

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

2024, MARCH ISSUE - VOLUME III

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MVUEMBA**
FOUNDER/DESIGNER
OF HANIFA

Queen's COURT

TINA WELLS
CEO OF BUZZ
MARKETING
GROUP

WOMEN INNOVATORS

**NAILAH
ELLIS-BROWN**
CEO/FOUNDER
OF ELLIS
ISLAND TROPICAL
TEA

WOMEN'S WERK

**FELECIA
HATCHER**
CO-FOUNDER
OF CODE FEVER

Spotlight FEATURE

TASHA SMITH
ACTRESS, PRODUCER
& DIRECTOR

WOMEN'S HISTORY MONTH SPECIAL EDITION

BLACK WOMEN
PROVOKING CHANGE
IN AMERICA

MARIA J. CHOURIO

CEO/FOUNDER OF FIRMA SIGNINGS, LLC



DR. TREVI BOOKER PERSHAY

As a black woman and editor-in-chief/founder of C.O.B.S Magazine. I am proud to have stood on the shoulders of black women who have significantly contributed to the world of publications.

When God gave me this magazine in a vision, He allowed me to understand the purpose of creating this publication: to inspire, uplift, inform, and celebrate black women business owners. There were and still are those who try to discourage me by not subscribing or supporting C.O.B.S. When I look at the people whose shoulders I stand on, I realize quitting is not an option. I decided to share a few names of those who encourage me daily to use my pen and write stories. Check out these notable black women who have played a key role in magazines for and about the black community.

“

EMPOWERING INK: CELEBRATING THE INFLUENCE OF BLACK WOMEN SHAPING THE MAGAZINE UNIVERSE”

BY DR. TREVI BOOKER PERSHAY

1. Oprah Winfrey – who founded O, The Oprah Magazine in 2000
2. Essence Magazine Founders – surprisingly, the founders of Essence were men (Ed Lewis, Clarence Smith, Cecil Hollingsworth, and Jonathan Blount); the publication has featured black women and covered topics related to us and our culture.
3. Susan L. Taylor, Editor-in-Chief of Essence Magazine, was someone I admired and an avid reader because of the content she wrote. Susan's leadership for Essence Magazine was a voice for black women and the issues that concerned us.
4. Danyel Smith – Is the first African American woman to serve as the editor-in-chief of Vibe Magazine.
5. Amy Dubois Barnett – served as editor-in-chief of Ebony Magazine

These women have made lasting contributions to the media landscape, challenging stereotypes and providing a platform for authentic representation of black women's experiences. Their work has shaped the content of magazines and influenced discussions around identity, beauty, and empowerment.

Happy Women's History Month! Continue to provoke change in the lives of others as well as our communities.

Dr. Trevi Booker-Pershay

Dr. Trevi Booker Pershay



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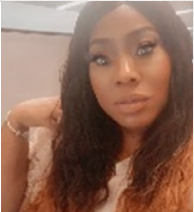
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YOUNG TRAILBLAZER TAKES CHARGE

MARIA CHOURIO

MEET THE 22-YEAR-OLD CEO/FOUNDER OF FIRMA SIGNINGS, LLC, WHO IS REVOLUTIONIZING MOBILE NOTARY SERVICES WITH INNOVATION AND PRECISION!

Maria Chourio, a dynamic and goal-oriented entrepreneur, is the brilliant mind behind Firma Signings, a thriving Mobile Notary Service. Hailing from Venezuela, Maria's unwavering passion for business, service, and community has propelled her to success. At 22 years old, she embarked on a journey to achieve the American Dream, making Firma Signings a testament to her dedication and ambition.

C.O.B.S MAGAZINE:

What inspired you to start Firma Signings, a Mobile Notary Service?

MARIA CHOURIO:

I obtained my notary commission as a requirement for my previous full-time job; at first, I didn't realize the importance notaries had in our society. After researching what I could do with my commission, I quickly learned the potential to help people by safely handling and notarizing their documents. This led me to develop a passion for assisting my community and meeting new people.

C.O.B.S MAGAZINE:

How has your background in Venezuela influenced your approach to entrepreneurship?

MARIA CHOURIO:

My family and I immigrated from Venezuela when I was 4. I witnessed the sacrifices my parents made to provide me with a better life and more opportunities. As a Latina, I was taught a strong work ethic from a very young age. My parents instilled in me the value of independence and hard work, encouraging me to pursue my ambition and achieve my goals. I aspired to become a business owner and made the most of the advantages available to me, which some of my parents only ever dreamed of having.

C.O.B.S MAGAZINE:

What sets Firma Signings apart from other notary services?

MARIA CHOURIO:

Firma Signings provides a comprehensive mobile and online notary service, having successfully completed hundreds of transactions and is trusted by

50+ clients. We offer the utmost assurance and expertise with a fully equipped mobile office, multiple loan signing certifications, and a \$1 million E&O policy. Our flexible schedule accommodates the needs of our clients, including late and in-person delivery services. We take a very hands-on approach to every transaction, ensuring that each client's needs are met with care and attention to detail. Our clients know we care about every transaction and their clients, just like they do.

C.O.B.S MAGAZINE:

How do you balance running a business with providing excellent customer service?

MARIA CHOURIO:

Although I am younger than most business owners, I have 6+ years of customer service experience. I maintain open communication with my clients, always seeking and responding to feedback to understand their needs effectively. We also keep a customer-centric mindset across all aspects of the business, consistently seeking ways to enhance the customer experience, whether implementing new technology or new practices in the field. Integrating these strategies is the key to ensuring that our clients consistently receive 100% satisfaction with our service, fostering long-term loyalty and retention.

C.O.B.S MAGAZINE:

Can you share a memorable success story from your time as a business owner?

MARIA CHOURIO:

I once did a Real Estate closing for a daughter who was buying her mom a house; as expected, they were a little nervous to be-

gin. I carefully guided them through the documents to ensure they fully understood what they were signing, and they became less anxious. After we finished signing all the documents, they both burst into tears as they celebrated this considerable accomplishment. I felt so lucky to be a part of that moment, and their joy radiated through the room. I knew I had a part in making that dream a reality and couldn't have been happier!

C.O.B.S MAGAZINE:

What advice do you have for aspiring entrepreneurs in the notary services industry? How do you stay motivated and inspired in your business?

MARIA CHOURIO:

Carefully study the documents and begin with small transactions to avoid feeling overwhelmed. Be honest, and know your state laws to avoid legal trouble. The best way to learn about this business is to gain practical experience in the field! My top motivation has always been helping people, not the amount of money I earn. I prioritize going the extra mile for my clients; their appreciation fuels my motivation. Loving what I do makes it easy to stay motivated in my business.

C.O.B.S MAGAZINE:

What challenges have you faced as a young entrepreneur, and how have you overcome them?

MARIA CHOURIO:

As a young entrepreneur, I've faced challenges with people doubting my abilities and taking me seriously. I overcome this by assuring them of my capabilities and emphasizing my credibility. Despite these challenges, being a young entrepreneur in an industry dominated by older professionals has allowed me to bring a fresh approach to how I operate my business and approach marketing.

C.O.B.S MAGAZINE:

How do you prioritize work-life balance while managing a successful business?

MARIA CHOURIO:

I maintain a work-life balance by effectively managing my time, which is relatively manageable in my industry. Some days are more relaxed, while others are hectic, but it all comes down to effective time management and making the most of my time in

the field.

C.O.B.S MAGAZINE:

How do you approach challenges and setbacks in your business, and what lessons have you learned from them?

MARIA CHOURIO:

Mistakes are common in every business, and I view them as opportunities for growth rather than setbacks. My focus is always on moving forward and addressing issues promptly and professionally. It's not about the mistake itself but rather about the professional response and solution.

C.O.B.S MAGAZINE:

What values drive your decision-making process at Firma Signings, and do they align with your personal beliefs?

MARIA CHOURIO:

My decision-making process is centered on prioritizing the best interests of my clients and the people I assist with their documents. I strongly emphasize upholding legal standards, ethics, and accountability, ensuring that my morals play a significant role in my decision-making.

C.O.B.S MAGAZINE:

How do you stay current with industry trends and innovations in the notary services field?

MARIA CHOURIO:

I actively stay updated on industry trends and innovations while cultivating a vast network of connections across multiple states. I value my relationships with fellow notaries, as we provide each other with continuous support. Rather than solely following trends, I aim to set new standards within the industry. As a young entrepreneur, I take pride in following trends and creating and shaping them.

C.O.B.S MAGAZINE:

What legacy do you hope to leave through your work with Firma Signings?

MARIA CHOURIO:

Through my work, I aim to establish a higher standard of customer service and elevate the presence of the notary industry. I aspire to serve as a role model for aspiring notaries, emphasizing the values of honesty, hard work, and ethical conduct. I prioritize the best interests of individuals and clients, seeking to raise awareness

about notaries' often overlooked and underappreciated role in society. My overarching goal is to overcome these challenges, increase public understanding of the qualities of a good notary, and attract more honest and reliable professionals to our industry.

C.O.B.S MAGAZINE:

What goals do you have for the future of Firma Signings? Thank you for taking the time to interview with us. Can you please share your websites and social media platforms?

MARIA CHOURIO:

My goals for Firma Signings include expanding our services and our reach to assist people nationwide and globally. I pride myself in creating a higher standard for notary services, specifically in the United States, and providing an example of these standards for more notaries to follow. Absolutely!! My Instagram is @firmasignings, and my Facebook page is Firma Signings. Please visit my website at <https://www.firmasignings.com/> for any additional information. Thank you



BREAKING BARRIERS AND BUILDING BRIDGES: BLACK WOMEN PROVOKING CHANGE IN AMERICA

As we embark on March, we celebrate Women's History Month. What a privilege for me to be a woman and write about black women who have provoked change in America. Black women have emerged as dynamic architects of change, fearlessly challenging the status quo and reshaping the landscape of progress. Through resilience, activism, and visionary leadership, these women have become the driving force behind transformative movements, catalyzing conversations on race, justice, and equality. This introduction seeks to illuminate the compelling stories of black women who, through their unwavering determination, are provoking seismic shifts in the societal fabric of America.

ME TOO MOVEMENT TARANA J BURKE — FOUNDER

A proud native of the Bronx, NY, Tarana's passion for community organizing began in the late 1980s. As a young girl, she joined a youth development organization called 21st Century. She launched initiatives around issues, including racial discrimination, housing inequality, and economic justice. That work and a desire to deepen her academic education and community organizing skills eventually led her to Alabama State University, a historically black institution.

Tarana has created and led campaigns that spotlight the harm perpetrated against communities of color. Specifically, Tarana's work to end sexual violence has exposed the ugly truths of sexism, has spoken truth to power, has increased access to resources and support for survivors, and has paved the way forward for an expanding and inclusive movement.

Tarana J. Burke asserts that 'me too.' is more than just a moment in time. As the founder of this vital and growing movement and as someone who has been organizing within issues facing Black women and girls for more than three decades, Tarana has a commitment and vision that is bigger than any hashtag or viral moment.

<https://metoomvmt.org/get-to-know-us/tarana-burke-founder/>



Photo credit - UAF news and information



Photo Credit Black Lives Matter website

BLACK LIVES MATTER — FOUNDERS ALICIA GARZA, PATRISSE CULLORS AND OPAL TOMETI

Black Lives Matter is an ideological and political intervention in a world where Black lives are systematically and intentionally targeted for demise. It affirms Black folks' humanity, our contributions to this society, and our resilience in the face of deadly oppression.

As organizers who work with everyday people, BLM members see and understand significant gaps in movement spaces and leadership. Black liberation movements in this country have created room, space, and leadership primarily for Black heterosexual, cisgender men — leaving women, queer and transgender people, and others either out of the movement or in the background to move the work forward with little or no recognition. As a network, we have consistently recognized the need to center the leadership of women and queer and trans people. We committed to placing those at the margins closer to the center to maximize our movement muscle and not replicate harmful practices that excluded so many in past liberation movements.

As #BlackLivesMatter developed throughout 2013 and 2014, we utilized it as a platform and organizing tool. Other groups, organizations, and individuals used it to amplify anti-Black racism across the country in all the ways it showed up. Tamir Rice, Tanisha Anderson, Mya Hall, Walter Scott, Sandra Bland — these names are inherently important. The space that #BlackLivesMatter held and continues to hold helped propel the conversation around the state-sanctioned violence they experienced. We particularly highlighted the egregious ways in which Black women, specifically Black trans women, are violated. #BlackLivesMatter was developed in support of all Black lives. <https://blacklivesmatter.com/herstory/>

#1000BLACKGIRLBOOKS — MARLEY DIAZ — FOUNDER

Marley launched the #1000BlackGirlBooks drive in November 2015, leveraging the power of social media to reach a larger audience. The goal was to collect 1,000 books featuring Black female protagonists by February 2016. The story went viral and was picked up by media outlets worldwide, bloggers, schools, youth-focused organizations, and millions of individuals who wanted to participate in the project. Marley has collected over 13,000 books to date.

Marley has spoken at the White House's United States of Women alongside Michelle Obama and Oprah, The Forbes Women's Summit, United Nation's Girl Up, Inbound, CEO Action for Diversity and Inclusion, the Social Innovation Summit, and others, and TIME recognized Marley as one of the 25 most influential teens in 2018. In light of the campaign's huge success, Marley has appeared on Ellen, CBS This Morning, The Today Show, The View, and several others. As Editor in Residency at ELLE, Marley has been conversing with Ava DuVernay, Misty Copeland, and Hillary Clinton for Elle.com. Marley has been featured in a Microsoft Commercial, a Disney World Resorts digital campaign, and a Walmart Black History Month campaign.

Marley is the youngest member of the Forbes 30 under 30 list to date and was included in the list for 2018. She has been awarded the Smithsonian Ingenuity Award, Ebony 100, and more. Marley resides in West Orange, NJ, with her mother, father, and dog, Philly <https://www.marleydiaz.com/>

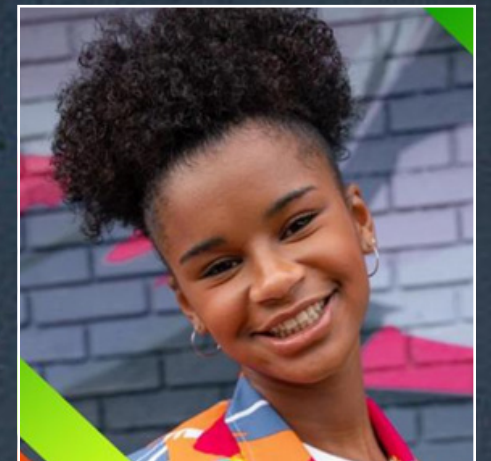


Photo credit Marley Diaz's website



Photographer Kennedi Carter/Styling Joason Bolden

POET AND ACTIVIST — AMANDA GORMAN

Amanda Gorman is the youngest inaugural poet in U.S. history, as well as an award-winning writer and cum laude graduate of Harvard University, where she studied Sociology. She has written for the New York Times and has three books forthcoming with Penguin Random House.

Born and raised in Los Angeles, she began writing at only a few years of age. Now, her words have won her invitations to the Obama White House and to perform for Lin-Manuel Miranda, Al Gore, Secretary Hillary Clinton, and Malala Yousafzai. Amanda has performed multiple commissioned poems for CBS This Morning and spoken at events and venues nationwide, including the Library of Congress and Lincoln Center. She has received a Genius Grant from OZY Media and recognition from Scholastic Inc., YoungArts, the Glamour magazine College Women of the Year Awards, and the Webby Awards. She has written for the New York Times newsletter The Edit and penned the manifesto for Nike's 2020 Black History Month campaign. In 2017, Amanda Gorman was appointed the first-ever National Youth Poet Laureate by Urban Word – a program that supports Youth Poets Laureate nationally in more than 60 cities, regions, and states. She is the recipient of the Poets & Writers Barnes & Noble Writers for Writers Award and is the youngest board member of 826 National, the largest youth writing network in the United States. <https://www.theamandagorman.com/>

**MARI COPENY — PHILANTHROPIST/ACTIVIST/
FUTURE PRESIDENT**

lines. Mari is a 16-year-old from Flint, Michigan, known globally as Little Miss Flint. Born on July 6th, 2007. She first entered the public spotlight when her letter to President Obama about the water crisis prompted him to visit the city and survey the water crisis for himself. That visit ultimately led to him approving 100 million dollars in relief for the city of Flint. Her young age has not prevented her from making a significant impact on the dialogue around environmental racism and confronted the entire country with the reality faced by victims of state negligence. Her youthful honesty prevents political leaders from being able to ignore the consequences of neglectful leadership. She voices the unheard hardships of Americans trapped by a collapsing, toxic infrastructure.

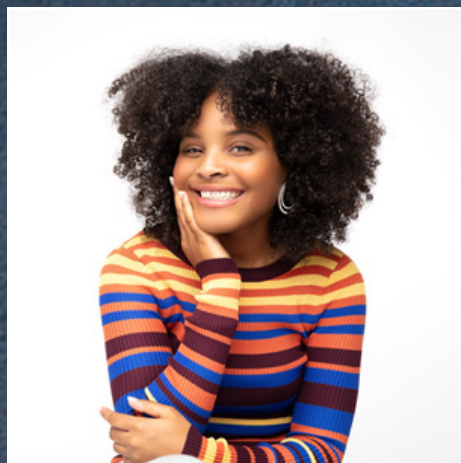


Photo Credit – Mari Copeny website

2017 Mari continued her dedication to social justice by becoming a national youth ambassador to the Women's March on Washington and the National Climate Mari. Mari is also dedicated to preventing bullying and works with the anti-bullying group Trendsetters Productions. She is also a member of the Flint Youth Justice League. She also sat on the 2019 Kid Box board of directors as chairwoman. She also proudly works with Eighteen by 18, a youth organization founded by her mentor, Yara Shahidi. Mari has also spoken twice at the March for Science about how the Flint water crisis has affected her community. Mari has a doll modeled after her by the doll company Lottie. She also sits on the Flint Youth Justice League and the MDE Anti-Racism Student Advisory Council.

Mari has used her platform to bring awareness to the water crisis in her community and give back. Mari has raised over \$700,000 for her Flint Kids projects, including giving out over 19,000 backpacks stuffed with school supplies, a yearly Christmas event with thousands of toys, hundreds of Easter baskets, movie screenings, and lots of other events centered around the kids in her community. Her book project is where she gets books by authors of color into the hands of local children. Her dear Flint Kids letter project has received thousands of letters of support for Flint's children worldwide. She raised over \$250k and gave away over a million bottled water bottles. But she takes the most pride in pivoting away from single-use bottled water to partnering with a company (Hydroviv) to produce her very own water filter, which is shipped all over the country to those who are facing toxic drinking water, to date she has raised over \$700k to produce and distribute her filters.

Mari Copeny has been featured in Teen Vogue, The Guardian, VICE, TIME, Refinery 29, The Washington Post, NBC News, Rewire, Buzzfeed, and more for her vocal opposition to the injustices of environmental racism. Mari plans on running for president in 2044 when she grows up. <https://www.maricopeny.com/>

**BRITTANY PACKNETT CUNNINGHAM — ACTIVIST/
EDUCATOR/WRITER/LEADER**

Brittany Packnett Cunningham is a leader at the intersection of culture and justice.

Cited by President Barack Obama as a leader whose “voice is going to be making a difference for years to come,” Brittany is an educator, activist, writer, and award-winning podcaster and leader. Brittany has become a sought-after voice in the work of social change and empowerment. Brittany plays many roles, all focused on freedom.

Brittany is Vice President of Social Impact at BET, an NBC News and MSNBC Political Analyst, and host of UNDISTRACTED, a news and justice podcast with an intersectional lens on the world. A lifelong activist and proud member of the Ferguson Uprising, Brittany was co-host of the 2019 iHeart Radio Best Political Podcast Pod Save The People for three years and a three-time fellow at Harvard's Institute of Politics.

Brittany is the Founder and Principal of Love & Power Works, a full-service social impact firm focused on creating justice and equity in every sector. This agency is a sister to Love & Power: The Brand, a hub created to inspire, empower, and outfit everyday people to shift society seismically.

In the past, Brittany held top roles at Teach For America, was a Congressional policy advisor, and co-founded Campaign Zero. She has leveraged her management, communications, policy, and equity skillset on broad justice issues from public education to criminal justice. She was a member of President Obama's Task Force on 21st Century Policing and the Ferguson Commission, helping lead the country and her community through change during times of tumult. <https://brittanypacknett.com/>

All information from these extraordinary individuals was taken from their website.



Photography credit Reginald Cunningham





Trailblazing the Future:

TINA WELLS

CEO of Buzz Marketing Group, Shaping the Landscape of Youth-Driven Innovation

In the dynamic marketing world, innovation and adaptability are crucial to success. Tina Wells, the CEO of Buzz Marketing, exemplifies these qualities as she continues to make waves in the industry. With a passion for connecting brands with their target audience in meaningful ways, Wells has become a trailblazer in youth marketing, establishing herself as a respected leader and entrepreneur.

BACKGROUND:

Tina Wells embarked on her entrepreneurial journey at an early age, founding Buzz Marketing Group in 1996 while she was still a teenager. Her vision was clear—to bridge the gap between brands and the younger demographic by creating authentic connections. Over the years, Buzz Marketing has evolved into a prominent youth-focused marketing agency, with Tina at the helm, steering its growth and success.

INNOVATIVE APPROACHES TO YOUTH MARKETING:

One of the key factors that sets Tina Wells apart is her innovative approach to youth marketing. Recognizing the ever-changing landscape of consumer behavior, she has consistently adapted Buzz Marketing's strategies to resonate with the younger generation. Wells understands that traditional advertising methods often fall short when targeting youth, and she has been at the forefront of utilizing social media, influencers, and experiential marketing to create engaging and impactful campaigns.

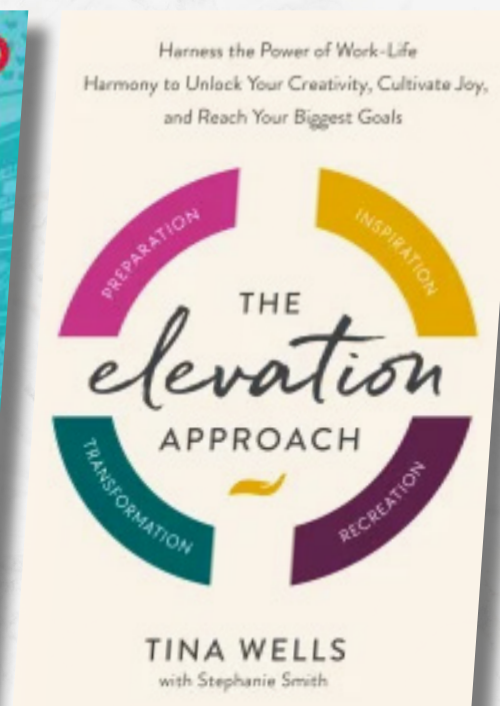
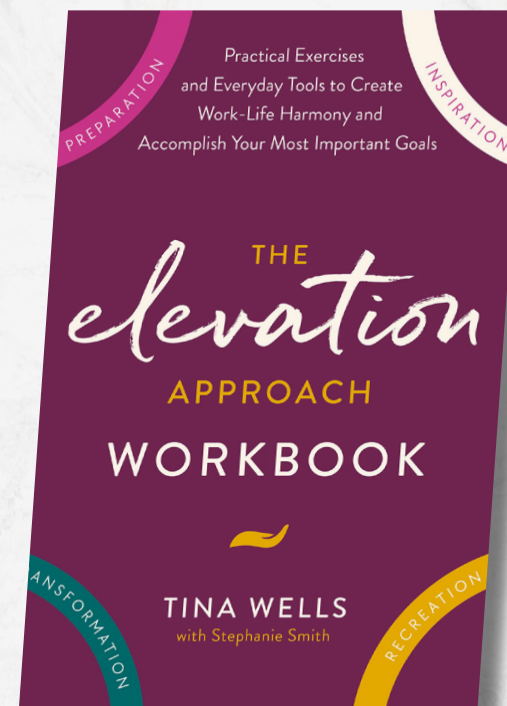
YOUTH CULTURE EXPERTISE:

Tina Wells is not just a CEO but a true youth culture expert. Through her deep understanding of the younger demographic's trends, preferences, and behaviors, she has positioned Buzz Marketing as a go-to agency for brands seeking authentic connections with the youth market. Wells uniquely anticipates cultural shifts and translates them into actionable insights for her clients, enabling brands to stay relevant and resonate with their target audience.



DIVERSITY AND INCLUSION ADVOCACY:

Beyond her success in the marketing industry, Tina Wells is a staunch advocate for diversity and inclusion. As a Black woman leading a successful marketing agency, she has broken barriers and inspires aspiring entrepreneurs from underrepresented backgrounds. Wells actively promotes diversity within Buzz Marketing and encourages brands to embrace inclusivity in their marketing strategies.



ENTREPRENEURIAL LEADERSHIP:

A perfect blend of innovation, resilience, and strategic vision characterizes Tina Wells's leadership style. As a CEO, she fosters a collaborative and creative work environment within Buzz Marketing, empowering her team to think outside the box and push the boundaries of traditional marketing. Her hands-on approach and commitment to staying ahead of industry trends significantly contributed to the agency's continued success.

Tina Wells's journey from a teenage entrepreneur to the CEO of Buzz Marketing is a testament to her tenacity, vision, and commitment to innovation. Wells remains at the forefront as the marketing landscape continues to evolve, guiding Buzz Marketing with a keen understanding of youth culture and a dedication to creating meaningful connections between brands and their target audience. Her influence extends beyond the boardroom, inspiring the next generation of marketers and entrepreneurs to embrace diversity, innovation, and authenticity in their pursuits.

<https://tinawells.com/>



FELECIA HATCHER

Trailblazing Tech Entrepreneur and Co-founder of Code Fever, Transforming Communities Through Innovation and Diversity

Photo: Black Ambition

Felecia is the CEO of Pharrell William's Black Ambition Opportunity Fund, Genius Jam's author, and the Center for Black Innovation Co-Founder. Felecia is an innovative powerhouse, personal transformation speaker, entrepreneur, and author whose work shapes how individuals show up, are valued, and financially benefit from playing full out in the innovation economy. Companies like Google, Spotify, DoorDash, Target, Samsung, and Etsy call on Felecia to help them empower their teams to shape their inclusive innovation strategies and empower their team to step into their Zone of Genius. Felecia has been featured on the NBC Today Show, MSNBC, The Cooking Channel, Wall Street Journal, and White House Champion of Change Honoree (website).

In 2012, Felecia Hatcher and her husband, Derick Pearson, co-founded Code Fever to empower individuals in underserved communities by providing them with access to technology education, entrepreneurship resources, and opportunities in the innovation sector. Code Fever focuses on equipping minorities with the skills and knowledge needed to thrive in the tech-driven economy.

BRIDGING THE DIVERSITY GAP IN TECH

One of Code Fever's primary goals is to bridge the diversity gap in the technology industry. Felecia Hatcher recognizes the importance of representation and believes that by empowering underrepresented communities with coding and entrepreneurial skills, individuals can contribute meaningfully to the innovation landscape.

TECH INNOVATION AND ENTREPRENEURSHIP

Under Hatcher's leadership, Code Fever has implemented various initiatives to engage, educate, and inspire individuals in underserved communities. These initiatives include coding boot camps, hackathons, and entrepreneurship programs to cultivate a new generation of tech leaders.



THE BLACK TECH WEEK MOVEMENT

In addition to her work with Code Fever, Felecia Hatcher co-founded the Black Tech Week movement, an annual gathering that brings together entrepreneurs, innovators, and tech professionals of color. The event serves as a platform for networking, skill-building, and showcasing the achievements of Black professionals in the tech industry.

RECOGNITION AND AWARDS

Felecia Hatcher's efforts have not gone unnoticed, as she has received recognition and awards for her contributions to technology, entrepreneurship, and community empowerment. Her commitment to creating opportunities for minorities in the tech sector has positively impacted individuals and communities.

AUTHOR AND SPEAKER

Beyond her work with Code Fever, Felecia Hatcher is a published author and a sought-after speaker. Her book, "Start Your Business on a Ramen Noodle Budget," provides practical advice for aspiring entrepreneurs looking to start their own ventures with limited resources.

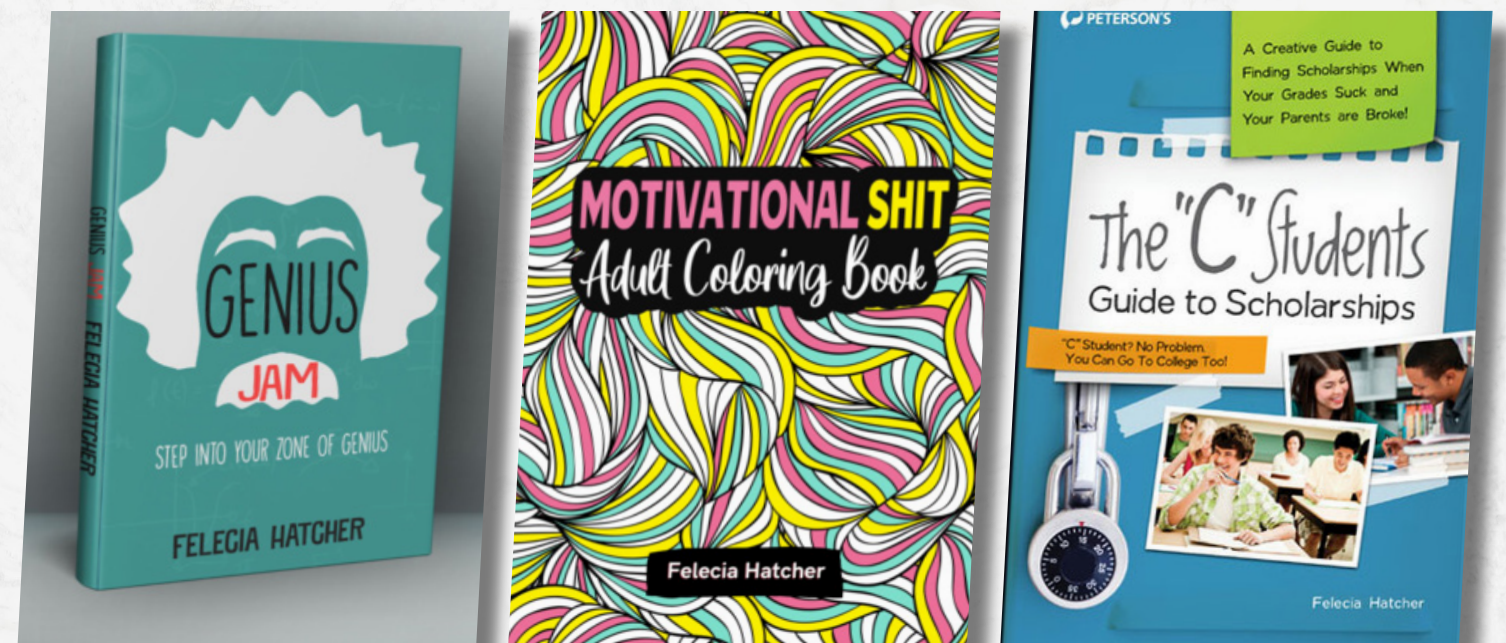
IMPACT AND LEGACY

Felecia Hatcher's impact extends beyond the immediate communities Code Fever serves. By empowering individuals with the tools and knowledge needed to thrive in the technology and entrepreneurship space, she is contributing to a more diverse, inclusive, and innovative future.

FUTURE ENDEAVORS

As of my last knowledge update, Felecia Hatcher continues to drive Code Fever's mission forward, empowering individuals and communities through education, entrepreneurship, and technology. Her work remains instrumental in creating a more equitable and diverse tech landscape. Felecia Hatcher's journey as an entrepreneur, author, and advocate exemplifies the transformative power of education and entrepreneurship in underserved communities. Through Code Fever, she equips individuals with valuable skills and paves the way for a more inclusive and representative future in the technology sector. Felecia Hatcher stands as a beacon of inspiration for those striving to overcome barriers and make a lasting impact in the world of innovation and entrepreneurship.

<https://www.feleciahatcher.com/>





NISHA PERSHAY

*One-on-one tips for proper
hairstyle treatment*



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Creator: askmenow | Credit: Getty Images

TRENDY HAIRSTYLES THAT ARE MAKING A COMEBACK IN 2024 (Y2K EDITION PT. 1)

Today, the newest and hottest hair trends are the nostalgic Y2K era. It has become the new hair era for 2024. You see people of all ages adding their own spin and twist to the classic era. Y2K hairstyles were diverse and eclectic, reflecting fashion trends in the late 1990s and early 2000s. Some prominent Y2K hairstyles include crimped hair, which is textured, wavy hair achieved with a crimping iron.

Another favorite was the butterfly clips, which were small, colorful clips used to pin back sections of hair, often worn in multiple updos or flat twists.

Maintenance is vital to keeping up with these funky creative styles, so if you have bold highlights, cute, regular touch-ups may be needed to keep the look fresh and new. Haircuts must be kept up with regular trims to maintain the layers and structure of styles like the “Kelly Rowland.” Here are some of the many products you will need, starting with a crimping Iron. When it comes to the popular Y2K era, crimpers were the everyday hairstyle; you needed a pair, and they were also sold in different sizes. Use a crimping iron sparingly for crimped hair to avoid excessive heat damage. Protect your hair with heat-resistant products.

Straightening Tools are a must-have if you need to straighten your hair. This is only for those who prefer sleek, straight styles; use quality straightening tools and protect your hair with heat-protectant products. The product selection is highly recommended to achieve any Y2K look. Choose styling products like mousses, gels, or texture sprays to achieve the desired texture or hold. I used to love low-rise Ponytails; it’s quick and the most convent style in the Y2K era. Embrace the low-rise ponytail by keeping the hair at the nape of your neck smooth and secured with a fashionable hair tie or scrunchie.

Another one of my favorite go-to styles is messy updos; they’re super effortless and tousled updos. You can add extensions or use your own hair. However you prefer this hairstyle is based on you, there’s no right or wrong way. You can be as creative or add what makes the style unique. I often adorned my hair with hair accessories like beaded or metallic clips to spice up the look. I even used chopped sticks to make the style pop even more. Remember, personalizing these trends to suit your style is key. Experiment, have fun, and embrace the eclectic nature of Y2K-inspired hairstyles.

2024 TRENDING STYLE FROM THE Y2K ERA – THE FRAME CUTS (PIXIE’S, SHAVED HEADS, LOW CUTS WITH COLOR AND LAYERED FLIPS/CUR; LS)



“THE LAYERED BANGS, AFRO’S, FLATS TWIST AND BRAIDS TRENDING STYLES”



“THE MESSY UPDOS, BUNS, AND SLEEK PONYTAILS”





Owner of Ellis Island Tea, Nailah Ellis-Brown JUSTIN MILLHOUSE COURTESY ELLIS ISLAND

NAILAH ELLIS-BROWN

Crafting Success Through Ellis Island Tea

*A Passion for Heritage and Tea
CEO/Founder of Ellis Island
Tropical Tea*

Nailah Ellis-Brown, a Detroit native, embarked on her entrepreneurial journey driven by a passion for her family's heritage and a love for tea. In 2008, she founded Ellis Infinity Beverage Company to share a taste of her family's Jamaican hibiscus tea recipe with the world.

Ellis Island Tea, the company's flagship product, is a unique and refreshing blend inspired by Nailah's great-grandfather's recipe. The beverage is crafted from hibiscus and other natural ingredients, reflecting both Jamaica's flavors and Ellis Island's cultural diversity. What began as a small-scale operation in Nailah's kitchen quickly gained attention for its distinctive taste and cultural significance. The demand grew as word spread about Ellis Island Tea, prompting Nailah to increase production and bring her family's recipe to a broader audience.

Under Nailah Ellis-Brown's leadership, Ellis Infinity Beverage Company has committed to using high-quality, natural ingredients. The tea is free from artificial preservatives and additives, aligning with the growing consumer demand for healthier beverage options. Building a beverage company comes with challenges, but Nailah's determination and entrepreneurial spirit have seen her overcome obstacles. Ellis Island Tea has garnered accolades for its taste and cultural significance, earning praise from consumers and industry experts.

As the CEO of Ellis Infinity Beverage Company, Nailah Ellis-Brown has focused on expanding the reach of Ellis Island Tea. The beverage is now available in various flavors, and the company has made strides in securing distribution in major retailers, allowing more people to experience the unique and refreshing taste. Nailah Ellis-Brown's journey as an entrepreneur goes beyond business success. She actively engages with her community, sharing her experiences and encouraging aspiring entrepreneurs, particularly those from underrepresented backgrounds. Her story inspires those looking to turn their passion into a thriving business. Nailah Ellis-Brown's achievements have not gone unnoticed. She has received recognition and awards for her entrepreneurial endeavors, contributing to the broader conversation about diversity and inclusion in the business world.

As of my last knowledge update, Nailah Ellis-Brown continues to lead Ellis Infinity Beverage Company, navigating the evolving landscape of the beverage industry. Her dedication to quality, culture, and community suggests more innovative and refreshing ventures are on the horizon. Nailah Ellis-Brown's role as the CEO of Ellis Infinity Beverage Company reflects her entrepreneurial acumen and her commitment to preserving and sharing cultural heritage through a beloved beverage. Through Ellis Island Tea, Nailah has created more than a brand; she has crafted a taste of tradition, diversity, and entrepreneurial spirit that resonates with consumers. As she continues to grow her business and make an impact, Nailah Ellis-Brown stands as a testament to the power of passion, perseverance, and a good cup of tea.

Not only is Nailah, an innovator, but she is also creating job opportunities in her community through her brand. Nailah also made the Forbes List of 30 Under – All-Star Alumni 2017. A Black woman owning her own beverage company is a game changer.

<https://www.ellisisle.com/>



PHOTO: PHOTO BY GREG DUPREE / FOOD
STYLING BY TORIE COX / PROP STYLING BY
MISSIE CRAWFORD
(RECIPE FROM SMOERALL, J. (2023, AUGUST
2ND, FOOD & WINE)

JAMBALAYA WITH ANDOUILLE SAUSAGE, CHICKEN, AND SHRIMP

Smoky, gently spiced andouille sausage and a spoonful of Creole seasoning give this jambalaya a deep flavor and mild heat. At the same time, the trinity of onion, green pepper, and celery provide a classic aromatic base to the dish. Parboiled rice is perfect for this recipe since it cooks to tenderness just as the andouille, chicken, and shrimp reach doneness.

INGREDIENTS

- 1 tablespoon unsalted butter
- 1 tablespoon vegetable oil
- 2 pounds boneless, skinless chicken thighs, cut into 1 1/2-inch pieces
- 1 pound andouille sausage, cut into 1/2-inch slices
- 1 large yellow onion, finely chopped
- 1 large green bell pepper, finely chopped
- 1 cup finely chopped celery (from 3 celery stalks)
- 3 garlic cloves, minced
- 1 tablespoon Creole seasoning (such as Tony Chachere's)
- 2 (14 1/2-ounce) cans of diced tomatoes, drained
- 3 cups lower-sodium chicken broth (24 ounces)
- 2 cups uncooked parboiled rice
- 1 1/2 teaspoons kosher salt
- 1 teaspoon finely chopped fresh thyme leaves
- 1/2 teaspoon freshly ground black pepper
- 2 fresh or dried bay leaves
- 1 pound extra-large (16/20 count) peeled, deveined raw shrimp, tail-on
- Thinly sliced scallions to serve

DIRECTIONS

1. Preheat oven to 350°F. Heat butter and oil in a large Dutch oven over medium-high, stirring occasionally, until butter is melted, about 1 minute. Add chicken; cook, stirring occasionally, until lightly browned on all sides, about 8 minutes. Transfer the chicken to a plate lined with paper towels using a slotted spoon. Add sausage to Dutch oven; cook, stirring occasionally, until well browned, about 6 minutes—transfer sausage to plate with chicken. Do not wipe out the Dutch oven.
2. Add onion, bell pepper, and celery to Dutch oven; cook over medium-high, stirring often, until tender, about 5 minutes. Add garlic and Creole seasoning; cook, stirring constantly, until mixture is fragrant and lightly browned, about 1 minute.
3. Return browned chicken and sausage to the pot, and stir in tomatoes, broth, rice, salt, thyme, pepper, and bay leaves. Bring to a boil over high, and stir in shrimp. Cover the Dutch oven, and transfer to the oven. Bake until rice is tender and chicken and shrimp are cooked through 20 to 25 minutes. Remove from oven; gently stir jambalaya to redistribute any liquid evenly. Garnish with scallions and serve.

ANIFA MVUEMBA: FASHION PIONEER AND TECH VISIONARY REDEFINING THE RUNWAY WITH HANIFA™

Anifa Mvuemba, the visionary founder and designer behind Hanifa, has emerged as a trailblazer in the fashion industry, capturing attention for her stunning designs and her groundbreaking approach to showcasing them. With a commitment to innovation, inclusivity, and storytelling, Mvuemba has carved a distinctive space for herself in the ever-evolving fashion world.

Born in the Democratic Republic of Congo, Anifa Mvuemba's journey into the fashion world began with a childhood passion for design and creativity. Her cultural heritage and a keen eye for aesthetics laid the foundation for what would become the influential fashion brand Hanifa.



The womenswear designer Anifa Mvuemba is in Tysons, Va. Credit... Alyssa Schukar for The New York Times

THE BIRTH OF HANIFA

In 2012, Mvuemba officially launched Hanifa, a contemporary fashion brand that effortlessly blends modern style with a celebration of African heritage. Hanifa's designs reflect Mvuemba's dedication to creating clothing that empowers and embraces diverse body types.

Anifa Mvuemba catapulted Hanifa into the global spotlight with an extraordinary move in 2020 – a 3D digital fashion show. At a time when traditional runway shows faced challenges, Mvuemba orchestrated a virtual experience that not only showcased her collection beautifully but also demonstrated the power of technology in the fashion industry. The groundbreaking show featured intricately designed 3D models strutting down a virtual runway, providing a stunning visual experience that captivated audiences worldwide. This innovative approach showcased Hanifa's garments and Mvuemba's forward-thinking perspective on the intersection of fashion and technology.



INCLUSIVE DESIGNS AND BODY POSITIVITY

Hanifa is celebrated for its commitment to inclusivity and body positivity. Mvuemba's designs embrace a wide range of sizes, ensuring that fashion is accessible to individuals of all body types. Her dedication to diversity is a trend and a fundamental aspect of Hanifa's ethos. Mvuemba is also conscious of the environmental impact of the fashion industry. Hanifa prioritizes sustainability, using eco-friendly materials, and implementing ethical practices in production. Mvuemba's commitment to responsible fashion sets an example for the industry.

Anifa Mvuemba's innovative approach and dedication to inclusivity have not gone unnoticed. Hanifa has received acclaim for its distinctive designs, and Mvuemba herself has been recognized as a leader in shaping the future of fashion. Her impact extends beyond clothing, influencing discussions about the intersection of technology, sustainability, and diversity in the fashion landscape.

As of my last knowledge update in January 2022, Anifa Mvuemba continues to steer Hanifa towards new horizons. Her commitment to pushing boundaries and challenging conventions suggests that the brand will remain at the forefront of fashion innovation. Fans and industry enthusiasts eagerly await the next chapter in Mvuemba's journey. Anifa Mvuemba's story is about resilience, creativity, and a commitment to transforming the fashion industry. Through Hanifa, she has not only created a brand known for its striking designs. Still, she has also set a precedent for how fashion can be a platform for inclusivity, sustainability, and technological innovation. As Mvuemba continues redefining the fashion landscape, her influence will surely be felt for years to come, inspiring both established and aspiring designers to think outside the conventional runway.

<https://www.instagram.com/anifam/>
<https://www.instagram.com/hanifabridal/>

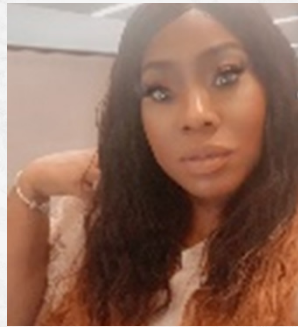


Tinika Thomas-Foreman

EMBRACE SELF CARE: MY TOP 5 BEAUTY RITUALS FOR WOMEN'S MONTH

INTRODUCTION:

Women's Month is the perfect time to celebrate the beauty and strength of women all around the world. As we honor the powerful women in our lives, it's important to remember the significance of self-care. Self-care is crucial for overall well-being. It involves prioritizing and nurturing your physical, mental, and emotional health. It is important to make self-care a regular part of your routine to maintain a healthy balance in life. Here are my top 5 beauty rituals you can incorporate into your routine to pamper yourself this Women's Month.

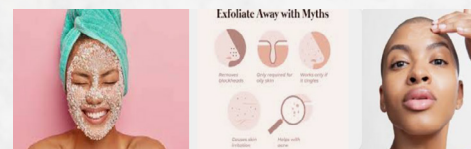
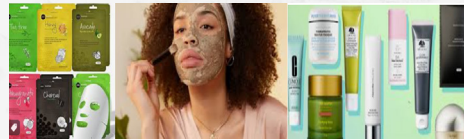


1. DAILY CLEANSING ROUTINE:

Start your day by cleansing your face with a gentle cleanser to remove any impurities that may have accumulated overnight. Follow up with a toner to balance your skin's pH levels and a moisturizer to hydrate and protect your skin throughout the day. Don't forget to cleanse your body with a nourishing body wash to keep your skin soft and smooth.

2. WEEKLY FACE MASK:

Treat yourself to a luxurious face mask at least once a week to rejuvenate your skin and address specific concerns such as dryness, acne, or dullness. Choose a mask that suits your skin type and concerns, whether it's hydrating, exfoliating, or brightening. Take this time to relax and unwind while the mask works magic on your skin.

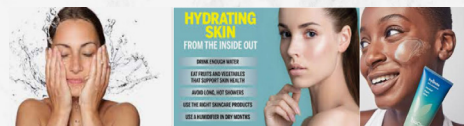


3. EXFOLIATION:

Exfoliating your skin regularly is essential for removing dead skin cells and promoting cell turnover, resulting in a brighter and smoother complexion. Use a gentle exfoliator on your face and body to slough away dull skin and reveal a healthy glow. Remember to be gentle and not to over-exfoliate, as it can irritate and damage your skin.

4. HYDRATION:

Keeping your skin hydrated is crucial in maintaining a healthy complexion. Drink plenty of water throughout the day to hydrate your skin from the inside out. Additionally, use a hydrating serum or moisturizer to lock in moisture and prevent dryness. Don't forget to moisturize your body to keep your skin soft and supple.



5. SUN PROTECTION:

Protect your skin from the harmful effects of UV rays by wearing sunscreen every day, even on cloudy days. Sunscreen helps prevent premature aging, sunburn, and skin cancer, so it's essential to include it in your daily skincare routine. Choose a broad-spectrum sunscreen with at least SPF 30 and reapply every 2 hours when outdoors.

CONCLUSION:

In conclusion, taking care of your face and body is an act of self-love that should be prioritized all year round, especially during Women's Month. Incorporating these 5 top beauty rituals into your routine lets you pamper yourself and maintain healthy, glowing skin. Remember, you are worth the time and effort it takes to care for yourself. Happy Women's Month!

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SPEAKS TO WOMEN

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Tasha Smith

A TRAILBLAZING ACTRESS REDEFINING AUTHENTICITY IN HOLLYWOOD

Tasha Smith, an accomplished actress, director, and producer, has graced the entertainment industry with her powerful performances and dynamic presence. Known for her ability to portray various characters authentically and deeply, Smith has become a respected figure in film and television.



EARLY LIFE AND CAREER BEGINNINGS

Tasha Smith was born in Camden, New Jersey, on February 28, 1971. Her journey in the entertainment industry began with a passion for acting, leading her to study theater at the historically black university, Howard University. After honing her craft, Smith started her career in the 1990s, gaining early recognition for her roles in various television shows, including "The Tom Show" and "Boston Common."

BREAKTHROUGH PERFORMANCE: "WHY DID I GET MARRIED?"

One of Tasha Smith's breakthrough moments came with her role as Angela Williams in Tyler Perry's film "Why Did I Get Married?" (2007) and its sequel "Why Did I Get Married Too?" (2010). Her portrayal of Angela, a complex and emotionally charged character, showcased Smith's ability to delve into the intricacies of relationships with both humor and raw emotion.

VERSATILITY ON SCREEN

Tasha Smith's talent lies in her versatility as an actress. She seamlessly transitions between genres, embracing both comedic and dramatic roles. Whether she's making audiences laugh in comedies like "Daddy's Little Girls" (2007) or bringing intensity to dramas like "Addicted" (2014), Smith's performances resonate with authenticity.

TELEVISION SUCCESS: "EMPIRE" AND MORE

In addition to her success on the big screen, Tasha Smith has made significant contributions to television. One of her notable roles was as Carol Hardaway in the hit series "Empire." Her compelling portrayal of a woman dealing with family dynamics and personal challenges added depth to the show's narrative.

BEYOND ACTING: DIRECTING AND PRODUCING

Tasha Smith has expanded her influence beyond acting, venturing into directing and producing. Her directorial debut came with the TV movie "Boxed In" (2016), showcasing her multifaceted talents. She has been involved in various projects as a producer, contributing to the behind-the-scenes creative process.

PERSONAL DEVELOPMENT AND PHILANTHROPY

Beyond the glitz and glamour of Hollywood, Tasha Smith is an advocate for personal development and empowerment. She has conducted workshops and seminars, sharing insights on self-discovery, confidence-building, and pursuing one's passion. Her commitment to philanthropy and community engagement reflects her desire to inspire others.

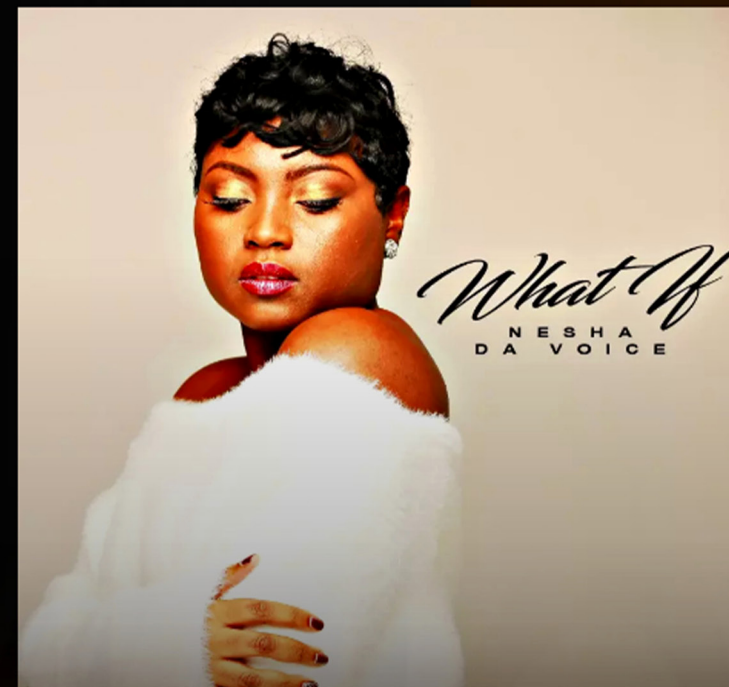
AWARDS AND RECOGNITION

Throughout her career, Tasha Smith has received accolades for her outstanding performances. Her ability to bring authenticity and depth to her characters has earned her both critical acclaim and a devoted fan base. Tasha Smith's career continues to evolve, and fans can anticipate more captivating performances on big and small screens. With her range of talents and unwavering dedication to her craft, Smith remains a force to be reckoned with in the entertainment industry. Tasha Smith's journey from a budding actress to a multifaceted force in the entertainment industry exemplifies resilience, talent, and a passion for storytelling. Her ability to connect with audiences through diverse characters and her commitment to personal development make her a respected artist and an inspirational figure in the entertainment world. As Tasha Smith continues to leave her mark on film, television, and beyond, audiences eagerly await the next chapter in the career of this dynamic and accomplished actress.

Her credits include Jumping the Broom, Couples Retreat, For Better or Worse, and the Perry-produced sitcom Meet the Browns and his films Why Did I Get Married? and Why Did I Get Married Too?

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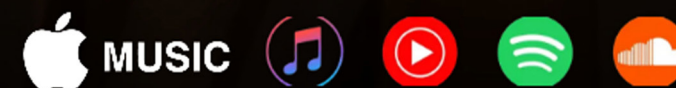
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CULINARY QUEENS: CELEBRATING THE EXCELLENCE AND INNOVATION OF BLACK FEMALE CHEFS

Black female chefs are dynamic trailblazers in the culinary world, enriching the industry with their exceptional talent, creativity, and unwavering dedication. Breaking through historical barriers, these chefs bring diverse perspectives to the kitchen, infusing their culinary creations with a unique blend of tradition and innovation. From mastering the art of soul food to redefining global cuisine, black female chefs like Tanya Holland, Ashtin Berry, Nyesha Arrington, and Adrienne Cheatham have not only demonstrated their culinary prowess but have also become advocates for inclusivity and equity in the culinary landscape. Their contributions challenge stereotypes, inspiring a new generation of chefs while reshaping the narrative around representation and excellence in the culinary arts. With each dish they craft and every boundary they push, black female chefs continue to leave an indelible mark, transforming the gastronomic world into a more diverse, vibrant, and inclusive space.

AUZERAIS BELLAMY — CEO OF BLONDERY

The synthesis of passion and experience has fueled what Auzerai believes is her magnum opus: Blondery, a seasonal collection of handmade blondies launched in November 2016. While Auzerai has held titles at some of the finest kitchens around the globe, including Sous Chef at Bouchon Bakery – the most fulfilling has been that of the Founder and CEO of Blondery. <https://blondery.com/collections>



TONYA HOLLAND — CEO OF BROWN SUGAR KITCHEN

Brown Sugar Kitchen is the creation of Executive Chef Tanya Holland, who brings her exceptional culinary skills, creativity, and love of hosting and feeding people to the restaurant. Chef Holland received her formal French training from La Varenne Ecole de Cuisine in Burgundy, France. She has an extensive culinary background and has received many distinctions, honors, and awards. <https://www.brownsugarkitchen.com/>

CHEF NYESHA ARRINGTON — CEO OF NATIVE

Nyesha Joyce Arrington is an American chef, television personality, and restaurateur. She was a contestant on Top Chef: Texas season 9 and has been on various television shows, including as a mentor and judge on Fox's Next Level Chef. Arrington formerly was a chef and partner at restaurants Leona and Native in Southern California. She is nicknamed "The Ninja" <https://www.nyeshaarrington.com/restaurant>

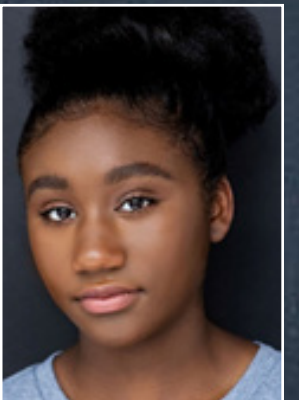


CHEF SELASSIE ATADIKA CEO OF MIDUNU

The creative force behind Midunu is Chef Selassie Atadika, who, from a young age, could be found in the kitchen, grinding 'Pepe' not too far from her mother's apron strings. This culinary interest, from her Ghanaian roots, has evolved through time spent and meals sampled in the US, Europe, and countless countries in all the corners of Africa. After years of self-teaching in the culinary arts, she completed coursework at the Culinary Institute of America. A founding member of Trio Toque, the first nomadic restaurant in Dakar, Senegal, she has brought her innovative approach to African cuisine back home to Ghana to introduce them through Midunu, a nomadic dining concept featuring what she calls New African Cuisine. <https://midunu.com/our-chef>

CHEF JASMINE STEWART

Jasmine Stewart is the winner of MasterChef Junior, Season 5. When she took home the title at age 12, she became the first African American winner of MasterChef Junior and the only contestant in the show's history to win the show after having been eliminated. Jasmine was honored to work with both Gordon Ramsay and Christina Tosi, the judges of this FOX television show, as well as with Martha Stewart, Wolfgang Puck, and many others. Since the show, Jasmine has stayed busy with speaking engagements, Camp MasterChef, an online BluPrint cooking class called "Jasmine's Delightful Desserts," the Junior Chef Council for Great Wolf's Lodge, and most recently was a part of the MasterChef Junior Live Tour. She is now a graduating senior who lives in Milton, GA, with her parents and older brother, Justin. Jasmine enjoys trying and creating new recipes whenever she has an opportunity. <https://www.justchefjasmine.com/about#:~:>



CHEF TERRY DERRY — CO-FOUNDER OF ROOTS SOUTHERN TABLE

Roots Southern Table pays homage to the way Chef Tiffany Derry grew up eating in the South. Tiffany's grandmother always welcomed guests with food. Food is what holds the family together. For her family, field-to-table eating was not a trend but simply a way of life – eating with the seasons, canning and preserving fresh-picked fruits and vegetables, never letting anything go to waste (a true Southerner knows that potlikker is the best part of a mess of greens). Friday evenings were reserved for family fish fry, fried chicken was the centerpiece of any special occasion, and crawfish boils were a summer staple. Roots is more than the celebration of food. It is the celebration of who we are. Our founders, Chef Tiffany and Tom Foley, know that we are stronger together and must honor our roots. At Roots Southern Table, Tom and Tiffany want to evoke the feeling that you're coming home to those you love. <https://www.rootssoutherntable.com/>

5 WAYS TO SHINE IN A JOB INTERVIEW AND LAND YOUR DREAM JOB

BY ARIELLE PERSHAY

A job interview is a crucial step in the hiring process and an opportunity to make a lasting impression on potential employers. Standing out from other candidates requires preparation, confidence, and effective communication skills. This article will discuss five key strategies to help you shine in a job interview and increase your chances of securing your dream job. Are you ready to shine at your next job interview? Below are five tips to get you one step closer to your dream job.



1. THOROUGHLY RESEARCH THE COMPANY:

Before attending an interview, take the time to research the company thoroughly. Please familiarize yourself with their mission, values, products/services, and recent achievements. This knowledge will demonstrate your genuine interest in the company and enable you to tailor your responses to align with their objectives.

2. SHOWCASE YOUR UNIQUE SKILLS AND EXPERIENCES:

Identify your unique skills and experiences that make you a valuable candidate for the position. Highlight these qualities during the interview by providing specific examples from your past work or academic experiences. Illustrate how your skills can contribute to the company's success and solve its challenges.

3. PREPARE THOUGHTFUL AND RELEVANT QUESTIONS:

Interviews are not only an opportunity for employers to evaluate you but also a chance for you to assess the company and the role. Prepare thoughtful and relevant questions demonstrating your genuine interest and curiosity about the company. This shows that you have done your homework and are actively engaged in the conversation.

4. DEMONSTRATE CONFIDENCE AND PROFESSIONALISM:

Confidence and professionalism are crucial in making a positive impression during an interview. Dress appropriately for the position and arrive on time. Maintain good posture, make eye contact, and engage actively with the interviewer. Speak clearly and concisely, showcasing your enthusiasm and passion for the opportunity.

5. FOLLOW-UP WITH A THANK-YOU NOTE:

a personalized thank-you note to the interviewer or hiring manager is essential after the interview. Express your gratitude for the opportunity to interview and reiterate your interest in the position. This gesture showcases your professionalism, attention to detail, and commitment to the role.

Standing out in a job interview requires thorough preparation, confidence, and effective communication skills. By researching the company, showcasing your unique skills and experiences, asking thoughtful questions, demonstrating confidence and professionalism, and following up with a thank-you note, you can shine in your interview and leave a lasting impression on potential employers. Remember, it's not just about meeting the job requirements; it's about demonstrating your potential and fitting within the company culture. Good luck with your job interview and securing your dream job!



The Complete Business Guide

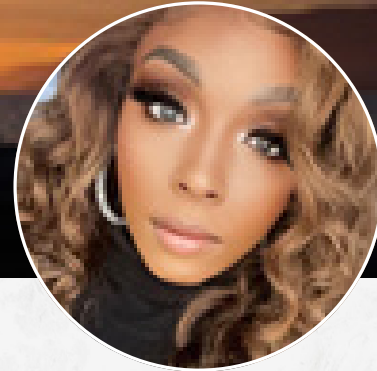
This book is designed to provide practical advice and actionable steps to help you navigate the world of entrepreneurship, regardless of your age, gender, or experience.



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ARIELLE PERSHAY

Maintaining a healthy lifestyle



In today's fast-paced world, staying healthy is more important than ever. It improves our physical well-being and enhances our mental and emotional health. Adopting a healthy lifestyle is a long-term commitment that requires conscious effort and dedication. This article will explore ten essential tips to help you stay healthy and maintain a balanced lifestyle.

Are you ready? Below are ten tips on how to maintain a healthy lifestyle.

1. REGULAR EXERCISE:

Engaging in regular physical activity is vital for maintaining overall health. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking, jogging, or cycling, on most days of the week. Exercise helps manage weight, reduces the risk of chronic diseases, improves mood, and boosts energy levels.

2. BALANCED DIET:

A well-balanced diet is critical to staying healthy. Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals. Avoid processed foods, sugary snacks, and excessive intake of salt and saturated fats. Stay hydrated by drinking plenty of water and limiting sugary beverages.

3. ADEQUATE SLEEP:

Getting enough quality sleep is crucial for your overall well-being. Aim for seven to eight hours of uninterrupted sleep each night. Establish a relaxing bedtime routine, avoid caffeine and electronic devices before bed, and create a comfortable sleep environment.

4. STRESS MANAGEMENT:

Chronic stress can have detrimental effects on both physical and mental health. Practice stress management techniques such as meditation, deep breathing exercises, yoga, or engaging in hobbies you enjoy. Take regular breaks, prioritize self-care, and seek support from friends or professionals if needed.



5. REGULAR HEALTH CHECK-UPS:

Regular health check-ups are essential for early detection and prevention of potential health issues. Schedule routine visits to your healthcare provider, undergo recommended screenings and follow their advice regarding vaccinations, immunizations, and health maintenance.

6. HYGIENE PRACTICES:

Maintaining good hygiene habits helps prevent the spreading of diseases and infections. Wash your hands frequently with soap and water, especially before eating and after using the restroom. Cover your mouth and nose when coughing or sneezing, and avoid close contact with individuals who are sick.

7. LIMIT SCREEN TIME:

Excessive screen time, whether from computers, smartphones, or televisions, can negatively impact your health. Set limits on screen time and take regular breaks to reduce eye strain and promote physical activity and social interactions.

8. STAY HYDRATED:

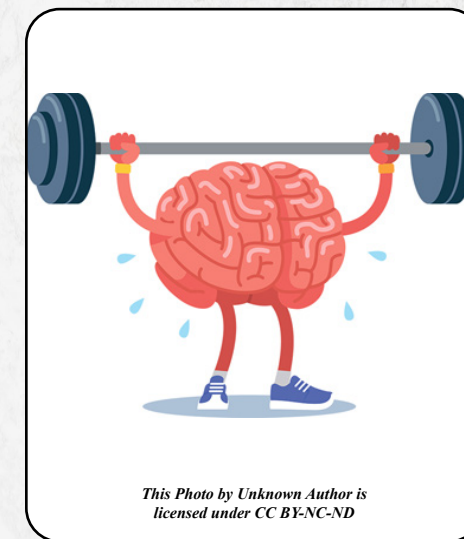
Water is essential for various bodily functions, including digestion, circulation, and temperature regulation. Drink an adequate amount of water throughout the day to stay hydrated. Avoid excessive consumption of sugary drinks and alcohol.

9. SOCIAL CONNECTIONS:

Maintaining strong social connections is crucial for your mental and emotional well-being. Spend time with friends and family, participate in social activities, and cultivate new relationships. Social support can help reduce stress, improve mood, and enhance overall happiness.

10. POSITIVE MINDSET:

Maintaining a positive mindset is essential for your overall health. Practice gratitude, engage in positive self-talk, and focus on your strengths and accomplishments. Surround yourself with positive influences and strive for a balanced and optimistic outlook on life.



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Staying healthy is a lifelong journey that requires commitment and consistency. These ten essential tips can enhance your physical, mental, and emotional well-being. Remember, small changes can have a significant impact on your overall health. Start incorporating these habits into your daily routine, and enjoy the benefits of a healthy lifestyle.

A DIFFERENT TYPE OF CHURCH GIRL

**NOW AVAILABLE
ON AMAZON.**

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TENNIELLE JONES

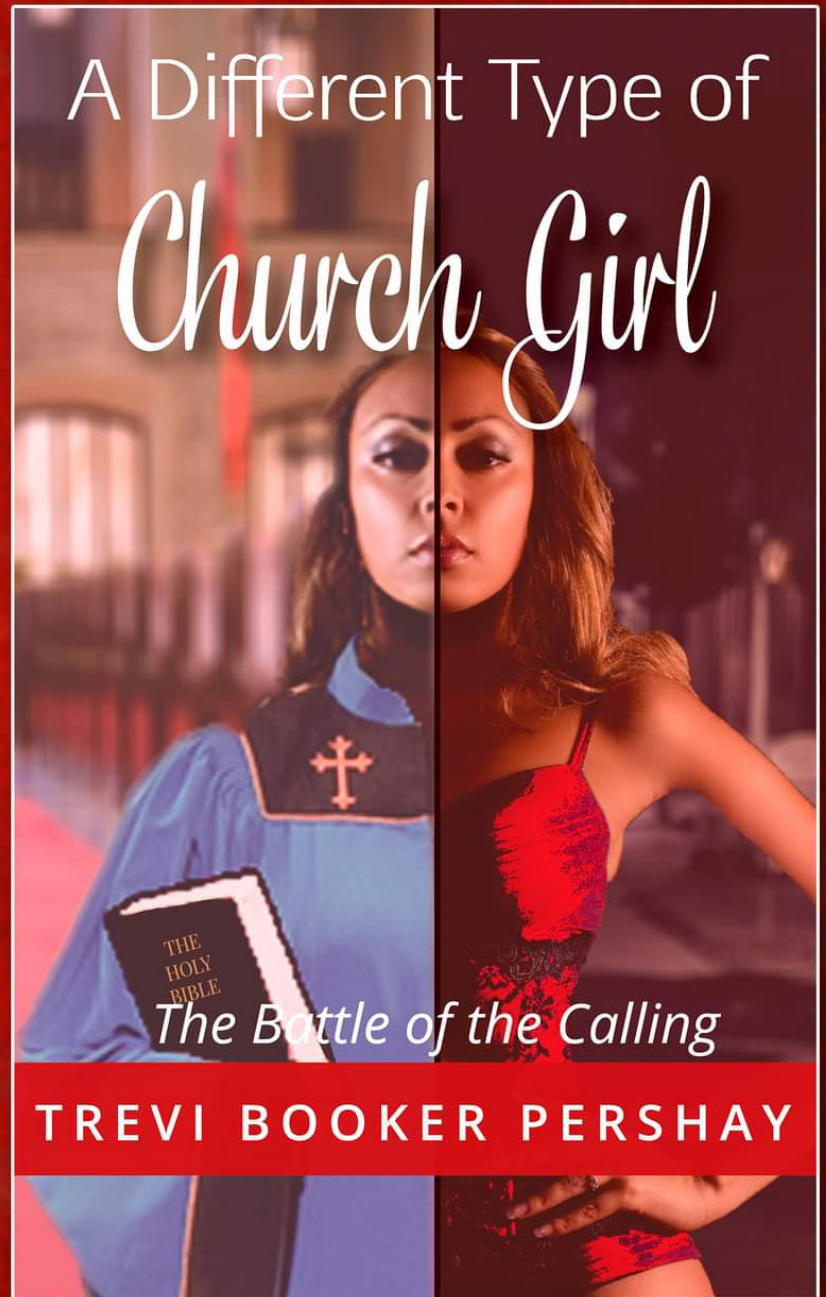
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