

CIRCLE OF BOSS SISTERS C.O.B.S.

2024, APRIL ISSUE - VOLUME IV

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WOMEN'S WERK

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Spotlight **NEW EDITION**

(SEXY, GROWN
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Fabiola Scarborough

CEO/FOUNDER OF THE FABPRENEUR



EMPOWERING RESILIENCE: BLACK WOMEN'S STRENGTH AND THE UNHEALED TRAUMA

BY DR. TREVI BOOKER PERSHAY

Growing up in a culture of strong Black women, I was taught to be strong because my strength would get me through the most challenging times. I heard black slogans such as Put On Your Grown Woman draws or You Better not Cry because it shows weakness, and the famous one put an H on your chest and handle it.

Black women have long been the unsung heroes of strength and resilience, standing tall in the face of adversity and navigating a world that often fails to acknowledge the depth of their struggles. While their remarkable strength is a source of inspiration, it is essential to recognize that this strength should not be misconstrued as a remedy for the unhealed trauma many black women bear. I could remember a cousin sharing a rape with me because she needed to talk about it. I discovered that her mother had the same experience 30 years earlier. My cousin's mother's loyalty to what goes on in this house must stay in the house family secret, allowing the doors of incest and rape to have entry to a newer generation of family victims.



Photo Credit - Peter Griffith via
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WEARING MY STRENGTH AS A SHIELD:

My childhood was surrounded by women who survived a tragedy, loss, long-suffering, and abuse. This strength is a testament to the indomitable spirit of black women, shaped by a legacy of resilience that echoes through generations. Wearing the shield of strength did not allow the women in my family the passage of self-healing. This strength can mask the deep-seated wounds left by trauma, creating a facade of invincibility that may hinder opportunities for healing. My shield offered me internal strength while I battled healing from trauma.

UNHEALED TRAUMA:

While black women may embody strength, it is imperative to acknowledge the burdens they carry—traumas that remain unaddressed and unresolved. The unhealed wounds manifest in various ways, including stress, anxiety, depression, and other mental health challenges. Moreover, the perpetual cycle of strength without healing perpetuates a cycle that can impact future generations.



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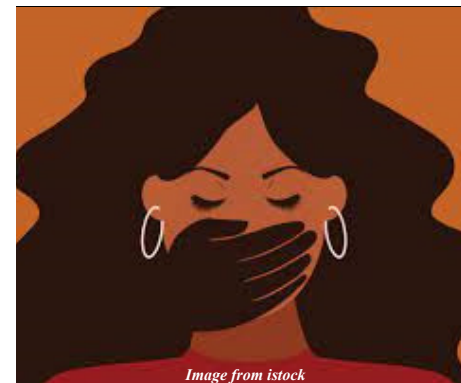


Image from istock

BREAKING THE SILENCE:

My healing journey started when I turned my pain into writing. It was hard to face why I suffered from depression or suicidal thoughts. Although strength was getting me up every morning, trauma was there, wanting a front seat. Little by little, I started making up characters and exposing my childhood pain. In my writing, I found answers to how to heal properly. To foster healing and empower black women to confront and address their traumas, it is essential to break the silence surrounding mental health within this community. Open conversations, culturally competent mental health resources, and destigmatizing seeking help are crucial steps toward creating an environment where healing can occur.

The strength exhibited by the black women in my life was inspiring, but it is crucial to recognize the need for healing amid unaddressed traumas. By acknowledging the intersectionality of their experiences and providing the necessary resources and support, we can collectively work towards fostering environments that empower black women to endure and thrive. I ensure I create a safe place for my daughters and those I mentor. It is time to lift the veil on unhealed trauma, embrace vulnerability, and work towards a future where the strength of black women is celebrated alongside their holistic well-being.

Dr. Trevi Booker-Pershay

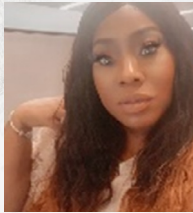
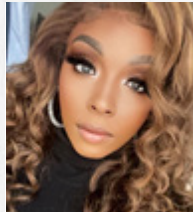
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EMPOWERMENT MAVEN FABIOLA SCARBROUGH: INSPIRING AUDIENCES WORLDWIDE WITH HER WORDS AND WISDOM



Fabiola Scarbrough is a renowned speaker, author, business, and relationship coach. With a mission to help individuals from all backgrounds and walks of life discover the leader within themselves. Fabiola encourages individuals to embrace new perspectives by metaphorically putting on blindfolds. Fabiola's unique approach challenges conventional thinking and empowers others to unlock their full potential.

C.O.B.S MAGAZINE:

Can you tell us about your journey from starting a cake pop company to expanding into event venues and founding The Fabpreneur?

FABIOLA SCARBROUGH:

On 8/14/2011, I gave birth to a healthy, bouncing baby boy named Jared Parker. Two weeks later, I noticed some distress in his breathing. After leaving my doctor's office at 11 am on 9/14, my physician gave me a clean bill of health and told me, "I was just being an overreacting parent and that my son was ok." His lungs were fine. Later that evening, my son passed away in my arms. The autopsy revealed he had full-blown pneumonia. During that time of great distress, I needed something to do. I was unemployed at the time, and my days consisted of taking several trips to his crib to smell his clothes and see the spot where he once lay. I felt myself drifting. I prayed to God and asked him to give me something to do. I attended an event early the following year and discovered Cake Pops. They were small, cute, and tasty cake balls, and I was completely enamored. I often imagined myself making them for Jared on his first birthday. The next day, I went to the supermarket. I made my first cake pops in March 2012; the rest is history. Fabipops was established on 3/12/2012; then, I expanded to offering cakes and all sorts of desserts. I later cornered the market by providing full-party decor and furniture rentals and opened my event planning business with two event venues in March

2020. Unfortunately, the Covid-19 pandemic bankrupted my business. But I didn't let it get me down. I took all the knowledge I acquired and now help other small businesses.

C.O.B.S MAGAZINE:

What inspired you to become a speaker, author, and business coach? Can you share the synopsis of your book and where it is located for purchase?

FABIOLA SCARBROUGH:

What inspired me was the innate desire to help others heal and to ignite hope. If I had survived everything I had been through, it would have been my life's purpose to tell my story and help heal the world. I grew up in the bustling metropolis of Williamsburg, Brooklyn. As a young woman, I embarked on a remarkable journey in 2019. I took a leap of faith and established my own event-planning business, basking in the immediate glow of success. Life was flourishing, but little did I know that a formidable storm was on the horizon. The onset of the COVID-19 pandemic blindsided me, shaking the very foundations of my life. As if that wasn't enough, the unexpected arrival of a divorce shattered my world into pieces. In the tumultuous aftermath, I faced massive financial setbacks and battled with depression and suicidal thoughts, placing my trust in the wrong people. These choices led me down a dangerous path toward financial ruin, and wounds I thought had healed resurfaced to torment me emotionally.

Determined not to succumb to the darkness that loomed over her, she resolved to reclaim her life. A two-fold transformation marked my journey: becoming financially astute and cultivating emotional intelligence. With unwavering determination, I embarked on the arduous path of financial recovery and self-discovery, seizing control of my destiny.

C.O.B.S MAGAZINE:

How do you balance your various business ventures and roles?

FABIOLA SCARBROUGH:

I balance it all with a little time management skills and a lot of prayer, lol. Working in finance and banking has prepared me for the many hats I wear daily. I stay balanced by remaining consistent and highly organized, not having much room for distractions.

C.O.B.S MAGAZINE:

What advice do you have for aspiring entrepreneurs looking to start their own business?

FABIOLA SCARBROUGH:

To have tough skin because you will FAIL, many, many, many times over; failure is inevitable in an entrepreneur's life. However, "a failure is simply a temporary place where the most valuable lessons are learned."

FABpreneur

C.O.B.S MAGAZINE:

What sets Fab Event Studios apart from other event venues?

FABIOLA SCARBROUGH:

I no longer have my venues due to COVID-19. However, what sets Fabpreneurs apart from other entrepreneurs is our ability to lead and execute with style and grace. We employ a level of professionalism and sophistication to obtain results for our clients that are simply unmatched.

C.O.B.S MAGAZINE:

How do you approach coaching clients on business and relationship matters?

FABIOLA SCARBROUGH:

In business, my approach is to get it done and always finish strong. What do Athletes, Singers, and Dancers all have in common, Coaches? Someone who has done the work obtained unremarkable results and leads others to do the same. In relationships, I train my clients to use their emotional intelligence to navigate through life challenges. I teach them how to employ business skills and strategies to obtain the results they are looking for in their relationship. Example: Effective Communication skills are paramount in any long-lasting relationship. This skill is enforced and managed to foster partnerships in a business setting to obtain optimal results. The same should be applied in personal relationships.

C.O.B.S MAGAZINE:

What challenges have you faced as a business owner, and how have you overcome them?

FABIOLA SCARBROUGH:

Sadly, my biggest challenges have stemmed from simply being an immigrant black woman in America. However, I have also used that as my greatest resource to withdraw strength. I started using my story, my trials, and my setbacks. Once I discovered who I am and embodied my heritage, I could shift my mindset and change the trajectory of my life, thus resulting in the outcomes I desire.

C.O.B.S MAGAZINE:

Can you share a standout success story from your work with entrepreneurs at The Fabpreneur?

FABIOLA SCARBROUGH:

I do not have one story per se; however, several clients have come to us

with the same burning desire to become full-time entrepreneurs and start their own businesses. We have helped many individuals with the start-up resources, business funding, and guidance to do so. It's always a standout success story when you see the businesses you have coached from the ground up become successful themselves.

C.O.B.S MAGAZINE:

How do you stay motivated and inspired in your work?

FABIOLA SCARBROUGH:

For me, failure is not an option. I stay motivated, knowing that God has made it my life's purpose to help and give back to others, which is all I have learned along this journey. My mother and children are my greatest inspiration; in the most profound, darkest times of my life, God and their smiling faces got me through.

C.O.B.S MAGAZINE:

What plans do you have for expanding your business endeavors?

FABIOLA SCARBROUGH:

Short-term: I recently completed my e-course entitled The Mindset Shift. I want to reach a larger audience with my podcast "Let's Talk About It Fab" and would like to begin writing my second book in the fall of 2024. My Long-term I would like to turn my book "Booked, Busy, and Broke" into a short film. Start my nonprofit to help parents discover the gift left behind after losing a child and help them rebuild their lives.

C.O.B.S MAGAZINE:

How do you define success in your personal and professional life?

FABIOLA SCARBROUGH:

To me, success is one's ability to overcome any obstacle; it is the tangible result of hard work. Whether you conceive success in your mind, see it with your eyes, or hold it in your hands, success is achieving THAT goal at that time.

C.O.B.S MAGAZINE:

Lastly, what message do you hope to convey to your audience through your work as a speaker, author, and coach? Can you please share your website and social media platforms? Thank you for your time.

FABIOLA SCARBROUGH:

Never stop dreaming, and NEVER GIVE UP HOPE! Without dreams, we have nothing to aspire to, and without hope, our dreams die.

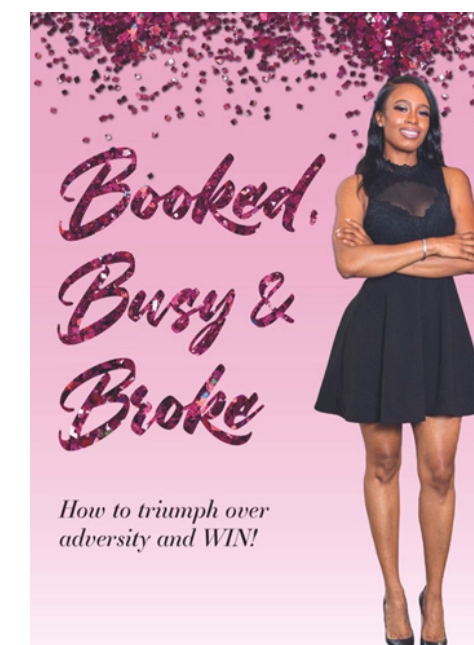
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Podcast: Let's Talk About IT Fab"
Youtube:
<https://www.youtube.com/channel/UC9ZFFBbjL28EAK0pgfHA>



AMBER KRYSTAL: TRANSFORMING BEAUTY STANDARDS AS CEO/FOUNDER OF THEE BEAUTY COACH

Amber Krystal, CEO/Founder of Thee Beauty Coach. Amber has a passion for beauty and self-care; she has dedicated her career to helping individuals look and feel their best. Amber provides personalized beauty coaching services and products to help her clients enhance their natural beauty and boost their confidence. Her innovative approach and dedication to customer satisfaction have made her a trusted name in the beauty industry.

C.O.B.S MAGAZINE:

Can you tell us about your journey to becoming a board-certified licensed esthetician and makeup artist?

AMBER KRYSTAL:

I started playing in makeup at an early age. I began to further my education and applied to an online makeup school to become a certified Makeup Artist in film, bridal, and photography. In 2015, I returned to school to become a board-certified licensed esthetician. During Covid, I returned to school to become a board-certified licensed esthetic instructor.

C.O.B.S MAGAZINE:

How did you decide to pursue a career in beauty coaching to birth your company Thee Beauty Coach?

AMBER KRYSTAL:

Beauty coaching was birthed out of my career as a board-certified Licensed Instructor. I started coaching and mentoring many women and young girls at and outside of school. Many women and girls that I met have gone through broken, traumatic situations. So, I began helping them understand what was happening to them and why it was happening and assisting them to understand the value of who they are. A rebirth of Thee Beauty Coach came when I went through my divorce and discovered I needed

healing, wholeness, and maturity in areas in my own life. At that time of transition, I wasn't aware that I genuinely didn't feel beautiful from within; that is when I began to reset and take Thee Beauty Coach to another level.

C.O.B.S MAGAZINE:

What sets you apart from other beauty coaches?

AMBER KRYSTAL:

What sets me apart is my style of beauty coaching. I've gone through feeling inadequate, insecure, and rejected so that I can coach personally. My mission statement on my website says, "True beauty is when you are beautiful on the inside as well as the outside." In other words, this is a different type of beauty and internal beauty that is.... There are many beautiful people in the world but very few beautiful souls. That type of beauty comes from authenticity, confronting broken, traumatic areas that shaped you to glorify the external and not fix the internal. When you fix the external, the real beauty shows up externally.

C.O.B.S MAGAZINE:

How do you blend traditional beauty coaching techniques with your experience as an ordained minister?

AMBER KRYSTAL:

Your spirituality and nature go

hand in hand. When both are healthy, they work well together. I am a reality teacher who uses everyday life scenarios and experiences with spiritual backing. I don't force what I believe on anyone. A humble approach and delivery are everything; it's received better when delivered in your true, authentic form.

C.O.B.S MAGAZINE:

The beauty industry is such a competitive industry. How do you feel your approach to coaching differs? How do you stay current with the latest trends and techniques in the beauty industry?

AMBER KRYSTAL:

My approach as a beauty coach is very personal, and I am passionate about healing the whole of you from within. We live in a world where people mind our condition to focus on the external part of a person, and I help reset that focus to the internal. I study and do a lot of research, which is a part of being an educator at heart.



C.O.B.S MAGAZINE:

Can you discuss your new book Beauty, Mental Health, Nutrition: Living From the Inside Out?

AMBER KRYSTAL:

This book is not just a compilation of pages; it's a transformative journey waiting to unfold. This comprehensive guide, carefully curated by a team of seasoned experts from the realms of psychology, nutrition, and holistic wellness, delves into the heart of what it truly means to achieve a harmonious equilibrium between the mind, body, and soul. Whether you are seeking refuge from the storm of daily stressors, searching for a way to enhance your natural allure, or yearning to understand the underpinnings of mental disorders, this book offers a beacon of insight.

C.O.B.S MAGAZINE:

How do you incorporate spiritual wellness into your beauty coaching practice?

AMBER KRYSTAL:

My ministry, for lack of a better word, is in and out of the church. I don't use the title in my coaching; as a matter of fact, it has nothing to do with my coaching business. If you're seeking coaching services from me, spirituality automatically comes with it; it's a part of me. I was gifted with that gift before becoming an ordained minister. Spiritual wellness comes authentically from my spirit, not my title. The message, not a title, holds the weight of change in my coaching business. Still, for the readers, if the opportunity presents itself, I have been preaching since 2015, so if I'm ever called on for that task, I am more than willing and able to deliver with God's help.

C.O.B.S MAGAZINE:

Can you share the success story of a client who has transformed their beauty routine with your guidance?

AMBER KRYSTAL:

Sharing just one success story is hard because I talk with many

people. I will say that transformation's true success is having a made-up mind. I don't have the power to change anyone. I have become empowered with knowledge, wisdom, education, and experience to help you understand where you are and how to overcome it. At the end of the day, you make up your mind to accept the help and make the change. True transformation comes from within.

C.O.B.S MAGAZINE:

What advice do you have for aspiring estheticians and makeup artists looking to break into the industry?

AMBER KRYSTAL:

Stay humble. Humility will open doors that your craft cannot. Connect with a great mentor or teacher. Perfect your craft, and don't compare yourself to any other esthetician or makeup artist in the field. Fall in love with the passion of the beauty industry, which is all about serving people, and everything else will fall into place.

C.O.B.S MAGAZINE:

Aspiring to be a beauty coach can't be an easy calling. What type of individual does it take to have such a significant impact?

AMBER KRYSTAL:

Having the calling for this type of work is essential. You are speaking into people's lives, which should not be taken lightly. An authentic beauty coach is not coaching out of trend and popularity but out of truly wanting to see lives changed from the inside out. Make sure you are healed, whole, and mature to the best of your ability; having the right motive of why you want to be a Beauty coach is important. Often, people do things out of trends and popularity, not purpose.

C.O.B.S MAGAZINE:

How do you balance your esthetic instructor and beauty coach roles?

AMBER KRYSTAL:

I teach three days a week, with 10-hour shifts, and I set my appoint-

ments around that schedule. The two go hand-in-hand: the moral ethics I teach to my students, and I coach to my clients. The balance was created early in my teaching career before I started coaching. It's the same message of realness, wholeness, and maturity, just different platforms.

C.O.B.S MAGAZINE:

What future projects or goals do you have for the Beauty Coach brand? Can you please provide your website and social media platforms?

AMBER KRYSTAL:

On my website, I released an e-book called Beauty, Mental Health & Nutrition: Living From The Inside Out" It's a transformative guide to a better you. It will change your life and help you better understand others. I will be dropping a physical book this year.

I'm looking forward to having conferences as well. Look out for more movies, films, and TV shows I'll participate in. Website: www.theebeautycoach.com Facebook- www.facebook.com/TheRealAmberKrystal Instagram- [@theebeautycoach](https://www.instagram.com/theebeautycoach) TikTok- [@theebeautycoach](https://www.tiktok.com/@theebeautycoach)

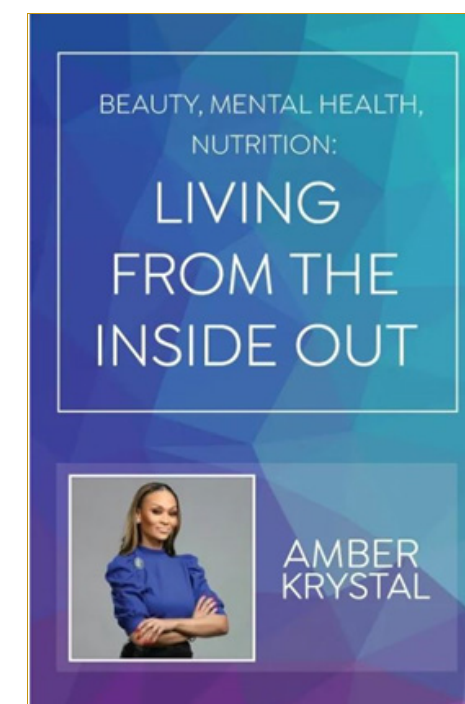


Photo Credit NJ.com Media

KAREEM HOLMES: STEERING BIG CITY TOURISM TO UNPRECEDENTED HEIGHTS

In the dynamic realm of tourism, where innovation and leadership play pivotal roles, Kareem Holmes stands out as a trailblazer as the CEO of Big City Tourism New York City, the only nautical Black-owned business. Holmes has been instrumental in transforming the company into a beacon of excellence within the industry. This article explores Kareem Holmes' journey and his indelible mark on the world of tourism.

Kareem Holmes, a visionary leader passionate about travel and exploration, assumed the CEO role at Big City Tourism in 2018. Armed with a wealth of experience in the tourism and hospitality sectors, Holmes was poised to bring a fresh perspective to the company. His background included successful stints at renowned travel companies, where he honed his skills and gained a deep understanding of the industry's intricacies.

Holmes wasted no time implementing innovative strategies that would set Big City Tourism apart from its competitors. Recognizing the growing trend of experiential travel, he spearheaded initiatives to offer unique and immersive experiences to visitors. Under his leadership, Big City Tourism forged strategic partnerships with local businesses, artists, and cultural institutions to curate unique experiences showcasing each destination's authentic essence.

A fervent advocate for sustainable tourism, Holmes has made environmental and social responsibility a cornerstone of Big City Tourism's ethos. He implemented eco-friendly practices throughout the company, from reducing carbon footprints in transportation to supporting local conservation efforts. By incorporating sustainability into the company's core values, Holmes aimed not only to provide unforgettable experiences for travelers but also to ensure the preservation of destinations for future generations.

**BiG
CiTY
TOURiSM**

Understanding the transformative power of technology, Holmes embraced digital innovations to enhance the customer experience. He oversaw the development of a user-friendly mobile app that provided real-time information, personalized recommendations, and seamless booking options for tourists. This streamlined the customer journey and positioned Big City Tourism as a tech-savvy industry leader.

Holmes recognized the importance of fostering positive relationships with local communities. To this end, he initiated community engagement programs to empower and uplift the residents of the destinations in which Big City Tourism operated. This strengthened the company's ties with local communities and contributed to the socioeconomic development of the areas it served. Holmes acquired the Franklin D. Roosevelt after an audition with the New York Waterway. The Franklin D. Roosevelt is the most advanced ferry in the harbor.

Kareem Holmes faced unprecedented challenges, especially during the global pandemic that disrupted the travel industry. However, his ability to adapt and innovate proved crucial in navigating these turbulent times. Big City Tourism pivoted its focus to domestic tourism, introduced flexible cancellation policies, and embraced health and safety protocols to ensure the well-being of travelers.

As the CEO of Big City Tourism, Kareem Holmes has steered the company through challenging times and elevated it to new heights of success and innovation. His commitment to sustainable and responsible tourism, coupled with a keen understanding of technological trends, has positioned Big City Tourism as a beacon of excellence in the dynamic world of travel. As the industry continues to evolve, Kareem Holmes remains at the forefront, leading Big City Tourism toward a future of continued growth and positive impact.

Anyone interested in booking a tour on Big City Tourism can visit bigcitytourism.com or email kholmes@big-citytourism.com.





A JOURNEY OF RESILIENCE AND HARMONY: THE REMARKABLE GROWTH OF R&B PIONEERS, NEW EDITION

BY DR. TREVI BOOKER PERSHAY

I genuinely adore New Edition. I have been a fan (not a die-hard fan, but a fan/supporter of their music). Not only are these six handsome grown man-style brothers talented and gifted. I believe in this group because they've all endured hardship, loss, tragedy, betrayal, and pain. Watching the New Edition biopic story made me understand that if these brothers went through so much adversity, their mission was their zeal to get back on top.

I wanted to pay tribute to a group that has gone through the fire of affliction, but through their perseverance, they're a powerful icon. My favorite songs are from Ralph Tresvant's – Sensitivity, Johnny Gill's – My, My, My, Bell, Biv, Devo's – Poison, Bobby Brown's – My Prerogative, and the entire group song Can You Stand the Rain.

In the dynamic landscape of R&B music, few stories resonate as profoundly as the growth and evolution of New Edition. From their humble beginnings to becoming a groundbreaking force in the genre, this iconic group's journey is one of resilience, talent, and lasting impact.

FORMATION AND EARLY YEARS:

Edition was formed in Boston, Massachusetts, in 1978, comprising members Ricky Bell, Michael Bivins, Bobby Brown, Ronnie DeVoe, and Ralph Tresvant. The group's inception marked a pivotal moment in R&B history, as they were among the first to combine pop melodies with soulful harmonies, laying the foundation for the "boy band" phenomenon.

DEBUT ALBUM AND BREAKTHROUGH:

New Edition's self-titled debut album, released in 1983, introduced the world to New Edition's unique sound and charismatic stage presence. Hits like "Candy Girl" and "Popcorn Love" catapulted the group into the spotlight, capturing the hearts of fans across the globe. The album's success signaled the beginning of their meteoric rise in the music industry.

INDIVIDUAL SUCCESSES AND CHALLENGES:

As New Edition gained momentum, individual members pursued solo careers. Bobby Brown achieved solo stardom with hits like "My Prerogative," while Ralph Tresvant and Johnny Gill also found success in their solo endeavors. Despite the challenges of managing individual careers, the group continued to reunite, demonstrating their collective strength and commitment to the New Edition legacy.



Photo Credit – Pinterest/Erica Hale

INNOVATIONS IN STYLE AND SOUND:

New Edition played a pivotal role in shaping the R&B landscape, not only through their music but also through their fashion and style. The group's impeccable choreography and distinct fashion choices influenced a generation of artists and set new standards for stage presence in the industry. These Kings are fantastic entertainers; you can't stay in your seat.

HEARTBREAK AND TRIUMPH:

The journey of New Edition is not without its share of challenges. From lineup changes to personal struggles, the group faced adversity with resilience and determination. The miniseries "The New Edition Story," released in 2017, provided a candid and compelling look into the highs and lows of their career, endearing them even more to fans.

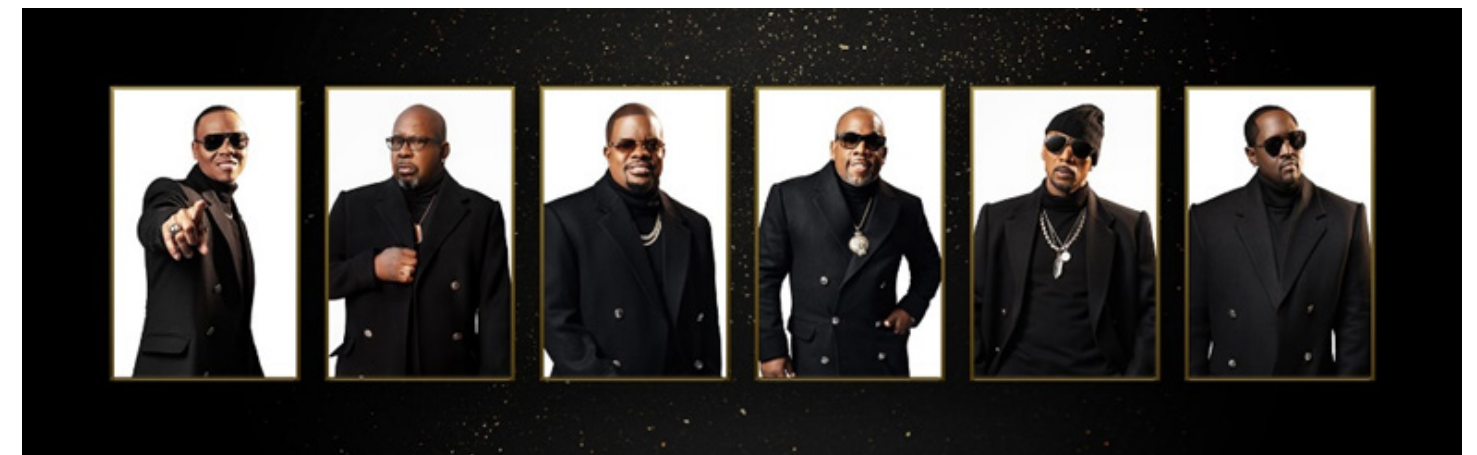


LEGACY AND CONTINUED INFLUENCE:

Decades after their debut, New Edition's impact endures. Their influence can be heard in the music of contemporary artists who draw inspiration from their harmonies and stage presence. The group's ability to adapt to changing musical landscapes while staying true to their roots speaks to their enduring relevance.

New Edition's growth from a talented group of teenagers to R&B legends is a testament to their unwavering passion for music and the enduring power of their harmonies. Through triumphs and challenges, they have left an indelible mark on the world of R&B, shaping the genre for generations to come. As we celebrate their growth, we also honor the rich tapestry of experiences that define the remarkable journey of New Edition.

Thank you, New Edition, for showing us what resilience looks like. Congratulations, King's, on your Successful Journey.





Cornbread Farm to Soul was founded by Adenah Bayoh and Elzadie "Zadie" Smith. — Photo Credit -FRANCHISE ELEVATOR PR

CO-FOUNDERS ADENAH BAYOH AND ELZADIE SMITH: CULTIVATING SOULFUL SUCCESS WITH CORNBREAD FARM TO SOUL RESTAURANT

I had the opportunity to eat at Cornbread Farm to Soul in Brooklyn, NY. The food was cooked with soul food love, and the employees were professional. It is a great place to take your family for Sunday dinner after an excellent church service. What a great dining experience.

In the heart of culinary innovation and cultural appreciation, the dynamic duo of Adenah Bayoh and Elzadie Smith has made a significant mark on the restaurant industry with their venture, Cornbread Farm to Soul. This article delves into the inspiring journey of these co-founders, exploring their backgrounds, the birth of their vision, and the impact their restaurant has had on the culinary landscape. At the end of the article, you will find the four locations that support this black-owned business.

FOUNDING VISIONARIES:

Adenah Bayoh and Elzadie Smith, the visionary co-founders of Cornbread Farm to Soul, share a deep passion for food and a commitment to community engagement. Their journey began with a shared dream of creating a dining experience celebrating the rich heritage of soulful cuisine and championing sustainable and locally sourced ingredients.

Adenah Bayoh, an accomplished entrepreneur with a background in real estate, brought her business acumen and determination to the world of culinary arts. Elzadie Smith, a seasoned chef with a flair for combining traditional flavors with modern culinary techniques, brought her expertise to the table. Together, they forged a partnership to blend their unique skills and create a restaurant that stood out in the crowded food industry.

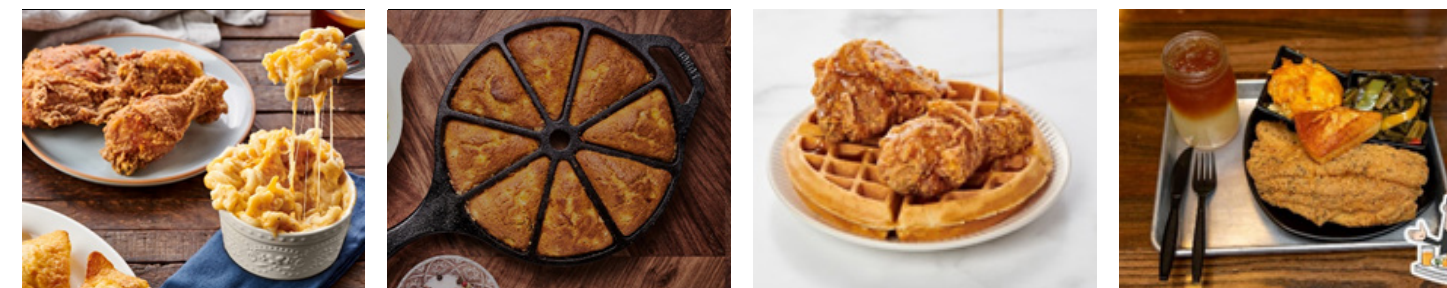
ROOTS IN COMMUNITY AND SUSTAINABILITY:

A commitment to community and sustainability is at the core of Cornbread Farm to Soul's ethos. Adenah Bayoh and Elzadie Smith recognized the importance of supporting local farmers and producers, ensuring that their restaurant's ingredients were of the highest quality and ethically and responsibly sourced. This dedication to sustainability has elevated the restaurant's offerings and resonated with conscious consumers seeking a dining experience beyond the plate.



SOULFUL CULINARY EXPERIENCE:

Cornbread Farm to Soul is more than just a restaurant; it celebrates soulful flavors and cultural heritage. Elzadie Smith's culinary expertise shines through in the carefully crafted menu featuring traditional Southern dishes with a modern twist. From mouthwatering fried chicken to comforting collard greens and their signature cornbread, each dish tells a story of tradition, love, and a commitment to excellence.



COMMUNITY ENGAGEMENT:

Adenah Bayoh and Elzadie Smith have created a space for exceptional dining and a hub for community engagement. Cornbread Farm to Soul regularly hosts events that celebrate local artists, musicians, and entrepreneurs, fostering a sense of connection and support within the community. This commitment to community building goes beyond the restaurant walls, making Cornbread Farm to Soul a beloved fixture in the neighborhoods it serves.

OVERCOMING CHALLENGES:

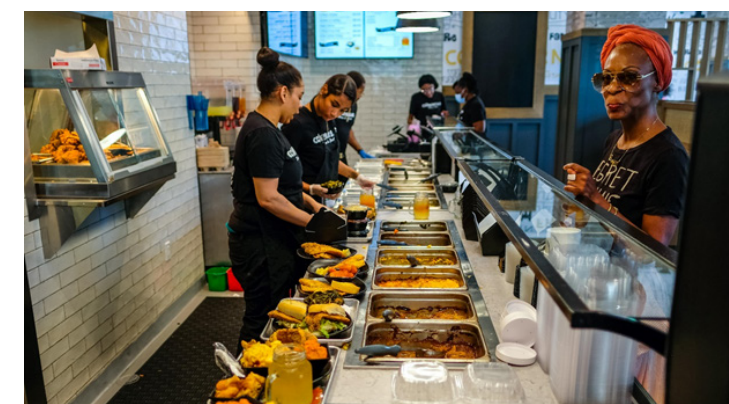
Like any successful venture, Cornbread Farm to Soul faced its fair share of challenges, from navigating the complexities of the restaurant industry to adapting to changing consumer preferences. However, Adenah Bayoh and Elzadie Smith's resilience and innovative spirit have enabled them to weather these challenges and emerge stronger, more adaptable, and more beloved by their community.

Adenah Bayoh and Elzadie Smith, as the co-founders of Cornbread Farm to Soul, have brought a unique blend of business acumen, culinary expertise, and community commitment to the forefront of the restaurant industry. Their dedication to celebrating cultural heritage, supporting local communities, and providing a soulful culinary experience has set Cornbread Farm to Soul apart as more than just a restaurant—it's a cultural institution and a testament to the power of vision, passion, and collaboration in the world of gastronomy. As they continue to inspire and delight patrons, the journey of Adenah Bayoh and Elzadie Smith with Cornbread Farm to Soul serves as a beacon for those seeking to make a lasting impact in food and community.

Our Locations

BROOKLYN, NY
MAPLEWOOD, NJ
MONTCLAIR, NJ
NEWARK, NJ

Visit Cornbread website
<https://cornbread soul.com/>





NISHA PERSHAY
Top picks of Trendy Ponytail
style for 2024



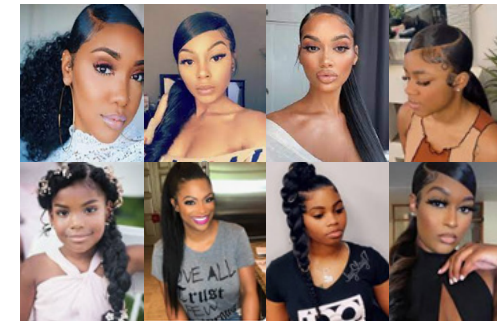
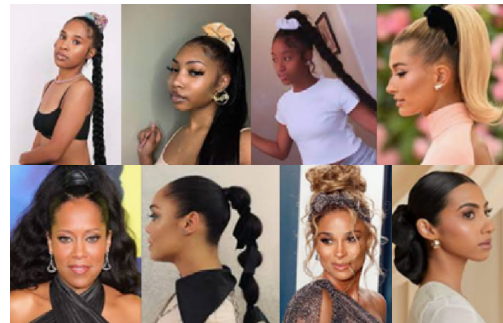
In the 90s, ponytail styles were quite popular. Some iconic ones include the high ponytail with scrunchies or colorful hair clips, the side ponytail, the bubble ponytail (where multiple small elastic bands are used to create a segmented look), and the sleek, low ponytail with a middle or side part. These styles often featured accessories like butterfly clips, ribbons, or even strands of beads woven into the ponytail.

These hairstyles still exist and have elevated into today's fashions. These styles are even more beautiful, and there are so many looks to choose from. Everyone can make this a part of their fashion and become as imaginative as possible, and there are no right or ways to rock a ponytail because you can have any hair type and still make the look work. You can add hair extensions, colors, braids, and accessories; that list can go on. Let's dig into trends that have taken a classic look from simple to high fashion.

HERE ARE SOME SPECIFIC EXAMPLES OF POPULAR 90'S PONYTAIL STYLES:

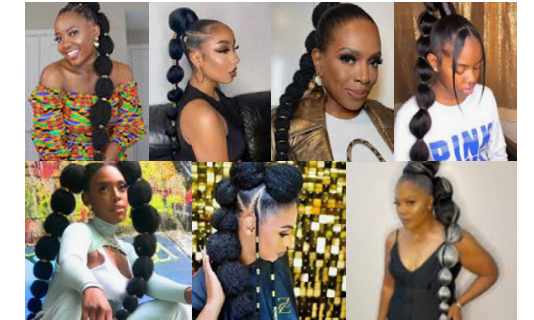
1. HIGH PONYTAIL WITH SCRUNCHIE:

start by pulling the hair up high on the head and securing it with a large, colorful scrunchie to achieve this look. This style was often seen with voluminous hair.



2. SIDE PONYTAIL

this style can be created by gathering the hair to one side of the head and securing it with a scrunchie or elastic band. This style was often accompanied by face-framing strands or bangs.



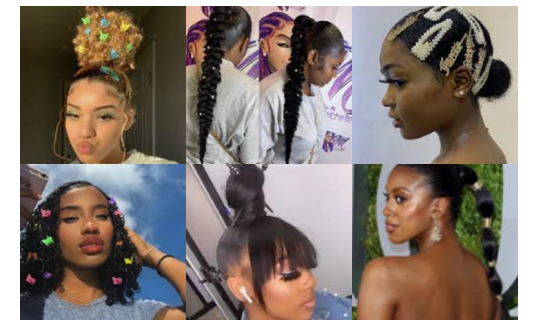
3. BUBBLE PONYTAIL

Create a series of small ponytails down the length of the hair, each secured with an elastic band, to create a bubbled effect.



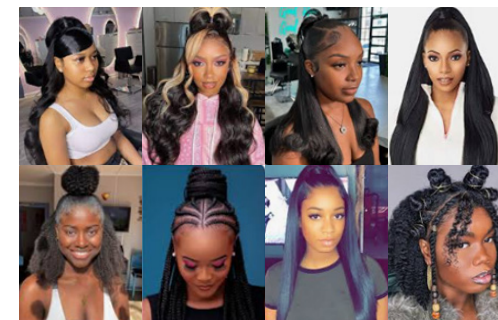
4. SLEEK LOW PONYTAIL

Styling the hair into a smooth, low ponytail at the nape. This style was often worn with a middle or side part for a polished look.



5. PONYTAIL WITH BUTTERFLY CLIPS

Adding colorful butterfly clips or other hair accessories throughout the ponytail for a playful and whimsical touch.



6. HALF-UP HALF-DOWN PONYTAIL OR PONYTAIL WITH WRAPPED HAIR

Secure the top half of the hair into a ponytail while leaving the bottom half loose or styled in waves or curls. Wrapping a strand of hair around the base of the ponytail to conceal the elastic band, giving it a more polished finish.

BREAKING BOUNDARIES: ATIYA JOHNSON, VISIONARY CEO AND FOUNDER OF (THE FIRST BLACK) JANA'S COSMETOLOGY ACADEMY IN NEW JERSEY

In the dynamic world of cosmetology education, few names stand out as prominently as Atiya Johnson, the visionary CEO and founder of Jana's Cosmetology Academy (The first black-owned cosmetology academy in New Jersey). Her journey from passion to profession has shaped the academy and left an indelible mark on the beauty industry in New Jersey. Her vision was clear — to create an institution that educates, inspires, and empowers aspiring beauty experts.

Jana's Cosmetology Academy received funding from global icon Beyoncé's BeyGood foundation. BeyGOOD, the philanthropic initiative founded by Beyoncé, recently announced the launch of the Cécred x BeyGOOD Fund. BeyGOOD is a global initiative founded by Beyoncé that focuses on positively impacting education, health, and social justice. Through various programs and partnerships, BeyGOOD strives to empower individuals and communities to reach their full potential. Learn more at BeyGood.org (Lighter, 2004).

BUILDING A LEGACY:

Under Atiya's leadership, Jana's has flourished into a hub of innovation and excellence. From its inception, the academy has been dedicated to providing students with a comprehensive and cutting-edge education in cosmetology. Atiya's commitment to quality and forward-thinking approach has set Jana apart as a beauty education leader.



Photo Credit The Bash.com



Photo Credit Black Business.com



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EDUCATIONAL PHILOSOPHY:

Atiya's educational philosophy is at the core of Jana's success, emphasizing a balance between theory and hands-on experience. She believes a well-rounded education is essential for students to thrive in the competitive beauty industry. This philosophy is reflected in the academy's curriculum and state-of-the-art facilities.

INDUSTRY IMPACT:

Atiya's influence extends beyond the academy's walls. Her dedication to fostering talent has contributed to the success stories of numerous graduates who have significantly contributed to the beauty and wellness industry. Atiya's commitment to staying abreast of industry trends ensures that Jana's graduates are well-prepared for the ever-evolving landscape of cosmetology.

COMMUNITY ENGAGEMENT:

Beyond the business aspect, Atiya understands the importance of giving back. She actively engages with the local community through various initiatives, promoting not only the academy but also the positive impact of the beauty industry on individuals and society.

COMPREHENSIVE CURRICULUM:

The academy's curriculum is crafted to cover a broad spectrum of cosmetology disciplines, including hair styling, skincare, makeup artistry, and more. The hands-on approach to learning ensures that students not only grasp theoretical concepts but also gain practical experience, which is crucial in the beauty industry.

Jana's Cosmetology Academy in New Jersey is more than an educational institution; it is a hub of creativity, innovation, and empowerment. Aspiring beauty professionals looking for a transformative educational experience need to look no further than the doors of Jana's.

For additional information, please reach out to

CONTACT US

Address: 1397 Blackwood-Clementon Rd. Clementon, NJ 08021

Email Us: admissions@janasacademy.com

Phone: 856-344-5018

Website: www.janasacademy.com



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Lighter, (2024, February 27) 103.7 the beat, Article – First Black-Owned Cosmetology School. <https://1037thebeat.com/first-black-owned-cosmetology-school-in-new-jersey-to-partner-with-beyonces-beygood-foundation/>

DAZZLING THE RUNWAY: LAQUAN SMITH'S GLAMOROUS REVOLUTION IN FASHION



Image: Laquan-Smith-Vogue-Business-laquan-smith-sep-21-story_Image by Greg Swales for Vogue Business 2021.

In the ever-evolving landscape of fashion, certain designers stand out as trailblazers, pushing the boundaries of creativity and redefining modern style. LaQuan Smith, a dynamic force in the industry, has captivated the fashion world with his bold and glamorous designs. This article delves into the journey of LaQuan Smith, exploring the roots of his success, his signature style, and his impact on the global fashion stage.

EARLY BEGINNINGS:

Born and raised in Queens, New York, LaQuan Smith discovered his passion for fashion early on. His journey began in his grandmother's basement, where he started experimenting with design and sewing. Smith's innate talent and determination soon caught the attention of the fashion elite, paving the way for a remarkable career that would see him become a prominent figure in the industry.

SIGNATURE STYLE:

LaQuan Smith is renowned for his distinctive and daring designs that seamlessly blend sensuality with sophistication. His creations often feature form-fitting silhouettes, intricate detailing, and luxurious fabrics that celebrate the beauty of the human form. Smith's ability to infuse glamour into every piece has made him a favorite among celebrities and fashion enthusiasts.



LaQuan Smith
NEW YORK



CELEBRITIES AND HIGH-PROFILE COLLABORATIONS:

Smith's ascent to prominence in the fashion world can be attributed, in part, to the widespread admiration of his designs by celebrities. From A-listers like Beyoncé and Rihanna to style icons such as Kim Kardashian, LaQuan Smith's creations have graced red carpets, music videos, and high-profile events, garnering attention for their boldness and sophistication.

In addition to dressing some of the biggest names in entertainment, LaQuan Smith has engaged in high-profile collaborations that have further solidified his position as a trendsetting designer. Collaborations with brands like Nike and fashion retail giant ASOS have showcased Smith's versatility and ability to bring his unique aesthetic to a broader audience.





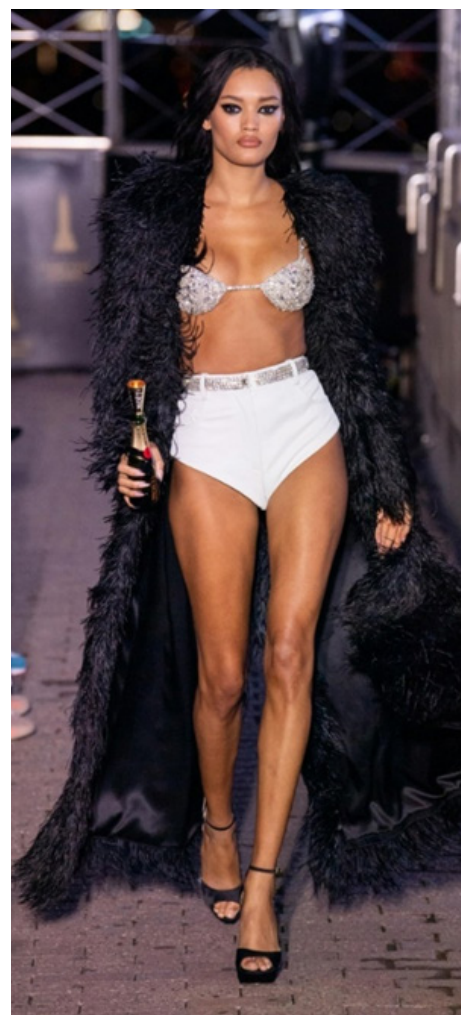
FASHION WEEKS AND GLOBAL RECOGNITION:

LaQuan Smith has become a fixture at major fashion weeks, presenting his collections with flair and theatricality that captivates audiences. His runway shows are not just clothing displays; they are immersive experiences that showcase the essence of his design philosophy. From New York to Paris, Smith's global recognition continues to grow, solidifying his status as a visionary force in contemporary fashion.

LaQuan Smith is a designer and proponent of inclusivity and empowerment within the fashion industry. Breaking away from traditional norms, his brand embraces diversity in sizing, making high fashion accessible to a more comprehensive range of body types. This commitment to inclusivity aligns with a broader movement within the industry, challenging traditional beauty standards and fostering a more inclusive and representative space for all.

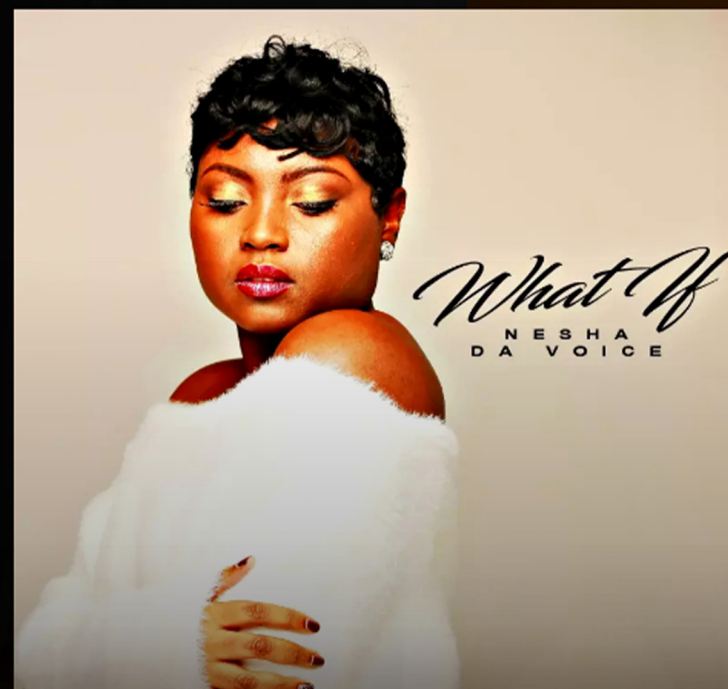
LaQuan Smith's journey from a self-taught designer in Queens to a global fashion phenomenon exemplifies the power of passion, talent, and determination. His ability to redefine glamour, challenge industry norms, and embrace inclusivity has set him apart in an ever-evolving industry. As LaQuan Smith continues to shape the narrative of modern fashion, his impact on the runway and beyond serves as an inspiration for aspiring designers and a testament to the transformative potential of creativity in the world of style.

<https://laquansmith.com/>
Fashion Photos Credit from NYFW 2022



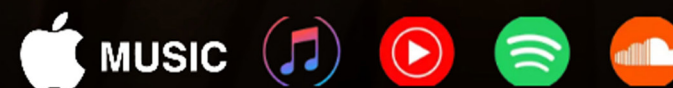
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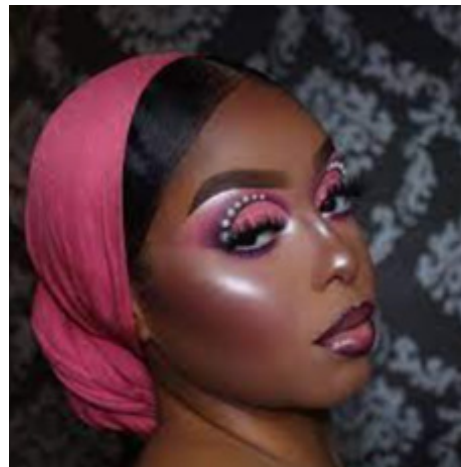
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TINIKA THOMAS-FOREMAN

SPRING INTO BEAUTY: EMBRACING PASTEL MAKEUP COLORS FOR A FRESH LOOK

INTRODUCTION:

Spring is finally here, meaning it's time to ditch the dark winter makeup colors and embrace the light and airy pastel hues. Pastel colors are perfect for spring because they evoke the feeling of freshness and renewal.

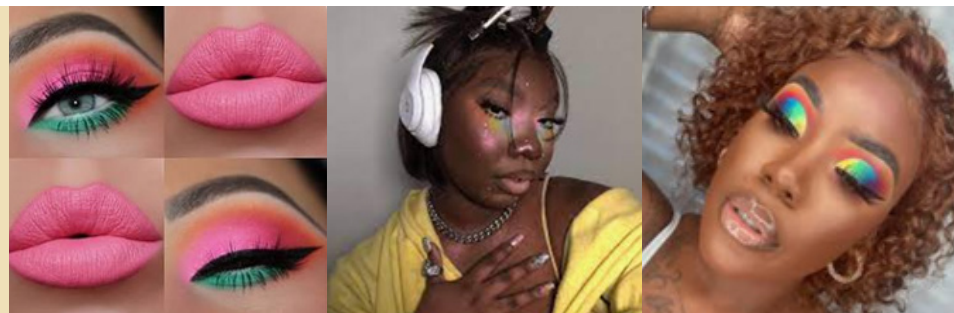


1. SOFT PASTEL EYES:

One of the easiest ways to incorporate pastel colors into your makeup routine is by using pastel eyeshadows. Soft shades of pink, lavender, mint green, and baby blue can instantly brighten up your eyes and give you a youthful and vibrant look. Apply a light pink or lavender eyeshadow all over the lid and blend it out towards the crease. Add a pop of pastel blue or green on the lower lash line for a fun twist. Try blending different pastel shades together for a fun and playful eye makeup look.

2. PASTEL RAINBOW EYES:

Create a gradient effect on your eyelids using pastel shades of pink, peach, yellow, green, and blue. Finish off the look with some shimmer on the inner corners of the eyes.



3. PASTEL PINK LIPS:

Pastel lip colors are also a great way to add a pop of color to your spring makeup routine. Soft shades of peach, coral, and lilac can complement any skin tone and give you a fresh and radiant appearance. Opt for a soft pink lipstick or lip gloss to keep the focus on your lips. Pair it with minimal eye makeup to let your lips stand out. If you're feeling bold, you can even try wearing a pastel blue or green lipstick for a unique and unexpected look.

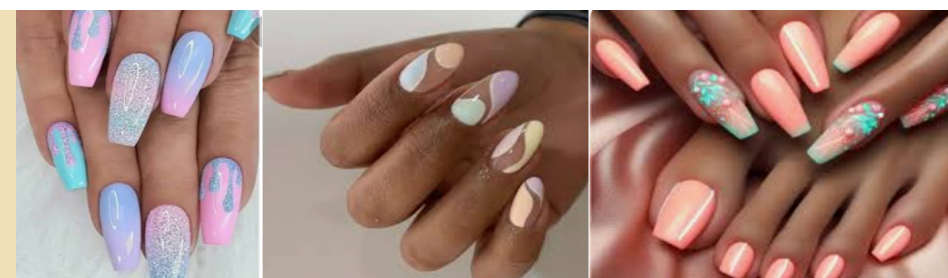


4. PASTEL CHEEKS:

Don't forget about pastel blush and highlighter! A light pink or peach blush can give your cheeks a natural flush of color, while a shimmery pastel highlighter can add a touch of glow to your complexion. Just remember to blend everything out seamlessly for a soft and ethereal finish. This will give you a fresh and youthful look for spring.

5. PASTEL NAIL ART:

Experiment with pastel nail polishes in different shades like mint green, baby blue, lilac, and pale yellow. You can also try mixing and matching these colors for a fun and unique manicure.



CONCLUSION:

So, whether you're a fan of subtle pastel accents or want to go all out with a full-on pastel makeup look, there are plenty of ways to incorporate these soft and feminine colors into your spring beauty routine. Embrace pastel hues' whimsical and dreamy vibes this season, and have fun experimenting with different shades and finishes!

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Photo Credit - Sally McKinney

CREAMY AVOCADO LIME SALMON DELIGHT

INGREDIENTS

- 4 salmon fillets
- 2 ripe avocados, mashed
- 1/2 cup sour cream
- 2 limes (zest and juice)
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon cumin
- 1 teaspoon paprika
- Optional: Red pepper flakes for a hint of heat
- Fresh cilantro for garnish
- Lime wedges for serving

DIRECTIONS

- 1. PREHEAT THE OVEN:**
Preheat your oven to 400°F (200°C).
- 2. PREPARE THE SALMON:**
Pat the salmon fillets dry with a paper towel and place them on a parchment-lined baking sheet.
- 3. SEASON THE SALMON:**
In a small bowl, combine cumin, paprika, minced garlic, salt, and pepper. Sprinkle the seasoning evenly over each salmon fillet, ensuring they are well-coated.
- 4. BAKE THE SALMON:**
Bake the salmon in the preheated oven for about 12-15 minutes or until the salmon flakes easily with a fork. Adjust cooking times based on the thickness of your fillets.
- 5. CREATE THE CREAMY AVOCADO LIME SAUCE:**
Combine mashed avocados, sour cream, lime zest, lime juice, and olive oil in a mixing bowl. Mix until smooth and creamy—season with salt and pepper to taste.
- 6. ASSEMBLE THE DISH:**
Once the salmon is cooked through, remove it from the oven and transfer each fillet to a serving plate. Spoon a generous amount of the creamy avocado lime sauce over each fillet, ensuring it covers the entire surface.
- 7. GARNISH AND SERVE:**
Garnish the dish with fresh cilantro and offer lime wedges on the side for an extra burst of citrus flavor.
- 8. OPTIONAL: SIDES AND ACCOMPANIMENTS:**
Serve the creamy avocado lime salmon over a bed of rice, quinoa, or your favorite grains. Steamed vegetables or a crisp green salad make excellent side choices.

This Creamy Avocado Lime Salmon recipe offers a decadent twist to the classic dish, introducing a luscious avocado and sour cream sauce that complements the rich flavors of the salmon. The combination of creamy, zesty, and savory elements makes this a delightful and elegant meal. Enjoy the symphony of flavors as you savor each bite!



LEMON-BLUEBERRY PUFF PASTRY TART

YIELDS: 16 | PREP TIME: 15 MINUTES | TOTAL TIME: 1 HOUR

INGREDIENTS

CREAM CHEESE LAYER

- 4 oz. cream cheese, softened
- 1/4 c. confectioners' sugar
- Juice and zest of 1/2 lemon

BLUEBERRY LAYER

- 2 c. fresh blueberries
- 2 tbsp. granulated sugar
- Juice of 1/2 lemon

CRUMBLE & ASSEMBLY

- 2 tbsp. granulated sugar
- Zest of 1/2 lemon
- 1/2 c. all-purpose flour
- 4 tbsp. (1/2 stick) unsalted butter, melted
- 1 sheet frozen puff pastry, thawed

DIRECTIONS

- CREAM CHEESE LAYER:**
1. Step 1Preheat oven to 400°. Place a baking sheet in the oven to preheat.
 2. Step 2 In a medium bowl, using a rubber spatula, mix cream cheese, confectioners' sugar, lemon zest, and lemon juice until combined.
- BLUEBERRY LAYER:**
1. Combine blueberries, granulated sugar, and lemon juice in another medium bowl.
- CRUMBLE & ASSEMBLY:**
1. Rub granulated sugar and lemon zest in another medium bowl with your fingers until fragrant; mix in flour. Add butter and stir until combined.
 2. Roll the pastry into a 12" x-9" rectangle on a piece of parchment. Fold in sides about 1/4" all the way around to create a border.
 3. Spread the cream cheese layer in the center of the pastry up to the border—spoon the blueberry layer over the cream cheese. Sprinkle crumble over. Very carefully slide the parchment onto the preheated sheet.
 4. Bake tart until pastry is golden brown, puffed, and blueberries bursting for 20 to 25 minutes. Let cool for 10 minutes before slicing.

Reference and Photo Credit:
<https://www.delish.com/cooking/recipe-ideas/a43202420/lemon-blueberry-puff-pastry-tart-recipe/>

ARIELLE PERSHAY

FIT FOR ME: PILATES



Pilates is a popular fitness trend and a great workout for women.

This low-impact exercise method offers numerous benefits that cater specifically to women's fitness needs. Pilates has become a go-to exercise for women of all ages and fitness levels, from improving posture and flexibility to toning muscles and reducing stress. One of the critical reasons why Pilates is a great workout for women is its focus on core strength and stability. The core muscles, including the abdominals, lower back, and pelvic floor, play a vital role in women's health and overall well-being. Strengthening these muscles through Pilates exercises can help improve posture, prevent back pain, and enhance overall body function. In addition to core strength, Pilates also emphasizes flexibility and joint mobility.



Women often experience tightness in certain body areas, such as the hips and shoulders. Regular practice of Pilates can help lengthen and stretch these muscles, improving flexibility and range of motion. This can particularly benefit women who engage in other physical activities or sports. Furthermore, Pilates is known for its ability to tone and sculpt the body without adding bulk.

Many women like me prefer lean and toned muscles rather than bulky ones.



The controlled and precise movements in Pilates target specific muscle groups, helping to create long and lean muscles. This can result in a more toned and sculpted physique, enhancing overall body shape and confidence. Another reason why Pilates is an excellent workout for women is its focus on mind-body connection and relaxation. Pilates exercises require concentration and mindfulness, allowing women to connect with their bodies and alleviate stress. The slow and controlled movements, combined with deep breathing, promote relaxation and reduce tension.

This can be especially beneficial for women who lead busy and stressful lives. Lastly, Pilates is a form of exercise that can be modified to suit individual needs and fitness levels. Whether you are a beginner or an advanced practitioner, Pilates offers a variety of exercises and equipment options to cater to different abilities. This makes it accessible to women of all fitness levels, including those recovering from injuries or postpartum. In conclusion, Pilates is a fantastic workout for women because it focuses on core strength, flexibility, muscle toning, mind-body connection, and adaptability. It offers a holistic approach to fitness that addresses women's specific needs and goals. So, if you're looking for a workout that can improve your posture, enhance flexibility, tone your muscles, and reduce stress.

Give Pilates a try. Your body will thank you. I am doing Pilates now, and I love it, and I am seeing the results. Stay consistent. That is the key.

RISE AND SHINE

BY ARIELLE PERSHAY

How do you get promoted in your job? This article will give you great insight into how to get promoted in your job.

Are you ready to Rise and Shine? Let's get to work.

Getting promoted in your job is a goal that many professionals strive for. It brings with it increased responsibilities and opens new opportunities for growth and advancement in your career. If you want to climb the corporate ladder and secure a promotion, here are some key strategies to help you achieve your goal. First and foremost, it is essential to excel in your current role.



1. Demonstrating exceptional performance and exceeding expectations in your current position lays a strong foundation for promotion.
2. Take the time to understand your job responsibilities thoroughly and strive for excellence in every task you undertake.
3. Show initiative, take ownership of projects, and consistently deliver high-quality work. You will earn your colleagues' and superiors' trust and respect by consistently performing at a high level, making you a prime candidate for promotion.
4. Another crucial aspect of getting promoted is continuously developing and enhancing your skills. This involves seeking opportunities for professional growth and acquiring new knowledge relevant to your field.
5. Stay updated on industry trends and advancements, and actively pursue opportunities for training and development. This could involve attending workshops and seminars or pursuing certifications demonstrating your commitment to self-improvement. By continuously investing in your skills and knowledge, you position yourself as an asset to your organization and increase your chances of being considered for promotion.
6. Building and maintaining strong relationships within your organization is also instrumental in getting promoted. Networking with colleagues, mentors, and leaders in your industry can provide valuable insights, guidance, and potential career opportunities.
7. Actively seek opportunities to collaborate and work on cross-functional projects within your organization. This demonstrates your ability to work well with others and expands your visibility within the company.



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8. Cultivate relationships with decision-makers and leaders in your organization and seek their guidance on advancing your career. Their support and mentorship can be invaluable in helping you navigate the path to promotion.
9. In addition to excelling in your current role, developing your skills, and building relationships, it is crucial to communicate your aspirations for promotion to your superiors.
10. Make your career goals known to your manager and seek feedback on areas for improvement. Have open and honest conversations about your career progression and express your interest in taking on more challenging roles and responsibilities. This demonstrates your ambition and willingness to grow within the organization.
11. Ask for feedback on how you can better position yourself for promotion and actively work on addressing any areas of improvement. Lastly, being patient and persistent in pursuing a promotion is essential.



Career advancement takes time, and it is essential to understand that promotions may not happen overnight. Continue to work hard, stay focused on your goals, and be open to possible opportunities, even if they are not in your immediate line of sight. Seek feedback and learn from setbacks or rejections, using them as opportunities for growth and improvement.

In conclusion, getting promoted in your job requires a combination of exceptional performance, continuous skill development, relationship building, effective communication, and patience. You increase your chances of securing that well-deserved promotion by consistently delivering high-quality work, investing in your skills, cultivating relationships, expressing your aspirations, and staying persistent. Remember, promotions depend not solely on your abilities but also on the opportunities available within your organization. Stay dedicated to your professional growth, and the right opportunity will come your way.



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