

MARCH 2022 ISSUE
VOLUME 3
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C.O.B.S

CIRCLE OF
Boss SISTERS

THE QUEEN'S COURT

*Andrea Mckenzie -
CEO of Andrea
Unique Art LLC*

WOMEN'S WERK

*Tareka Wheeler -
CEO OF T. WHEELER
STRATEGIC SOLUTIONS
LLC*

BOSS-UP

*Nailah Queen -
CEO OF REGALLY
INSANE HAIR
PRODUCT*

*Devae Moore -
CEO OF PRINCESS PEARLS
MENTORING PROGRAM*

*Nakeshia Williams -
CEO OF KEKE ON THE ROCKS*

CEO UNDER 30

*Rashida Brown -
CEO OF TEN TWENTY7 FOOTWEAR*

Featured Story

“**ARETHA
TAYLOR**”

CEO OF -

**New Beginnings
Outreach Program
for Women**

From The Office of the Editor

TREVI BOOKER PERSHAY

MARCH IS WOMEN'S HISTORY MONTH

Women's History Month is a celebration of what women have contributed to history culture and society. Former President Jimmy Carter issued the first presidential proclamation declaring March 8th as National Women's History Week. C.O.B.S. Magazine is celebrating the month of March to Black women who are birthing their purpose. Pain has a way of birthing something amazing. I am so Godly proud of these women who are gracing this magazine with how to get it done and still look fabulous.



James Brown – Say It Loud – I am Black and I'm Proud!

The King of Soul – the late James Brown wrote the song Say It Loud – I am Black and Proud in 1968 during a time when blacks needed to be proud of who they were. When I revisited these words tears filled my eyes. The song was an anthem for a black movement in the 60s, and I feel that these words have great meaning as of today. Black Women I celebrate you for your authentic selves and your grind looks good on you. Look at these lyrics below:



Looky here
Some people say we got a lot of malice
Some say it's a lotta nerve
But I say we won't quit moving
Until we get what we deserve
We've been 'buked and we've been scorned
We've been treated bad, talked about
As sure as you're born
But just as sure as it take two eyes to make a pair, huh
Brother, we can't quit until we get our share
I've worked on jobs with my feet and my hands
But all the work I did was for the other man
And now we demand a chance
To do things for ourselves
We're tired of beating our heads against the wall
And working for someone else

When I think of all the Beautiful Black Women in this issue, I smile and salute all of them for their grind to their get it, from pain to power, and for never giving up. We are Black and We are Proud!!!!

Blessings,

Trevi Booker

Trevi Booker Pershay

MEET THE STAFF



Trevi Booker Pershay

Editor-N-Chief

Trevi Booker Pershay is Editor-N- Chief and Founder of C.O.B.S. – Circle of Boss Sisters. Trevi wears many hats she is CEO & Founder of PDM Performing Arts Corp., Trevi Pershay Productions Inc, PDM Productions LLC and she is author of the book "A Different Type of Church Girl – The Battle of the Calling on Amazon. Trevi is also Senior Pastor of Restoration, Hope and Deliverance Center, mentor, dance teacher and she is known as Tyler Perry of the Hood and the Purpose Pusher.

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Tinika Thomas

Co-Editor-N-Chief/Beauty Editor

Tinika Thomas is CEO & Founder of Shay Beauty Consultants, she currently is Vice President on the Board of Directors for Trevi Pershay Productions, PDM Performing Arts as well as business advisor/manager to Trevi Booker Pershay. Tinika juggles many hats, she is a mom, soon to be wife, make-up designer and enjoys being with her 3-year-old grandson Cam.

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Arielle Pershay

Fitness Editor

Arielle Pershay wears many hats, she is CEO & Founder of Astar Dance Movement – which she choreography dances for weddings parties, dance competitions, music videos, and private parties. Arielle is the Artistic Director of PDM Performing Arts as well as a Music writer for Trevi Pershay Productions theater and movies soundtrack.

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Rodnisha "Nisha" Pershay

Hair Editor

Nisha Pershay specializes in taking care of weaves; therefore, you will have them for a long time. She is CEO & Founder of The Traveling Salon 2. Nisha holds down a full-time job with an investment company as well as she is Sound & Stage Manager for Trevi Pershay Productions Inc.

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Rosemarie Berghout

Newsletter Editor

A native of Brooklyn, NY, Rosemarie Berghout is the Chief Executive Officer of Fresh Grounds Inc., a non-profit organization that provides community resources throughout metro Atlanta. Rosemarie is also the co-founder of R&R Exp. Productions, providing entertainment platforms for local artists in Atlanta, GA. as well as providing a social networking vehicle for an array of spotlight and fundraising events. With a passion for creativity and expressive writing, Rosemarie created her first newsletter publication for her home church in Brooklyn, NY and after relocating to Dacula, GA., she continued publishing newsletters for a local church in Atlanta, GA. as well as providing other social media and event publications for various professional clientele.

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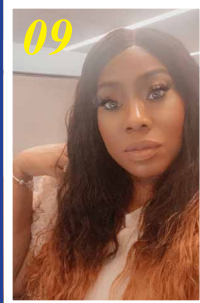
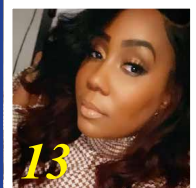
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MEET ARETHA TAYLOR

CEO/FOUNDER NEW BEGINNINGS OUTREACH PROGRAM FOR WOMEN

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine. What an honor to have you featured on our cover. You are a true example of black excellence. Please share with our readers who is Aretha, the woman, and the brand?

ARETHA TAYLOR:

I am a thinker. Sometimes I shut off my phone, my computer, and the TV for hours and just sit in silence. I think mostly about how I can be a better me to myself. I enjoy spending time with myself because I get to find out more about who I am; both the good and the bad. I'm constantly thinking of ways to make a difference in my own life and others. I'm very sensitive. I am sensitive to people's situation, their needs, and their emotions. I am a BIG crier. I cry almost every day. I'm also a loner. Being the last of eight children, I used to spend a lot of time by myself growing up, and so I do a lot by myself which includes vacations. I am very persistent. Once I believe in something, I pursue it with everything I've got in me. The brand New Beginnings Outreach Program for Women, Inc., represents who I am, my past experiences, the women, and young girls who've impacted my life over the years.

C.O.B.S. MAGAZINE:

Please share with us what is New Beginnings Outreach's mission and how does it, servicewomen? What is the story behind the name New Beginnings?

ARETHA TAYLOR:

New Beginnings Outreach Program for Women Inc. is an organization that supports women, teenage girls, and children through difficult times by providing them with some of the best care and services that we can provide. We've partnered with organizations of professionals committed to addressing and impacting women and young girls with issues such as domestic violence, sexual, and physical abuse. Some of the women are currently incarcerated and transitioning from incarceration, from alcohol, substance use, mental health illness, emotional and behavioral disorders, (EBD), HIV/Aids, and homeless. It was in August 2012, when I was laid off from my job after seven years. It was one of the greatest things that had ever happened to me. My job at the time was unfulfilling and unrewarding. Every evening after going home from work I felt empty. I no longer looked forward to going to work and felt my time there was up. The company was motivated by making money, but I was motivated by making a difference. I needed to fill that emptiness

and fulfill my calling. As soon as I was laid off, I knew this was my opportunity to pursue my vision and to build a non-profit organization for women and young girls. While having a conversation with my daughter, the name New Beginnings Outreach Program for Women Inc. came to me not realizing that my "New Beginnings" was about to begin in a way that I would have never imagined. On October 29, 2012, my life had changed forever. Hurricane Sandy hit New York City and my family lost everything. Our apartment in Canarsie, Brooklyn was ruined and became unlivable. I had to start my life all over again. Ten months later after staying with a friend, I moved to Port Saint Lucie, Florida to live with family. But what most people don't know was that while building the organization, I was couch surfing for eight years. So in some ways, I was homeless while building myself, my life, and an organization. The name "New Beginnings" had a GREAT impact on my life because I was starting my New Beginnings.

C.O.B.S. MAGAZINE:

Your bio revealed that you grew up in a family where you had heavy exposure to the arts? Can you share with us how your upbringing flourished your business? Also, share with us the adversity you faced when starting your business and how you navigated around it?

ARETHA TAYLOR:

I understood the needs of most of the women and young girls I met over the years. We had so much in common and could relate to each other as far as our upbringing, our family dynamics, and what we had gone through growing up. We identified with each other's pain and past, and because of that, I knew the areas I needed to focus on the most to be able to assist our clients through their transition. I knew absolutely nothing about building a non-profit organization. A month before hurricane Sandy hit New York, I was invited to a business meeting for start-up companies. I was introduced to a business consultant named Harry, who offered his services to help me with starting up the organization. I agreed to hire him, but there was something there that made me not trust him and I made it very clear to him. I remember saying to him at one of our meetings "I don't trust you. If you're not doing what I'm paying you to do and you're robbing me, woe is unto you". He looked at me and asked, "Aretha if you don't trust me then why did you hire me"? I responded and said, "Because



for some reason I needed to meet you". Three months after Hurricane Sandy, I found out that all the work that he was supposedly was doing for me was a fraud but by this time I had already paid him close to \$5,000. I wasn't surprised though, because I had already known that he was a thief from the very beginning. What I've realized is that sometimes we have to meet a "thief" to test our foundation. To test our walls and our structure to see how firm they are. That test was supposed to weaken me, it was supposed to break me, and it was supposed to make me crumble and fall. It knocked me down for three days, but then I started to remember all the women and young girls whose lives would be impacted by this organization. The women that I needed to meet who were depending on me, who needed me, who were waiting on their New Beginnings would ultimately change my life forever. So I got up not only for myself, but I also got up for them.

C.O.B.S. MAGAZINE:

From the office of your bio you shared that you grew up in a dysfunctional and abusive home. Can you share that story with us?

ARETHA TAYLOR:

My family and I are originally from Jamaica, but we grew up in a dysfunctional and abusive home. Can you share that story with us?

on us. She was physically, emotionally, verbally, and mentally abusive. She called us all sorts of names and told us that we were good for nothing and that we would amount to be nothing. Sometimes she even went as far as saying that she regretted having us. I would get beatings just for sleeping past 8 am on the weekends. My mother used to work at night, and by this time my older siblings were living on their own, so as the only girl left at home, I had a lot of responsibilities. At the age of twelve years old, I did all the cooking, cleaning, and laundry for my two older brothers, her common-law husband, and my mother. I didn't have much of a childhood. I wasn't allowed to have friends, or to go outside and play with the neighborhood kids. I wasn't allowed to be a kid. That was a very dark time for me. The beatings, the accusations, the cursing, the constant putting down, and name-calling. I never felt good enough that I could please her. During that time, I was also being sexually abused by her common-law husband. I felt very alone because I didn't have anyone to confide in. I had a hard time learning in school because of all the stress, the abuse, and lack of sleep. I was so depressed and contemplated suicide many times. The sexual abuse finally stopped after telling one of my brothers, who had an altercation with my stepfather.

C.O.B.S. MAGAZINE:

Have you ever been in a situation where you wanted to quit or suffered from depression? How did you navigate through those obstacles?

ARETHA TAYLOR:

I can't remember ever wanting to quit, but became very frustrated at times. Frustrated with the system. Frustrated with the lack of help and support for non-profits that are starting up. Frustrated with people who say they're committed when they're not. Frustrated because you want to do so much more, but you're not able to, due to the lack of resources. On January 1, 2020, I moved to Jamaica on a part-time basis to expand my outreach and public services work. Jamaica is a very hard, impoverished, and difficult country. The majority of the people here are poor and are living in poverty. When I returned to Jamaica, I felt renewed. We must learn to first take care of ourselves, before taking care of others. It's okay to be selfish sometimes. Do the things you enjoy doing. Take time off from people. I don't answer every phone call, because some people drain you. Learn to say NO more often and don't feel guilty about it.

C.O.B.S. MAGAZINE:

You shared with our Editor Trevi Pershay via a zoom call your testimony about being homeless can you share that with our readers?

ARETHA TAYLOR:

After having my daughter at 16 years

old, we became homeless for four years. My mom didn't want me in her home, so I was forced to leave. From there I had to figure out my life and what I needed to do next. I wasn't receiving any financial help from anyone, including my daughter's father. How was I going to take care of a baby and myself at 16 years old? I decided to drop out of High School to look for work. I found my first job working at Joyce Leslie's clothing store in Kings Plaza Mall on Flatbush Avenue in Brooklyn. I remember lying about my age because you needed to be eighteen years old, but I had just turned seventeen at the time. Minimum wages in 1985 were \$3.35 an hour, so my take-home pay was \$103.00 per week. I was staying with a school friend and her family by then. It was okay in the beginning, but after a while, things changed and I needed to leave. I spent four years going from place to place, couch to couch living out of plastic garbage bags, always in survival mode, and always wondering where we would wound up next. I overstayed my time with one of the families and had to leave. I had no other choice but to check into a shelter in Manhattan. It was late at night, I had no money, no food, and my daughter and I was hungry. While waiting to be placed in our beds, I began to pray to ask the Lord to help us. My daughter and I stayed with that family for two years. After I left them, I went to live with one of my brothers and his wife for a short time. When I was twenty years old, my daughter and I moved back to my mother's. I didn't want to, but I was tired of living the way that I was and exposing my daughter to a life of instability. After I moved back home, I sat on my bed crying because I didn't want to be there. By this time, both my brothers had moved out, and my stepfather and my mother had long broken up. I had made up in my mind that I would have to endure the verbal abuse for the sake of my daughter.

C.O.B.S. MAGAZINE:

Your organization also offers life coaching and mentor programs, can you explain

what services are provided for women in your program and how has it changed their lives?

ARETHA TAYLOR:

Our program provides support to women who are victims of domestic violence, sexual abuse, and we also provide employment training for women who lack employable job skills. We serve as a resource for women in need of emergency housing. We provide parental classes which will give parents support raising their children as well as to help foster better dialogue between mothers and their children. We provide counseling for women and children in the areas of physical, mental, verbal, and sexual abuse.

C.O.B.S. MAGAZINE:

How can our readers support your non-profit organization? How can our readers connect with you on social media platforms?

ARETHA TAYLOR:

You can always donate on our website at www.nboutreachpro.org. My Instagram page is [arethanaomitaylor](https://www.instagram.com/arethanaomitaylor), our email address is Nboutreachpro@gmail.com, and our Facebook page is of course New Beginnings Outreach Program for Women, Inc.



MEET TAMEIKA SHOULDER A MESSY PURPOSE

C.O.B.S MAGAZINE:

Congratulations on the publication of your first book titled "A Messy Purpose". That title alone is a testimony within itself. Who is Tameika? What was her journey like and what does the title of the book mean to you?

TAMEIKA SHOULDER:

Tameika is an ordinary girl that's submitted to an extraordinary Savior. I experienced a lot of heartbreak, mistakes, and trauma on my path to self-discovery. A Messy Purpose reflects on my journey from hardship to passion.

C.O.B.S MAGAZINE:

Let's go back to the title of your book why address one's purpose as being a mess? What was the writing process like for you?

TAMEIKA SHOULDER

The title doesn't address one's purpose as being a mess but rather speaks to God's ability to turn our failures into success stories. So, no matter how low you have gone in life or how ugly the situation you got yourself into, God will use that situation to birth you into something beautiful. Writing this book was a trip down memory lane. I was able to revisit some of my darkest days with a sense of pride. God is faithful!

C.O.B.S MAGAZINE:

It's been said that writing helps heal the silent cries. Have you felt that writing this book helped you heal through trauma or experience? Explain?

TAMEIKA SHOULDER

My story of single parenting and that journey is one that I have reconciled and healed from already which is why I could write about it today from a teachable place. However, I wrote this book while going through a new and fresh trauma, the loss of my cousin and brother. Recalling these events from 16-17 years ago refreshed my faith in my ability to conquer what I am experiencing today.

C.O.B.S MAGAZINE:

In this book, you discuss the lows and highs you experienced as a single parent. What do you think is the biggest issue facing single parents today?

TAMEIKA SHOULDER

I believe one of the biggest issues with single parents today is learning to co-exist healthily with their co-parents. Most have a difficult time embracing "togetherness" while apart. But I believe you can still be a team while apart.



C.O.B.S MAGAZINE:

How did you turn your pain into power? Who were your mentors or cheerleaders when you thought you couldn't make it?

TAMEIKA SHOULDER

I was blessed to have a village of family and friends that pushed me forward even when I felt I couldn't. Community is so important for single parents. I was able to turn my pain into power by creating avenues of support for others in my shoes through support groups and other outlets. It was through my creative power, that



I felt purpose.

C.O.B.S MAGAZINE:

You are a fearful and wonderfully made woman of God. Was there a time when you wanted to quit? How did you come to understand your calling or divine purpose? How can our readers connect with you on social media?

TAMEIKA SHOULDER

I've come to a point of low motivation along my journey and on those days, my son's future was my biggest booster. Truthfully, I walked into my calling very organically. God set up the path and all I did was walk it. Obedience was key, from my major change to event ideas. It all put me on a path to advocacy and it is my greatest passion today. Readers can connect with me on Instagram @ TameikaShoulders.

TINIKA THOMAS

INSIDE TIPS FOR EVERYDAY MAKE-UP ROUTINE – REGARDLESS IF YOUR A NEWBEE OR EXPERIENCE IN THE MAKEUP WORLD.

WHO SAYS EYE MAKEUP HAS TO BE COMPLICATED?

Who says eye makeup has to be complicated? It doesn't have to be anymore. The best solution is eye shadow sticks. Unlike powder eyeshadows you don't have to worry about powder falling out of your palette. The eye shadow sticks provide any beginner with the versatility to create your own unique looks. I always say there is no such

thing as mistakes. I believe mistakes start new trends. The best part of an eye shadow stick for beginners is that each application provides a creamy easy glide. You can also use the eye shadow sticks to create a smudge eyeliner look. Let's get to creating.



I have listed my top 5 eye shadow sticks:

1. Bobbi Brown Long Wear Cream Eye Shadow Stick.

The eyeshadow is available in 19 colors. It guarantee to give you all day wear. Available on Sephora website. <https://www.sephora.com/product/long-wear-cream-shadow-stick-P378145?skuld=2483469&icid=products%20grid:p378145:product>

2. Sephora Collection Colorful Eyeshadow and Eyeliner Multi-stick.

The eyeshadow is available in 25 colors. A waterproof stick that last up to 12 hours. Available on Sephora website. <https://www.sephora.com/product/P284507>

3. Laura Mercier Caviar Stick Eye Color.

The eyeshadow is available in 41 color. This eyeshadow also last up to 12 hours with crease and transfer resistant. Available on the Laura Mercier website. https://www.lauramercier.com//makeup/sale/caviar-stick-eye-color-12701637.html?gclid=Cj0KCQiAxiQBhCRARisAPsvo-yGg_yKxotKwdtnn_CX-pvjfHcvSaoFh_bt18h0PRI5T4i6eaDXj28aAk99EALw_wcB&gclid=aw.ds

4. About Face Shadow Stick.

The eyeshadow is available in 12 colors. This shadow last up to 10 hours providing a one stroke cream application. Available on the About Face website. https://aboutface.com/products/shadowstick?variant=34284852936844&utm_source=google&utm_medium=shopping&utm_campaign=smart-shopping-eye&gclid=Cj0KCQiAxiQBhCRARisAPsvo-z3pBj66cmK7mlfgjOdZEAdgu96i4bn-lTng-Z4dla2yzTZSmWloJnAaAoUREALw_wcB

5. Charlotte Tillbury Color Chameleon.

This shade is available in 9 available colors. This eyeshadow will also last up to 10 hour or until you take it off. Available on the Charlotte Tillbury website. https://www.charlottetilbury.com/us/product/colour-chameleon-champagne-diamonds?&nst=0&gclid=Cj0KCQiAxiQBhCRARisAPsvo-y3ww5VLV5H7ZvoUtbAWrvYRV5j9NxFkiu0GNY7JMCQTzDolIvcRSlaAvtjEALw_wcB&gclid=aw.ds



MEET ANDREA MCKENZIE

CEO OF ANDREA UNIQUE ART LLC

C.O.B.S. MAGAZINE:

Welcome to COBS. We are super excited to interview the award-winning Mixed Media Visual Artist Andrea McKenzie. We appreciate you taking time out of your hectic schedule to chat with us. Can you describe who is Andrea McKenzie?

ANDREA MCKENZIE:

Thank you. This interview is so special to me because I love women's month and March is my birthday month. Two great reasons to be excited. I am an award-winning Mixed Media Artist, entrepreneur, and mentor. I am a true island girl

from one of the culturally diverse nations in the world Trinidad and Tobago. My artwork is infused with my Trinidad roots and my Caribbean culture.

C.O.B.S. MAGAZINE:

Andrea Unique Art LLC is your company. What made you want to become an entrepreneur? Does the name thrive from your roots? When did you discover your gift to become this unique artist?

ANDREA MCKENZIE:

I wanted to commit to starting a legacy for my future. I decided to stay true to life's purpose while being resilient to my artistry. Although I was fearful of the unknown, I put my trust in God because I knew the gift he gave me. I had to realize that Trinidad was too small for my dreams and it was time to expand. I chose Atlanta because it was the number one destination for creative and black women entrepreneurship. Yes. My family legacy and Carnival are my foundations. I come from a lineage of creatives, from visual artists, jewelry makers, costume makers, and the list goes on. My late grandmother was a natural-born visual artist and pianist. It's very important for me to always incorporate my roots. My natural touch for creativity was discovered and developed at an early age I would start drawing and learned how to build costumes. My families' active involvement in the famous Carnival

played a major part in my artistic development.

C.O.B.S. MAGAZINE:

Your move to Atlanta had to be difficult. Leaving your hometown could not have been an easy transition. Were there moments of doubt and where did you pull your encouragement from?

ANDREA MCKENZIE:

It was scary. I went to Atlanta with a suitcase and a dream not knowing many people at all. That was hard coming from the small island where everyone knew who you were. I had to lay out a plan, I did my research and hit the streets every day looking for opportunities. It was so hard signing up for shows and not getting selected so every day wasn't perfect. There was a scripture that held onto Jeremiah 2:14-26 "Faith without Works is Dead", and eventually my hard work had paid off. In 2019, I was the winner of the "Black I AM Power, Art and Creative Award in Atlanta. I was honored by the Ca

ribbean American Heritage Awards DC with the Vanguard Award 2020 for excellence in Art.

C.O.B.S MAGAZINE:

Your artwork is a mixture of many textures and colors. Can you please describe the type of materials you use?

ANDREA MCKENZIE:

I have a fascination for contrast, textures, and fabrics. I uniquely infuse glass, feathers, acrylic, and other materials on my canvas. I will use anything to achieve my vision at that time. My infusing of materials have been part of my kaleidoscopic pieces and become viable to my international clientele.

C.O.B.S MAGAZINE:

You have a piece titled "Child Like". This portrait portrays the innocent souls of children through laughter. What is your inspiration behind this piece?

ANDREA MCKENZIE:

Yes this piece was included in the Sankofa exhibit. The Sankofa exhibit gives opportunities to African American fiber artists to showcase their innovative designs. This piece came to life after I came across the scripture Matthew 18:3 "Depicting the innocence and joy of children is truly a blessing."

C.O.B.S MAGAZINE:

What are you most proud of? What advice would you give to other young women inspiring to hone their own? Please share your websites to purchase your artwork and social media platforms for us to continue to follow your journey?

ANDREA MCKENZIE:

I am proud of myself for never giving up in the face of adversity, always staying authentic, keeping my integrity, and most importantly my culture which shaped me into who I am. I am proud of what I have accom-



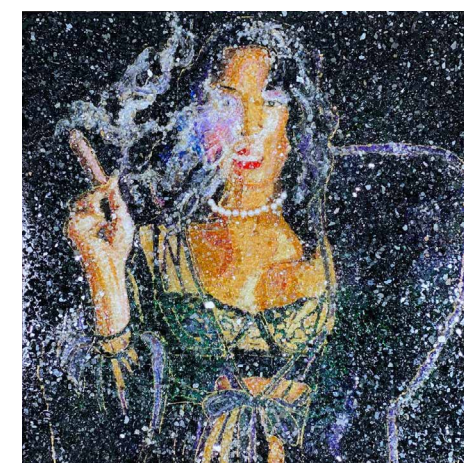
plished through my work in multiple nations including Trinidad and Tobago, the Caribbean Islands, New York, Washington DC, Philadelphia, and Australia. My collaborations with various celebrities which include Akon, Sydney Sweeney, and the award-winning HBO series Euphoria. My advice is for every young woman to take ownership of their creativity. Don't allow fear to be your setback, stay true to who you are and always keep your faith in God.

Web: www.andreauniqueart.com

Facebook: Andrea's Unique Art

Instagram: @andreas.heart

LinkedIn: www.linkedin.com/in/andrea-mckenzie-b42429b9/



C.O.B.S MAGAZINE

speaks to women

"UpRising Entrepreneurs"
in the local Black and
Hispanic communities.

Our women went from weeping to
winning, from the grind to the get it
and from the struggle to their
strengths in finding their purpose.

We are Queens!!!! Periodt!!!!

We encourage local Black and
Brown business to advertise your
businesses with us by requesting
our special events packages
email us at
cobsmagazine@gmail.com

GOT A STORY?

We are looking for writers, editors
or you may have a story to share
email us at
cobsmagazine@gmail.com



HAIR BY NISHA

VITAMINS TO HELP WITH HAIR, SKIN AND NAILS

Hello my wonderful readers, lets get into the importance of why
it is important to consider vitamins supplements to strengthen our
hair, skin and nails. I want to share some amazing products to try
and make this apart of your daily routine!

VITAMINS TO USE FOR HAIR, SKIN AND NAILS 101

1. Nature's Bounty Optimal Solutions Hair, Skin & Nails Gummies with Biotin

I am a fan of this product for varies
reasons and here's why? My hair
was growing but felt like I needed
to add some extra care by taking
in more supplements. A friend in-
troduce me to this product, and I
notice she had some amazing skin
and lengthy hair. I took a chance
and bought this product; I did
consistently use through the entire
year and notice major changes
afterward using. My hair seemed
to be growing quicker and stron-
ger than usual, even my nails were
becoming stronger even after a
set. My nails use break right after
a soak off that I hardly could try
manicures with my natural nail
and gel. Using this Vitamins helps
with my nail's growth and another
major difference when soaking off
tips. If you have allergies or sensi-
tive skin , you may want to consult
with your doctor. This products in-
cludes Vitamin B12. For those with
a deficiency, vitamin B12 may help
with nail discoloration and skin
pigmentation changes. Too much
vitamin B12 can negatively affect
hair, skin, and nails, Hyaluron-
ic acid. This ingredient may help

boost moisture in dry skin, This
mineral supports collagen pro-
duction in your body. Supplement-
ing zinc may also help treat acne,
especially if you don't get enough
zinc from your diet.

2. Hum hair sweet hair

Hum is formulated with biotin, fo-
lic acid, which strictly focuses on
the hair growth . To achieve a lon-
ger, stronger, healthier hair the Bi-
otin helps supports the hair. skin
and nail health zinc promotes
the health of hair follicles, helping
prevent hair los, this Fo-Ti helps
stimulate healthy hair growth +
maintain healthy color. Another
additional fact.

3. Kaleidoscope Vita Hair Vitamin
Vita grow Healthy Hair Vitamins -
supports long, thick hair and en-
courages overall hair, skin and nail
health. This powerful healthy hair
blend has everything you need to
have hair looking great. This prod-
uct not only helps with growth but
has a delicious vitamin gummies
for all hair types. This healthy hair
vitamin is packed with ingredients
needed to support hair growth
and maintain healthy hair that
turns heads.

4. Mane Choice, Healthy Hair Vitamin, Manetabolism

Manetabolism is a healthy hair vi-
tamin that helps support healthy
hair growth, nails, and skin. A
complete nutritional supplement
for adults. Infused with antioxi-
dants to help strengthen your im-
mune system and to boost your
energy level the healthy way.

5. NutraPro - Hair Growth Vitamins For Men - Anti Hair Loss Pills

Men's Hair supplement formulated
especially for male hair loss. Es-
pecially for men currently experi-
encing thinning hair and hair loss
due to, stress, bad diet, ageing
and unhealthy lifestyle. There are
many hair loss treatments for men
and men's hair growth products in
the market, but MEN'S HAIR defined
that it also reducing GREY HAIR and
supports all four HAIR SKIN AND
NAILS and BEARD

NISHA'S HAIR





MEET

TAREKA WHEELER

FOUNDER & CEO OF T. WHEELER STRATEGIC SOLUTIONS LLC

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine. We are excited to host this virtual interview with the talented strategist Tareka Wheeler. Can you share with our readers what is the role of a strategist? How did this journey start for you?

TAREKA WHEELER:

My journey is still happening and evolving each day. This is what I help my clients to understand. As a Career & Mindset Strategist, I help high-achieving women and working parents discover their unique value to design career strategies to increase their income all while achieving work-life harmony. Born and raised in Austin Texas, I made a big leap of faith in 2013 and moved to the east coast for my “dream job”. However, in 2017 my life had changed. That’s when I decided to shift the trajectory of my career, and begin

gaining clarity about my unique value, what I wanted in my career and life, and developed a strategy to get there. My experiences as a professional, and those of family and colleagues, have truly shaped the services and support I provide as a Career & Mindset Strategist.

C.O.B.S. MAGAZINE:

In your bio, you speak about your commitment to helping others achieve Work-Life Harmony. Can you please define Work-Life Harmony? Why is it so important for women to create harmony to advance in their careers?

TAREKA WHEELER:

To define work-life harmony, I always like to start with what it is not. Work-Life harmony is not the same as work-life balance as we can never truly achieve a

divine balance between the two. Achieving work-life harmony is about ensuring that your personal life and family life co-exist harmoniously together. The two should be integrated and professionals should not feel that they are constantly battling between winning in life and at work. As women, we often try to be everything to everybody which can cause burnout. If you are experiencing burnout, you will not be in a position to show up and show out consistently as you seek to advance in your career. Achieving work-life harmony is critical to career advancement.

C.O.B.S. MAGAZINE:

In 2013 you made a major move from your hometown in Austin, TX to Virginia. Can you please elaborate on why did you decide to relocate? What fears or concerns did you experience?



TAREKA WHEELER:

The move from Austin to Virginia was such a pivotal moment in my life. As a wife and mom of three, I was terrified, to be honest. Texas and Virginia were so different, and I was not sure how everyone would adjust. When my husband and I decided to move so I could pursue my “dream job”, we knew it would be a journey, but one we could tackle and handle together as a family. Through the good and the bad, we have walked this journey together, but it has not been easy. The “dream job” ended up being one of the toughest trials in my professional career. I learned so much about myself, and after 3 years, decided to part ways and shift into a completely different industry. That decision to leave was difficult as just a few years before I moved my family across the country but, I had to do it. I was not in an environment that served my mental or physical health well, nor was I growing. Life felt like it was on pause. This is why understanding your value and having a clear multi-year career plan is so important.

C.O.B.S. MAGAZINE:

You consider yourself to have a natural ability to share your years of experience to help women to advance in their careers. Was this your motivation to launch your Professional DNA Podcast in March of 2021? Can you please define Professional DNA? Is knowing your DNA an important key element for an individual to refocus on their professional journey?

TAREKA WHEELER:

Launching the Professional DNA Podcast was a culmination of many things. Throughout my professional journey, I have always been a resource, or even a mentor for others when it came to career development and advancement. Consistently, people would always ask me for advice or support when making career moves. I would be asked to do almost anything from updating their resumes, negotiating a salary, you name it. After seeing the impact and results of my support, I knew that I had to do something greater. That’s why I started the Professional DNA Podcast. I wanted to create a platform for weekly conversations to educate, liberate, and empower professionals to discover their defined natural abilities to become their best unique selves. Your Professional DNA is your defined natural ability to succeed.

I believe that knowing your Professional DNA is a way to truly crack the code to be successful in your career. It can be a true game-changer and catalyzes exponential personal and professional growth. When you learn how to leverage your unique personal

attributes and assets you can achieve what you both desire and deserve in life. It is critical to not only refocus but to shape your professional journey moving forward. We are all unique, and when we learn how to position ourselves by leveraging our Professional DNA, it’s a real game-changer.

C.O.B.S. MAGAZINE:

In your opinion, do you find more women of color stepping into entrepreneurship over pursuing careers in the office workplace? When did you know you were ready to leave your 9 to 5 to enter into entrepreneurship?

TAREKA WHEELER:

Honestly, the “great resignation” is real. Professionals, especially women, are reevaluating what’s important to them and pursuing their goals with a full-court press. According to a story published on CNBC News, in November of 2021, 4.5 million people resigned from their jobs. Many factors led to the record-breaking number of people quitting, including ongoing health concerns, a desire for more flexibility, toil work environments, and workers switching jobs to take advantage of the strong candidate’s market. What I believe was not reported is that women are tired and are beginning to realize that they can monetize on their expertise so, they are starting their businesses and many of them are thriving beyond 6-figures. I will also say that entrepreneurship is not for everyone. I think before anyone makes that shift, they need to assess their “why” and their core values. Additionally, many professionals are keeping their 9-5 while also building their businesses and empires.

C.O.B.S. MAGAZINE:

No one said building a company is an easy job at all. As a wife and busy mom, how do practice self-care and manage stress? Are there times you want to secretly throw in the towel? Where do you find the motivation and inspiration to continue?

TAREKA WHEELER:

I honestly have had the towel in hand and ready to throw it across the room. What stopped me? My faith in God, and the promises I made to myself. You see, giving up should never be a choice on the table. We might need to pause or pivot, but never give up. As a mom, wife, project management professional, and business owner, my days can get pretty full. However, it all boils down to time management and putting systems in place to prevent burnout. I use a to-do

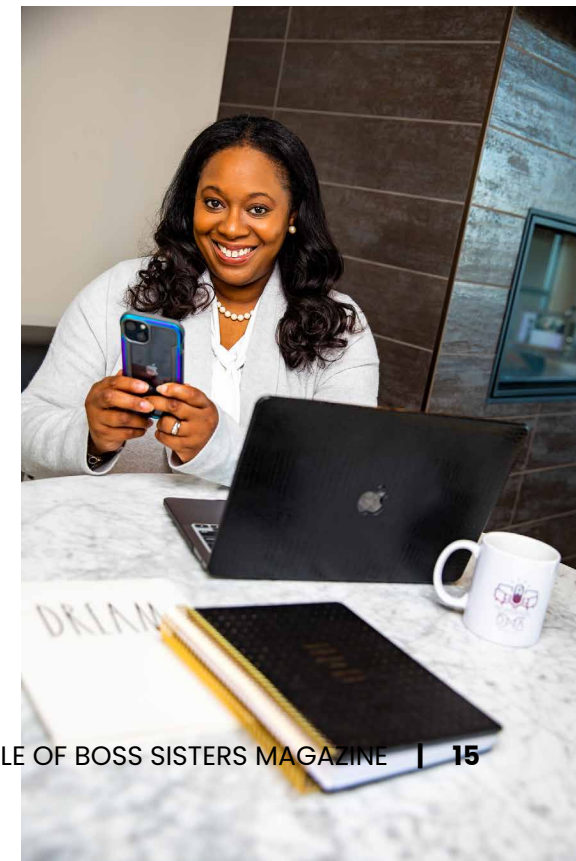
list, calendars, and planners for life and work. They all go together and are color-coded. There is no reason to separate them if we are in constant pursuit of work-life harmony. Honestly, some days get tough, but I draw my motivation and inspiration from remembering my “why”, my faith, and my family. I have also been better about prioritizing myself to ensure I am doing at least one thing a day for self-care.

C.O.B.S. MAGAZINE:

Lastly, what tips can you offer to aspiring entrepreneurs who may not be as versed in strategic communications and project management? What is your next venture for your company? Can you please provide your website resources and social media platforms for our readers?

TAREKA WHEELER:

I love quotes. Words pack power, and when we understand how to use our words to impact the lives of many it starts to leave a legacy. One of my favorite quotes is from the legendary Langston Hughes. He once wrote “The only way to get a thing done is to start to do it, then keep on doing it, and finally you’ll finish.” I truly believe that each of us is unique and has everything we need inside to be our best and unique self that’s your Professional DNA! The one thing I would offer to aspiring entrepreneurs is to know your “why”, and once confirmed that entrepreneurship is for you, I am @professional_dna on Instagram and @ProfessionalDNA on Facebook. For more information about my services, visit www.twstrategicsolutions.com. Finally, the Professional DNA Podcast is available on Apple Podcast, Spotify, Google Podcasts, or wherever you listen to podcasts.



MEET

JUDY ANDERSON

EXECUTIVE CHEF

C.O.B.S MAGAZINE:

Welcome to COBS Chef's Corner. We are so honored to have Executive Chef Judy Anderson sit and chop it up with us. Can you share with our readers about is the difference between a Chef and an Executive Chef?

JUDY ANDERSON:

I've worked with some people who believed anyone who cooked for a living was considered a "chef." I, for one, don't take that title as lightly. In reality, "chef" is the french word for "boss." In the states and many other places "Chef" was a term used to address the boss in a kitchen setting. There are different levels of kitchen management such as jr. sous, sous chef, executive sous chef and executive chef. The executive chef is responsible for all things kitchen related. They are the captain of the ship. The extremely dedicated ones arrive before most of their staff and leave after their staff. The put in the most hours to make sure their team has everything they need and service can run smoothly. The extremely fortunate executive chefs have talented sous that are reliable and help ease the burden of running the entire kitchen.

C.O.B.S MAGAZINE:

We understand that you were once featured on the Food Network show "Beating Bobby Flay" the question was did you beat him? How was that experience for you? From your bio, you stated that you worked in kitchens in Miami and Las Vegas what was that like?

JUDY ANDERSON:

Yes! I had the pleasure of getting to spend the day in Bobby Flay's kitchen to compete with him and another chef. Unfortunately, I didn't win that round but I'll be back for more. It was an incredible experience that made me want

to compete on television again. Since then I've started on a couple more projects with different shows on the food network. I can't wait until I can share it with everyone. I was pretty young when I bounced around between Miami and Vegas. I needed work and stuck to what I knew. I took cook jobs at casinos. It was fun and not very demanding compared to Nyc. I think Miami was the most fun for me, which is why I had to leave. I started cooking there so it was a great start. When I reached my early 20's I was more focused on having fun than my career. In Vegas, the casino culture was something I had to get used to. I didn't love it. There were times I felt singled out for various reasons and I was glad to leave. I have gone back to visit but I don't think I would try to progress my career there.

C.O.B.S MAGAZINE:

How did you get your start in the food industry? Walk us through your way to the Executive Chef position at such a young age? Share with us what drives you to operate in excellence?

JUDY ANDERSON:

Young age?! Thank you for thinking that, but 35 is not young in my industry. I've worked under executive chefs in some pretty high end places still in their 20s. Unbelievable, I know. It took me longer than most to get promotions. This industry is tough for people who look like me. I trained in some high end European kitchens and sometimes, no matter how talented you were, their "aesthetic" will be held against you. It's been rough for me. I've been passed up for chef positions time and time again for younger men with less experience. I've been told by other chefs that I don't "look" like a chef. Why? Because I'm not bearded, white and covered with tattoos? My drive was always fueled by the people who underestimated me. Like I mentioned before I got overlooked a lot but when it came down to it, my talent was and still is undeniable. I can out cook most of the younger chefs today without breaking a sweat. I've worked so hard to hone my skills in and out of the restaurant. I became obsessed with perfecting techniques that my bosses didn't think to teach me. I cooked and practiced at home. Invested in the specialized equipment so I can take those skills back to work and crush it. Most of the chefs I've worked with can not execute savory and pastry at a michelin star level. I can.

C.O.B.S MAGAZINE:

What culinary schools did you attend? Where did you get your love for cooking?

JUDY ANDERSON:

I never made it to college. I'm sure that upset my dad to some degree but school just wasn't for me. I struggled in highschool too. I lost interest quickly because I wasn't challenged enough. I also had zero discipline. The kitchens I worked at helped me focus and develop the discipline I failed to learn growing up. As a teenager I met a psychic that told me cooking



would change my life and he was so right! I didn't understand it at first but I'm so thankful I listened and went for it. I know it sounds strange but it's true. I even share that physic story whenever I'm being interviewed. It was easy to fall in love with cooking. With most hobbies that catch my eye, I learn it, get good at it and then move on. Cooking is very different. The world of cuisine is too big for me to get bored with. There are endless books and techniques to learn. There are endless Chef mentors, tutorials and YouTube cooking shows hosted by loveable grandmas and aunties willing to share their family secrets. Cuisine changes every day. It has everything I need to stay obsessed with it.

C.O.B.S MAGAZINE:

Have you ever been discouraged and wanted to just throw in the towel? What made you stay in the game?

JUDY ANDERSON:

I have definitely been discouraged and have crossed over to retail in my early 20s. A few weeks of that and I was fed up. Stepping out like that made me realize how much I loved cooking. Now when I'm fed up I switch work environments. I don't think I can ever stop cooking for people.

C.O.B.S MAGAZINE:

On what platforms of social media can our readers follow you?

JUDY ANDERSON:

You can find me on TikTok, Facebook, LinkedIn and Instagram

<https://www.tiktok.com/@chefjudyanderson>

<https://www.instagram.com/chefjudyanderson/>

<https://www.facebook.com/chefjudyanders>
on-103484931191930

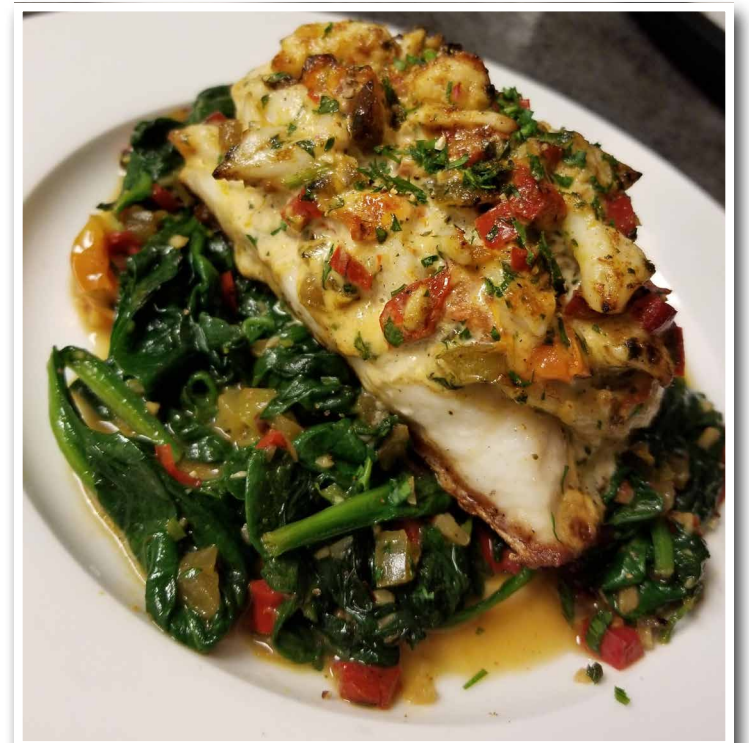
<https://www.linkedin.com/in/judy-anderson-4099b813/>

CRAB STUFFED SNAPPER

RECIPE AND METHOD

- 2 snapper filets (skin on)
- 1/2 cup of jumbo lump crab meat
- 3 tablespoons of Mayo
- 1 green pepper chopped
- 1 red pepper chopped
- 1 shallot or small Spanish onion diced
- 5 cloves of garlic
- 1lb of spinach
- Old bay
- Salt and pepper to taste
- Chopped parsley for garnish

SAUTÉ ALL OF THE VEGGIES WITH 2 CLOVES OF GARLIC IN A FRYING PAN WITH ABOUT A TABLESPOON OF OIL. SALT AND PEPPER TO TASTE. YOU CAN ALSO ADD YOUR FAVORITE SEASONED SALT HERE. COOK FOR JUST A MINUTE OR 2 AND SET TO THE SIDE.

**For the crab mixture,**

combine Mayo and 2 tablespoons of cooked veggies and old bay to taste. Add the crab in LAST to keep the crab lumps from breaking apart too much. Set aside.

For the snapper,

Preheat your oven to 375 Season with salt and pepper on both sides. Skin side down on your cutting board, cut a slit into your filet. Do your best not to cut deep enough to cut the skin.

Heat your cast iron (medium high heat) until it smokes a little, then add a couple of tablespoons of canola oil.

Place both filets skin side down onto

your smoking pan.

Gently stuff your crab mixture into each filet with a spoon and your hand until full.

Cook on the stove for about 2-3 minutes and then finish in the oven for another 6 to 8 minutes (10/12 minutes if you enjoy your fish well done.

For the Spinach,

In a frying pan melt 1/4 of butter with 3 cloves of chopped garlic and a pinch of salt. Add your spinach and cover with a lid for 2 minutes.

Remove the lid, stir and then add your cooked veggies. Cook until spinach is a beautiful bright green.

That usually takes another minute or 2

To get that desired brown crust on top of the crab mixture you can set your oven on high broil for a 2 to 3 minutes.

If the crab mixture is too loose feel free to add a couple of tablespoons of Panko bread crumbs.

Make sure you garnish with parsley at the end
Topping the dish with fresh lemon juice is always great too!

MEET

NEW ARTIST – JZWEET**C.O.B.S. MAGAZINE:**

Welcome to C.O.B.S. Magazine. What an honor to have one of the youngest artists ever to grace our magazine. Can you share with our audience your name, your age, and your style of music?

JZWEET:

My name is JZWEET and I am 16 years old. My style of music is R&B, Hip hop, and pop.

C.O.B.S. MAGAZINE:

How long have you been writing? What female artist inspires you? Can you share with us a time when you wanted to quit but something made you keep pushing forward?

JZWEET:

I have been writing for 6 years, it all started when I was ten. If I could think of any female artist that inspires me, it would be Alicia Keys, and H.E.R. There was a time that I wanted to quit because things were not looking so good at the beginning of the process. However, as time went on, I began to accept that success takes time and I had to be patient. Of course, there will be nay-sayers and obstacles that come to challenge me. When I think of the successful artist in this industry, I realize they paid their dues to get to where they are today. I have to do the same.

C.O.B.S. MAGAZINE:

We understand that you're a musician, singer, rapper, writer, and dancer? Can you share what instrument you play and how did you become so multi-talented?

JZWEET:

The instrument I play is my baby, the piano. I remember my dad asking me what instrument I was interested in learning to play, and I picked the keyboard. My dad's response was like "why not"? So, we got a keyboard from storage, and I begin to develop learning chords and the rest is history. I always wanted to be a rapper because I loved hip hop since I was a little girl. I would listen to different rappers like Dr. Dre, Queen Latifah, and all the other awesome rappers. I have always loved to read books with rhymes because it made so much sense to me. I then tried to write my own rhymes and then it just developed from there.

I am owning my sound as a writer and now I'm creating my melodies. I wrote my first song "We Don't Care" with my dad at the age of 15. As far as singing goes, I have been singing since I was three years of age. I used to be in the church choir, and I have not stopped singing since then. As a dancer, I was so inspired watching the Lifetime show called Dancing Dolls and learned a lot about the art of dance. I then started dancing and trying to figure out my style.

C.O.B.S. MAGAZINE:

We understand that you are in your junior year of high school? How do you manage a 3.9-grade average and your music career? Are there any plans for going to college? What will you major in and why?

JZWEET:

I make sure I take lots of notes and finish all my assignments at school. I make sure I handle my responsibility for school and then I have my free time for rehearsal after school. It's not easy but I'm determined and focused. I plan on attending college majoring in Bachelor of Music and minoring in Business Administration.

C.O.B.S. MAGAZINE:

If you had to collaborate with an artist who would that be and why?

JZWEET:

If I had to collaborate with an artist, it would be Arianna Grande, Justin Bieber, or H.E.R. because I really can relate to their style of writing and storytelling. I would love to sit under them as a student and learn from their wisdom as an artist.

C.O.B.S. MAGAZINE:

The rap game is competitive how is your style different, what makes you stand out from the rest? Where do you see yourself in the next 3 years after high school?

JZWEET:

I would say for an artist at my age, I am a mixture of new and old school style, I think that's a plus. In the next 3 years, I see myself touring around the world, working in film and television, breaking barriers, and developing my skills as a writer, singer, dancer, rapper, musician, producer, and businesswoman.

**C.O.B.S. MAGAZINE:**

It is important to have supportive parents/family. How supportive are your parents and how do they motivate you when you want to quit?

JZWEET:

My parents are very supportive especially my dad, he always encourages me and helps me get to where I need to be. He is the one that started me on this career journey.

C.O.B.S. MAGAZINE:

What's next or in the future for JZWEET? Are there any music videos coming soon? What word of motivation can you share with other young women who are pursuing their dreams?

JZWEET:

My team is currently working on a music video from my two songs "Synthetic Love" and "We Don't Care" so stay tuned. My word of motivation for all the beautiful young women that are trying to pursue their dreams. Remember this, you can do anything that you put your mind to, no matter how many nay-sayers, obstacles or haters gets in your way. You can pursue your dream just stay consistent and focused.

C.O.B.S. MAGAZINE:

We wish you the best of luck in your music career. Where can our readers follow you on social media?

JZWEET:

You can follow me on Instagram under @jzweet1, Tictok under @jzweet, and on Twitter under @JZWEET. You can also subscribe to my YouTube channel under JZweet to see more updates. Please feel free to come and join the Zweetheart Gang. Love, JZWEET.

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FROM THE GET IT TO THE GRIND – CEO'S UNDER 30

RASHIDA BROWN

CEO OF TEN TWENTY 7 FOOTWEAR

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S CEOs under the age of 30 real grinds. What an honor and privilege to sit down and interview footwear designer Rashida Brown. At 26 I wasn't thinking about being a BOSS. Can you share with us how did you got started with the Footwear Brand? When did you know that this is what you wanted to do? Explain?

RASHIDA BROWN:

In 2020 God gave me a vision regarding the footwear brand and I wrote down everything, and it was literally a dream that I turned into reality this past year. Footwear was something that I had in mind already, but when God gave me a vision that was my confirmation to go ahead with it. I knew that if he gave me the vision, He would provide everything I needed to bring it to pass.

C.O.B.S. MAGAZINE:

Over the last few years, there were a lot of people starting their fashion line, but very few have started a shoe line. Can you share with us why start a shoe line? What makes your footwear line different from others?

RASHIDA BROWN:

You stated very few have started a shoe line, which is one of the main reasons I went the route of doing footwear and not clothing. I wanted to tap into what I didn't see a lot of other people doing, and I've always been a huge sneaker-

head and knew this would be right up my alley. My footwear line is different because it provides long-lasting comfort and exclusivity in sizing, so we can cater to women with larger size feet.

C.O.B.S. MAGAZINE:

As a young CEO under the age of 30, you have already accomplished so much, and it is impressive. What motivates you? Who were your mentors? What shoe designers do you admire?

RASHIDA BROWN:

My biggest motivation are the young girls watching and looking up to me. The youth of today's world need positive role models around them. A lot of things I've learned thus far in the fashion industry were on my own. One shoe designer I admire is Steve Madden, the vibe the sneakers give... is so me. A few other shoe brands I like are Sia Collective, Iamjenniferle (omg her footwear brand is amazing and her story as well), and Kendall Miles. There are a lot of dope footwear brands out there that are considered small businesses, but they are on their way to the top.

C.O.B.S. MAGAZINE:

I'm sure you have attracted those that hate on your grind? How do you push past those that doubt you? Have you ever felt like quitting? What inspired you to stay on your grind?

RASHIDA BROWN:

Of course, we all have those who doubt us. A lot of people don't like to see people of younger age accomplish more than what they did when they were the same age. Whew, I've felt like quitting so many times, but when you have a positive support team around you, quitting isn't an option. The people watching me and counting on me are what inspired me to keep pushing. It's also something about knowing your purpose in life. I knew that God had me right where I needed to be, and he equipped me with the tools to tackle every challenge

that came my way.

C.O.B.S. MAGAZINE:

Share with our readers what is next for Rashida? Do you have any goals you've set in place for this year of new beginnings?

RASHIDA BROWN:

What's next for Rashida? I will be launching a clothing brand and some new footwear collections. I hope to be able to participate in NYFW again this year and at least one international show. I'll also be traveling to different states hosting my own fashion events to get my brand out there. Finally, by the end of this year, I would like to open my own showroom.

C.O.B.S. MAGAZINE:

What word of advice would you give to young women who are not pursuing their dreams? How can readers connect with you on social media platforms?

RASHIDA BROWN:

The advice I would give to young women: whatever dreams and aspirations you have, go for it. You can do anything you put your mind to do. I'm a living witness. Starting a shoe brand was a dream, it was something I desired to do but had no idea how I was going to make it happen. It's going to be hard work but always remember your why. I can be reach on social media platforms:

IG- @tenttwenty7_

TikTok: @tenttwenty7_

Fb: Rashida Brown.



MEET
NORAH'S KHAN
 CEO AND FOUNDER OF DISTINCTIVE HAND
 DESIGNS BY NORAH'S

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine. We are excited for the opportunity to interview this truly gifted spirit world-renowned designer Norahs Khan. Thank you for taking time out of your busy schedule to chat with us. Can you please share with our readers who is the woman behind the brand?

NORAH'S KHAN:

First, I would like to thank COBS magazine for this opportunity. I am truly honored to be featured for Women's month. My name is Norahs Khan born and raised in Philadelphia Pennsylvania and I am currently residing in the Bay Area in San Francisco, CA. I would describe myself as a vessel of Divine Energy traveling throughout my path of creative offerings with sacred intentions unfolding daily. My influence comes from my mother's superb tailoring skills which led me to pursue my certification in sewing technology at Orlando Tech. I was honored when I was elected into The National Technical Honor Society.

C.O.B.S. MAGAZINE:

Can you please tell us about your designs? What are your inspirations behind your pieces? Who are targeted consumers?

NORAH'S KHAN:

Distinctive Hand Designs is a wearable collection that I designed to honor the body. My expanding fashion collection flirts with comfort, versatility with a distinctive flair. Distinctive Designs is comfortable to wear in the daytime or evening. Most of my designs are adjustable and changeable for more than one style. My collections include blouses/tops, wrap dresses and skirts, head wraps, loungewear, swimwear cover-up, and maternity wear which are all versatile. I choose easy-care fabrics that are comfortable to the body. My inspirations thrive from taking my outstanding characteristics, which has brought me negative attention, to turning that energy into a wearable clothing collection. My collection has designs for every body type from small/petite to medium/curvy to tall/voluptuous. I want to make every woman no matter their size embrace their style and comfortability.

C.O.B.S. MAGAZINE:

In your bio, you have a motto that you speak about. Can you share your motto and the meaning behind it?

NORAH'S KHAN:

Yes, my motto is "Dare to be Distinctive." The question I ask people "Why be average when you can dare to be Distinctive?" This motto emerged from the painful bullying that I endured as a child. I decided to take that pain and turn it into a purpose. I had to find what was it about me that could make me shine in this world. I feel as women we all have something to offer to this world but, we possess a uniqueness that can be shared. Never be average but Dare to be Distinctive.

C.O.B.S. MAGAZINE:

You've had the opportunity for your fashion designs to have graced runaways both domestically and internationally. Can you please share which fashion shows you have been featured in? Have you ever been featured in any fashion shows that cater to your passion for women's awareness?

NORAH'S KHAN:

Yes, I truly feel blessed about every opportunity, recognition, and award that I have ever received for my collection. My Wearable Art Collection is embraced by women in the USA, England, Cape Town South Africa, Madrid, Spain, and Germany. I have been featured in commercials in China and the Philippines. Wearable Art has been showcased in the 2016 Golden Globe Awards, as well as, at the Paris Fashion Week in 2018. My collection was featured in LA Fashion Week, I Hearts Fashion Curves Couture, the Mercedes Benz Fashionology International tour, and Densua's African Treasures collection at Macy's. I was super excited when my collection was debuted on the national television show The Braxton's Family Values.

In 2021, I had the pleasure to have been awarded Best Fashion Designer by Ms. B Productions' 3rd Annual Fashion Gala Awards in Florida. I was also recognized as Most Creative by Bavarlee Bernstein at the 12th Annual Social Media Awards. I had the opportunity to be featured in magazines like Pose, Bold, the covers of Ageless Beauty and Wellness magazines.

Yes, I showcase my designs at charitable fashion shows. Most recently my collection was featured at the 8th Annual Red Dress party sponsored by the American Heart Association. It was great to be part of an event that was helping to raise awareness of Heart Disease in women. My passion is to heal through fashion and reign

intensely with each opportunity to make a positive difference in the spirit of all women of all sizes. Distinctive Hand Designs will continue to donate portions of our sales to charities that support and empower victims of abuse and other women issues.

C.O.B.S. MAGAZINE:

Besides being a clothing designer you have also created Honor Your Body Aromatherapy Body Care. Can you please tell us about your body care line? What was the motivation? What products do you offer?

NORAH'S KHAN:

Yes, I created Honor Your Body Aromatherapy Body Care products for Men and Women. I started creating my body care in the early '80s to correct my skin problems. My body care is my recipe to indulge and pamper yourself in handmade aromatherapy products. I use exotic recipes for nurturing your body in a natural blend of botanical treasures, aromatic herbs, and essential oils to enlighten your mind, embrace your spirit, and Honor Your Body. My product line offers handmade soaps, facial wash, sensuous body exfoliate, aromatic bath salts, fragrant body freshness, and a botanical aftershave.

C.O.B.S. MAGAZINE:

You are also an author who has written six books. Can you tell us the meaning behind writing your books and which book means the most to you?

NORAH'S KHAN:

Yes I am a woman of many talents. I decided to start writing because I was going through 10 years of purging and

healing. During this process, I used my poetry to help me heal. My love for written expressions provides a comfort level for feelings of desire. The poems I have written convey messages of love, pain, inspiration, and passion. I share my heartfelt emotions with a sincere respect to my personal experiences because often we fear revealing our souls to others. The phobia of rejection masters our actions at some point in our lives. My last book The Distinctive Design of Norahs Khan: Manifestation Love (available on Amazon) is the most meaningful to me because it is a collection of all 5 books of my poetry. I have discovered I can reach an inner core of myself through the relationship in my written expressions and people who receive my messages. In my opinion, the art of love is much greater than the act itself.

C.O.B.S. MAGAZINE:

Can you share with our readers what is next for Norahs Khan? Any words of advice you like to share? Please share your website information for where your designs, your body care line, and books can be purchased. So we can continue to follow your amazing journey can you please share your social media platforms?

NORAH'S KHAN:

What is next for me? To continue creating amazing designs, to continue to keep hitting the runaways, and writing. My best advice is you have to listen and realize the purpose that is gifted to you. There are no roadblocks or detours that can keep you from your purpose. I have been homeless, lived-in shelters, was

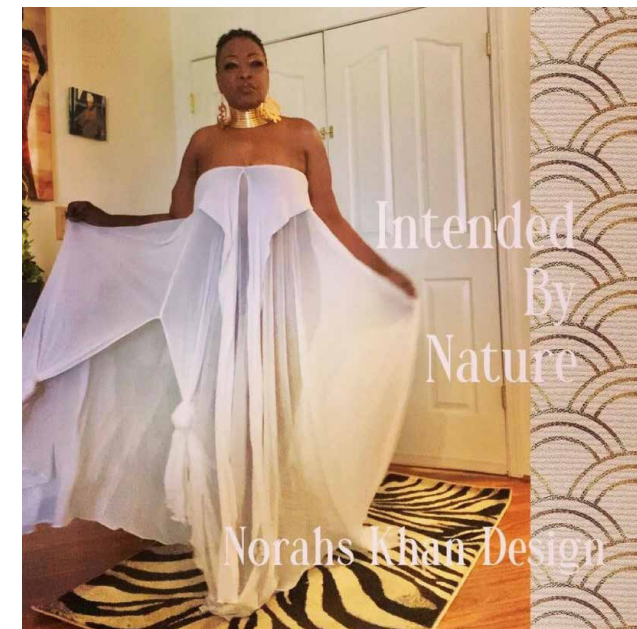


a victim of abuse, and didn't allow anything to get in my way at all. My motivation is to continue to build my brand and continue to "Dare to be Distinctive."

Yes, please visit my website at <http://distinctivenorahskhan.com/dsk/about-norahs/>

My books are available on the Amazon website <https://www.amazon.com/Distinctive-Design-Norahs-Khan-Manifestation/dp/0692693521>

You can find me on Facebook, Instagram, and Twitter @ Distinctive Hand Designs by Norahs.



Norahs Khan Design

MEET NAKESHIA WILLIAMS CEO OF KEKE ON THE ROCKS

C.O.B.S. MAGAZINE:

Welcome to our special edition of BOSS-UP. We are so honored to feature you in our magazine. Let me just say you are the first bartender that we ever interviewed. Can you share with our audience who is Nakeshia aka Keke, your brand and how did you turn your grind into success?

NAKESHIA WILLIAMS:

I am honored for the opportunity. Nakeshia is a fun-loving, independent, family-oriented, creator, lover of art, and goal-driven woman. I would describe the Keke on the Rocks brand as knowledgeable, authentic, professional, and adaptable. My professional motto is: "I can always improve." I believe every decision I make to im-

prove my business is me planting a seed. Eventually, with time and care those seeds will bloom and so will KOTR.

C.O.B.S. MAGAZINE:

Can you share with our readers what is bartending mixology? We understand that you're certified in bartending. Can you share with us what are the requirements? What inspired you to take the next steps to become a mixologist?

NAKESHIA WILLIAMS:

A bartender and a mixologist can be the same. If you are a good bartender, you go the extra mile to please your clientele. You work to develop the perfect mixes and top it off with a decorative garnish to create a well-dressed cocktail.



In my opinion, mixology is one of many subject matters required of a good bartender. The requirements for bartender certification are 40 hours of bartending training. I attended ABC Bartending School in Marietta, which I would recommend to anyone who may be interested in pursuing the industry.

C.O.B.S. MAGAZINE:

How did you get the idea to start a mobile bartending catering service? Can you share a moment when you didn't think it was going to work? What pushed you to keep grinding?

NAKESHIA WILLIAMS:

The idea for mobile bartending came about in 2020 at the onset of the pandemic. My career as an educator had come to a head where I began to experience burn-out, so I knew that I needed to put myself in a position for change. That led me to attend bartending school in January of that year and I was able to secure a job shortly thereafter; however, the day I was to start my new position is the day the world shut down. I was of course disappointed, but I couldn't sit still. Although I continued my career in education, I couldn't allow my bartending certificate to go to waste. I began practicing recipes and mixing up different ingredients. Then I decided I would bottle up my cocktails and share them since I couldn't do so at a traditional bar due to the shutdown. Eventually, I was able to secure events through the support of family and friends and save up enough money to purchase an LED bar that would set me apart from the rest. Yes, there was a time when I became discouraged because I didn't think I was believable enough, it was like I was going through imposter syndrome, but I knew I couldn't give up on myself.

C.O.B.S. MAGAZINE:

What is the process when creating a signature or new drink? Who influenced you to start your business? Explain.

NAKESHIA WILLIAMS:

I first consult with my client to determine their ultimate cocktail goal. Based upon that we collaborate on a customized cocktail menu. My family influenced me the most. My grandfather is an influential history maker and entrepreneur. He is credited with starting the first black cable radio station in the country. Before that he and my grandmother ran a family business in Fort Wayne, Indiana where they were known in town for having the first black-owned men's clothing store from 1970 to 1980. My family has always been my example and while they did not necessarily encourage me to begin a mobile bartending business, their entrepreneurial spirit certainly rubbed off on me.

C.O.B.S. MAGAZINE:

What is something you wish that people would understand about your line of work? How do you deal with women who hate you at first glance? As a boss, how do you handle that professionally?

NAKESHIA WILLIAMS:

It can be glamorous and exciting but oftentimes people don't see the behind-the-scenes work needed to maintain or excel in the industry. I don't deal with women who hate me at first glance. Rather, I let my work speak for itself, my life motto is to "glow and grow." Their hate is not a reflection

of me, but it is certainly a reflection of them. One of the most important skills a bartender and business owner can have is customer service. While I have only worked in this field for 2 years, my 13 years of work experience in education will sometimes spill over into my business so I'm able to deal with those individuals on a professional level.

C.O.B.S. MAGAZINE:

Was there a time in your life that you wanted to just give it all up and walk away? What made you grind it out?

NAKESHIA WILLIAMS:

Yes, I believe we've all felt the spirit of giving up. Honestly, knowing that I have a son watching my grind and depending on me in addition to the fact that I don't throw in the towel very easily. When I have it in my heart that I want to pursue something it's immediately already mine without a doubt. I believe wholeheartedly we can have whatever we want out of life with time, planning, and patience.

C.O.B.S. MAGAZINE:

Can you share with the readers what does BOSS-UP means to you and why? How can our readers connect with you on social media?

NAKESHIA WILLIAMS:

BOSS-UP to me stands for an individual who will persevere despite their circumstances, a person who will go against the grain to achieve their goals and look good while doing so. Your readers can connect with me on Instagram: @kekeontherocks.



Keke The Bartender, Owner
 Keke on the Rocks Mobile Bartending Service, LLC
www.kekeontherocks.com
 IG: Kekeontherocks
 770-878-7455



MEET NAILAH QUEEN

CEO OF REGALLY INSANE HAIR CARE PRODUCTS

C.O.B.S. MAGAZINE:

Welcome to the C.O.B.S magazine section entitled BOSS-UP. We are delighted to interview the Queen of Hair and Body healthcare? Please share with us who is Nailah the woman behind the brand and your journey to getting it all started?

NAILAH QUEEN:

I'm Nailah Queen, a serial entrepreneur and the owner of the hair and body wellness line, Regally Insane. With this business, I thought outside of the box when creating the product line. In my research, I found that there weren't many products that specifically targeted people on the go. Our products were designed to meet the need of the busy person while focusing on targeting the ailments and health issues that directly affect our community. For instance, I am personally invested in our hair products and was our first client. I too was someone who was constantly on the go and at times I wasn't able to properly care for my health or hair as needed, so I understand the struggles of those who we serve; they are basically "ME". My passion is to create groundbreaking products that help others, especially women of color. I believe that through our products one can regain their purpose.

C.O.B.S. MAGAZINE:

When a woman experiences pain during labor it is obvious that she is about to give birth. What pain have you experienced that provoked you to start this product line? How did you

turn your pain into purpose?

NAILAH QUEEN:

The pain I experienced was the rapid loss of my hair. I could not understand why and was unsure of how to fix it. This weighed very heavily on me. The products I was purchasing just weren't working. One day I just woke up and started researching on my own. It was like I turned into a mad scientist who was trying to create a product that not only helped me but also helped those who were also suffering as I was.

C.O.B.S. MAGAZINE:

The world took a hard hit when the pandemic shift our lives. In what way has the pandemic changed your life? Explain?

NAILAH QUEEN:

The pandemic taught me that when all else fails you have to be able to bet on yourself and be willing to stand proudly on that. It was so inspiring to see so many other entrepreneurs stepping out on faith and betting on themselves that it almost felt like I was selling myself short if I too didn't bet on myself. It also taught me about the core of my survival. How to use it to my advantage and how to build on it to create a stronger brand.

C.O.B.S. MAGAZINE:

What made you become an advocate for women's well-being? If I asked you to define the words **perseverance** and **long-suffering**, how would you define yourself in those two words?

NAILAH QUEEN:

Being a woman, I've always been

passionate about supporting women in whatever capacity I was in. I watched my mother growing up and it was just instilled in me as the right thing to do. Looking back over the roadblocks, trauma, and experiences in my life, I definitely can call myself a survivor and a warrior.

C.O.B.S. MAGAZINE:

I am a firm believer that packaging has a lot to do with having your brand stand out among the rest. Your product line looks like royalty from Africa. How did you come up with the packaging design and color?

NAILAH QUEEN:

My branding is consistent among all of my brands. Having the last name "Queen", I wanted to represent royalty in everything I did. When it comes to promoting and selling, I believe that the brand is a direct reflection of myself. I AM ROYALTY!

C.O.B.S. MAGAZINE:

You have an entire creative line of products do you mind sharing a few products that you have for men and women?

NAILAH QUEEN:

Sure! Our healthy hair oils are unisex but the scents Peach Grapefruit and Oatmeal Honey smell so delightful and I must say they are our female customer's favorites. One of our beard oils is named "The Professional" and our beard balm "Panty Dropper" is definitely the favorite of our male clientele.

C.O.B.S. MAGAZINE:

Can you share a time when you wanted to quit? How did you find the courage to go on? What was your motivation to press on? Can you please share with our readers how they can purchase your products?

NAILAH QUEEN:

Firstly, I was a black female statistic who WON! I beat the odds., plain and simple. I honestly never really thought about my "why". Well, when asking myself why the first thing that comes to mind is legacy. I oftentimes remind myself of what a legacy is. As it is said, a legacy is a part of a person that lives on long after that person has passed. A legacy also leaves behind the story of a person, so they are not forgotten. To me, legacies are important roadmaps for our future generation. I think to myself, "wow, I can do this"! I'm sure everyone wants to leave a legacy. It's something that's fairly common but it is my story that fuels me and motivates me to work tirelessly to leave a lasting one. Maybe it was the abuse I endured as a child and in my first marriage. Or perhaps it was the teen pregnancies. Or the loss of my mother at an early age or the depression that I kept bottled up from all the years of my suffering. You know, it may just be all of that. Yeah, that's it. I want to show the world that your past can positively define you. I hear so often that your past doesn't define you but in all honesty, it does. Your past experiences guide your current ones and shape who you are today. I want to embrace mine and use it

to motivate others. This is me and this woman you see before you are strong and phenomenal in her own right. I am my mothers' daughter. The Regally Insane product line can be found at. We hope to be in stores nationwide in the future



Tips & Tricks to Stay Fit by **ARIELLE PERSHAY**

Welcome back readers! I hope you all enjoyed the 30-day challenge. Now that you have worked it out, it's time to stretch it out!

Why is stretching good for the body?

According to Google search and I quote "stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. ... That puts you at

risk for joint pain, strains, and muscle damage"

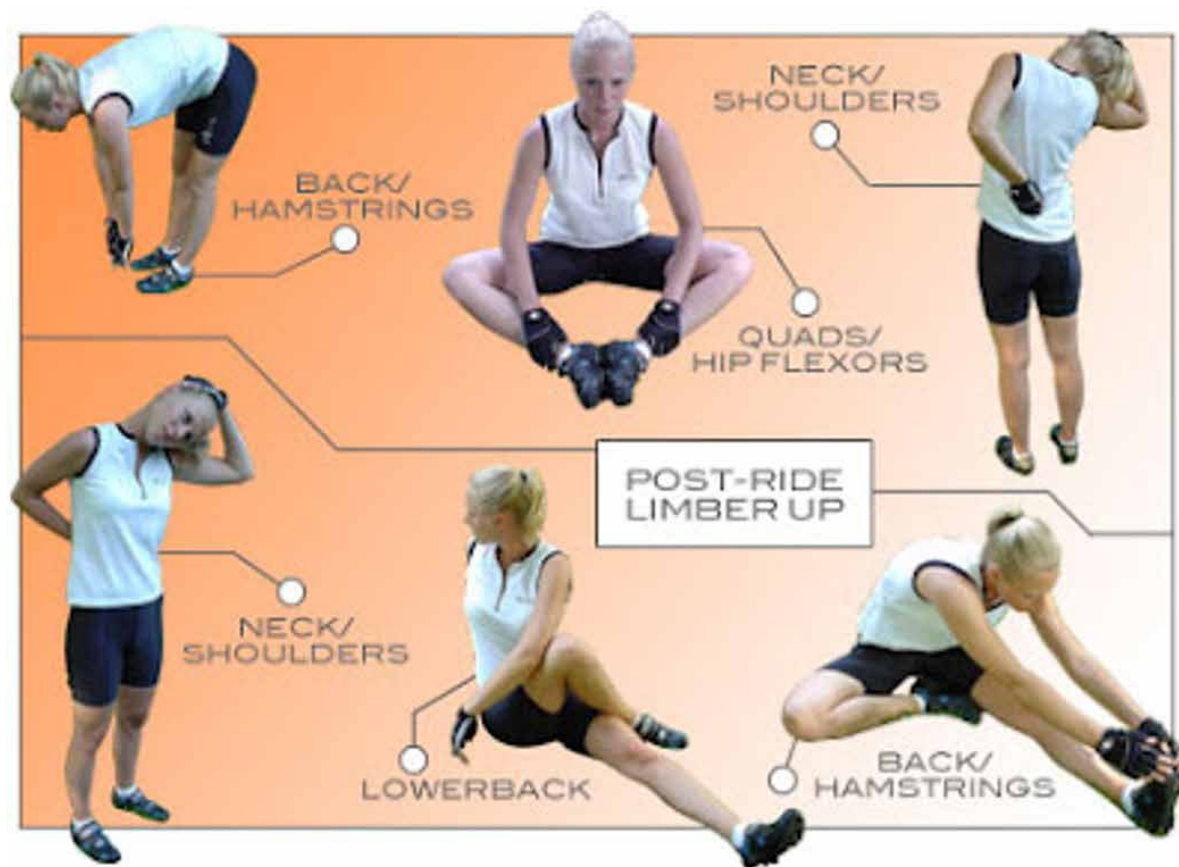
I personally love stretching before and after a workout, or just because it feels amazing, and calming.

Ladies and Gentlemen, I encourage you to add stretching to your daily routine, especially if you are working remotely doing a lot of sitting, or if your job requires heavy lifting, if you are stress it's a great reliever.

Try out these stretches and give those joints and muscles a well

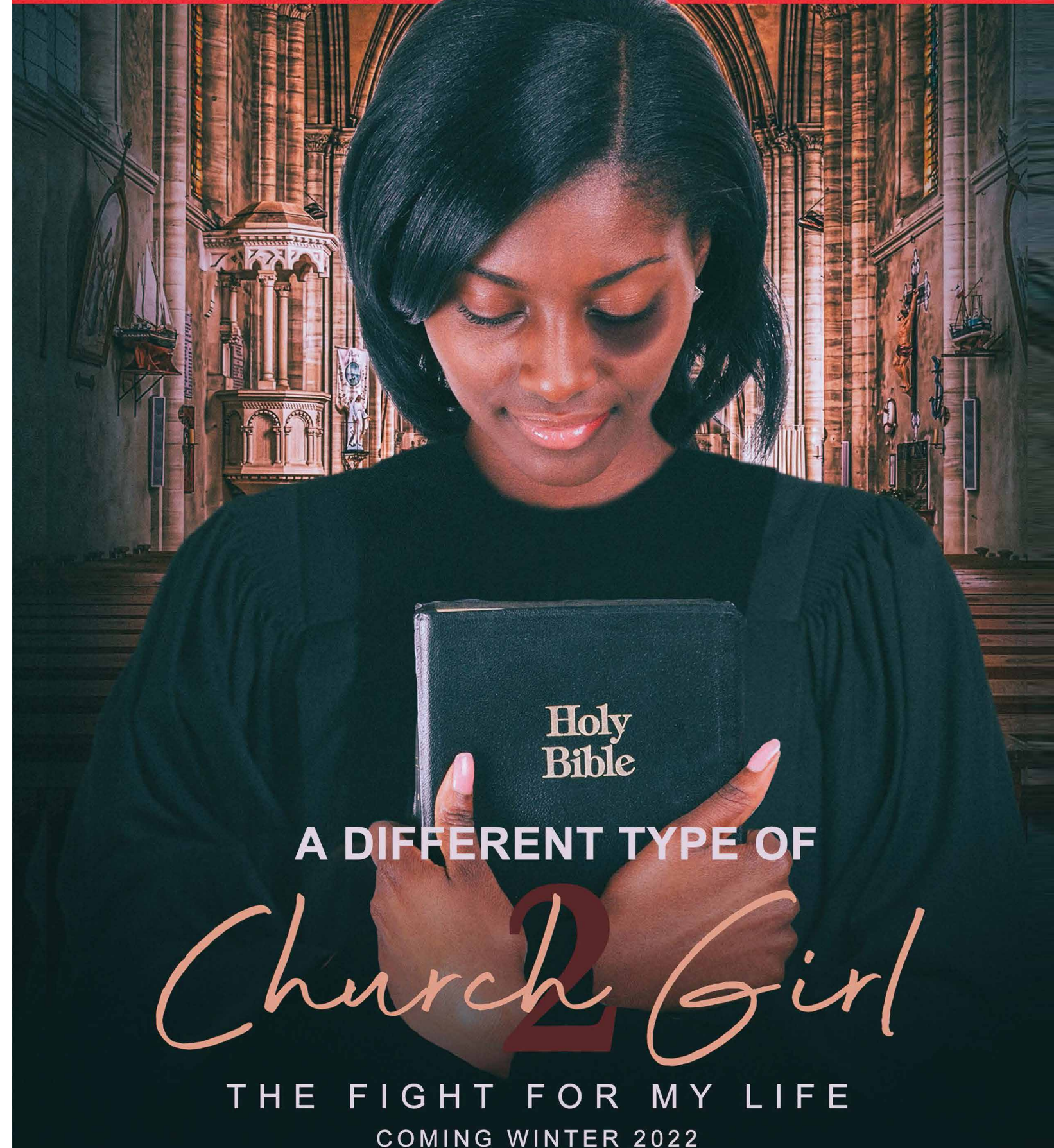


deserve vacation. Remember to look great on the outside, we must make sure to keep healthy in the inside.



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TREVI BOOKER PERSHAY



MEET DEVAE MOORE

FOUNDER/EXECUTIVE DIRECTOR OF PRINCESS PEARL MENTORING INC.

C.O.B.S. MAGAZINE:

Welcome to COBS Boss-UP section! We are excited to get to know the woman behind the brand. Please share with our readers the name of your amazing non-profit organization and its mission?

DEVAE MOORE:

My Organization is Princess Pearls Mentoring, Inc., and it serves girls ages 11-18yrs. Princess Pearls is dedicated to the self-discovery and empowerment of teen girls. We guide girls through their transition from girls to confident women.

C.O.B.S. MAGAZINE:

You've started a non-profit organization to help young women transition into womanhood. When did you know that your calling was to help young women find their purpose?

DEVAE MOORE:

After I hosted our initial sleepover, the "meetups" began to evolve into something bigger. Despite being early in my chemotherapy treatments, no matter how tired or weak I felt, I would immediately perk up at the mention of anything about 'my girls.' It later occurred to me that God was infusing me with supernatural energy and strength to be of service to my mentees.

Finally, while I did a lot of research, further confirmation was how organically most of the material for workshops and activities came to

me.

C.O.B.S. MAGAZINE:

We read in your story that in 2015 you were undergoing treatment for breast cancer and in talking to your niece you came to realize something. Can you share that experience?

DEVAE MOORE:

At the start of my treatment, my then 15-year old niece came to spend a week with me. Noting that my niece has always excelled academically, near the end of her visit, I engaged her in a deeply probing conversation about her goals and her social challenges among other things to assess how she was doing in those areas. I asked her to make a list of topics that concerned her, as well as things she would like to discuss if there was a safe platform to do so. Her list included all of the typical things that teens are concerned with careers, applying for summer jobs, how to start conversations, hair, skin, banking, etc.

Upon reading the list, I felt a very pronounced, and urgent compulsion to do something as I immediately thought of my four other female cousins in the same age group as my niece. I knew that I had so much that I could share with them by way of my life experiences, and lessons that I have learned along the way. I also knew at that moment that I had the potential to positively influence their choices if I was willing to build a bond with them and lend myself as a resource. My answer was a sleepover at "Aunt" Devae's (which is what they all call me), for a weekend "Boot Camp." I created flyers and mailed them to the parents (my aunts), promoting a weekend of food, fun, and laughter. The requirement to attend was a one-page essay entitled: "Who Am I?"



This was for me to gauge their level of self-awareness from the start. Needless to say, the weekend was a success, and the girls began to invite their friends.

C.O.B.S. MAGAZINE:

Life throws us the kitchen sink and other things. Was there a time when you wanted to throw in the towel? What words of inspiration, source, or person navigates you to keep grinding?

DEVAE MOORE:

Honestly, there have been plenty of times when I've felt overwhelmed, tired, or even wondered if what I'm doing even mattered. Inevitably during those moments, I will get a call or text message from a par-

ent telling me their daughter is doing better in school; or her attitude has improved. (I even had one parent who told her daughter to she was going to stop her from wearing the pearl earrings that I gifted the girls because her attitude was not modeling what Princess Pearls represents.) Also hearing directly from mentees things like "Miss Devae, for the first time, I walked away from an unnecessary confrontation." Or "Miss Devae, because you always make us stand up to speak in the workshops, I was not so nervous during my presentation at school."

C.O.B.S. MAGAZINE:

None of us can achieve success without some help along the way. How has your support system helped you in your journey? How has your support system kept you going? Can you share with us a testimony of how one of your student's life has been changed by your program (without giving names)?

DEVAE MOORE:

I have been blessed with an amazing circle of support that includes one of my professional coaches, friends, and my family. All of them have supported me in various ways such as: building my website, assistance with social media, guidance, and information about resources, donating food, and monetary contributions;



even driving from Winston-Salem just to attend Princess Pearl events. Additionally, I have parents, who value what I do and trust me to partner with them to develop the greatness within their daughters.

C.O.B.S. MAGAZINE:

You speak about breaking generational cycles of mediocrity, low self-esteem, and other issues that have plagued families. Can you explain how you can relate to your real-life situations? Can you share a few of the core values that are taught within your organization?

DEVAE MOORE:

In my own family, there have been several generations of women who carried the stress of trying to balance providing for their kids, raise well-adjusted productive kids, while being both the mother and father and still trying to be well-adjusted themselves. As the first female in my family to attend college, one of my goals, when I hosted the first "Weekend Boot Camp", was to make a connection with the girls and over time, get them to "grab hold of a vision" of doing and being more...

I believe to get the girls to imagine what is possible for them, it is necessary to lay a 'foundation' of what I call solid self-awareness. By that, I mean (going back to the essay that the very first group of girls wrote entitled: "Who Am I?" the girls have to

first get to know themselves, tap into an honor their uniqueness, and then trust in their potential to accomplish whatever they set their minds to. We have an in-depth unit Called Self-Awareness which has several subsets that address not only all of the "selves," such as self-respect, self-esteem, self-worth, etc. but also our program encourages sisterhood, loyalty, honor, and judging others based on their character.

C.O.B.S. MAGAZINE:

Can you please give us your "Life Lesson Quote"? How does that quote apply to your everyday life? Can you please share how our readers can continue to follow your work and donate towards your mission?

DEVAE MOORE:

I think it was Maya Angelou who said: "People may not remember what you said, but they will remember how you made them feel." Because I enjoy making people laugh or smile, it's important to me to ensure that when I interact with people, if they don't feel just a little better when I leave, that certainly they don't feel worse.

Readers can continue to follow Princess Pearls Mentoring via: Facebook:

Instagram: Princess Pearl Teens

*Website:

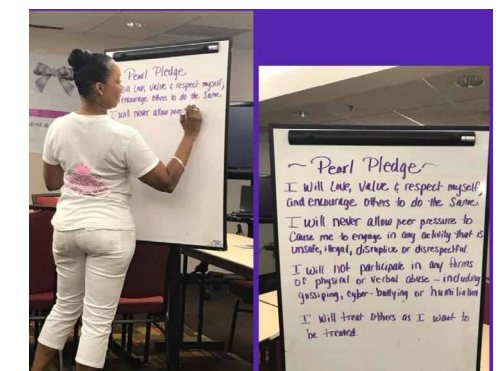
*Donations can be made:

- on our website

- Cash app: \$PPearlsInc

Email Devae Moore at:

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Trevi Pershay Productions Inc.

Created and Written by
Trevi Booker Pershay



A SINNER'S PRAYER

(The Quiet Storm)

AUDITIONS COMING MARCH 2022
email: trevipershayproductions@gmail.com