

JULY/AUGUST 2021 ISSUE
VOLUME 3

www

C.O.B.S

CIRCLE OF
Boss SISTERS

THE QUEEN'S COURT

Women in Media meet

Pink Pantha, Kotten
Kandy, Jewel DaDonn
& Debra Coco.

BEAUTY, BRAINS & DEGREES

MEET THE GRADUATES

Chadnar Lawrence,
Crystal Prentice,
Sadreana Williams,
Erycah Kelley

Cover Story
Kimberly

"MZ. HOLLYWOOD"
RAVEN -
Atlanta's Rising Star

GOD'S MIRACLE

Meet Jadah Caldwell

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Boss SISTERS



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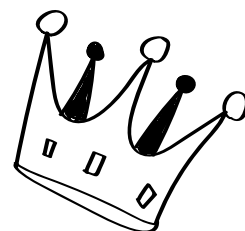
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Editor's *NOTE*

I am excited about this issue that showcases women who are trailblazers in the entertainment industry. These female radio/cable personalities are making a difference in their local communities. These women tackle social issues, creates platforms for upcoming artist, designers, actors, film producers and the list go on and on. We salute these pioneers and encourage to keep pushing forward.

We also have four beautiful black women who have a not only a deep friendship but a deeper love for education. All of these women have graduated from well-known universities. It is amazing to have education, dreams and vision included in a friendship, you do not see a lot of that today. I am super proud of these Boss sisters that are dedicated to impact the world.

When God gave me the idea to birth this magazine, I had no idea what I was doing or going to do. God wanted me to create a platform where I can celebrate black excellence. The media tends to focus only the crimes are in the black communities, but they will never share how business are booming



in those communities. We have women on the front line making a difference, but you do not see that unless she is portrayed as a mother on drugs or worst. Growing up, my grandmother would stress the importance of WE have to stick together. It was what Black women did back in that era. My sole purpose is to inspire women who are ready to BOSS up! I do not waste my time with Queens who do not wear their crown on their heads but hold it in their hands. If you do not place your crown on your head than is an indication that you are not sure who you are. The people cannot see that you mean business about your royalty.

BOSS sister's wear your crowns and level up!!!!

Trevi Booker

TREVI BOOKER PERSHAY

MEET THE STAFF



TREVI BOOKER PERSHAY

Editor-N-Chief

Trevi Booker Pershay is Editor-N- Chief and Founder of C.O.B.S. – Circle of Boss Sisters. Trevi wears many hats she is CEO & Founder of PDM Performing Arts Corp., Trevi Pershay Productions Inc, PDM Productions LLC and she is author of the book “A Different Type of Church Girl – The Battle of the Calling on Amazon. Trevi is also Senior Pastor of Restoration, Hope and Deliverance Center, mentor, dance teacher and she is known as Tyler Perry of the Hood and the Purpose Pusher.

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RODNISHA “NISHA” PERSHAY

Hair Editor

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The Actress on her Grind

ATLANTA'S RISING START

Meet Kimberly "Mz. Hollywood" Raven

C.O.B.S MAGAZINE: Tell us a little about how you made it your decision to pursue acting and why?

KIMBERLY: I never gave up on the idea of taking a risk and living life on my terms. As I watched my sons grow from boys to men, I could finally sit back, exhale and ask myself "what do I want to do now"? Or more importantly "what do I want to be?" All my life I have been taking care of others and putting my dreams, ideas and goals on hold. But enough was enough!! Through all the tears, failures, and mistakes, I bit the bullet and learned from my mistakes. It is at the time when you are at the bottom and feel buried in a hole that you find a way to dig yourself out of the pit of hell and re-strategize the process. I kept high-stepping and adjusting my mindset to keep moving. I could not have made it through without prayer, motivational videos, reading and writing in my prayer journal daily. When you are in the process of reinventing yourself, you must be willing to shed the dead skin of your old self, friendships, relationships, and things that fog your focus. I felt suffocated and stagnated with my everyday lifestyle. At any moment, your life can change, and your steps can be redirected. I first attended an acting class in 2017 at the Alliance Theater to observe and get more familiar with the options that were available to me.

C.O.B.S MAGAZINE: What motivated you to become an actress?

KIMBERLY: My instructor had a different agenda and asked me to participate in a humorous skit performing as "Madea" After class,

she asked, "Have I ever considered acting?" I replied, "no I haven't, "the thought of performing or speaking in front of an audience terrified me." I was nervous performing that skit, but she did not know it. Her response to me was "you should really consider it. Well, it took me an entire year to consider it and I am so glad I did. I was eager to learn something new and reinvent myself as an actress. I returned to the Alliance Theater in 2018 to begin my acting career studying in stage and film. I dove right in attending class regularly, taking notes, asking questions, and learning different acting techniques. This was something I decided to dedicate my time and attention to honing my craft, and to build a strong acting foundation. The more you know, the more you grow. I expanded my acting career and learned under the direction of instructors at the New African Grove Theater, Evolve Acting Studios, West End Performing Arts and Georgia Media Academy.

C.O.B.S MAGAZINE: Did you have a lot of support in your decision?

KIMBERLY: Mrs. Margaret Raven who was and still is my inspiration and will always remain my biggest supporter. She taught me to be proud of who I am and to present myself as I would like to be addressed. No matter what I was involved in, my mother cheered me on, gave me solid advice, listened to me, communicated with me, and respected me as a daughter, mother, and friend.

C.O.B.S MAGAZINE: Have you ever experienced a trauma in your life that almost made you give up? Explain



KIMBERLY: After losing both my parents at a point in my life when I needed them the most, it was easier for me to give up on spreading my wings and die like a butterfly in a jar. The more deeply I encounter hurt and pain the more isolated and quieter I become nestled in thought and even in tears. I could ponder for days – even weeks - on a situation, overthinking and constantly recounting the incidents leading to my hurt. Have you ever been so deeply hurt by losing something or someone and during that hurt you start to blame yourself and ask those “what if” questions? ‘What if I had been there? What if I had done more? “What if I had called more?” Focusing on the “what ifs” caused me to fall into a state of depression because I could not climb out of the blame-shifting hole I created in my mind. I was feeling a bit insecure and apprehensive to move on without my parents, but the only thing I could depend on at this point in my life was FAITH. As Les Brown would say “there is greatness within you.” I realized there is a beautiful world and exciting adventures beyond this jar I felt suffocated in

C.O.B.S MAGAZINE: After the trauma what made you want to keep going forward?

KIMBERLY: I would have never imagined being parentless at the age of 45 when I lost both of my parents at different times of my life. Experiencing the loss of both my parents, my wings felt broken and bruised and sometimes I felt that I could not recover. I would have loved for my parents to both be here at this moment and witness my acting and writing accomplishments. To look at the once scared little girl blossoms into this RELENTLESS woman with more determination to be better and do better in the life I was given. We all want to do something in our lives that our parents would be proud of. I was not born with a silver spoon in my mouth, and neither was my

parents. I wanted them to see that no matter how dysfunctional our family was and how our lives were sometimes turned upside down, I rose above the ashes and flourished into somebody GREAT! I can move forward knowing that my mom and dad have gained their angel wings and they are cheering and watching over me.

C.O.B.S MAGAZINE: Did you have any role models in your life? Explain how they help you become the woman you are today?

KIMBERLY: My mother exemplified the true definition of a humanitarian. She dedicated her life to her family, friends and educating within the Public School System. My mother loved unconditionally, served unselfishly, encouraged consistently, and supported me in all my endeavors until the day she was called home. I reminisce on our mother/daughter bond and my best moment and memory was that she was with me and held me when I took my first breath and I was there with her, holding her hand as she took her last breath. She left a legacy of love, fire and desire within me to spread my wings and soar like the Raven that I am.

C.O.B.S MAGAZINE: Did you ever make it a feature film? What was it? How did you feel about it?

KIMBERLY: My first featured film was Underground Railroad. I did not know what to expect but I was excited and eager to find out. We had to attend a fitting for the wardrobe from the 1900's that included shoes, hats, corsets and dresses. The filming days were long for weeks at a time, but it was so worth it to see myself in 2 scenes when it aired on Amazon Prime. The production, cast and crew were amazing to work with, but the best part was meeting the man himself Barry Jenkins, the writer, director, and producer of the show.

C.O.B.S MAGAZINE: What did you want to be when you grow up?

KIMBERLY: As a young girl growing up in Southeast Atlanta, there were not many high expectations placed on the kids in my neighborhood. You were given two choices: lose yourself within the cracks of life or take control of your life. I chose to take control of my life and take the risks of growth and change to be the BEST version of myself. I did not limit my mindset to just one thing that I wanted to be growing up. When you are a child with a creative and imaginative mind, your interests change all the time. My mother set the tone for the choices of my childhood dream job(s). She was an educator, nurturer and was quite the hairstylist when it came to twirling my bangs and twisting my ponytails. My first thoughts were to follow her lead as a teacher, nurse and/or hairstylist but as I grew older, I realized that life will always be complicated and that our jobs and careers do not define who we are. I wanted to be the girl who just went for it. Being the trailblazer of my life existing on my own terms while inspiring others. I have made some pretty BIG leaps in my life from Actress, Entrepreneur, Licensed Massage Therapist, Certified Life Coach, Author and Writer. I have never stopped growing UP because I continue to learn, grow, evolve, and elevate into whatever and whoever I want to be.

C.O.B.S MAGAZINE: If your life can turn into a movie describe to us, what would you call it and why?

KIMBERLY: If my life could be a movie, it would be called “Butterfly in a Jar” and how I lost myself within the cracks of life and how taking control back over my life through life altering transformation allowed me to fly. We can all relate and reflect at some point in our lives feeling stagnated and losing ourselves in the process. You start to have

those agitating feelings of not being in control of your life, so you look for ways to pass the time, cover the hurt and hide the scars. Your emotions grab you and take you on a roller coaster ride of anxiety, fear, isolation, and rejection. You feel alone, then depression sets in, and your mind starts to play tricks on you to the point of no return. When enough is enough and you feel as though you are about to lose all consciousness...? you take a deep sigh and make up your mind that it is time to radically transform your mind, body and soul to fly.

C.O.B.S MAGAZINE: Who do you look up to as an actor or director and why?

KIMBERLY: The actor's/directors that I look up to are Denzel Washington, Taraji P. Henson, Angela Bassett, and Viola Davis. The relentless power of determination they possess not only in their acting career but in their personal life has been a positive light that fuels me to be relentless in my business and personal endeavors. To not be ashamed of the dysfunction of the past, the failures, the mistakes but to be open to change, trying new things, taking on challenges and to make a difference in the lives of others.

C.O.B.S MAGAZINE: What pain did you experience as a child that changed your life as an adult? How did you overcome it?

KIMBERLY: I tried my best to bury my past deep within my subconscious mind. For years I had felt like a butterfly in a jar with only minimal air to breathe with no opportunity to fly. The more I gasped for air to breathe, the more my wings of determination to fly started to feel heavy and frustrated. During my adolescent years I found myself navigating through life with different emotions discovering my body and trying to figure out who I was meant to be. I knew there was a world of possibilities waiting to be

released in my future. Isn't it weird to have love from your parents, friends and family and still feel alone? My parents had separated due to my dad's alcoholism. It is no secret that anger, and alcohol can dismantle a family. At times when my father would drink, his behavior and moods reminded me of the characters Dr. Jekyll and Mr. Hyde.

I was born into that life, and I can admit today that I was embarrassed and ashamed of people knowing that family secret. I walked on eggshells most of the time because you did not know if or when he would go into a rant. Most of the time I was sad on the inside but kept a smile on the outside. This is what I had become accustomed to, my mom was the best teacher of moving through the pain. My parents would separate and get back together throughout my childhood which kept me on an emotional roller coaster. It was not until I got older as an adult, that I was ready to ask questions that as a kid I wanted to ask. That was the best and courageous decision that I made towards my healing to have an open mind and listening ears. I had to find a way to address my anger and bitterness and get a clear understanding as to why things happened in my life the way that it did. I was more bitter and angry because I did not understand about alcohol addiction and the triggers and the demons my dad was fighting within himself. When I look back now, given what I know now about the significance of addressing anger and bitterness, I approach issues with different eyes, I am more comfortable with talking and sharing about my feelings. I focus more on finding solutions to the problem rather than talking more about the problem.

C.O.B.S MAGAZINE: Tell us what is next for Kim? Your plans, goals, and dreams

KIMBERLY: What sets me apart not only in my personal life but in my

business, career is that I wake up with an R.E.L.E.N.T.L.E.S.S attitude and set my expectations high to accomplish what I set out to do. I'm not afraid to stand out from the crowd, create my own lane and be purpose driven. Manifesting in "prayer" and "preparation" I discovered something magical and deep within myself that was not there before. The process of success is not easy and giving up is not an option for me. The best thing I ever did was believe in ME!! I am destined for greatness, and I am more determined now to make it. What's next for Kimberly is continued success in my acting career, publishing her first book, writing and producing her first film and/or TV Series, continuing to build her massage therapy business, life coach practice and leaving a legacy of faith, love, courage, strength and success.



BEAUTY, BRAINS AND DEGREES MEET *Chadnar Lawrence*

C.O.B.S MAGAZINE: We love to see Black women making moves, not only are you all beautiful, but you have leveled up. Tell us about yourself?

CHADNAR - My name is Chadnar Lawrence, and I am 24 years old. I was born on the island of St. Croix to the parents of Dorinda and Sydney Lawrence. I am my mother's only child, but my father's second daughter. I recently received my Bachelor of Science in Criminal Justice in December of last year. Even though I graduated with a degree in Criminal Justice I decided to change my whole career path and go back to school to become a Diagnostic Medical Sonographer (Ultrasound Technologist). I have always wanted to become one, but as we grow in life, we forget certain things and we go on different paths. Though I went a different way I still found myself on this path and therefore I know that this is what I was born to do

C.O.B.S MAGAZINE: What is next for you?

CHADNAR - What's next for me is getting my degree in Diagnostic Medical Sonography. Like I said before it is a long jump from Criminal Justice, and I will be starting over basically, but sometimes you must start over. If I did not go to school for Criminal Justice, I would not have met Saderana and Erycah. We go on different paths to learn and meet people, that can help us when we need encouragement for our journey. Becoming a Diagnostic Medical Sonographer will be tough, but I know that with the people I have in my life things will be alright. Once I am done with that program, I will be getting my Master of Science in Health Science with a concentration in Ultrasound Technology and later my Ph.D. Later, in the future, I will be working along the sides of Saderana and our brother Earl O'Brien Jr.

C.O.B.S MAGAZINE: Who was your role model?

CHADNAR - When it comes to picking a role model, I cannot pick one. When it comes to my role models it is my mother and then everyone around me that causes a positive impact. My mother sacrificed a lot for me and without her, I would not be where I am today. She is the reason why I keep on pushing in life. Having the love, support, and

care of both my mother and those around me, I realized that not only do I have people who are going to be with me to the very end, I also know that we all are going to be growing together. Teamwork truly makes the dream work.

C.O.B.S MAGAZINE: Can you tell us why you chose the major and how you plan on making a difference in your community.

CHADNAR - Like I said before we tend to forget things as we get older and that is what happened to me and becoming an Ultrasound Technologist. When I was older my aunt was pregnant with my baby cousin. I remember that whenever she had an ultrasound appointment, I would pretend to be sick just so I could go with her. Everything about those appointments fascinated me, from the machine to the wand, to the gel and the way the technician spoke to me. I told myself that I was going to be like her one day. I kept my promise. I just took a different path to meet people and gain knowledge, but I am where I am supposed to be now. When it comes to making a difference within my community, I plan on working with Saderana and Earl O'Brien Jr within their organization. I want women to feel comfortable knowing that there is someone that will make them comfortable during their pregnancy. Plus, I want to be a role model to black girls to show them that it is possible to be anything that you want and just because you do not see that many people with your skin complexions in a field keep on pushing and make a difference.

C.O.B.S MAGAZINE: What will be your career going forward? Is there a plan?

CHADNAR - Going forward within my career my plan is to finish the DMS program with high grades. From there I will take the registered exam to make it official and work within a hospital while I continue my education and get my master's degree. Once Saderana and Earl have set up their organization and then join them. Getting my PhD is on the table as well.

C.O.B.S MAGAZINE - Can you share with our readers one of the most successful group project that you have done in school? What role did you play? Do you learn anything from the experience?



CHADNAR - One of my most successful group projects while in school was a PowerPoint presentation on Juvenile Punishment. Within the presentation I had to argue the pros for rehabilitation. This project was worth 50% of my grade so therefore I had to work my tail off. I worked on that project for two months, I needed to make sure that the information I had was correct and it backed up everything that my pro went for held up in an argument. My sisters encouraged me each step of the way, the hardest part was waiting for my final grade. Though at the end I received a 100 for the PowerPoint and my professor said it was one of the best he had seen in a while.

BEAUTY, BRAINS AND DEGREES MEET

Crystal Prentice



C.O.B.S MAGAZINE: We love to see Black women making moves, not only are you all beautiful, but you have leveled up. Tell us about yourself?

CRYSTAL - My name is Crystal Prentice, also known as Crissy. I am 24 years old and was born on the island of St. Croix and raised on the island of Nevis. I am my mother's (Yvonne Prentice) firstborn and the eldest of my two siblings (Mya Prentice and Aiden Benjamin). I am an individual that finds writing stories to be a talent more than a hobby as they derive from my dreams as inspiration. I completed my Bachelors'

degree in December 2019 and later received my Bachelor of Science in Criminal Justice-Legal Studies in May 2020. I aspire to go to law school and am currently still deciding on whether I want to be a lawyer full time or later transfer to the position of a prosecutor. A goal of mine is to bring the character, Elle Woods (Legally Blonde) to life and face my goals with confidence and style.

C.O.B.S MAGAZINE: Who was your role model?

CRYSTAL - When I think of the term role model, the first thing that comes to mind is; an individual to whom you can look up to and aspire to be like. If I may be a bit strange, I would have to say that my role model is broken into different aspects, individuals, and characteristics. My mother, (Yvonne Prentice) for her heart of kindness and forgiveness, my grandmother (Civilla Jeffers Prentice) for her wisdom, faith, and strength, and my sister (Mya Prentice) for her passion, determination, and sense of protection. These women have made me every inch of who I am today, and I am profoundly grateful to them. Although my grandmother is no longer with me, she has left a mark of inspiration written in my heart and soul. I can recall a saying that those three women said to me at different times, "You can do anything you put your mind to."

C.O.B.S MAGAZINE: Was there a time when you wanted to give up and why?

CRYSTAL - There indeed were several times when I wanted to give up. My biggest enemy was me. As cliché as it may sound, it was the absolute truth. I was not satisfied with myself and kept telling myself that I was not enough or not doing enough in life. I often compared myself to successful individuals that were around my age and would emotionally hurt myself with thoughts of putting myself down. I can recall asking myself and praying, "What is my purpose in life? I know that I can do more than I am right now so what am I waiting for?" And that is when I learned that patience was going to be a friend of mine. Although I had no tolerance for it, I had to learn to embrace it and embrace myself as a human being. Things take time.

C.O.B.S MAGAZINE: What will be your

career going forward?

CRYSTAL - Going forward I will be studying for the LSAT and practicing to better my skills so that I am able to go to law school. Once done with law school I will have to ask God to guide me, but for now I will just focus on the preparation.

C.O.B.S MAGAZINE: Can you share with our readers one of the most successful group project that you have done in school? What role did you play? Do you learn anything from the experience?

CRYSTAL - The most successful and exciting project that I worked on while in college was a case briefing on Roe v. Wade. It was my first and I was nervous as to how my interpretation of the case would then be formatted into a case briefing of my own. Nevertheless, I received an A. I learned that when dealing with case briefings it is better to be certain that you understand the case in its entirety. A case brief requires detailed information to moreover connect the dots of the entire case without reiterating the case itself.

C.O.B.S MAGAZINE: There are a lot of black women that put their education on hold because they are in love. What advice would you give them to continue or pursue their relationships?

CRYSTAL - A relationship with a stable foundation is one that will last. Being able to support not only the present but the future of yourself and your significant other grants certainty, stability, and a sense of patience. As I have stated before, things take time. Support given to each other through career or love will allow for a better relationship between the two. If you are a young black woman or any woman for that matter, allow me to provide you with this bit of advice. Life is indeed short, and you must live it well. If you love him/her and you are certain that he/she loves you; then you (as well as your significant other) must secure your future. Sitting down and stating that you are in love and will postpone what is necessary will hurt you in the long run. Why not glow up together? Both mentally, physically, and emotionally. 'Don't put off what you can do today, for tomorrow.'

BEAUTY, BRAINS AND DEGREES MEET

Sadreama Williams

.O.B.S MAGAZINE: How long have you ladies been friends?

SADREAMA - I have had the pleasure of knowing them all in different capacities and at different times. I met both Chadnar & Erycah during my undergraduate year at Berkeley College, and I had the pleasure to meet Crystal through Chadnar. Although years do not determine how long you know someone, it is the bond that we all shared that made it feel like we knew each other for years. I had the pleasure of knowing Chadnar for 5 years, Erycah for 4 years, and Chrissy for about 2 years.

C.O.B.S MAGAZINE: We love to see Black women making moves, not only are you all beautiful, but you have leveled up. Tell us about yourself?

SADREAMA - My Name is Sadreama Williams, but everyone calls me Sadie for short. I am 25 years old, and I was born and raised in the Bronx. I am the oldest of two children. Some of my favorite hobbies are arts & crafts, photography, reading, writing, and spending time with friends & family. I obtained my Bachelor of Science in Criminal Justice in December of 2017. I recently gained my Master of Science Degree in Criminal Justice with a concentration in Human Services. In 2023 I want to attend Binghamton University to pursue my Ph.D. within their Community Research & Action Program. My passion for criminal justice and helping others since I was 10 years old

C.O.B.S MAGAZINE: What is next for you?

SADREAMA - When I begin to think of what is next for me, I start to think of all the endless possibilities and all what God Has in store for me. With two degrees under my belt, I am looking to further my education to obtain a Ph.D. My dream school that I want to attend for my Ph.D. Program in Binghamton University. My program of interest is Community Research and Action. One of my biggest dreams and goals is to create a Non-Profit Organization for inner-city youth and young adults who have been or maybe on the verge of going into the criminal justice system. I want to create a residential place for them where they can have a place to live, provide resources and information (Health, education, career



readiness, human rights, etc.), and many different other foundations. I am also merging my organization as well with my phenomenal brother and sister, Earl O'Brien Jr and Chadnar Lawrence in the near future. I also want to further my creative content to produce for my current YouTube channel.

C.O.B.S MAGAZINE: Did you all encourage each other and what was a challenge that you all face

SADREAMA - Encouragement is something that we all need within our lives because as human beings we all face challenges and sometimes may not feel our absolute best. One of the challenges that I faced was self-love. The reason why is because I felt that I was not worthy enough of greatness, love, and peace. I felt that because of all the mistakes I made in my life I thought that there was not going to be hope for the future. If it were not for prayer, growth, and the love and support of my friends and family, along with these virtuous women, I would not be where I am today. It is something about this thing called sisterhood and womanhood that is not only needed but it is also a blessing. Too many of us are so focused on the competition, instead of looking at the bigger picture, which is that the world does not revolve around us, what we have not only will work for us, but it is what we have that someone else needs.

C.O.B.S MAGAZINE: Who was your role model?

My mother Sakina Ford is my influential role model, and she is my best friend. My grandmother passed away five years ago, and she has truly been a soldier and someone who has not used her tragedies or obstacles to stop her from doing what she must do for her family. My grandmother was there for my mom when she graduated from Monroe College in 2007 and she was truly proud of her and her achievements. Thank you, mom I love, you.

C.O.B.S MAGAZINE: Was there a time when you wanted to give up and why?

SADREAMA - My life was filled with many obstacles but today I will change the world and break the cycle. There are many different situations where I wanted to give up, but one situation, giving up was my mindset, was during my first and semester of graduate school. The reason why is because I lacked understanding of my purpose/potential, I was afraid of growth and going deeper within my work. It took time, dedication, communication, prayer, and faith to keep going.

BEAUTY, BRAINS AND DEGREES MEET

Erycah Kelley



C.O.B.S MAGAZINE: Was there a time when you wanted to give up and why?

ERYCAH - Freshman year of college was extremely hard for me. During that year I lost my grandfather, the late Pastor Leo Stallworth. Anybody who knows me knows that my grandfather was everything to

me. He is the reason why I take education so seriously. So, to know that he was gone struck me harder than ever before. During this time, I was going to Virginia Union University, so I also had to face the fact that I would be dealing with this pretty much on my own, and even though I had plenty of phone calls to check up on me, it just did not feel like enough. Therefore, I say make sure the people around you truly care for you. My praise team at the time came through during those darkest times. I deeply appreciate each laugh I had with them. It healed my soul when I felt like it could not be healed.

C.O.B.S MAGAZINE: Can you tell us why you chose the major and how you plan on making a difference in your community.

ERYCAH - To be honest, I chose Business Management as a plan b. I always knew I wanted to become an actor, but I figured if plans do not go as planned, go where the money is. And in a way, it helps me because one of the many ways I wanted to give back to my community is to open a theater program that gives kids of minority groups a chance to make it in the acting business. I was given a shot, and I want to give my people theirs.

C.O.B.S MAGAZINE: Was your friendship ever challenged and what did you do to stay together?

ERYCAH - of course, it has. When you are in a friend group with females that have different yet dynamic personalities, a bond is bound to be tested. The great thing about us is we do not let it break the bond that we have. We remind ourselves that we are more than just mere friends because friends come and go. We are sisters, bonded by unity and love along with understanding, and that is what makes this sisterhood stronger than any friendship.

C.O.B.S MAGAZINE: What will be your career going forward? Is there a plan?

ERYCAH - my plan is to finish my program at Tisch while working on my 2-year conservatory. During that, I will be going full force in terms of auditioning for plays and musicals as well as finding the right team because one cannot do this alone. This will take a team effort. I also will be writing my business plan for my theater program and getting that together as well.

C.O.B.S MAGAZINE: There are a lot of black women that put their education on hold because they are in love. What advice would you give them to continue or pursue their relationships?

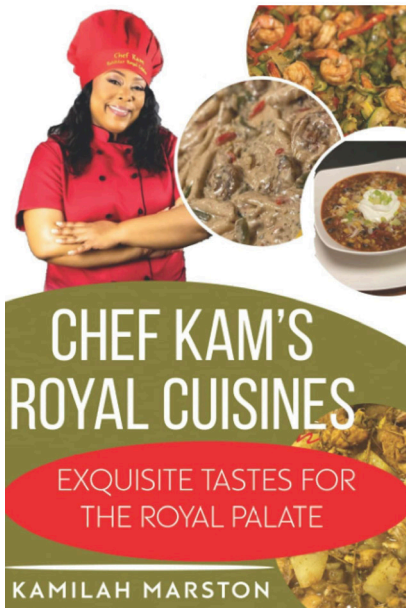
ERYCAH - If the person that you love does not support the fact that you want to advance in your education, then they are honestly not the one for you. The person who is for you will push you to do your best and will support you during that time while cheering you on. They will help you follow your dreams. I had a hard time learning this, but in learning my self-worth, I learned that I deserve someone who will support me and my dreams.

C.O.B.S MAGAZINE: Who was your role model?

ERYCAH - I have so many role models in my life that I cannot just pick one. But the one that is nearest to my heart is my drama teacher Mrs. Dania Johnson, affectionately known as Ms. DJ. She is who I credit for finding my passion for acting within me. If it were not for her, I do not think that I would be able to see acting as a viable career. The one thing that always stuck with me was when she said, "If there is anybody that can make it on to the big stage, it is you." She believed in my talent when no one else did and I am so thankful that she did because in doing so, she unknowingly gave me new life and a new perspective.

Kamilah RECIPES

KAMILAH MARSTON
Kammar Royal Cuisine LLC
IG: KAMMARROYALCUSINELLC



KAM'S INSTRUCTIONS

SALMON CAKES

2 cans of Pink Salmon (save the juice from one can of the salmon when straining, it will be added later)

1 Sweet Green Pepper diced (you can add if you desire)

1 Sweet Red Pepper diced (you can add if you desire)

2 medium sized onions chopped small

4 eggs lightly beaten



1 ½ stick of Sweet Salted Butter from Bowl & Basket ShopRite Brand (best butter ever)

1 ½ cup of Panko breadcrumbs

2 tsp Lawry's Seasoning Salt (season to taste) add as needed

2 tsp Onion Powder

2 tsp Garlic Powder

2 tsp Black Pepper

1 ½ tbsp Parsley Flakes

3 tsp Lemon Juice

Prep Instructions:

*Make Lemon Garlic Aioli Sauce and Refrigerate so it will be ready to serve when these are done!

1. Drain & debone the pink salmon (save one can of the juice from the salmon)
2. Separate the pink salmon with a fork
3. In a saucepan sauté red & green peppers along with onions then drain
4. Combine eggs, seasoning salt, onion powder, garlic powder parsley flakes, lemon juice, juice from pink salmon and panko breadcrumbs in a large bowl and mix
5. Add sautéed vegetables
6. Add separated pink salmon and fold it all in together
7. Make patties about a handful and make an inch thick patty (you don't want them to be thin, so they won't break on you when you flip them in the pan, and you don't want them too thick not to cook through)
8. If you desire to make salmon balls use a tbsp to scoop a good amount and roll into a ball
9. Place patties on a sheet pan

Put them in the refrigerator for about an hour to make a little firm

Cooking Instructions:

Deep Fryer- Fill deep fryer with vegetable oil and heat to 350

Place salmon cake or ball in basket and lower for 3 ½ mins or until brown. Drain and serve with Lemon Garlic Aioli Sauce

Frying Pan- Fill pan enough with vegetable oil to cover the salmon cakes or balls halfway over medium high heat
Place salmon cake or ball in hot oil. Brown on each side for about 3 mins. Use 2 spatulas, one under one over to flip on the other side and repeat to browning. Remove, drain and serve with Lemon Garlic Aioli Sauce

Lemon Garlic Aioli Sauce

6 tbsp of Hellman's Mayonnaise
2 ½ tbsp Lemon Juice
6 Garlic Cloves minced really fine
1 tsp smoked paprika
3 tsp honey or agave

Use tasting spoons to taste and adjust seasoning as needed (ex: salt)

*For best results put this combination in a blender and liquify and put into a squirt bottle.

Drizzle over salmon cakes or salmon balls and serve

*Can also use aioli as a dipping sauce if that is preferred.

BLACK EXCELLENCE WOMEN IN COMMUNITY MEDIA

ATLANTA, GA

THE BIGG SHOW - Jewel DaDonn Shore



C.O.B.S MAGAZINE: Jewel can you share with our readers how many years you have been in the radio industry as well as some of the struggles you endured during this journey.

JEWEL: I have been a radio personality for about 5 years now. My struggles were trying to stay consistent, getting the right Dj and being on time (especially due to Atlanta traffic). I had to make so many adjustments and it was hard dealing with so many outside challenges. However, once I finally got a handle on things, I had to take a break because I lost my brother, my best friend to gun violence... he is the reason why I named my set **The BIGG Show**. In my last conversation with my brother, he encouraged me to speak my dreams into existence!

C.O.B.S MAGAZINE: As CEO & Founder of the brand (The BIGG Show) can share with our readers your journey to get that started?

JEWEL: My mindset was to start my business. I just needed to get up, do

it, step out on faith and make sure I connect with the right resources. Keep a clear focus and do not allow negative influences to get in my head. I made this my regiment, and I equipped my mental to push straight past all that and press forward.

C.O.B.S MAGAZINE: Can you share with our readers how the entertainment industry has changed for women?

JEWEL: There used to be a time when men this was a very male-dominated industry. That alone can be traumatic especially when a woman is grinding for that seat or position. However, the industry is finally waking up to see that women are emerging and becoming that black girl magic.

C.O.B.S MAGAZINE: What have you done to impact your community of black women?

JEWEL: Honestly, when women see me holding down the gift that God gave me that inspires them. I grind hard and I am driven that seems to be what inspires other black women. I love encouraging other women in the journey called life and spread positive vibes wherever I go. I do not look like what I am going through and that gives me the strength to push forward. I am inspired when women share with me that I did or said something that motivated them. That is how I give back to black women just being me.

C.O.B.S MAGAZINE: Please share with our readers what you do outside of radio such as acting, wrote books, made music, direct movies, etc.

JEWEL: Growing up, my mother was my inspiration, she was a multitasker. I watched my mother achieve anything she put her hands to and just like her I am a jack of all trades. I am a female promoter, video director, I am CEO & Founder of Milliondollarvibez (tee-shirt line), I write music and I enjoy singing.

C.O.B.S MAGAZINE: What advice

would you give women who want to be a radio personality?

JEWEL: My advice is to do your research, work with people who believe in you, copyright your brand, get an LLC and remember to own the boardroom and not the bedroom. You do not have to compromise who you are in someone's bed to get you where you need to go. Grind and grind some more you can do it. If you see it then achieve it.

C.O.B.S MAGAZINE: What kind of conversations or topics do you have on your show? How do you pick your topics?

JEWEL: The **BIGG Show** is all about the vibes of the people. Our guests are welcome to come to the show to share their God-given abilities. We interview artists from music to art and entrepreneurs. Our conversations are about music, social content, and whatever the mood takes us. I am a firm believer in positive energy, and I am a big supporter of what my guest is doing to change and shape the world. On The BIGG Show, my guest always have to drop a couple of jewelz with Jewel

C.O.B.S MAGAZINE: How can our audience follow you on social media?

JEWEL: You guys can follow me **@jeweldadonn on Instagram** and **Blac Jewel on Facebook**

C.O.B.S MAGAZINE: What words of wisdom can you share with the upcoming Queens about working together as sisters as well as building their brands

JEWEL: Always salute your sisters, support them and they should support you. Networking is critical to your social game. Always carry your business cards or a few of your merchandise on hand this is a way of showing your creative side. Remember to stand out, connect with other boss women and keep God first.

BLACK EXCELLENCE WOMEN IN COMMUNITY MEDIA

NEW YORK CITY

JUST GIMMIE THE MIC SHOW - Debra Coco



C.O.B.S MAGAZINE: Debra, can tell represent your radio stations/platforms, how many years you have been doing this great service, and some of the struggles you endure when you started it.

DEBRA COCO: My show is called Just Gimme the Mic and I have been in business for 10 years. My show started on Blogtalk radio, UStream, Youtube, and Public Access television. Some of the struggles that I experienced were just finding a team that shared the same passion for media like me. While running a show you need people to fill different roles to make the machine run properly but sometimes that can be difficult if you are running a show on public access television which does not allow you to have sponsors to bring in revenue. This challenge caused me to have to more legwork with my brand because I had to rely on hosting jobs to bring in revenue for the show. You need revenue to pay your team and keep the show running.

C.O.B.S MAGAZINE: Can you share with our readers how the industry in media has changed for women?

DEBRA COCO: The media has changed for

women; when I first started, there were not too many women that I knew in the media business running their own business. Today, I see more and more women picking up the microphone and hosting their shows. I went to school for mass communications, so I was able to do the production behind the scenes and the hosting of the show because I had the knowledge. When I started, I saw women teaming up with men and the men took care of the technical part of the show while the women hosted and looked pretty. But now I see the shift where women are doing it all and running their shows and doing very well.

C.O.B.S MAGAZINE: Are men being treated differently from women in the media business? Please explain?

DEBRA COCO: I believe that in media men are taken more seriously. Unfortunately, some men still look at women as objects and based their business decisions not on skill but appearances, and what they can get out of the person in ways that are not related to business. I am aware that it can happen the other way around, but the chances are higher when it comes to women being perceived as serious businesswomen as selected based on their skills alone.

C.O.B.S MAGAZINE: Who were your role models growing up?

DEBRA COCO: My role models were Ralph McDaniel's, Oprah Winfrey, and Tyler Perry.

C.O.B.S MAGAZINE: How do men treat you in a relationship knowing that your brand puts you in the forefront? Is there jealousy, support or it does not apply?

DEBRA COCO: This is a great question. Unfortunately, I have experienced negative aspects in my last two relationships due to jealousy and animosity from my mates because of the attention that I received from people who support me. The strange thing is that I met my mates doing what I do, and it starts with admiration and respect and then things seem to flip because they cannot handle the love I receive. I experienced competition from my mate which was weird due to jealousy. Needless to say, I had to remove myself from that situation, but it was a learning experience.

It can be a blessing and a curse to be a woman handling your own business. I feel like I must decide on following my dream of pursuing a relationship and it should not be that way. So, I do what I need to do for myself because I am trying to build a legacy for myself and my family.

C.O.B.S MAGAZINE: What have you done to impact your community of black women?

DEBRA COCO: The way I impact black women is to cover topics on my show that have a positive impact as well as information and resources to help black women. Our show discusses topics for mental health, healthy eating, handling stress, time management, just to name a few. I am a motivational speaker and an advocate against domestic violence.

C.O.B.S MAGAZINE: What advice would you give women who are trying to get in the game of owning their own?

DEBRA COCO: Try to intern with a company or brand you trust. I did an internship at BET on the 106 and Park television show which allowed me to learn hands-on skills from professionals which helped launch my idea for my business. I learned production, show editing, guest handling, and studio production from a professional business. Also, have your paperwork in order. If you cannot afford a lawyer, use the internet for advice. There is an overwhelming amount of information that can guide anyone starting a new business.

C.O.B.S MAGAZINE: How can our audience follow you on social media?

DEBRA COCO: Follow us @justgimmethemic on all social media. On YouTube at <https://www.youtube.com/channel/UCTJqbhlneE8PHojib2jjVKA>

C.O.B.S MAGAZINE: What words of wisdom can you share with the upcoming Queens about working together as sisters as well as building their brands?

DEBRA COCO: We must work together in unity. In numbers, we can move strong. We can uplift each other and help build our brands by developing a positive network.

BLACK EXCELLENCE WOMEN IN COMMUNITY MEDIA

NEW YORK CITY

AIRITOUTSHOW – Staxx Cordero

a.k.a Pink Pantha



C.O.B.S MAGAZINE: Staxx, can you share with our readers how many years you have been in the radio industry as well as some of the struggles you endured during this journey

STAXX: I'm proud to say that I have over a decade in the game with the "AIRITOUTSHOW". One of our struggles was finding a consistent home as we bounced around a bit.

C.O.B.S MAGAZINE: Who were your role models growing up?

STAXX: My role models were my mother and my aunt. They are both hardworking, stylish, and made things happen when it seemed impossible.

C.O.B.S MAGAZINE: How do men treat you in a relationship knowing that your brand puts you in the forefront? Is there jealousy, support or it does not apply?

STAXX: It takes a secure man to deal with a woman in the spotlight, jealousy

may come into play, and it becomes a balancing act for you as a brand and significant other.

C.O.B.S MAGAZINE: What impact do you want to make on the next generation of females that are coming up?

STAXX: I would like to spark their imagination and inspire them to go for their dreams and to never stop trying be relentless!

C.O.B.S MAGAZINE: What have you done to impact your community of black women?

STAXX: I have shared my gifts as an artist, playwright, actress, radio host, and now author. I tell the stories that are told behind closed doors and give therapy through entertainment.

C.O.B.S MAGAZINE: Please share with our readers what you do outside of radio.

STAXX: I am in a few web series, BUMRUSH which appears on Youtube and Mr. JayV's Comedy show which can be found on Tubi. I am also part of two short films which are featured on Amazon, The Needs, and Murder at the Hands which I directed. I recently released my book on Amazon entitled "I Am Relentless," it is a must-have, please support. I Am Relentless will also be featured film which I am currently putting the finishing touches on the script and have begun pre-production

C.O.B.S MAGAZINE: What advice would you give women who are trying to get into the radio business?

STAXX- Be Clear on your goals, plan, and execute!

C.O.B.S MAGAZINE: How can our audience follow you on social media?

STAXX: My name is **Staxx Cordero on Facebook, Instagram, and Twitter.**

C.O.B.S MAGAZINE: What words of wisdom can you share with the upcoming Queens about working together as sisters as well as building their brands?

STAXX: Having the same vision and work ethic is key, allowing one another to lead where your strength makes for a great partnership and strong brand



BLACK EXCELLENCE WOMEN IN COMMUNITY MEDIA

NEW YORK CITY

Lorene Martinique - AIRITOUTSHOW



C.O.B.S MAGAZINE: Kotten can you share with our readers how many years you have been in the radio industry as well as some of the struggles you endured during this journey.

KOTTEN KANDY: I'm proud to say that I have over a decade in the game with the "AIRITOUTSHOW". When I first started this journey, my business partner and I sat down to creatively develop names to match our alter egos. The purpose of our alter ego names was to separate our radio journey from our day-to-day lives. I found that some of the struggles I had early on were separating the art of entertainment from the business of marketing and promoting for our guests. Our overall mission was to provide a service as well as how to fairly cover our overhead expenses.

C.O.B.S MAGAZINE: As a partial CEO & Founder of the brand (AIRITOUTSHOW) can share with our readers your journey to get that started?

KOTTEN KANDY: As a partial CEO & Founder of the brand (AIRITOUTSHOW) has its ups and downs. One of the ways to protect your brand is to have an LLC. LLC is a legal way to protect your business, brand and anyone associate with your brand. It is important to make sure that legal action is in place while protecting what you've worked hard for. It was a learning process separating the fun of what I was embarking on from the value of it as a monetary service

C.O.B.S MAGAZINE: Can you share with our readers how the entertainment industry has changed for women?

KOTTEN KANDY: Over the years I've noticed that women were once considered only the eye candy of an outlet and weren't expected to run or dictate the direction of

what they considered valid ideas or suggestions. Sometimes our male counterparts just assumed that we were a part of the crew solely for a sidekick or mindless chit chat. Once they realized we owned the company and we were surrounding ourselves with intelligent men that could assist us in areas we needed there respect for us grew stronger.

C.O.B.S MAGAZINE: Are men being treated differently from women in the media business? Please explain?

KOTTEN KANDY: Men in any business tend to be treated differently, however, I find that men's appearance or credentials do not hold the same value as women when it comes to hiring them. Even in the year, 2021 women hold a different value in the hiring process than men.

C.O.B.S MAGAZINE: Who were your role models growing up?

KOTTEN KANDY: As a child I never considered radio, but I was fascinated with the mic and would often find myself doing things with it. I loved singing and pretending to be a news anchor. I stumbled across a show many years ago called Lorna's Corner and I was in awe of the people she got to talk to on her show and how those people are superstars today. That fascinated me. People like Brenda Blackmon, Barba Waters, Donnie Simpson, Ralph Mc Daniels, Vaughn Harper, Mr. Magic, and all the female radio hosts of the 90s.

C.O.B.S MAGAZINE: What impact do you want to make on the next generation of females that are coming up?

KOTTEN KANDY: My mission is to leave my fingerprint on the industry by not only owning my brand but to be an example as well as a radio personality with ease. If young women see me do it then I hope that they would challenge themselves to do the same.

C.O.B.S MAGAZINE: Please share with our readers what you do outside of radio that shows another side of you or your becoming.

KOTTEN KANDY: When I'm not on the Air, I am pushing my dreams of acting, writing, directing, and finding that balance of making an impact in the industry. I've had some great opportunities on stage and film and I am always super thankful for every opportunity I am blessed with.

C.O.B.S MAGAZINE: How can our audience follow you on social media?

KOTTEN KANDY: Please follow the business page on FaceBook under Air It Out Show, Follow on Instagram @Airitoutshow (1 word), and to follow my journey

please find me on Facebook under Lorene Kotten Kandy Martinique.

C.O.B.S MAGAZINE: What words of wisdom can you share with the upcoming Queens about working together as sisters as well as building their brands.

KOTTEN KANDY: I think it is extremely important to network with other women and learn from each other. We have enough people doubting our abilities. A sisterhood that is nurturing, and encouraging is appreciated in this profession as we all work to build our brands. In this life, you never know who you will need to help you get to the next level. Be kind, be open, and always be ready

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Nisha's 101 Hair Care Tips! for Locs, Twist and Braids! DREADS, BRAIDS, LOCS AND TWIST



1. African Pride Black Castor Miracle Extra Hold Braid

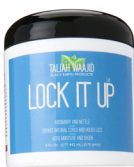
- This product works well for edges of all textures. Easy slicks for stubborn edges, temporarily covers grays & fills in thinning areas. This gel provides professional coverage without flakes or a greasy appearance



2. Jamaican Mango & Lime Island Oil

- This is a good scalp oil when you have braids, dreads, or any natural style. This is not too heavy

like castor oil, soaks in the scalp and hair easily also keeps dreads nicely moisturize.



3. Taliah Waajid Black Earth Products Lock It Up

- the product is super lite, which means it is easy to wash out and does

not cause build up which gives a longer and lasting style.



3. Locsanity Rosewater & Peppermint Daily Moisturizing

Spray Dreadlock, Sisterlocks, Microlocks, Locs Fine Mist - this product it wakes up dry locs or braids and

can last all night long and leaves refreshing peppermint smell.



5. EShea Moisture Jamaicanblack Castor Oil Locbraid Butter

- styling hair cream for locs and braids that prevents frizz.



God's Miracle

Tiffany Larke & Jadah Caldwell

C.O.B.S MAGAZINE: Tell us a little about yourself and Jadah?

TIFFANY JADAH'S MOM: I gave birth to Jadah 2 days after my 30th birthday. I had a difficult pregnancy which caused Jadah to be born early. She was not due until Sept 1st. She was born July 31st. Jadah is now 11 years of age. Jadah is the kind of child that she has a great sense of humor and there are times when I share it on Facebook regarding our church dialogs. Jadah is such an old soul with great wit.

C.O.B.S MAGAZINE: What kind of health condition was Jadah facing and at what age was she when it was discovered?

TIFFANY JADAH'S MOM: We found out at the age of 1 that Jadah had scoliosis in which her spine grows curved. But her curvature was a little more severe than usual.

C.O.B.S MAGAZINE: Wow! We understand you are a woman of Faith, was there ever a time when you were afraid?

TIFFANY JADAH'S MOM: Yes, I am a woman of Faith, however, there were times when my natural human instinct was to worry, and I DID. However, Jadah's strength and my village quickly reminded me that I am not alone, and I serve a God who is able to do anything but fail! Even in the worst of storms, God provides protection and coverage for you to weather out the storm. I had the greatest support in my corner to help us get through it.

C.O.B.S MAGAZINE: How was Jada's personality during her illness?

TIFFANY JADAH'S MOM: Jadah's personality has been impeccable from the time of birth until this present day. She always keeps her spirits up during those difficult days. The doctors and hospital staff are often amazed at her ability to keep a smile during this

C.O.B.S MAGAZINE: Recently you Jadah had surgery can you share with our readers what happened?

JADAH: At first, I was frustrated only because I had surgery last year and I did not think I would need another one this soon. But because I am growing fast, the doctor said my rods (in my back) had to be adjusted.



C.O.B.S MAGAZINE: Can you share with our readers how God performed this miracle?

JADAH: It's hard to put into words how God did it. But I can tell you that I know it was God. How is it not my business? That is God's department. Periodt Lol.

C.O.B.S MAGAZINE: LOL! Love your personality Jadah. Mom, how did Jadah's health condition change your life and why?

TIFFANY JADAH'S MOM: I would say her health condition changed my life because it caused me to stay in the face of God BIG TIME! God has a way of getting your attention and He definitely has mine. My purpose of being interviewed by COBS is to encourage other women who are facing what we have been through. I just want them to know that God is a miracle worker and if He did this for me, imagine what he will do for you.

C.O.B.S MAGAZINE: What is next for Jadah?



TIFFANY JADAH'S MOM: Jadah is on her way to 7th grade. And speaks to her peers regularly on how good God is to her and in her life. She's a regular kid who still gets in trouble when she doesn't listen lol. But she does understand the call on her life and plans to walk into whatever God has for her

C.O.B.S MAGAZINE: How has this strengthened your family?

TIFFANY JADAH'S MOM: I had always had a close bond with my family, however, what we have been through as a family we are closer than ever before. Jadah's siblings, her dad, and her step-dad are all a huge part of are a huge part of her journey and her dad and stepdad as well. When I am too overwhelmed, they step right in

C.O.B.S MAGAZINE: How did God confuse the devil with Jadah healing?

TIFFANY JADAH'S MOM: The enemy thought that this would tear me apart. The devil wanted me to be beside myself with worry, or feel afraid or stressed out, however, God turned it and strength has been built from it. Habakkuk 3:19 says "The Sovereign Lord is my strength; he makes my feet like the feet of a deer; he enables me to tread on the heights. In other words, no matter what came my way the Lord was giving me the strength to stand in it and get through this.

C.O.B.S MAGAZINE: What does Jada want to become as she grows up?

TIFFANY JADAH'S MOM: Jadah used to say she wanted to be a butterfly when she grew up, but once she realized that was impossible (lol) she wants to be a pediatric orthopedic surgeon. The



same kind of doctor that helped her through her process and recovery to healing.

C.O.B.S MAGAZINE: Can Jadah share a word for our readers about how she felt then and now?

JADAH: I just want to say that I am young, but I know God takes care of me. My mom is great, but her help is God. And we trust him for everything. If God brought me through, he would do the same for other kids just like me.

C.O.B.S MAGAZINE: What words of encouragement would you offer mothers out there who are going through what you came out of?

TIFFANY JADAH'S MOM: I would like to share with moms, no matter what we face in life, no matter what it looks like, God has the last say stay in prayer, feed on faith. Drink coffee and exercise! You are going to need your strength! Children are our gifts, and they are also a handful. But with God, there is nothing that you cannot handle.

Tricks and Tips to Stay Fit

BY ARIELLE PERSHAY



Hello beautiful people!
I am back again with more health tips.
In life we all face some challenges to make us a better us.
Which brings me to the 5 day work out challenge. Below is different work outs I want you to do for 5 days.

5 Day Work Out Challenge Sit-ups & Squats

Day one- 5 Sit-ups and Squats,
Day two- 10 Sit-ups and Squats
Day Three- 15 Sit-ups and Squats
Day four- 20 Sit-ups and Squats
Day five- 25 sit-ups and squats

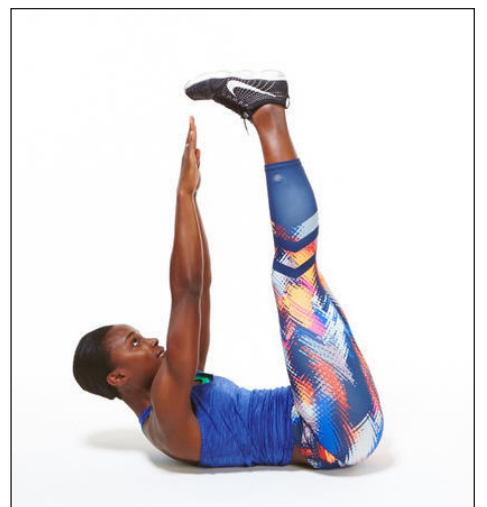
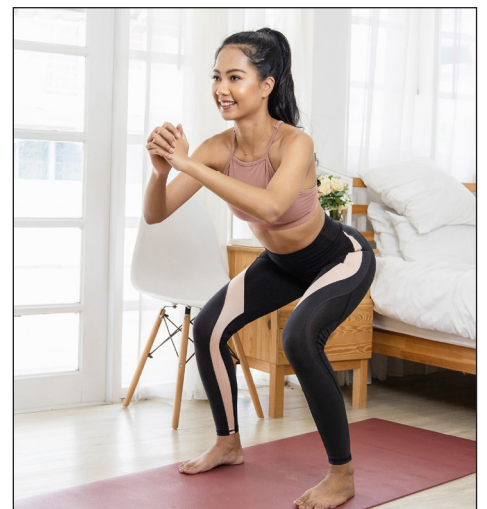
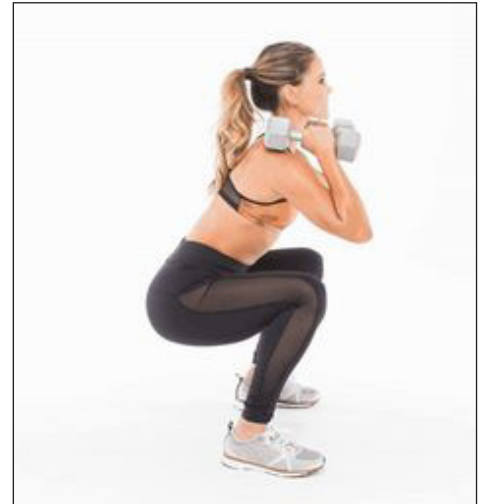
Please note before any work out you must warmup your body.

I believe you can do this! Put in the work to get results.

Contact ARIELLE PERSHAY

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Talk beauty

TINIKA THOMAS

Inside tips for everyday make-up routine – regardless if you are a newbie or experience in the makeup world.

KEEP YOUR MAKEUP TOOLS CLEAN !!!



As a makeup artist I always share with my clients the importance of keeping your makeup tools clean. When you have invested in a good quality of brushes learning how to care for them is so important. The fact is that makeup tools pick up pigments as well as dirt, oil and bacteria which can be harmful to the skin.

I have selected 5 common facts about not keeping your makeup tools clean:

1. Your brushes accumulate bacteria when they are not clean.

Your brushes must be cleaned at least once a week. Bacteria and dirt will accumulate on the brushes from the air around you. Dirty brushes can be a prime target for breeding nasty bacteria that leads to acne and other skin irritations. To avoid these breakouts, it is so important that you remember to regularly wash your makeup tools.

2. A dirty brush is much more likely to irritate your skin.

When your brush is not washed you will notice that your foundation will be caked up. This will change the texture of the brush as well and your brush will no longer be soft or flexible. The cake up makeup on your brush will make it more difficult to apply your makeup effectively. The continuous stroking of a dirty brush against your face will make you experience major skin irritation.



3. Dirty brushes make it difficult to achieve your desired makeup look.

Blending is one of the most essential steps to achieving a flawless makeup look however, when your brushes are not clean it will make the blending process difficult. Having built up on your brushes will not pick up the right color of the product you are using. You will notice that your makeup will end up looking streaky not the flawless look that you will get with a clean brush.

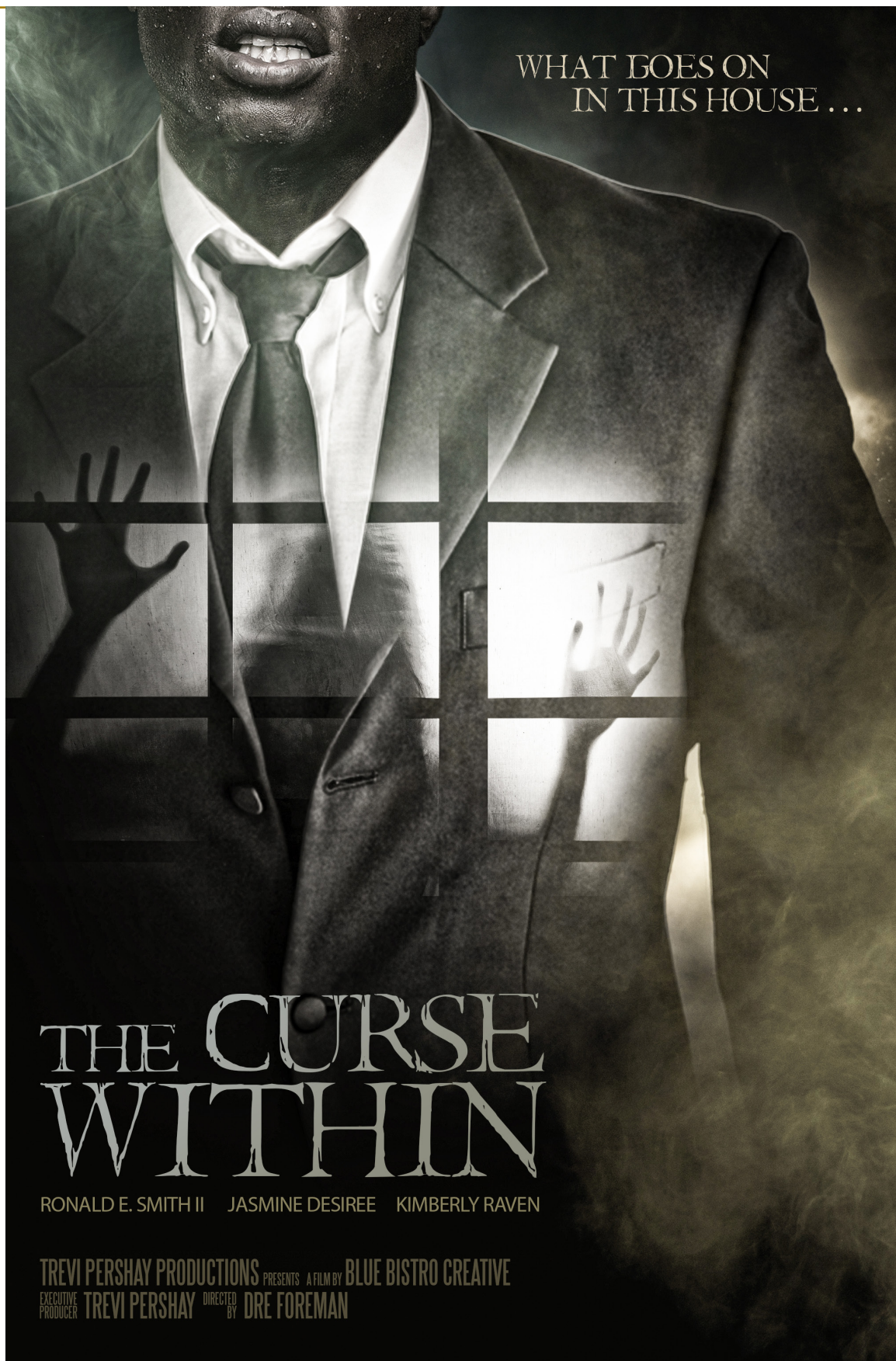


4. Dirty brushes can have negative effects on your health.

Dirty brushes not only affect your exterior, but it can affect your internal health. Dirty brushes make you much more likely to catch a viral infection particularly if you are sharing them with others. Dirty brushes pick up bacteria, dirt, dead skin cells which over some time can put you at a great health risk.

5. How to care for your brushes

Cleaning your brushes can become a harsh chore but it's actually simpler than people think. Once you make it part of your weekly routine it will become like second nature. All you need is an appropriate soap (dishwashing liquids, baby wash or brush cleaner), run your brushes under warm water. Gently rub in the soap using your fingers. Run the brush under the water until all the soap is out. Make sure all the water is out of bristles, use your finger to reshape the brushes and lay out on a towel to air dry. To keep your brushes disinfected during cleaning you pour vinegar or rubbing alcohol into a spray bottle to spritz on your brushes between your weekly cleanings.



The Curse Within....What Goes On In This House - **Coming Fall 2021**
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