

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

YOUNG ENTREPRENEUR

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SNOW-CONES AND AUTHOR
OF CHILDREN BOOKS

ARTIST CORNER

LIL JAH
ATLANTA'S HOTTEST
TEEN RAPPER

Queens COURT

**JASMINE
YVETTE RIVERA**
CEO/FOUNDER OF
GAME GLAMOROUS LLC

WOMEN INNOVATORS

**VIVIAN
WILLIAMS ESQ**
FOUND OF VIVIAN WILLIAMS
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"PATRICK"
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FASHION

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FOUNDER OF DIOTIMA

Beauty SPOTLIGHT

**PRISCILLA ONO
MAKE-UP ARTIST**

THE POWERHOUSE OF PURPOSE

DR. TREVI BOOKER-PERSHAY

CEO/FOUNDER OF TREVI PERSHAY PRODUCTIONS INC.,
PDM PERFORMING ARTS CORP. AND C.O.B.S MAGAZINE



04 **EDITOR'S NOTE**
Dr. Trevi Booker-Pershay



08 **FEATURE STORY**
Dr. Trevi Booker-Pershay



10 **BEAUTY SPOTLIGHT**
Priscilla Ono



12 **QUEENS COURT**
Jasmine Yvette Rivera



14 **KINGS COURT**
Wenford "Patrick" Simpson



16 **WOMEN WERK**
Sophia Strother

CONTENTS



18 **WOMEN INNOVATORS**
Vivian Williams



22 **SPOTLIGHT CORNER**
Taraji P. Henson



24 **YOUNG ENTREPRENEUR**
Mariana McWilliams



25 **ARTIST CORNER**
Lil Jaiii



26 **FASHION CORNER**
Rachel Scott



32 **FITNESS CORNER**
Arielle Pershay

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DR. TREVI BOOKER PERSHAY
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Editor's Note

FOUR YEARS OF BOLDNESS, BEAUTY & BRILLIANCE

A LOVE LETTER TO OUR C.O.B.S FAMILY

WRITTEN BY: DR. TREVI BOOKER-PERSHAY, EDITOR OF C.O.B.S MAGAZINE



As I sit down to reflect on this incredible milestone, my heart is overflowing with gratitude, pride, and purpose. Four years ago, we planted the seed of C.O.B.S Magazine—a vision rooted in confidence, originality, beauty, and style. What started as a passion project has blossomed into a powerful platform, a voice, and a community that continues to inspire, uplift, and redefine what it means to lead with authenticity and grace.

Our journey has been nothing short of extraordinary. We've told stories that matter—stories of entrepreneurs who beat the odds, creatives who dared to dream louder, and women and men who walked boldly in their truth. We've captured beauty in its truest form, celebrated culture unapologetically, and stood on the frontlines of change, representation, and innovation.

But beyond the pages, the people have shaped C.O.B.S. Our brilliant team of writers, editors, stylists, photographers, and visionaries. Our loyal readers who believe in our mission. And our fearless leaders and cover stars who remind the world that power has many faces, shades, and stories.

This fourth anniversary isn't just a celebration of time; it's a celebration of impact. We've grown, learned, and remained committed to pouring into our community with intention and integrity.

Thank you to everyone who has been a part of this beautiful journey. Thank you for trusting, supporting, and pushing us to soar. The best is still ahead. Here's to more covers, more conversations, and more courage.

With love and pride,
DR. TREVI BOOKER-PERSHAY
Editor, C.O.B.S Magazine

Happy
Mother's
Day



C.O.B.S.

**4 YEARS STRONG,
FOREVER BOLD**

**CELEBRATING
THE MOVEMENT OF
BLACK EXCELLENCE**

Feature Story

THE POWERHOUSE OF PURPOSE: DR. TREVI BOOKER-PERSHAY

CEO OF TREVI PERSHAY PRODUCTIONS & C.O.B.S. MAGAZINE
AUTHOR. PASTOR. SURVIVOR. VISIONARY.

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In a world that often glorifies perfection over authenticity, Dr. Trevi Booker-Pershay rises as a radiant example of resilience, restoration, and authentic leadership. She is the powerhouse behind Trevi Pershay Productions, the dynamic mind-leading C.O.B.S. Magazine (Circle of Boss Sisters), and the heart-centered founder and CEO of PDM Performing Arts Corporation. She builds platforms for truth-telling, talent, and transformation with each brand.

But before the spotlight and the stages, her story was written in pain—and redefined by purpose.

Turning Pain into Power

A survivor of childhood rape and molestation, Dr. Booker-Pershay made a courageous decision: to rise. She refused to let her trauma trap her. Instead, she transformed it into a calling—becoming a voice for the voiceless, a protector for the vulnerable, and a guide for those walking through their own pain.

As a Pastor, she delivers powerful messages rooted in transparency and healing. Her debut book, *A Different Type of Church Girl: The Battle of the Calling*, invites women to lay down their masks and pick up their purpose. She explores the tension between religion and relationship with raw vulnerability and spiritual insight, revealing what it truly means to walk in divine calling while carrying real-life wounds.



Education, Honor & Excellence

Dr. Booker-Pershay's leadership is backed by life experience and academic excellence. She earned her bachelor's in marketing and is on track to complete her Master's in Communication with a minor in Public Relations by 2026.

In 2023, she was awarded an Honorary Doctorate (Ph.D.) in Christian Leadership and Business from Exousia University, a powerful acknowledgment of her work in both ministry and the marketplace. Her education fuels her mission—bridging faith, business, and Communication to impact lives globally.

Building Bold Platforms

Dr. Booker-Pershay founded C.O.B.S. Magazine, a publication that amplifies the voices of bold women, celebrates sisterhood, and uplifts powerful stories often left untold. She is also the creative force behind Trevi Pershay Productions, where she writes and produces emotionally gripping plays and films like *The Curse Within – What Goes on in This House...* Her work explores faith, redemption, and the complexity of calling—drawing inspiration from the very battles she's overcome.

A Champion for Youth & Community

As the CEO of PDM Performing Arts Corporation, Dr. Trevi led an after-school program that empowered over 500 youth across two decades. Through the language of dance, PDM became a sanctuary for young people in at-risk communities. More than an arts program, PDM was a force for social change—intervening in gang activity, building trust, and even helping to remove guns from some of the most dangerous streets.

She believes in cultivating talent and identity—helping youth discover who they are and how far they can go when choosing purpose over pain.

Faith. Family. Foundation.

At the core of her empire is her family. Dr. Trevi is a devoted wife and mother of two grown daughters—both of whom are powerhouse women in their own right. Influenced by their mother's strength, compassion, and unstoppable drive, they are carrying the torch and blazing new trails of their own.

The Legacy Unfolding

As she continues her journey in academia, business, and ministry, Dr. Trevi Booker-Pershay remains a beacon of what's possible when you choose to heal, stand in truth, and say yes to your calling. She is a mentor, a motivator, and a woman of undeniable impact.

Her message is clear

“Your past is not your prison
it's your platform”

She is not just creating a legacy. She is the legacy.
A woman of purpose. A vessel of power.
A different type of church girl.

Beauty Spotlight

THE GLAM GURU BEHIND THE GLOW

THE FABULOUS AND TALENTED PRISCILLA ONO

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In a world where beauty trends come and go, one name continues to sparkle with timeless brilliance—Priscilla Ono. Known for her creative artistry, bold color choices, and flawless skin techniques, Priscilla has become a global force in the makeup industry. Best known as Rihanna's personal makeup artist and the Global Makeup Artist for Fenty Beauty, she's more than just a name behind the scenes—she's a powerhouse redefining what it means to be beautiful in every shade.

Born and raised in Los Angeles with Mexican American roots, her culture profoundly influences Priscilla's artistry, the vibrant streets of LA, and her love for pushing boundaries. Her journey began in the early 2000s when she traded the classroom for the makeup chair, driven by a passion that couldn't be contained. What started as a dream soon transformed into a dynamic career, painting the faces of A-list celebrities, music video stars, and fashion icons.



Her signature? A face that glows from within. Whether it's a dewy highlight that catches the light just right or a bold lip that turns heads, Ono understands how to blend creativity with precision. But what truly sets her apart is her authenticity. She strongly advocates for diversity and inclusivity in beauty—values that shine through her work with Fenty Beauty, a brand known for revolutionizing the industry by embracing all skin tones.

Behind every red carpet moment, flawless campaign look, and runway-ready face, Priscilla Ono's brush tells a story of empowerment, self-expression, and unapologetic confidence. She's not just applying makeup; she's curating art.

From her role as an educator and mentor to her bold collaborations in the beauty world, Priscilla continues to inspire makeup artists and beauty lovers across the globe. Her message is clear: Beauty has no rules, and confidence is the ultimate accessory.

So, the next time you're admiring a look that radiates fierceness and elegance, there's a good chance Priscilla Ono had something to do with it. And for that, the beauty world is all the more fabulous.

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Queens Court

BEYOND THE MIRROR

JASMINE YVETTE RIVERA'S MISSION TO EMPOWER THROUGH BEAUTY

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In a world where beauty often focuses on appearances, Jasmine Yvette Rivera is redefining the industry by infusing faith, empowerment, and transformation into every aspect of her business. As the CEO and founder of Game Glamorous LLC, Jasmine stands as a living testimony to the power of resilience, divine guidance, and a second chance.

Born and raised in Las Vegas, Nevada, Jasmine's journey hasn't been without its challenges. Her past could have defined her future—but instead, she chose faith over fear and purpose over pain. "God truly guided me toward my calling," Jasmine shares. "It was through my relationship with Him that I found direction and strength."

Though she holds an Associate Degree in the Science of Paralegal Studies, Jasmine has always felt drawn to the beauty industry. But breaking into the field wasn't easy. "Due to my past, securing stable employment was difficult," she recalls. "But God opened doors I never imagined." Those open doors led her to gain hands-on experience in a spa environment, where she learned the foundations of beauty entrepreneurship. After just three years in the industry—and newly certified in Permanent Makeup Artistry—Jasmine took a leap of faith.

In less than four months after launching Game Glamorous LLC, Jasmine transitioned into full-time entrepreneurship. Now, five years later, her business is a thriving beauty sanctuary offering an impressive range of services, including:

- Permanent Makeup Artistry
- Advanced Esthetics (facials, RF micro-needling, LED light therapy, waxing, hydro-dermabrasion)
- Teeth Whitening
- Tattoo Removal
- Body Contouring



But Jasmine's mission goes far beyond beauty. She's passionate about helping others find their purpose and potential. Through Game Glamorous LLC, she offers an apprenticeship program for aspiring Permanent Makeup Artists and certified training in Teeth Whitening, equipping future beauty professionals with skills and confidence.

"I want to allow others to start fresh—just like I did," Jasmine says. "Because sometimes all it takes is one chance, one person who believes in you."

That belief extends into her work as a humanitarian and community advocate. Currently studying Ministry Leadership with Central Academy at Central Christian Church, Jasmine is preparing to expand her impact with the 2025 launch of God's Game Podcast. The platform will serve as a space for faith-filled conversations, testimonies, and transformational stories that reflect God's grace and favor.

Her mantra? "Blend business with blessings." Jasmine doesn't just run a business—she runs a ministry of beauty, healing, and hope.

As she continues to grow Game Glamorous LLC and touch lives, Jasmine Yvette Rivera remains focused on her God-given vision: a powerhouse in beauty and blessings. She proves every day that no matter where you come from, your past doesn't define your future. With faith, determination, and a heart for service, Jasmine is not only changing faces—she's changing lives.

What truly sets Jasmine apart is her unwavering belief that true beauty begins within. Every client interaction is a divine appointment for her—an opportunity to uplift, encourage, and remind others of their worth. She incorporates prayer and spiritual guidance into her business ethos, creating an environment where clients feel seen, safe, and celebrated for how they look and who they are.

This heart-centered approach has garnered the attention of women seeking beauty services and a deeper connection to their inner selves. Many describe their visits to Game Glamorous LLC as more than appointments—they're experiences of healing and renewal. Jasmine has often been called a "beauty therapist" who nurtures outer confidence and inner peace.

Her brand has become a movement that inspires women to embrace their stories, scars, and second chances. From survivors of domestic violence to formerly incarcerated women, Jasmine makes it her mission to serve those often left behind by the traditional beauty industry. She offers discounted services, mentorship, and open conversations that challenge the stigma of the past and celebrate the power of transformation.



Kings Court

CHEF WENFORD “PATRICK” SIMPSON

**A CULINARY KING SERVING EXCELLENCE AT
SIMPSON RESTAURANT**

WRITTEN BY: DR. TREVI BOOKER-PERSHAY

When it comes to food that feeds the soul and the senses, few do it, like Chef Wenford “Patrick” Simpson, the visionary CEO and Executive Chef behind the phenomenal Simpson Restaurant. This Black-owned culinary gem isn’t just a restaurant—it’s an unforgettable experience that blends bold Caribbean flavors with top-tier hospitality.

I had the pleasure of dining at Simpson Restaurant with my family this past April, and I was absolutely blown away. The service was warm, professional, and polished from the moment we stepped in. The ambiance radiated both elegance and comfort, creating the perfect setting for what turned into one of the most delicious meals we’ve ever had.

The food? Pure excellence. I ordered the jerk salmon with coconut rice and sautéed vegetables, and my family enjoyed dishes like the oxtail with butter beans, crispy snapper, and the perfectly baked macaroni pie. Every bite was a flavor explosion, showcasing Chef Simpson’s mastery of his Caribbean-American culinary style. It was clear that this was more than just a meal; it was a labor of love.



Chef Wenford Patrick Simpson’s journey, taken directly from his website, is just as flavorful as his food:

“Chef Wenford Patrick Simpson’s journey from growing up in poverty in Jamaica to pursuing his passion for the culinary arts as a teenager and becoming a world-class executive chef is a story that is both inspiring and motivating. At only 17 years old, Chef Simpson, affectionately known as ‘Chef Patrick,’ took his talents to the seas, working as a sous chef for the Royal Caribbean Cruise Line and Disney Cruise Lines. After an 11-year career on the waters, Chef Patrick became the executive chef of Negril Village, an upscale Caribbean restaurant and popular hotspot located in New York City’s Greenwich Village.

These experiences have allowed him to perfect the Caribbean-American style of cooking that Chef Patrick is known for. After a myriad of tenures throughout New York City—including serving as Corporate Executive Chef for the B.B. King Blues Club & Grill—Chef Simpson now delights customers with his flavorful food at Sony Hall and the Highland Ballroom in NYC, as well as their sister property, The Howard Theatre, in Washington, D.C.

Chef Patrick also connects with and delights fans through various television endeavors, including Cook-Up with Chef Patrick on the Tempo Network, Inna Di Kitchen on the CIN Network, and CEEN TV. A brand ambassador for Walkerswood Caribbean Foods, Chef Patrick is steadily making his mark in the culinary world with a developed Food Network project.

Over the years, he has served over 300 high-profile clients, including Adam Lambert, Bill and Hillary Clinton, Mike Tyson, Michelle and Barack Obama, Cicely Tyson, Mary J. Blige, Janet Jackson, and Missy Elliott.

Chef Simpson recently released the first volume of his cookbook series, *Cooking with Love*, which includes over 100 of his favorite recipes like coconut curry salmon, jerk chicken seasoned rice, and oxtail stew—all shared in an approachable way for cooks of every level. Each recipe is packed with heart and flavor, just like the man himself.”

As Editor of C.O.B.S Magazine, I knew immediately after that meal that I had to make it my business to share Chef Simpson’s brilliance with our readers. Simpson Restaurant doesn’t just deserve a five-star review; it deserves ten stars and a standing ovation.

Chef Wenford “Patrick” Simpson, thank you for pouring passion and excellence into everything you serve. Your story, flavor, and heart continue to inspire us all.

Thank you!

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Women Werk



SOPHIA STROTHER

FROM SURVIVOR TO TRAILBLAZER — A TESTAMENT TO FAITH, PURPOSE, AND POWER

WRITTEN BY: C.O.B.S EDITORIAL TEAM

Sophia Strother stands as a beacon of resilience, brilliance, and divine purpose in a world where barriers are often reinforced rather than dismantled. She is a survivor, a CEO, a mother, and a changemaker. Her narrative transcends mere success; it's a profound journey of healing, transformation, and redefining what it truly means to thrive.

From enduring the harrowing trauma of being sex-trafficked as a teenager to ascending as a formidable entrepreneur, Strother's journey is nothing short of extraordinary. Where many might see insurmountable tragedy, Sophia recognized a pivotal turning point. She transformed her pain into purpose, emerging with a voice that refuses to be silenced and a mission deeply rooted in empowerment.

At the heart of Sophia's business success is L2E Industries—short for Learning 2 Exhale—her Texas-based Amazon delivery service company. As the founder and CEO, she launched the company in 2020 with a \$10,000 investment. Partnering with Amazon through its Delivery Service Partner (DSP) program, Strother didn't merely enter the logistics industry; she revolutionized it. Within three years, L2E Industries achieved over \$3 million in annual revenue, operating a fleet of 38 Prime-branded vans and employing nearly 80 associates.

Sophia's leadership is characterized by faith, excellence, and a deep commitment to the community. She has cultivated a supportive work culture that mirrors the environment she once yearned for during her corporate tenure. "I now strive to create the kind of work environment I wish I had during my corporate years," Strother shared, emphasizing her dedication to the families connected with her company.

Her impact extends beyond business metrics. Sophia is a published author, motivational speaker, and mentor to countless women and girls nationwide. Her life story is a testament to the transformative power of faith and perseverance.

On a personal note, Sophia Strother's journey ignited a profound belief within me that all things are possible with God. Her resilience and unwavering faith have inspired me to embrace my own challenges with courage and conviction. Sophia didn't just build a company; she sparked a movement, empowering others to rise above adversity and pursue their divine purpose.

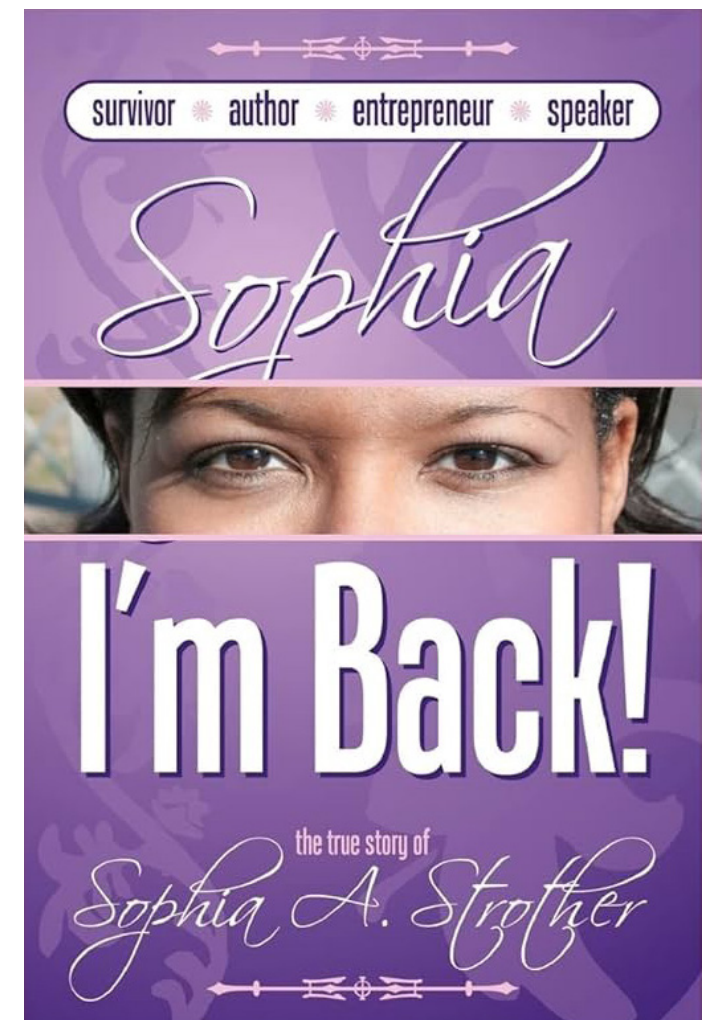
Sophia's mission doesn't stop with business success—she is a tireless advocate for survivors of sex trafficking and domestic abuse. Through her nonprofit initiatives and speaking engagements, she uses her platform to raise awareness, educate communities, and influence policy change. She often shares her story not for sympathy but to spark action and remind others that healing is possible. "I am the face of what recovery looks like," she boldly proclaims. "And my purpose is to make sure others see that too."

In 2021, she launched the Learning 2 Exhale Foundation, aimed at helping women and girls break cycles of trauma through education, workforce development, and spiritual support. The foundation offers mentorship programs, trauma-informed workshops, and re-entry support for women leaving the justice system. Sophia knows firsthand the importance of being given a second chance and is determined to be that bridge for others.

She's also a champion for representation in leadership and entrepreneurship. As a Black woman in the logistics industry—an industry still overwhelmingly male—Sophia consistently breaks glass ceilings and advocates for more inclusive spaces. She believes in lifting others as she climbs, and she's made it a personal mission to create opportunities for underrepresented voices to lead, build, and thrive.

Looking to the future, Sophia plans to scale L2E Industries nationwide while expanding her foundation's reach across the country. She also has plans to launch a leadership academy that combines business strategy with faith-based coaching, equipping women to lead boldly in the boardroom and beyond.

Sophia Strother is more than a survivor—she's a strategist, a shepherd, and a symbol of what's possible when purpose meets action. Her legacy is not only written in profit margins or public accolades but in every life she's touched, every door she's opened, and every voice she's helped to reclaim.



Women Innovators

VIVIAN WILLIAMS, ESQ.

THE LEGAL POWERHOUSE MERGING PURPOSE WITH PASSION

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In a world where navigating the legal system can be intimidating and overwhelming, Vivian Williams, Esq. is a beacon of clarity, empowerment, and excellence. As the founder of the Vanessa Williams Law Firm, Vivian is not just an attorney; she is an advocate for dreams, a protector of purpose, and a champion for those who dare to build, create, and lead.

With expertise spanning trademark, copyright, criminal defense, and business formation law, Vivian is a trailblazer uniquely positioned to serve entrepreneurs, creatives, and small business owners. But what sets her apart is her impressive credentials; it's her heart. Her mission is to help others legally secure their passions, brands, and legacies so they can operate boldly and fearlessly.

A Creative Spirit with a Legal Mind

Before entering the courtroom, Vivian graced the stage. With a background in theater and music, she understands the soul of creativity. That deep-rooted connection to the arts fuels her passion for helping fellow creatives protect their intellectual property and navigate legal terrain that often feels foreign.

Her ability to combine legal precision with artistic empathy makes her a rare force in the legal field. Whether counseling a startup on their LLC formation or helping a musician trademark their brand, Vivian offers more than legal guidance—she delivers empowerment with every consultation.



Educator, Speaker, Mentor, Advocate

Vivian's voice extends far beyond her office walls. As a sought-after speaker and podcast guest, she brings energy and clarity to every platform she touches. From podcast episodes like Think PINK Persona and The Daily Attorney Podcast to speaking engagements at The Mogul Code Summit, Southern University Law Center, and the Gina Nesbitt Business Forum, Vivian pours wisdom into every audience she meets.

Her topics range from trademark law and business formation to building confidence and embracing authenticity. Her impact is as expansive as her passion—equipping seasoned professionals and budding creatives with the tools to thrive legally and personally.

Service-Driven Leadership

Vivian doesn't just teach about justice—she lives it. Her commitment to community service and legal access is unwavering. She offers pro bono services through organizations like Jacksonville Area Legal Aid and mentors aspiring attorneys through initiatives such as Becoming Black Female Barristers.

She serves on the executive boards of the D.W. Perkins Bar Association, Three Rivers Legal Services, and the Lumen Repertory Theatre, bridging her love for the arts and justice in every facet of her life.

The Multilingual Visionary

Vivian deepens her global perspective by studying Mandarin Chinese, Japanese, and Spanish while not advocating for clients or teaching legal workshops. Her goal? To become a multilingual powerhouse, expanding her influence and voice internationally. Her passion for language reflects her broader mission—to connect, uplift, and educate across borders and industries.

An Invitation to Build Boldly

Vivian Williams is more than a legal professional—she is a movement. A movement of faith, confidence, creativity, and courage. Through her law firm, public speaking, and community leadership, she gives others the legal protection and personal empowerment they need to rise.

In every courtroom, conference, or coaching call, Vivian leaves behind a message: Your purpose is worth protecting. Your voice deserves to be heard. Your dreams are legally possible.

And in that truth, thousands are finding the strength to build boldly.

Vivian Williams Law, LLC

Hair Care Corner

CROWNING COURAGE

BREAKING THE SILENCE OF HAIR LOSS AMONG BLACK WOMEN

WRITTEN BY: C.O.B.S EDITORIAL TEAM



For many Black women, hair is more than strands— heritage, identity, pride, and personal expression. Our hair tells a story from the cornrows braided by grandmothers to silk presses before church. But what happens when that story is interrupted by alopecia—a condition that slowly steals what society says defines our beauty?

Alopecia, the medical term for hair loss, affects an estimated 6.8 million people in the United States. Black women are disproportionately affected, especially by types such as Central Centrifugal Cicatricial Alopecia (CCCA), traction alopecia, and alopecia areata. Despite its prevalence, many suffer in silence, too ashamed or heartbroken to speak out. The cultural importance of hair in the Black community only amplifies the emotional toll of this condition.

A Silent Struggle

Black women have long faced unrealistic beauty standards. Straight hair was often favored in professional and social spaces, while natural textures were marginalized. This pressure led to tight weaves, constant heat styling, and chemical relaxers—often contributing to hair thinning and traction alopecia. For others, the cause is autoimmune or hormonal, beyond their control.

The emotional impact of hair loss is profound. It can lead to depression, anxiety, low self-esteem, and social withdrawal. Many women silently watch their edges fade, bald patches expand, or entire crowns disappear—turning mirrors into reminders of loss.

Voices of Strength

But silence doesn't have to be the end of the story. Public figures like Jada Pinkett Smith and Ayanna Pressley have bravely shared their journeys with alopecia, turning pain into empowerment and awareness. Their visibility has helped others recognize they're not alone—and that hair does not define the heart of a woman.

"I had to learn to love myself bald. That took work," Pressley once said. "But my beauty, power, and presence still exist."

Reclaiming Confidence and Seeking Support

For women experiencing hair loss, reclaiming confidence can be transformative. Here are actionable steps and resources for those seeking healing—emotionally, spiritually, and medically:

1. Medical Support

- **Dermatologist Consultation:** A board-certified dermatologist can help diagnose the alopecia type and recommend topical corticosteroids, platelet-rich plasma therapy (PRP), or oral medications.
- **National Alopecia Areata Foundation (NAAF) (<https://www.naaf.org>):** Offers education, advocacy, and support groups across the country.

2. Mental Health Resources

- **Therapy for Black Girls (<https://www.therapyforblackgirls.com>):** Connects women to culturally competent mental health professionals.
- **Sister Support Groups:** Join local or virtual sister circles that create safe spaces to share and uplift.

3. Holistic and Lifestyle Options

- **Nutrition & Scalp Health:** Proper nutrition and reducing inflammation can support hair regrowth. Look into iron, vitamin D, and biotin levels.
- **Protective Styling Alternatives:** Consider wigs, scarves, turbans, and hats that let you express style while nurturing your scalp.

4. Empowerment Communities

- **Black Girls With Alopecia (Facebook Group):** A powerful community for sharing experiences and encouragement.
- **The Baldie Movement (<https://www.thebaldiemovement.org>):** A nonprofit celebrating women who are bald by choice or circumstance.

From Loss to Liberation

Alopecia may take your hair but cannot take your voice, beauty, or brilliance. The journey may begin in silence, but healing comes in sisterhood, self-love, and speaking up.

To the Black women hiding under wigs, avoiding mirrors, or questioning your worth—you are still whole. You are still worthy. And you are not alone.

Your crown was never your hair—it's your resilience.

Spotlight Celebrating Mothers

AGAINST ALL ODDS

BLACK MOTHERS WHO TURNED STRUGGLE INTO STRENGTH

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In a world that often questions the strength of Black mothers, countless women prove every day that they can rise and soar. From navigating single motherhood to overcoming systemic barriers, these women have defied the odds and built legacies of empowerment, purpose, and resilience. This article highlights three phenomenal Black mothers whose journeys inspire hope, courage, and undeniable strength.



Taraji P. Henson

From Single Motherhood to Hollywood Royalty

Taraji P. Henson's story is a testament to grit and determination. At just 24 years old, she found herself raising her son alone after the tragic murder of his father. With limited financial resources, Taraji packed up her dreams and moved to Los Angeles after graduating from Howard University.

Despite countless rejections and setbacks, she broke through the barriers of Hollywood, earning an Academy Award nomination and the admiration of millions. Today, she uses her platform to address mental health in the Black community through the Boris Lawrence Henson Foundation, named after her father. Her dual role as a mother and advocate has changed the narrative—proving that motherhood is not a limitation, but a superpower.

Boris Lawrence Henson Foundation:

Founded in 2018, the Boris Lawrence Henson Foundation was born out of a deeply personal journey of loss and frustration. Taraji P. Henson, alongside her best friend Tracie Jade Jenkins, embarked on a mission to honor the legacy of Taraji's father, Boris Lawrence Henson, who battled untreated mental health issues after returning from the Vietnam War. Motivated by their own experiences and the glaring absence of culturally relevant mental health support, they took a bold step forward and established BLHF with a clear mission: to destigmatize mental health within BIPOC and underrepresented communities and enhance accessibility, <https://borishensonfoundation.org/>



Angela Patton

Building Bridges Between Daughters and Incarcerated Fathers

Angela Patton is not only a mother—she's a visionary. As CEO of Girls For A Change, she has committed her life to empowering Black girls to be change-makers. One of her most innovative ideas—the "Date With Dad" dance inside a jail facility—became a viral TED Talk that resonated globally. The program brought together daughters and their incarcerated fathers in a powerful act of connection and healing.

Angela's journey as a mother shaped her passion for uplifting the next generation. Her work reminds us that motherhood is about nurturing our children and entire communities.

Girls For A Change

Girls For A Change focuses on the development of self-identifying Black girls as leaders and change-makers across the Greater Richmond Metro Area. Our programs teach participants to understand their world, advocate for their rights, and exercise agency over their lives through a continuum approach and creative platforms. Our programs are unique to the Black girl experience as they have been co-designed with Black girls. Our curriculum is culturally responsive and focused on skill building, opportunity access, community building, and emotional restoration <https://girlsforachange.org/>



Melissa Butler

Turning Rejection Into a Beauty Empire

When Melissa Butler appeared on Shark Tank, she was told her vegan lipstick line, The Lip Bar, would never make it. But Melissa didn't flinch. A mother with a vision, she turned that rejection into redirection—building her brand into a multimillion-dollar empire now sold in Target, Walmart, and across the U.S.

Melissa's story is not just about entrepreneurship—it's about reclaiming beauty standards, standing firm in authenticity, and showing her child what it means to believe in yourself, even when no one else does. She is proof that Black mothers can transform "no" into a legacy.

Melissa Butler, CEO, The Lip Bar

Fed up with the toxic one-shade-fits-most beauty industry, the self-made CEO, Melissa Butler, turned her frustration into action—stepping off the lucrative but soulless corporate ladder and into her Brooklyn kitchen to whip up vibrant vegan lipstick. A rejection on Shark Tank only fueled Melissa's tenacious spirit—motivating her to reclaim power over her own dream. She grew The Lip Bar beyond lipstick to TLB: award-winning maximum impact, minimal effort beauty must-haves for all <https://thelipbar.com/>.



Jennifer Hudson

Rising Through Grief With Grace and Purpose

Jennifer Hudson is a Grammy, Emmy, and Oscar-winning powerhouse—but her most significant role is being a mother. After the devastating tragedy in 2008 that claimed the lives of her mother, brother, and 7-year-old nephew, Jennifer could have retreated from the world. Instead, she leaned into motherhood and resilience, raising her son David Jr. with strength, grace, and love.

In the midst of her pain, Jennifer launched the Julian D. King Gift Foundation, named in honor of her nephew, to support children and families in need. Today, she continues to shine as a talk show host and advocate, using her platform to inspire healing and hope. Jennifer Hudson reminds us all that even through unimaginable loss, Black mothers can rise—and lead others toward light.

Julian D. King Gift Foundation

The Julian D. King Foundation holds several events yearly to assist and aid those in need. The Julian D. King Gift Foundation was established to provide stability, support, and positive experiences for children of all backgrounds to help them grow to be productive, confident, and happy adults.

Jennifer Hudson and her sister, Julia, founded Hatch Day in honor of their slain nephew, Julian King. "He always wanted to hatch things," Hudson says. "He got it from a cartoon. It was something I wanted: a hatch day. He would say, 'Today is my hatch day.' This is our way of giving our hatch day and being able to help other kids through his memory."

The organization collects and distributes school supplies and Christmas presents.

"Where we came from, a lot of kids don't have school supplies or school clothes," she says. "Children should not have to worry about those things. When we went [shopping], you got two pairs of shoes and two pairs of clothes, and we were considered blessed. We ensure these kids have school supplies and [presents] for the holidays."

Hudson, who remains active in the church where she grew up, was raised to help others. "I wasn't as aware of volunteering back there," she says. "I come from a very giving background, part of the nature of who we are" <https://www.juliandkinggiftfoundation.com/>.

Young Entrepreneur

FROM SNOW CONES TO STORYBOOKS HOW 13-YEAR-OLD MARIANA MCWILLIAMS IS BUILDING A SWEET LEGACY

WRITTEN BY: C.O.B.S EDITORIAL TEAM



At just 13 years old, Mariana McWilliams—known to many as “Mari”—is doing more than most adults twice her age. She’s not just a student or a dreamer. She’s an author, a business owner, and a trailblazer for the next generation of young entrepreneurs.

Born and raised in Cleveland, Ohio, Mari now calls Arizona home. It was there, in the summer heat of July 2024, that her entrepreneurial journey truly began with something extraordinary—literally. Mari launched her snow cone business, offering over 15 delicious flavors at vendor markets and private events. But it wasn’t just about the icy treats. It was about courage, creativity, and the spark of a big idea.

That spark would soon ignite a new chapter written in her own words.

Inspired by her real-life experience, Mari penned her first book, *Mari’s Big Idea*. In it, she shares her personal story of pushing past fear to step boldly into entrepreneurship. What began as uncertainty blossomed into a mission: to show other kids that they, too, can turn their dreams into action. “My hope with my book is to inspire other kids to become entrepreneurs,” she says. And with every page, she does precisely that.

But Mari didn’t stop there.

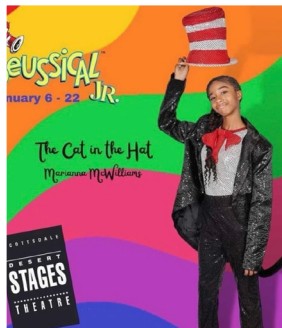
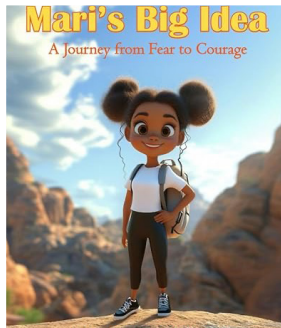
Her imagination continued to soar with *Mari in the Safari*, a vibrant adventure book designed to entertain and educate. It takes young readers on a wild journey through the safari while teaching fun facts. Mari created a coloring book companion to make the experience more engaging, perfect for hands-on learning and creativity.

Mari is taking her passion further by creating opportunities for other young visionaries. She’s hosting a Youth Entrepreneurs Market in partnership with Acton Children’s Business Fair on October 25, 2025, giving kids a platform to showcase their own businesses and ideas.

From snow cones to storybooks, Mari is more than just a CEO—she’s a symbol of what’s possible when you believe in your vision, embrace your fear, and take action. Her journey reminds kids everywhere that age is not a barrier to success. Sometimes, the biggest ideas come from the smallest voices.

So, whether she’s serving sweet flavors under the sun or writing her next big adventure, one thing is clear—Mari is just getting started.

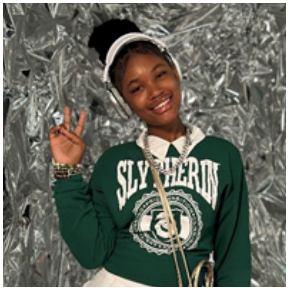
Follow her journey and be inspired by the CEO, author, and changemaker blazing trails for future kidpreneurs.



Artist Corner

MIC IN HAND, CROWN ON HEAD MEET LIL JAIII, ATLANTA'S HOTTEST TEEN RAPPER

WRITTEN BY: C.O.B.S EDITORIAL TEAM



In the vibrant city of Atlanta, a young star is making waves with her infectious energy and positive messages. Lil Jaiii, a 13-year-old rapper, dancer, influencer, and content creator, is capturing hearts and turning heads in the entertainment industry.

A Meteoric Rise to Fame

Lil Jaiii’s journey began with her debut song, “Will You Be My Valentine,” which went viral, amassing nearly a million views across various social media platforms. This early success showcased her natural talent and set the stage for subsequent hits like the summer anthem “Photoshoot” and her latest track, “Do Your Dance.” Through her music, Lil Jaiii emphasizes themes of positivity, fun, and the joy of dance, resonating with audiences of all ages.

Championing Self-Love and Empowerment

Beyond her musical endeavors, Lil Jaiii is a passionate advocate for self-love and personal growth. As an ambassador for The Industry Kids of Atlanta (T.I.K.A) Self Love School Tour, she travels to schools across states like Ohio and Michigan, with plans to extend to Georgia. During these tours, she engages with students and staff, discussing the importance of affirmations, self-worth, and coping strategies for peer pressure. Her dedication to uplifting others highlights a maturity that belies her years.

A Scholar and Community Contributor

Balancing her burgeoning career with academics, Lil Jaiii maintains honor roll status, exemplifying her commitment to excellence in all facets of life. Her involvement in community events is extensive, having participated in initiatives for the cities of East Point, South Fulton, and Clayton County. Notable performances include appearances at The Girls Who Brunch Tour, the Juneteenth Festival at Centennial Park, the Big Brothers and Big Sisters Annual Picnic, and the Sweet Auburn Music Fest. At each event, she delights in connecting with fans, often taking time to interact and capture moments with them.

Beyond the Spotlight

Lil Jaiii enjoys a well-rounded array of activities typical of her peers when she’s not performing or speaking. She loves spending time with friends, swimming, and playing sports like volleyball and flag football. These interests keep her grounded and contribute to the dynamic energy she brings to her performances.

Stay Connected with Lil Jaiii

Fans can follow Lil Jaiii’s journey and stay updated on her latest projects through her social media channels:

- Instagram: @thereal_liljaiii
- YouTube: @therealliljaiii
- TikTok: @therealliljaiii

Her music is available on all significant platforms named Lil Jaiii, offering listeners easy access to her uplifting tracks.

A Bright Future Ahead

At just 13, Lil Jaiii exemplifies the power of youth combined with passion and purpose. Her dedication to spreading positivity through music and community engagement positions her as a rising star in the entertainment industry and a role model for young individuals everywhere. As she continues to evolve as an artist and influencer, the world eagerly anticipates the next steps in her inspiring journey.

Please get in touch with Lil Jaiii through her official social media profiles for media inquiries or booking information.



Fashion Corner

COUTURE OF THE CARIBBEAN

RACHEL SCOTT'S REVOLUTIONARY THREADWORK

WRITTEN BY: C.O.B.S EDITORIAL TEAM

In the heart of New York's fashion scene, where skyscrapers meet catwalks, a quiet revolution is weaving its way through the seams of high fashion. Rachel Scott, the Jamaican American designer and founder of the critically acclaimed fashion brand Diotima, is at the forefront of this movement. With each stitch and silhouette, Rachel tells a story deeply rooted in identity, craftsmanship, and Caribbean pride.

Born in Jamaica and raised with a deep appreciation for her heritage, Rachel's designs reflect a seamless marriage between contemporary minimalism and traditional island craftsmanship. Her label, Diotima, isn't just a fashion house. It's a cultural dialogue. Featuring hand-crocheted details and artisanal techniques passed down through generations, her collections are a tribute to the unsung artisans of the Caribbean.

Rachel's journey into fashion began long before Diotima's runway debut. She honed her skills and vision at institutions like Parsons and worked with major fashion houses before daring to create something deeply personal. In 2021, she launched Diotima, and it didn't take long for the fashion world to notice. By 2023, she had already been named Womenswear Designer of the Year by the Council of Fashion Designers of America (CFDA). This prestigious honor marked her as a visionary voice in the industry.

What sets Rachel apart is her commitment to redefining luxury. Diotima stands for intentionality, sustainability, and soul in a mass production-dominated space. Her designs celebrate the Black and Caribbean diasporas, offering a fresh narrative that centers Black joy, history, and artistry—not as trends but as timeless truth.

From intricately woven mesh dresses that echo fishing nets along Jamaica's coast to tailored suits laced with handmade crochet—Rachel's work is poetry in motion. Each piece is a garment and a message: fashion can be beautiful and meaningful.



In Rachel Scott, the fashion world has found a designer who doesn't just follow trends—she sets them. Through Diotima, she invites us to consider where our clothes come from, who makes them, and how heritage can be celebrated through design. And in doing so, she's elevating Caribbean craftsmanship and ensuring it takes its rightful place on the global stage.

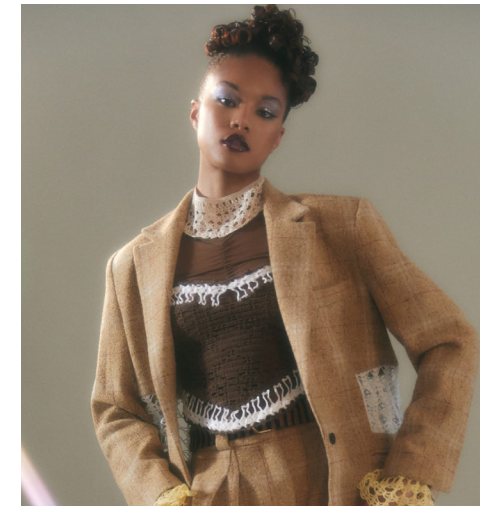
But Rachel's influence stretches far beyond the runway. She is part of a growing wave of designers reshaping what representation looks like in the global fashion dialogue. By championing Caribbean artisanship, she's creating economic opportunities in communities often overlooked by mainstream fashion. Diotima's production process is rooted in collaboration—with each hand-crocheted panel and artisanal embellishment crafted by skilled makers in Jamaica. For Rachel, it's not just about showcasing beautiful clothes—it's about investing in the people who make them.

Her commitment to social impact and heritage preservation has also caught the attention of museums and galleries. Diotima garments have been featured in exhibitions exploring the intersection of fashion, identity, and migration—garnering praise for communicating personal and collective histories through textiles.

Despite her rapid ascent, Rachel remains grounded in purpose. She often credits her success to the community of women—mentors, artisans, family—who have shaped her life and work. "Diotima is a love letter to the women who raised me, taught me, and inspired me," she once said in an interview. Her designs are intimate yet bold, quietly revolutionary in celebrating legacy over novelty.

In an industry that often prizes speed and spectacle, Rachel Scott offers a different rhythm that honors slowness, care, and intention. She's not only designing garments; she's creating a future where fashion remembers its roots, uplifts marginalized voices, and makes room for stories that have long gone unheard.

Whether dressing global icons or gracing the covers of fashion's most respected publications, Rachel continues to do so on her own terms—fiercely Caribbean, unapologetically Black, and unmistakably original.



Did You Know?

THE BEST ROLLER COASTERS IN NORTH AMERICA

WRITTEN BY: C.O.B.S EDITORIAL TEAM

For adrenaline junkies, there's no greater joy than the rush of a world-class roller coaster. North America, home to some of the world's most innovative and extreme amusement parks, offers a thrilling selection of coasters that defy gravity, speed, and expectation. Whether you're a fan of towering drops, record-breaking speeds, or unique ride experiences, here are the must-ride roller coasters that will leave you breathless.

1. Steel Vengeance – Cedar Point (Sandusky, Ohio)

- Type: Hybrid Coaster
 - Top Speed: 74 mph
 - Height: 205 ft
 - Record: World's tallest and fastest hybrid coaster
- Cedar Point, known as the "Roller Coaster Capital of the World," outdid itself with Steel Vengeance. This hybrid coaster blends wood and steel perfectly and delivers unmatched airtime and smooth, wild inversions.



2. Fury 325 – Carowinds (Charlotte, North Carolina)

- Type: Giga Coaster
 - Top Speed: 95 mph
 - Height: 325 ft
- Fury 325 isn't just fast — it's furious. As one of the world's tallest and fastest roller coasters, it gives riders the feeling of flying across the park's skyline.

3. Iron Gwazi – Busch Gardens (Tampa, Florida)

- Type: Hybrid Coaster
 - Top Speed: 76 mph
 - Height: 206 ft
- A revamped legend, Iron Gwazi replaced the original wooden Gwazi coaster with a RMC hybrid design. It's considered one of the most intense rides in the country.



4. X2 – Six Flags Magic Mountain (Valencia, California)

- Type: 4th Dimension Coaster
 - Top Speed: 76 mph
 - Height: 175 ft
- One of the most unique coaster experiences in the world, X2 rotates riders on a separate axis as they speed through drops and inversions.

5. Yukon Striker – Canada's Wonderland (Vaughan, Ontario)

- Type: Dive Coaster
 - Top Speed: 80 mph
 - Height: 223 ft
- This record-breaking dive coaster suspends riders over a 90-degree drop before plunging them into an underwater tunnel.



6. VelociCoaster – Universal's Islands of Adventure (Orlando, Florida)

- Type: Launch Coaster
 - Top Speed: 70 mph
 - Height: 155 ft
- Inspired by the Jurassic World franchise, VelociCoaster is one of the smoothest and most thematic rides ever built.

7. The Beast – Kings Island (Mason, Ohio)

- Type: Wooden Coaster
 - Top Speed: 65 mph
 - Length: 7,359 ft
- Since 1979, The Beast has roared through the Ohio woods. With two lift hills and a terrain-hugging layout, this wooden classic delivers relentless speed and nostalgia.



8. Millennium Force – Cedar Point (Sandusky, Ohio)

- Type: Giga Coaster
 - Top Speed: 93 mph
 - Height: 310 ft
- A pioneer in the giga coaster category, Millennium Force was the world's first coaster to top 300 feet.

Honorable Mentions

- **Time Traveler – Silver Dollar City (Branson, Missouri):** Spinning coaster with a vertical launch.
- **Twisted Colossus – Six Flags Magic Mountain (California):** Racing hybrid coaster with interweaving tracks.
- **Goliath – Six Flags Great America (Illinois):** Among the steepest and fastest wooden coasters.



Final Thoughts

North America's roller coasters aren't just rides — they're feats of engineering, artistry, and pure heart-pounding joy. Whether you're a coaster novice or a seasoned thrill-seeker chasing that next high, these top picks will leave you screaming for more.

Strap in. Hands up. Ride on.

Career Corner

AM I GOOD ENOUGH FOR THE JOB?

THE STRUGGLES WITHIN THE RECRUITMENT & TALENT ACQUISITION AS A BLACK/AFRICAN AMERICAN WOMAN

WRITTEN BY: ARIELLE PERSHAY

This article will discuss the struggles of being a Black or African American woman in the recruitment and talent acquisition profession. Here is a question some of us often ask: “Am I good enough for the job?”

I have encountered my skin color as the real reason for my rejection. Let us examine the considerations involved when navigating the job search as a Black woman.

As recruiters and Talent Acquisition (TA) professionals, we’re used to driving the hiring process — reviewing resumes, interviewing candidates, and managing stakeholder expectations. But when the tables turn, and we become the ones searching for a job, the experience can be humbling — even disheartening. For Black women in this space, that journey often comes with an added layer of complexity.

Despite our deep knowledge of hiring practices and commitment to creating inclusive workspaces, many of us still face unique roadblocks rooted in bias, representation gaps, and the ever-present pressure to “code-switch” or prove ourselves beyond our titles.



The Double Struggle: Industry Competition + Identity Bias

- 1. A Saturated Job Market with Limited Seats at the Table:** Recruiting has become increasingly competitive, with many professionals entering the field, especially following corporate layoffs or restructuring. But for Black women, the challenge isn’t just about beating the odds; it’s about being seen and valued in spaces where leadership still lacks diversity.
- 2. Bias in the Hiring Process — Even for Recruiters:** We know the stats because we’ve worked to change them: resumes with ethnic-sounding names get fewer callbacks, and women of color are underrepresented in leadership. Even as seasoned recruiters, we’re not immune to these biases when we become candidates. The very systems we try to dismantle are the ones we must navigate ourselves.
- 3. The Pressure to Overdeliver:** There’s often an unspoken expectation that we must be twice as good to get half as far — even in our own field. The pressure to be flawless in interviews, overly polished in our resumes, and extra strategic in our networking can be emotionally draining, especially when you’re just trying to get your foot back in the door.



- 4. The Invisible Labor of Advocacy:** Many Black women in TA wear dual hats — hiring top talent and advocating for inclusion, sometimes without formal recognition or compensation. That emotional labor often goes unseen but adds significant value to a company’s culture and brand. Unfortunately, it’s rarely listed as a bullet point on a job description — or appreciated in return.

So, How Do You Land a Job in Talent Acquisition as a Black Woman?

Despite the hurdles, you can break through. Here’s how to strategically navigate your job search confidently, clearly, and authentically.

- 1. Lead with Your Impact, Not Just Your Title:** Recruiters are more than resume screeners — especially you. Highlight the bigger picture: How did your work help shape company culture, improve DEI initiatives, or streamline hiring processes? Your influence goes beyond the roles you fill.
- 2. Own Your Identity — It’s Your Superpower:** Your lively experience gives you a unique lens that many companies need to build truly inclusive teams. Don’t feel pressured to water that down. Instead, align yourself with companies that value representation and inclusion at every level, not just in theory.
- 3. Build a Personal Brand That Speaks for You:** Use LinkedIn to share your voice and values. Post content that reflects your expertise, insights on DEI, or real-world experiences as a Black woman in recruiting. This not only builds visibility but also helps attract like-minded companies and allies.
- 4. Leaning Into Community and Mentorship:** You’re not alone and don’t have to do this alone. Tap into professional communities like Black in HR, Women of Color in Talent, or the National Association of African Americans in Human Resources (NAAHR). These spaces offer job leads, mentorship, and a safe space to vent and recharge.
- 5. Ask the Hard Questions in Interviews:** You know what inclusive hiring should look like — so ask about it. What’s the company’s stance on equity? How diverse is leadership? What ERGs exist? The way companies respond will tell you everything you need to know about whether that’s a space where you can thrive.
- 6. Take Breaks Without Guilt:** This process is emotional, especially when you’re navigating it with the weight of your identity and the weight of your expertise. Give yourself grace. Rest doesn’t mean you’re slacking — it means you’re protecting your peace so you can show up strong.



Conclusion

In conclusion, the journey to finding your next role as a Black woman in Talent Acquisition can be layered-part strategy, part survival. However, your value is undeniable. You bring more than resumes and referrals. You get insight, empathy, resilience, and vision. The right company will recognize that.

Keep going. Take up space and know that you’re not just trying to land a job; you’re continuing to re-shape the future of work.

Fitness Corner

THE BENEFITS OF MEAL PREPPING

WRITTEN BY: ARIELLE PERSHAY

In this article, we will discuss the benefits of meal preparation. Are you ready to meal prep for your weight loss?

There is power in meal preparation- A Key to Sustainable Weight Loss.

Maintaining a healthy lifestyle can be a constant challenge in today's fast-paced world. Between hectic work schedules, family responsibilities, and social obligations, it's easy to fall into the trap of convenience eating, opting for fast food or takeout. One simple, effective strategy that can help you take control of your diet and support your weight loss goals is meal prepping.

What is meal prepping?

Meal prepping involves preparing meals or components of meals ahead of time, usually for several days in advance. This can range from chopping vegetables and preparing proteins to thoroughly cooking and storing complete meals in containers. Whether you're cooking for one or a family of four, meal prepping helps streamline the cooking process and ensures nutritious food is always within reach.



HOW MEAL PREPPING SUPPORTS WEIGHT LOSS

1. Portion Control Made Easy

One of the biggest benefits of meal prepping is the ability to control your portions. By planning and packaging meals ahead of time, you can avoid the temptation of overeating. Pre-portioned meals also reduce the risk of mindless snacking or second helpings, which are common obstacles in weight loss.



2. Fewer Unhealthy Food Choices

When hunger strikes, and no healthy option is available, it's tempting to grab something quick, often high in calories, sugar, and fat. Meal prepping ensures you always have healthy, ready-to-eat meals available, which helps you make better food choices even on your busiest days.

3. Balanced Nutrition

Planning meals encourages a more balanced diet. Ensure each meal includes the right mix of lean proteins, healthy fats, whole grains, and vegetables. This supports weight loss and improves overall health and energy levels.



4. Saves Time and Reduces Stress

Knowing what you'll eat daily eliminates the stress of figuring out meals on the fly. It also saves time throughout the week by reducing trips to the grocery store and cutting down on time spent cooking and cleaning.

5. Supports Consistency and Routine

Weight loss isn't about short-term fixes — it's about creating sustainable habits. Meal prepping helps establish a consistent routine around eating, which is a major factor in long-term weight management. It also reinforces discipline and accountability.



TIPS FOR SUCCESSFUL MEAL PREPPING

1. Start simple

Begin with one or two meals a day, like lunch and dinner, before expanding to a whole week's worth of meals.

2. Choose recipes you enjoy

You're likelier to stick with meal prepping if you're excited to eat the food.

3. Invest in quality containers

Good food storage containers help keep meals fresh and easy to grab and go.

4. Keep it interesting

Use herbs, spices, and sauces to keep meals flavorful and avoid food fatigue.



Conclusion

In conclusion, Meal prepping isn't just a trend- it is a practical and powerful tool for anyone looking to lose weight and live healthier lives. By planning, you set yourself up for success, making it easier to stay on track, avoid temptation, and enjoy nutritious, delicious meals daily. Whether your goal is to shed a few pounds or completely transform your lifestyle, meal prepping can be the key to unlocking long-term results.

Food Court

SAVOR THE SEASON

5 EASY & FUN SUMMER MEALS TO KEEP YOU COOL AND FULL OF FLAVOR

WRITTEN BY: C.O.B.S EDITORIAL TEAM

When the sun is blazing and the days are long, the last thing anyone wants is to be stuck in a hot kitchen. That's where easy, breezy summer meals come in—quick to make, light on effort, and full of the fresh, bold flavors we crave this time of year. Whether you're planning a laid-back family dinner, a backyard hangout with friends, or just need something simple after a day in the sun, these five summer dishes are here to deliver. From zesty pasta to juicy grilled skewers, these recipes are fun, flavorful, and made for sunny moments.

1. Grilled Shrimp & Pineapple Skewers

Why it works:

Sweet + savory with a tropical twist

What you need:

- Shrimp (peeled & deveined)
- Fresh pineapple chunks
- Red bell peppers, cut into squares
- Marinade: olive oil, garlic, lime juice, honey, chili flakes

Quick tip:

Let the shrimp marinate for 15–20 minutes, then skewer and grill for 2–3 minutes per side. Serve with coconut rice or on a salad.



2. Watermelon & Feta Salad with Mint

Why it works:

It's refreshing, hydrating, and a no-cook win.

What you need:

- Cubed watermelon
- Crumbled feta cheese
- Fresh mint leaves
- Optional: sliced cucumbers, red onions
- Dressing: olive oil + lime juice + pinch of salt

Quick tip:

Chill your watermelon before cubing for an extra cool crunch.



3. Caprese Chicken Burgers

Why it works: A classic twist that feels gourmet but is grill-friendly

What you need:

- Ground chicken patties
- Sliced fresh mozzarella
- Tomato slices
- Fresh basil
- Balsamic glaze for drizzle

Quick tip: Toast the buns and layer like a Caprese salad—don't forget that balsamic drizzle for a pop.

4. Zesty Lemon-Garlic Pasta with Summer Veggies

Why it works: Light, bright, and works hot or cold

What you need:

- Spaghetti or angel hair
- Zucchini, cherry tomatoes, corn off the cob
- Garlic, lemon zest & juice, olive oil
- Grated parmesan

Quick tip: Sauté veggies while the pasta cooks, toss it all together, and finish with cheese and a squeeze of lemon.



5. DIY Taco Bar with Mango Salsa

Why it works: Interactive, festive, and easily customizable

What you need:

- Protein: grilled chicken, shrimp, or black beans
- Corn or flour tortillas
- Toppings: avocado, shredded cabbage, lime wedges
- Mango salsa: diced mango, red onion, cilantro, lime juice

Quick tip: Set up buffet-style and let everyone build their own. Perfect for outdoor gatherings!

Wrap-Up: Keep It Light, Keep It Delicious

Summer meals should be just like the season—easygoing, colorful, and full of joy. These five recipes check all the boxes, giving you delicious options without the stress or sweat. Whether you're firing up the grill or tossing together a no-cook salad, each dish brings something special to the table. So grab your sunglasses, pour yourself something extraordinary, and enjoy every bite of what summer offers. Bon appétit!

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CHEF WENFORD "PATRICK" SIMPSON

THE VISIONARY CEO, EXECUTIVE CHEF AND
A CULINARY KING SERVING EXCELLENCE AT SIMPSON RESTAURANT