

MAY 2022 ISSUE
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HAPPY ANNIVERSARY!

C.O.B.S.

CIRCLE OF
Boss SISTERS

THE KING'S COURT

Meet Jeff Lindor -
CEO of Gentlemen's Factory

CEO'S UNDER 18

Meet Makayla Sydney -
CEO of Cookie Creations

Meet Morgan Grace -
CEO of M&M Angels, Inc.

Meet Serenity Phinex -
Co-CEO of Serenity's
Nail Polish

THE QUEEN'S COURT

Meet Maureen
Washington -
CEO of Mobeauty
Supply Vending

WOMEN'S WERK

Lady Tiffany Nicole -
CEO of Power
Influence Radio

ROBINS.

CEO/Founder of HEY GIRL HEY MUZIK LLC

a.k.a - #1 Hit Singles

"Show Me Love"





From The Office of the Editor

TREVI BOOKER PERSHAY

HAPPY 1ST ANNIVERSARY C.O.B.S

I am so honored that the Lord hand-picked me as a vehicle to start this magazine. Thank you to our subscribers and readers who have supported C.O.B.S Magazine. What a journey it has been, but I've learned to preserve through pain. You never know what you're made of until you are completely passionate about the assignment that God places in your hand. No one ever told me that I was going to implement a magazine that is created to encourage Black CEOs on the rise. It's time to go after black wealth and be the change in our homes and community. May 2021 was our first issue and 12 issues later we are still grinding. I met some awesome people doing amaz-

ing things. My prayer for the black community is that we learn how to support one another. We must stop that "Crab in the Barrell" mentality and pull together, support each other, uplift and bring wealth back into our communities. We must stop asking for discounts or deals and expect black businesses to lower their standards because folk won't come out of the poverty mentality. How can we win if we don't pull together and help our community be great? Black Lives Matter should not only be illustrated for the violence in our communities that should be our motto by supporting black-owned businesses. We are more than what the media



Trevi Booker

Trevi Booker Pershay

MEET THE C.O.B.S. TEAM



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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CONTENTS



EDITOR'S NOTE

02) Trevi Booker Pershay

MEET THE C.O.B.S. TEAM

03) Members of the COBS

MOTHER'S DAY TRIBUTE

06) Trevi Booker Pershay

BEAUTY TALK

07) Tinika Thomas

FEATURED STORY

08) ROBIN S

KING'S COURT

10) JEFF LINDOR

QUEEN'S COURT

12) MAUREEN WASHINGTON

AUTHOR'S CORNER

14) MARY L. BEAL

ARTIST CORNER

16) LAVON "LC" COLLINS

WOMEN'S WERK

18) LADY TIFFANY NICOLE
FEAGINS

HAIR BY NISHA

21) NISHA PERSHAY

FASHION CORNER

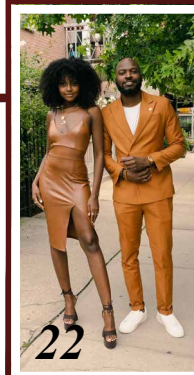
22) GARVENCHY NICOLAS
AND NEHEMIE PIERRE

CEO'S UNDER 18

26) Jasmine
27) Jasmine MORGAN
GRACE
27) MAKAYLA SYDNEY

FIT BY ARIELLE

28) Arielle Pershay



Mother's Day Tribute

Written by Trevi Pershay

“

I celebrate and honor all the mothers out there who suit up every day
To take care they're families and tuck their feelings away
We put ourselves last in everything we do because we are the glue of holding it down
Even in our silence, we endure the suffering and cry when no one is around
Yet we find strength in turning our pain into power and whining into winnings
We refuse to embrace generational curses and fight for our beginnings
Our children will stand on the strength of our backs and the principle of our integrity
We must do better too many black youths are going to jail, and it sits heavily
In the hearts of our community, how can we assist the young mothers to do better
We must become role models in the black community as trendsetters
I see you Queen wearing your struggle, making things work even if you can't eat
Asking the Lord to make a way to help you get on your feet
Raising the kids by yourself learning to embrace the role as the Parent
Which means your role takes on a double standard?
I celebrate and honor all the mothers out there who suit up every day
God sees all things and he hears us when we pray
God sees our brokenness, pain, and internal trauma
God sees the discouragement and life's drama
But the songwriter wrote a song that said Trouble Won't last always
Happy Mother's Day Queens its all about your day

TINIKA THOMAS

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

5 MAKEUP LIPSTICK COLORS APPROVED FOR SUMMER 2022

From bright lipsticks, to shimmering clear glosses, there's nothing like a new lip color to complement those natural summer glows. With the warm weather approaching here are the top lipstick color trends that you all need to try. This season it is about the natural lip color.

Freck Beauty Cheekslime Lip, Cheek and Tint with Plant Collagen - \$22.00 on Sephora

A super smooth liquid cream blush with a buildable formula that blends and dries down beautifully for a natural flush of color across any skin tone. Cheekslime Lip and Cheek Tint with Plant Collagen is an ultra-pigmented multi-use blush that can be worn comfortably on lips and cheeks. Lightweight, longwearing and clean.

<https://www.sephora.com/product/freck-beauty-cheekslime-lip-cheek-tint-with-plant-collagen-P469819?skuld=2465094&icid2=products%20grid:p469819:product>

Armani beauty lip power lipstick - \$39.00 on Sephora

A longwearing satin lipstick that delivers ultra-vivid color in one swipe, all-day wear and comfort, and precision application with an innovative, drop-shaped bullet. Its innovative drop-shaped bullet allows for ease of application and precise, defined lines. No lip liner needed.

<https://www.sephora.com/product/giorgio-armani-beauty-lip-power-lipstick-P471221?skuld=2469427&icid2=products%20grid:p471221:product>

Tower 28 Shine on Lip Jelly- \$15.00 on Sephora

A bestselling, non-sticky, moisturizing gloss for soft, shiny lips. This lip jelly, which has the shine of a gloss, the comfort of a balm, and a touch of juicy translucent color, uses a unique blend of five nurturing oils to soothe and protect lips from drying and peeling.

<https://www.sephora.com/product/shineon-lip-jelly-P448854?skuld=2328094&icid2=products%20grid:p448854:product>

Maybelline Color Sensational Shine Compulsion Lipstick Baddest Beige- \$7.99 on Walmart

Bring on brilliant shine that melts onto lips with Shine Compulsion Lipstick Makeup by Color Sensational. From nude lipstick to red lipstick and every shade in between, get beautifully hydrated and pigmented lips with Maybelline's most irresistible shine. Feel the compulsion! Packaging May Vary

<https://www.walmart.com/ip/Maybelline-Color-Sensational-Shine-Compulsion-Lipstick-Makeup-Baddest-Beige-0-1-oz/873534972>

Tom Ford Lip Color Lipstick in Sugar Glide- \$58.00 on Sephora

A fade-resistant lip color with a creamy, vibrant, true-color finish in shades from second-skin nudes to blazing reds. Specially treated color pigments offer pure color with the perfect balance of luminosity. Lip Color Lipstick is fade-resistant up to eight hours.

<https://www.sephora.com/product/lip-color-P416057?skuld=2490217&keyword=tom%20ford%20lipstick%20sugar%20glide>



MEET ROBIN S

POP SINGER, PRODUCER AND CEO, and FOUNDER OF HEY GIRL HEY MUZIK LLC.

C.O.B.S. MAGAZINE:

Welcome to COBS!!! We are elated to have the Award-winning Best Dance Artist, Best Dance Single, and Godmother of Pop Music Robin S. Robin's live performances on the stages of New York, Chicago, and Los Angeles continue to work their magic showing off Robin's diversity. We are excited to discuss her journey from childhood to the pop icon she is today. Can you tell where you are from, and how your life lead you into a career in professional music?

ROBIN S:

I was born and raised in St. Albans, Queens. The daughter of Elmer Lee McClure and Robert Lewis Jackson, the boxer PKA "Stonewall Jackson." I grew up like any normal kid playing on the streets of Farmers Blvd. I was always in church as a child because I always believed in God. I grew up in a church named Queen Ester Temple Pentecostal Church where I had multiple solos in the children's choir.

C.O.B.S. MAGAZINE:

We understand that you started singing in the church. Can you share with us your journey from gospel to secular music? Was your family supportive in your transition?

ROBIN S:

Yes. I started singing in church at the age of 5. Broadcasting was different back then as it is now. Radio used to come to the churches to set up and broadcast the services on Sundays. Around the age of 10 or 12, my mom got a call from Motown. They were looking for children's acts that were along the time of the Jackson 5 etc. They wanted to groom me so I could be signed with Motown. I then started taking vocal lessons with the incomparable vocal trainer Brook Alexander (the man who trained Melba Moore) At the age of 15 I joined a local band, that's where it started. Yes, my family was very supportive of the transition as they were very secure in knowing the church was my solid foundation and my relationship with God was secure.

C.O.B.S. MAGAZINE:

We know you as a legendary R&B singer, songwriter, and Queen of dance Hall. Let's discuss the Boss side of you. We understand that you are the CEO and Founder of HEY GIRL HEY MUZIK LLC. Can you share with our readers what your organization is about and how what



PHOTOGRAPHER: @PBD (BLAIR)
MUA: @BESIMPLYSTUNNING (JOYUA)
HAIR: @YANNASOULSINGS (Y'ANNA CRAWLEY)
STYLED BY SHAUNI
VIDEOGRAPHER: @LYRIKLONDON
CREATIVE DIRECTOR: @BRODIESYOURGUY (BRODIE)

prompt you to create it?

ROBIN S:

HEY GIRL HEY, LLC is a platform and gateway to introduce untapped talent into the industry the correct way. So many of them get involved with things that they later regret. Knowledge is power. I was prompted from my experience with bad advice. The knowledge base wasn't up to par. "All I want to do was sing!" Nobody told me I had to watch out for the snakes in the grass! So here we are with HEY GIRL HEY, LLC.

C.O.B.S. MAGAZINE:

"Show Me Love" was your first gold single which introduced you as one of the premier vocalists of the early 1990s. You had an interview on Fox 5 News two last month and you mentioned that you did not like the dance hit "Show Me Love" when you first recorded the single in the 1990s. Can you share with our readers why at first you didn't like the song? How did the song grow on you?

ROBIN S:

I didn't like the song because dance music wasn't something I was used to singing. The closest I came to singing dance music was Donna Summers' "Last Dance" and Michael Jackson's "Don't Stop 'Til You Get Enough." With the band, I always sang R&B songs – Anita Baker, and Phyllis Hyman. I wasn't used to hearing a recorded playback. I still don't like hearing my recorded playbacks. The song grew on me from the people, the fans coming to me and saying how the song has changed their lives. I came to realize that it didn't matter how I felt about the song, it was how it made others feel. It was at that time and still is now, "a message in a bottle."

C.O.B.S. MAGAZINE:

There is a verse that says "Heartbreaks and promises I've had more than my share I'm tired of giving my love and getting nowhere, nowhere. As a single mom at the time how impactful was this verse on your life? What is your definition of "Show Me Love"?

ROBIN S:

With that verse, after pulling the song apart word by word it became somewhat the story of my life as a single parent. You throw yourself into a relationship and give your heart in hopes of a happy ending. Well...need I say more? The definition of Show Me Love is about being able to be one's true self, with no hidden agendas, loving unconditionally despite individual flaws. Taking me for who and what I am.

C.O.B.S. MAGAZINE:

You were added to the elite list of Dance Dive after another chart-topping hit

called Love For Love". There are some great divas in the world like Aretha Franklin, Patti Labelle, and Phyllis Hyman. How does it feel to be considered a diva-like they are?

ROBIN S:

First of all I don't feel like a Diva, but to have my name spoken or mentioned in the same sentence as those beautiful soulful women is indeed an honor.

C.O.B.S. MAGAZINE:

You are a true pillar of a Queen. We describe you as the Queen in a chess game which is the only piece in the game that can control a large number of squares at a single point in time. You are a movement for change. Your time requires a great deal of dedication, hard work, enormous sacrifices, and innumerable hours of practice, live performances, and traveling. How do you create a "balanced life" between your career, family life, and self-care?

ROBIN S:

I am three persons in one. I am ME, who is a wife, a mother, and a grandmother who is simple and plain, who knows what she likes and what she doesn't and she won't be led around by the nose. I am HER, who is well adverse in public relations and knows how to carry herself during public appearances and interviews. After all, I was trained by one of the best, "Nancy Wilson" who told me, "No matter what, always keep it classy" and then I am SHE who introduces herself once makeup, hair, and attire are properly put together. SHE is known as Robin S, who leaves everything she has on the stage.

C.O.B.S. MAGAZINE:

You have a single out with James Worthy called "See It My Way". Can you tell us about the track and how this collaboration came about? What streaming platforms is this song available on?

ROBIN S:

The way James and I have always worked is very organic. I go over to his studio; I listen to music and whichever song sings to me by the way of instruments is what I write to. We have so many songs in the vault and some on iTunes that I've released myself. See It My Way was a song that James wrote and after carefully reviewing it, knew that I would be the right vocal fit. It can be found on every streaming platform. It went #1 on iTunes, #1 on Spotify, and #1 on Traxsource. It's always a pleasure working with James. He's like a brother to me and musically our vibes are in sync.

C.O.B.S. MAGAZINE:

We understand that you are on-demand and travel all over the world performing

for people. Please share with our readers how your music still reaches a growing generation and how you continue to evolve in this business? Are there any other accomplishments you would like to cross off your bucket list in the next few years?

ROBIN S:

First, I am very thankful to have been blessed with longevity. Show Me Love will be 30 years young next year. So, I am eternally grateful for the love and support. I could have been just another number, but God saw fit to make this THE ONE! Humility will always have its place in my life. When I look out into an audience and see generations dancing and singing along, it is at that moment I know every time that I've made and continue to make my mark in this world. Other accomplishments: Yes. I've done some acting and would love to get back to that full-time. I would also love to do collaborations with artists to name a few... Lalah Hathaway, India Arie, another song with Mary Mary; another song with songstress, Melonie Daniels Walker, and even Cardi B.

C.O.B.S. MAGAZINE:

We love quotes. What is your favorite quote that keeps you motivated in an industry where it is easy to get lost? What advice can you offer upcoming female artists interested in stepping into the music industry? Please provide your business website, your music streaming platforms, and your social media platforms for your fans to continue to connect with you? Thank you for interviewing with COBS Magazine.

ROBIN S:

My two favorite quotes... first, like the little engine who could... "I think I can, I think I can, I know I can!" and the second, "Never let them see you sweat!" My advice to upcoming female artists would be to learn the business because there's more to it than just singing. To learn the business of music and NEVER sell your soul. It's been a pleasure as always, Thank you for the opportunity to share my world.

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MEET JEFF LINDOR, MS

FOUNDER & CHIEF EXECUTIVE OFFICER AT THE GENTLEMEN'S FACTORY

to you? Why was your passion so strong to create a space to maximize an individual's growth?

JEFF LINDOR:

The Gentlemen's Factory is located in New York City where we have two locations in Brooklyn. We will be expanding throughout the city of New York and beyond in the coming months, years and decades. The purpose of the organization is to solve the isolation problem. We are isolated as a community and I think that is important for communities to come together to build a future.

We have continued to grow to offer robust programs and different events. We host fireside chats where Executives, Public Privacy experts, Billionaires, Millionaires, and Thought Leaders come to discuss what is going on in our world. We try to see how we can create solutions collectively to bring people together. That was my initial vision to bring people together. What happens when you bring people together you start to identify so many things? When you bring together especially, black men and black minds you move the world. In the past 5 years, we have expanded so much to where buildings are being purchased, starting companies, investing in each other start-ups, and beyond. My passion was strong because I knew spaces like this don't exist. Where do black men go to build, talk, and share ideas? Now don't get me wrong there are great organizations out there doing their part however, they are religious and make them fraternal. I wanted to bring something into the market that emphasis on economics and individual growth

COBS MAGAZINE:

You have created a very unique space for the gathering of black men to feel secure in



a world where they feel isolated. What core principles are you teaching these men to find their purpose?

JEFF LINDOR:

I have come to discover many people have many great ideas. Black men are simply brilliant. At the Gentlemen's Factory, we help to cultivate that brilliance and help them navigate the areas in which they don't have a path, a roadmap, or resources to secure their goals. As a result, we bring in experts to help them with the resources they need to achieve. We do a path analysis on each member to find out where are you now, where are trying to go, and how we can help you get there. The member defines what success looks like for them and we continue to surround them with materials to accomplish each goal.

COBS MAGAZINE:

In the present day, we are witnessing men of color turning to more violence rather than figuring out their future. There needs to be more understanding of the context in which they feel comfortable talking about their feelings and traumas. With few spaces provided for men of color to gather and engage in such dialogue. What challenges do you face trying to present them to an environment they are not used to?

JEFF LINDOR:

This is a great question. I would say violence is in all communities but is more prevalent in the black communities. When you study the violence that occurs what you discover is in those communities, they are deprived of resources therefore, they use alternative measures for survival. In this premise spaces like The Gentlemen's Factory are important to deal with the trauma and understanding of what is going on in the



COBS MAGAZINE:

You are the Founder and CEO of an organization called The Gentlemen's Factory. Where are you located? Can you share the purpose of the organization? What was your initial vision when the idea came



community. Secondly, cultivating an environment to pool resources and gatherings so that our communities can thrive. Challenging anything new is a challenge within itself, especially when trying to introduce new principles to an isolated individual. Growing up if we saw 10 black boys down the street they would be considered a threat to the community. If you see 10 other men in a different community wearing the same entire the response would be. "Oh, what sports team do they play for or what school event they just come from?" The reason is that it is safer for us to be isolated or not grouped up because we don't become targeted. These are learned behaviors from the early stages of life those principles are groomed in us and that is a contributing factor to some communities remaining isolated.

COBS MAGAZINE:

How many members do you currently serve? Is there a process to becoming a member of the Gentlemen's Factory? How many black men complete the process to go on to become successful in business?

JEFF LINDOR:

We have over 300 members and growing. The process is not complicated. A sit-down meeting is scheduled with a member of my team or myself. During the process, we make sure there is continuity with the community so that there is an understanding of the Gentlemen's Factory's core principles. We also want to understand what is needed and how we can provide assistance. We have tons of success stories that have been

created out of the Gentlemen's Factory. Last year millions of dollars were circulated throughout the communities for improvement.

COBS MAGAZINE:

You interviewed with Parsons Entrepreneur and you said "Everybody has value" can you explain what that means and how that ties into your organization?

JEFF LINDOR:

Everybody has value but not everyone understands what their value is. If you don't define who you are this will allow others to define you and when they do that they use their definition. At the factory we always want to know what people's values are, where they see themselves, and how can we help maximize their full potential. This all ties into the organization because we can't help you if you can't understand what you need. Our goal is to focus on the positives and not the negatives.

COBS MAGAZINE:

Becoming an entrepreneur is never an easy journey what is the best advice you ever received when you developed The Gentlemen's Factory?

JEFF LINDOR:

The best advice I have ever received is don't have bad days but have bad moments. If you allow something to happen it will take over your whole day and ruin it. However, if you have a bad moment you can compartmentalize that situation and you wouldn't be distracted from the ultimate goal. Furthermore, it is important to surround yourself with a good group of people that you can call when funds are low

and you need a cash infusion. It is not only important for them to be able to pour into you financially but pour into you resource-wise. This is something you can't do by yourself you can never do this by yourself. Good resources are key.

COBS MAGAZINE:

What would like to see happen in African American communities in the next couple of years? What would be the ultimate goal you like to achieve? Can you please share your website with anyone interested in your organization and your social media platforms?

JEFF LINDOR:

What I would like to see is an economic inclusion to a whole other level. What I mean by that is pooling our communities' money and resources together in addition to our political capital. It has to be well organized for it to run smoothly like a good oil machine. I want the Gentlemen's Factory to be one of the companies to help sphere bringing people together, investing in companies, investing in people, creating opportunities, and partnering with the government to capitalize. We can't do it individually we must come together collectively. The Gentlemen's Factory is the collective experience that will move the world.

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Facebook: [Jeff Lindor](https://www.facebook.com/jeff.lindor)

Linkedin: <https://www.linkedin.com/in/mrcommunity/>

MEET MAUREEN WASHINGTON

CEO, MOBEAUTY SUPPLY VENDING

C.O.B.S. MAGAZINE:

Welcome to COBS Queen's Court. We were to have the pleasure of speaking to Maureen Washington the Empress of Vending. Thank you for taking the time to share your story. Can you tell us where your journey began?

MAUREEN WASHINGTON:

My journey to success begins in an unexpected place where tragedy met opportunity, and voila, MoBeauty Supply Vending was born. Seven years ago, my mother was diagnosed with colon cancer. The news rocked my family to the core, and all I wanted to do was support my mom through her path to wellness. She endured treatments that left her tired, and irritable, and soon, my beautiful mother was losing her crown of curls. We high-tailed it to the local beauty supply store to find a stylish wig to make my mom feel whole again. Instead, we were met with an unruly salesperson. Black shoppers know that feeling when it seems someone is watching your every move. On top of my mom's woes, we were dealing with racist store clerks who thought we might be thieves simply because of the color of our skin. I saw the angst and anger on my mother's face, and in a flash, we left the store without a wig.

C.O.B.S. MAGAZINE:

Can you tell us about your company Mobeauty Supply Vending? How did you come up with the idea for your company? What is your company's mission? What set you apart from other vending companies?

MAUREEN WASHINGTON:

I am a specialty vending machine

company. I offer a chance to advertise and sell your product through a customized approach. This method is unique in today's modern market. We offer a way for you to sell your products, such as homemade items, to the public directly with an easy, effective method. We provide pre-designed models as well as custom. These customized vending machines come with your very own graphics on the machine and a QR Code that will bring the customer to your website and act as another source of sales wherever they are placed

C.O.B.S. MAGAZINE:

On your website, you have a tab for Health and Wellness. You talk about TLC (Total Life Changes) welcome call. Can you tell us more about this program?

MAUREEN WASHINGTON:

The idea came about with my mother being sick and then passing. I tried very hard to open a beauty supply store in honor of my mother and could not. She passed and I mourned for four years, and I did nothing but exist. I slept a lot! One morning God told me to get up and look up beauty vending machines. To my surprise long and behold it was there. I saw a woman named Rasheeda of Diamond Dynasty who had a hair vending machine but that was all. I asked God why you're telling me to Google this if it already exists. He said look again. I stared at it and then said oh, they have no products!! no needle thread, no edge control, no Got2b etc. My mission is to make sure I give the best customer service, listen, and be accommodating to the needs of the customers. MoBeauty Supply Vending

sets me apart from every other vending company on the market because no other company offers the level of customization that we do when it comes to beauty supply vending. We include graphics, free shipping, a credit card reader, a proposal, a lead list, tee shirt, a press release, and 1 yr. warranty. I always try answer my phone to provide that sense of security about what you are investing in.

C.O.B.S. MAGAZINE:

Can you tell us did anything surprise you about the vendor machine sector or anything that frustrates you?

MAUREEN WASHINGTON:

What frustrates me about the vending machine business is it saddens me that we all don't work together to get increase our financial status. When I tell people to open up their businesses for the MoBeauty Supply Vending Machine for another person to place in their business they will say no. Instantly they will turn around and say they are thinking about putting one in for themselves and never do. They just missed opportunity to make money for themselves and blocked someone else from making money as well.

C.O.B.S. MAGAZINE:

You are a CEO of your success, but that road is not always easy. What are five things you have learned from being a female CEO?

MAUREEN WASHINGTON:

The five things that I learned from being a C.E.O. are:

1. You want to grow to infinity
2. Lead by example if I answer my phone, I need my employees to answer their phones also. You do not get to be C.E.O not answering your phone.
3. Innovate I am an innovator and I have a vision that God has given me, so I share it with other people to help them with their businesses. So, C.E.O means to me Chief Engagement Officer I want to be engaged with everyone in the business.
4. I learned to say No.
5. Communication is key to success even if it is bad communication. I just always try to figure it out.

C.O.B.S. MAGAZINE:

You sell beauty and hair care products in your vending machines geared towards women of color. Do you strategically place your vending machines to create access to beauty products for minorities in areas where such products are not found in your local CVS or Walgreens stores? Why did you feel this was important?

MAUREEN WASHINGTON:

Your question is about hair care products geared toward women of color. I started this way yes. Now it has grown so much that it is for everyone of color. I do focus a lot on products that we as African American Women are making in our kitchens and those are the products that are important to put in the machines. These are the types of products that never make to the Walmart's, Target's, or other store chains but they are the best products to use because of the natural ingredients added.

C.O.B.S. MAGAZINE:

Operating vending machines or a network of vending machines has become one of the most popular business ventures lately. If someone was interested in starting their own

vending machine business what four main cost areas would be important for a successful business operation?

MAUREEN WASHINGTON:

The four main costs of vending business:

1. Products
2. Marketing
3. Space Leasing
4. Assistant Virtual

C.O.B.S. MAGAZINE:

What can we hope to see from Mobeauty Supply Vending in the future?

MAUREEN WASHINGTON:

What you can hope to see from me in the future is Airvnnvending.com, EBT payment options for vending machines, free vending machines for businesses that don't have one, and wine vending machines in the

nightclubs for us women that don't like going to the bar trying to get the barmaid's attention I hate that!!

C.O.B.S. MAGAZINE:

Before we go, how can readers or others connect, support, or collaborate with you?

MAUREEN WASHINGTON:

To support please open your businesses for the Beauty Supply Vending Machine. It is hard for us to open up a Brick Mortar. Help to donate Beauty Supply Machines to the hospitals for the Cancer Patients that need wigs. Or just Beauty Supply. To collaborate you can become a Vending Agents to make residual money. Sell anyone of my Specialty Vending Machines and make a commission of \$250 to \$500 Vendingagents.com





AUTHOR'S CORNER

MEET MARY L. BEAL

AUTHOR, ADVOCATE, AND CEO OF ML BEAL CONSULTING LLC

C.O.B.S. MAGAZINE:

We are excited to be chatting with Author, Family Historian, and Health and Wellness Advocate Mary Beal. A remarkable woman whose vibrancy amazes everyone she meets. Can you give us background about yourself and why you decided to start writing?

MARY L. BEAL:

Yes, I am happy to share my background and information about training, development, travels, and what inspires and motivates me. First, I am the seventh of ten children born to Reverend James R. Beal and Mrs. Luella Campbell Beal. Presently five children are living, and I hold the middle spot, with two older and two younger siblings. The first ten years of my life were spent on a farm. I grew up picking cotton, cucumbers, tomatoes, peppers, peas, butterbeans, green beans, blackberries, and chopping cotton. My teenage years were spent in a small rural town in southwest Georgia. After high school, I went to college in Georgia's oldest city, Savannah. I was inspired to write based on my national travel, my international experiences, stories shared by my mother and her siblings about our ancestors. My Mother not only shared stories, but she also entertained many extended family members in our home. Both parents possessed a strong love for God, family, people, education, and cleanliness. Both parents grew up in relatively large families. Therefore, visitors were constantly present in our home.

C.O.B.S. MAGAZINE:

You are a retired U.S. Department of Defense civil servant. Can you talk about briefly what your duties were? Has your experience as a civil servant heightened your passion to serve people at the highest level?

MARY L. BEAL:

I retired from U.S. Civil Service after working 27

years with the U. S. Department of Defense in several locations and several positions in the field of financial management and accounting. I began my career as an internal auditor with the Department of Navy and then transferred to an internal auditor position with the Department of Army. This led to a supervisory position as the Chief of Central Accounting for non-appropriated funds. I was promoted to a supervisory position as the Chief of Accounting for appropriated funds. After several years, I got wanderlust and accepted an accounting position in the United States Army European Command. Worked in three different positions in four separate organizations, as an accountant, supervisory accountant, and supervisory budget officer. I returned to the U.S. and worked as an accountant, resource management officer, management analyst, and financial analyst. I performed two separate special temporary duty assignments: financial analyst at the Pentagon and Budget Analyst for the Coalition Provisional Authority in Iraq.

C.O.B.S. MAGAZINE:

You are an author of quite a few literary works which include "A Force to be Reckon With", "Help Me Cross Over from Earth to Heaven", and "How to Live Well Past 100 Years". If someone came up to you and hasn't read any of your literary works how might describe each of them in thirty seconds?

MARY L. BEAL:

Genealogical and biographical history of two separate female centenarians who knew each other many years before I was born.

C.O.B.S. MAGAZINE:

What were your three biggest sources of inspiration to write your books?

MARY L. BEAL:

The three biggest sources of inspiration for me in writing are:

- The Holy Spirit.
- My Ancestors and extended family members
- My birth mother, Luella Campbell Beal

C.O.B.S. MAGAZINE:

You are not only an author but the CEO of ML Beal Consulting LLC. Can you tell us about your company's purpose and who you serve? Why was it important for you to become a trusted advisor to others?

MARY L. BEAL:

ML Beal Consulting LLC offers services in two separate categories:

- Health and Wellness Advocacy
- Workshops on Health and Well-being
- Vitamin and Nutraceutical
- Clean and filtered water
- Training
- Analysis of Prescription Medicine
- Holistic Health and Wellness Referrals
- Helps and Administration
- Flyers, Business Cards Design
- Invitations
- Event Programs
- Research – Property
- Research – Family History
- Document Preparation
- Estate Planning
- Publication Advice and referral



C.O.B.S. MAGAZINE:

Can you tell us about an early experience where you learned that language had power?

MARY L. BEAL:

Yes, I was between 5 and 7 years old, and we lived on the farm. During that time insurance salesmen would travel to visit customers and potential customers to write insurance and/or collect insurance premiums. On this day, I told my sibling that I wanted to be the one to speak to the insurance salesman. I was so excited, and this is what I told the insurance salesman, "My mother has gone to can the factory and my daddy has gone to sell the farmer's market." My siblings made fun and laughed at me for years about that goof up. I intended to state, "My mother has gone to the factory to can (preserve) fruits and vegetables, and my daddy has gone to the farmer's market to sell produce."

C.O.B.S. MAGAZINE:

Do you have a specific writing style? Is there anything about your style or genre that you find particularly challenging?

MARY L. BEAL:

As a non-fiction writer, my writing style attempts to provide the reader with sufficient information to enable them to relate to the characters and grasp some knowledge about the time in which they lived and the events that occurred during the time of the story.

C.O.B.S. MAGAZINE:

You have had the opportunity to live on three continents and create a global family that spans from Atlanta to Africa. What advice can you give others about knowing your purpose and defining the next chapters of their lives? Can you please share your website information, where your books can be purchased, and your social media platforms?

MARY L. BEAL:

The advice that I give others about knowing their purpose and defining the next chapters of their lives includes many basic principles: An expression that our biological daddy shared with all his children, "Use your head for more than a hat rack." Combined with teaching from our biological mother, "Think for yourself or someone else will think for you."

- Lean not on your own understanding, seek, ask for help.
- Analyze your own interests, hobbies, likes, dislikes, talents
- Treat others as you wish to be treated
- Maintain an open mind, but be vigilant
- Remember no one is perfect.

CONTACT:

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Facebook
<https://www.facebook.com/MLBeal-Consulting-LLC-349011408880725/?>
LinkedIn – (1) Mary Beal | LinkedIn Twitter: MLBeal Consulting@mlbealconsulti



MISO SALMON WITH GINGER NOODLES

INGREDIENTS:

- 2 nests whole meal noodles (100g)
- 1 ½ tsp brown miso
- 2 tsp balsamic vinegar
- ½ tsp smoked paprika
- 2 skinless wild salmon fillets (230g)
- 1 tbsp. rapeseed oil
- 30g ginger, cut into matchsticks
- 1 green pepper, deseeded and cut into strips
- 2 leeks (165g), thinly sliced
- 3 garlic cloves, finely grated
- 160g baby spinach

INSTRUCTIONS:

STEP 1:

Put the noodles in a bowl, cover with boiling water and set aside to soften. Heat the grill to medium and place a piece of foil on the grill rack. Mix 1 tsp of the miso with the vinegar, paprika and 1 tbsp. water. Spread over the salmon and grill for 6-8 minutes until flaky and cooked.

STEP 2:

Heat the oil in a wok and stir-fry the ginger, pepper and leeks over a high heat for a few minutes until softened. Add the garlic and cook for 1 min more. Drain the noodles, reserve 2 tbsp. water and mix with the remaining miso.

STEP 3:

Add the drained noodles, miso liquid and spinach to the wok and toss over the heat until the spinach wilts. Pile onto plates, top with the salmon and any juices and serve.

<https://www.bbcgoodfood.com/recipes/miso-salmon-ginger-noodles>



MEET LAVON "LC" COLLINS

CO-CEO OF KING & QUEEN MEDIA, ACTOR, PRODUCER & ARTIST

Timeless Guilt, Bumrush, Dear God, Pressure, Deceptive Hearts, Traffic Lane, Bully, and N.V.U.S. and co-writer for He Got Bars.

C.O.B.S MAGAZINE:

You are currently CO-CEO of King and Queen Media tell us about how you made that transition from working on other people's projects to your own. You're now producing your own films and music videos. Share with us our newfound journey as a film producer, director, and writer.

Lavon "LC" Collins:

It was time for me to branch out on my own and do what I love to do on another level. I worked for so many people helping out with their projects I just believe God saw that it was my time. I learned a lot and now it was time to make my mark. King & Queen Media legally became an LLC in 2021. I knew it was time to start making my vision come to fruition. I wrote films such as LYFE, and Retribution

and created a webseries called D.N.A.

C.O.B.S MAGAZINE:

How does it feel being behind the camera as opposed to in front of it? What tips can you share with others that want to start their own film production?

Lavon "LC" Collins:

I love the art of acting in front of the camera and bringing characters to life so that my audience will either love the character or hate him. When I'm on the stage playing a bad guy and I get booed I know that I did a good job. I enjoy being behind the camera as well so that I can help other artists bring the character that I write about come to life. I enjoy both worlds of being in front and behind the camera. My tip for anyone trying to establish their production company is to do your homework, work with people that support your vision, pray, and make sure your paperwork is legal. Lastly, be

C.O.B.S MAGAZINE:

Welcome to COBS Magazine, we are excited to share your career journey with our readers. Can you tell us about your journey with our readers? Who is LC the actor and the production you were cast in?

Lavon "LC" Collins:

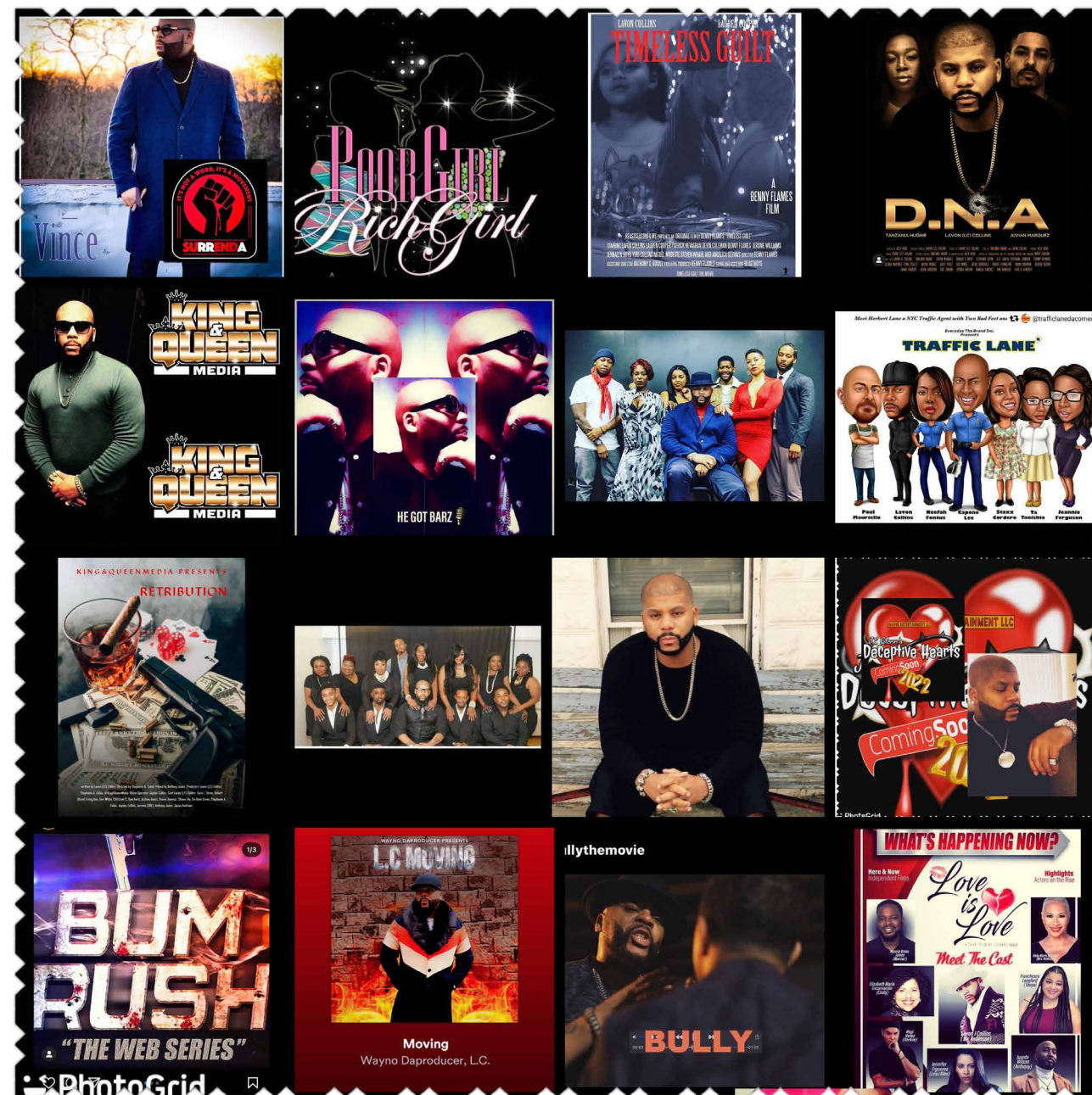
Thank you COBS Magazine. I am honored to be featured in your anniversary issue. Happy Anniversary. I am a Bronx Native and I started my career as a hip-hop artist. I toured with hip-hop legend Rakim and landed a single called "Don't Trip" featuring Donnell Jones. I made my theater debut in a play based on the life of Phyllis Hyman "Troubles Little Angel" and thereafter, "Poor Girl Rich Girl", "The Defiled Bed 1 & 2".

C.O.B.S MAGAZINE:

You seem to be busy with various stage productions. Let's talk about the films that you were involved in and wrote yourself. Share with our audience your film projects

Lavon "LC" Collins:

God has blessed me with the gift to act and I certainly put it to good use. The films I've been involved in are: A Time After Yesterday,



serious about what you love to do even when you don't get support do it anyway.

C.O.B.S MAGAZINE:

You have music videos and theme songs for movies and films. Can you name a few of them for us? As an artist what do you love about what you do?

Lavon "LC" Collins:

Wow! Music is what motivates me to keep going and the more you do what you love the stronger you become in

your craft. The theme songs I've written was for Epiphany, D.N.A and the theme songs, from the stage play, co-written with Arielle Pershay "You know it", "Keep it on the down-low", "Flex", "Defiled Bed 2" with, (Dre Foreman, Trevi Pershay, Arielle Pershay, and Kye Charizma". Pay Me". It's been a great experience for me to expand my musical talent.

C.O.B.S MAGAZINE:

Thank you for sharing your talents with our readers how can

we connect with you?

Lavon "LC" Collins:

It was my pleasure. Readers can find me on: Facebook @lavon collin, and IG: actorartistic



MEET LADY TIFFANY NICOLE FEAGINS

CEO OF VIRTUOUS HOUR MEDIA AND MARKETING LLC AND
POWER INFLUENCE RADIO



C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Women's Werk. We are delighted in speaking with Lady Tiffany Nicole Feagins who is well known as the "media magnet". A woman who sold out for God, she has devoted her life to uplifting, encouraging, and supporting all who cross her path. We are excited to hear about the women behind the brand. Who is Lady Tiffany Nicole Feagins?

LADY TIFFANY NICOLE FEAGINS:

I am your girl, your homie, your sister from around the way!! A sister-friend to many, but at the core a woman who sacrificed much for those she loved and finally decided to bet on herself and go for her dreams of making a kingdom impact in media!

C.O.B.S. MAGAZINE:

You are also a licensed minister. How long have you been a minister and how long have been preaching? How did you use your ministry to help others cultivate their gifts?

LADY TIFFANY NICOLE FEAGINS:

I preached my first sermon on 9/2/2011 and was officially ordained on 9/23/2017. The "call" to minister is very much a part of my journey and the foundation of my why! Out of my Love, for God to spread the Gospel, my radio show encourages and shares HIS love with a combination of the word and uplifting music. As a Red-Carpet host, I allow my light to shine wherever he sends me to share HIS light and bring out the light in others.

C.O.B.S. MAGAZINE:

You are the CEO of an International Media brand called Virtuous Hour and Media and Marketing LLC. Please tell us about your company. What is your company's mission? Who are your targeted clients? What three ingredients do you feel an entrepreneur or small business needs to succeed?

LADY TIFFANY NICOLE FEAGINS:

TVH provides big brand marketing solutions on a small business budget!! We offer several options for social

media marketing and creating audiovisual marketing options as well as partnerships with some of the biggest brands for PR to provide optimum visibility! Entrepreneurs, especially small businesses, shouldn't have to feel intimidated by big brands!! All business owners regardless of size need vision expanded reach and creative marketing solutions. You will not be "small" forever!!!

C.O.B.S. MAGAZINE:

Fast forward to 2021 God expanded your territory as the CEO of Power Influence Radio. You were the first African American woman-owned an internet radio station.

LADY TIFFANY NICOLE FEAGINS:

Yes!! I am STILL amazed at God stretching me for this task! I am also truly tripping that I did this huge thing and in 1 year we are truly the fastest growing internet radio station!!! I have been blessed with an amazing team to help us capture our listeners with the heart of God through music and quality programming.

C.O.B.S. MAGAZINE:

The work that you are doing is not going unnoticed you received a few awards. Can you tell us about the awards you received? Which award (if any) meant the most?

LADY TIFFANY NICOLE FEAGINS:

WOW!! Radio Personality of the Year 2021, Top 50 Empowered Women Empowering Women; Top Influencer Award for Media 2021; Top 100 Businesswoman; and more!! Any accolade and recognition received and recognized are equally amazing to me. To be considered and included with some of the elite trailblazing women doing phenomenal things is humbling yet exciting!! Just a few short years ago I was admiring most of these same women from afar and here I am gleaning and growing with them!!! No reward is greater than the other.... I'm grateful for each all the same.

C.O.B.S. MAGAZINE:

Besides being a CEO you are a seven times Amazon Best Selling Author. Can you share the titles of your books? Can you tell us which was your favorite to write and why? What is the greatest part about being a successful, bestselling author? How do you share your experiences with other authors who try to succeed?

LADY TIFFANY NICOLE FEAGINS:

Memoirs of a Modern Proverbs Woman: Becoming Virtuous and Victorious; Affirmations of a Woman on a Mission Journal; and lastly Boss Babes Who Pray: Exposing the Lie of the Enemy My favorite is my first Memoirs of a Modern Proverbs Woman! Not only because I am the Visionary Author but solely because I share this moment with some of my closest sister friends that have inspired me privately with their journey to become Best Selling Authors together!! More so the testimonies of women and men whose lives were changed from reading our book!! I want to say that if you have a story...and God has placed a burning in you to share it...conquer your fear and do it!! You have no idea who needs to hear your story!! My first one was a challenge...BUT after that came 2 more books with ease and more on the way!!

C.O.B.S. MAGAZINE:

You have also been selected as the brand ambassador for Kearn Cherry's Power Up Summit. Can you explain what this summit is all about? What strategies and personal experiences do you want to create to ensure the brand's highest achievement?

LADY TIFFANY NICOLE FEAGINS:

Yes!! Kearn Cherry is known as the "Butts In The Seats Queen" when it comes to conferences and summits!! I was chosen as an Elite Ambassador for Level Up and NOW Power Up Summit that will be July 27-31,2022!! These summits are designed to ignite and push visionaries and entrepreneurs to the next level with speakers from all over the world that are at the top in their fields!! As an Elite Ambassador, I am sharing marketing responsibilities with my sphere of influence as well as being a prime example of what attending these conferences can do for you and your brand as I Level Up in every way!! Lastly, I am honored to speak on the platform as well!!

C.O.B.S. MAGAZINE:

You are driven by helping others

achieve business results while making a positive impact. Many individuals struggle with finding support to help through their journeys. What supports or mentoring have you received as you move along?

LADY TIFFANY NICOLE FEAGINS:

My greatest inspiration and support is my son Jah-Te!! As a teenage mother conceiving him at 15yrs old, I wanted him to know that no matter what curveball is thrown at you, you can overcome and fulfill your dreams!! I have a strong circle of sister-friends that I have known before the "lights camera action" that keeps me balanced. My spiritual mother Linda Jordan keeps me covered and is always a phone call away for those "moments". My Power Team is amazingly supportive...no vision can make it without a great team!! I am also honored to glean from Kearn Cherry in this season of my life to watch and learn when she drops nuggets and prepares us to stay Elite and help us level up in many ways!!! There are many women that I admire and grow from a distance such as Sarah Jakes Roberts... I am a sponge and ever learning on this journey.

C.O.B.S. MAGAZINE:

Congratulations on the first anniversary of your Power Influence Radio Station. What is next for Lady Tiffany Nicole in the next three years? Can you please share your website information and your social media platforms?

LADY TIFFANY NICOLE FEAGINS:

Thanks so much!!! Also thank you for this opportunity to share on this amazing platform!! You can connect with Power Influence Radio on Facebook and Instagram and get 24/7 encouragement by visiting www.powerinfluenceradio.com be sure to download the app on your mobile devices!! You can connect with me by following The Virtuous Hour on Facebook and Instagram. You can also visit my website www.thevirtuoushour.com to book me or be a guest on my radio show and book me for events!! Stay connected any way you can as God is doing great things and I am honored that HE is choosing me as a vessel!!



LADY TIFFANY NICOLE BIO

Lady Tiffany Nicole is a media magnet called to help entrepreneurs cultivate their gifts and penetrate their market through the ministry of TV and radio.

A woman sold out for God, she has devoted her life to uplift, encourage and support all who cross her path. Lady Tiffany Nicole, a licensed minister, has been preaching the gospel since 2011. Through her gift of personality, she has become the premier kingdom personality to help promote entrepreneurs, small businesses, authors, etc., through her international media brand, The Virtuous Hour Media and Marketing LLC.

In 2021 God expanded her territory as CEO of Power Influence Radio, the first African-American, woman-owned internet radio station in three major markets Dallas, Houston, and Atlanta. Her radio and TV show The Virtuous Hour has been graced by national recording artists and some of the community's most prominent movers and shakers. Her work does not go unnoticed, as she received the Top Influencer Award and the Radio Personality of the Year Award that same year.

One to stay ready for whatever God calls upon her, Lady Tiffany Nicole is also a 7x Amazon Best-Selling Author and was honored as one of the Top 50 Empowered Women Empowering Women. This year, to top things off, the Atlanta resident was selected to be a brand ambassador for Kearn Cherry's Level Up Summit.

The radio station owner and author's personal testimony of overcoming life's hardships to virtue and victory have allowed her to touch the heart of God's daughters through her foundation Modern Proverbs Women and her yearly Virtuous and Victorious Conference. Lady Tiffany Nicole is determined and destined to make God famous while making a positive influence in the media and has lots of projects in the works for 2022.

HAIR BY NISHA



NISHA PERSHAY

NISHA'S 101 SILK PRESS PRODUCTS FOR NATURAL TRESSES!

Its springtime and that means silk press season has arrived. Ladies let's get into some great products to use if you are natural and looking for options

that don't require you to relax your natural hair. I have some helpful tips and products that will help you obtain silky smooth hair in no time.

"HERE ARE SOME AMAZING TOOLS AND PRODUCTS TO USE TO GET AN AMAZING SILK PRESS"

1)BIO IONIC Onepass Straightening Iron, 1 Inch, Black -

Silicone speed strips provide faster straightening and increased shine while high levels of negative ions and far reaching infrared energy produce silky, smooth, conditioned hair. It has cushion plates with nanoionics mineral which emits negative ions & far infrared energy. Around the plates, there's also silicone speed strips that provide faster straightening & increased shine.

BaByliss PRO 1.75-Inch Nano Titanium Ionic Flat Iron -

ceramic heater provides instant, evenly distributed heat to the surface. Natural ions dry hair from the inside out, leading to straighter looking hair. Ionic technology paired with titanium-plated plates for the smoothest, sleekest style and ionic conditioning and super-fast drying time.

CHI Silk Infusion -

Rich leave-in treatment enriched with silk, wheat and soy proteins that will penetrate and help strengthen the hair. Provides incredible softness, manageability and shine without build up and suitable for all hair types.

Biosilk 3 Piece Silk Therapy Shampoo, Conditioner and Serum Kit -

Shampoo contains silk proteins and botanical extracts. Conditioner feature UV filters that protect hair from damaging rays and is a silk therapy is ideal for all hair types.

MIZANI Press Agent Thermal Smoothing -

This thermal styling serum smooths, adds moisture, controls frizz & flyways & provides heat protection. A layer able blow-dry serum that smooths the cuticle, locks in moisture & protects hair from heat up to 450F to achieve the ultimate blowout.





MEET GARVENCHY NICOLAS AND NEHEMIE PIERRE

CEO'S OF VINSHEK CLOTHING BRAND

As a Fashion Model, I was blessed to work with brands such as Pat McGrath, Loreal, Covergirl, Kiehl's, Dove, Makeup Forever, Valentino, etc. As the Head of Creative for Vinshek, my goal is to display the aesthetic of the brand through set design, social media content, and networking. I enjoy my role at Vinshek because it allows me to express myself creatively with no boundaries.

C.O.B.S. MAGAZINE:

Can you tell us about the Vinshek Clothing Brand? How do you describe your style of clothing to people who don't know you yet? Who are your targeted consumers? Besides the title of CEO can you individually explain your other roles in the company?

GARVENCHY NICOLAS:

I serve as the Founder and Creative Director of Vinshēk. As a fashion Creative Director, I establish what designs should be created for our brand. In addition, I work with talented fashion designers responsible for physically creating Vinshēk clothing and fabrics. I advise them on what will appeal to the target market and how the concepts will be applied and distributed for the Vinshēk brand. I would describe our style of clothing as "Luxury Comfort." We are on a mission to make formal wear functional but still maintain that formal luxury look. The word "Athleisure" has become a popular term, but I do not see Vinshēk as an "Athleisure" brand. We are not trying to make comfortable clothing worn at your office and during athletic activities. Instead, we make your suits, tracksuits, and button-down shirts comfortable while keeping their formal and luxury look. Our target consumers are fashion trendsetters, fashion innovators, and people willing to think outside the box when it comes to formal wear. Lux-Comfort is the future of fashion, and it will take fashion consumers who are thinking forward to get it truly.

NEHEMIE PIERRE:

As the Head of Creative of Vinshēk, I lead the creative direction of our

photoshoots. I establish our set designs and work with different models to display our brand in the best way possible. I enjoy the creative process of it all. Based on the aesthetic of the new launch for Vinshek, my goal is to create an aesthetic that is suitable for the brand.

C.O.B.S. MAGAZINE:

In your opinion, what skills are necessary to be a successful fashion designer? Is there a different approach taken when designing menswear compared to womenswear or vice versa?

NEHEMIE PIERRE:

Knowing your target audience is necessary for the brand. Understanding what your followers like can help expand the brand. I also enjoy researching trending colors and fabrics for each season. Although Vinshek is a brand that is one of a kind, I still find its importance in researching trending colors/fabrics to accommodate consumers.



C.O.B.S. MAGAZINE:

Garvenchy, you not only designed but you co-founded the Synergy Today Foundation. Can you tell us about the foundation and the mission behind it?

GARVENCHY NICOLAS:

Synergy Today is a registered 501c3 that provides volunteer opportunities for young professionals. We partner with

schools, community shelters, and other nonprofits to support them with additional staff as volunteers. We also aim for educational development for underprivileged kids in NYC and Haiti by providing schools supplies and scholarships yearly.

You can visit our website www.SynergyTodayFoundation.org and follow us on Instagram @synergy_today.

C.O.B.S. MAGAZINE:

Nehemie, you are a full-time model, beauty, and fashion content creator. Can you tell us how long you have been modeling? What brands have you had the opportunity to work for? Have you had any magazine features? How to create a balance between modeling and being a CEO?

NEHEMIE PIERRE:

I have been modeling for about



6 years and I have been blessed to work with major brands like L'Oreal Professional. I've been a runway model for 5 consecutive years with OFS (Oxford Fashion Studio) and modeled for international clothing brands. I've been featured in Essence magazine, Elle Italia, Vogue Italia, Glamour Italia, Instyle Magazine, L'union Suite, and recent Bloom XO Magazine. As a Beauty and





How do you feel Vinshek Clothing has evolved since you begin the label?
NEHEMIE PIERE:
 Vinshek has evolved from just another men and women's suit brand with no clear vision to a Luxury Comfort brand with a strong and transparent mission. That mission is to make formal wear comfortable.

C.O.B.S. MAGAZINE:
 Besides being CEOs, designers, directors, and individuals working on a separate project what else do each of you enjoy?
GARVENCHY NICOLAS:
 I am an author, so I enjoy writing as well. I am currently working on my second book, which hopefully will be released in 2023. I also enjoy traveling, hoping to travel more in the

Fashion content creator, I've worked with brands such as L'Oréal Paris, Kiehls, Rare Beauty, Valentino Makeup, Mugler, Dove and Parade, and Selfless by Hiram. I have a strong following on Tiktok with 25,000 besties in which I deliver lifestyle content, relatable content, Haitian comedy videos, Makeup, and Hair Tutorials. I create a balance between modeling and being a CEO through time management. It is something that I have to master, but time management is imperative if you want to be a successful entrepreneur. I create a monthly calendar that keeps me organized with photoshoots, content and reaching out to creatives regarding brand partnership.

C.O.B.S. MAGAZINE:
 It's been a turmoil for two years for a lot of us, especially those in the creative industry. The residue of the pandemic still lingering. How do you stay motivated and creative?

GARVENCHY NICOLAS:
 You must have a love for it! It must be a passion before it is a business. It must be your favorite hobby before it is business. Fashion must be something you think about, talk about, and live on every day. We started Vinshek DURING the pandemic. That alone showed the love we have for fashion. The love and the unstoppable passion for innovating keep us motivated.

C.O.B.S. MAGAZINE:



clothing brand? What is one piece of advice that would give to any future fashion designer looking to establish their own company? Can you please share your clothing website and all your social media platforms for our readers to connect with you?

GARVENCHY NICOLAS:
 My short-term goal for Vinshek is to create partnerships and have Vinshek clothing in physical department stores. One piece of advice I would give to fashion designers is to know how your brand will be different from the start! And understand clearly what the problem is you are trying to resolve with your clothing brand. Please visit our website www.Vinshekco.com and follow us on Instagram @vinshek_.

upcoming months.
NEHEMIE PIERRE:
 Besides being the Head of creative for Vinshek, I plan on continuing my modeling and social media career. My goal in the future is to launch my own body care brand and to start a nonprofit for your young inner-city girls and provide them with mentorship and guidance to help them strive and become the best version of themselves.

C.O.B.S. MAGAZINE:
 What are short-term goals for your



MBSV

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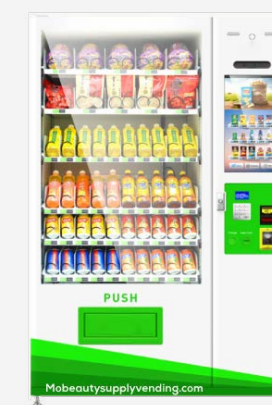
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SERENITY PHINEX CO-CEO OF SERENITY'S NAIL POLISH



Leave a little sparkle wherever you go. Jasmine Phinex, a Queens Native is enthusiastic about impacting the lives of those around her and making a difference within her community. She is a community leader, a social justice educator, wife of a veteran, and mother to her five-year-old daughter, her CO-CEO. During the pandemic, Jasmine was inspired by her daughter and along with her husband founded Serenity Nail Polish. They provide access to vegan nail polish which is safer, healthier, and chemical-free. The business also serves as a platform to inspire girls and women around the world. Jasmine and her CO-CEO daughter Serenity has been featured in Black Wall Street, Stardom Magazine, Amsterdam News, and most recently appeared on the nationally syndicated Drew Barrymore talk show. Serenity Nail Polish is also sold in Wal-Mart and recently officially appeared at the 2022 Oscar's award as a gift bag sponsor! Jasmine's goals are to continue to grow her family business, obtain additional funding, and diversify her business portfolio. She looks forward to establishing a nonprofit organization that empowers girls and women to be successful.

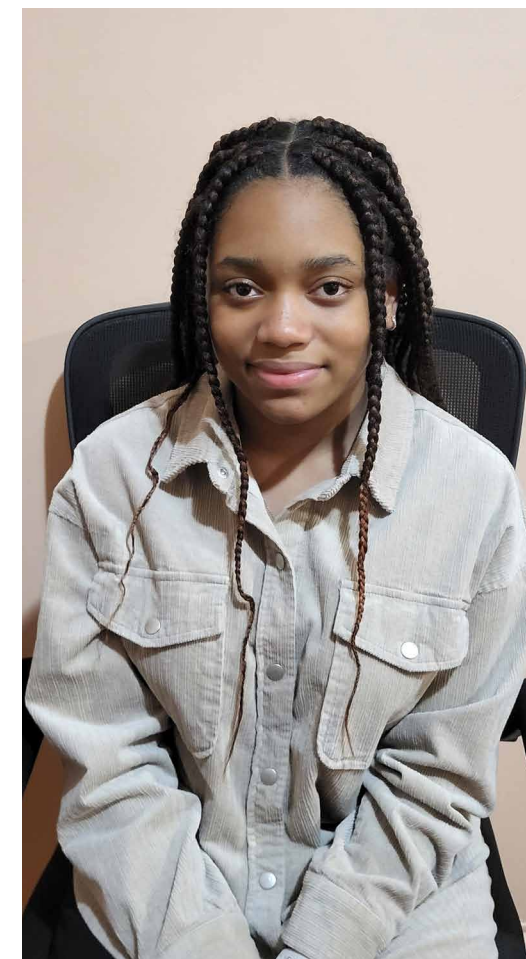
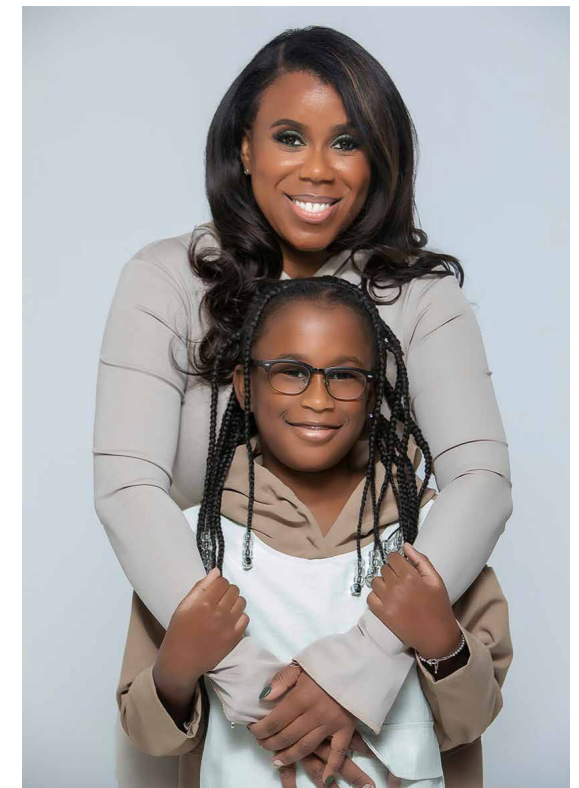
MORGAN GRACE CEO OF M&M ANGELS

M&M Angels Inc. is a nonprofit organization founded by now 8-year-old Morgan Grace.

Since last year, Morgan has serviced over 2,500 children and families. Morgan has gained partnerships with Airbnb and Stop & Shop is providing resources to families throughout NYC.

Morgan continues to demonstrate her love for children who are less fortunate by donating toys, clothing and so much more.

Her vision is to have a colorful center that will provide resources to children and families.



MAKAYLA SYDNEY CEO OF COOKIE CREATIONS DESIGNS

Since interviewing with COBS Magazine Cookie Creations has been doing well. I took a few months from producing new merchandise to work on my sketching. As I continue working on my craft, that does not mean that I stopped creating a product for others.

During these past months, I have had many jobs which inspired me to expand my business beyond t-shirts and bags. I have done 100 t-shirts for a down syndrome home in Trinidad, created bonnets for a new youth upcoming braid stylist, created designs for cups/glasses for an organization for 3 of their events, and personalized items for many individuals.

I am currently working on revamping my website and creating a logo and business card for my brother's photography business. The goal is to continue growing and developing my business.

1 YEAR ANNIVERSARY



Trevi Booker Pershay CEO / FOUNDER



SPEAKS TO WOMEN

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1 YEAR ANNIVERSARY

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

Hello beautiful people! We are back at it again with another health banger!

I have a yummy, but also healthy tip on how to burn fat (specifically belly fat). Yes, beautiful people there are certain foods that can help burn belly fat. No gym required! Let's read below for the tea!

Below are some yummy foods that can help burn fat. Please make sure to confirm with your doctor if this is right for you, also if you have food allergies, please confirm with your physician an alternative. Please go check out <https://www.goodto.com/wellbeing/diets-exercise/fat-burning-foods-612987> I received confirmation from this website.

Greek Yogurt – So yummy yet can be considered as a snack, and breakfast. Why? Studies shows “full fat Greek yogurt contains conjugated linoleic acid (CLA) which promotes fat burning. And secondly, probiotics naturally found in the yogurt support the good gut bacteria which is key to any weight loss programme.”

Dark Chocolate– Who doesn't love chocolate?! Tupac said “The darker the berry, the sweeter the juice” Haha! Research shows “Dark chocolate is packed with monounsaturated fatty acids which help boost your metabolism,” says David. “And as a result, you will burn calories faster. Let's give a shout out to David for the research! People this does not mean chocolate bars such as sneakers, Hershey's, kit kat etc. I can suggest Ghirardelli it's so yummy and healthy.

Broccoli– Is the green that can burn your belly fat machine. Why? Broccoli studies says (information from google) because it's one of the few that contain calcium, which has been shown to increase fat loss, especially in the abdominal area.

Indeed, almonds are something of a fat burning superfood, according to one US study. With overweight participants who enjoyed almonds as part of a low-calorie diet losing 50 percent fatter overall and around their weight compared to the other test group.

Nuts– I personally am not a fan of nuts, however studies say (Information received from google)

Eggs– Yummy eggs are the best protein to start your day, or to add to your salad. The reason eggs are one high-protein food that can promote fat-burning speeds up metabolic rate in any case, which can be as much as 30% after eating high quality protein.

Coffee– Yes, coffee can burn fat especially black coffee, however I will not suggest drinking every day. Drinking that sip of coffee helps.

Avocado– I love avocado! The best food choice fat that is a good fat. Why? Studies say found that eating an avocado daily, as part of a calorie-controlled diet, aided weight loss in participants.

Salmon– If anyone knows me knows my love for salmon. Studies say salmon is a great source of omega 3 fatty acids which are shown to reduce inflammation and promote fat burning, with studies showing that fish oil supplementation can help to reduce weight and the stress hormone cortisol, which is also linked to fat storage.

These are just a few foods that can help burn fat. I can say from experience these food choices are a great start to help you stay on a healthy path.

Beautiful readers I hope this tip will help you on your healthy journey. I always say to look good on the outside, you must first keep it healthy on the inside.



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CELEBRATING ANNIVERSARY ISSUE



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CEO / FOUNDER

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