

OCTOBER 2022 ISSUE | VOLUME 8 | U.S. \$3.50

C.O.B.S.

CIRCLE OF
Boss SISTERS

THE QUEEN'S COURT

Meet Robin Boyd
CEO/Founder of Essential
Accounting Consultants

THE KING'S COURT

Meet Wardell Richardson
CEO/Founder of Raine
Dance Films

WOMEN INNOVATORS

Meet Sonya Ashley
CEO of Fabulous on Purpose

Meet Therese Myers
CEO/Founder of Yes Girls
Create Inc.

FASHION CORNER

Meet Quieesha Burns
CEO/Founder of CORi!
Burns Designs

WOMEN'S WERK

Meet Dawn Stargell Moore
CEO/Founder of Moore 2 Life
Consultants LLC

MELINA FUENMAYOR

CEO/Founder of The Closing Signing Service

FROM THE OFFICE OF THE EDITOR

TREV
PERSHAY

MAKE TIME 4 YOURSELF



As the next generation of CEOs, we have worked harder, smarter, and more diligent than any generation I have ever witnessed. I called this generation the RISE, GRIND, AND SLAY movement. Why? 45% of black owners still operate a full-time job, due to credit issues, debt, or for some other unseen financial problem.

As for myself, I'm exhausted at times, however, I'm driven to get the job done. I am always thinking of what needs to be done. I have a full-time job putting in 48 – 50 hours a week. I'm a full-time student and I sneak 4 – 5 hours (2 days that I work remotely) and in-between that I work on COBS. I have no nightlife, nor do I watch television. I am always sitting on my Gluteus Maximus and glued to my computer. If I think about it, I have the same habit as those individuals who enjoy playing video games.

Making time for oneself is so important. I find that when I go into the office 3 days a week, that is the only time that I truly spend outside walking. I truly enjoy those 3 days of being outside loving the beauty of the morning and walking in a peaceful environment does the mind & attitude good. It feels good to embrace the wind touching my skin and greeting me with what I have been missing by not going outdoors. Listen, I get it the rise, grind, and slay CEO motto, however, God bless us with the activity of our limbs, and I going to use them more often.

Take time out for yourself. You only have one life. We should use it wisely. I'm talking to myself as I write this article. I need to do better. The way I grind should be allocated to the way I take care of my body. Without the body, there is no grind. For the first time in years, I started taking vitamins and drinking more water. Listen, I am hitting that big 60 and I want to live 20 more years feeling good about myself.

My advice is to get a buddy system and create an activity challenge. The buddy system should motivate each other to just take a moment to get off the Gluteus Maximus. The challenge should be going for a walk, exercising, or doing an activity that allows you to take a break from the rise, grind and slay of life. I promised myself in October I will make sure I make the time for myself and give my Gluteus Maximus a break.

If you have a story you want to share email us at cobsmagazine2@gmail.com

Trevi Booker

Trevi Booker Pershay

C.O.B.S MAGAZINE – IN THE SPIRIT OF BLACK EXCELLENCE

YANIA CAMPBELL
VIRGINIA STATE UNIVERSITYMEET THE FUTURE SENATOR OF THE UNITED STATES OF AMERICA
BEAUTY, BRAINS, AND A WORLD CHANGER

WRITTEN BY TREVI BOOKER PERSHAY

The media coverage lately only projected images of our black youth as drug dealers, gang bangers, and violent offenders. Although, SOME of that is true, however, the media does not cover how a few of those young black individuals make it out of their communities into greatness. That is the part we don't see. C.O.B.S Magazine's goal is to challenge those negative images and focus on the rise of Black Excellence.

As an Editor, it gives me great pleasure to write a piece on Yania Campbell who is the next generation of world changers. Yania Campbell is a 21-year-old honor student at Virginia State University where she is a Political Science Major. Yania's assignment is to be a voice and an advocate for young people. She is currently CEO/ Founder of the HBCU Youth a non-profit organization where she bridges communities and students through networking. Yania, grew up learning about politics from her great-grandmother Mary Hobson (who was an advocate and a voice for a change). Yania served on the Board of Elections for the City of New York. Yania is a Brooklynite and is ready to shake up an old system with a new direction for change. Listed below are Yania's journey and accomplishments.



CONTENTS

EDITOR'S CORNER

02) TREVI BOOKER PERSHAY

MEET THE C.O.B.S. TEAM

03) MEMBERS OF THE COBS

STUDENT OF THE MONTH

05) YANIA CAMPBELL

FEATURED STORY

08) MELINA FUENMAYOR

QUEEN'S COURT

10) ROBIN BOYD

SPECIAL EDITION HAIR SALONS

- 12) NAPTURAL ROOTZ
- 12) KEYSTYLIST SALON
- 13) THE BEAUTY CAVE
- 13) B. POISE
- 13) NIK SADIO THE SALON
- 14) HYDRA-BAR SALON
- 14) DEEPLY ROOTED

KING'S COURT

16) WARDELL RICHARDSON

BEAUTY TALK

18) TINIKA THOMAS

ARTIST CORNER

19) LUCKII YA DIG

WOMEN'S WERK

20) DAWN STARGELL MOORE

WOMEN INNOVATORS

- 22) THERESE MYERS
- 24) SONYA ASHLEY

FASHION CORNER

26) QUIEESHA (CORII) BURNS

AUTHOR'S CORNER

29) CALVIN T. MANN

FIT BY ARIELLE PERSHAY

28) ARIELLE 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.

CONTACT: IG – trevipershayproductions.

EMAIL: pdmperformingart17@gmail.com or trevipershayproductions@gmail.com

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.

CONTACT: IG – tinikashay

EMAIL: Tinika.thomas@pdmperformingarts.com or shaybeautyconsultant@gmail.com



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.

CONTACT: EMAIL: pershayarielle@gmail.com , IG: astardancemovement

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.

CONTACT: IG: nishadahairweavekillla , EMAIL: rodnishapershay1@gmail.com



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.

CONTACT: FB: Rosemarie Berghout , EMAIL: rosemarie.berghout@gmail.com



exousia
UNIVERSITY

Open House

Earn Your Degree In Months Not Years!

Exousia University (EXU) is a non-traditional university with unique class formats that allow students to learn at their own pace. With 100% online learning and NO physical campus, EXU provides students with an affordable and flexible way to earn your degree. Join our online Open House!!!

Saturday May 21, 2022

12:00 PM – 1:00 PM EST

CLICK HERE

[https://us02web.zoom.us/j/81035227836?](https://us02web.zoom.us/j/81035227836?pwd=ZDBjMWU2V05VdUljNlF0aGxGZTBldz09)
pwd=ZDBjMWU2V05VdUljNlF0aGxGZTBldz09
Meeting ID: 810 3522 7836
Passcode: 241207

Make your dreams come true at Exousia university



470-485-6160



info@exousiau.com

MELINA FUENMAYOR

MEET CEO/ FOUNDER OF THE CLOSING SIGNING SERVICE



C.O.B.S. MAGAZINE:

Welcome to C.O.B.S Magazine. We are thrilled to have our first Latin entrepreneur grace the cover of the October issue. It is an honor to introduce Melina Fuenmayor, a Venezuelan Immigrant, and a successful businesswoman who is inspiring Latin entrepreneurs across the US with her unbelievable story of hardship and victory. Can you introduce the woman behind the brand?

MELINA FUENMAYOR:

I describe myself as a warrior, a very hard-working woman, strong-willed but sensitive at the same time, with a good sense of humor, who fights for her dreams and never gives up. I have fought my entire life for a better future for myself and my family, and I'm finally getting it. I'm a wife, mother, daughter, and sister who is doing the best she can to provide for her family.

C.O.B.S. MAGAZINE:

In under two years you built a seven-figure successful business. That is awesome. Can you please tell us about The Closing Signing Service? What types of services does your business offer? How does your business differ from other companies offering similar services?

MELINA FUENMAYOR:

We are a Notary Signing Service Company. That means that we hire notaries nationwide to close real estate transactions for mortgage professionals. Finding and hiring a mobile notary is relatively easy. The tricky part is to have a smooth transaction. That's what we do by overseeing the operation. We are literally on top of everything. We make sure our notaries read and follow instructions; confirm the appointment with the signer; and get the documents signed, dated, notarized, and stamped. Send the scan backs on time and drop off the package on time. Another important aspect that set us apart from other companies, is the fact that I treat my notaries fairly, I treat them as business partners, I respect them, I appreciate them, I train them, and I pay a good rate and on time. Most signing companies take advantage of notaries to make more profit, that's not my philosophy, I'm a Notary Signing Agent, so I treat others like I want to be treated. It is all about empathy.

C.O.B.S. MAGAZINE:

What stimulated your ideas to start a new business venture or to bring significant changes to an existing business?

MELINA FUENMAYOR:

I had recently moved to the U.S. and was struggling to get to the end of the month, and I was looking desperately for side hustles. The idea of becoming a Notary Public and then a Notary Signing Agent was very attractive due to my legal background in Venezuela. I started the business not knowing it would be a huge success. I was skeptical at first, but I gave it a try. Soon enough, I realized I was meant to do this. I closed 7 transactions in my first month as a Notary Signing Agent, and 6 months later, I was completing over 100 transactions per month. Then, I had the idea of scaling the business to a signing service, which I did without any doubt, to be able to help more companies that were struggling with finding and hiring mobile closers, and here I am. Even though running a business is stressful, I don't regret my decision.

C.O.B.S. MAGAZINE:

As a Venezuelan Immigrant you came to the US armed with

nothing. Especially, as a women immigrant, I am sure it has not been easy. How did you overcome the language barrier and other struggles that you faced? Who or what was the fuel behind your determination in wanting to start your business?

MELINA FUENMAYOR:

My motivation comes from my dreams and my desire to spend more time with my family, who have been a great support throughout this journey. It hasn't been easy. My fervent desire to succeed led me to do the unimaginable. I stepped out of my comfort zone, and I kept moving forward without hesitation. I believed in myself, my capabilities, and my skills. I worked hard and decided to be brave enough to start a business from scratch in a country where I didn't know anybody, didn't have any connections and was in a language that was not my native.

C.O.B.S. MAGAZINE:

As your company grew, can you explain the challenges in the areas of hiring, tech development, and raising capital? Have you ever failed in your initiatives? What have you learned from your failures?

MELINA FUENMAYOR:

I have faced so many challenges. I have failed so many times, and it will continue to happen. This is what entrepreneurship is about. You have to try, and if failure comes, then learn from it and move forward. The key factor to a successful business is not giving up and learning as much as you can. Try different methods until you find the one that is working for you. Hiring has been the most challenging aspect of my business. Finding qualified people and training them is not easy. It takes time, effort, and patience. On the other hand, I haven't experienced any setbacks concerning tech development and raising capital.

C.O.B.S. MAGAZINE:

I recently read an article in Latin Biz today that states, "It seems that Latin entrepreneurs are somewhat invisible. They are being underrepresented in the media." As a Latina businesswoman, how do you feel about the above statement? How do you feel you are making strides to steer away from these types of stereotypes?

MELINA FUENMAYOR:

I'm very proud of my roots, my background, and my accent. I don't feel less than anybody, I feel that my colleagues, notary peers, and clients respect me and appreciate me, and more recently, my story is being heard by thousands of Latinas in



the States through interviews with multiple digital media, including this respectable magazine.

C.O.B.S. MAGAZINE:

Every entrepreneur has a secret to their success. Can you give us three ingredients that have made your business successful? What are you proud of so far with the success of your business? What is your take on the ways to achieve long-term success?

MELINA FUENMAYOR:

Patience, Hard Work, and Continued Education. I'm very proud of what I've accomplished with my business and my professional success. I've been able to build a business from scratch on my own without any connections.

C.O.B.S. MAGAZINE:

What adjustments have you made to your personal and professional life to juggle these two roles? What advice can you offer to other mompreneurs trying to balance family with their entrepreneurial ambitions?

MELINA FUENMAYOR:

My business is relatively new, and I'm still adjusting to the fact that I'm running a business and raising a family lol. My husband is a great help to me with the housekeeping issues, and my teenage daughter also contributes, making my life much easier. I also have a team that helps me keep control of the business. My advice to all new entrepreneurs is that you need to make and keep a winning team, delegate, and organize properly.

C.O.B.S. MAGAZINE:

Here at COBS Magazine, we love to share daily affirmations. What is the daily affirmation that has kept you sustained and encouraged?

MELINA FUENMAYOR:

Remove the negative aspects of each situation and focus solely on the positive. Every experience, even if you think is negative has something positive to offer.

C.O.B.S. MAGAZINE:

Thank you for taking the time to share your journey with our readers. What are your plans for future projects? Can you share your website and social media platforms for our readers to follow you? We wish you continuous success.

MELINA FUENMAYOR:

Thank you for your kind wishes. I'm currently working hard to keep growing my business, improve my marketing strategies, and ensure that my entire team is fully trained to guarantee that every transaction goes as smoothly as possible. My website is www.theclosingsigningservice.com and you can find me on the following digital platforms: LinkedIn, Instagram, Facebook, YouTube, Google My Business, and TikTok as theclosingsigningservice.com.





ROBIN BOYD

MEET FOUNDER AND CEO OF ESSENTIAL ACCOUNTING CONSULTANTS

COBS MAGAZINE:

Welcome to COBS Queen's Court. It is our pleasure to be speaking to Robin Boyd who has been transforming Black-owned businesses into million-dollar enterprises for over 20 years. Robin has dedicated her career to showing business owners how to transform and elevate their businesses to another level. Before diving into your journey into entrepreneurship can you tell us a little about your background?

ROBIN BOYD:

I was brought up attending parochial

schools and my mother was very hands-on with my learning. My first introduction to Accounting was in 1986 while attending James Addams Business Center in Cleveland, Ohio. During that time I knew I had a love for numbers and thus I pursued and earned my Bachelor of Science degree in Business Administration with a major in Accounting while still working in this chosen field. Following my commencement from college I accepted a career with a major corporation with several

subsidiaries. That successful career move allowed me to excel and grow within the organization and also travel throughout the country.

COBS MAGAZINE:

Did you always have an entrepreneurial spirit? Who were your examples growing up to show you the way to becoming a successful entrepreneur?

ROBIN BOYD:

I was raised in a family of entrepreneurs. My great-grandmother was the entrepreneur of the family and she

showed me early on how to run a business. I was destined to carry on this family legacy of CEO and entrepreneurs.

COBS MAGAZINE:

You are the Founder and CEO of Essential Accounting Consultants. Can you tell us about your business? What was your initial vision when the idea came to you? Who are the clients you serve? What sets your business apart from the competition?

ROBIN BOYD:

I started my business as a tax preparation service and over time I added other services catered to the client's needs. Essential Accounting Consultants provides a business advisory service to help clients to navigate through the ups and downs of entrepreneurship. My business is a virtual accounting firm that services Americans and US residents worldwide. Our purpose expands to more than bookkeeping because everyone should have full control of their finances. Our vision is to give people the tools of financial mastery so they can stay on top of their finances and improve their lives. My firm is a one-stop shop for small business owners with services such as payroll processing, bookkeeping, tax resolution, tax planning, business consulting, and tax preparation. We are a results-driven company with years of high-quality and client satisfaction.

COBS MAGAZINE:

What are the top 3 resources your business is currently providing to help your clients thrive and achieve million-dollar enterprises?

ROBIN BOYD:

Each small business owner is different, and we do not put businesses in a mode. We work directly with each business owner and help them achieve specific goals. I have helped Black businesses thrive in the following areas:

- Implementing an enterprise-level finance structure to help businesses with planning and decision-making.
- Improving personal credit and establishing business credit and access to lending/financing opportunities.
- Gaining government contracts and increasing their revenue with a five-year plan.

COBS MAGAZINE:

What were the top 3 mistakes you made starting your business and what did you learn from them? Did you ever feel that finances were your biggest barrier at the beginning as a black female entrepreneur?

ROBIN BOYD:

I tried early on to wear all the hats in my business because I didn't want to bring in others with such sensitive information. It took me some time to realize that I was holding myself back. I serviced everyone in need of my services instead of working with my target clients. I did not have anyone to bounce ideas from and I learned how to navigate my business by trial and error.

COBS MAGAZINE:

How do you go about marketing your business and what has been the most successful form of marketing for you?

ROBIN BOYD:

My marketing has been the relationships I build with my clients and the referrals they give to my firm.

COBS MAGAZINE:

As a black female accountant you have been featured in Forbes not once but twice? Can you tell us what your feature was about? How accomplished did you feel?

ROBIN BOYD:

It is nice to know that your efforts are not going unnoticed. It makes me feel accomplished. I feel like I am a part of a solution. I always state "If you have not gained your first million-dollar revenue year, you will. If you want to reach 10 million in revenue, my firm can help implement the structure and strategy to achieve it.

COBS MAGAZINE:

Your purpose is to continue to be an integral part of the success of many entrepreneurs and startup businesses. Do you feel that it is a generational challenge to eliminate the black and white wealth gap? How do we change our mindsets?

ROBIN BOYD:

Working with small business owners to establish strong foundations and improve the owner's credit to subsequently establish business credit creates an exit strategy. Each person has different ways of processing things. You have to pick apart the

way things are being processed, then you will know the course of action as to how to change the mindset. I have dedicated my career to showing business owners how to transform and elevate their businesses to another level. I won't bring a new mindset, organizational structure, and business acumen.

COBS MAGAZINE:

Becoming an entrepreneur is never an easy journey what is the best advice you ever received when you were developing Essential Accounting Consultants?

ROBIN BOYD:

The best advice I received was to delegate and to use the network. I have to achieve the goals I had for my business.

COBS MAGAZINE:

What would be the ultimate goal you like to achieve to continue to help small businesses? Can you please share your companies' websites and your social media platforms for our readers to continue to follow your journey? We wish you continuous success.

ROBIN BOYD:

The ultimate goal for my firm is to put more people in a position to be a part of the solutions for business owners. Please feel free to visit my website at www.essentialacctg.com. You can follow me on IG: @essentialacctg, LinkedIn: <https://www.linkedin.com/company/essentialaccounting/>, and Facebook: <https://www.facebook.com/essentialacctg>. Thank you for the good wishes.



RECOVERING FROM THE PANDEMIC: A BRIGHTER FUTURE FOR THE HAIR SALON INDUSTRY....

WRITTEN BY CO-EDITOR TINIKA THOMAS-FOREMAN

March 1, 2020, was the day our lives would change. What was known as normal would never be the same again. On this date, we received our first confirmed COVID case in the United States and globally everything shut down. Only essential services were allowed to operate during this time. No personal care services were allowed to operate which affected the Black and Latina business communities. How was the black-owned business going to survive in a global lockdown? Do we go back to our roots of sitting in the kitchen with the hot comb on the stove, and with the Dax grease on the table? Remembering to hold your ear down before the hot comb hit those behind the ear roots. Do we let our little sisters or cousins give us manicures and pedicures hoping for good results? During this shutdown, we all had to creatively turn into our own hairstylists, barbers, and nail technicians. Now with that, businesses are returning to some type of normalcy. We can now put away your aprons, and hot combs, to allow these gifted professionals to give haircuts or manicures once again. It always feels better when our barbers, nail professionals, or hairstylists help us look good.

C.O.B.S Magazine would like to honor a few of the black-owned Salons in various cities. Support black-owned businesses and don't hesitate to make that next appointment. Solange said it best in her song Don't Touch My Hair with the phrase, "It's the feelings I wear".

1. Naptural Rootz Hair Salon Westland, MI

894 South Wayne Road Westland, MI 48186

Phone number: (734)-502-3880

Offering low maintenance, natural haircare, and barbering services, it's a great salon for the whole family. Clients rave these hairdressers care about the health of your strands, which is always a plus.

IG: <https://instagram.com/napturalrootz?igshid=YmMyMTA2M2Y=>

Facebook: <https://www.facebook.com/NapturalRootzLLC>



MARIAH S. JOHNSON OWNER OF NAPTURAL ROOTZ

2. Keystylist Salon Chicago, Illinois

1530 West 99th Street, Chicago, IL 60643

Phone number: (872)-588-9297

Celebrity stylist Kesha Levy is the beauty and brains behind this Chicago-based, Black-owned salon. Ahead of its time, Keystylist Salon has a "passion for providing healthy hair care, cutting edge techniques, color, curly cuts, protective styling, quality extensions, flawless skin, and a wide range of other services." They truly are a cut above the rest.

Website: <https://www.keystylist.com/>

IG: <https://instagram.com/keystylistsalon?igshid=YmMyMTA2M2Y=>



KESHA LEVY OWNER OF KEYSTYLIST SALON

3. The Beauty Cave New York, NY

2157 1st Avenue, New York, NY

Phone number: (646)-649-4444

The Beauty Cave offers hair services for anything you may need. Whether you're looking to get hair extensions or a specific style of braid, they've got you covered.

Website: <https://thebeautycave.mysalononline.com/>

IG: https://instagram.com/thebeautycave__?igshid=YmMyMTA2M2Y=

Facebook: <https://www.facebook.com/thebeautycaveharlem>



NAJEE BRYANT OWNER OF THE BEAUTY CAVE

4. B. Poise, LLC Savannah, Georgia

7370 Hodgson Memorial Drive, Suite A-6, Savannah, GA 31406

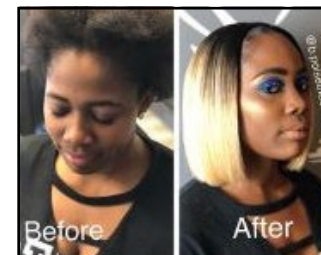
Phone number: (912)-508-9748

B. Poise, LLC is a single entity under which we operate multiple businesses. At the salon, they offer an array of hair care and makeup services for everyday wear and special occasions. They offer private "Get Ready with B. Poise" parties for weddings, proms, girls' night out, and any other special occasion. Their philosophy is poured into every client they serve. At B. Poise, LLC our goal is to ensure that every guest experiences a feeling of grace and elegance that leaves you feeling beautiful and self-assured.

Website: <https://www.bpoise.com/the-salon>

IG: <https://instagram.com/b.poisethesalon?igshid=YmMyMTA2M2Y=>

Facebook: <https://www.facebook.com/b.poisethesalon>



DANYELLE OWNER OF B POISE

5. Nik Sadio The Salon Brooklyn, NY

1750 Flatbush Avenue, Brooklyn, NY 11210

Phone number: (917)-587-2661

This Brooklyn-based salon will give you a cut unlike any other, especially if you're looking for a pixie style. That is their specialty.

IG: <https://instagram.com/niksadio?igshid=YmMyMTA2M2Y=>

Facebook: Nik Sadio the Salon | New York NY | Facebook



NIK SADIO OWNER OF NIK SADIO THE SALON

6. Hydra-Bar Salon Coral Springs, FL

7831 W. Sample Road, Coral Springs, FL 33065
Phone number: (754)-215-6333

For the ultimate hydration, check out Hydra Bar Salon in Coral Springs, Florida. After all, it is their specialty. Whether curly or straight, your strands will never feel better. Healthy hair comes first and this salon is one of the first to practice no oils or butters for naturally curly hair despite popular belief.

Website: <https://hydrabarsalon.com/>
IG: <https://instagram.com/hydrabarsalon?igshid=YmMyMTA2M2Y=>
Facebook: <https://www.facebook.com/Hydrationbar>



RHONDA OWNER OF HYDRA BAR SALON

7. Deeply Rooted Phoenix, Arizona

4848 E. Cactus Rd. Suites 21 & 22, Scottsdale, AZ 85254
Phone number: (623)-523-7472

Founded by sisters Lisa and Terri, this Arizona-based salon promises an "experience delivered with heart." With more than two decades of experience, these sisters act knows how to give you the hair of your dreams.

Website: <https://www.deeplyrootedaz.com/>
IG: <https://instagram.com/deeplyrootedaz?igshid=YmMyMTA2M2Y=>



LISA AND TERRI OWNER OF DEEPLY ROOTED

REFERENCES:

<https://maneaddicts.com/black-owned-salons-around-the-us/>
https://www.yelp.com/search?find_desc=Black-Owned+Hair+Salons&find_loc=New+York%2C+NY

SPEAKS TO WOMEN

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

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

We are Queens!!!! Period!!!

We encourage local Black and Brown businesses to advertise with us by requesting our special advertising packages - email us at cobsmagazine@gmail.com for further information

GOT A STORY??????

Please email us if you're interested in sharing your story with us. We are looking for CEOs, Authors, Artists, Fashion, and testimonials. Connect with us at cobsmagazine@gmail.com



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

WARDELL RICHARDSON

MEET FOUNDER & CEO OF RAINE DANCE FILMS

C.O.B.S MAGAZINE:

Welcome to COBS Magazine King's Court. We have the pleasure of speaking to Atlanta native Wardell Richardson who has proven himself as a hardworking, driven, and passionate man when it comes to the arts. For him, it's just the beginning. Can you give our readers a backstory about your upbringing?

WARDELL RICHARDSON:

I was born and raised in Atlanta Ga. by my mother along with a younger sister. In school I was always into sports, running track, cross country, and playing basketball. After high school, I got into modeling for some years which lead me into the theatre. I did the theatre circuit for about 3 years and eventually got my feet wet in doing an online TV series called "Money, Power, Respect". After that one small role, I knew that acting was my passion.

C.O.B.S MAGAZINE:

You are the Founder and CEO of Raine Dance Films. Can you tell us about your company? How did you come up with the name? What style of films did you create romance, comedy, scary, etc.?

WARDELL RICHARDSON:

After several years of acting and producing I started to come up with ideas of my own. So, I decided to start my own film company. I had a hard time trying to decide what I wanted to name my company. One day, while watching Cartoon Network with my daughter, she started to dance to the alphabet song. My daughter's name is Raine. That's how Raine Dance Films was born. My film company is not just an entertainment company, but a company built on principle and honor. I personally love films that serve a purpose and that you can learn from. My primary focuses are action, drama, comedy, and fantasy.

C.O.B.S MAGAZINE:

How did you get involved in the film industry? When did you realize this was going to be more than a one-shot venture?



WARDELL RICHARDSON:

After doing my run in the theatre I liked it, but I didn't love it. I decided to audition for a TV role and landed a small role. I knew after that one opportunity that I would be doing this for the rest of my life. I loved everything about it. I love being able to create and become someone totally different than who I was. This would be my destiny.

C.O.B.S MAGAZINE:

What are some of the biggest challenges and difficulties you face when starting a new film project? Does that process differ for each project?

WARDELL RICHARDSON:

This happens to be a very good

question. The biggest challenge I face is funding investors. Because my company is still somewhat new, it's hard to find someone willing to invest in your dreams and see the bigger picture. The film is not a big turnaround but the more funding you get the better the odds. Being able to bring in celebrity actors and having a quality team makes for a better return on your investment. My team is all experts in their field.

C.O.B.S MAGAZINE:

After spending time as a model and actor, does it feel strange to be wearing another hat?

WARDELL RICHARDSON:

No, not really. I've always worn many

hats in just about everything I'm involved with. I always want to learn and know more.

C.O.B.S MAGAZINE:

How is the reality of directing films as an independent filmmaker compared to your expectations of it? Can you please explain?

WARDELL RICHARDSON:

I don't think I had any expectations. Whatever I put my mind to I give it a try. If I like it...I like it. If I don't...I don't. Life in general is about experiences and what you can get out of them. I believe if you live with expectations, it could hinder your willingness to try.

C.O.B.S MAGAZINE:

Do you think the era of online streaming for movies has had a positive or negative impact on the filmmaking industry? In your opinion, what is the best film to date and why?

WARDELL RICHARDSON:

This is a very good question. I personally think it's how you look at it. If you go for full theatrical release (movies opening in theaters), then you'll get a bigger investment in your money. Those movies are harder to do, and it depends on the content, storyline, and celebrities involved. Once it goes through theaters then it hits the streaming circuit. This method gives you a quicker return on investment and more longevity in the distribution process to make more money. My favorite movie to date is "Black Panther". Everything about that movie was done to perfection. One thing you rarely see is a movie filled with dark-skinned women and men. It

was a beautiful sight. Not to mention the many cultural signs throughout the film.

C.O.B.S MAGAZINE:

Are you happy, overall, with the direction, your company is taking? Is it getting any easier these days?

WARDELL RICHARDSON:

I truly am happy about the direction my company is taking. I have a team that sees the vision and understands the assignment. They want this as bad as I do and that's what makes it special. It's hard to find people you trust. I feel that God has made this all possible. It's never going to be easy, but that's what makes this exciting. In the end, you can appreciate everything you worked hard for.

C.O.B.S MAGAZINE:

Can you share the most interesting story that happened to you since you started your film company? What was your takeaway from that experience?

WARDELL RICHARDSON:

The most interesting story would be that of my client Tawana Williams. She's a powerful motivational speaker and a true gift from God. I initially was called to be an actor in her movie until I got the call from her directly. At 9 am on a Sunday, she called me herself and said that God told her to call me that morning. She had a hard time trying to find a film company she trusts to tell her story. She had gone through others and the attempt failed for different reasons. I cannot tell you how honored I was to get that call from such a woman as Tawana. I truly believe that prayer works and building

great relationships is a must.

C.O.B.S MAGAZINE:

Do you have any insights, tips, or advice for people starting in the filmmaking industry?

WARDELL RICHARDSON:

YES! Don't give up and take your time. Learn the business and don't let anyone stand in your way. Believe in yourself and the right people will follow.

C.O.B.S MAGAZINE:

Can you tell us about any projects that you have in the works? Where can our readers find your works? How can our readers follow you on social media? We wish you continuous success.

WARDELL RICHARDSON:

I am currently in preproduction for the movie "Eagle Without Wings" The Tawana Williams story and my TV series "Night" which is my first TV series written by me. You can see movies I've produced on Amazon Prime such as "The 30 Day Rule", "Greed" and "Flesh". You can follow me on my social media handles.

IG: Officialwardellrichardson, FB: WardellRichardson and RaineDanceFilms. My website is www.rainedancefilms.com.



TINIKA THOMAS

INSIDE TIPS FOR EVERYDAY MAKE-UP ROUTINE – REGARDLESS IF YOU ARE A NEWBIE OR EXPERIENCE IN THE MAKEUP WORLD.

BEAUTY TRENDS TO KEEP AN EYE ON FOR 2023.....

As individuals, we all want to achieve beautiful, flawless, and healthy skin. That is on the top of our bucket list. There are so many products that promise glowing skin and shrinkage of your pores. Some trendy elements are needed to achieve a simple skincare routine.

Skinimalism

What is skinimalism? It is a trend that is all about simplifying your skincare and building a regimen that helps you achieve healthy, glowing skin with only the necessary amount of products. During the pandemic, most of us survived without makeup products like foundation, lipsticks, and eyeliners. We became focused on keeping our skin glowing and healthy. Surprisingly, this trend will carry over to the 2023 year. The focus will be based on naturalness doing away with unnecessary products and celebrating natural beauty. Makeup experts suggest most consumers will rely on quality instead of quantity to use as few products as possible.

Niacinamide

What is Niacinamide? This active ingredient has become part of the 2023 beauty trends. This ingredient helps reduce inflammation and minimizes pore appearance while keeping the skin smooth and moisturized. In addition, niacinamide also stimulates the body's collagen production and the result is firm skin that will gain elasticity. This miracle ingredient is great for all skin types and almost every skin problem, especially hypertension.

Here are a couple of products that contain niacinamide:

- **Ranked Best Overall:** Paula's Choice BOOST 10% Niacinamide Booster, Vitamin B3, Vitamin C & Licorice Extract Serum, Pore Minimizer, 0.67 Ounce- Amazon \$49.00
- **Ranked Best Drugstore Product:** La Roche-Posay Pure Retinol Face Serum with Vitamin B3. Anti-Aging Face Serum for Lines, Wrinkles & Premature Sun Damage to Resurface & Hydrate. Suitable for Sensitive Skin, 1.0 Fl. Oz- Amazon \$39.99
- **Ranked Best Moisturizer:** Olay Regenerist Cream, 1.7 oz. - Amazon \$21.00
- **Ranked Best Toner:** Niacinamide Brightening Toner- Good Molecules \$14.00
- **Ranked Sheet Mask:** andlab Niacinamide 2% + B5 Hydrating Face Mask 5pcs (1pack) - Amazon \$30.99

Electrolytes

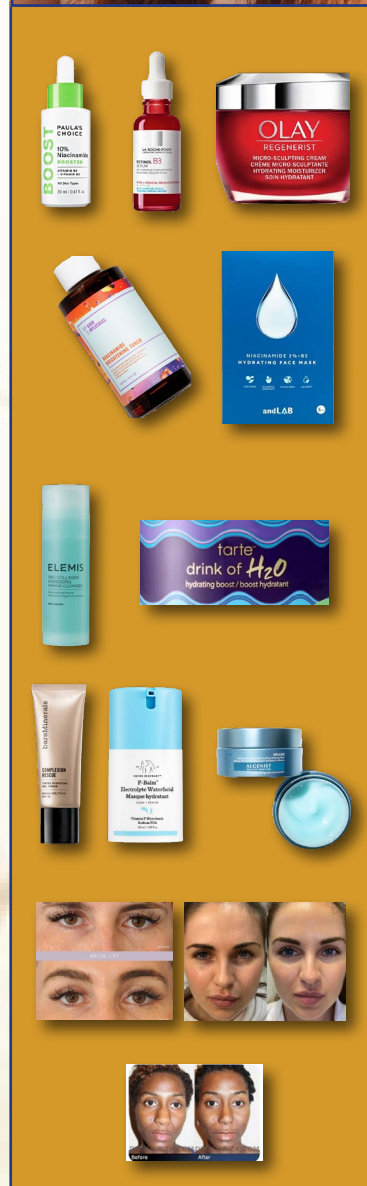
What are Electrolytes? Electrolytes are a liquid or gel that contains ions and can be decomposed by electrolysis. Think of electrolytes like a sports drink for your skin. It is one of the most important beauty trends for 2023. Electrolytes contain minerals, magnesium, calcium, potassium, and sodium. These ingredients help balance the moisture in your skin which prevents dry areas. The electrolytes help the skin retain water and could continue to help your skin hold on to hydration. This is the reason why electrolytes have become available in a wide variety of products and have become part of the everyday skin routine.

Here are a few products that contain electrolytes:

- Elemis Pro-Collagen Energising Marine Cleanser- Spacene.com \$57.00
- Tarte Sea Drink of H2O Hydrating Boost Moisturizer- Sephora \$39.00
- Bare Minerals Complexion Rescue Tinted Hydrating Gel Cream Broad Spectrum SPF 30- Ulta.com \$33.00
- Drunk Elephant F Balm Electrolyte Water facial Mask- Sephora \$52.00
- Algenist Splash Absolute Hydration Replenish Sleeping Pack - Sephora \$48.00

Brow Lifting

Brow lifting believes or is not very popular. Eyebrows play an important role when it comes to your facial structure and facial expressions. What is a brow lift? A brow lift is when the hairs are brought into the desired shape using chemical lotions and then fixed with a water-soluble adhesive, almost like a permanent wave for your eyebrows. The method makes styling much easier and creates a natural effect that lasts up to 6-8 weeks. Since the process of brow lifting is not difficult you can do brow lifting yourself, all you need is a set of suitable detailed instructions to follow. Here are a few before and after pictures of brow lifting:



LUCKII YA DIG

MEET FOUNDER & CEO OF STONER MUZIIK ENTERTAINMENT LLC

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine Artist's Corner. We are excited for the opportunity to interview New Orleans native artist Luckii Ya Dig. Luckii Ya Dig is one of the hottest underground artists in the game. Can you give us some background about yourself?

LUCKII YA DIG:

I've been creating music since I was about 12 years old. I was always looking to be better than my cousin at that time who used to sing and rap. I remember writing this dope verse and going to school rapping for this group called the Hard Throb Clique. On the spot, they named me the First Lady of the Clique. Since then, I've been releasing singles and mixtapes throughout the years. This year I have a few singles out right now creating a buzz "Salute the Real" and "Buss It Babies". I also have an EP with producer K.E. on the track called Hood Ambassador set to drop late this year.

C.O.B.S. MAGAZINE:

When did you discover your love for your craft and what made you realize you wanted to pursue a career in it?

LUCKII YA DIG:

I realized my love for music when I realized that I could rap. My stage performances also help me realize that I wanted to pursue my career in music.

C.O.B.S. MAGAZINE:

What musical influences did you listen to growing up that helped to mold you into the artist you are today?

LUCKII YA DIG:

My music selection has always been crazy so it's very hard to pinpoint one particular artist. Jay-Z had a huge influence on my music and my growing up. Artists like Big Sean, Kendrick Lamar, and J. Cole kind of molded my style in lyricism in a lot of ways.

C.O.B.S. MAGAZINE:

What propels you to write a verse? How do you typically start? What genre would you categorize your music in?

LUCKII YA DIG:

I'm always writing and creating is a process. My verses or songs differ from each other therefore, different writing techniques are necessary. Some songs or verses require a deep thought process, some require emotions, some are about the vibes, and others may be just as simple as just saying these are my daily experiences. I would categorize my genre of music as Hip Hop/Rap.

C.O.B.S. MAGAZINE:

You are also the CEO of the independent recording label Stoner Muziik Entertainment LLC. What type of artists are under your label? What has been the most difficult part of being a CEO of an independent

label?

LUCKII YA DIG:

Currently we have one other artist on the label. An upcoming male R&B/Hip artist by the name of D Wynn from Atlanta, Ga. will also be joining our label. The most challenging part about being a CEO is finding the balance between my business life and personal life. It's crazy because it's like your life is always scheduled with tasks.

C.O.B.S. MAGAZINE:

In your bio, it mentions that you started putting together independent showcases to spotlight other indie artists. Why did you feel these showcases were important?

LUCKII YA DIG:

At one point I was doing open mics to pay my rent. It was inspiring to be surrounded by other artists hustling to showcase their talent and the environment for the artist was thriving off energy. Now, it's a gamble and it's not that many open mic opportunities. Nowadays you have to pay to perform, pay to get in the club, play the bidding game for the best performance slot, or wait till 3:00-4:00 am before you can perform. By this point your supporters are exhausted, the hype is not there, the excitement is gone, and now you are drained before you even hit the stage. I always want to give my supporters, my fans, and newcomers a show when they are coming out to see me. The same rules apply to the artist I invite out. It is for those artists to provide their fans and support systems with a good show. It's a different experience when the fans have excitement to see you, they know your music, and followed by a great performance makes it a great night for all parties involved.

C.O.B.S. MAGAZINE:

What are some of your greatest challenges as an artist, and what is your greatest attribute when it comes to working ethic? What do you think your "biggest break" or greatest opportunity" has been so far in your musical career?

LUCKII YA DIG:

As an artist, social media is still one of those challenging things for me. To me, it's one of the things that I can get but I don't indulge in social media too much. Don't get me wrong because social media creates an important platform for artists to access immediate connections to their audience at any time. One of my greatest attributes is I hustle and grind all four seasons and I take no days off. My biggest opportunity is being able to work with producer K.E. on the track. It's a privilege to work with someone of his success. I don't take knowledge or mentorship for granted.

C.O.B.S. MAGAZINE:

On your mixtape that was released in 2021



how did you come up with the concept for that project?

LUCKII YA DIG:

Da Block mixtape was growing from Da Block mentality and gaining a better understanding of my artistry, the music industry, and the business. I was taking Da Block's concept and pushing my music to capture the ears of a bigger audience.

C.O.B.S. MAGAZINE:

The world tends to always have hate for female artists. How do you deal with the hate and negative energy that comes with being a female artist and CEO?

LUCKII YA DIG:

I don't let that type of stuff play a factor in my day-to-day work ethics and production. So that's cool too. Women never had it easy, especially black women. I feel respect will always be number one no matter what industry you are part of.

C.O.B.S. MAGAZINE:

Every day we wake up it is to show initiative to be purpose-driven. What drives your purpose each day? What impression would like listeners to be left with after hearing your music? What can you expect from me? Can you share where your music can be purchased, as well as, your social media platforms?

LUCKII YA DIG:

My purpose is to be the person I once needed. So I aim to provide the same opportunities I am being given to better my future and the future of other artists. When people hear my music I want them to strive to want more for themselves and from me. Most importantly enjoy the vibes and feel the lyrics. You can expect big things. I'm working on being a household name. You can find my music on Spotify, iTunes, Google Play, Instagram, Facebook, Deezer, iHeartRadio, and many more by typing in Luckii Ya Dig.

REFERENCES: [HTTPS://WWW.VOYANTBEAUTY.COM/BEAUTY-TRENDS-FOR-2023/](https://www.voyantbeauty.com/beauty-trends-for-2023/)

DAWN STARGELL MOORE

MEET FOUNDER AND CEO OF MOORE 2 LIFE CONSULTANTS

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Women's Werk. We are excited to be speaking to Dawn Stargell Moore whose passion and purpose are aligned. Dawn enjoys making a difference in the lives of others. She is creating platforms for others to experience life-changing moments. Can you please share the story of the woman behind the brand?

DAWN S. MOORE:

Thank you for the opportunity to engage with your readers! This is truly an amazing gift and I am grateful! The story behind the woman is pretty basic. After a very traumatic life event, I began to assess my situation. In moments when God has shifted you on purpose, you must take a moment and reflect. One day I woke up and knew there was more to life. I asked myself a few questions, "Am I happy", "Am I living my purpose", and "What brings me joy?" Through answering those questions, I recognized that it was time for me to take a journey of self-discovery, which lead me to my purpose. As I decided to take the journey, I was the intention in my quest for discovery, I needed to completely surrender and follow the path God created for me. It was along this journey that Moore 2 Life Consultants, LLC was birthed. Moore 2 Life is where my passion for supporting others and my purpose in life collide and bring me joy! I have gone through many life stages and I realized that these stages and my experiences created the pathway to transformation, healing, and growth. I invested in my development, found my footing, and instead of keeping the journey to myself, I created my business. Eleanor Roosevelt is credited with this quote I enjoy, "A woman is like a tea bag, you never know how strong she is until you put her in hot water". We all have an inner strength and my goal is to assist others to find their path forward.

C.O.B.S. MAGAZINE:

Can you tell us about your company Moore 2 Life Consultants? What was your purpose to start your company? What type of clients do you serve? What is the difference you envisioned making? What makes your consultant company different?

DAWN S. MOORE:

Moore 2 Life Consultants is the optimal executive leadership consulting group, specializing in leadership

transformation. With over two decades of strategic leadership experience in managing customer sales and service, academic growth and retention, change management, diversity, equity, and inclusion initiatives, Moore 2 Life Consultants uses leadership assessments, workshops, and practical tools to propel individuals and businesses forward to maximize performance and meet organizational goals. The breadth of experience and ability to focus on professional and personal growth transformation is what makes Moore 2 Life Consultants unique. We have lived what we coach and can relate to our clients on a myriad of platforms. For our corporate clients, our team conducts an in-depth interviews with our clients to assess their current and optimal states. We also utilize assessments to validate current status and collaborate with our clients to offer a personalized plan to close the gaps, thus creating the pathway to growth and transformation. We also offer Executive Coaching for those that are seeking mentorship and career growth.

C.O.B.S. MAGAZINE:

I'm sure you wouldn't say that this journey to entrepreneurship hasn't been obstacle free. What obstacles have you had to tackle to make your journey fairly smooth?

DAWN S. MOORE:

Life is truly a series of convergences that help define and shape who we are. During my speaking engagements and coaching, I often share that we are the sum of our experiences. Unpacking my own convergence experiences led me to the formation of Moore2Life Consultants, the business I never knew was in me. Throughout my life, I have dealt with many the highs and lows of many circumstances: marriage, divorce, parenthood, remarriage, parenthood, weight challenges, unemployment, career success, and the deaths of what I call my rocks: biological father (Hall of Famer Willie Stargell), mother (Wanda Carter Slaughter), stepfather (Thomas Love, Jr), and husband (Jason Moore). I have had many valley experiences in my life, which were followed by rich blessings. As an entrepreneur, knowing that even though I am the CEO did not mean I had to have all of the answers, I had to let go of the Superwoman



cape and humble myself and ask for assistance. My relationship with God grew, my faith increased, and through this journey, God placed the right people in my path. I sought support from others that were in my space, those I admired, and those that would challenge me in all of the right ways. These conversations were not always easy to receive, but they were and are so important. Not every person had my best interest at heart, but I gained very valuable insight through even the failed relationships. Through self-evaluation, I had to look at what I could have done differently to manage the situation. Each obstacle was an opportunity for growth that has been immeasurable.

C.O.B.S. MAGAZINE:

What according to you makes for an inspiring leader? How do you integrate the same into your leadership?

DAWN S. MOORE:

An inspiring leader can do the following: model the appropriate behavior, share a compelling vision, challenge the status quo, empowers others to act, and recognize and celebrate the success of others. These are all tenants

of the type of leadership behaviors that are coached and taught as one of the curriculums that Moore 2 Life offers. By recognizing how often these leadership characteristics are demonstrated, one can make the necessary adjustments to become an even stronger leader, which will then drive organizational and personal growth. These leadership tenants are not just for the workplace but in our everyday lives.

C.O.B.S. MAGAZINE:

In your bio, you stated, "Life changes in the blink of an eye, so live your best life on purpose" How do you think Moore 2 Life Consultants challenges individuals to help individuals achieve those personal and professional goals?

DAWN S. MOORE:

There are obstacles that we face in life that become so overwhelming that it is challenging to see the light at the end of the tunnel. I realized that there are things that we often take for granted, and at times, it is the precious gift of time. When life happens, we, at times find ourselves paralyzed by the situation and find it difficult to move. At Moore 2 Life, our goal is to offer proven toolkits that may be used during those challenging times. We recognize in life, there are no guarantees, so we must make the best of each moment. Having established methods to work through trials is why Moore 2 Life was created. Life changes quickly and we must be able to pivot at a moment's notice. Our goal is to assist organizations and individuals focus on a path forward and celebrating incremental victories along the way. We know this is not an easy path, so our clients must be committed to doing the work. Watching the transformation is a blessing and a beautiful experience.

C.O.B.S. MAGAZINE:

What has been your greatest success story with any of your clients? Are those success stories what keep you inspired to continue to seek ways to give back and grow?

DAWN S. MOORE:

My clients are so awesome! They come committed to doing the work, they create the SMART goals and we collaborate, and they realize personal and professional success. My clients had received promotions, grown their businesses, and transformed their personal lives. Most recently, I had a client that was ready to expand her brand and wanted a path forward. I had completed my vision board and I looked at it and realized that it was time for me to put a plan together to realize my goals. I asked around and knew I was not alone, so I created a Vision

Journey. This was a four-month journey that would allow a safe space for women to share their visions, create goals and have accountability checkpoints along the way. One client is now a brand ambassador for a national make-up line. While this is very significant, all ladies met their goals. The ability to offer this level of support to these ladies and each of them realize their goals is still indescribable.

C.O.B.S. MAGAZINE:

What advice would you offer to another women entrepreneur like you whose fear is holding them back to achieve their ultimate success? What would want them to know that maybe someone did not share with you?

DAWN S. MOORE:

These are goodies... Each of us has our path toward success and success is defined differently for each of us. Each of us has our race to run. I cannot compare where I am with anyone else, nor should anyone compare their situation to mine. We took different paths, and even if we are in a similar place, I am right where I am supposed to be, and I need to focus on growing where I am planted. It does not mean that I should get comfortable, it means, I should remain hungry and focus on being the best in my lane. I have to remind myself that in order to grow, I must be comfortable being uncomfortable. The next one may sound a bit corny but serves as a huge reminder - we will make mistakes. We will have situations that arise that our greater than our knowledge. Extend your circle to include people that are where you aspire to go. Network and build alliances with others. As you continue to grow in knowledge and skill, your connections will naturally grow. Nurture those relationships.

C.O.B.S. MAGAZINE:

How do you plan to take Moore 2 Life

Consultants forward? On a personal front, where do you see yourself standing in a couple of years?

DAWN S. MOORE:

As a Certified Paradigm 360 Coach Trainer, Executive, Career, and Life Coach, I plan on taking Moore 2 Life Consultants forward by continuing to invest in the business, myself, and my team. I am a member of the International Coaching Federation (ICF) which is the gold standard of professional coaching and in the final stages of ICF credentialing. The issues that we address are global, so my reach will continue to grow nationally and globally. What is also on the horizon are books, workshops, boot camps, and additional national and global speaking engagements. What I am also claiming is additional transformation, growth, and healing as a result of the support offered to the Moore 2 Life clients!

C.O.B.S. MAGAZINE:

Can you share a daily affirmation that you make applicable to your daily life? Please share your website where your services can be found. Please provide your social media platforms to us to continue to follow your journey.

DAWN S. MOORE:

I am God's masterpiece and work in progress, I am worthy, I am valuable, and I make a difference! Moore 2 Life Consultants is accepting new clients and you may reach us via the website: www.m2lconsultants.com. My additional contact and social media information is below: Facebook, Instagram, and Twitter: @stargellmoore, Email: info@m2lifeconsultants.com Phone: 404-965-2640



MOORE 2 LIFE
CONSULTANTS, LLC

**Life changes in the blink of an eye,
so live your best life....on purpose!**

THERESE MYERS

MEET FOUNDER AND CEO OF YES GIRLS CREATE INC.

C.O.B.S. MAGAZINE:

Welcome to COBS Women Innovators. We welcome Therese Myers a native New Yorker who has the exceptional ability to bring out the best in people by coaching them to live their life on purpose and with passion. Please share with our readers who is Therese Myers and the woman behind the brand point.

THERESE MYERS:

I am Mother, Author, Creator, and most importantly someone who dreams out loud. I am the Founder of Yes Girls Create Inc. A creative nonprofit girls mentorship group that creates creative experiences led by female leaders in our community. Our goal is to show our young women that if they can dream it, they can be it. I am someone who wants to help each person I connect with elevating from good to great in all they do!

C.O.B.S. MAGAZINE:

Can you please tell us about your non-profit organization Yes Girls Create Inc.? When and why did you decide to start your organization? What are your organization's mission and vision?

THERESE MYERS:

Yes Girls Create was birthed in 2018. I attended a transformation leadership conference, and a question was directed to me asking "What will you be doing one year from today?". I quickly stated I will create experiences for young women showing them how representation matters. I will call the girls' group "Girls Create". Just like that, I manifested what we now know as Yes Girls Create. Yes, Girls Create Inc. is dedicated to uniting girls through creative collaborative events, promoting the creation of positive friendships, and enhancing the creative spirit and self-esteem of girls under the auspice of "Creativity without Limitations". YGC vision is to impact young girls between the

ages of 8-14 through leadership exposure, interactive creative experiences, and mentorship in communities where programming of this nature is lacking.

C.O.B.S. MAGAZINE:

Young women face many pressures as they navigate through different phases with their critics being themselves. What are 5 ways to help them love themselves?

THERESE MYERS:

Five ways we can impact and encourage our young girls (and not so young) to love themselves are

1. Acknowledge what they are feeling so we can unpack where these feelings are coming from.
2. Encourage Journaling. Journaling allows us to "data dump" so we can hopefully clear our thoughts and words that are creating unhealthy feelings.
3. Create intentional conversations designed to motivate and encourage yourself (You are worthy! & You Got This!).
4. Create affirmations. Affirmation does work; write it down, a screen save it, and create posters in spaces you look at (I AM LOVE).
5. Surround yourself with positive people, images, and words.

C.O.B.S. MAGAZINE:

Besides Yes Girls Create you also have another business that you are running. Can you tell us the name and the business? What is the focus of this business? Who are the clients that you serve?

THERESE MYERS:

I am also the Owner of Brand New Vue. BNV is a personal coaching and professional branding organization. We help individuals find their "WHY". We support you in reimagining the possibilities and creating a Brand-New View of how you show up as



a Leader, Professional or Creative person in the world. We support you as you go from good to great!

C.O.B.S. MAGAZINE:

In your experience do you feel that puberty can bring down the confidence in young women more? What makes confidence building so much more elusive for teen girls?

THERESE MYERS:

As our bodies and minds change at any stage of life, we begin to experience moments where our confidence falters. The first time this occurs to any of us is during puberty. Our young ladies have so many competing messages on what we should and should not look like, act like or say it can create moments of uncertainty and sometimes insanity. If we can get ahead of these feelings and begin to create healthy conversations around body images, friendships & choices we can begin to change the narratives our young people will begin to experience much earlier in life. We can not hide behind the mask of it is someone else's job to mold our children's minds. It takes a

village. We are that village.

C.O.B.S. MAGAZINE:

Today there are so many social media platforms from TikTok to Snapchat that most young individuals are drawn to. How can parents help kids resist the pressure that is created by these social media feeds?

THERESE MYERS:

This is so hard. I have a 15-year-old and a 21-year-old. Technology is all they know. As a parent, I reinforce moderation, what is real and what is fake. They understand words matter, what we post matters and most importantly I teach them that they are building their brands in every social interaction and post. It is about intentionality and knowing NOTHING IS PRIVATE. I constantly reinforce this, and I can only pray that my words land and take root. As a parent stay current and be sure your child understands there are consequences to being "Socially Active". Always remind them that most of this is geared to keep them coming back and much of it is just entertainment. Will they make mistakes? Just be sure to learn from the mistake.

C.O.B.S. MAGAZINE:

Funding your non-profit organization takes a lot of blood, sweat, and tears. Self-financing is the way most entrepreneurs start up their companies. How difficult is the process to continue to generate funding to handle the overhead? Do your local officials offer to fund non-profit organizations in your community?

THERESE MYERS:

Finance generating is a full-time job. It gets tiring. I once was told your funders must see the need your organization is filling. This is absolutely the truth. Every dollar counts. Imagine if every friend/business donated at least \$10 each time you asked for financial support. This would be so impactful. Continuing to generate funding to support the direction the organization is growing towards is challenging. There is always so much to learn as it relates to where

funding can be tapped into. My community is great but there is so much more they could do and so much more I can do. Nonprofits are shared unions. It is not mine or yours, it is our community organization. We need a better way to learn how as a non-profit community impactor we can access these funds. We also need ways to tap into grant writing resources.

C.O.B.S. MAGAZINE:

What has been your biggest roadblock during this journey? What has been your biggest learning experience?

THERESE MYERS:

My biggest roadblock during this journey is to get people who know me to see past me and see the call to service. Yes, Girl Create is not about me. It is what I was called to create. This was God's gift to the world. I was just chosen to bring it to life. My greatest learning experience has shown up in the area of support. People genuinely want to support us. They are just waiting to be asked. I have learned to lean into support, allow people to help in the way they know how and most importantly, I have learned that a little girl is waiting to be a part of Yes Girls Create just so it can change her life.

C.O.B.S. MAGAZINE:

What continues to be your daily driving force? What is your plan for the remainder of 2022? Can you please share your website for people to further read about your organization and are interested in donating to the call? Please provide all your social media platforms.

THERESE MYERS:

My driving force continues to be the young woman in my community. Each time a parent calls me to inquire about the next YGC experience I get reignited. Each time a community leader or school asks us to come to their location and bring an event, we get excited. Each time I walk in the street or the mall and see a young girl who does not know about Yes Girls Create, I know my job is not done. 2022 is in full "Impact" Mode. We have 2 more in-person experiences planned which will allow our young ladies to think differently about their body images and self-esteem. I have a big event sitting on my heart to impact 50 teens. It is a big dream that will change lives. When I can secure all the aspects of "Transformation YGC" it will change the lives and futures of the young people who will attend. Our goal for this 2-day event is 10,000.00. We know all things are possible when you believe they can be achieved.

If there is someone who would like to be in contact with us, donate financially or in-kind gifts we can be reached at www.yesgirlscrate.org

Please visit us on Instagram and Facebook @YesGirlsCreate_Inc. Please understand there is no amount too small, no service that will not be used, or even a connection that could help support an event. We invite each reader to look into a young girl's eye and introduce them to Yes Girls Create as an attendee or perhaps a volunteer.



SONYA ASHLEY

MEET PRESIDENT AND CEO OF FABULOUS ON PURPOSE INC.

C.O.B.S. MAGAZINE:

Welcome to Women Innovators. We have the pleasure to be speaking to Miami native Sonya Ashley. Sonya's passion is to help women not only embrace their scars but use everything they've gone through as a Stepstone to reach and find their ultimate purpose. We will be discussing her organization and her advocacy for single mothers. Can you please give an introduction of yourself?

SONYA ASHLEY:

Hello my name is Sonya Ashley I'm the wife of Oswald Ashley and the mother to 3 beautiful children, Aaron, Victoria, and Isaiah. I'm the Founder and CEO of Fabulous On Purpose Inc non-profit organization and the Owner of True Purpose Consulting where we help women move from Pain to Purpose.

C.O.B.S. MAGAZINE:

At a young age you have experienced some firsthand struggles and hardship as a single mother. Do you mind talking about those experiences and how did you overcome those moments?

SONYA ASHLEY:

Yes. I was a teenage mom becoming pregnant at the age of 17. Being in a toxic relationship for several years, left me a single mother of 3. It was very hard. I went through many struggles from losing my home, and car and sometimes didn't know where my next meal would come from. I became suicidal and went into a deep depression. I ask God if he would take all the feelings of depression and disappointment I would change my life. And I did! It was like I got a renewed sense of hope and I made up my mind I was going to focus on creating a better life for myself and my kids.

C.O.B.S. MAGAZINE:

Can you please tell us about Fabulous on Purpose Inc.? When and why did you decide to start your organization? What are your organization's mission and vision? How did those first-hand experiences help you build a strong foundation for your organization?

SONYA ASHLEY:

I made a promise to God that when he pull me out and moved me past that season of my life, I would go back to help other single moms in need. And in 2017, I started Fabulous On Purpose Inc. When I started the organization, I had no experience. I knew I wanted to help women but wasn't sure how or what that looked like. I started going out to feed the homeless but I wanted to be able to help these women on a deeper level. In 2019 I signed up with a mentor and we began structuring the organization. Today FOP supports low-income single mothers providing them with the tools and resources they need for personal and professional development. We offer financial literacy classes, a dynamic life skills development program, résumé writing, computer classes, image consulting, counseling, and mentoring program. The passion and drive behind the organization stems from my journey and experience of being a single mother. I knew firsthand the struggles and hardships single mothers face daily. I wanted to be able to give back to these women and children



in a way that would heal, uplift, empower them and change generations. I am blessed and honored to be able to give back and support families and communities every day.

C.O.B.S. MAGAZINE:

Funding an organization takes a lot of blood, sweat, and tears. Self-financing is the way most entrepreneurs start up their companies. How difficult is the process to continue to generate funding to handle the overhead? How much does your organization depend on outside funding?

SONYA ASHLEY:

It can be a struggle trying to find and sustain funding. While some years and months are better than others. We rely heavily on outside support, whether it's grants, donors, or sponsors. We cannot do what we do in the community without the ongoing support of our donors.

C.O.B.S. MAGAZINE:

What have been some of the biggest roadblocks you've faced in the process of female entrepreneurship? Did you have moments of doubt? How did you keep yourself encouraged?

SONYA ASHLEY:

Oh my. I would say one of my biggest roadblocks in the entrepreneurial space is finding my niche and flowing in my lane. Finding what works, and what doesn't work and sometimes even questioning myself if this is my purpose and what I'm supposed to be doing. Yes, I have doubts, lately, it feels like daily. I just take it one day at a time and encourage myself daily.

C.O.B.S. MAGAZINE:

Single Mothers represent an incredibly large group in our country and most single moms are at or below the poverty level. Do you think this threatens their work stability and ability to pursue higher education?

SONYA ASHLEY:

Yes for sure. Single mothers are less likely to pursue higher education. Most Single parent homes don't have the same opportunities as homes with both parents. Because most single-parent households struggle with money issues, childcare, and inadequate support systems, it puts them in a very vulnerable state.

C.O.B.S. MAGAZINE:

What are four obstacles that you see single mothers face and how do they overcome them? If they have suffered traumatic experiences how do they evolve from chaos and confusion to become

capable, strong, compassionate, and successful mothers?

SONYA ASHLEY:

The four main obstacles single mothers face are lack of income, support system, childcare issues, and access to resources. What can help in these situations is forming a sisterhood. Find yourself a support system whether in person or on social media. Research and look for resources and opportunities in your area that may fit your needs.

C.O.B.S. MAGAZINE:

You are also a new author of a book entitled Embracing My Scars. Can you tell us about the book, where is the book available for purchase, and what was the takeaway for your readers? Did writing this book help with your healing?

SONYA ASHLEY:

Yes I am. The book is not out for release, it will be dropping soon. Pre-orders can be made at TheSonyaAshley.com and as a special thank you for pre-ordering your name will be listed under the Special Recognition section. My motivation behind the book is to be able to share my struggles as a single mother and how I overcame that place of pain. I want to be able to let women know it's possible to move from pain to walking in your God-given Purpose.

C.O.B.S. MAGAZINE:

What changes would you like to see within your communities on helping single mothers disrupt the cycle of poverty?

SONYA ASHLEY:

More educational classes, resources, and workshops. Helping change and transform the mindset of our young women to understand their worth and value.

C.O.B.S. MAGAZINE:

What continues to be your daily driving force? Where do you see your organizations in the next five years? Can you please share your website for people to further read about your organization and are interested in donating to the cause? Can you please provide your social media platforms? We wish you continued success.

SONYA ASHLEY:

If I can help change one life at a time, that's worth everything to me. Being able to give back and support mothers in need is my mission. I see the organization going global and expanding and strengthening our partnerships. Stand with us as we continue to create an impact in the community. You can donate and find out more about us via our website fabulousonpurpose.org, Facebook: [fabonpurpose](https://www.facebook.com/fabonpurpose), Instagram: [fabulous_onpurpose](https://www.instagram.com/fabulous_onpurpose), and YouTube: [Fabulous On Purpose Inc.](https://www.youtube.com/channel/UC...)



QUIEESHA (CORII) BURNS

MEET CEO/FOUNDER OF CORII BURNS

C.O.B.S. MAGAZINE:

Welcome to COBS Magazine Fashion Corner. We are delighted to be speaking with Quieesha (Corii) Burns a Syracuse-born native who deconstructed tailoring, with an inclusive vision for the future of sustainable fashion is intriguing. Now based in Paris, France we are delighted to hear about her journey to this point. Can you give our readers a backstory about yourself?

QUIEESHA (CORII) BURNS:

I am an American designer based in Paris, FR. I studied at Cazenovia College (Bachelor of Fine Arts), Syracuse University (Bachelor of Fine Arts), and IFA Paris (Master's in Contemporary Fashion Design). My designs are infused with deconstructed tailoring, with an additional inclusive vision for the future of sustainable fashion. My innovative perspective on upcycling, low waste direction, and usage of deadstock fabrics, and pre-loved garments to create an ethical and out-of-the-box fashion. This collection highlights sustainability in a damaged world.

C.O.B.S. MAGAZINE:

How did you end up becoming a fashion designer? As a fashion designer, how would you define your role in society?

QUIEESHA (CORII) BURNS:

I ended up becoming a fashion designer in college. Throughout high school, I always made dresses out of wire, plaster, clay, etc. and this began during my studies as a 3D sculptor artist in high school. I remember my high school art teacher Mrs. Capria-Lazzaro saw me making a small dress out of wire and plaster she leaned over my shoulder and said: "You can make this out of fabric too!" That sparked my interest. I kept drawing my designs as well however, I didn't physically make my first garment until I went to Cazenovia College in 2014. Throughout my undergraduate years, I participated in numerous fashion shows outside of school to grow my brand the best way I knew how at the moment. During these moments I saw myself as a fashion designer and business owner. I still see myself as those but also as



an entrepreneur. As a fashion designer, I would define my role in society as an artist, mental health advocate, and sustainability advocate as well.

C.O.B.S. MAGAZINE:

Can you please tell us about Corii Burns? What was the inspiration behind your designs? Who is your targeted audience? What is the statement you want your clothes to make to the average consumer? What makes your designs different?

QUIEESHA (CORII) BURNS:

My brand Corii Burns is a luxury deconstructed brand that focuses on diversity, socioeconomics, and sustainability as a catalyst for social change through fashion. My collections are inspired and designed to highlight the diversity of the black diaspora

and continued efforts to improve equity and inclusion. My target market interest and passions include community economic development, environmental activism, music, cinema, arts, museums, politics, and social economics. My consumer's main influences are community, and culture (subculture) and they also are true art lovers! The "statement" that I would like my clothes to make to the average clientele would be "uniqueness, sustainable, quality, confidence". My vision and purpose make my designs different.

C.O.B.S. MAGAZINE:

Do you have any tricks to avoid that "blank page" moment when you're at the beginning of designing a new collection?



QUIEESHA (CORII) BURNS:

I don't have "blank page" moments. However, for me when I find the right song, I design hundreds of sketches for each collection. If anything, I would have to say music.

C.O.B.S. MAGAZINE:

You received international attention and support from a famous R&B singer regarding one of your designs. Can you please share that story with our readers? What life-changing moment did that bring for you?

QUIEESHA (CORII) BURNS:

I was blessed to meet Kelly Rowland in NYC a few years ago. She was so

kind and supportive. I SCREAMED when I found out she re-shared my black OMAGA handbag on her Instagram story. I grew up listening to Destiny's Child, as well as Kelly Rowland as a solo artist. I am a huge fan of her and her sisters.

C.O.B.S. MAGAZINE:

You designed a collection aimed to address mental health crises. This is such an important topic with about 19.86% of adults experiencing mental illness in the world grieved about finances, the residue of the pandemic, and environmental issues. You created a contemporary collection around

this crisis. Can you tell us about the collection? Why was this topic important to address? How did the fashion world embrace this collection?

QUIEESHA (CORII) BURNS:

My contemporary Mental Health Collection (MHII) aims to address and draw attention to the mental health crisis. In a way that sparks changes in our community addressing mental health. Through my Mental Health Collection (MHII) the intention is clear, making mental health openly discussed and progressively handled in a way that leads to healthy healing. The collection was developed in Paris at the beginning of the Covid-19 pan-





demic and the height of the Black Lives Matter movement. I was moved by both situations so; the collection explores the connecting points of intersectionality within our community. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Also, mental and physical health are equally important components of overall health. For example, depression increases the risk of many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk of mental illness. I think the fashion world has embraced this collection and I hope the embrace of this collection and its message will grow even more so.

C.O.B.S. MAGAZINE:

It's been a turmoil two years for a lot of us, especially those in the creative industry. With inflation looming how do you stay motivated, encouraged, and creative during such difficult times?

QUIEESHA (CORII) BURNS:

Honestly, my reply to this is very simple....faith. My faith cannot be moved, it is within my foundation and for that reason, I feel blessed, always.

C.O.B.S. MAGAZINE:

What aspects, if any, of the fashion industry would like to change?

QUIEESHA (CORII) BURNS:

Some aspects of the fashion industry and almost every industry, in the world, would be inclusion, equality, equal pay, and circular sustainability. Let's start with this.

C.O.B.S. MAGAZINE:

On your journey what have been your greatest challenges? What have been your greatest victorious moments? What have you learned from those moments that continuously help you today?

QUIEESHA (CORII) BURNS:

On my journey, my greatest challenge has been getting into rooms I know I am qualified to be in. My greatest victorious moments would have to be my Kelly Rowland moment, receiving my Bachelor's degree in Fashion Design, my Master's in Contemporary Fashion Design from Paris, France, and when my website went live selling my first design as well as my first handbag. All of these moments, challenges, and victories have humbled me. I am thankful for both sides of the spectrum because it has made me who I am today and will continue to be.

C.O.B.S. MAGAZINE:

How do you see you're label evolving over the next decade? Can you give our readers any insight into what you are designing for the 2023 upcoming year?

QUIEESHA (CORII) BURNS:

In the next decade, my brand will not only be a household name but on a worldwide scale. I am so excited for 2023 as well as ending 2022 with luxury handbags for purchase at www.coriiburns.com during cyber-Monday. These bags were designed in Paris, France, and made in Milan, Italy. In addition to making ready-to-wear pieces which will become available mid-2023.

C.O.B.S. MAGAZINE:

Do you have any words of encouragement or advice for people who are wanting to start a brand or work in the fashion industry? Lastly, can you please share your clothing website and all your social media platforms for our readers to connect with you? We wish you continued success in your future endeavors.

QUIEESHA (CORII) BURNS:

My words of encouragement or advice for anyone no matter your field would be...only do what you love.

Website: www.coriiburns.com
Instagram: <https://www.instagram.com/coriiburns/>
Facebook: <https://www.facebook.com/coriiburns>
Email: info@coriiburns.com

"Be sure to sign up for emails via our website so you receive notifications of our handbag drop!"

CALVIN T. MANN

MEET AUTHOR OF 15 THINGS YOU DIDN'T KNOW ABOUT FATHERHOOD

C.O.B.S. MAGAZINE:

Welcome to the Author's Corner of COBS Magazine. We are pleased to have Calvin T. Mann who is a National Encourager. Calvin is a facilitator, talk show host, mentor, visionary, coach, community activist, and a proud father of 4. He continues to build boys and men in ways that change their trajectory. Can you share your journey to becoming an author?

CALVIN T. MANN:

My journey with writing started in 2004 when I asked God to use me. I begin to receive insight through quotes and vision. My first quotes stated, "Encourage Me I'm Young" and "Time is All We Have to Change". I begin putting these quotes on the back of T-shirts and started to display images of kids that were getting killed. This is the moment I begin looking to become more of an author than just a writer. My first book "Just Ask II: A Journal for Your Journey" was a book full of poems and quotes that were given to me. It was a 40-day journal to help people find their purpose in life.

C.O.B.S. MAGAZINE:

Can you tell us about your book 15 Things You Didn't Know About Fatherhood? How did you come up with the title? What age range is the book aimed at? Who/What was the greatest influence on your decision to write this book?

CALVIN T. MANN:

I wrote the book 15 Things You Didn't Know About Fatherhood, because we simply had studied every human being except for fathers. We didn't value what fathers brought to the table and I noticed this even in my own life as well as many other fathers. I wanted to give fathers a peek into the value of fatherhood within families. Many values come to families by way of fathering, but often the father himself doesn't know how to recognize these values. I wrote the book so new, young, and seasonal fathers could learn more about what they bring to the table. I want to make sure this book is in the hands of every father, every young father, and every new father, so they'll have an idea of just how valuable they are and hopefully, we can see fatherhood as a real value. This book is for the entire family. We

don't realize or know why dads act the way they do. We often really think dads don't know and we mock their actions when they are really life savers. We are killing our children in the absence of fathers. I truly believe the greatest influence on me, and fatherhood are the many fathers that helped raise me. This would include many fathers both black and white from my grandfather's, my great grandfather's, to so many more that I could dedicate my book to.

C.O.B.S. MAGAZINE:

You are very passionate about the message you are spreading through your books. What is the main empowering message that you aim to share with young boys and men? Why is it important to continue to offer practical solutions and perspectives toward fatherhood?

CALVIN T. MANN:

Great question. I believe we don't realize how much we impact each other nor do fathers understand how a boy needs proper guidance. Society has concluded that men somehow, we should raise our boys alone and just mom however, that narrative is changing. You see more fathers are being involved with their children. You see examples of great fatherhood displayed through some commercials, the stories you hear of triumphs, the great co-parents, and the great marriages. What you don't see is the silence where men suffer because they believe somehow that they should not be celebrated as fathers. It was in 2014 we held our first ever men's issue conference in Detroit, MI. We had all these men and fathers from all over the world come in to tell their stories. The one thing as men that we forget is we created a lot of problems. In turn, men suffer at their own hands, and they pay for it. The conference taught me so much that it challenged me to keep my ears wide open to listen to how all fathers are impacted across the globe. It inspired me to do more. Today I continue to write, and I have a few books on the way regarding this topic.

C.O.B.S. MAGAZINE:

Besides the many hats that you wear you are the President and Founder of Good Fellas Only. Can you tell us about your organization and the purpose behind your programs?

CALVIN T. MANN:

Our work is centered on awareness, advocacy, and action. Our programs have a 98% parental involvement. We figured out a way to help heal two people with one action. We specifically use fathers to do the mentoring because several of our boys don't get enough fathering. Dead-deprived boys are literally behind rape, murder, suicide, violence, gangs, poor cognitive health, and many other things. The key to the success of our program is the parents who buy into the program, as well as the boys who participate. We often find there's a lack of investment in our boys, a lack of investment in our men, a lack of investment in our husbands, and there is a greater lack of investment in our fathers. Through the work of these organizations, we don't see a lack in our boys', men, husbands, or fathers we see the greatness that they all can achieve. We work closely together in our program to make sure that they are loved. Our mission is to sow a seed in the lives of boys to help the restoring of families.

C.O.B.S. MAGAZINE:

You are also the creator of Sound the Alarm: Boys and Suicide through your EMIY organization.



Can you tell us about a campaign? When did this become an issue amongst the black and brown youth? What are some of the tools you are providing to help children and their families with the subject of giving up hope?

CALVIN T. MANN:

When I wrote on my iPad it was one of the things I was tasked to write about. I wanted to write in a different way to express how important this topic was. We are raising awareness around the fact that in some cases we have been naive to what was going on with our men and boys, particularly in the black community. The research data and statistics were always there it was just alarming and surprising to see them. We started waking up to the fact black boys from the ages of 5 to 11 years old were contemplating suicide. These are our black sons, black fathers, black brothers, and our black husbands. An article written by EMTs talks about how the alarming number of black men discovered dead and alone, usually having very little family. I discovered a little process that we call the EMIY (Encourage Me I am Young Inc.) way that I have been using since I was 20 years old and I've never lost a boy to suicide. We felt maybe we should title it "Smash Suicide" because of our methods of using encouragement as our main tool. Now we partner with CNS healthcare, the suicide prevention hotline text 988, and we have various coaches and organizational leaders who have taken the pledge to raise the awareness that boys 5 to 11 were dying by suicide. Some of the other tools that we incorporate are mentoring, partnering with doctors, making sure families get the right referrals, stressing the message through billboards ads, podcasts, books, conversations, and just how important fathers are to the process.

C.O.B.S. MAGAZINE:

What are you looking forward to for the remainder of this year and 2023? Can you share where your books are available for purchase, your business websites, and your social media platforms for our readers to continue to follow? We wish you continuous success!

CALVIN T. MANN:

Well, we just completed our mobile mentoring bus and looking forward to finishing up the fall mentoring session. In 2023 we are looking to expand our work to other locations to help other families. Please visit my website at www.emiyworld.com, Twitter @emiworld, IG @emiworld, Youtube.com/Emiytv. All my books are on Amazon and other bookstores. Thank you.

CALVIN T. MANN

15 THINGS YOU DIDN'T
KNOW ABOUT
FATHERHOOD

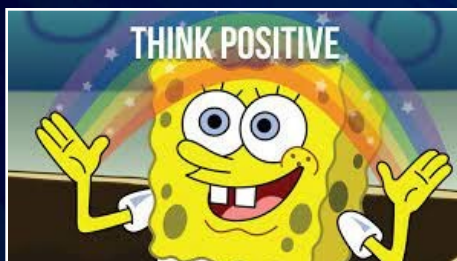
ARIELLE PERSHAY

Tips & Tricks to stay Fit

Hello, my beautiful people/readers, I have other good tips & tricks, but this time we are going to focus on our mind, body, and soul before we can help others be great business entrepreneurs, etc. We first must take care of ourselves. I know I am not the only one that gets upset when watching the news, it feels like the world is in shambles, so much is going on, this world needs healing, but that starts with us, to quote the great Michael Jackson "the man in the mirror". I am sure some of you are hit with situations that will stress you, make you angry, depressed, or sad. etc. I want to share some good tips when these emotions occur.

Let's do this challenge together! Are you ready?

POSITIVE ENERGY ONLY PLEASE!



BELOW ARE 7 SIMPLE STEPS TO KEEP THE POSITIVE ENERGY EVEN WHEN NEGATIVITY SURROUNDS YOU.

1. LAUGHING:

I know you probably just rolled your eyes up, but laughing is very healthy for us, let's google the benefits of laughter. According to a google search laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs, and muscles, and increases the endorphins that are released by your brain. Activate and relieve your stress response. Who knew a simple laugh can be so beneficial to us? Laughing also relieves stress. When life throws you lemons, make lemonade, and then laugh, Hahaha



2. TAKE A WALK:

Even Jill Scott sang it in her song "Let's take a long walk, around the park" It doesn't matter if you are at work, school, etc. Taking a walk is very healthy and relieves stress. Now let's bring in some google facts for the benefits. According to google walking maintains a healthy weight and loses body fat. Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer, and type 2 diabetes. Improve cardiovascular fitness. Strengthen your bones and muscles. Not only are you relieving some stress, but you're also dropping some pounds and toning all at the same time. Can't get any better than that! Now go grab your walking shoes.



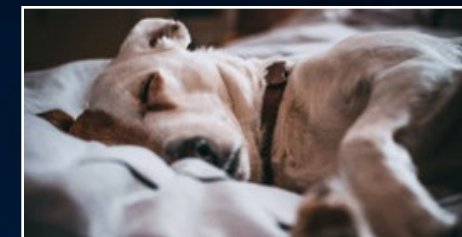
3. DAILY AFFIRMATION/INSPIRATIONAL MUSIC:

We all need that push to stir us back in the right direction. Listening to inspirational music encourages, uplifts, motivates, strengthens, and the list goes on and on. Google facts: affirmation can help with self-worth by boosting both your positive opinion of yourself and your confidence in your ability to achieve your goals. They can also help counter the feelings of panic, stress, and self-doubt that often accompany anxiety.



4. SLEEPING:

I know you probably rolled your eyes or made a puzzled face, but just keep reading. According to www.sleepfoundation.org Sufficient sleep, especially REM sleep facilitates the brain's processing of emotional information. During sleep, the brain works to evaluate and remember thoughts and memories, and it appears that a lack of sleep is especially harmful to the consolidation of positive emotional content. It is very important to get your rest, not only is it important it also is very healthy to get at least 7 to 8 hours of sleep.



5. EXERCISE:

Exercising is the best stress reliever, why? Let's check in with some google facts. According to mayoclinic.org Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits. It pumps up your endorphins. Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins. If you are not a gym person you can always work out at home. There are a bunch of exercises you can do right in your living room or bedroom. I go on Youtube and type in workouts, they have so many great options. Whenever you feel that stress coming on, go ahead and work it out.

6. TALK WITH A CLOSE FRIEND:

It is very important to talk to someone you trust when you are stressed, depress, etc. I understand that sometimes you may not want to share certain news with friends because we don't want to "stress" our friends with our "problems" however not talking to someone will increase the "problem" by holding it in. Why? Google expounded those researchers show that a 10-minute chat on a social topic can boost executive function, the type of mental agility that helps us to solve problems, Friends make us laugh – laughter is good for us. It improves mood, reduces stress, and may even boost our immune system. If you don't feel comfortable sharing with friends reach out to mentors if you have one, I also suggest going to a therapist. It is always good to vent and get it out.



7. BREATHING EXERCISE:

Breathe in, Breathe out! According to www.thisiscalmer.com breathing exercises can reduce stress by increasing oxygen exchange, which reduces your blood pressure, slows the heart, and releases any tension held in the abdomen. These physical changes also benefit your mental state – concentrating on your breath can bring you into the present, in a state of mindfulness. So easy, so simple, and it's beneficial.

Ladies and Gentlemen, it is very important that love yourself more and take care of yourself. It is okay to be selfish and focus on yourself. If nobody has told you already, let me be the first one to say You are Beautiful/Handsome, you are Special, you are Talented, you are worthy, you are Incredible, you have Purpose, you are Needed, You are the next millionaire. I hope this article has inspired you and motivated you to love yourself a little more.

There is a plethora of steps you can take to continue to guide you with staying positive and working on your mind, body, and soul.

Thanks for reading!

A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

S	N	A	C	K
Stop	Notice	Accept	Curious	Kindness
Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)	What is happening within and around you?	This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.	Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?	Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

Photo is from - <https://www.lifehack.org/569466/how-regain-your-positive-energy-when-things-are-getting-tough>

YOU JUST DON'T WAKE UP STRONG

ft

BUILT2LAST

FABIAN THORNE



www.b2l29pw.com
www.fabianthorne.com
973-873-2112