted the music business?

Lay-T. C. - The Internet made it easier for people to get their work and their music out there. But, to be honest, I think it made it more difficult for artists to make a reasonable amount of money from their online music sells, as opposed to selling hard copies or CDs and records. The money you make goes to streaming services such as Apple Music, or Amazon. The artist makes a small percentage of the money.

The Lyfe Magazine - How did it make you feel the first time someone asked you for an autograph?

Lay-T. C. - It's weird because I always wanted that. It's surprising that somebody wants my autograph.

The Lyfe Magazine - How has the pandemic impacted your life?

Lay-T. C. - When we first went home, I didn't think we were going to be staying home this long. I thought we were just going to be on a break. After a while I started to wonder, 'Are we still going to have a formal?' 'What are we going to do for graduation?'

I'm so blessed that I have a family that loves and cares for me this much. Last night I had the time of my life. I had a photo shoot, a graduation/formal, and it was amazing.

I feel the pandemic showed me to make sure that I'm always appreciative of the moments in life. It's shown me to be thankful for everything in life. Other than that, it has given me more time to write, and more stuff to write about. With the Black Lives Matter protests, I have so much to write about so it's really given me an opportunity to write more.

I have more time to spend with God because, you know, I'm not trying to rush to school and everything. I don't have to stay after school for performances or anything. I just have a lot of free time, more time to myself and more time with my family.

The Lyfe Magazine - Who is your favorite artist?

Lay-T. C. - I'd have to say Esperanza Spalding and Alicia Keys. I think it's so cool how Alicia Keys can play the piano and sing. There's a lot of artists that can do that, but she was the first one to come to mind.

Then I like Esperanza Spalding also. I remember one time my school had a celebrity day and I dressed up as her. I even brought a bass there. I can't play the bass so I sounded horrible but I had the whole fro and everything. I like that she's able to play the bass. I don't know that many female artists that can play the bass.

The Lyfe Magazine - A question away from music. What was the most trouble you've ever gotten into?

Lay-T. C. - (laughing) I don't think I want to recall that. I don't remember what I got in trouble for but me and my siblings used to get a whole lot of butt whippings when we were younger for doing stuff.

The Lyfe Magazine - What is the best advice you've ever been given.



Lay-T. C. - I would really change how they portray women. Women are always used for sexual stuff and I just feel like we're definitely more than that. So yeah, that's something I would change. When I look at music videos, they're always dressed in something real tight or barely wearing clothes. I feel like that's not a good representation of women because we're way more than that.

If you think about it, there's a lot of really good music, and the video has nothing to do with the message. I've heard some profound music with a good message but when you see the video you have to ask yourself, 'What does that have to do with the message?'

The Lyfe Magazine - What's next on the horizon for you?

Lay-T. C. - I'm working on my album and on some singles to put out. Then I'll be going to high school and college this school year.

The Lyfe Magazine - Tell us what you think about George Floyd and the protests that followed.

Lay-T. C. - As a teenager, it really saddens me. It gets me frustrated and angry because we have protested in the past, and with what we have endured over our history, you would think these problems would have been fixed.

As for the President, I expected more from

Lay-T. C. - The best advice I've been given was really simple. It was just to be yourself and not be scared to be you. Because you shouldn't want to be somebody else, there's already other people, just be you. Nobody can be you, nobody can be better at being you, so do what you love.

The Lyfe Magazine - So if you could change anything about the music industry, what would that be?



someone who is ruling the country and is making decisions for us. He is supposed to be making decisions that are in our best interest and it's not happening.

There are so many other cases like George Floyd that have not been put in the media for us to see. There are so many things that we don't even know about that are continuing to happen and it's really upsetting. That's one of the things I'm going to write about because it needs to change. My generation shouldn't be dealing with it. Why is it still happening? It should have been long gone. Why is it still occurring? It's hard for me to talk about because I don't want to live in a world where this is continuing to happen. We need to make a change.

As a kid, you just want to be able to go out and do stuff and not worry about a police officer wanting to check you down because of what you look like. As a kid, you just want to have fun, you just want to live life. You're not thinking about those things but sadly that's what a lot of kids have to think about.

I feel like in a lot of homes it's being talked about, and it should be, because the only way we'll be able to change things, is by learning more and teaching other people. So I feel like that's what needs to be done.

Now with all the rioting, I completely understand it. Do I think that it's the right thing to do as a Christian, no, but I literally understand why people are doing it. For years we've been going through this and when we try peaceful protesting nothing changed. So, I mean, it's like when you think about it, rioting seems like the only way to go. When we're nice about it or have conversations about it; nothing changes.

The Lyfe Magazine - How do you feel about the impact that other countries are making with their protest regarding racism in America?

Lay-T. C. - It makes me feel hopeful that this could be the time where things change, where things go different. Like you said, all these people are marching and protesting, asking for change, begging for change... demanding change. This could finally be a time where a lot of people are understanding the everyday struggles of a Black person. Understanding that this does need to change, and it needs to be changed now. So, it gives me hope. I think it gives a lot of people hope too and I'm hoping that this could be the time where things change.

The Lyfe Magazine - What message would you want to give to your fans?

Lay-T. C. - I want to say thank you so much for supporting what I do. Keep being awesome and keep being you. Basically, I thank them for the support they've given me. It feels so good to know that people actually like hearing me sing or they like what I do. They like the gifts that I bring to the table. It's nice to know that.



[Click Here to watch the Music Video of Daddeez Lil Gurl.](#)

LAY T.C.  
IF YOU ASK ME...



AVAILABLE EVERYWHERE  
MUSIC IS SOLD

Mockup psd created by freepik

# AFFIRMING SELF IN THE PERILS OF DARKNESS



By Vanessa Rainey-Johnson

Self-development is taking an in-depth look into areas where there is a need to enhance personal growth. The blending of one's soul is conceptual to balance. Transforming the mind to create equilibrium is essential for peace and harmony. In doing so, you will walk with integrity and grace. However, you must take some steps to bring forth a life of refinement. In this article, we will explore the art of self-development and how it is crucial to proportioning the soul, body and spirit for survival. Balance is important in self-development because it creates power and control. Also, the agility of balance gives you a powerful sense of awareness. As we grow older, we generate an aroma of peace because our mind is no longer challenged with the wayward of the world; instead, we are seeking purpose.

B. Nilaja Green emphasized, African Americans without an identity continue to enslave their psychological cognition, creating stress, depression, and maladaptive behaviors, as reviewed in her article, "Strong Like my Mama". If you are not aware of who you are, where you are going, and how you will move into your existence, you are lost. Proverbs, 29:18 reminds us that, "Where there is no vision, the people will perish". Men have struggled to understand this philosophical statement written for knowledge and awareness, because of lack of concern or lack of purpose. We live to learn, we live to give, and we live to arrive at our purpose, this is our existence. However, self-development is not from external extrinsic, you can learn skills for enhancement; however, you cannot purchase the chances of life.

Self-development is a process that will continue to evolve for life. There are goals one must take to understand and develop self. Draw on this experience to activate your "Brain Power" by diversifying your vibe and create innovative ways to adapt. We must first learn to listen to our inner spirit, remain humble, build



trusting relationships, monitor behaviors (what you think and feel has a grave effect on your thoughts), set goals, boost self-confidence, practice patience with self and embrace our uniqueness. The key to life longevity is to, "pay it forward".

Commit; to develop a personal vision, it is essential to progression. Therefore, expand your personal development, with the understanding you have the qualities to become a leader, a driver of your fate. Keep a record of your progress, reflect on your losses and gains, meditate or pray for clarity, and revisit your journal for motivation. Once you

use these skills, you will see an improvement in your health, mental well-being, and spiritual growth. To know you is to discover yourself to completeness. Life is about direction; the path you take is a choice. Sometimes there are unyielding circumstances that may impede growth; however, stay the course and your rewards will be noted worthy. Lastly, as we struggle to find a place within our soul, there is a need to set boundaries, within the epitome of elegance, in our hearts. Believe that one day you can overcome the shadows of negativity and develop a sense of humanity, worthiness, and love for self, while you are on life's journey.



# The Lyfe Magazine's Spotlight

*Featuring*

**Actor, Writer & Director**

*Jared Cohn*

By Gerald C. Anderson, Sr.

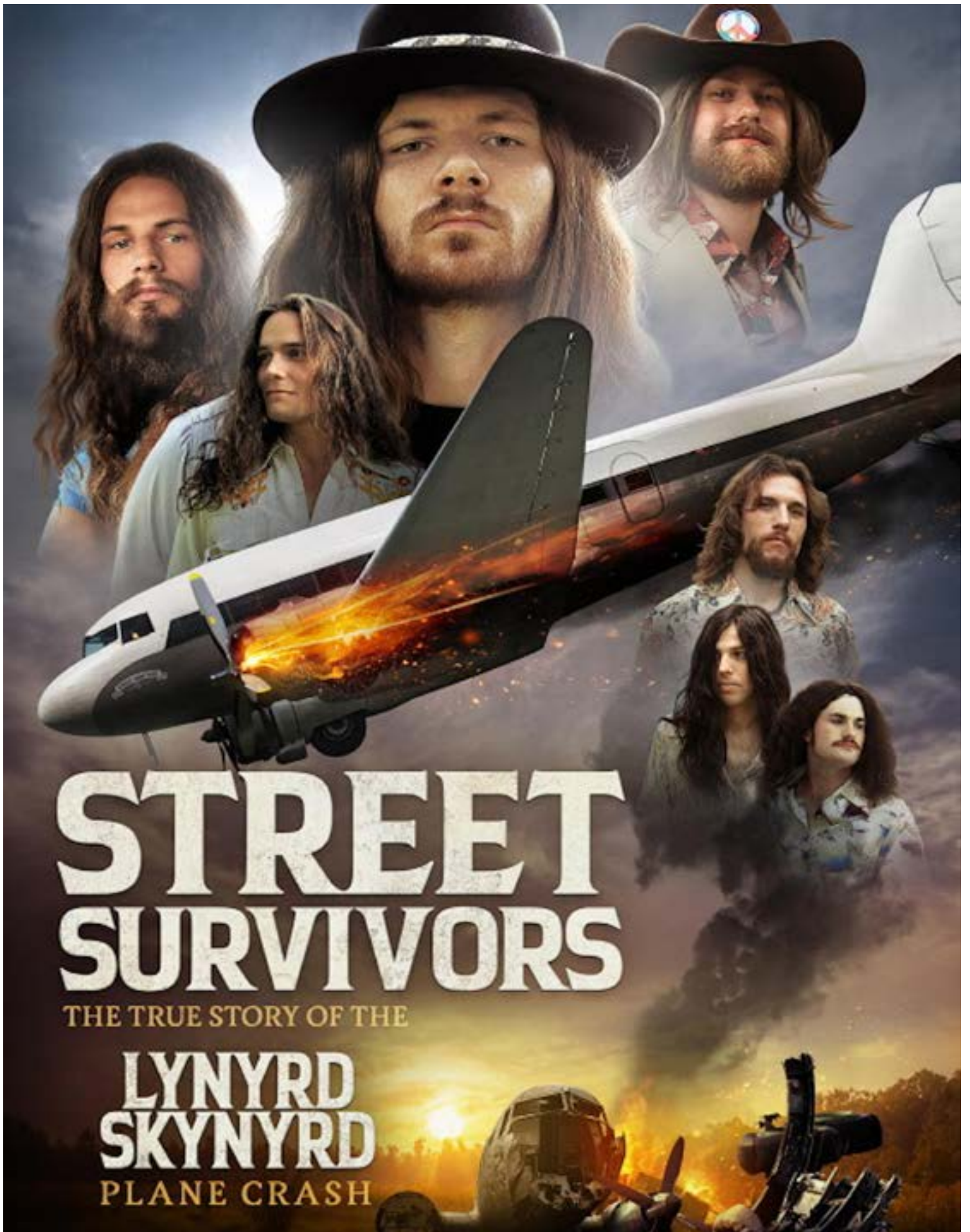
Jared Cohn—Director of Street Survivors

The Lyfe Magazine had the honor to interview Jared Cohn, Director of Street Survivors, The True Story of the Lynyrd Skynyrd Plane Crash. Jared is a writer, director, producer, and actor from New York who now lives in Los Angeles. Jared graduated from the New York Institute of Technology with a Bachelor of Fine Arts degree in Communication Arts. He majored in Film Production and Post production.

Jared Cohn attributes his artistic nature to his mom, who is a successful painter. After high school he attended college at Northeast University in Boston, where his roommate was an actor. He followed his college roommate to acting auditions and enjoyed the environment. The exposure to the movie industry moved Jared to realize it was something he wanted to do for a career.

Jared headed for the big lights and Hollywood dream. He moved to Los Angeles and started his





# STREET SURVIVORS

THE TRUE STORY OF THE

LYNYRD SKYNYRD  
PLANE CRASH

career 20 years ago, grinding it out as an actor and writer, then landing as a director. After a short stint in L.A. he went back to New York for a few years where he attended the New York Institute of Technology.

“Street Survivors” is the biggest film Jared has directed. The movie is scheduled for release on June 30, 2020. The film endured a lawsuit from the family of Lynyrd Skynyrd. However, The Asylum, the producers of the movie, appealed the decision and now the movie is on schedule for release.

Street Survivors: The True Story of the Lynyrd Skynyrd Plane Crash

### **ABOUT THE FILM**

Jared Cohn, writer-director of “Street Survivors: The True Story of the Lynyrd Skynyrd Plane Crash”, is available for interviews to discuss the highly anticipated bio on one of rock’s greatest-ever bands.

The film hitting Blu-ray, DVD & Digital June 30 from Cleopatra Entertainment.

In 1977, a plane carrying Southern rock legends Lynyrd Skynyrd mysteriously runs out of gas mid-air en route to a concert, crashing into a dangerous Louisiana swamp while killing several of the band members, crew and both pilots. Street Survivors: The True Story of The Lynyrd Skynyrd Plane Crash tells the story through one of the survivors, drummer Artimus Pyle, who not only survived the fatal crash (that claimed the life of the band’s founder and front man Ronnie Van Zant amongst others), but who also bravely pulled the remaining survivors out of the plane wreckage before staggering towards the nearest farmhouse in rural Louisiana to seek help.

### **Other Movies Jared Director**

Another movie Jared directed was Atlantic Rim 1 and 2. This movie contained special effects that Jar-





ed had to learn. When asked about the experience Jared answered, "Using CGI requires a learning curve of how to direct these kinds of movies and to act in these movies. Actors perform their roles knowing that later someone will add the CGI to it. It's a challenge for everyone, but it's a good skill set to learn."

NOTE: At the most basic level, Computer-Generated Imagery (CGI) is the creation of still or animated visual content with computer software. CGI most commonly refers to the 3D computer graphics used to create characters, scenes and special effects in films, television, and games. The technology is also used in everything from advertising, architecture, engineering, virtual reality and even art. (The Rookies, <https://discover.therookies.co/2020/04/05/what-is-cgi-computer-generated-imagery-how-does-it-work/>)

### **More About Jared**

Jared loves movies. The night before his interview he watched the movie "Fight Club" for the fourth time. Jared considers himself a movie buff, but he

won't torture himself with watching every movie that comes out. He said, "I'm not going to say I'm one of those like cinephiles who will watch anything, old or new." He continued saying that he will watch movies recommended by others, but if the first 20 minutes are not to his liking, he may stop watching it.

Jared's favorite movies of all time are "Limitless" and "Blood Diamond". He enjoyed "Limitless" because the movie's premise follows a struggling writer who discovers a nootropic drug called NZT-48, which gives him the ability to use his brain and vastly improve his lifestyle. After watching the movie, the first time Jared remembered it making him want to find that pill. He loves movies that resonate with him. Jared added that he loves the movies, "The Joker" and "Parasite".

I asked Jared who was his biggest influences since becoming a director. He answered, "The hard streets of Los Angeles influenced me the most." When arriving in Los Angeles Jared learned, as many others, that a sheer dream of Hollywood success can be just that... a dream. He talked about

being rejected and having to develop a thick skin. He stuck with it and has risen to success in the business. Jared said, "It's beyond an influence; it changes you, which is not necessarily an excellent thing. However, it is what must happen, because you learn there's the sizeable difference between reality and delusion."

He warns that in Hollywood there are a lot of good and bad people. Jared experienced many ups and downs in his 20 years. He also suffered through some depressive times, but he kept his focus and continued to press on in his career.

### **The Asylum**

In 2003, Jared auditioned for a part in a movie produced by The Asylum. This would be a break for Jared. He cultivated friendships with the owners of The Asylum and has gone on to direct 14 films with them.

### **The Pandemic**

During the pandemic Jared has kept busy. He directed a film in Florida. The actors and staff agreed to film the movie whose released date is undetermined. Jared has also continued writing, moving his career forward.

### **Jared's Advice to Actors/Directors/Writers**

"Make sure that you really want to get into this business." He goes on to say, "If you want to get into the business, take classes, study, reach out to people you know and network. Continue to write and make your own content."

### **Social Media Contact**

Facebook: <https://www.facebook.com/jared.cohn>  
Instagram: <https://www.instagram.com/jaredcohn1>  
Twitter: <https://twitter.com/TrapLightMedia>



# WHAT DOES DEFUND THE POLICE MEAN?

POLICE WILL BE FUNDED BUT NOT OVERFUNDED  
REDISTRIBUTION OF THE CITY BUDGET  
EVERYONE GETS A FAIR SHARE

## BECAUSE POLICE ARE NOT...

MENTAL HEALTH COUNSELORS  
SOCIAL WORKERS  
MEDICAL PROFESSIONALS  
EDUCATION SPECIALISTS  
SHOULD NOT BE RESPONSIBLE FOR EVERYTHING

## DEFUND THE POLICE EMPHASIZES

REASSESSING OUR VALUES  
INVESTING IN OUR COMMUNITIES  
INVESTING IN OUR PEOPLE  
FUNDING OUR SCHOOLS  
FUNDING OUR HOSPITALS  
FUNDING OUR SERVICES  
FUNDING OUR INFRASTRUCTURE



IMAGE BY ALEXANDROS FROM PIXABAY

If you didn't procrastinate, you'd be one of the most powerful people in the world. You'd utilize your time effectively and get a lot of things done each day. Over time, that's an incredibly powerful way to live.

Unfortunately, we all seem to have a villain inside that tries to thwart our plans at every turn. He makes every other activity seem so enjoyable and the thing we need to do so unenjoyable.

Procrastination can be an incredibly challenging obstacle to overcome.

Deal with your procrastination and beat the villain inside with these strategies:

1. Do the task immediately. The longer you think about doing something, the more reasons your mind will invent to keep you from doing it. Have you ever noticed how you get a great idea, but then you talk yourself out of doing it? It's the same idea.

Before you have a chance to think about it, just do it. The longer you linger, ponder, think, relax, or stall, the less likely you'll be to do anything. You only have a few seconds to take action before your brain will start getting in your way. 1-2-3-GO!

2. Set a time limit. This can be especially helpful when tackling a big task. Rather than trying to do it all at once, tell yourself that you'll work for an hour, or 30 minutes, or whatever works for you. Knowing that you have a set ending point can ease the challenge of getting started.

Once you get busy, you might find that you just keep on working after the time has expired.

Using a timer is also a great way to focus your attention. It's interesting how much more you can accomplish when you're racing against the clock.

3. Only do a tiny bit. Getting started is often the most difficult part. Make it so easy to get start-

ed that you can't possibly fail. Need to write a history paper for school or a report for work? Tell yourself that you're just going to do one paragraph. If that's too hard, make it a single sentence.

Again, after you get started, you might decide to keep on going. It's amazing what a little momentum can do.

4. Start with the big items. We like to start the day with the easy things, the things that won't take too much time. Unfortunately, the longer you put off doing the bigger stuff, the harder it is to get started on it.

Avoid this situation by attacking those bigger, less pleasant tasks first thing in the morning. Save the easy stuff for later in the day. You'll be able to have a more peaceful afternoon.

5. Figure out your primary distractions at the moment and do them later. Those distractions can be so appealing. Whether it's texting your friend about the weekend or playing a few more games of Candy Crush, distractions are more enjoyable than doing what actually needs to be done.

Use your distractions as rewards. Tell yourself you can do the thing you really want to do after you get a certain amount of work completed. You'll get your work done and still have fun before the day is over.

How much do you procrastinate? How much does it impact your life? What could you accomplish if you could greatly reduce your procrastination?

There are many strategies for dealing with procrastination. The trick is to figure out which one works most effectively for you. Try the methods above and any other methods that appeal to you. Decide for yourself how to best manage your procrastination tendencies.



# Five Unique Ways to Deal With Procrastination



# 9 Ways to Enhance Your *Relationship* With Yourself



Image by vontoba Pixabay

There's no shortage of information on how to strengthen your relationship with your family, boss, or coworkers. However, you never hear about how to have a more productive relationship with yourself.

Your relationship with yourself is the most important relationship you have! Most of the trouble you have with yourself is that you don't know yourself well.

You may have spent most of your life avoiding yourself. We don't want to address our shortcomings or deal with uncomfortable thoughts. But you can't escape yourself, so you might as well make friends.

Try these techniques to develop a stronger relationship with yourself:

1. Start your day with gratitude and positive thoughts. Instead of reaching over for your cell phone to check

the weather or to see if your Clash of Clans village was raided overnight, spend the time on yourself. Mentally list a few things that make you grateful to be alive. Tell yourself something positive.

- Give yourself the intention of having a good day.
- List your positive qualities.
- Get your day off to a good start with yourself.

2. Write in a journal. Your thoughts and life are worth recording. Take time each evening to write for a few minutes. You'll gain a lot of insight and appreciation for your life. Show yourself that your life matters.

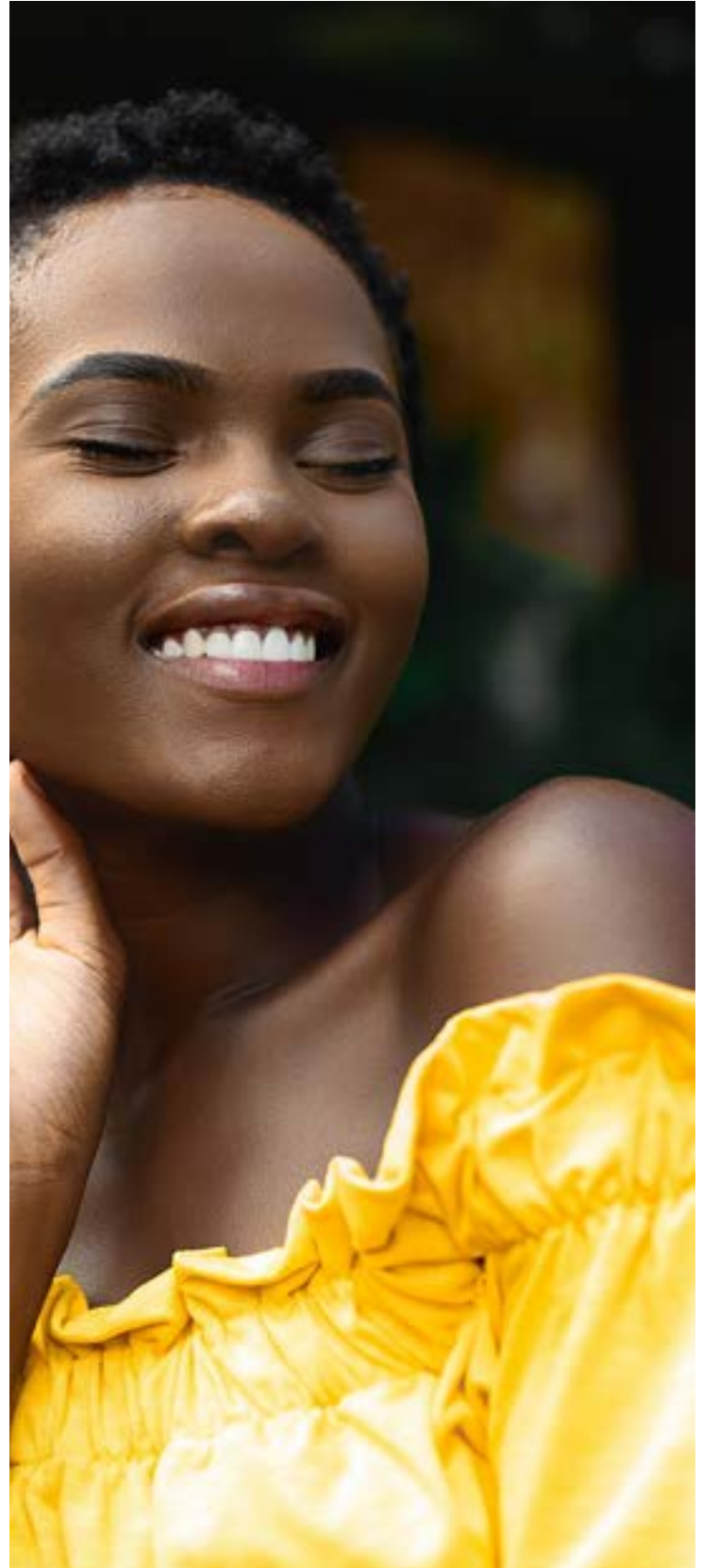
3. Let go of your avoidance behaviors. What do you do when you're feeling emotionally under the weather? Shop? Eat? Get online? Instead of avoiding yourself, sit with yourself.

- Just breathe and notice your feelings and body sensations. Avoiding them just prolongs the cycle.
- In time, your negative emotions will dissipate without your attempts to hide from them.

4. Meditate. Think of meditation as spending quality time with yourself. Begin with just a few minutes and extend the time as you feel more comfortable. You'll learn how your mind works by meditating.

5. Spend time on your personal development. What do you feel the need to learn?

- Social skills?
- Relaxation skills?
- Networking?



- Spiritual development?

- You spend so much time doing things for your boss, home, and family. Take a break and spend some time dealing with your own needs.

6. Have some fun. Plan some fun in your life. Get a monthly massage or meet a friend for ballroom dance lessons. It's your life. Enjoy it.

7. Forgive yourself. You've made a few mistakes and missed out on a few sure-fire opportunities. That's no reason to beat yourself up for the rest of your life. It's time to let go of your past and forge ahead.

8. Groom yourself to a high standard. Take the time to shower each day and pay a regular visit to the barber or salon. Keep your grooming at a higher standard than others in your environment.

- Take good care of yourself and show the world how much you mean to yourself.

9. Get help if you need it. No one can handle everything all of the time. Sooner or later, we all need help. That help may come in the form of a trusted friend or professional help. Get the help you need. Remember, you're worth it.

How well do you know yourself? How well do you manage yourself? Both could always use a little enhancement. It's not always easy to live with yourself, but remember that you have a lot to offer yourself!

Spend some time each day being good to yourself. Have some fun and spend some time on your personal development. Strengthen the most important relationship of all – the one with yourself.



JUST BECAUSE **YOUR PAST**

TAPS YOU ON THE SHOULDER  
DOESN'T MEAN YOU HAVE TO  
LOOK BACK



**PHOTO BY MOSUN FADARE FROM PEXELS**

# Uncertainty



By Shawn-Ta Wilson

July, August, September.

4th of July cookouts, family reunions, Labor Day backyard barbecues, school, and football season; with COVID-19 lingering around, will any of these actually take place?

The number of verified COVID cases nationwide seems to vary, depending upon who reports them. In the past month, cases have increased significantly among people I am familiar with or know personally. Clearly, the virus is still spreading.

Unless the Lord returns before then, the pages of the calendar will continue to turn until we reach July 4th. What will celebrations look like this year?

Some cities have canceled their annual fireworks displays to prevent large crowds from gathering. Will families decide to host their annual backyard barbecues or cancel them? Who could have predicted we would need to check with the Centers for Disease Control (CDC) for best practices pertaining to social gatherings in our homes and on our property? Given the current state of the pandemic however, it's a prudent thing to do. If you are planning a 4th of July cookout with family and friends, you may want to visit the CDC's website to read their recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#gatherings>

Many family reunions scheduled for this summer have been canceled. Gathering in large groups is not yet advised. Due to unemployment situations, the expense of travel would prevent some from traveling even if reunions moved forward. Another consideration is staying in hotels. Not knowing who has slept in the bed before you creates an uneasiness people would rather not voluntarily put themselves through. I'm in that group! Recently I was scheduled to travel. Although I would have been staying with family at various stops along the trip, I decided it would be best to purchase a new pillow to take with me. Does that make me seem paranoid? I say, no. When we have information, we are to use it wisely. Knowing a person can be asymptomatic means we can't take too many precautions. Prior to my trip being postponed, a pillow case from the linen closet was set aside to be packed with my clothes. A new pillow was on my list of things to get as soon as the plane was to land.

We would like to believe it will be safe for schools to start back on time this fall. Only time will tell. By "start back", I am referring to students being back in the classroom with their teachers. The last school



Image by Free-Photos from Pixabay

year ended with classes being held virtually. Will that be the course of action for the upcoming school year? Virtual school taxed the patience of teachers, students, and parents at the end of the 2019-2020 school year. Can they handle the stress and strain of picking up where they left off to start the 2020-2021 school year?

To think that, come Labor Day in September, we may still be in the throes of a pandemic is completely

unimaginable. September would make seven months of partial isolation, skyrocketing unemployment, the closing of national retailers and restaurants. Surely by September we will be moving forward, right? The major threat of the virus will be behind us, won't it?

Football. What's going to happen with the season? In June, players and personnel from various teams were reported to have the virus. Do we know enough about the virus to say with certainty it will be un-

der control in time for the NFL to have a pre-season and begin the regular season? If we don't, is it wise to even consider placing tens of thousands of screaming and cheering fans in a stadium, sitting elbow to elbow? What about the players themselves? Should they be forced into the position of refusing to play due to concerns of exposures on the field or in the locker room?

This writing is not to minimize the loss of life caused by COVID-19. There are too many families hurting and left devastated at the loss of their loved ones. I understand that picnics and football are the utmost of unimportant when thinking about children who no longer have a parent; spouses who suddenly became widows; and teachers who won't be in school whether virtually or in the classroom. It's more about what those picnics and football games represent, which is togetherness. We are missing that element in our lives right now. Quite frankly, most of us are probably craving it. Much of this year has been spent with limited contact with our friends and family members.

Life looks nothing like it did January 1, 2020. There is a new hope, a new excitement and anticipation which comes with the New Year. The first half of this one has brought a lot to us but I'm sure you'd agree it wouldn't be classified as excitement: hysteria and concern maybe, but not excitement.

What happens if July, August, and, Heaven forbid, September bring more of what March, April, May, and June delivered? What would we do?

At the moment, it seems there are more questions than answers.





I pray we continue to stay focused on a few things:

- Our health. We should know the symptoms of the virus and follow all CDC guidelines for our personal safety, as well as others in case we are asymptomatic.
- Our family. Continue to maximize the time we've been given to strengthen relationships with spouses and children. Call the aunts, uncles, grandparents, cousins we seldom have time to reach out to when life is moving full-throttle.
- Our faith. Psalm 46:1-11 is a wonderful section of scripture to read in uncertain times such as these.

- The needs of our neighbors. Continue checking on those who live by themselves and do not have family in the immediate area.

- The needs of our community. Many are unemployed. If we are fortunate to have regular income, making financial contributions to food banks would be a great help to those organizations and the people they serve.

Staying healthy is paramount. Without our health, it is nearly impossible to focus on the rest of the list above.

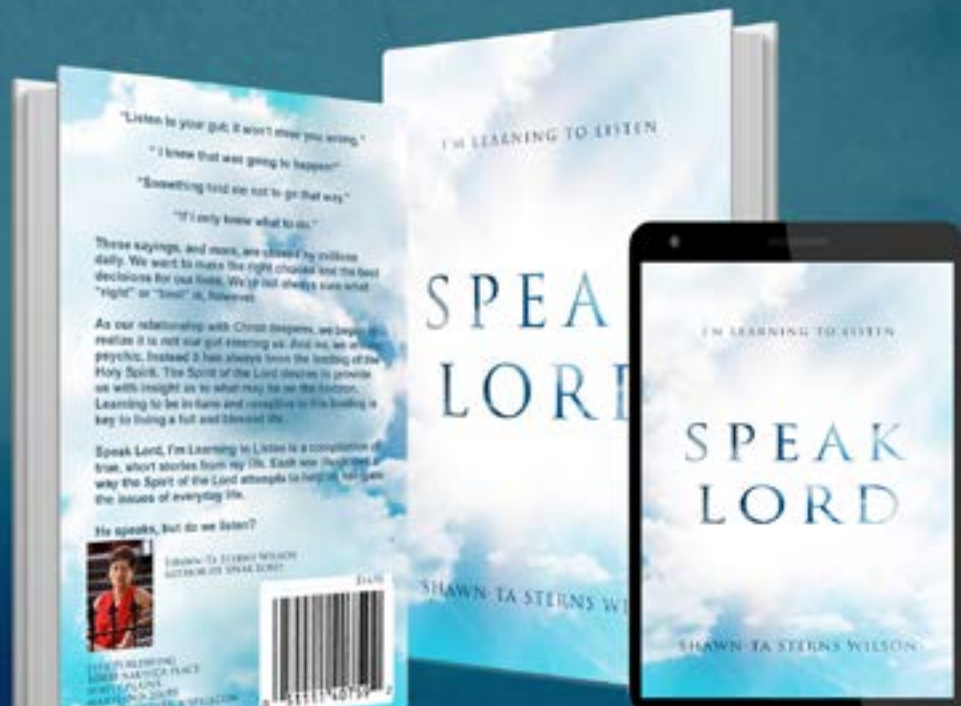
Be well and be a blessing!

# Available on Amazon.com

## Click Now

**Speak Lord is a compilation of 31-short stories which show how active and present God is in our daily lives. He speaks but do we listen? Each story walks readers through everyday life events demonstrating how the Lord leads and guides. Order your copy of Speak Lord today**

<http://bit.ly/SpeakLord>



[Click Here to watch Speak Lord Promo Video](#)



# Benefits of Working Out as a Couple

By Felicia Flake

A new adage has taken the fitness world by storm!  
"The couple that Trains Together Stays Together!"

And yes! Every word of it, is true. It brings an entirely different dynamic to your relationship.

You get a first hand visual of strengths, weaknesses and vulnerabilities. This can ultimately reveal a host of green lights or red lights!

The benefits of working out as a couple are amazing.

1. You'll always have a training partner.
2. You both hold one another accountable. #accountabilitypartner
3. It's so much easier to stay on track with diet and maintenance weight. (One partner will voice, "HEY HEY NOW! put that extra cookie down) Ha Ha!
4. The creative side mentally & physically comes out of both as you learn to root each other on.
5. You learn to appreciate/love your partners passion and exercise style. She may love explosive movements and training, he may love running. (This is us!)
6. Guaranteed QT ( quality time) with all of our hectic lives we tend to forget to set aside time for just us, and this gurantees scheduled qt.
7. Working out helps you release endorphins. These are the happy feelings that are released when you workout. The body produces endorphins in response to intense physical exercise. When released endorphins help relieve pain, stress and give you a happy go lucky feeling. Endorphins also help amp up your sex drive. This results in better sex as a couple. (Bonus). "Exercise gives you endorphins. Endorphins make people happy! Happy people just don't kill their husbands." -Elle Woods (Legally Blonde).

8. Exercise helps boost your confidence and self esteem. When your more confident within yourself, you will be more confident within your relationship. When your more confident within yourself you will

be more confident around and with your partner. You will be more confident within your own body.

9. Bonding over shared common goals is great for any relationship. Of course we don't expect our partners to be exactly like us, but sharing a common goal of health and fitness is healthy for the relationship. You can go to the same gym and do totally different workouts and still create a bond. If this is the case I would suggest a planned workout together once a week. (Like a workout date.) Call it WorkDate!

10. Most of all, you not only get to see their potential you get a chance to see their growth and maturity develop right in front your very eyes.

So, what are you waiting for? Pick a gym, make a date and get to bonding.

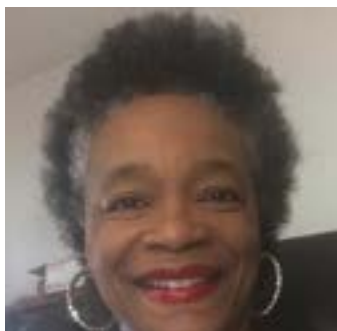
Go be Swexy! Sweat + Sexy= Swexy



# What is

# Courage?

By Brenna Fields Taylor



**D**uring a difficult season of my life, a friend of mine told me that I was courageous. She explained why she felt that way, but, in the middle of my personal situation, the last thing I believed about myself was that I had courage. In that moment, I felt

weak, powerless, and afraid.

I recently saw an adaptation of *The Wiz*, and if you've seen the movie or the Broadway production, you know about the Cowardly Lion. Although a lion is considered the King of the Jungle, this particular lion did not see himself this way...he believed he was cowardly, and he wanted *The Wiz* to give him courage. As the production progressed, the Lion began to do courageous things (without even knowing it... his friends had to point them out to him), and by the end of the play, he realized he'd possessed courage all along.

## What is courage?

Courage means stepping into the unknown, the unfamiliar. Many times, we prefer life to be stable and predictable. I don't know about you, but I enjoy the regularity and routineness of life...it's safe, it's

comfortable, it's orderly. And yet, if you've lived for any length of time, you know that life can be far from stable and predictable, and we can be shaken out of our comfort zones at the blink of an eye. When we step into the unknown, the thing we're facing is different than anything we've ever experienced. We don't know what to expect, or even what the next step will be. But, instead of remaining in a state of inaction, we must take a step. We don't know in which direction this step will take us; but, we do it anyway. That's courage.

I also believe that courage is facing a situation you may have been avoiding. We may ignore a physical ailment because we're afraid of what the doctor will say, or we may not want to face the debt we've accumulated (and accept responsibility for it). Courage is admitting there is a problem, that something is amiss, and taking steps to move toward resolution. We look the problem squarely in the face and acknowledge it exists; from there, we can do things to move toward resolution, such as praying for direction and seeking wise counsel. That's courage.

Lastly, having courage means taking a risk and moving forward in the face of fear. Conditions will never be ideal for us to make a move, but if we want our lives and our situations to be different, we must take a risk and make a change. The time will never be right to start that business, go back to school, start saving for that house, or rebuild your life. But if you



“I don’t know about  
you, but I enjoy  
the regularity and  
routineness of life.”

don’t start now, how will things change? When will they change? Taking a risk...that’s courage!

What have you been procrastinating about? What’s the one thing you desire to do or need to face? Now that you know what courage is, today is the day to be bold and be courageous! After you have taken the first step, go ahead and take the second, then the third, then the next....And when you do that, just like The Lion in The Wiz, you are exercising courage, and you are moving forward toward your goals and dreams!

# The Importance of Building A Brand for Your Business



By Stephanie Wynn

Having a brand is important as an entrepreneur because it allows you to connect with your customer on a personal level. Your brand will be the foundation of your business and your success. Why? Because this is how you will inform customers of who you are. It will make it easy for your target audience to bond with you.

Some business owners may ask, “What is the difference between Brand and Branding?”

A Brand is the physical aspect of your platform. It’s the website, logo, and marketing tools such as flyers, business cards, etc. Your brand will be how your customers identify and differentiate you and your business from your competition.

Branding is positioning your platform, in front of your ideal customers. It’s your product and or service, the method of communication you’ll use to connect with customers. It’s implementing strategies that will draw in your customers. It’s an organic on-going conversation that you will have with potential and existing customers.

What I have found is most business owners think they need to promote their business to increase

sales. While this is slightly true, what you need to do before you promote is brand your business. So rather than promote your business, you'll promote your business platform. And when you have an audience connected to your platform, they'll buy whatever you sell them. Know this, your brand is the vehicle that drives business sales. So that means no brand equals no sales.

At the age of 23, I started my very first Ice Cream Shop. I had no point of reference nor did I have a brand. During that time social media didn't exist. You had to manually market your business. I enrolled in the Entrepreneurship Academy offered here at the local city Chamber of Commerce, and this is where I learned the importance of building a solid platform for your business, creating a business plan, and creating a solid brand. Starting this business, I knew it would not be easy, and I needed to put a system in place that made sense to me. During this timeframe we didn't have social media. You pretty much had to be very strategic and do a lot of manual marketing. It was very expensive to get featured in the local newspaper and to place ads. To be successful in any business you must have a strategic plan, and support system who believe in your vision just as much as you do. Not everyone will support you on your journey and you cannot take it personal. It's your business and your vision.

Remember your brand is how you'll be identified by your audience. It's your message to express who you are and what you represent. If nothing else, you must believe in your product and or service. If you do not believe in your product and or service how do you expect your clients to believe in, you.

To contact Stephanie A. Wynn you can visit her website at [www.stephanieawynn.com](http://www.stephanieawynn.com).

### **Stephanie's Social Media Contact Information**

[Stephanie.A.Wynn1-Facebook](#)  
[Stephanie.A.Wynn-Instagram](#)  
[@StephanieAWynn-Twitter](#)





# Jasmine Young On The Rise Again!

By Beryl Brackett

The Lyfe Magazine: Hi Jasmine, thank you so much for taking time to speak with us today. What have you been up to since the last time we spoke?

Jasmine: I started a company called Melanin in the City in May 2019. The overall mission is to uplift melanin filled Queens and Kings. Although I include Kings, I wanted to make sure Melanin in the City focused primarily on Queens. Using Queens before Kings is based on my previous involvement with women's empowerment.

The Lyfe Magazine: You mentioned the word uplifting. How does your organization play a role in uplifting the community?

Jasmine: Our company partners with other black owned local businesses to connect, support and network with them. Bringing like-minded individuals together to support each other. We help other businesses by using our social media platform to advertise what is going on in our community.

The Lyfe Magazine: Partnering with other businesses to bring people of color together can be an enormous task. Have you had any success with it?

Jasmine: Yes, so far, we have had a lot of success. Doing what we do and bringing people together is what led me to trademark Melanin in the City. I started an apparel line with the words Melanin



Photo by Drez Digitalz



in the City and sold out in two days. I also noticed people using Melanin in the City and tagging it to their photo shoots, photos, and various other things. I had the name since 2017, but started the trademarking process in 2019, because our business was doing well.

The Lyfe Magazine: You talk about trademark. How did you go about doing that?

Jasmine: I did it on my own, because I am familiar with the trademarking process. It was a lengthy process; it took almost a year and now it was finalized at the beginning of June 2020. That means no one else can sell my merchandise or put Melanin in the City on anything to sell without my approval.

The Lyfe Magazine: Who inspired you to start this business?

Jasmine: I would not say it was just one person. It was my network of friends. People always said that I have the ability to bring people together, regardless if I know the person or not. My ability to network with people is one of my many talents.

The Lyfe Magazine: What goals do you have for Melanin in the City?

Jasmine: My goal is to have Melanin in the City in every major city, such as Pittsburgh, New York, Charlotte, just to name a few. Our official launch for Melanin in the City was for this summer. However, since COVID 19 appeared on the scene, we will have to put it on hold.

The Lyfe Magazine: What tools will you use to achieve those goals?

Jasmine: Right now, I am independent. However, eventually I will need to hire staff to help propel my business to the next level. Making sure that I hire staff members that are like-minded and understand Melanin in the City's mission is my main priority when selecting individuals to join my team. I will keep control of the marketing, social media and branding aspects of the company.



Photo by Drez Digitalz



The Lyfe Magazine: What is the most courageous thing you have done to move your business forward.

Jasmine: The most courageous thing I have done so far, is to hold four successful events this year in 2020 before social distancing, including a Valentine's Day event and alumni homecoming brunch for my former University. Being able to plan and advertise events in this field, which is heavily filled with guys, I have been successful with bringing people out with less than a week of advertising. This is largely due to my genuine following on social media and personal connections.

The Lyfe Magazine: What does your family and friends say about you starting your organization?

Jasmine: With my grandpa, it took a little while for him to understand what Melanin is, because I don't think it was a phrase they used for the older generation. Other than that, my family and friends did not have an issue with me starting another business.

The Lyfe Magazine: What are your thoughts of the current events happening in the world today? Especially COVID 19?

Jasmine: I feel like this will be the new norm. For example, with my current job we had to do a survey about working from home. Prior to the pandemic we all went into the office. Working will look a little different. This will be our new normal.

The Lyfe Magazine: Let's touch on race relations for a moment. Do you feel there is a need for the government to increase their focus on race relations?

Jasmine: Yes. It has been long overdue. It has not been discussed. Having a discussion about race relations is a start.

The Lyfe Magazine: What advice would you give a young person today about their goals, aspiration, high school and college graduates what can you achieve?

Jasmine: If you have an opportunity to achieve your goals, go for it. Life is too short. Fully take advantage of everything and all opportunities that you can.

Social Media

[Instagram](#)/[Facebook](#) Melanin in the City



# The Lyfe Magazine: A Brief Look Back

By Samuel Johnson, Jr. Ed.D.

I tell this story at least a few times a year, but I feel it is necessary to share my experience to attempt to inspire others. 30 years ago, my HS Senior Counselor handed my incomplete college applications back to me and stated that college would be too competitive for me. This would be our last interaction. I will always be thankful for the late Charles Warren (Soph Counselor) who 30 years ago supported a potential first generation college student with the college application process. This provided me the opportunity to be accepted into both colleges in which I applied. In addition, his actions were a "life changer." His mentorship laid the foundation for me to later pursue advanced degrees...But what if he wasn't there?

One would be naive to believe that systemic racism does not exist. Parents please be a partner in your child's education (even in their high school years). You being there is important. Educators please do not limit your student's abilities and remem-

ber that learning is a process. Future and Present College Students never let the "No You Can't Test" negatively determine your steps for your own future. Let it be the fuel that will propel you to reach your goals.

I'm definitely not the smartest, but no one can ever question my grit, determination to want to reach goals, or even my sincerity to want to help people (even when I was a kid.

Let us all remember to "Do" the Amazing to "Be" Amazing!

~ Samuel Johnson Jr., Ed.D.  
#TheOhioStateUniversity  
#WrightStateUniversity  
#HowardUniversity #TheMecca

2016 Howard University Commencement, Washington, D.C. Commencement Speaker/President Barack Obama



# 5 Essential Strategies to Support Emotional Well-Being for The Family During A Crisis

by Inez Cooke

5 Essential Strategies to Support Emotional Well-Being for The Family During A Crisis

The year 2020 foretold by many to be a year of great change. So uniquely comprised of a double number, which only occurs once a century. We are only at the halfway mark and many of us have witnessed and experienced life changing events that we never imagined we would see in this century or beyond. Stress, which can be defined as a state of mental or emotional strain or tension that is a result of an adverse or very demanding circumstance is at an all-time high. If we never knew how interconnected we really are as a global people, we know now.

Taking care of your emotional health can sometimes be challenging when all circumstances are favorable, but when you add a global pandemic, life in quarantine, and economic unrest to the equation, it may seem near impossible. Taking care of your emotional health during this time is of the utmost importance. Reducing your stress level is not only beneficial to your relationships and



emotional well-being, but it is equally important for maintaining a healthy immune system.

Emotional wellness is usually a personal journey, however, when living in quarantine with your spouse, children, and family members, emotional wellness becomes inclusive. Your emotional well-being becomes impacted by the people you are connected to, and your emotions help dictate your state of mind. This means that to keep your state of mind intact, it's necessary to have emotional balance, which will help you make it through the toughest times. Even during a crisis, you can enhance your emotional well-being and prevail.

### 5 strategies to help you and your family manage emotions effectively:

1. **Identify a support system.** It's very easy to experience emotional dips. This is especially true when you're making emotionally charged decisions.

- Identify friends or family members who can be the voice of reason. It can be hard when your emotions are highly charged to make tough decisions.
- It's healthy to discuss various topics with members of your support system. It provides another layer of support if you are having a tough time making decisions about important matters.
- Ensure that your household knows that there is a support system in place if they need help.

2. **Confront your emotions.** Avoid hiding from negative feelings. Facing your emotions is the best way to overcome them. The more you practice, the easier it will become to stay calm during emotional circumstances.

- Allow the reactions to come. If you feel like crying or screaming, go ahead. It will help you gain closure and a fuller understanding of your feelings.





- It isn't necessary to question why you're feeling a certain way. Identify the source of the emotion and work at confronting it instead.
- Carve out a time to come together as a family and discuss what emotions are being experienced. Reassure everyone that it is ok to feel what they are feeling. Provide comfort, support and positive feedback.

3. **Celebrate your strengths.** There's no better way to build emotional well-being than by celebrating your strengths. Collectively identify attributes, talents, and skills that makes each person feel confident.

- Remind each other of how resilient and powerful you are.
- Openly acknowledging your strengths subconsciously helps you believe in yourself. In turn, you develop a sound emotional state.

4. **Provide support to others.** This goes hand in hand with relying on your own support team. Exposing yourself to the emotions of others helps you to process them better.

- When you support others, you're required to be truthful and honest. Displaying honesty about someone else's emotions can help you develop the same honesty about your own.
- Call or video chat with loved ones that live alone. This helps with being isolated and gives a sense of connectedness.

5. **Keep your surroundings positive.** Maintaining a positive environment is very important. It helps you concentrate on positive emotions and aids in the healing process.

- Partake in activities that you can enjoy in quarantine. Have a weekly game night or movie night with your family.
- A positive mindset reinforces your ability to be impartial and fair.

Remember that you have your emotions for a reason! They help you empathize with others going through similar situations and gives you hope. Use these tips to enhance your family's emotional well-being. You'll be glad you did! Most of all TALK! TALK! TALK! After all, stress is unexpressed emotions. Talking things out helps to relieve the tension, fear, and stress.

Inez Cooke MSN-Ed., RN

CEO of Inez Cooke Global Solutions LLC, a nurse consulting and education company.

Founder of Women and Purpose International Foundation, Inc., a 501c3 whose purpose is to improve the lives of women through emotional healing, intellectual growth, and spiritual development. Author of Nourish to Flourish: Your 30-Day Journey to Emotional Wellness Journal [www.inezcookeglobalsolutions.com](http://www.inezcookeglobalsolutions.com) [www.womenandpurpose.org](http://www.womenandpurpose.org)



# My negative emotions serve a useful function

## **My negative emotions serve a useful function.**

Negative emotions can be useful if one knows how to use them, and I do. My negative emotions are an early warning system. They tell me when something might be going wrong. They tell me when I might be about to make a mistake or take an unnecessary risk.

However, negative emotions can also be misleading. It is important to recognize the difference.

**Sometimes my negative emotions are overprotective.** For example, when I meet someone new, I might feel anxious. Or, I might be nervous when I try something new. These are false alarms.

When I feel a negative emotion, it is a signal to pay attention. I then use my intellect, logic, and experience to make a final decision.

A negative emotion is like a car alarm. There might be someone stealing my car, but it might just be a gust of wind. The alarm is a signal to assess the situation.

**So, sometimes I agree with my negative emotions, and other times I override them.** The choice is mine to make.

Today, I am using my negative emotions to my advantage. I am allowing them to serve me. **I refuse to allow them to rule me.** My negative emotions serve a useful purpose.

## **Self-Reflection Questions:**

1. Do I allow my negative emotions to guide my decisions? In general, does that approach work well?
2. Have I ever ignored my negative emotions? What was the outcome? When was ignoring my emotions a good idea? When was it a bad idea? What can I learn from this?
3. If I used my negative emotions effectively, how would my life change?

# I'm Not Okay

By Fredrick Beaty

## Disclaimer

**The views and opinions expressed in this article are the views and opinions of the author and do not necessarily reflect the official policy or position of The Lyfe Magazine. Any content provided by our authors are of their opinion, and are not intended to malign any religion, ethic group, club, organization, company, individual or anyone or anything.**

I try to placate my feelings about what I see on the screen and the blatant disrespect for human life by the police and those that wish to cause us harm...

I cannot placate my feeling

I try to hide my disgust at these senseless acts of violence carried out with impunity on my brothers and sisters, and the vilification of the victims....

I am disgusted.

I am mentally and emotionally exhausted. Why, because what I have seen in the past few weeks drives a knife deeper into a wound that has yet to heal. It brings hurt to my heart every time I see this on my screen, hear about it in the news, or from a friend. Every time I hear or see about the unrest in this nation because of the police killings, brutality, the inequality, the bigotry, the bias, the blatant racism that people have thought about in secret, yet now practice in the open, I wonder if my new friend, PTSD will kick in. Will my anxiety will drive me into a corner? I wonder if my crying will get out of control again. Will stay up for most of the night because the images seared into my memory will not go away?

I think about the victims, but I also think about what or who they left behind, and I think of the potentiality of their

impact. I think about the children and grandchildren left behind, and how they could have enjoyed the decess's influence. I think about my granddaughter, and how the fact she will never see her father again will affect her. She will never know her father's love, protection, and honesty, as a grandfather, that right now passes to me. A duty that I relish, but a duty I wish did not have to inherit..... not in this fashion. I look at the potential impact each victim would have on their love ones (in a small sense), and the world (in a larger scale) had they been alive. Often I wonder if the ones that took their lives understood that the lives they took MEANT SOMETHING TO SOMEONE, and I wonder if those that took their lives counted up the cost of that horrific action.

Sometimes I want to give up on the thought of living in a world where freedom means that. What happened to me and other families like mine provides the influence behind my thoughts. Sometimes I want to hold on to hope, but it is a futile attempt at trying to maintain a sense of sanity in a world that embraces the opposite. This is the sad reality of our world. I hope our children do not inherit such an awful legacy.

So when I tell folks that I am not okay, I am not ok.



**TUESDAY, NOVEMBER 3, 2020**



**EXERCISE YOUR RIGHT!**

# It's Praying Time!



IMAGE BY ALEXAS\_FOTOS FROM PIXABAY



By Elder Terry Parker-Roe

When we began 2020 we were excited and we were looking forward to the “Year of Vision”. This would be the year to see things clearer than we’ve ever seen them before. We had hopes and the anticipation of great things to come seem to outweigh any obstacle that would ever come our way. No...this was definitely going to be the year to make things happen, but then as fate would have it our hopes, dreams and vision of a prosperous and successful new year began to crumble right before our eyes.

We were completely caught off guard by the dreadful Coronavirus, also known as COVID-19. The virus claimed the lives of thousands. If that were not enough, in the midst of shut down, loss of jobs and wages, quarantine, the age of social distancing and the wearing of mask was born.

While the Nation tried to bounce back from such a devastating blow, we were hit with another low blow, "Police Brutality". We witnessed the senseless killings of our African American Brothers and Sisters by Policemen that truly have no regard for human life, especially not our lives and the "Black Lives Matter Movement" surfaced. Instead of things getting better in the midst of the movement many looked for an opportunity to riot and destroy their own neighborhood stores and businesses.

Now, here we are halfway into 2020 and we're still in search of answers and many are left wondering why. Well, these events definitely were not a part of the bright future many had envisioned for 2020, but none of these events caught our God by surprise and the answer to many of the questions is very clear. The Bible is clear concerning the remedy, according to 2 Chronicles 7:13-14 "If I shut up Heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among my people; If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from Heaven, and will forgive their sin, and will heal their land."

The answer is clear, we as a Nation must turn back to the God of this universe. We must pray, ask for forgiveness and turn from our wicked ways so that healing of our Nation will begin. Then and only then will we experience the life that God desires for us. We must love like God loves, forgive like God forgives and then we will experience the life that Jesus came to give. We must not be swayed by what we see, instead we must stand on what God said. Let us not focus on the problem, instead focus of God's promises. It's praying time, so let us all pray without ceasing.

## **Elder Terry Parker-Roe Bio**

Terry Parker-Roe is the epitome of a Proverbs 31 woman. She is the wife of Elder Johnnie L. Roe. She is the mother of Minister Jasmine L. Roe and Mrs. Jenesis L. Roe-Sturgis.

Her pride and joy lie with her 10-year-old grandson, Mark Anthony Grant, III and her 1-year old grandson, Reese Thomas Sturgis, III. She's a faithful and devoted member of St. John Cathedral. She was ordained as a Elder by The Late Bishop Newkirk in October 2012.

At St. John Cathedral she is a part of numerous ministries including, the Choir Ministry, of which she's a Praise & Worship Leader, the Usher and Greeter's Ministry, the Ministerial staff, and she's a Sunday School Teacher. Terry is the proud owner of Bundles of Blessings Home Daycare, Inc. of which she opened 8 years ago.

Terry holds a Bachelor of Science in Christian Education, a Master of Arts in Christian Education, and she has completed her coursework for her Ph.D. in Christian Education. She's currently working on the dissertation at Grace and Truth Christian University.

Terry is passionate about the Kingdom of God and God's people. Terry is an encourager and she understands the importance of encouraging God's people to keep pressing, knowing that the race isn't given to the swift nor to the strong but to those who endure until the end.

Terry loves praising and worshiping God and often says, "I wouldn't serve a God I couldn't feel sometimes." Terry is fully persuaded that no heights nor depths, nor things present nor things to come, shall separate her from The Lord God which is in Christ Jesus.



# THE LYFE MAGAZINE'S

SUMMER  
SCRIPTURES  
TO PRAY ON

**JOHN 8:36 NIV**

**SO IF THE SON**

**SETS YOU FREE,**

**YOU WILL BE FREE**

**INDEED**

**JULY**



IMAGE BY FREE-PHOTOS FROM PIXABAY

A man with short dark hair and a goatee, wearing a black button-down shirt and a black tie, is looking off to the right. He has his hands in his pockets. The background is a plain, light-colored wall.

# AUGUST

**"IN MY FATHER'S HOUSE ARE MANY ROOMS; IF IT WERE NOT SO, I WOULD HAVE TOLD YOU. I AM GOING THERE TO PREPARE A PLACE FOR YOU."**

**-- JOHN 14:2 NIV**

IMAGE BY KATY ALLISON FROM PIXABAY



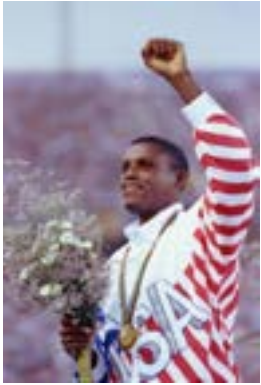


SEPTEMBER

23 WHATEVER YOU DO,  
WORK AT IT WITH ALL  
YOUR HEART,  
AS WORKING FOR  
THE LORD,  
NOT FOR HUMAN MASTERS,  
COLOSSIANS 3:23 NIV

IMAGE BY JONAS OGREFOLN FROM PIXABAY

# BLACK HISTORY: CARL LEWIS



Carl Lewis was born on July 1, 1961, in Birmingham, Alabama. Carl was raised in Willingboro, New Jersey with his three siblings. The Lewis family was a middle-class and Carl was exposed to many facets of that life including different arts and sports. Carl got the chance to attend plays and musicals. He also became a musician learning the piano and cello.

## Carl Lewis' Olympic Successes

GOLD MEDAL 100 M LOS ANGELES 1984

GOLD MEDAL 200 M LOS ANGELES 1984

GOLD MEDAL 4 X 100 M RELAY LOS ANGELES 1984

GOLD MEDAL LONG JUMP LOS ANGELES 1984

GOLD MEDAL 100 M SEOUL 1988

GOLD MEDAL LONG JUMP SEOUL 1988

SILVER MEDAL 200 M SEOUL 1988

GOLD MEDAL 4 X 100 M RELAY BARCELONA 1992

GOLD MEDAL LONG JUMP BARCELONA 1992

GOLD MEDAL LONG JUMP ATLANTA 1996

Carl Lewis was an exceptional Olympic athlete winning an unprecedented nine gold medals; ten medals in all. He made it to five American Olympic Teams and reset the bar in the long jump. Adding his speed in the sprint its no wonder he was named "Athlete of the Century" by several media outlets. For The Lyfe Magazine it is long overdue that we recognize this talented man.

Carl Lewis' prowess as an athlete is unmatched in history. Over ten years he was never defeated in the long jump (65 straight wins). He set world records in the 100 meters and was a part of the world record teams in the 100 and 200 meter relays.



# My limitations only exist in my mind

## **My limitations only exist in my mind.**

The only true limitations in my life are in my own mind. I am a highly capable person. I can do amazing things. **Any exterior obstacles are minor and easily overcome.** I am capable of doing anything unless I fool myself into thinking otherwise.

When I control my mind, I am limitless.

I am in control of my fear. I am in control of my doubts. I am in control of my self-esteem and confidence

**I choose to approach life free of fear and doubt** - with high self-esteem and confidence. When I manage these things, all of the limitations in my life melt away.

I choose to believe that I am limitless in every way. I believe that I can transcend any obstacles with my natural gifts. I believe that the only limitations in my life exist within my mind.

**I control my mind. Therefore, I am free of limitations.**

I merely need to set a goal, take action, and

stay the course. Success is guaranteed when I realize that life is free of any external limitations.

Today, I approach life without limitations. **I am confident in my ability to be successful.** My limitations only exist in my mind.

## **Self-Reflection Questions:**

1. What am I allowing to stop me? Is this a real obstacle? Or is it merely an imaginary obstacle that I have created in my own mind?
2. What do I believe are my most significant limitations? How do I know these limitations are true?
3. What would I do if I believed I couldn't fail?

# The Remote Worker's Guide to Returning to the Office

Once you've gotten used to working at home, returning to the office requires more than trading in your bunny slippers for dress shoes. The sooner you start planning for the transition, the easier it will be to cope.

Maybe it's your idea to go back because you want to build your network or increase your job security. Maybe your employer is changing their policies. IBM and Best Buy are just two examples of big companies that suddenly scaled back remote work, citing productivity reasons.

Adapting to a different work environment is a big transition. Use these suggestions to help you ease back into office life.

## **Reconfiguring Your Work Activities:**

1. Optimize your commute. Depending on how far you live from work, traveling to and from the office may use up a significant part of your day. If relocating is out of the question, maybe you can use the time to read, walk, or bike part of the way.

2. Talk face to face. Having more opportunities to collaborate and socialize is a major benefit of having coworkers around. Volunteer for group projects. Invite someone in your department out to lunch or join a friendly table in the break room.

3. Provide updates. Maybe you've been diligent about reporting your progress or maybe you need to start letting others know what you're doing. Either way, your boss and coworkers will appreciate information that lets them do their jobs more effectively too.

4. Deal with distractions. You may feel overwhelmed by background noise and colleagues dropping by. Consider noise cancelling headphones or limiting extended personal conversations to lunchtime and breaks.

5. Create quiet time. Do you have tasks that require silence and concentration? Designate certain hours to close your office doors and minimize interruptions.

6. Stick to routines. While you may have to change some things you did at home, there could be other daily habits that you can carry over into an office environment. Perform similar tasks in batches and designate specific times to check messages.

7. Decorate your space. If you're feeling homesick, try to make your workspace feel cozier. Bring in your artwork or drawings by your kids. Display photos of family and pets.

8. Negotiate your hours. You may be able to hold onto some working time at home depending on the reasons behind this transition. If your company has a new CEO with a different philosophy, they're unlikely to make an exception just for you. Otherwise, your boss may be open to letting you stay home at least part time.

### **Reconfiguring Your Personal Activities:**

1. Enjoy more balance. Another upside to commuting to work is that you may achieve healthier boundaries between your professional and personal life. Work files will be less likely to creep into your bedroom and disrupt your sleep.

2. Rethink your mornings. On the other hand, you may miss your peaceful mornings or being able to sleep in. Find something that will motivate you to get out of bed with a smile, like a gourmet cup of coffee or taking a yoga class before work.

3. Revise your budget. Be prepared for extra expenses that may come along with office hours. You might need to supplement your professional wardrobe and pay more for transportation and eating out.

4. Divide chores. If you've been taking on more chores while you're around the house, your family may need to adjust too. Talk with your partner or call a family meeting to redistribute responsibilities. Hiring outside help may be an option too.

Working at the office has its advantages, including building closer relationships and increasing your visibility. Maintaining a positive attitude will help you work out the details as you head back to the office.



IMAGE BY FREE-PHOTOS FROM PIXABAY



*Let's Travel The Distance*

Where  
your  
journey  
begins

# TRAVEL AGENT

Changing lives through travel  
one destination at a time.

Professional experienced agent for  
your personal and corporate travel  
both domestic and international.

 [Shinika.Hayes@letstravelthedistance.com](mailto:Shinika.Hayes@letstravelthedistance.com)

 [www.facebook.com/letstravelthedistance/](http://www.facebook.com/letstravelthedistance/)

 [@letstravelthedistance](https://www.instagram.com/letstravelthedistance)

 **816-382-5461**

Let's Travel The Distance offers  
train, charter buses, river cruises  
Need tickets to NBA, NFL (Super Bowl)  
and concerts? Contact LTTD!



s: airlines, rail  
ses, and boats.  
er Bowl), plays,

# 7 Challenges of Men That Women Don't Understand

Women think that being a man is easy. Sure, a guy might have to unclog a septic tank and shovel the driveway, but many women think that men are free from obligations and worries.

Nothing could be further from the truth. There are certainly advantages to being a man, but it's not all great. Being a man can be challenging.

Women often fail to understand many of the challenges of being male, such as:

**Men have to earn love.** The purpose of a man in a relationship is largely utilitarian. Men can be loveable, but they aren't loved unless they provide some additional value beyond their good looks, stunning personality, and loyalty. Women, children, and pets can be loved just for being who they are. Men don't get a lot of mileage from following this strategy.

**Men are expected to be stoic.** Guys need to cry from time to time, but it's frowned upon. Most wom-







en are less attracted to a man that cries with any regularity, and most men would rather set themselves on fire than be around a man that's crying. Men are expected to handle every challenge life throws at them with ice water in their veins and a small smirk. And, generally speaking, they're expected to do it without help.

**Many men are lonely.** Most single men are alone a lot more than they want to be. Arguably, most married men are alone a lot less than they'd like to be. However, single guys are lonely a lot of the time, even if they won't admit it. Many men don't readily form friendships with other men.

**Men are criticized for taking care of their own needs.** Men who put themselves first are considered selfish. Women who do the same are considered to be independent. They always say, "Save the women and children first." No one ever says to save the men first.

**Men are often expected to make the first move romantically.** Is this a blessing or a curse? Men have to put themselves out there and take the risk, but at least they don't have to wait around for something to happen. We'll call this one a draw.

**Men rarely receive compliments.** Women would be surprised by how infrequently men receive a genuine compliment. Give a sincere compliment and a big smile to a man and notice the confused look on his face. Go ahead. Do it. The next time you see a handsome man tell him, and watch his reaction.

**The family court system is often unfair toward men.** This happens in some states more than others, but the bias toward keeping children with the mother is often a force to be reckoned with. Both men and women would benefit from understanding the challenges that the other gender faces. Life is challenging for everyone!



# 10 KEY QUESTIONS TO ASK IN ANY *Romantic Relationship*

In the era of Facebook, Twitter and Instagram, people are as connected as they've ever been. We can hop on Skype and talk face to face with someone on the other side of the planet.

Gone are the days of snail mail where we have to write a letter, take it to the post office, and wait for the mail carrier to deliver it to the recipient in order to communicate with someone far away. Now we can send an email or a text and the message arrives in a matter of seconds.

**We can talk to anyone, anywhere, at anytime.**

We are, indeed, more available, but are we actually more connected? Do our connections go any deeper than a superficial level? Just because we can connect with anyone whenever we want to doesn't mean we're getting anything out of those connections.

This is definitely true when it comes to our romantic relationships. We can tweet cute messages to our partner, post adorable pictures of each other on Instagram, and share loving stories on Facebook, but is that actually doing anything for our relationships?



How do we know our relationships are anything but superficial? How can we be sure we're taking our relationships to the next level? How can we know whether our partner is the one for us?

*Here are 10 fun, yet revealing, questions you can ask your partner to take your relationship deeper and evaluate where you currently are:*

## **1. What's the first thing you would do if you won the lottery?**

---

A lot of the things we do in life are constrained by money, or the lack of it. The clothes we wear, the food we eat, the hobbies we have, and even our friends can be determined by the amount of money we have.

But what if money wasn't an issue? This is a very telling question to ask because it reveals our true values and what we really care about in life. If we win the lottery and we are no longer held back by money, we are free to do whatever we want. We can travel, do charity work, and buy whatever our hearts desire. The answer to this question tells a lot about a person.



## **2. Does everything happen for a reason?**

---

People typically either believe in destiny, that everything happens for a reason, or they believe in chance, that everything that happens is random and there is no real rhyme or reason. This is a very thought-provoking question that is sure to lead to an interesting conversation.

## **3. What is your biggest regret?**


---

This question can sometimes be a hard one to answer. It's usually very personal and can be very embarrassing. No one likes talking about regrets, and some people don't even believe in regrets. This will go a long way in finding out what your partner's values really are.

## **4. If you were suddenly invincible, what's the first thing you would do?**

---

This question basically removes fear from the equation and lets us do anything we can think of. We could skydive, climb Mount Everest, or get a nice spandex suit and become a superhero with no fear.



Or, your partner could be the type of person that would play practical jokes on everyone to make people think they died and then upload the reaction videos to YouTube. This is a fun question that also reveals a lot about a person.

## **5. If you could relive any year of your life, which one would it be?**


---

This questions usually goes one of two ways. Your partner will either want to go back and relive an amazing year of his life all over again, or he'll want to go back and fix a year that wasn't so great. Either way, the answers to this question are always enlightening.

## **6. Which do you prefer, a good book or a night out?**

---

This question reveals a lot about your partner's personality type. Introverts will almost always pick the good book, and extroverts will typically want a night out. This will also determine how compatible you are with your partner. Issues can arise if you want to stay home and read when he always wants to party.



## **7. What advice would you give your younger self?**

---

This question can get surprisingly personal. It usually ends up being a mixture of sad and sweet. Who wouldn't jump at the opportunity to impart wisdom on our younger selves? This is also a great way to open up conversation about your childhood.

## **8. When is the last time you cried?**

---

Some people won't want to answer this one. They either won't want to admit to crying, or they won't want to talk about what made them cry. This one can be tough, but if you allow yourselves to open up and talk about it, amazing things can happen.

## **9. What's something you never want to do again?**

---

This question usually tells us about some of the hardest times in our partners lives. These times are usually the most transformative, so the answer can allow us to see what has made them into the person they are today.

## 10. What is one thing that is absolutely unforgivable?

---

Be sure to take notes when your partner answers this one. This answer is usually shaped by prior life experiences. If they've been hurt by a previous partner's cheating, being cheated on is a likely answer here. You might also discover that your partner is very forgiving and can forgive almost anything.



# 8 Simple Methods for Generating Great Ideas

## 8 Simple Methods for Generating Great Ideas

Your brain has an amazing ability to generate ideas. But, it's not always easy to access them. Few things are more frustrating than needing an original idea, but not being able to come up with one.

**Like many other things in life, generating great ideas requires practice to be able to do it consistently.**

Unfortunately, most of us are only looking for good ideas when we're in a tough spot. The added pressure can make it even more challenging to come up with a good idea. We typically don't work as well under pressure as we do when relaxed.

**Practice these techniques to improve your ability to generate useful ideas:**

- 1. Set an intention.** Decide each day that you're going to be creative. Each morning, tell yourself that you're going to generate some great ideas today. You'll be much more likely to be successful, just as if you reminded yourself to notice all the blue cars that crossed your path today.
- 2. Try a new environment.** The same environment leads to the same thoughts and behaviors. Put yourself in a new environment if you want to have new ideas. Spend the night at a hotel. Take a trip to the city. Go to the park. Walk around a cemetery. Sit in a chair in your backyard if you rarely get out there.
- 3. Write in a journal. Writing generates thinking. It also creates space in your brain for new thoughts.** Get the old thoughts out of the way and you'll begin thinking about something new. Make a habit of writing in a journal each day.



4. **Get online.** Cruise around the internet. Spend some time on sites you wouldn't normally visit. Watch some videos. Look at some photos. Read a few blogs on topics relevant to your creative need. There's so much available online.
  
5. **Set aside time each day for idea generation.** Just as you might set aside time to hit the gym, set aside a time to generate great ideas. Be clear on the topic and desired outcome. "I want to find the optimal solution regarding the delivery issues my business is suffering."
  - You're bound to come up with some great ideas if you do this each day.  
**When you practice generating great ideas, you become good at it.**
  
6. **Skim books on the topic.** It's not necessary to read every word to find a new idea, but you could. Skim through a few books and see if something triggers a new idea. Maybe someone already has a great idea you can use.
  
7. **Ask others for ideas.** Maybe someone you know has a perspective you haven't considered. You could even send out a mass email to everyone you know and ask for help. You're certain to hear a few ideas that you never would've thought of on your own.
  
8. **Understand that you'll often get many ideas at once.** Ideas often come in floods. You can have several days without a good idea, and then you suddenly have 10. That's why it's important to keep at it every day. Be open to receiving several good ideas at once.

Do you regularly have good ideas? Whether you do or not, you can definitely strengthen that ability. Creativity requires practice, and few of us get regular practice.

We're only looking for solutions when we have a pressing problem. This is shortsighted. **Spend time each day looking for the best possible solutions to the challenges in your life, no matter how small they might be.**

Build your idea-generating muscles, so they'll be ready when you need them.

# 15 Things You Don't Have Time for When Pursuing Big Goals

## 15 Things You Don't Have Time for When Pursuing Big Goals

Big goals require commitment and focus. You don't have time for the things that people with mediocre results spend their time on. There are things you have to be willing to give up. **Fortunately, if you're truly committed, these things are easy to avoid.**

However, they can be great distractions if your commitment is lacking. Setting goals that excite you is tremendously helpful.

**Be prepared to give up a few things if you want to accomplish big goals:**

- 1. Worrying about things you can't control.** Ask yourself what you're accomplishing by worrying about things outside of your control. You'll find that worrying never solved anything.
- 2. Worrying about the opinions of others.** People think about you less than you imagine. When you're trying to accomplish something challenging, you just don't have time to worry about what others think.
- 3. Wasting time in general.** Big goals require time, and you simply don't have time to waste on trivial things. Keep a record of how you spend your time for one day. **You might not be spending your time the way you think you are!**
- 4. Surfing the internet.** This is a huge timewaster. The time seems to fly by while you're watching a parakeet play the organ.

5. **TV.** Many highly successful people don't even own a TV.
  
6. **Playing on your smartphone.** Spend one day without looking at your smartphone unless someone calls you. Notice how much time everyone around you spends looking at their phone.
  
7. **Interacting with the noise of the world.** This goes back to worrying about things you can't control and wasting time. You can argue about Donald Trump all you like, but you're not going to change anyone's mind, and no one is going to change yours. **Keep the majority of your attention on the things that matter** in your life, like your relationships and your big goals.
  
8. **Doing the easy thing.** The easy thing is rarely the effective thing. When you're hunting a big goal, **doing the effective thing is critical.**
  
9. **Worrying about failure.** You're guaranteed to fail in the short-term, so don't worry about it. Just learn, adjust your approach, and continue forward.
  
10. **The opinions of those you wouldn't switch places with.** For example, if you want to be worth a billion dollars, it would be wise to listen to the ideas of other billionaires. That probably doesn't include your mom, Uncle Jim, your best friend from high school, or your neighbor, Billy.
  
11. **Trying to be liked by everyone.** It's never going to happen. Again, avoid worrying about things you can't control. You could be the most perfect pianist in the world, but there are some people that hate the piano. That's life.
  
12. **Procrastination.** There's no time to wait. Putting things off suggests that there's another issue lurking beneath the surface. Identify and rectify it.

13. **Allowing your emotions to guide you when logic should prevail.** We tend to make choices that serve to decrease our discomfort. Also, we often make decisions in the heat of the moment. **Use your knowledge and experience to make choices that support you and your goals, instead.**

14. **Repeating mistakes.** Repeating mistakes is a waste of time. It's like trying to open a locked door over and over again.

15. **Seeking pleasure versus seeking progress.** Seeking pleasure doesn't lead to a good place in the long term. Pleasure-seeking tends to make you overweight, lazy, and lost.

Achieving big goals isn't just about what you do. It's also about what you're willing to give up. There will be things you simply don't have time for if you want to reach higher levels of success.

**Look at the ways the average person squanders their time and avoid those things.** Look at how you tend to waste your time and avoid those things, too. You don't have time for unsupportive behaviors when you're aiming high!

# ACHIEVE YOUR GOALS FASTER AND EASIER WITH AN EFFECTIVE VISION BOARD

## Achieve Your Goals Faster and Easier with an Effective Vision Board

You've probably heard of vision boards, but you've probably never made or used one. A vision board is essentially a large poster that you construct to help you achieve your goals. It contains pictures that represent your goals.

For example, if you dream of climbing Mount Everest, you might include photos of the mountain, your hiking boots, Sherpa, and famous mountain climbers.

It might sound like silly new-age nonsense, but a vision board can be useful!

### Consider what a vision board does for you:

- It forces you to decide on your goals.
- It requires you to review your goals daily.
- It sensitizes you to opportunities that aid in the achievement of your goals.

However, it does not magically make the objects of your desire appear in your life without any work on your part. You'll still have to work, but a vision board can be invaluable.

### Use these strategies to create and use an effective vision board:

1. **Decide what you want to be, do, and have.** This is one of the primary reasons that vision boards can be so effective. They require you to think about what you want and to make a few choices.

- You might need to spend a day or two working on this. Think about what you want for your life. Remember that you can't have everything, so think carefully and **choose the things and experiences that are most important to you.**
- Be bold. If your vision board doesn't inspire you, it won't be effective.

2. **Find visual images that represent what you want to be, do, and have.** You can look online or in magazines. What's important is that you have the same feeling when you look at the photo as you do when you think about that thing. The sensations should match.

3. **Arrange your vision board in a way that pleases you.** You can be orderly or use more of a collage style. Each objective can have its own board, or everything can be combined on a single board. There are no rules. **Follow your instincts and allow your creativity to flow.**

4. **Hang your vision board where you'll see it frequently.** A vision board sitting in the closet isn't of much use. Consider your daily activities and put your vision board where you'll see it most frequently.

5. **Take a photo of your vision board.** Use your phone and take a photo. That way, you'll have it wherever you go. You can always pull out your phone and view your board.

6. **Start and end your day with your vision board.** At the very least, **take a long look at your vision board when you first wake up and when you go to bed.** You might need to rely on a photo if your vision board isn't in your home.

7. **Use a process to view your vision board.** Think about each goal you have and look at the photos that represent those goals. Allow yourself to feel excited

about achieving that goal. Feel yourself on top of the mountain, losing 50 pounds, or driving that BMW.

- **Go through each item on your vision board and experience success in your mind.**

8. **Be persistent.** Vision boards don't work overnight, but they do work. They remind you of your goals and keep them at the forefront of your mind. **They allow you to experience positive feelings with regards to achieving your goals.** Keep at it.

9. **Take action.** Avoid the belief that your dream car will suddenly appear in your garage one morning. You still have the responsibility to take action. Using your vision board will allow you to notice more opportunities. Take advantage of them.

Start your first vision board today and use it daily. **There's nothing to lose.** Making a vision board can be fun. If you have any children in your life, they'd love to help! A vision board can be more powerful than you think.



# A QUICK GUIDE TO SETTING EFFECTIVE DAILY GOALS

## A Quick Guide to Setting Effective Daily Goals

Do you find it easy to set exciting goals, but you lose track somewhere along the way? As much as you want to lose weight or earn a promotion, you often find yourself back where you started. **Setting daily goals may be your key to success.**

Hang onto your long-term objectives but use short term goals to guide you towards your ultimate destination. Find out more about the benefits of daily goals and how to use them.

### Benefits of Daily Goals:

1. **Stay focused.** It's easy for your personal priorities to get buried under daily responsibilities. **Short term goals help you to remember your purpose.** Keep your dreams in sight while you earn a paycheck and take care of your family.
2. **Break it down.** A daily action plan also makes big projects less overwhelming. You can pick out one or 2 worthwhile steps you can complete each day. Building momentum will help you to persevere.
3. **Create urgency.** What happens when you have a whole year to do something? If you tend to procrastinate, a tighter timeline will help you to move forward.
4. **Adapt faster.** Sometimes you need to revise your goals or change your strategy. When you're operating 24 hours at a time, you can resolve conflicts before they grow into something more serious.

## Using Daily Goals:

1. **Clarify your values.** Goals that align with your core values will feel more satisfying and compelling. **Take time to contemplate what you really want out of life.**
2. **Leverage your strengths.** Design your goals to take advantage of your talents and skills. Figure out what you like to do and what you excel at. Understanding your abilities will help you to aim for targets that are realistic for you.
3. **Think positive.** Identify something you want rather than something you're trying to avoid. **Positive statements create more motivation and less anxiety.**
4. **Take control.** Outcome goals describe your desired end while process goals refer to the steps you take to get there. You may run into obstacles with becoming an Olympic athlete, but you can choose a sport, find a coach, and start training.
5. **Write it down.** Make your plans more concrete by putting them in writing. You can use an app or paper and pen.
6. **Avoid distractions.** Maximize your productivity by adjusting your habits and environment. Limit the number of times you check your phone each day. Clear the clutter off your desk and turn off the TV.
7. **Take breaks.** On the other hand, some downtime is important too. Figure out a routine that works for you. **Use your time off to shift your attention and move around.**
8. **Learn from experience.** Let setbacks teach you how to enhance your

performance. Take responsibility for your decisions and focus on what you can do differently next time.

9. **Earn rewards.** Giving yourself incentives can renew your enthusiasm when you feel like you're in a slump. Pick a treat that you're willing to work for, whether it's a new pair of shoes or a week-long vacation.

10. **Reach out. Let others know how they can help you.** Ask for constructive feedback and support. Look for a partner who is trying to accomplish something similar, so you can collaborate and hold each other accountable.

11. **Practice self-care.** Protect your physical and psychological strength by keeping yourself fit. Eat a balanced diet and exercise regularly. Manage stress and aim for at least 7 to 8 hours of sleep each night.

**Just having goals can make you happier and more productive,** so make it an ongoing process. Transform your life by setting daily goals and striving to reach them.

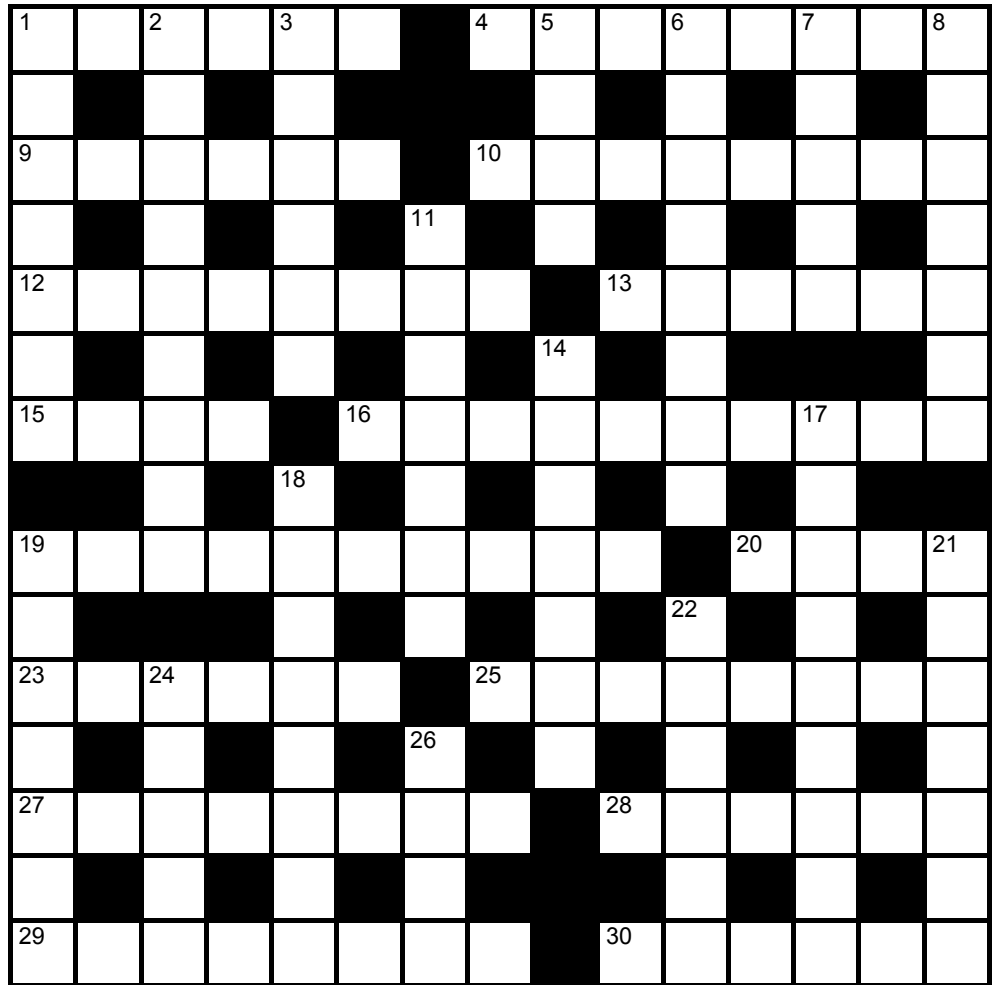
# BIBLE CROSSWORD IV

## Across

- 1 Express sorrow (6)
- 4 Anticipated (8)
- 9 God with judge people with this (6)
- 10 Sore ants (anag); In the White House? (8)
- 12 Kept confined (8)
- 13 Times Peter denied Christ (6)
- 15 Noah became this by faith (4)
- 16 Last book of the Bible (10)
- 19 God's angels (10)
- 20 Mix up (4)
- 23 Thin length of material (6)
- 25 It never comes (8)
- 27 Soothed (8)
- 28 Money lender (6)
- 29 Counted (8)
- 30 Rigid sheets of metal (6)

## Down

- 1 A dimension of God's love (7)
- 2 Himalayas, for example (9)



by *Philologus*

© BiblePuzzles.org.uk

- 3 Gain, reach or arrive at (6)
- 5 Sesame worked! (4)
- 6 A faithful minister of Christ (8)
- 7 Mother in law of Ruth (5)
- 8 Sun sets in this sky (7)
- 11 Retaliation (7)
- 14 Scripture is profitable for this (7)
- 17 Magicians couldn't do this for Pharaoh's dreams (9)
- 18 Jerusalem - how her house is left (8)
- 19 Disease of cattle (7)
- 21 When Jesus comes these will be with Him (7)
- 22 Fragment of food (6)
- 24 Booms (anag) (5)
- 26 Not there! (4)

## BIBLE CROSSWORD IV - SOLUTION

B	E	M	O	A	N		F	O	R	E	K	N	E	W
R		O		T			P		P		A		E	
E	Q	U	I	T	Y		S	E	N	A	T	O	R	S
A		N		A		R		N		P		M		T
D	E	T	A	I	N	E	D		T	H	R	I	C	E
T		A		N		V		R		R				R
H	E	I	R		R	E	V	E	L	A	T	I	O	N
		N		D		N		P		S		N		
M	E	S	S	E	N	G	E	R	S		S	T	I	R
U				S		E		O		M		E		E
R	I	B	B	O	N		T	O	M	O	R	R	O	W
R		O		L		H		F		R		P		A
A	S	S	U	A	G	E	D		U	S	U	R	E	R
I		O		T		R				E		E		D
N	U	M	B	E	R	E	D		P	L	A	T	E	S

Across: 1 Bemoan, 4 Foreknew, 9 Equity, 10 Senators, 12 Detained, 13 Thrice, 15 Heir, 16 Revelation, 19 Messengers, 20 Stir, 23 Ribbon, 25 Tomorrow, 27 Assuaged, 28 Usurer, 29 Numbered, 30 Plates.

Down: 1 Breadth, 2 Mountains, 3 Attain, 5 Open, 6 Epaphras, 7 Naomi, 8 Western, 11 Revenge, 14 Reproof, 17 Interpret, 18 Desolate, 19 Murrain, 21 Rewards, 22 Morsel, 24 Bosom, 26 Here.

Bible Crossword by BiblePuzzles.org.uk





*Want more Lyfe?*

Scan our QR Code and read more interesting articles on our website

**THE LYFE**  
MAGAZINE

BLACK OWNED,  
BLACK OPERATED,  
BLACK LIVES MATTER

THE LYFE  
MAGAZINE  
JASMINE YOUNG  
FOCUS & FEATURES

BY APPOINTMENT BY MARCEL.COM WWW.THELYFE.COM

**IT'S TIME FOR A  
CHANGE!**