



Everything Life Brings
This World Is Your Stage!

Sativa BOSS Banks

Moving Forward!

Putting smiles
on faces through
Holistic and Spiritual
Services.

**Living
Intentional**
Self Improvement
Tips that make a
difference

**House
Hunting**
Checklist
Made Simple

**Travel
Tips**
For Your
Next Trip

**2022
Coverage**
Alabama Black Expo



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- **Female Birth Control Pill Study**
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Facebook: @ debra.lovett.167



Anthony and Chandra Lett

dynamitetransportation@aol.com

www.dynamitetransport.com

251-767-6089

On The Cover



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Sativa
BOSS
Banks

Moving Forward!

Putting smiles
on faces through
Holistic and Spiritual
Services.

Sativa Boss Banks is a force
to be reckoned with; She is
what you call a serial
entrepreneur.

Cover Photo By:
Antoine Sowell

October 2022



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Self Improvement:
START NOW



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Photos from 2022
Alabama Black Expo



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Business Directory

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From The Publisher



What we love about Everything Life Brings...

ELB Magazine was created for talented individuals seeking to get the coverage and exposure needed to boost their creativity, talents, new products or business without spending a ton of money or knowing “The Right” people.

ELB Magazine serves as a voice and a useful resource guide simply by creating a destination that promises fresh inspiration for life throughout the year.

Everything Life Brings began as a small project; And has expanded to a large platform and destination for everything life brings with a focus on creatives in Life and Business.

ELB Magazine showcases talented Creatives, Entrepreneurs, Artists, and Business Owners. We hope you share with your family and friends.

We are not only producing a simple magazine; Our goal is to impact the lives of individuals one feature at a time by showcasing Everything Life Brings along with motivation and inspiration!

Katrina Mosley Stinnett & Quentin Stinnett

thestinnettfamily@gmail.com



Everything Life Brings

This World Is YOUR Stage!

www.EverythingLifeBrings.com



contact@everythinglifebring.com
elb.everythinglifebrings@gmail.com



251-252-9814
251-289-0669



@everythinglifebrings



@everythinglifebrings



@thinglifebrings



A Self Improvement Tip that will make a difference!

START NOW!

- Setting goals will help you organize the things you want to achieve. You can do this by simply creating a list, or you can have some fun with it and create vision boards using pictures from magazines or the internet.
- Initiate what you want to do by putting forth a conscious effort; Making plans is one thing, but you must execute the plan to make it happen!
- Write your vision, make it plain, and keep running until you fulfill your destiny and reach your destination. A written goal is sort of a map. The challenge is to jot down your goal. The instant you can see your goal, you can see your plan of action of where to start.
- Whatever goal you are wanting to achieve the time to start is NOW!

Where are you from and how did your background impact your career journey and who you are today?

I'm from Birmingham, Alabama. I grew up with plenty of ambition and creativity; And that has made me strive for my goals with confidence.

What are your striving for?

Sustainable wealth for my family; And healing as many people as I can along the way.

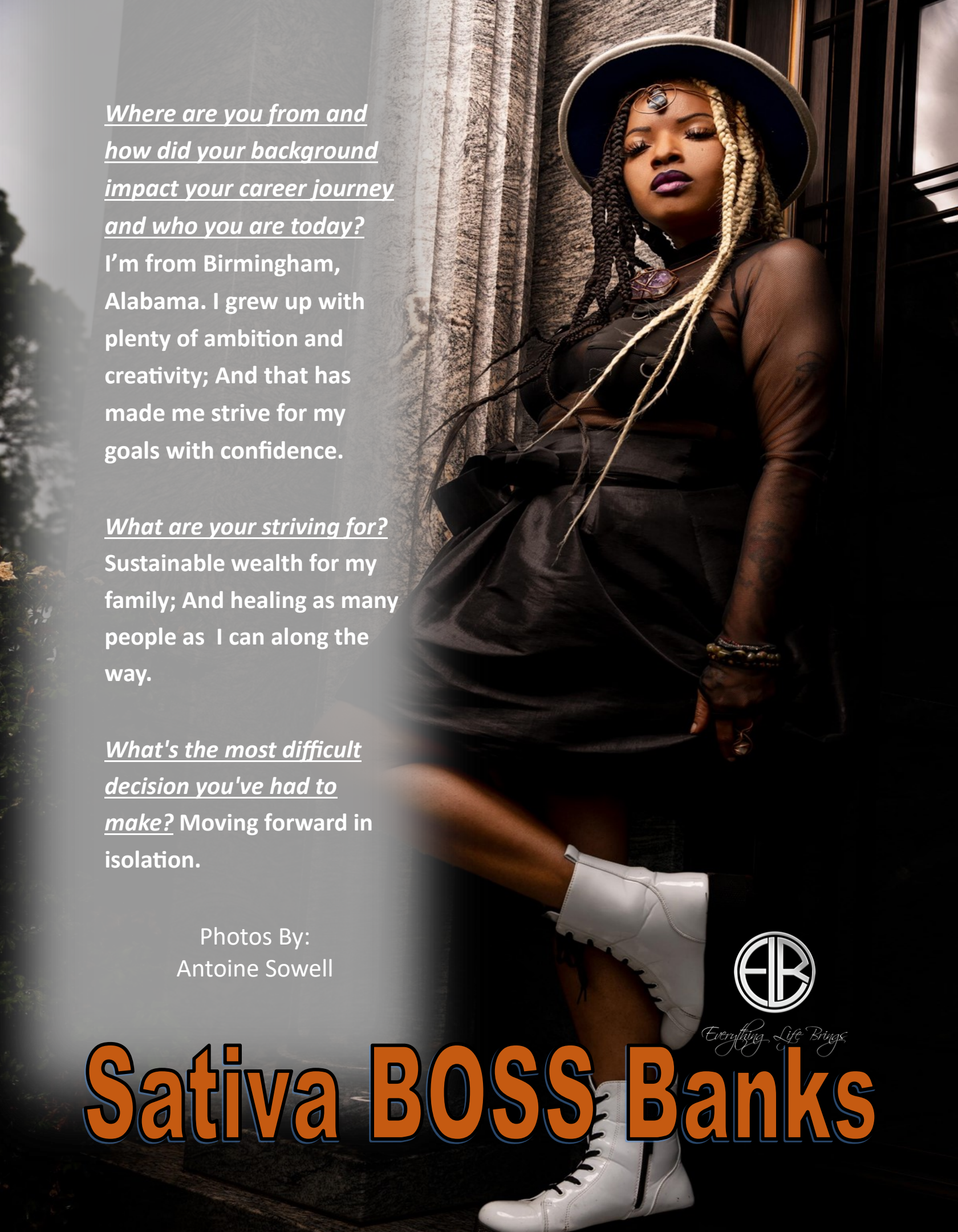
What's the most difficult decision you've had to make? Moving forward in isolation.

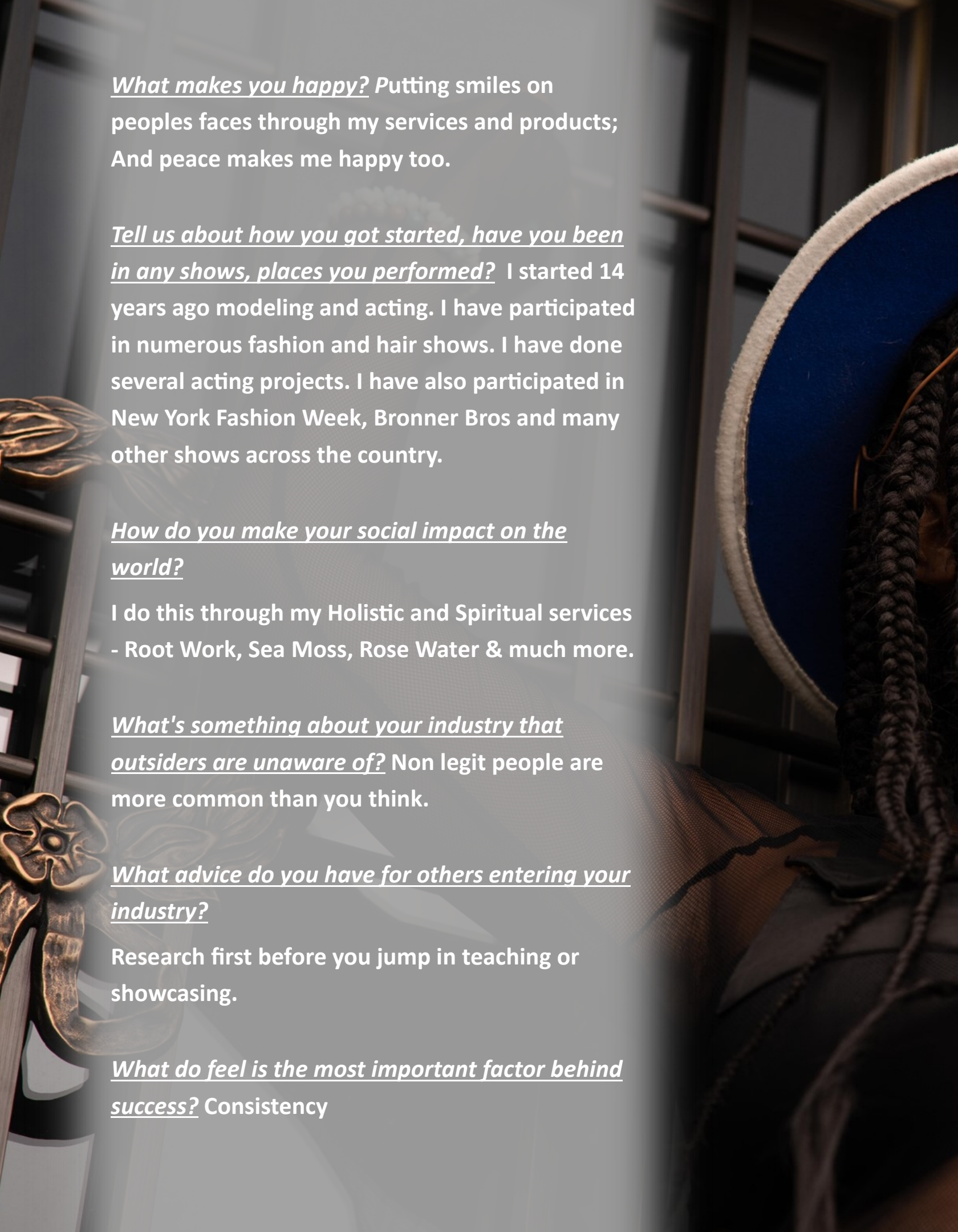
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Antoine Sowell



Everything Life Brings

Sativa BOSS Banks





What makes you happy? Putting smiles on peoples faces through my services and products; And peace makes me happy too.

Tell us about how you got started, have you been in any shows, places you performed? I started 14 years ago modeling and acting. I have participated in numerous fashion and hair shows. I have done several acting projects. I have also participated in New York Fashion Week, Bronner Bros and many other shows across the country.

How do you make your social impact on the world?

I do this through my Holistic and Spiritual services - Root Work, Sea Moss, Rose Water & much more.

What's something about your industry that outsiders are unaware of? Non legit people are more common than you think.

What advice do you have for others entering your industry?

Research first before you jump in teaching or showcasing.

What do feel is the most important factor behind success? Consistency

Sativa BOSS Banks



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Antoine Sowell



Everything Life Brings

How do you define success?

Freedom and Wealth.

Do you have a favorite quote or affirmation? Just Do It

What's the end goal?

Generational wealth and proceeding healing the nation.

What makes you sad?

Detachment.

What made you decide creativity or being in business was your path?

Creative childhood.

What do you want your legacy to be? To be well known and respected.

Photos By:
Antoine Sowell



Everything Life Brings

La Corrector

HOLISTIC OASIS

- *Sea Moss (Raw & Gel)
 - >Dr. Sebi Approved
 - Chondrus Chripus (Purple)
 - >Genus Gracilaria (Gold)
- *Elderberry Syrup
- *Yoni Island Tea (Herbal Vaginal Detox / NO VINEGER)
- *Sage & Palo Santo
- *%100 Florida Water
- *Ancestor Money
- *Readings/ Cartomancy
- *Sleep Sachets
- *Spell Candles (Dressed & Blessed)
- *Homemade Voodoo Dolls
- *Hemp Seed Oil
- *Body Butters
- *Custom Copper Items



Sativa BOSS Banks

Has there been a book that had an impact on you? What's the book?

Book of the Dead.

What's your favorite food? Mostly Seafood or anything vegan.

Which do you prefer: Going the movies or watching TV at home?
Watching TV at home.

What about eating out or enjoying a home cooked meal?

I prefer a Home Cooked Meal.

What's your favorite Drink? Long Island Tea

Connect with Sativa:

@Sativa Boss Banks

<https://www.facebook.com/posturaintl>

posturainternational7@gmail.com

Photos By:
Antoine
Sowell



Everything Life Brings

TIPS FOR *your next* TRIP

- Don't pack valuable, perishable, and fragile or items sensitive to heat and cold in your checked baggage. Try to avoid these items all together, but if your must take them, they will be safer in your carry-on bag.
- Never leave your luggage unattended.
- Clearly label your luggage on both inside and outside of your bags.
- Use locks on your luggage.
- Place a unique marking on your luggage so you can easily identify it.
- Switch some items with those of a traveling companion. If your bags go missing, you'll still have some items with you.
- If an airline loses your items, make a claim before you leave the airport; some airlines will not honor claims made after you have left the airport.
- Consider purchasing trip insurance that offers protection for your property



House Hunting Checklist

FINANCES

- ✓ Get pre-approved
- ✓ Create a monthly budget
- ✓ Research mortgage options
- ✓ Save for a down payment
- ✓ Establish and maintain good credit
- ✓ Check credit score and report

DOCUMENTS

- ✓ W-2's from past year
- ✓ Pay stubs from the past 1-2 months
- ✓ Proof of supplemental income
- ✓ Tax documents from the past two years
- ✓ Bank statements from the past 1-3 months
- ✓ Investment account statements
- ✓ Copy of driver's license
- ✓ History of residence for past two years

BUILD YOUR TEAM

- ✓ Find a real estate agent
- ✓ Meet with a lender



Where your business will have a unique opportunity to market, showcase, sell or promote your company's product and services to consumers face-to-face.

alabamablackexpo@gmail.com

www.AlabamaBlackExpo.com

Photos from
2022 Alabama Black Expo
that took place in Mobile, Alabama
at The Grounds. June 18, 2022.

To learn more about the Alabama Black Expo
or to view more photos visit
www.AlabamaBlackExpo.com



BRAVE

Feeling or showing
confidence in oneself!
Self- Assured!



Color:
Brown
Ingredients:
Sandalwood

DRIVEN

Relentlessly compelled
by the need to
accomplish a goal.



Color:
Lavender
Ingredients:
Honeysuckle Kumquat

EVERYTHING MEN

All things!



Color:
Blue
Ingredients:
Bergamot Wood

LILLYROSE LOVE

An intense feeling of
deep affection.



Color:
Pink-Roses infused
Ingredients:
Rose Lilly

PRIDE

A feeling of satisfaction
derived from one's own
achievements.



Color:
Gold
Ingredients:
Absolute Wood

PURPOSE

Sense of resolve or
determination.



Color:
Orange-Turmeric infused
Ingredients:
Satsuma Turmeric

ELB Empowerment Soaps

FIERCE

Heartfelt and powerful
intensity!



Color:
Purple
Ingredients:
Raspberry Vanilla

FOCUS

Feeling or showing
confidence in oneself!
Self-Assured!



Color:
Tan
Ingredients:
Sugar Figs

FUN

Enjoyment,
Amusement &
Lighthearted Pleasure!



Color:
Yellow
Ingredients:
Wild Berries

STRENGTH

Possessing skills or
qualities that create a
likelihood of success!



Color:
Green
Ingredients:
Eucalyptus Lavender

SUCCESS

The accomplishment
of an aim or purpose!



Color:
Tan
Ingredients:
Lavender Honey

WORTHY

A person notable or
important in a
particular sphere!



Color:
Purple
Ingredients:
Magnolia Plumeria

Straight From The Earth Wellness...
For Inside & Out!



Sugar & Spice...
Because Everything is Nice

Tiara Ruggs

@tiara.ruggs.5
@ChefSASEverthingisNice



Willie Mae King

W.king54@yahoo.com
www.dimplespiecesofbling.com

251-545-1218



Amber Powell

amsonaroll@gmail.com

@amsonaroll
251-767-1574



Kimberly Jiles Johnson

@Faith Earbobs & Things
<https://faith-earbobs-things.myshopify.com>



Shavona Johnson

info@jbbaunaturels.com
www.JBBAuNaturels.com
251-229-0525



Gina Scott

dorismariejonesfoundation@gmail.com

dorismariejonesfoundation.org
251-533-6092



Ki'ara Doaty

wagdelights@gmail.com
www.wagdelights.com
334-546-1567



Vilmaril Delvalle

ageofsol11@gmail.com
IG: ageofsol1111
813-495-8776



Barnette Evans

bnette.evans@yahoo.com
www.bedroomkandi.com/ 15667
251-421-5693



Lena Payton Webb

info@bluimpressionsgraphics.com

bluimpressionsdesignsllc.com

888-213-8505



Renee King

shop@mytruetouch.net

www.mytruetouch.net

850-426-4031



Arielle Peterson

loyaltycb1@gmail.com

be-you-tique.square.site



Tamara Young

@infinitycreationsartsandcrafts

infinitycreationsllc@yahoo.com

770-375-1207



Jacqueline Horace

@jacqueline.horace

@lovenlashesco

www.lovenlashco.com



Vernet Clemons Nettles

vernetcnettles@gmail.com

www.vernetcnettles.com



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contact@everythinglifebrings.com

www.EverythingLifeBrings.com





KATRINA MOSLEY STINNETT

251-252-9814 cell

251-662-5660 office

katrinastinnett@kw.com

katrinastinnett.kw.com

A Real Estate Agent You Can Trust

Katrina is an Army Veteran and has been in real estate since 2020. Prior to real estate, Katrina served the Veteran community by assisting homeless Veterans and those at-risk for homelessness with housing prevention services through connections to community resources for over five years as Senior Site Manager and Housing Counseling Specialist in all counties except Mobile and Baldwin counties in the State of Alabama. Katrina understands the importance of excellent client services.

Katrina enjoys placing clients' needs, goals and objectives at the forefront of every transaction. Katrina is known for attention to detail, satisfaction and effectiveness as a counselor, facilitator and liaison. Katrina enjoys everything— from property search or listing, through market analysis, to negotiations, escrow and closing.

Katrina Will Find The Perfect Space For You

Katrina understands that the value of a property extends far beyond the brick and mortar of its exterior walls. Katrina understands that the property you're seeking is the heart and soul of where great things happen. It is where companies and ideas are born, and memories are made.



Katrina knows that a one-size-fits-all approach to real estate and life doesn't work. That's why Katrina has dedicated her business to passionately provide high-quality, one-on-one real estate service to her clients.

**You're seeing this Ad, but you're not in Alabama and you're ready to buy or sell;*

Contact Katrina anyway!

She will help point you in the direction to the resources you need!

Keller Williams Mobile
1210 Hillcrest Road, Ste 200
Mobile, AL 36695

Each office is independently owned and operated