

The Queens Court

BERNITA CARSON

CEO/Founder of BMC
Fitness

The Kings Court

MAURICE "GLORY" ALLGOOD

COO of Para Music Group &
Founder of Essential Men
Grooming House

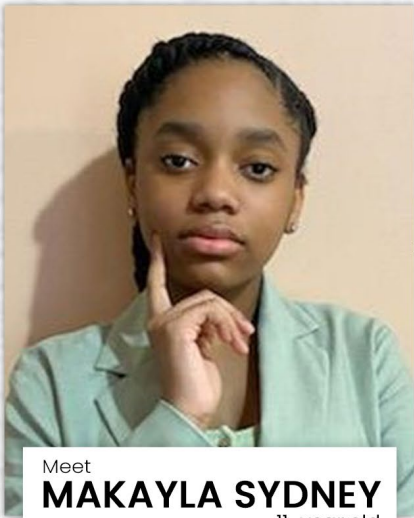
Women's Werk

MARYAM SMITH HUBBARD

CEO / Founder
The Keys to Unlock Your
Silence an inspirational story

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

JUNE 2021
ISSUE VOLUME 2



Meet
MAKAYLA SYDNEY
11-year old

YOUNG ENTREPRENEUR

CEO/Founder of
**COOKIE CREATIONS
CLOTHING LINE**



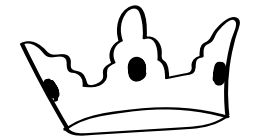
Featured Story **LATONYA SMILEY**

CEO/Founder of
Unbroken Global
Ministries



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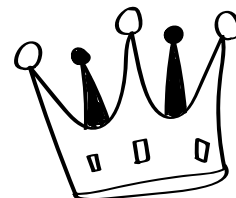
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Editor's NOTE

HAPPY FATHER'S DAY



Growing up in a fatherless home, I grew up celebrating my uncles, grandfather, mentors, and my mother's fiancé. My mother's fiancé (at that time) had no problem supporting another man's child. There are some men that will step in the game to take on a role as the head of the house, to provide, protect and cover a family that is not his own. My father was so handsome standing at 6ft and a smile that can make you melt. He was a charmer and a flirt, however, when it came to being a father figure in my life he failed. My father was not a daily figure in my life. I am not sure if it was by choice, prison or he just did not like my mother. The reality is that he could have tried harder to be there for me. As the age 15, I sought my father out I wanted to know him for myself. When we finally spent time together, although he was happy to see me, he was ready for a daughter. I realized that my dad had a lot of growing up to do the streets were more important than me. Therefore, with that sad reality, I walked away from my dad for good because he was no longer qualified to hold that title.

It was painful not having my dad in my life to see my graduation, prom, my first father and daughter dance at my wedding. As a result, it affected me in my teenage years. I would date men who were fair skinned like him because I thought that would somehow subside my pain. My mother saved me by allowing me to be mentored by her brothers and those uncles became my stand in Dads.

I am so grateful to have those male figures in my life. My uncle Edward (deceased), Robert (deceased), Lawrence (deceased) and Frankie Booker. My uncle Frankie was the male figure in my life who really mentored me and saw my potential. We all need someone in our life to see our potential and be a guide to get us there. My uncle Edward provided laughter, my uncle Lawrence showed me how to dress with class, my uncle Robert provided my guidance spiritually and my uncle Frankie provided the father status that I needed in my life.

I salute these great men in my life who helped shaped me to be the woman I am today. In this magazine we honored a young black male by the name of Tavon Nelson. I am a firm believer that not all black men are deadbeat dads and, in this issue, I found one unique brother who set the bar really high for young men who stay in the game called parenthood and fought to be in his child's life.

If you have anyone you like to with a story that you would like to honor, please email us at cobsmagazine@gmail.com.

Trevi Booker

TREVI BOOKER PERSHAY

Tavon Nelson & Son Cam AGAINST ALL ODDS

The Epidemic that effects the black family are fatherless homes. When a relationship is terminated, the father vacates his position as the head of the family. When this happens, the black woman is left with several titles added to her position in the home. The black woman becomes the protector, the provider, the physician, the teacher and the list goes on and on.

According to fathers.com - More than 20 million children live in a home without the physical presence of a father. Millions more have dads who are physically present, but emotionally absent. If it were classified as a disease, fatherlessness would be an epidemic worthy of attention as a national emergency.

- **Of students in grades 1 through 12, 39 percent (17.7 million) live in homes absent their biological fathers.**

Source: Nord, Christine Winquist, and Jerry West. Fathers' and Mothers' Involvement in their Children's Schools by Family Type and Resident Sta-



tus. Table 1. (NCES 2001-032). Washington, DC: U.S. Dept of Education, National Center of Education Statistics, 2001.

- **57.6% of black children, 31.2% of Hispanic children, and 20.7% of white children are living absent their biological fathers.**

Source: Family Structure and Children's Living Arrangements 2012. Current Population Report. U.S. Census Bureau July 1, 2012.

Meet Tavon Nelson – a single father, where life situations had altered his mid 20's plans. Tavon Nelson had dreams to play international basketball, start his own youth league or travel around the world.

Then one day it happened, so unexpectedly, that it took him by surprise, he was going to be a dad. At 25 this was not something he had on his bucket list, at least not for now. A father, he thought to himself, this is the time where I must put what I want on hold and focus on this child. When Camryn entered the world and Tavon held him for the first time, he knew that he would always be in his life. As he was observing this little beautiful creature in his arms, he was overwhelmed with knowing that God blessed him with a healthy son. All types of thoughts were swirling in his mind of how his life was about to change. Tavon son grabbed his finger and squeezed it hard as if he were saying you got this dad.

After a year, the relationship took a turn due to health issues with the mother, Tavon was left to be a full care-taker for his son Camryn. Tavon did not see this coming and at 26 he never image that he was now in the same shoes as single mothers. Tavon was holding down a full-time job, living on his own and grateful that he can facetime his mother regarding baby formula, baby water and especially what kind of pampers to purchase for his son. It hit Tavon that he was now a single parent and those trips to the doctor's office was certainly challenging because mothers would stare at him in surprise. Every time Tavon would look at his son, something inside of him would motivate him to keep fighting and he knew that God was going to get them through it. It was not easy for a 26-year-old young man to become mom/dad to his baby boy. What we found so appealing about Tavon's character was that he never pushed his son onto his mother to raise. As we know, there are a few men that find it easier for their mother to become caretakers for their children. However, not Tavon, he did it the hard way and ON HIS OWN.

Tavon son is now 3 years of age and we are in awe by the naturing of their relationship. As a dad, he witnesses his first steps, words, teeth coming in, and reading him bedtime stories. Tavon teaches his son the funda-

According to fathers.com - More than 20 million children live in a home without the physical presence of a father. Millions more have dads who are physically present, but emotionally absent. If it were classified as a disease, fatherlessness would be an epidemic worthy of attention as a national emergency.

mentals of ABC's, colors, and technology (how to use iPhone) instead of running the streets. Tavon learned all the songs and cartoon characters from Baby Shark to Paw Patrol and reality hit him he was going to be a great dad. Tavon takes his son for walks, visit the playgrounds, travel by plane for grandparents' time and occasionally his parents make sure he has that balance of taking time for himself. Tavon is looking forward to being the best dad for his son. Afterall, Tavon father (John) taught him well how to be a good man in the life of your son.

C.O.B.S Magazine would like to honor Tavon Nelson Father of the Month! We are proud of you as a Blackman stepping up to the plate and raising your son. Well done King well done.

*source and data came from Fathers.com magazine

https://fathers.com/statistics-and-research/the-extent-of-fatherlessness/?utm_medium=cp-c&utm_source=google&utm_campaign=Search%20-%20Fatherlessness%20Research%20-%20US&gclid=CjwKCAjwm-7mEBhBsEiwa_of-TDT-JG93RFHyPrbN9emU6wjzGQ-70O0lpBm2D4FRFc0VPePYjy-8cC7BxoCVwMQAvD_BwE

MEET THE STAFF

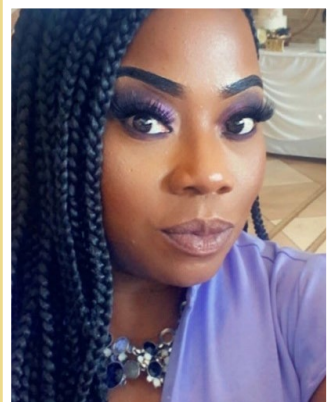


TREVI BOOKER PERSHAY

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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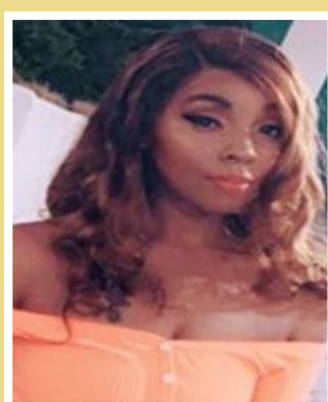


TINIKA THOMAS

Beauty Editor

Tinika Thomas is CEO & Founder of Shay Beauty Consultants, she currently is Vice President on the Board of Directors for Trevi Pershay Productions, PDM Performing Arts as well as business advisor/manager to Trevi Booker Pershay. Tinika juggles many hats, she is a mom, soon to be wife, make-up designer and enjoys being with her 3-year-old grandson Cam.

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ARIELLE PERSHAY

Fitness Editor

Arielle Pershay wears many hats, she is CEO & Founder of Astar Dance Movement – which she choreography dances for weddings parties, dance competitions, music videos and private parties. Arielle is Artistic Director of PDM Performing Arts as well as Music writer for Trevi Pershay Productions theater and movies soundtrack.

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RODNISHA “NISHA” PERSHAY

Hair Editor

Nisha Pershay specializes in taking care of weaves; therefore you will have them for a long time. She is CEO & Founder of The Traveling Salon 2. Nisha holds down a full-time job with investment company as well as she is Sound & Stage Manager for Trevi Pershay Productions Inc.

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From Trauma to Triumph

Meet Latonya Smiley

C.O.B.S. Magazine - When we first met you on Trevi Pershay Show, you'd shared such a powerful testimony about your upbringing? Can you share some of that with our readers?

Latonya Smiley - My testimony is I was molested and impregnated by my dad from the ages of 9-13 which resulted in a pregnancy. I ran away from home at the age of 15 no longer being able to sit in the dysfunction of being in the house where everyone was going on as if nothing had ever happened. That is what we do, we try to continue to move forward without addressing the trauma that has occurred. Growing up in my era what happens in this house stays in this house and it the very thing that stays in the house that is destroying the families. My mother decided to stay with my dad until he died 8 years ago, and I was made to feel if I was "the other woman" instead of her daughter. I felt rejected most of my life and battled with depression and thoughts of suicide. Experienced one trauma after another. I went from sexual trauma to emotional trauma. It took years for me to understand the scripture, Romans 8:28 "And we know that ALL THINGS WORK together for good to those who love God, to those who are called according to HIS purpose". I WAS BORN TO CONQUER THIS! God begin to share his heart with me as I was going through my healing process and the key to overcoming anything is forgiveness. I had to forgive my parents and myself. It was not easy, but it was through me mastering the art of forgiveness that God turned my pain into a platform, and I am now an

International Motivational Speaker that helps people address unconfessed pain and suffering, so they are able to move into purpose. You must get through what you have gone through so you can obtain your expected end that God has for you. Forgiving my parents was one on the hardest things for me to do but is was required for me to show the world that with Christ ALL things are possible.

C.O.B.S Magazine - You are now CEO of UnBroken Global Ministries can you tell us about your mission?

Latonya Smiley - I am the visionary of Unbroken Global Ministries our mission is to resuscitate those who have flatlined on life. It is built on Psalm 147:3 "He heals the brokenhearted and binds up their wounds" I want people to understand. No matter the source of your trauma, heartbreak, brokenness, God can and will repair your wounds if you are willing to give it to him.

C.O.B.S Magazine - You also have written a book can you share with our readers what the book is about and what you hope people will take away after reading your book?

Latonya Smiley - Secrets Untold A Daughter's Cry is my first book based on my life story of overcoming child abuse and moving into purpose. I wanted the readers to understand that we are not responsible for what has happened to us, but you are totally responsible for your healing. It is my story of survival after sexual and emotional childhood trauma.

C.O.B.S Magazine - We understand that you are not just



only and motivational speaker, advocate for child abuse but you also have a business called Grandma Hands. Tell us a little about Grandma hands?

Latonya Smiley - I laugh as I type this no one has ever asked me this! Grandmaz Handz is my crochet business. I learned how to crochet at the age of 9. My grandmother taught me. I picked it back up in 2008 when I was working as a NYC Paramedic. I would crochet during my 12-hour shift in between calls, it kept me calm. It took on a life of its own because this is not your grandama's crochet. I make bathing suits, dresses, keepsake blankets, you name it. I love my craft and every item is made with love and customized for my clients.

C.O.B.S Magazine - Can you share with our readers what is your purpose while on this earth?

Latonya Smiley - My purpose while here on this earth is to see people heal from residue of child-

hood trauma. The world needs and deserves the best version of us, so my lives work is to revive those who have given up on life because of a horrific past by showing them the heart of God through a different lens other than pain and heartache.

C.O.B.S Magazine - Can you share with our readers how did you forgive your abusers?

Latonya Smiley - How was I able to forgive my abusers, let me tell you, it was God. Sometimes self-help is no help at all. I had to take my feelings to the one who created me and allow Him to help me. He showed me my part in my pain, meaning I had to take accountability for my part. God told me twenty percent is what had happened to me and eighty percent was my response to what had happened. God showed me that there are no levels to forgiveness the same way that my parents needed my forgiveness, I needed forgiveness from others as well. When He taught me about there being no levels to forgiveness, it taught me that you never know how you hurt somebody, you may not have done something so severe as rape or betrayal, but you still need their forgiveness, nonetheless.

C.O.B.S Magazine - How did you manage to come out from underneath the ruins and stand on top of it?

Latonya Smiley - The Bible says in Romans 8:31 What then shall we say in response to these things? If God be for us, who can be against us? Then you get to verse 37 No, in all these things we are more than conquerors, through Him who loved us. Ability to come out the ruins and stand on top of it is the ability to be RESILIENT. Why when we are in the world, we are thugs and fighters but when we come to Christ, we become punks in the spirit. No, I fought to come out of the ashes believing Isaiah 61:3 that there was a crown of beauty in exchange for my ashes. I was born with what it takes to ALWAYS rise

above ANY circumstance, but there is always a question of, how bad do you want it.

C.O.B.S. Magazine - What advice would you recommend to those that are still suffering from mental and emotional abuse?

Latonya Smiley - My advice to anyone who are still suffering from Sexual and emotional abuse is you do your work; you are worth fighting for. Own your story and once you take ownership, you can get on the road to recovery. I must let you know that it will not be easy but is it achievable. You can build anything on broken bricks so until you deal with unconfessed pain and suffering you never know when the landmine is going to blow and bring destruction to whatever you are trying to build. Unconfessed issues of the past make you unstable and being unstable thing will fall if a string wind begins to blow. Begin with forgiving yourself and take bite-sized pieces this way you will embrace your healing journey and not despise it.

C.O.B.S Magazine - Do you have children? Have you shared your stories of abuse? What was their reaction?

Latonya Smiley - I am a mother of seven children, grandmother of nine. I shared my story with my children before the release of my first book, I did not want it to be a shock to them. They were sorry to hear what I went through as a child and it helped them gain clarity of the way I parented them. They watched me go from being a broken mama to become the best version of myself and things are amazing now between my children and me. See, as long as I was broken and bitter it was destroying my relationship with them, Thank God I fought to be free from the residue of my trauma. My Children were worth the fight to have a healed version of their mother.

C.O.B.S. Magazine - How did you protect your children from the same abuse you experience? How can you help mothers avoid the dangers?

Latonya Smiley - I protected my children by having open conversations about sexual abuse. There are crucial conversations that parents need to have in the home about this sensitive subject. The snake is not always outside in the grass, when it comes to child sexual abuse, many times the snake resides in the house. I would tell mothers who have small children be mindful of who watches your children and pay close attention to changes in behavior such as bed-wetting as well as acting out in other areas. I teach classes in my "Not on My Watch Initiative."

C.O.B.S Magazine - We saw that you just created a platform for a 24-hour prayer room on Facebook. Can you share why you did that and the purpose behind it?

Latonya Smiley - When prophets pray is a 24-hour prayer watch every third Wednesday of the month. This prayer watch was created for prophets to come together to pray for our nation. This is especially important to me; God gave me the vision of Prophets doing the "heavy lifting" causing things to shift in the earth. God never does anything in the earth lest He reveal it to His prophets, and we must pray to hear God to know what God's heart for his people in this season.

C.O.B.S Magazine - Can you share with our readers how they can get your book, tee-shirts, and information about you?

Latonya Smiley - You can visit my website LaTonyaSmiley.com, you can follow me on all social media platforms as Latonya Smiley, you may email me at unbroken@latonyasmiley.com



THE QUEEN'S COURT

Bernita Carson

CEO/Founder of BMC Fitness

C.O.B.S- Who is Bernita of BMC Fitness and can you tell us about yourself?

Bernita Carson- I am an incredibly determined woman who cares about being healthy and trying to motivate others to live a healthier lifestyle while working out, eating healthy and just living well. That includes less stress and focusing on oneself.

C.O.B.S- What does BMC Fitness stand for?

Bernita Carson- BMC stands for Body Mind Connection Fitness.

C.O.B.S- Can you share with us how your business came about?

Bernita Carson- As I started making changes in my life and did a one eighty with losing weight, being more focused on just living a healthier lifestyle other started watching me and shared with me that I motivate them to workout. Thereafter, people begin to ask me if I could train them so with prayer and in God's timing BMC Fitness was birthed.

C.O.B.S- What was your hardest struggle in starting this business?

Bernita Carson- The hardest part for me was making the time and thinking of a location to train clients. I have a full-time job being a Property Manager for low-income buildings which preoccupied much of my time. I had to say no too many events and dedicate the time to get BMC Fitness started. I was also studying to becoming certified at the same time.



C.O.B.S- Who were your mentors and how important are they in your life?

Bernita Carson- My mentor was and is still my trainer Malik. Malik pushed me to get to where I am at today with BMC fitness. There were many times when I felt like quitting or thought I could not do certain things. Malik has always supported me and told me that I can do it because he sees it in me and always want to see me win.

C.O.B.S. - Has COVID changed your daily operations of your business?

Bernita Carson- Covid has changed operations because you want to keep everyone safe, while helping them to get in shape. There was a time where I had to strictly do zoom training versus face to face which can be challenging. It was also hard to purchase a lot of equipment because companies were selling out so fast and/or increasing the prices because they



knew everyone wanted fitness equipment due to the limited availability of people going to the gym.

C.O.B.S. - What have you discovered are your strengths and weakness of having your own business?

Bernita Carson- I discovered that this is truly my passion. I discovered not only can I train clients, but I can speak at events as a motivational speaker by just telling my story and being honest about getting healthy. A weakness I would say that I am working on is sometimes being too nice. It is good to be nice but when it comes to your business you must also be firm with what you stand for or people will take advantage of your kindness.

C.O.B.S. - What advice would you offer other entrepreneurs about starting their own business?

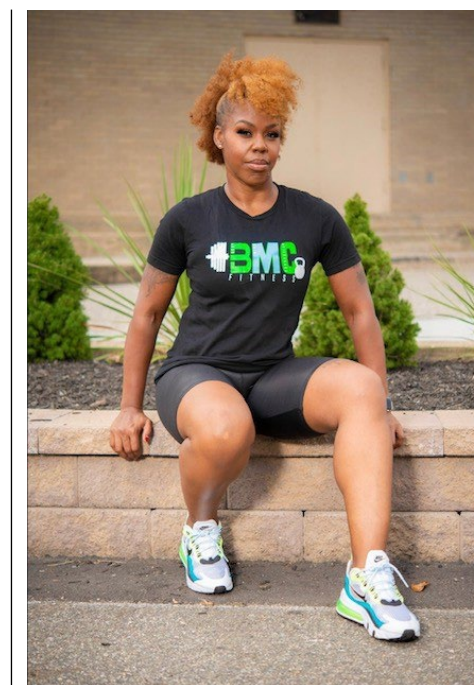
Bernita Carson- I would tell anyone if you were passionate about it then do it. Do not listen to the

naysayers. It will be hard work, you will not make a profit for a while, but the reward comes from seeing the results of all the efforts you put in and the appreciation on your customers/clients faces.

C.O.B.S. - Can you share with our reader's one life changing moment that you personally experienced on this journey?

Bernita Carson- I was speaking at my first event and just telling my story on how I got started. It was about 200 guests at the event. I even got emotional myself, but when it was over the messages, I received from people telling me what I said touched them was overwhelming. It amazing when you hear people say you helped them decide to change their lifestyle. That meant everything to me, and I will continue to help people on their journey to good health.

C.O.B.S. - How can our reader find you? Please share your information with us.



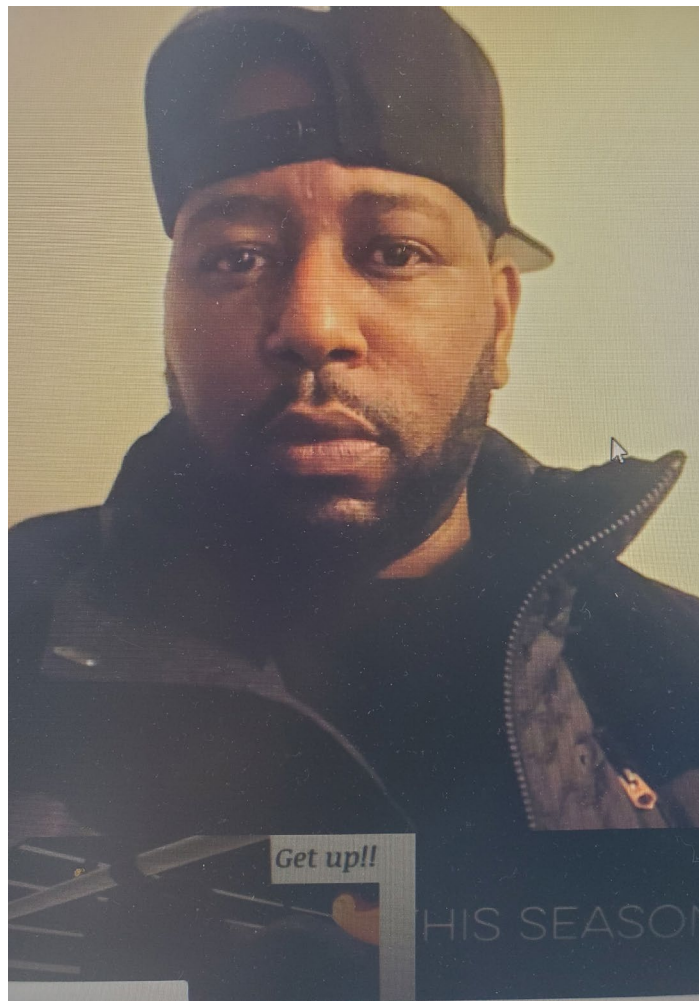
Bernita Carson- My Instagram is _bmcfitness, my FB is BMC Fitness, and my web page is www.bmcfitness707.com



THE KING'S COURT

Maurice "Glory" Allgood

COO of Para Music Group Inc. &
Founder of Owner of Essential Men Grooming
The Plan, The Vision and The Pursuit



C.O.B.S Magazine - Can you share with our readers who is Maurice "Glory" Allgood?

Maurice - Maurice "Glory" Allgood is a Godfearing man with purpose and vision.

C.O.B.S Magazine - Please share with our readers what you do for a living and your businesses?

Maurice - I am the Chief Operating Officer of Para Music Group Inc. (Technology & Music Company with distribution through The Orchard a division of Sony Music Entertainment). Bianca Bonnie Personal & Business manager, President of Glow Beauty Skin LLC (Bianca Bonnie's Skincare line) Owner of Essential Men (Men's Grooming House that focuses on multiple

services such as hair cutting, facials, massages, Pedicure and manicures) which is located at 1191 Broadway Brooklyn NY 11221, Owner of AT&T authorized retail store located at 318 Utica Ave Brooklyn NY 11236.

C.O.B.S. Magazine - Can you share our readers who do you consider your hero and why?

Maurice - My parents are my hero's because they instilled a solid foundation at an early stage in my life that made me who I am today.

C.O.B.S Magazine - Tell us about an opportunity or event that made you grown the most as a leader?

Maurice - "LEADership is the capacity to translate vision into reality" by Warren Bennis". When I finally opened Essential Men as the head of this establishment, I knew that others would look up to me for guidance. My businesses have made me grow as a leader, personally, professionally, and socially. As a leader, you must be accountable and make wise decision on day-to-day basis within your staff, consumers, and your board members in what leadership looks like.

C.O.B.S. Magazine - What legacy would you like to be remembered by and why?

Maurice - I want to be remembered by my character. I want people to say this guy was always willing to help anyone in need. I want young black males to see me and know that perseverance makes the dream work. When there is not grind you get left behind and I want to see black owned business grow in the community - starting with me.

C.O.B.S Magazine - Can you share with our readers the importance of knowing who you are?

Maurice - I realized that people could form an opinion about you without knowing you. I am a laid-back brother by nature; therefore, people might take that the wrong way. My personality seems to discombobulate others due to how I handle certain situations. I watch, listen, and observe things on the surface and then I assess how to handle the situation. I hope this interview shed some light on who I am as a black man.



C.O.B.S. Magazine - How important is it for brothers to own their own businesses?

Maurice - It is extremely important that we have ownership of businesses. This is how we empower our community by bringing job opportunities. Growing up, I was taught to go to school (college) get a good job. I realized incredibly young that everyone's path is different and unique. Recently, I was having a conversation with a friend of mine, I asked if you needed money, do you have a family member that you can go to borrow \$5,000? I was not extremely surprised when my friend said no. I am a true believer that it is important to educate our youth on financial independence, as well as to how build a business. Let me make this abundantly clear, I do not knock anybody who is holding down a job. I am just sharing that although a job is necessary, just remember your dream should also become your job. We need balance. Lastly, I want to say this, a

job can always fire you. Just something to think about.

C.O.B.S Magazine - What advice would you give young black men how to get started on owning their brand?

Maurice - My advice would be, do not be afraid to try, be creative, think outside the box, no idea is a bad idea, trust in yourself, and failure is a part of the process, accept it with open arms.

C.O.B.S. Magazine - What are you doing to inspire young black men?

Maurice - When I can create a platform to speak with young black men, I share my experiences with them good and bad. Knowledge is free and a gift to give away, therefore, I try and impart in them all I have learned in pursuing my dreams. I do encourage them to find positive male role models that are on their grind (legally) making their dreams come into fruition. We need to continue to empower each other daily.

I realized that people could form an opinion about you without knowing you. I am a laid-back brother by nature; therefore, people might take that the wrong way.



C.O.B.S Magazine - Tell our readers how to connect with you?

Maurice - Social Media IG: Glory. paramusicgroup or Email: Maurice.allgood@gmail.com

Battered Fried Cauliflower

DEBORAH WILSON
PLANT-BASED CHEF



BATTERED FRIED CAULIFLOWER

INGREDIENTS:

Cauliflower, flour, panko bread crumbs, plant based milk, cooking oil, salt, pepper, garlic and onion powder, paprika, add your favorite seasonings

DIRECTIONS:

Cut and clean cauliflower

Pour enough flour

add about 3/4 panko bread crumbs to flour

Season flour, panko mixture with salt, pepper, onion, garlic, paprika, your favorite seasonings

Pour any plant based milk (almond, oat, coconut...) in bowl and season with your favorite seasonings.

Preheat your grapeseed oil (or any high heat oil)

Dip cauliflower pieces into milk mixture and get it nicely wet, then dip cauliflower in flour/panko mixture

Deep fry in preheated oil until golden crispy brown



VEGAN GLUTEN FREE MAC AND CHEESE

INGREDIENTS:

(preheat oven 400 degrees)

Banza Ziti pasta made from Chick Peas

Violife Cheddar Shreds (vegan cheese nondairy)

Plant based milk (any will do)

Vegan Butter (I like brand Miyokos)

DIRECTIONS:

Boil pasta in salted hot water cook until tender

Strain hot water off pasta

Add cheese, butter, just enough milk, to hot pasta

Pour mixture in pan, cover, bake in oven until liquid absorbed

(Add bread crumbs optional bake uncovered in oven)

VEGAN COLLARD GREENS

INGREDIENTS:

Collard Greens

Vegetable Broth

Fresh garlic, onions, red peppers, maple syrup, capers, salt, pepper, garlic powder, onion powder olive oil

DIRECTIONS:

Clean and cut collard in pieces (set aside)

In large skillet or pot Sauté garlic, onions, peppers in olive oil

Add to skillet collard greens, vegetable broth, capers, salt, pepper, garlic powder, onion powder (your preferred seasoning) and cook to tender

Lastly add a touch of maple syrup

Fried Lobster Tails



INGREDIENTS:

10- 4/6/8oz of raw lobster tails

seafood seasoning (your choice)

smoked paprika

sea salt

black pepper

garlic powder

onion powder

parsley

1 cup of flour

1 cup of cornmeal

Canola oil

PREPARATION:

Place unthawed tails in cold water, once tails are thawed cut lobster tail shells on top with food shears. Pull meat out halfway, be careful not to pull meat out completely. Combine all seasonings into a bowl making sure the seasonings are well mixed together. Rub seasonings throughout the entire tail, once thoroughly seasoned place all tails in a bowl or storage container of your choice. Let tails marinate in the refrigerator for 2 hours or more. Mix Flour and cornmeal in the same bowl and coat each tail with the flour and cornmeal mix. Heat oil in a pot or a fryer for deep frying which is highly recommended. Depending on the size of the tails it will take 5-10 mins to cook, usually 1 minute per ounce. Seafood doesn't take long to cook. Remove tails from oil with an oil strainer and place on parchment/wax paper garnish with parsley and serve.



THE ROYAL HUB
CHEF ROYAL HUBBARD

FROM PAIN TO POWER

MARYAM SMITH HUBBARD

CEO/Founder of The Keys to Unlock Your Silence

C.O.B.S. - Who is Maryam Smith- Hubbard and can you tell us about yourself?

Maryam Smith-Hubbard- Maryam Smith-Hubbard is a Community leader, Entrepreneur, Wife, Mother and Grandmother. I was raised and still resides in Southeast Jamaica Queens, I am determined to stay true to my Family, Business, and Community. I am an artist and more than likely whatever I puts my hands to I will turn it into a masterpiece. Lastly, I know that I was born to be a WORLD CHANGER.

C.O.B.S. - Can you tell us about your organization - The Keys to Unlock Your Silence?

Maryam Smith-Hubbard- The Key to Unlock your Silence Inc., is a non-profit (501c3) organization. Our mission is to service victims across the nations in whatever abuse they find themselves in. To provide the Keys, (hope, freedom, self-love, wholeness, awareness, a voice) and resources to go from being a victim to becoming Victorious. Helping survivors know that there is abundant life to be lived after the abuse.

C.O.B.S. - Can you share with us how your business came about?

Maryam Smith-Hubbard- My business was birthed out of my own pain and struggles with speaking about all the abuse that I had endured while in the hands of people that were supposed to love and protect me. I knew that my voice was powerful, however, I had to figure out a way to unlock my silence. I was doing just as much harm to myself as my abusers had done to me by keeping silent. I knew one of my assignments were to speak about my abuse and that would allow others to unlock their silence. Healing takes place when you utilize your sound about what has happened to you as a victim. My goal was to help victims understand just how important it was for them to unlock their silence.

C.O.B.S. - What was your hardest struggle in starting this business?



Maryam Smith-Hubbard- While I have encountered many struggles starting this organization, my consistency I would have to say has been the most challenging. I had to deal with facing my pain, so often in the black community family, we are prone to secrets. I had to prepare myself for those family members that would stop speaking to me because I no longer chose to carry a generational secret. I had to accept and understand that some family's members do not care to understand the history of abuse, yet they judge. A lot of people would rather not touch this subject and here I am stand exercising my voice to speak out that abuse is not ok. In my discouragement I found God that gave me courage to be a voice for those who continue to remain silent. All of what I have endured is a major part of who God called me to be and he gave me the Keys to do it. I am fully determined, persuaded, and motivated to never put down the cross God gave me to carry for his victims.

C.O.B.S. - Who were your mentors and how important are they in your life?

Maryam Smith-Hubbard- My husband has been the closest person to me as a mentor. He has helped me realize that my contribution to this world is greatly needed. My husband allowed me to see who I am through his eyes and the eyes of the Lord. The bible says in Ephesians 5:23 However, let each one of you love his wife as himself, and let the wife see that she respects her husband. My husband motivated me to be unstoppable. My faith is activated, and I am stepping out onto uncertain waters by faith. God has blessed me a partner that prays and pray me through.

C.O.B.S. - Has COVID changed your daily operations of your business?

Maryam Smith-Hubbard- Although, COVID-19 had a direct negative impact globally, it was an eye opener for me to birth my organization The Keys to Unlock your Silence. This was an opportunity to work on two other business that my husband and I worked together on. The Royal Palace LLC., in which we are in search for a location and The Royal Hub a family catering business that has really been doing great since COVID. We are truly the food motivators and when we cook our mission is to make your heart stay healthy and bless your stomach with satisfaction. We are looking forward to all open doors that the Lord is blessing us with.

C.O.B.S. - What have you discovered are your strengths and weakness of having your own business?

Maryam Smith-Hubbard- Having started this non-profit, I

realized I was more courageous than I had been giving myself credit for. I think about all the women that allowed their voices to physically die with them because they never had anyone encouraging them to use their voices to empower others. One of my weaknesses is that every day I am working on understanding who I am becoming. I am not superwoman, and I must embrace becoming better at delegating work. I am a perfectionist and I want to make sure things are done in the spirit of excellence.

C.O.B.S. - What advice would you offer other entrepreneurs about starting their own business?

Maryam Smith-Hubbard- There are going to be days that you literally want to throw in the towel, but you cannot. You must stay focus, fuel your drive and be determine about your dreams. It is necessary to fail because you will discover more from your fall than your stand. What you think is your worst days is your greatest days because you must dig deep inside of you and pull out that hope that you may have forgotten about. An affirmation I always say to myself every now and again, "I was created on purpose for a purpose."

C.O.B.S. - Can you share with our reader's one life changing moment that you personally experienced on this journey?

Maryam Smith-Hubbard- On this journey I realized that I deserved true love, where I would be honored and respected. Allowing God to bless me with his desires for my life, with all the traumatic experiences life threw at me, I remained hopeful that one day I would get all that God intended for me to have. Learning to trust the process when I could not trust nothing else. Accepting the man God had for me to help me further along this journey has been amazing. I used to think that I was beyond repaired, I deemed myself as damaged goods. God had a plan all along and I just needed to go with the flow.



C.O.B.S- How can our reader find you? Please share your information with us.

Maryam Smith-Hubbard

Email: unlockursilence@gmail.com,

Instagram: @Unlockursilence, @theroyalhub_1

Website: www.TheKeystoUnlockyourSilence.org

Facebook: The Keys to Unlock your Silence.

MAKAYLA SYDNEY

CEO/FOUNDER OF COOKIE CREATIONS



C.O.B.S- Can you share with our readers a little bit about yourself and the name of your business?

Makayla Sydney- I want to say thank you for the opportunity to be part of your magazine. My name is Makayla Sydney I am 11 years old and in the 6th grade. I enjoy drawing, painting, writing, modeling, shopping, and playing Roblox. My business is called Cookie Creations. Our products consist of hoodies, sweatshirts, t-shirts, tote bags and gift sets. Cookie

Creations creates all our designs, and we also take personal customization orders as well.

C.O.B.S - What inspired you to start your own business?

Makayla Sydney- I always saw myself as an entrepreneur. When I was younger, I always did lemonade stands and I used to sell my paintings. During the pandemic, I have spent a lot of time drawing and sketching out different designs. While sketching one day I created a design and thought to myself this design would look great on a shirt.

After that I began researching how to start my own t-shirt business and Cookie Creations was created. I liked the aspect of making money for something I created but I also wanted to show others that even if your 5 or 55 you can make your dreams come true.

C.O.B.S - What is favorite part about what you do?

Makayla Sydney - My favorite part of what I do is creating the designs. I enjoy having freedom of expression to see what I would like to see on my customers.

C.O.B.S - What advice could you offer young entrepreneurs like yourself that want to start you are their own businesses?

Makayla Sydney-The advice I would offer to young entrepreneurs like myself would be to do what you are interested in doing not what everyone else is doing. You must want it and be willing to stay focused on what you want to do. Write down your goals, it does not matter how small or big they are. Seeing those words written down will make a difference and surround yourself with a positive support system.

C.O.B.S - Has COVID been a challenge for your business?

Makayla Sydney-I would



have to say COVID was not a challenge for my business. COVID gave me the opportunity to start Cookie Creations as well as reflect on exactly what I wanted my business to look like. I had time and creativity on my side.

C.O.B.S - This question is for you Mom. Do you get inspired by your daughters drive and willingness? How proud are you of her?

Nyasha Babb (mom) - It is inspiring to see Makayla’s drive when she puts her mind to something. Her drive pushes me to get things done even when I am tired. Makayla has always been the type of child to know what she wants. She always comes with her research and ideas ready. Her willingness to donate and be a blessing to others is amazing. It is important for me to

continue to encourage and support her. I am super proud of her and blessed to be her mom.

C.O.B.S - What is one statement you would like our readers to walk away with?

Makayla Sydney- The statement I would like your readers to walk away with is you are never too young to start your own business.

C.O.B.S - Can you please share how people can find you? Please share your information.

Makayla Sydney- You can find me on social media, through my website or email.

Instagram: shop_cookiecreations

Facebook: Cookie Creations

Email: shop.cookiecreations@gmail.com

Website: www.shopcookiecreations.com



“The advice I would offer to young entrepreneurs like myself would be to do what you are interested in doing not what everyone else is doing.”

International Gospel Artist

TERRI CANN

C.O.B.S. - Can you share with our readers who is Terri Cann and tell us about yourself?

Terri Cann - I am an international gospel recording artist, Psalmist, actress, writer, fashion designer, entrepreneur, wife, mother, and Kingdom builder. I am a Jesus freak and worship feen!

C.O.B.S. - We understand that you have implemented your non-profit organization. Can you tell us about it?

Terri Cann - Yes, I am the Founder & Director of the Arts Empowerment Group, Inc. where we provide arts training & empowerment sessions for schools that lack them. We provide a wide variety of classes from young women/ men empowerment to dance, fashion, cosmetology, and more.

C.O.B.S. - How did you get introduced to music? Who are your singing inspirations?

Terri Cann - I acquired an interest in singing professionally when I obtained a record deal offer at the age of 19. I was more so interested in acting, but I thought if someone thought I was good enough for a record deal, maybe I should take this seriously. Even though the deal fell through I felt God calling me to pursue it. My inspirations are Mercy Chinwo, Sonnie Badu, Kierra Sheard, Israel Houghton, and Naomi Raine.

C.O.B.S. - We understand your husband has his own filming company. How has that been an influence on for your career?



Terri Cann - Yes, Vigil Multimedia Company. It has been a benefit to my career. From the time we met, my husband has been the one that filmed and directed all my music videos and web series. I believe it was a match made in heaven. My husband does more than film and direct my videos, we are a team, and we assist and support each other's visions. We are what you call a creative team.

C.O.B.S. - What genre would you consider your music contemporary, gospel or other?

Terri Cann - My genre is "afro praise & worship"

C.O.B.S. - With all the titles you hold as a wife, mother, teacher, artist, and director how do you find balance?

Terri Cann - It is SO hard! However, I had to learn the hard way that I can only attack one venture at a time, therefore, I do not neglect my husband or children. When keeping a very hectic schedule, my goal is family is first. There are times that I must reschedule my meetings because my family comes first before everything else. There are times when I do feel overwhelmed, that is when I realize that it's time to stop and regroup.

C.O.B.S. - What do you feel is the best song you have ever released and why?

Terri Cann - Medaw'ase! I love that song. Medaw'ase means "Thank You" in the West African dialect of Twi. I heard that beat and the words just poured out. It is my anthem of Thanksgiving to God and I am beyond grateful to everything that He has done for me and who He is in my life.

C.O.B.S. - Who would you most like to collaborate with if ever given the opportunity?

Terri Cann - Kierra Sheard, Mercy Chinwo, Tye Tribett, and Sinach for right now.

C.O.B.S. - Can you please share with our readers how to connect with you?

Terri Cann- Absolutely

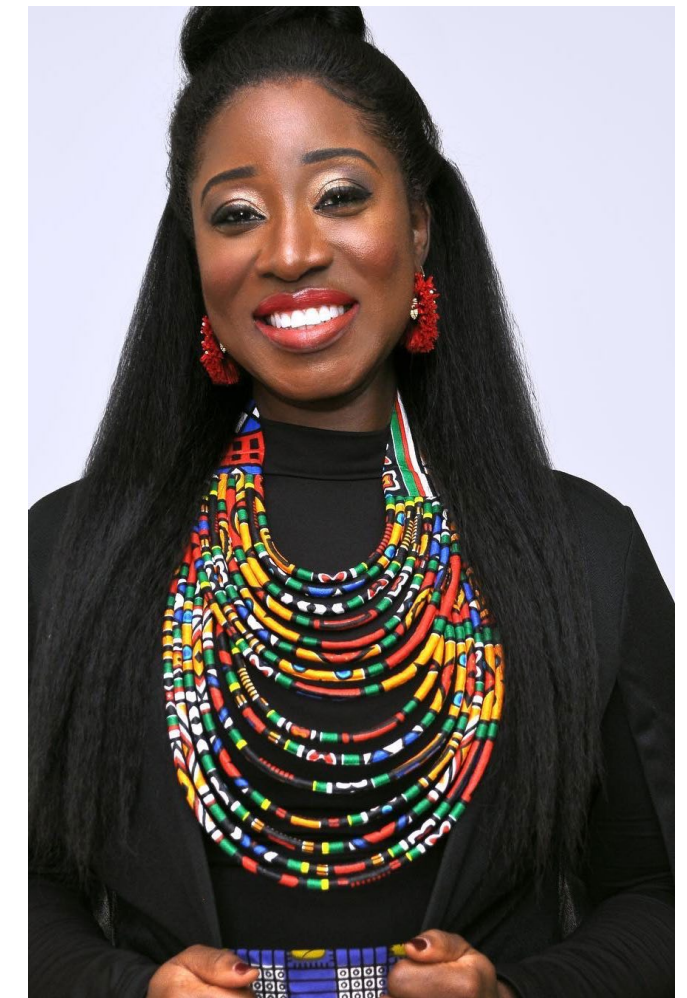
My Social media handles are:

IG: @terriscannmusic

FB: Terri Cann Music

Twitter: @terriscann

Website: www.terriscann.com



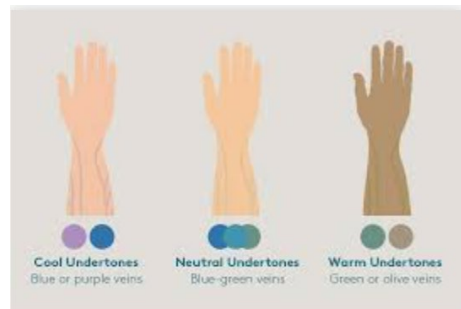
"However, I had to learn the hard way that I can only attack one venture at a time, therefore, I do not neglect my husband or children."

Talk beauty

TINIKA THOMAS

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

Getting the Right Foundation Color:



The most popular question I am asked, is how do I pick the right foundation for my skin tone?. My response is simple, regardless to what you have seen in print and television, no one has flawless skin. This is where the power of a flawless foundation can create a canvas for the rest of your makeup look. Matching the foundation to your skin is key because you never want to chose a foundation that is too light or too dark. Your undertone of your skin plays a major role in choosing the right foundation. Undertones are categorized by warm, cool or neutral. Please review the chart below to see how determine your foundation color:

The colors of your skin and undertones can help you find the best foundation. I understand women of color often have the

hardest time because of the lack of products made for our tones however, the market is making continous changes towards producing foundations geared towards our skin tones Another suggestion I often share with my readers, if you can go to your local Sephora or Macy's make-up station they will do a skin match for you. The make-up consultant will advise you on the exact shade of foundation that works for your skin tone. With that information you can go to your local beauty store outlets and match that shade.

Applying Your Foundation Tip



I am going to share how applying basic strokes for blending your foundation to give you that flawless end result. Now wheth-



er you applying a liquid or stick foundation you want to start from the center put small dot all over your face (see picture). Then you are going to use simple buffing foundation brush (see picture) and begin buffing in that foundation in a circular motion. Continue that circular motion until its blended well and evenly across your entire face. Your end result should be a flawless look that will last all day. Finish your looking with a setting powder. The goal is always enhance your natural beauty rather than cover it up unnaturally.

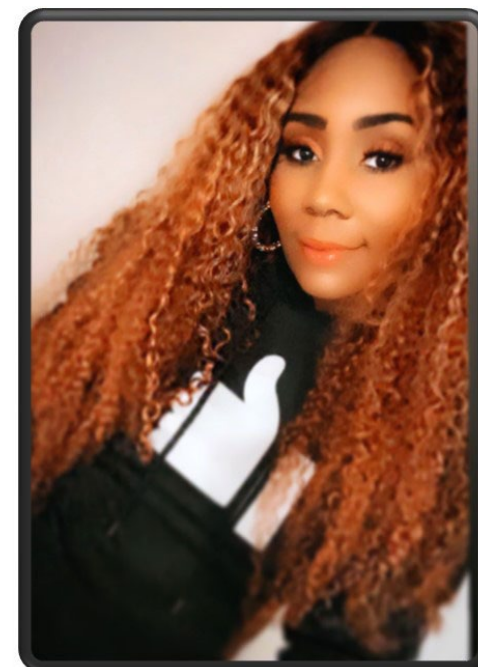
Elf Buffing Foundation Brush-\$6.00

"Be Your Own Kind of Beautiful"



Nisha's 101 Hair Care Tips! for Wig Care!

Hello my beauties, if you are a wig lover like me than you already know the wig game is a life changer. Wigs are versatile and easy to maintain with proper care. I am sharing some of my tips and tricks to keep a long-lasting wig.



Wig care Tips and Tricks

Silicon Mix Conditioner



I highly recommend this conditioner especially when it comes to wig repair. A little goes a long way, when you feel your wig getting tangle or losing its lustier. You can apply silicon mix onto your wig and allow it to sit just a few hours/ day and rinse out. This product will bring back the shine and moisture. This prefect for all wigs textures.

OGX Moroccan Curling Perfection Defining



This product works for any curl pattern wig – if you like define curls without frizzing this will give you beautiful volume and hold. Add a little bit of H2O on your hair and rub the product all throughout the wig. You can let the hair air dry or defuse for great end results.

Detangling Brush



Most have in order to detangle your wig or curl defining shape.

Ebin's tinted lace spray



This product is great for giving a realistic sculp blend on your lace wig. If you are not a fan of bleaching your knots maybe consider using a tinted spray such as this one.

Ebins lace glue



I used this product when I need my wigs tact down. This glue dry super fact and leaves no shiny mark or white residue.

Olu Alli

CEO/FOUNDER OF OORE CLOTHING

C.O.B.S. -Who Is Olu Alli, tell us about yourself?

Olu Alli - First and foremost thank you for the opportunity to be part of your magazine. I am a Nigerian man of Christian faith. I am a husband, an entrepreneur, designer, investor, and a college student at Nyack College.

C.O.B.S. - Tell us about your OORE Clothing line, how did it come about? How long have you been in business?

Olu Alli - OORE originates from the story of Joseph in the bible. Joseph was a dreamer, thinker, visionary, most importantly he was favored by his father Jacob. When Jacob had given Joseph the cloak of many colors, he went to go show it off to his brothers. However, that furthered their envy towards him. All Jacob wanted was the acceptance of his brothers, he wanted to fit in but the favor over his life did not permit him too. His mind, the dreams, and the cloak of many colors, all conveyed the unmerited favor and grace over his life. In which, OORE, in my native dialect of Yoruba means, Unmerited Favor or Grace. "The Colors of favor."

C.O.B.S.-What is your inspiration behind your designs?

Olu Alli - The inspiration behind the designs is many colors. We all are favored by color and its imperative that we express it.

C.O.B.S. - What was your hardest struggle in starting this business?

Olu Alli - The hardest struggle in starting this business was the lack of encouragement and support. During the inception of OORE I was going through a rough time with my family and struggled with believing that this would come to fruition.

C.O.B.S- As newly married young man what role does your wife play in OORE Clothing?

Olu Alli - My wife (NTeajiedd a.k.a Natea) has played an essential part of getting OORE started and the continuity of the brand. She has been very honest with my short comings and has challenged me in remaining integral with component of the business.



C.O.B.S. - Who are your mentors and how important are their examples to your success?

Olu Alli - My mentor is my Bishop Designated-Elect Courtney Bradley. He exemplifies what it means to be vested into something larger than yourself. I do not have many mentors but there are great people in my life that I am in consistent interaction with that have played key roles to my success. My wife, both my biological parents and my Jersey family. Lastly, my classmates at NYACK college.

C.O.B.S. - As a Young Black Male Entrepreneur what do you consider your superpower to be?

Olu Alli - My superpower is strength and love, all the things that were sent to destroy me only made me stronger and to love myself even the more.

C.O.B.S. - What words of advice would you give young black men on how to start their business?

Olu Alli - I would advise any young black men wanting to start or already starting a business to first acknowledge that the product is you. It is imperative to make sure that you (black men) are surrounding yourselves with people or things (education) that will ultimately bring the best product out of you.

C.O.B.S. - Has the pandemic effected your company and if so, how did you rise above it?

Olu Alli - The pandemic has caused my business to flourish more than ever. I have been forced to think outside of the box and every day I am thankful to God that he has given me eclectic designs during these tumultuous times.

C.O.B.S. - What is your purpose or goal in life for OORE Clothing?

Olu Alli - My purpose in life is inspire young black men that just because we grew up in bad environment does not define us as being bad. We have to stop being a product of environment and the product to shape and change the world through the greater good. No matter what has happened greater is the end of a thing than the beginning.

C.O.B.S. - Can you share with our readers how they can in touch you? Can you please provide your information?

Olu Alli - Yes, they can follow us at

FB

facebook.com/ooreclothing

IG

[Instagram.com/oore_couture](https://instagram.com/oore_couture)

Email:

oore.clothing@gmail.com



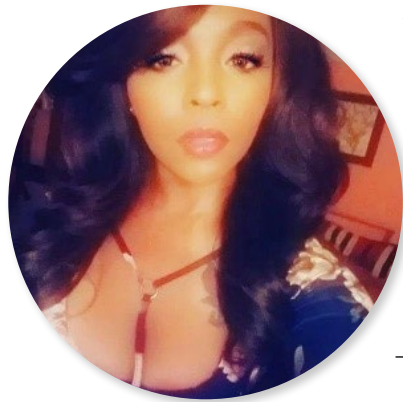
"I would advise any young black men wanting to start or already starting a business to first acknowledge that the product is you."



Tricks and Tips to Stay Fit

Let's Werk it Out!

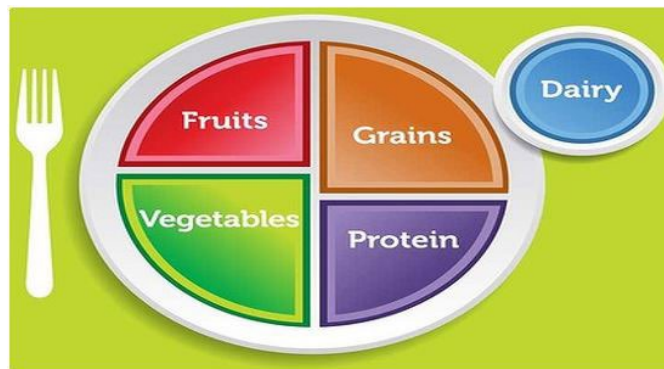
BY ARIELLE PERSHAY



Hello readers! My name is Arielle, and I am back to share some more great tips on how to stay fit without going to the gym. In this article I am going focus more on cardio, tightening muscles, and most importantly Nutrition. Are you ready to stay fit all Year long? Let's Go!

Step 1

Nutritionist food to keep our inside good



I can admit I love junk food. Who does not? We can still splurge a little, but not too much.

It is especially important that we eat three meals a day and snack in between. Instead of the beacon, eggs, cheese on a croissant (which by the way I am guilty of this choice at times) try to switch it up. You can order the same thing without the croissant.

Some food we eat can be heavy meaning which leave us feeling sleepy and ready for a nap.

The example photo shows the right food we need in our body to keep our energy up and healthy.

I want to add in one more tip, drink plenty of water. Water is so good to our bodies. Our bodies use water in all cells. For example. Organs and tissues help regulate temperature and maintain bodily fluids. Although some may dislike the taste of water. I would say start small with a cup of water, then gradually drink a bottle.

Step 2

Cardio. Let's get Sweaty



As Usher would say "let it burn, let it burn."

Adding cardio to your work is the most important and effective way to lose weight. Why? Let me break it down for you.

- Increase heart rate to burn more calories.
- Strengthens your lungs and heart.
- It burns off a lot of fat.

If you have medical conditions start with a light cardio which are:

- Walking
- Light jogging
- Biking
- Squats

Dancing is an awesome way to do cardio and keeps the muscles tight.

Disclaimer! You do not have to be a professional dancer. You can go on YouTube. YouTube have Zumba work outs, hip hop etc. Turn on the music and just move.

Step 3

Body Muscles Work Outs Keep it tight and right!



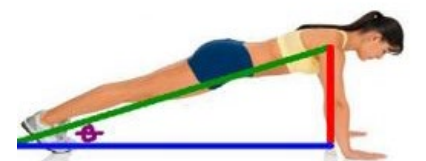
It is especially important to work out your muscles. Why? Let me break it down.

- They become stronger.
- Strong muscles support your joint and help prevent injuries.
- Building muscles will help you burn calories and maintain a healthy weight.
- Strong muscles give stability and improve balance.

You do not need weights to work out the muscles. Below are some easy tips to work out muscles without going to the gym or using weights.

- Squats
- Burpees
- Clap jacks
- Push ups
- Planks

My favorite work out to do is squats. 20 minutes a day is all you need. You can try any one of the 5 choices. Here are some examples below of the 5 work outs.



I hope this help you kick start your goal. It is especially important that we keep ourselves healthy. These 3 steps will get you in that right direction to the goal you want to reach. Thanks for reading!

Wisdom Speaks Real Men Do Talk!

By. Supreme Wilson

The Morals of a Black Father

- Accept responsibilities
- Provide emotional and spiritual guidance
- Understanding your reflection and position as head of the family
- Handle your obligation Blackman

Once your seed is planted into the earth your offspring is birth. Now you must be accountable and responsible to your child. This child is now a reflection of you and your own ethical upbringings. The goal is to ultimately be the best man to your child. If you grew up in a fatherless home, you may want to ensure that you provide what you did not see or have as a child. Most importantly be the role model not just an image of what a good black father looks like. Too often generational curses fall from one male to another, and at some point, the cycle and curse must be broken.

As a Blackman, this world is not designed for any of us to have an easy life, the system is designed for us to fail. We as men, fathers, brothers, and sons must man up and take ownership to stop failing a system that is failing us. We MUST do better in terms of managing our emotions. Our frustration with life can be so obvious at times that it takes root in our actions and behavior. We must be mindful as fathers that our children are watching us. We must stop and think why the mother is raising the child by herself and take accountability. With accountability it should produce action that we wake up and reform our families.



Let this Father's Day reflect what is important in life which is love and family. Make wise decisions when it comes to being a strong presence in the life of our children. To the Kings out there be a reflection in what you wished your father should have been to you and be that to your child.

Happy Father's Day
Supreme Wilson

Remembering REAL LOVE

By: Contributing Writer
WALTER TUT JOHNSON

When it come to the topic of LOVE there are so many people attempting to flirt with the WORD yet dodging the true essence of Love. Love is the purest and most powerful level of self-achievement.

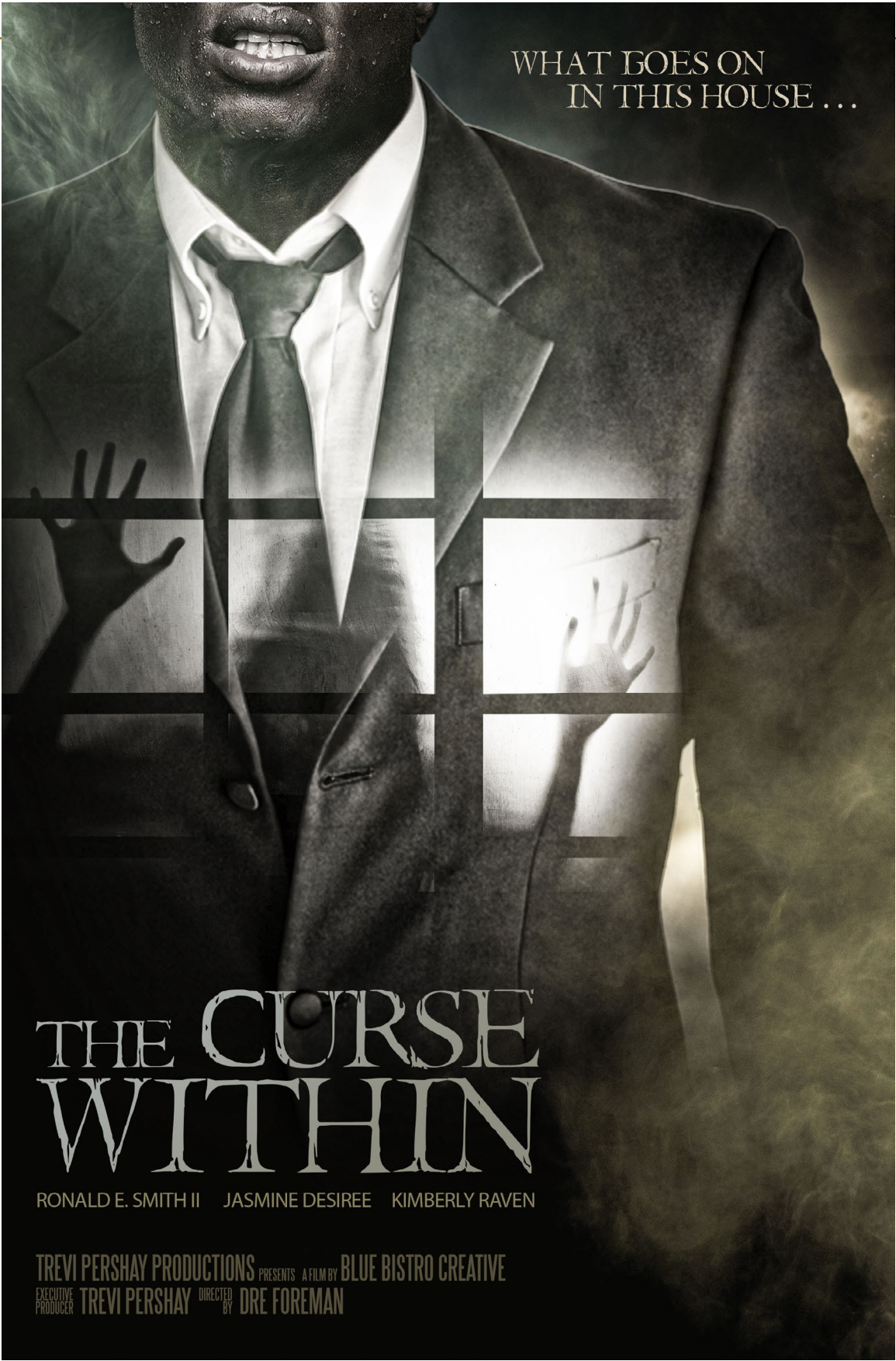
Love is so potent that it can bring forth the best out of the worst situations, even under the most dreadful circumstances. There is a reason why Love is equated with GOD, just as the Creator is a healer, giver of light, and life. Love is the blessing that is given to humanity, and when it is used appropriately, it will allow you to navigate through the many disappointments in life spiritually unscathed. Love is a spiritual force that armors the mental, emotional, and physical faculties of those that exercise it wisely.

When I was growing up, I often enjoyed listening to songs that always emphasized that Love could get us over every hurdle, pain, abandonment and especially on a two-way street. Songs like for the Love of Money – told us how people would hurt us in their greed, Backstabbers warned us about people that smile in our face was out to hurt us. However, when Lenny Williams wrote the song Cause I love you, we called that the make-up and baby making music. It brought couples together just by the message cause.... I love you. Simply yet powerful words.

When you are in love make sure that the other person is emotionally compatible with you, and capable of giving you what they are receiving. Remember love is a two-way street, be alert when it comes to loving someone that loves like a highway. What do I mean? It simply means, that highways are remarkably busy so make sure your partner is not too busy to love on you. Love is not blind...its see's and recognizes anything that does not compliment it. It is your duty to recognize a fraud disguising themselves and trying to use manipulation to trap you emotionally.

What do I think about Black Love? Black Love is beautiful! Black Love is powerful! Black love is also complicated, why? When there are emotional and mental elements that are invited into the relationship, it's not going to work. Look at love from this perspective; if Love was worn by lovers it provides the same manner that people would dress on a cold winter day, to be layered and protected. The bible says love covers a multitude of sin 1 Peter 4:8, too bad people do not forgive in the name of love.

Lastly, love yourself enough that you would not allow someone to mistreat you. Never be desperate for love be on the watch for it. The same way you watch your food is the same way you watch how someone loves you. You would never eat anything that will hurt you so why love someone who will.



WHAT GOES ON
IN THIS HOUSE ...

THE CURSE WITHIN

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EXECUTIVE PRODUCER TREVI PERSHAY DIRECTED BY DRE FOREMAN

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