

DECEMBER 2022 ISSUE | VOLUME 10 | U.S. \$3.50

C.O.B.S

CIRCLE OF
Boss SISTERS

ARTIST CORNER

Meet Belle London

KING'S COURT

Meet Eric E.R. Allen Jr.
Owner of Peazys Unisex Shop

WOMEN WERK

Meet Dr. Rachel Laryea
Founder of Kelewele

AUTHOR'S CORNER

Meet Frances Pean
Finding My Way Home

QUEEN'S COURT

Meet Zollyann Howell
Founder & CEO of Books by Zee,
Bae & Co. Gives Back and ZAM
Learning Academy

FASHION CORNER

Meet Helene T. Delince &
Stephanie Vincent
Founders of The Fitting Curve™

WOMEN INNOVATORS

Meet Model Tyresha Mckenzie

Meet Sunshine Foss

CEO/Founder of Happy Cork

Alisa
Bowens-Mercado

Founder & CEO of Rhythm Brewing Company



DR. TREVI BOOKER PERSHAY

HAPPY HOLIDAYS FROM
THE C.O.B.S FAMILY TO YOURS

Here we are whining down to the end of the year and now our focus is on our promises for 2023. I decided that I was going to break tradition and get a jump start on now rather than later. My personality must always do things in order and at the same time I just don't seem to fit in. My Bishop Clearance Keaton (deceased) shared his food for thought He said daughter, "creative people are those who are prone to think outside of a box. The reason why they can think outside of a box is that they generally don't fit in a box, to begin with".

OUT-OF-THE-BOX THINKERS

What is the purpose of a box? 1. countable noun. A box is a square or rectangular container with hard or stiff sides. Boxes often have lids. (According to Collins English Dictionary). Note that boxes have lids, and the purpose of the lids is to keep things contained. Be careful of pursuing your dreams through a boxing perspective. If your box has a lid, it prevents you from pushing out what's inside of you.

When you are an out-of-the-box thinker, there can never be any lids to contain what is inside. When I started in ministry and business it was in a box. As I stretched in business and ministry, I stayed in connection with innovators, world changers, and those who define the odds.

People who think outside the box surround themselves with people and subjects that are outside their area of expertise. This exposes them to new perspectives and ways of doing things that they would not have come to alone. It will also ensure that you avoid shortsightedness (<https://us.experteer.com/magazine/why-managers-benefit-from-thinking-outside-the-box/#:~:text=Curiosity,ensure%20that%20you%20avoid%20short-sightedness.>)

DECEMBER 1ST – MAKE IT YOUR NEW YEAR

Why wait until the countdown with millions of other people making a promise for a new year that's coming in. Make your declaration early now and start building that business, or go back to school, or whatever your heart desires. Listen, do it while you're alive, do it in fear, do it with no money but do it your plans in faith. Partner with mentors who are out there making things happen and let it rub off on you. It's time to use the box for storage of things but not your dreams.

If you have a story and want to appear in our magazine, email us at cobsmagazine2@gmail.com.

Best Wishes,



Dr. Trevi Pershay

Dr. Trevi Booker Pershay

COAGULATED THOUGHTS

WRITTEN BY LADY GENESIS



Answers that are so simplistic
Are the most complicated

Hallucinations may be
snippets of the truth
that reality hides

Fairytales
thoughts of happy endings
have been conformed
to be viewed as false

But what if they were true

Sort of like the feelings
You wouldn't dare to share
For the fear of the minor no

Rejection is like an
ongoing erection
In the wrong direction
no matter how u put it
It hurts

Hurts
Are the things that circulate
The outskirts of hearts
That we cannot seem to let go
So the no's create a wall too high
for love to crawl over

We'd rather walk around drunk
because if sober
The NO becomes our reality
Followed by waves of calamity
That may lead to insanity

Another shot, please!

Splicing reality with my fantasy
So that I can live day-to-day

chasing dreams
That end with me falling
Hitting the bottom b4 I awake

There's hope as I comb
through the tears
hardened like jello
but Bill Cosby isn't here
Hello
to fill me with family values
and hopes

That essentially to my ear
sound like a love
That's disappeared

Dusse is my crack cocaine
To the pain that reigns
With a crown lathered in
rubies filled with inequity

Reality is sickening
Fantasies I prefer
Oh, how I love dreaming

Where was the
reality of freedom
When the Hutu rebel
took the Tutsi's child
future in the blink of an eye

Where was the
reality of a hero
When the ones
that were supposed to protect us
Became the murderers less want-
ed
with legal guns
pointed at our midnights' cry

That reality was supposed to shift

When dear Martin lost his grip
Just for his dream to come true

Yet our dreams fade away
As we are led into Covid submis-
sion
By governmental figures
To push play so they can convey
Their fantasies upon us

And yet no one stands up for life

Very little cry out for Christ

Truth has become like the African
child
you watched on old BET at 1 am
Though money is sent
Disintegration is evident

Even with all the evidence
Many will remain silent
The will to fight has been rejected
What if we fight

Fight for what we dream

I dare you to let the
fantasies in your reality
Speak
So that the generation to come
will have a VOICE.

MEET THE C.O.B.S. TEAM



Trevi Booker Pershay - Editor-N-Chief

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

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Tinika Thomas Co-Editor-N-Chief/Beauty Editor

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

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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 the Artistic Director of PDM Performing Arts as well as a 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 an investment company as well as she is Sound & Stage Manager for Trevi Pershay Productions Inc.

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Abdullah Khan Aka gfxmentor606 Designing & Magazine Layout Director

Abdullah Khan is Computer Engineer, Adobe Certified Graphics Designer, TOP-RATED Freelancer, Designing and Magazine Layout Director of C.O.B.S. - Circle of Boss Sisters, Founder and CEO of Software House, worked with Multinational Companies i.e. Adobe, McDonalds, Forbes and now Providing Services all over the world.

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Danielle Durham

Danielle Durham is a New York City native who is an author, spoken word artist, and life coach. According to those who know her, her pen is her most loyal companion. On Instagram, she's known as the "hope dealer" because she believes that it is her life's goal is to spread hope that will awaken the world's answers by any means necessary.

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Rosemarie Berghout - Newsletter Editor

A native of Brooklyn, NY, Rosemarie Berghout is the Chief Executive Officer of Fresh Grounds Inc., a non-profit organization that provides community resources throughout metro Atlanta. Rosemarie is also the co-founder of R&R Exp. Productions, providing entertainment platforms for local artists in Atlanta, GA. as well as providing a social networking vehicle for an array of spotlight and fundraising events. With a passion for creativity and expressive writing, Rosemarie created her first newsletter publication for her home church in Brooklyn, NY and after relocating to Dacula, GA., she continued publishing newsletters for a local church in Atlanta, GA. as well as providing other social media and event publications for various professional clientele.

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Class of 2022

I UNDERSTOOD THE ASSIGNMENT

DR. TREVI BOOKER-PERSHAY



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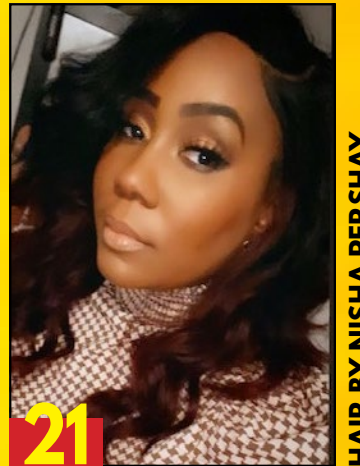
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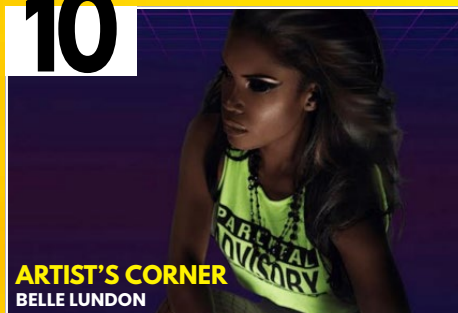
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ALISA BOWENS-MERCADO

MEET FOUNDER AND CEO OF RHYTHM BREWING CO.

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S Magazine. We are super excited to be speaking to entrepreneur philanthropist Alisa Bowens-Mercado. Known as "Lady Lager" she has made history by becoming the first African-American woman-owned beer brand in the state of Connecticut. Alisa is dedicated to mentoring and paying it forward to entrepreneurs. Her motto is to build more tables to pull up more seats. We will be discussing her journey to success. Can you tell us about the women behind the brand?

ALISA BOWENS-MERCADO:

Thank you for this opportunity to tell our story. I grew up in CT with two very hard-working parents. My brother and I were fortunate to live in a suburb of New Haven that's where we learned the importance of work ethics, perseverance, and entrepreneurial spirit. I attended dance school at the age of three that's where my love for music, dance, and rhythm started. As the current owner of Alisa's House of Salsa, I know the importance of building community and opportunities.

C.O.B.S. MAGAZINE:

Can you tell us about your business Rhythm Brewing? Where did the name come from? What stimulated you to discover the world of the craft beer business in an already existing market? What sets you apart from other beer brands?

ALISA BOWENS-MERCADO:

Rhythm Brewing Company was inspired after attending a Beer festival in Cape Cod. We noticed that there were very few women representing the industry or people of color. After the trip, I began to research the beer industry and its culture. I quickly realized the beer industry had annual revenue of over \$114 billion, and women and people of color (African-Americans) were receiving less than 0.0005% of that annual revenue. That's when I decided if I'm going to drink it, I'm going to own it. We as people of color spend trillions of dollars annually on various industries, but how many of these businesses do we own? That's when I went on a mission to change the face of the industry.



C.O.B.S. MAGAZINE:

Labeled as the first African American woman to own your beer brand there must be a secret to your success. Can you give us three ingredients that have made your business successful? How important does the role of leadership play? What is your take on the ways to achieve long-term success?

ALISA BOWENS-MERCADO:

When you're the first of anything, you don't want to be the last. There is a responsibility that goes along with a position such as that. Three ingredients to business success:

1. Whatever you do make sure that while on your entrepreneurial journey, you open doors and mentor others. PRAYER is essential
2. Knowledge, make sure that you know everything about what business you're getting into the more you know, the more you will be equipped to make a difference.

3. Have a vision, have a clear vision. Know where you are going and don't stop till you get there. Perseverance is the key.

C.O.B.S. MAGAZINE:

Currently with the world suffering through a recession what are some of the key factors you use to keep forging ahead and lost growth traction during such a difficult economy?

ALISA BOWENS-MERCADO:

We track financial trends and upside gross margin deficits. We take a slightly different approach and focus on "Brand Building" and where we can penetrate markets in the industry that will allow for financial gain.

C.O.B.S. MAGAZINE:

Were there any specific barriers that you had to overcome because of your gender or race? Were there moments when you wanted to give up? What keeps you motivated? What or who

sustains your drive?

ALISA BOWENS-MERCADO:

The on-set of launching the business, we faced the issues of obtaining access to capital, we had a clear vision and concept but had to rely on securing funding to make our dreams a reality. We realized that as African-American Women going into a white male-dominated industry, then we're going to be roadblocks on this entrepreneurial journey. The thought of giving up never crossed my mind, honestly. I have channeled my Grandmothers every step of the way on this mission (They were both Lager drinkers back in the 70s). They have both passed on, I receive my strength from them daily.

C.O.B.S. MAGAZINE:

Rhythm Brewing coming started in 2018 does it shock you the amount of progress that has been made over these few years? Even amid the pandemic where most businesses didn't survive?

ALISA BOWENS-MERCADO:

When we launched in 2018 we were on a mission. The love and support from family and friends made this grassroots effort possible. My Mother and I would go out on sales and she would say "Alisa we're not coming home until we have secure 10 Rhythm accounts". My husband would set up beer festivals and make sure that we were present and marketing the brand. The growth has been exponential and we see the amount of love that has gone into it. Amid the pandemic, we were able to connect with celebrities, our local and global beer communities, and National distribution houses. Post-pandemic the DNI culture had



legs and our business was in a great position to share the brand with a wider demographic.

C.O.B.S. MAGAZINE:

You are not only the owner of your beer company but, you have other businesses that you own. Can you please tell us about those businesses? What are your goals and missions for these particular businesses?

ALISA BOWENS-MERCADO:

I have been called a serial entrepreneur, and I humbly accept that title. I am also a professional salsa dancer I opened Alisa's House of Salsa in 2000. We are celebrating our 22nd year in business. Thousands of people have walked through our doors and enjoyed Latin dance lessons and dance socials. Just recently, I became co-owner of Rhythm Roasting Company based out of Connecticut. Our product line is currently being sold with 3 major Healthcare systems.

C.O.B.S. MAGAZINE:

As a serial entrepreneur what adjustments have you made to your personal and professional life to juggle these two roles? What advice can you offer to other entrepreneurs ready to jump into the world of entrepreneurship?

ALISA BOWENS-MERCADO:

As a serial entrepreneur I have adapted to balancing the personal and professional. You must take time to re-energize, and recharge the batteries. So it is not unlike me to shut my brain off and remove myself from the entrepreneurial world. Prayer is essential, a spa day, and for me turning on music and dancing around the house.



C.O.B.S. MAGAZINE:

I read in one of your interviews that you wanted to pull a bit of history into your brand and that your beer contains South African hops. Can you explain what this ingredient is and how it enhances the taste for the consumer?

ALISA BOWENS-MERCADO:

The South African hops are very special to me, not only do they enhance the taste of the beer, it is a reminder of the resilience of my ancestors and the tenacity and strength that they endured. With each sip, there is a taste of history.

C.O.B.S. MAGAZINE:

Where would like to see Rhythm Brewing Co. be at five years from now?

ALISA BOWENS-MERCADO:

I would like to see Rhythm Brewing Company products on every shelf and bar in America

C.O.B.S. MAGAZINE:

Here at COBS Magazine, we love to share daily affirmations. What is the daily affirmation? Can you please share your company website and your social media platforms for us to continue to follow? COBS wishes you continuous success.

ALISA BOWENS-MERCADO:

Thank you. My daily affirmation "When you walk in a room, and you are the only one that looks like you in the room, know that you're in the right room, that's where change happens"

www.rhythmbrewingco.com
IG: Rhythmbrewingco; Ladylager_1
FB: Rhythm Brewing Co



BELLE LUNDON

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine Artist's Corner. We are elated to have the pleasure of speaking to New Orleans native singer, songwriter, and actress Belle London. Belle is hoping to continue to create a lifestyle of integrity, success, and happiness. We will be discussing her journey to becoming the artist that she is today. Belle, can you give us a little insight into your upbringing?

BELLE LUNDON:

I am the youngest of three siblings and my parents have been married for 53 years. I spent half of my schooling in Houston, Texas because of my father's job transfer. During my upbringing in Houston, my mom would take me to acting & modeling class. When my family moved back to my hometown during high school, I continued my studies at the New Orleans Center for the Creative Arts. My parents were very supportive of my dreams from a young age. My love for music and film never faded, and my parents still believe in my success now.

C.O.B.S. MAGAZINE:

When did you discover your love for music? Once you discovered your love for music, is that moment you knew you wanted to become an artist? What genre of music would you categorize yourself? Who were your influencers?

BELLE LUNDON:

I discovered my love for music at the age of two. The pastor would hand me the microphone at the end of the church to sing a gospel song to close out the service. It was a tradition every Sunday for me to sing at the end of service; it is the reason I am never shy to sing in front of a crowd. Around the same age, I admired Raven Symone on The Cosby Show. After seeing an actress on television that was my age, I knew this was a career I wanted to pursue. My love for songwriting came shortly afterward because I always wanted to express my inner thoughts through lyrics. I particularly love to sing jazz, rhythm & blues, and pop music. Michael Jackson & Patty LaBelle influenced me most at a young age. Patty Labelle taught me the letter "X" on an episode of Sesame Street. In second grade, I would have my dad mail letters to Michael Jackson (I wonder if he ever read one.) I even wrote to MJ's music label, and the label (Epic Records) wrote back to me once. The label encouraged me to sing as much as possible and never stop singing if it is my passion.

C.O.B.S. MAGAZINE:

Can you tell us about your single Many Different Wayz and the story behind the song?

BELLE LUNDON:



One night I went out salsa dancing and whin up meeting someone who spoke several different languages. We danced the entire night! On our way home, I wrote the hook to Many Different Wayz on a napkin. I finished the entire song a few minutes later once I got home. The next day I met with my friend, Kalani (@Kalaniondabeat), to create the instrumental and record the song. Soon after, I filmed the music video with Kalani's partner, Carl (Frank'N'Land Studios) in the green room set up in the same building. The music video can be seen on YouTube and heard on all streaming platforms.

C.O.B.S. MAGAZINE:

In your bio, I read you tried out for American Idol. How was that journey and how did you get through the auditions?

BELLE LUNDON:

Sometimes I look back and wonder what would have happened if I continued my journey on American Idol. At that same time, that opportunity awarded me to book a television film for Lifetime Network television. I feel contests just aren't for me. My passion for music is not a game to me. I have been supporting myself since the age of 18, therefore, when I have to make choices, I have to choose gigs that are

going to pay me. Up until now, I have been doing everything on my own by paying for all my music videos and recording sessions on my dime, without any help from a manager or booking agent.

C.O.B.S. MAGAZINE:

You are not only a singer and songwriter but also an actress. Can you talk about your journey as an actress, and do you have any future projects that you are currently working on or will be released soon?

BELLE LUNDON:

I studied at the California Institute of the Arts in Valencia, CA. While I was there, I learned a lot about my vocal instrument, Shakespeare, Tai Chi, and the Stanislavsky method of acting. Immediately after Cal Arts, I attended the Sanford Meisner Center in Los Angeles. I also studied with many great acting coaches such as Ivana Chubbuck, Amy Lyndon, and most recently, Mark Tillman (who studied from Sanford Meisner himself!). My next film release will be with 20th Century Fox called, Other Side of Infinity. I would describe the film as a future cult classic. It is a very powerful film with timely messages on current topics and matters of today.

C.O.B.S. MAGAZINE:

The community tends to hate beautiful female artists. Have you experienced that type of hate and how do you deal with it? Do you ever get the wrong type of attention? How do deal with the negative energy that comes with being an artist? How much of a role do you feel social media plays?

BELLE LUNDON:

To be honest, I think because I'm so petite, people don't feel intimidated by me. I'm 5'1 and 107 lbs. I once hated my height because I wanted to model. Currently, size and shape no longer matter to me or in this industry as much. It's so great that people finally realize that beauty comes from all human forms. I think it's more important to know what you stand for! Besides, I currently model with some of the best photographers in Houston! Shout out to Rueben Stunner (@stunnerstudios) who shot my photos featured in this article. To answer your question about social media it's everything! Social media can be an avenue for good or evil. It can be used for hate speech or spreading positivity. I believe in kindness, health, wellness, and creating a better world for our youth. You never know what a person is going through and a simple act of lending an ear to someone can help improve someone's mental health. I also believe if we all contributed a little more, we could eradicate hunger in this world. We may not have the means to save the world, but smiles are always free.

C.O.B.S. MAGAZINE:

In 2020 one of the songs, you wrote and recorded won an award. Can you tell us what award you won and the name of the



song? Was this a game-changer for your career?

BELLE LUNDON:

I won a W.A.M. award in the best gospel song category. My Soul to Keep was originally written for a scene in a horror film. My past experiences in life have provided the caveat of emotions that I'm able to easily pull from place to place into my lyrics and acting roles.

C.O.B.S. MAGAZINE:

What is one of the greatest lessons that you have learned thus far? Who do you feel your greatest supporters have been through your journey? What is the best advice you have ever been given?

BELLE LUNDON:

I am still learning to this day. I think that is the beauty of life. Even though I know I inhibit certain habits or characteristics, I'm still learning who I am. Sometimes I often wonder if God has His favorites. Why wasn't I born a rich girl? Why am I not related to anyone in the industry? Why why why? I could go on and on with my questions. But the thing is, I have a beautiful life. I get to create without the pressures of having to please anyone. I have true relationships with people who love me now before fame and money. To me, I feel we are all like seeds in the soil. You can't necessarily see what God is doing because the roots all grow underneath the soil. Sometimes, there will be weeds that sprout around us. The weeds are things you cannot control such as gatekeepers, haters, nonbelievers, or even traumatic or unfortunate circumstances. When those bad experiences happen, we tend to want to pull out of the weeds. God wants us to have unwavering faith (or at least faith as big as a mustard seed). When we try to control or take matters into our own hands, we might just damage the roots by pulling out the weeds. You don't want to mess with God's plan. Instead, be patient. My greatest supporters are my parents. I've been advised to "keep going" or "stay tenacious" but the best advice I've gotten was from my parents who taught me to always "trust in the Lord" and believe in myself. It is the advice I try to live by daily.

C.O.B.S. MAGAZINE:

Can you share with our readers the value of strength it takes to be a female artist? What are you currently in the studio working on? Where does Bella see herself in the next 5 years?

BELLE LUNDON:

I believe strength comes from knowledge. Know your craft. I still rehearse every chance I get. I still take scene study classes and vocal lessons. I believe that your strength comes from the power of knowledge. I'm always in the studio continuously making new music. My next song called "More Remix" is based on the YouTube channel called "Soft White Underbelly", where I play a homeless addict. Soon after I will release another song called "Don't You", featuring two amazing artists JurnyV & DHayez (@



jurnyv and @never_change_hayes). Five years from now, I hope to eventually write, direct, and produce films. I want to travel the world, and I want to continue to be of service to others.

C.O.B.S. MAGAZINE:

Can you please share where your music is available for purchase as well as your social media platforms for our readers to stay connected with you and your journey? Thank you for your time and we wish you continuous success.

BELLE LUNDON:

First and foremost, thank you for taking the time to get to know me. I love what this magazine stands for. From the moment I was reached out by the magazine, I was referred to as a "Queen". To be called a queen is so beautiful. Your kindness and recognition are forever appreciated! My music can be found on all streaming platforms. Stay subscribed and connected because I have so much more music and films to come. Peace, love, and blessings to you all! Xoxo, Bel. Here is all my so more music & films to come. Peace, love, and blessings to you all! Xoxo, Bel.

IG: @BelleLondonOfficial
YouTube: YouTube.com/c/BelleLondon
Twitter: @Belle London
Facebook: Facebook.com/BelleLondonMusic
TikTok: @BelleLondon
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LinkedIn: BelleLondon
Sound Cloud: BelleLondon
IMDb: www.IMDb.me/BelleLondon
Spotify: https://open.spotify.com/artist/7tlOYhfBzYpVENQ9Fs5Qt2?si=eAxxnxaZQFKL0U0quYDLw

ZOLLYANN HOWELL

MEET FOUNDER AND CEO OF BOOKS BY ZEE, BAE & CO. GIVES BACK AND ZAM LEARNING ACADEMY

C.O.B.S. MAGAZINE:

In this month's section of Queen's Court, we have the pleasure of speaking to serial entrepreneur Zollyann Howell educator, author, and entrepreneur. Whatever journey or project Zollyann embarks on it definitely must touch her heart. Her passion lies in helping people. Can you please give us an overview of your background?

ZOLLYANN HOWELL:

I'm of Caribbean descent, so I was raised on the "work hard" mentality. For most of my early life, I spent my time working hard as a college student to get a degree, then working hard as a teacher for almost a decade, and let's not forget working hard as a parent. I kept working hard until it no longer worked for me. After receiving my Bachelor's in Communications from Saint Peter's University, instead of working in journalism, I chose to become an Educator. Being an educator opened me up to so many new experiences. It inspired me to pursue my lifelong dream of not only becoming an author but also opening up my learning center. Once I was able to accomplish those goals, I started going after every single dream that I had. Teaching was my job but serving was my passion and my business allowed me to be able to serve and pour back into my community.

C.O.B.S. MAGAZINE:

In 2019 you took a leap of faith to accomplish some goals. What were your scariest moments about taking such a risk? Were you afraid of taking that risk? What have you learned about being a risk-taker?

ZOLLYANN HOWELL:

Taking the leap of faith to accomplish some of my life goals was one of the most rewarding yet scariest feelings I've ever experienced. I had to rip the Band-Aid off and just go after my dreams. I decided to walk away from my teaching career to pursue entrepreneurship full-time. I made that decision because I felt as if it was not only the "right time" but because I wanted and I needed time to accomplish my dreams. Working full time at the moment was taking me away from accomplishing those things because it took up so much of my time physically and mentally. My situation was not ideal. Being a single parent and the sole provider of my household made that decision terrifying, but my faith was bigger than my fears. I knew I had children and family who depended on me, so I knew I had to make it work no matter what. I was extremely afraid of taking such a huge risk but because my mindset was focused on moving forward it allowed me to invigorate my plans and gave me the motivation to follow through until I was successful. I never want to have an excuse or regret it because I didn't "try". What I learned about being a risk taker is that it becomes a manual for learning. Had I not taken such a risk in life, I would never have been able to grow as a person and that is a scary phase in

life to be in. I strive to have a growth mindset. I truly believe that you must be willing to grow and embrace life changes to experience all that life has to offer, the good and the ugly. Each phase of your life is going to require you to take a risk to get to the next level.

C.O.B.S. MAGAZINE:

You have quite a few businesses for us to talk about and with all different purposes and goals. Can you give us a brief description of each of your business Books by Zee and Bae & Co. Gives Back and ZAM Learning Academy? What was the motivation behind each business? What are the similarities and what are the differences?

ZOLLYANN HOWELL:

My goal is to always make sure that everything I do in life or aspire to do in life is impactful or has some sort of purpose in the lives of others. What started as a community service project in college ignited my passion to want to do more to help women and children in need. So I did by starting my own Non-Profit called BAE & CO. Gives Back. I wanted to make sure that it remained a priority when I started my business Books by Zee and ZAM Learning Academy. Books by Zee is a bookstore consisting of books that I've published for both adults and children. Adults can purchase my books and use them as teaching tools to help inspire and motivate them to transform their mindset and elevate their life through confidence building and positive self-talk. We also carry a variety of Self-Love and Affirmation Children's Books and Journal for children of all ages as well. ZAM Learning Academy is a virtual online learning and enrichment platform for educators and parents. We provide many online resources and tools for homeschooling parents and educators. Our most popular program is our Virtual Preschool Program where children receive daily live lessons twice a week that include math, reading, phonics, music, art, and handwriting. Operating Books by Zee and ZAM Learning Academy has allowed me to kick start and fund my newest project, Zee's Virtual Library. Zee's Virtual Library is a free book gifting program for children across the country. My vision was to foster a love of reading among young children and their families by providing them with the gift of one of my children's books. I was able to expand the program to not only provide my own Independent Published books but books of all genres from different authors through donations and self-funding. As of today, the program has been able to provide over 1000 free brand-new high-quality books to children across the country to help promote reading and literacy.

C.O.B.S. MAGAZINE:

How did you put together your initial funds to start your own business? There is no how-to-manual so can share what are some of the



dos and don'ts that you have learned during this journey?

ZOLLYANN HOWELL:

When I first started my business I cashed out of my teacher's retirement and invested it into setting up my business. My credit was poor, so it was important for me to build business credit while I worked on fixing my credit so that I didn't have to keep dipping into my funds. I then started to acquire Vendor Accounts which I used to purchase office supplies and inventory for my businesses. Many vendors offered a net 30 or net 60 payment terms that were reported and helped me build my business credit. My business credit profile was the foundation of my business success because it allowed me to leverage my business credit and take my business to the next level by allowing me to lease a commercial space and acquire things like business credit trade lines, business credit cards, and business loans. I would encourage other entrepreneurs to make sure their business is not only set up legally but also encourage them to do lots of research and build their business credit. It's a game-changer! My biggest don't is DO NOT GIVE UP! Things may get difficult along the journey but stick with it and use every obstacle as a lesson to get better.

C.O.B.S. MAGAZINE:

What or who has been your greatest influence in business and why? How did that teach you how to develop good leadership skills?

ZOLLYANN HOWELL:

My greatest influence in business is social media. Social Media platforms have opened up the opportunity for me to be able to network and connect with other brands and individuals to help grow my businesses. Social media has also allowed me to connect with more customers and supporters, which helped to give my brands more exposure to people who I would normally not have access to across the country and in the world. Working and connecting with many of these individuals has given me some key insights on tools and resources I needed to help become a better entrepreneur.

C.O.B.S. MAGAZINE:

Let's not skip over the fact that you are a best-seller author on Amazon. Can you give us the name or names of the books that are Amazon's top sellers? Which one of those books is your favorite and why?

ZOLLYANN HOWELL:

Yes, it's insane that I've published my first two children's affirmation books "Why Do You Love Yourself?" and "Why Should I Love Myself?" at the beginning of the pandemic in 2020, and two years later people are continuing to enjoy these stories. Since then, these two books have been used in classrooms across the country to support students in Social Emotional Learning and both books have made the Amazon Best Sellers List. Both titles are my absolute favorite because I enjoy hearing parents and educators share their experiences with their kids about how much they've enjoyed reading these stories and how much it has inspired their kids to love and appreciate the qualities about themselves.

C.O.B.S. MAGAZINE:

What has been your greatest accomplishment to date? Which project has meant the most to you that you have the pleasure of being part of?

ZOLLYANN HOWELL:

As simple as this may sound, my biggest accomplishment thus far is my journey. Being able to accomplish all of these life goals and start my businesses has led me on a whirlwind journey of discovering my truest potential and my passion. I am grateful for that transformation and because of that transformation, I was able to heal, grow and thrive as a person. The project that has meant the most to me is Zee's Virtual Library. Zee's Virtual Library allows families all across the country to get access to high-quality, age-appropriate books at no cost. Being a parent and an educator, I'm big on ensuring that children have access to quality books and that children have a love for reading.

C.O.B.S. MAGAZINE:

Can you talk about your expanding work on your virtual learning academy ZAM Learning Academy? What is your vision and more importantly the contribution you are making to the community?

ZOLLYANN HOWELL:

I started ZAM Learning Academy directly after resigning from my career as a classroom teacher in January 2020. ZAM Learning

Academy first started as an in-home daycare where I had 3 children outside of my children whom I provided care to. Unfortunately, after a few months of investing every dime into starting the daycare, the pandemic happened, and all daycare centers and schools were closed for several months. The entire country was shut down due to the Covid-19 virus. I panicked a lot. After all, I then had to figure out what I was going to do next to get income because I had nothing. I had no job and no children enrolled in my daycare. I went back to the drawing board and decided to meet the needs of many of the families that started to communicate with me. I had a lot of past parents and families reaching out to me to tutor their children. So, I had the brilliant idea to turn my daycare into an online learning center and provide the services and resources that parents, and families needed virtually. I believe that all children need a loving environment where they can be creative, flourish, learn and grow and that has been my main vision for my learning center. I was able to not only go from tutoring students but to launching a virtual preschool program and later on expanding by creating a kindergarten Prep Program. The kindergarten prep program helps prepare students to enter Kindergarten through a curriculum that is standards-based and structured in a way that builds student confidence and scaffolds new skills. This allowed me to keep my business running and still acquire some kind of income while still serving my community and meeting the needs of families within my community and all across the country. My future goal for ZAM Learning Academy is to work on acquiring grants to help expand even larger to have our very first physical learning center by 2025.

C.O.B.S. MAGAZINE:

As a serial entrepreneur how do you equally prioritize the demands of your career and the demands of your personal life? What do the hardest days look like? What do the easiest days look like?

ZOLLYANN HOWELL:

Being a single mother of three children, while working full time as an educator and running your business full time can be exhausting and overwhelming. Being a business owner comes with obstacles and challenges every single day. Some days are better than others. But when you are intentional with

planning, those challenges become lessons and motivation to help you unlock your true potential and who you are as a person. I am big on accomplishing my goals and moving through my life from a place of balance. If I'm putting too much energy into one project, then something is getting neglected. So I try my best to plan time for every area of my life both personally and professionally to avoid burnout. When I feel like I need to pause or take a break, I do just that. I can't accomplish much if I'm burnt out so resting and finding time to take breaks is essential. Having a planner is essential. Everything in my life is planned out from doing laundry to working on my business. That way I'm intentional with my time and can prioritize the demands of life both professionally and personally. My hardest days typically include running around trying to meet deadlines or putting out fires when something goes wrong. An easy typically means I'm working smarter and not harder when all the systems that I've put in place are running seamlessly and I get to put more time into being a mom or catering to my personal needs. Some days are difficult, and some days are easy but on both days I'm grateful for the opportunity to have the freedom and flexibility to go after my dreams.

C.O.B.S. MAGAZINE:

What did you learn from the pandemic as a business owner?

ZOLLYANN HOWELL:

One of the biggest things I've learned from the pandemic as a business owner is to ensure that I have a business plan for my business. Having a legitimate business plan is crucial to the longevity of your brand. Starting a business is easy but running a business in this insanely over-saturated market, especially after a pandemic, is difficult. Self-promotion and social media will only take you so far. If you've created your business for longevity and not just to make a quick dollar then you need to plan your entire business around that. You need projections, you need to know your numbers, and you need to have systems put in place. You need to create a business plan.

C.O.B.S. MAGAZINE:

Can you offer a piece of advice that someone shared with you when you launched your businesses? Can you please share your website and social media handles for our readers to continue to follow you? Continuous success on your journey.

ZOLLYANN HOWELL:

It hurts to go after your dreams and it gets uncomfortable and that could be why so many people are afraid to go after their dreams. The best advice I would give is to decide what you want, make a plan, and work on it every single day. That's it. Do not give up on your potential.

Readers can connect with me on the following:

Website: www.zamlearningacademy.com
Website: www.booksbyzee.com
Website: <https://shopbaeandco.com/pages/giveback>
Instagram: @zoll_inreallife
Facebook: @zollyannhowell



ERIC E.R. ALLEN JR.

MEET OWNER OF PEAZY'S UNISEX SHOP

COBS MAGAZINE:

Welcome to COBS Magazine. It is our pleasure to be speaking to Queens's native Eric E.R. Allen who is a father, working actor, manager, songwriter, recording artist, and entrepreneur. Can you tell us a little bit about your background?

ERIC E.R. ALLEN JR.:

I was born and raised in Queen, NY. Growing up I went through quite a bit as a kid. I remember doing a lot of moving around as a kid. I remember going back and forth to my mom's house, my dad's house, and my grandmother's house. I remember taking a lot of trips, but we were also moving around which resulted in me attending many different schools. I grew quite accustomed to always starting over.

COBS MAGAZINE:

Let's talk about your business. Can you tell us about Peazy's Unisex Shop? What is your peak interest to open a shop? What is something unique we should know about your shop?

ERIC E.R. ALLEN JR.:

Sure. Peazy's Unisex shop is a modern-day unisex shop franchise. We firmly advocate for community and growth. We are all about learning and teaching within the community. I have a passion for cutting hair and want to share that same passion with my community.

COBS MAGAZINE:

Overall, has it been relatively smooth? If not, what were some of the struggles along the way?

ERIC E.R. ALLEN JR.:

Going into entrepreneurship is not always a smooth transition. In the beginning, it takes a lot of sacrifices and a lot of struggles to get your business started. You put out a lot more than you receive initially. There were long days and long nights. Finding barbers to occupy the spaces was the most challenging part for me. Gaining new customers can be a challenge sometimes but the location of Peazy's Unisex Shop helps with the fears of customers trying someone new.

COBS MAGAZINE:

What strategies do you use to develop customer loyalty and make sure your customers feel welcome?

ERIC E.R. ALLEN JR.:

One is the professionalism of the course. I

believe in always setting a great vibe with the shop. I give myself high standards when it comes to my craft. My barbers and I aspire to give everything we get for every single cut as well as the service provided. As I mentioned before we are all about family, and the children, and it starts by pouring into the communities.

COBS MAGAZINE:

Few relationships are as intimate as the one between a barber and their client. With your years of experience as a barber would you consider your unisex shop a sacred place? Please explain why?

ERIC E.R. ALLEN JR.:

Absolutely. This is the zone where we can still delegate and pitch our perspectives on many different scenarios. It is not unusual that some of the conversations turn into debates lol but, they are all friendly and passionate. I would consider many barbershops and beauty salons to be sacred for gossip, advice, laughter, and/or discussing everyday issues affecting the world.

COBS MAGAZINE:

In the present day we are witnessing men of color turning to more violence rather than figuring out their future. What made you resilient to the everyday pressures brought on by society targeted toward men of color?

ERIC E.R. ALLEN JR.:

I can relate to those individuals that are affected by these thoughtless reactions caused by temporary emotions which directly affect our children, mothers, sisters, aunties, uncles, father, etc. If we all took a moment to breathe and think of those people for that we are doing our best, there would be far less violence inflicted upon each other. We must care about who gets hurt and who we hurt.

COBS MAGAZINE:

You are not just a barbershop owner, but you have some other crafts that you enjoy doing. Can you share your other talents with our readers?

ERIC E.R. ALLEN JR.:

Yes, that is true. Barbering is not my only passion. I'm very passionate about visual art, audio, boxing, martial arts, and of course acting. I also love to have a passion for constructing literature such as stories,



poems, and songs.

COBS MAGAZINE:

Becoming an entrepreneur is never an easy journey. What is the best advice you ever received that you can share?

ERIC E.R. ALLEN JR.:

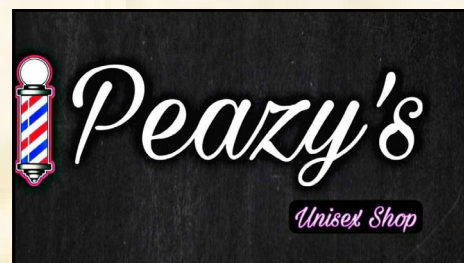
The best advice I would give is to protect your dreams at all costs. Don't let anyone deter you from accomplishing your mission and goals. Granted everybody's situation is different and just because it didn't work for someone else doesn't mean it will not work for you. Don't be detoured by other failures, just continue to focus on your success.

COBS MAGAZINE:

Where do you see yourself in the next 5 years? What would do you hope your goal will be? Can you please share your shop location, website, and your social media platforms? We wish you continuous success.

ERIC E.R. ALLEN JR.:

How do I see myself in five years? I see myself on an island completely unbothered lol. Peazy's Unisex Shop will be one of the biggest franchises in America. I will have many major budgeted films under my belt. I want to create hit songs that will assist in changing the world for the better. Not to mention my riches becoming more tangible. If you are ever in the Georgia area stop by and visit my shop at 2501 Columbia Dr. Suite C in Decatur, Georgia. Our website is <https://peazys-unisex-shop.business.site>. You can follow me on Facebook is Peazy's Unisex Shop and on IG at Peazy's Unisex Shop. It's been an honor thank you so much for having me. Big Blessings.



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Sugar w/o Frosting \$25 DZ

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Bars

Strawberry Shortcake \$35 HALF DZ/

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Sweet Potato \$36 HALF DZ/

Marshmallow \$70 DZ

Brownies

6 Layer Red Velvet \$27 HALF DZ/ \$54 DZ

Banana Pudding \$33 HALF DZ/\$66 DZ

Hennessy Turtle \$42 HALF DZ/\$84 DZ

Dipped Desserts

Oreos \$18 HALF DZ/\$36 DZ

Popcorn \$21+ HALF/\$42 DZ

Strawberries \$24 HALF DZ/\$45 DZ

Hot Cocoa Balls \$25 HALF DZ/\$50 DZ

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*Please let us know if you have any food allergies and/or dietary restrictions

DR. RACHEL LARYEA

MEET FOUNDER OF KELEWELE

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Women's Werk. We are delighted to be speaking to Ghana native Dr. Rachel Laryea who is a cultural anthropologist with a research focus on Black Capitalists in the Transatlantic. We are excited to hear about the women behind the brand. Can you give us some history on your background?

DR. RACHEL LARYEA:

I'm a Ghanaian product made in America. I grew up in Northern Virginia in a culturally Ghanaian home. Growing up, Ghanaian culture (the food, music, customs, etc.) was front and center in my mom's house and that informed so much of who I am today. I've traveled a lot and lived in several places since Northern VA, but Ghana has always stayed with me and is home.

C.O.B.S. MAGAZINE:

In your story, 2012 was titled "The Experiment". Can you tell me what this period was about?

DR. RACHEL LARYEA:

The experiment that is adulthood! I set off for college in 2012 and although I went to boarding school for high school, this was my first real experience on my own, as college is for many 18-year-olds. I was learning in real time what it meant to take full care of myself, which included nourishing myself. At that juncture in my life, I transitioned into a plant-based diet and plantains became my go-to dairy and meat substitute. I was experimenting with plantains - making unique dishes, trying out new flavor palates I'd never used before, and feeling good and having fun while doing so.

C.O.B.S. MAGAZINE:

Can you tell us about your company Kelewele? What was your initial vision when you started your company? Do



you have a targeted consumer?

DR. RACHEL LARYEA:

Kelewele is a Ghanaian-inspired food service specializing in plant(ain) based foods. To date, we offer e-commerce, wholesale distribution, and catering services to our customers. My initial vision for Kelewele was to create a food service predicated on healthy eating, educating communities of color on the benefits of healthy eating, and doing so in culturally relevant ways.

C.O.B.S. MAGAZINE:

What three ingredients do you feel an entrepreneur or small business needs to succeed?

DR. RACHEL LARYEA:

The three ingredients an entrepreneur needs are discipline, bravery, and Critical/strategic thinking skills.

C.O.B.S. MAGAZINE:

What were some of the challenges you have faced throughout your entrepreneurial journey? How do you continue to endure those tough moments?

DR. RACHEL LARYEA:

Entrepreneurship will show you your mettle, or the lack thereof. It requires exceptional mental, emotional, and physical endurance and discipline because nothing great is built overnight. It's taught me that you must be prepared to motivate yourself even when you have every reason not to. I've learned that entrepreneurship is a marathon, not a sprint and while the challenge of fatigue is ever present, I endure the tough times by looking back and remembering the good times and looking forward and taking it one step at a time.

C.O.B.S. MAGAZINE:

As a plantain lover do you feel like you

are embarking on a journey of fusing food, culture, and community? Why is this important to you?

DR. RACHEL LARYEA:

Absolutely! Food is more than just food. It's cultural, political, economic, and social. When done right, food can be an experience that connects people and inspires the community. My love for Africa and her diaspora has kept me curious about the connection points between people across the diaspora and food is a medium for that connection. I can be from West Africa, the next person from Latin America, and the next from the Caribbean, and no matter the nuances in our cultural practices, we all speak the language of plantains!

C.O.B.S. MAGAZINE:

Most consumers see plantains as a side dish as most restaurants do as well. How are you trying to change the concept by bringing plantains to the forefront as the main dish?

DR. RACHEL LARYEA:

Seeing is believing! So often I hear, "I never knew you could make THAT out of plantains!" By showing people the varied possibilities of plantains, they are inspired to rethink their preconceived notions about humble plantains.

C.O.B.S. MAGAZINE:

In your bio, it mentions that you are a cultural anthropologist. Can you briefly describe what a cultural anthropologist does?

DR. RACHEL LARYEA:

For me, anthropology, and cultural anthropology specifically, is the study of the discrepancy between how people live their lives, and how their lives are organized institutionally. Broadly defined, I study the desires, moods, behaviors, and motivations of people, and their lived experiences to gain insights into the human condition to raise our collective social intelligence.

C.O.B.S. MAGAZINE:

How do you create a healthy balance between your personal and business lifestyles?

DR. RACHEL LARYEA:

For me, balance doesn't exist. There's an ebb and flow that I've made peace with. Some days I'm a great entrepreneur and I have to make sacrifices in my personal life. Other days, I feel at peace in my personal life



while knowing that my Kelewele to-do list did not get completed. Rather than getting caught up in what didn't get done every day, I instead give my best and focus on what I can do, and when I look back and examine the aggregate of weeks, days, months, and years, I appreciate that I made progress in both my personal and business life.

C.O.B.S. MAGAZINE:

Many individuals struggle with finding support to help through their journeys. What support or mentoring have you received along the way? What piece of advice would like to offer to future entrepreneurs?

DR. RACHEL LARYEA:

I've been enormously blessed to have mentors and confidants that have encouraged, coached, and listened to me throughout my career. My guides have come through building meaningful relationships with my professors during college and grad school, my career in finance, and

industry experts I've met along the way as I've grown Kelewele from the ground up. And tough question! Two pieces of advice since they are of equal importance to me: 1) Even if you're afraid, do IT anyways; and 2) One step at a time.

C.O.B.S. MAGAZINE:

What is next for Dr. Rachel Laryea in the next three years? Can you please share your website information and your social media platforms with us to continue to follow your journey? We wish you continuous success.

DR. RACHEL LARYEA:

My north star is creating meaningful work at the intersection of social good, entrepreneurship, and racial capitalism. I can't say what exactly I'll be doing in three years, but as long as it's something in the direction of my north star, I'll be happy.

Website: www.kelewelenyc.com
Social media: (@kelewelenyc)



TINIKA THOMAS

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

5 BEST WINTER MAKEUP TRENDS OF 2022

In last month's issue, I created Thanksgiving looks and for this issue, I will break down Christmas glam. The 2023 New Year is approaching fast. With makeup trends back and more exciting than ever. The possibilities are endless for the array of looks that you can put together. You can go from subtle to full-on glam with all the glitter and glitz you can find. Elevating your everyday look for the holidays will help you embrace the holiday party scene. The holiday season is all about glam, being with loved ones, and celebrations with a splash of sparkle. Let's get ready to recreate some looks.

1. THE SPARKLE COOPER EYE MAKEUP:

Cooper is a strong color. Cooper is a great color for any decorating, especially for Christmas and New Year's Eve seasons. This color is just stunning and warm with any look you create.

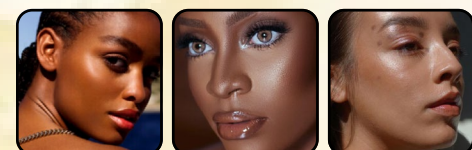
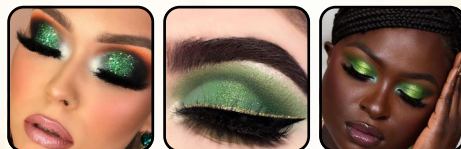


2. THE BERRY RED LIP MAKEUP:

Red at Christmas were the apples on the paradise tree. Red is also the color of Holly berries which is said to represent the blood of Jesus when he died on the cross. The best part of having two strong colors mixed is the fact that it will complete any look.

3. THE EMERALD EYE MAKEUP:

Emerald represents a color that is warm and inviting. A perfect color to display during the holiday season. This color works great on any skin tone.

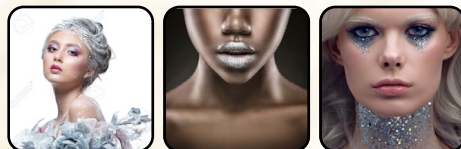


4. THE ALL OVER GLOW MAKEUP:

The glow is a light emitted by or as if by a substance heated to luminosity or brightness of color. The light from the glow serves as a symbol of life, happiness, and prosperity. You want your makeup look to have that glow to it. When the right light hits you along with the right angle that is a picture of pure perfection.

5. FROSTY SNOW QUEEN MAKEUP:

We all the story of Frosty the Snowman is a Christmas icon that many of us have come to love. The song and the cartoon have created many beloved memories. Why not create those same memories with your makeup?



WISHING ALL MY BEAUTIES A BLESSED AND SAFE CHRISTMAS HOLIDAY.

A DIFFERENT TYPE OF CHURCH GIRL

NOW AVAILABLE ON AMAZON.

“

TENNIELLE JONES

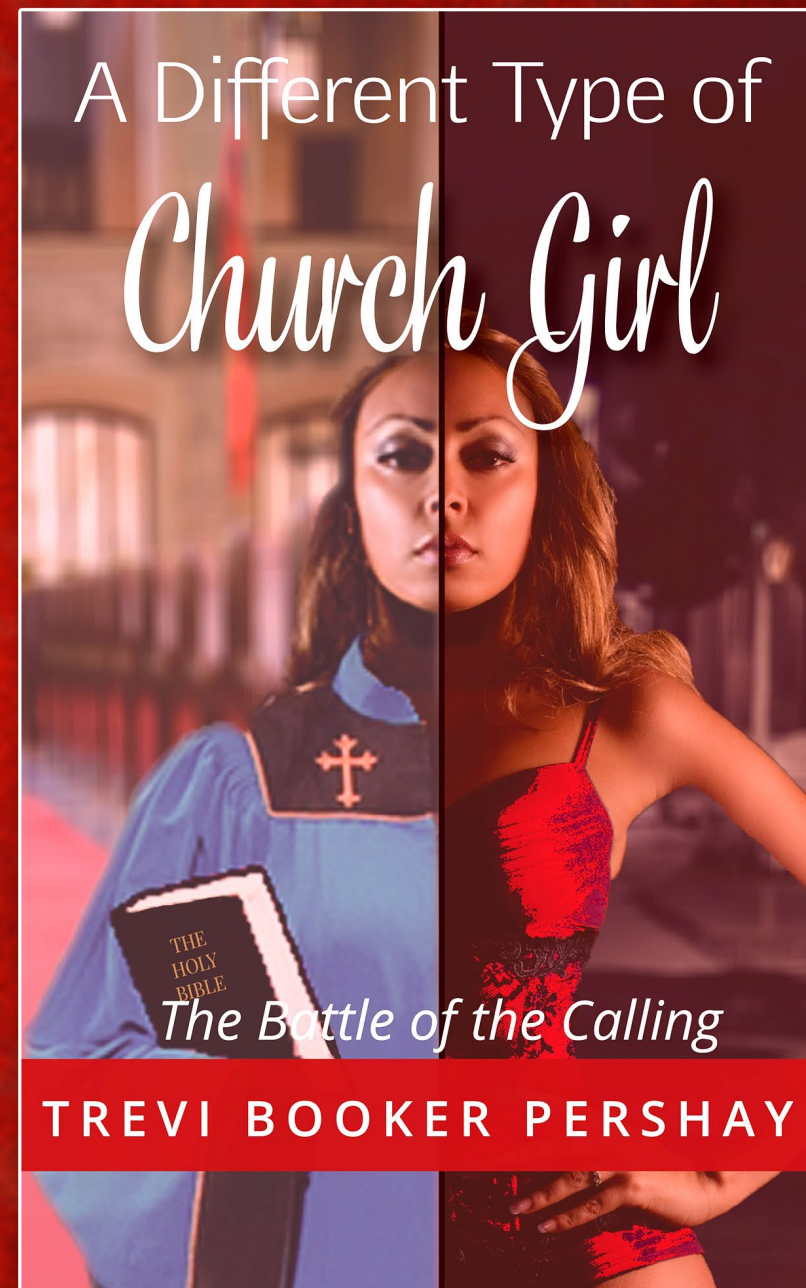
"THIS BOOK IS ABSOLUTELY POWERFUL! PAINTS A STORY THAT IS SO RELATABLE ON ANY LEVEL ! JAW DROPPING AND YOU WONT WANT TO PUT THE BOOK DOWN OR FOR IT TO END!! A MUST READ"

RACHEL BALDWIN

"I read this book in one sitting...that's how good it was! I just could not put it down! It was more of a short story to me....but it was soooo full! I loved everything about this book, but most of all I loved the JESUS in this book!!!! Awesome job! U knocked it out the park! Will definitely be on the lookout for more books by this author!"

”

A Different Type of Church Girl



TREVI BOOKER PERSHAY

MODEL TYRESHA MCKENZIE

C.O.B.S. MAGAZINE:

Welcome to COBS Women Innovators. We have the pleasure of speaking to Maryland native and model Tyresha McKenzie. This young ambitious woman is breaking barriers in the modeling profession. We will be discussing her journey and challenges to becoming a model. Can you share how you became interested in modeling?

TYRESHA MCKENZIE:

I became interested in modeling about 8 years ago. While working at my job a Wilhelmina modeling agent happens to scout me out. From that one interaction, everything started happening so fast. Before I knew it, I was going to model casting calls and that is pretty much how the journey begins.

C.O.B.S. MAGAZINE:

What has been your most challenging part during the process of becoming an African American model? What have you learned about yourself through those challenges?

TYRESHA MCKENZIE:

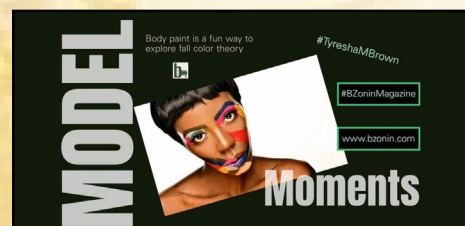
I would say the most challenging part of this process was changing my mindset. As a dark skin woman growing up in Frederick, MD people weren't very accepting of my skin color, so I just assume everyone thought the same way. However, in the model industry, it was just the opposite they loved my dark skin. I soon discovered that the most famous models in this industry are dark skin. I loved how they would dress me up in outfits full of colors that were very complimenting my complexion. The model industry has helped build my self-esteem and mindset on how beautiful I am too.

C.O.B.S. MAGAZINE:

What are some of your favorite moments you like to highlight about being a model?

TYRESHA MCKENZIE:

I would have to say some of my best experiences would have to be when I walked into a fashion show in Jamaica Queens, NY. The designer waited until the end of the fashion show to tell all the models that Nicki Minaj's mother was in the audience the whole time. I had the opportunity to be able to take a photo with Nicki's mother and Benny Boom. I also had the opportunity to walk in this past September's New York Fashion Week and received my first publication.



C.O.B.S. MAGAZINE:

You have been featured in quite a few publications you please share with our readers? How were those experiences for you?

TYRESHA MCKENZIE:

Sure. I have been published in several publications starting in Frederick, MD Magazine, Zoddgalazy Magazine based out of Chicago, Japi Cultural Magazine based out of Baltimore, and Japi Culture Magazine based out of Washington. I have also been featured in Sisco Magazine and Bzonin Magazine. I am being featured on a billboard for the enter month of November 2022 in Nigeria, Africa which is a huge opportunity for me. All these experiences have been good ones. I have learned right after a photo shoot to pick my best pictures and start emailing them to different magazines to help get me more exposure.

C.O.B.S. MAGAZINE:

What sort of impact do you think social media has had on the modeling industry?

TYRESHA MCKENZIE:

Social media has had a huge impact on the modeling industry. Social media brings exposure, networking, and connections for model calls and /or model shoots. I received one of my publications via social media. An individual from an agency saw my picture on Facebook and messaged me for a job.

C.O.B.S. MAGAZINE:

The Black Lives Matter movement has brought the conversation of diversity to the forefront; do you think we see lasting change in the industry?

TYRESHA MCKENZIE:

Yes. The modeling industry is always changing looking for something new and fresh. I believe African American models male/female have seen more doors open with the topic of racism constantly looming. I feel there are way more opportunities for us now than there have ever been.

C.O.B.S. MAGAZINE:

How do you think the fashion industry could improve in terms of supporting black talent?

TYRESHA MCKENZIE:

The fashion industry could improve in this area by working at letting more people of color get the same opportunities as anyone else. Promoting more people of color on TV, in a magazine, in newspapers, on billboards, etc. Showing more support as well as to African American designers who are so talented but haven't received the proper platform to showcase their brand.

C.O.B.S. MAGAZINE:

You have broken some major barriers



that you should be very proud of. Can you offer a piece of advice or words of encouragement that you can share with other women like yourself heading in the same career path?

TYRESHA MCKENZIE:

My advice to anybody coming into this industry is that you must take the YES WITH THE NO'S and don't give up. You must be consistent to have the mindset that you can do this.

C.O.B.S. MAGAZINE:

In five years from now where do you see yourself? Maybe perhaps owning your agency?

TYRESHA MCKENZIE:

Five years from now I want to be getting paid for every fashion show and photo shoot that I participate in. I love to get published in a BIG Magazine to just get that extra exposure that I need. Eventually, I want to start my agency to host my fashion shows and modeling calls.

C.O.B.S. MAGAZINE:

Before we go, how can readers or others connect, support, or collaborate with you? Thank you for sharing your story and we wish you continuous success.

TYRESHA MCKENZIE:

Anybody in the industry that would like to work with me can contact me through my email Tyreshamckenzie34@gmail.com or via phone at (301)-524-6022 (for modeling purposes only). You can follow me via Facebook as Tyresha Brown. Thank you for the opportunity.



NISHA PERSHAY

"NISHA'S HAIR LOVER ULTIMATE GIFT GUIDE"

With the holidays just about around the corner, it can be hard to figure out a good gift or where to start. I am going to share some amazing stocking stuffers for your family, friends, colleagues, or even better yourself. Holidays can be super overwhelming and can be costly but with my help, you are going to stay on budget without hurting your pockets.

Every year I think about what's a good gift to give someone for my family, I love bundle sets because it's easier for them to try an entire set, or sometimes mini sets are a budget saver. I am going to list a couple of varieties of my favorite products as well as introduce some new ones.

OLAPLEX - HAIR REPAIR TREATMENT SET, NO. 3, NO. 0, NO. 4 & NO.5

this is a set for damaged hair featuring No. 0 Intensive Bond Building Hair Treatment, No. 3 Hair Perfector, a mini shampoo, and a mini conditioner. Repairing damaged hair reduces hair breakage and split ends and makes hair visibly stronger. This set features



ROSEMARY MINT WASH DAY BUNDLE

Rosemary Mint Strengthening Shampoo - Nourish and cleanse dry, weak, or brittle hair with this scalp-tingling hair-strengthening shampoo! Rosemary Mint Strengthening Conditioner - provides the perfect balance of strength and moisture to improve the overall condition of the hair and scalp. Rosemary Mint Strengthening Leave-In Conditioner - Infused with Biotin and Rosemary, this leave-in hydrates while protecting and moisturizing. Rosemary Mint Daily Styling Crème - Use daily for twist-outs, braid-outs, and wash-and-go styles. This product can be purchased through the Mielle website.

ALMOND MILK RESTORING GIFT SET

set includes two products the Almond Milk Sulfate Free Shampoo helps which can renew hair's vitality without weighing it down. Another great addition to this bundle is the Almond Milk Restoring Conditioner which helps restore weakened, over-processed hair damage.



THE THREE OUI KIT

Ouai The Three Ouai Kit. Start with a deep Detox cleanse. Hydrate & protect with Leave Conditioner. Enhance texture with Wave Spray. The product can be purchased at Ultra beauty.

CANTU WINTER CARE & REPAIR HAIR CARE SET

Full-Size Holiday Gift Set - Cantu Leave-In Conditioning Repair Cream mends end hair breakage and protects against split ends. This conditioning treatment intensely hydrates hair while helping to add manageability and shine with every application. Cantu Grow Strong Strengthening Treatment helps to strengthen and protect your hair. Item can be purchased at Walmart.



SUNSHINE FOSS

MEET FOUNDER OF THE HAPPY CORK

C.O.B.S. MAGAZINE:

Welcome to COBS Women Innovators. We have the pleasure of speaking to Brooklyn native mompreneur Sunshine Foss. Sunshine is doing some of the most direct wine industry work in the United States right now. Can you please share with our readers who is Sunshine Foss before the Happy Cork?

SUNSHINE FOSS:

First off I just want to say Thank You for highlighting and featuring our Happy Place. My name is Sunshine Foss, owner of Happy Cork Wine + Spirits Store and before opening our beautiful space I was blessed with the opportunity to dabble in quite a few things. I come from a Fashion Design background where I designed clothing apparel for many years, then ventured off to design and produce Home Textiles. After this, I met my husband and we got bit by the Real Estate bug acquiring our first property in 2010. I decided to leave the corporate world and started managing our properties full-time. We purchased the building (51 Buffalo Ave) the current location of Happy Cork in 2016. There was a liquor store in the location when we purchased and once the tenants left the premises we had so much difficulty in renting the space that I knew I had to create something special there after two years of not having anyone in the space and 2018 started the preparation of what is today Happy Cork which was opened in March of 2019.

C.O.B.S. MAGAZINE:

Before starting your business your first passion was design. When did the shift happen from designer to business owner?

SUNSHINE FOSS:

I have always had an entrepreneurial spirit, it's in my blood. I started a vintage clothing store in Miami when I was in College but the shift from Corporate to Business Owner started out of necessity as we needed to fill the space we had available.

C.O.B.S MAGAZINE:

Can you please tell us Happy Cork? Where did the name derive from? Why did you decide to go into the wine industry? What did you envision you would be bringing into the community?

SUNSHINE FOSS:

The name Happy Cork came from just my husband and me brainstorming and it was between that and Happy Cock (like rooster lol) but once I got back the results of the survey we had done between friends and family the winner clearly by a landslide was Happy Cork. I decided to go into the wine industry again out of necessity. The



space already had a liquor store there so I knew that was one key thing (that it would most likely be approved for a license). Once we started the process I started to realize quickly that one thing that was missing in the current market was a true representation of BIPOC-owned brands; from POC to women-owned, there were just hardly any stores out there giving a home to these amazing brands that I knew existed but were just not accessible. I knew I wanted to also bring a space to our neighborhood that was beautiful, welcoming, and overall offered an experience that didn't exist on this side. Most stores in the area were all with bulletproof glass, you couldn't touch the bottles, there wasn't a large selection of good wines and we knew we had to bring goodness to our community. A space the community felt welcome in that was created for them.

C.O.B.S MAGAZINE:

Tapping into the U.S. wine industry has been said to be difficult, especially in black communities. What barriers do you feel you are breaking for other black-owned brands breaking into the industry?

SUNSHINE FOSS:

We carry the largest assortment of POC-owned brands in the country. We give a home to these brands that find it very difficult to get their product on shelves. With that being said we have opened so many doors to new brands that are coming into the market. Most of these brands come into the market with our store being the first store to give them a chance and now we are proud to see they are being explored by

so many around the globe.

C.O.B.S MAGAZINE:

We understand you are doing a lot of external wine education virtually. What is your vision behind this?

SUNSHINE FOSS:

This started during the pandemic. We truly needed to educate our community (in the surrounding area) about the brands we carried in store as so many of these brands were simply unknown so when we opened we started hosting in-store tastings which quickly became the neighborhood hangout as we hosted wine tastings on Wednesdays and Fridays for spirits. We brought the brands to the community and they were able to engage with the community, hear the vision behind these brands, taste these brands, and some even left with love connections. We even heard stories about neighbors that lived next to each other for years and never even knew of each other, met at a tasting and became best friends, to even a couple who are now married because they met at one of our tastings. Once the pandemic happened and we could no longer have so many people in the store, we decided to bring the tastings to the community virtually. This was amazing because we were able to reach so many more people, something we would never have thought to have done prior but it just made so much sense. We've been able to do tastings with such brands as Uncle Nearest with Fawn Weaver, and Sun Goddess Wines with Mary j. Blige, Licataa Wine with Raekwon, Intercept Wines with Charles Woodson,

LVE with John Legend and so many more amazing brands.

C.O.B.S. MAGAZINE:

You started your company in 2019 a year later the world was getting slammed by a pandemic. What are some of the challenges or struggles that you faced during such an uneasy time? How is your business thriving during this "new normal" period?

SUNSHINE FOSS:

We opened in 2019 a year before the pandemic hit. We celebrated our first anniversary in March 2020 and one week later everything was shut down. We quickly had to adapt as this was the new normal since we were deemed essential from the beginning. From figuring out how to supply wines to a growing wine community, people were home and so we needed to be more accessible since it was a scary time and no one wanted to venture out of their homes. We immediately broadened our delivery radius, opened up our presence online through our website and App, and started shipping of course because of the climate we were in, we needed to be able to make sure our community was doing good, feeling good, and overall ok. The hardest part was also making sure that the little team that we did have were all kept in a safe environment both physically and mentally. A couple of months into the pandemic the killing of George Floyd happened which truly birthed the Black Lives Movement but that was bittersweet because suddenly there was a huge push to support POC-owned brands, and because we were already known as the go-to space for these brands we quickly became a destination space for all things POC owned where it came to the world of wine and spirits. With this "New Normal" since our brand has grown, many more people are reaching out to support these brands and the community and we have been able to do some great work with some incredible companies such as the Brooklyn Nets, TD Bank, MasterCard, Hello



Alice just to name a few. Another great opportunity that came from these great connections is being inducted into the Ernst + Young Entrepreneur Access Network where we are being mentored by some of the best in the industry pushing Black and Latino-owned businesses forward.

C.O.B.S. MAGAZINE:

How important is it that you are educating communities about owning their brands? What are some of the things that you are discovering that individuals don't know?

SUNSHINE FOSS:

It is so important that there is representation in the industry and with so many new brands pushing forward it has been such a beautiful thing to see. But again I believe there is still so much to learn about this industry. I try to push so many brands forward, from getting distribution to connecting with industry professionals to even vineyards to produce their products.

C.O.B.S. MAGAZINE:

Looking back is there anything you would have done differently during this process of starting the Happy Cork?

SUNSHINE FOSS:

Absolutely nothing. I think we are where we are because we have been true to who we are from day one. We went into this to bring a spotlight on some of these underserved brands and truly I am amazed at where we are today with so many people knowing about and experiencing these brands.

C.O.B.S. MAGAZINE:

As a mompreneur, how do you create that equal balance between personal and business life? Are there moments when you feel overwhelmed?

SUNSHINE FOSS:

I don't think there is ever something called balance. Every day is different from the last but I get overwhelmed daily I just have to push through it with a smile on my face because my name is Sunshine J



C.O.B.S MAGAZINE:

What is the best advice that ever received that you would share with current and future entrepreneurs?

SUNSHINE FOSS:

Go for it! If you have an idea, don't sleep on it, do the research, connect with the right people, educate yourself and find a niche. Once you have established this is truly something you'd like to do, I have to say this is not for the faint of heart. The saying is true, I left my 9-5 to work 24/7: absolute facts! If you're going to go at it, please make sure to give it everything you have, be innovative, and know every aspect of your business.

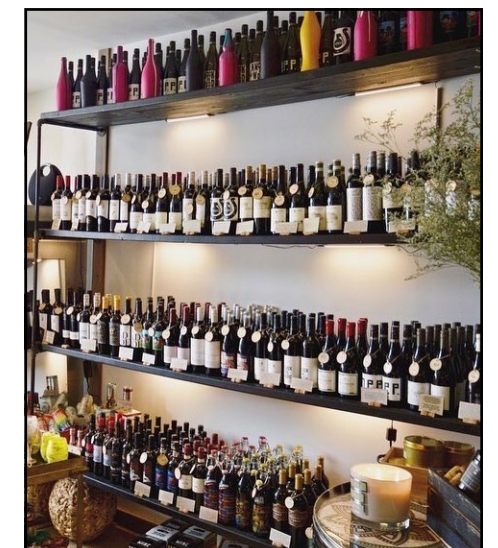
C.O.B.S MAGAZINE:

What continues to be your daily driving force? What is your plan for 2023? Can you please share your website and your social media platforms? Thank you for your time and we wish you continuous success.

SUNSHINE FOSS:

My driving force is and has always been community. We continue to do so much with this community because they have embraced us from day one. That's been our driving force. For 2023 we plan to grow our reach, even more, we are opening our newly renovated tasting space just above the store and we plan to offer a membership plan so our community can come to spend time in a beautiful space, in good company, and experience these brands again in a bigger way

We also recently opened our sister store Happy Buds CBD + Wellness also located in the Bedstuy area offering a large selection of BIPOC-owned brands Happy Cork Wine + Spirits Store; 51 Buffalo Ave, Brooklyn NY 11233 | (347) 985 9067 Online: www.happy-cork.com Facebook + IG: @happycorkbrooklyn



HELENE T. DELINCE AND STEPHANIE VINCENT

MEET FOUNDERS OF THE FITTING CURVE™

C.O.B.S. MAGAZINE:

Welcome to COBS Magazine Fashion Corner. We are elated to be speaking to Helene T. Delince and Stephanie Vincent who collectively have over 40 years in the lingerie industry. These two talented women are helping many women navigate the very personal path of finding great fitting undergarments. Can you share a little background about each of you?

HELENE T. DELINCE:

My career in lingerie started as a freshman in college, completely by accident by missing an internship deadline. Once I started working at a lingerie shop I fell in love with the industry. I've managed, trained, and led visual merchandising and buying for different lingerie companies for over 20 years.

STEPHANIE VINCENT:

I started with an interest in fashion at a very young age and got my first after-school job at a small lingerie shop on the Upper East Side at 15 years old. The owner trained me for a little over 2 years and I went on to work with different lingerie companies learning many parts of the business ever since.

C.O.B.S. MAGAZINE:

Can you tell us about The Fitting Curve™? What were your motivation and vision when you first started your business? Who is your targeted audience? What does your business offers that other lingerie companies do not?

HELENE T. DELINCE:

The motivation for starting The Fitting Curve™ was simply wanting to start our shop after so many years



of doing it for others. We wanted our shop to represent an inclusive and inviting environment where people from all walks of life can find something. Our targeted audience has evolved from the very beginning. At first, our target demographic was middle-aged women and now it is much broader but skewed more toward fuller-figured women.

STEPHANIE VINCENT:

What we offer that most other lingerie companies do not is our expertise and the overall experience of shopping in our boutique. We specialize in providing mastectomy fittings, carrying specialty products that are hard to shop for online or that other companies simply do not provide.

C.O.B.S. MAGAZINE:

Besides the title of Founders can you individually explain your other roles in the company?

STEPHANIE VINCENT:

Specifically we each focus on different areas based on our strengths. I handle all things digital from our website, CRM, social media, etc. If there is anything that needs to be designed or put together I also hold the title of DIYer or handywoman.

HELENE T. DELINCE:

In our boutique, I handle all of our visual merchandising and buying from our vendor partners. I also am "the wallet", handling all of our finances along with our accountant.

C.O.B.S. MAGAZINE:

It's no secret that at least 85% of women are walking around wearing the wrong type of bra which causes all types of issues. What are the proper steps a consumer should be taking to ensure that you are wearing the correct bra?

HELENE T. DELINCE:

The proper steps should start with getting a professional fitting



preferably at a small shop or virtually with esteemed brands who are trained to fit! A consumer can ensure they're getting the correct bra by looking for the following: the back band is snug and centered on the back on the loosest hook, the center of the bra is against the chest plate and cups laying flush against breast tissue with no gaping or digging in.

C.O.B.S. MAGAZINE:

Professional and personal experiences are important key factors when buying lingerie no matter body type or bust size. Do you feel that The Fitting Curve™ has broken the code when it comes to these two factors?

STEPHANIE VINCENT:

We feel as though we have broken the code as the professionals in the fitting room working together with the client to get the best experience and most importantly the proper fit.

C.O.B.S. MAGAZINE:

What design elements have you incorporated in your lingerie line that makes it appealing to modern-day women?

HELENE T. DELINCE:

Our past lingerie line was a capsule collection focused on simple luxury. Pieces that focused on wearing both in and out of the bedroom.

C.O.B.S. MAGAZINE:

How do you feel The Fitting Curve™ has evolved since the beginning of the business?

STEPHANIE VINCENT:

Our product range and knowledge have expanded. We've evolved our product range to cover more bases and requests. Especially after reopening from lockdown at the start of the pandemic, many things changed from bra sizes, finances, and the general shopping experience. We were forced to evolve to keep our business flourishing.

C.O.B.S. MAGAZINE:

As two women who are trying to make a difference in the lingerie industry, what advice do you have for girls and women who struggle with body image?

HELENE T. DELINCE:

We all have natural insecurities. The advice we give every day is to find the things you do love about yourself and focus on those. Build up the self-love surrounding your body despite present insecurities. It's a journey!

STEPHANIE VINCENT:

For girls and women struggling with body image I always remind them that a lot of our insecurities our societal pressures and ideals that are made up. Our bodies do extraordinary things daily and we must acknowledge basic truths and biology rather than society's ideals.

C.O.B.S. MAGAZINE:

What lessons have you both learned through your journey of entrepreneurship that you can share with current and future entrepreneurs?

HELENE T. DELINCE:

While there is self-doubt sometimes, always hold the belief and passion on why you started as a priority. Keep



your village close and be open to sharing your vulnerability with other entrepreneurs and your community.

STEPHANIE VINCENT:

Prepare yourself for the emotional rollercoaster of entrepreneurship. It's important to value the highs as well as the lows.

C.O.B.S. MAGAZINE:

What can we expect from The Fitting Curve™ Company in the future?

HELENE T. DELINCE:

An expansion in a different community to serve those who can't travel to our first brick-and-mortar

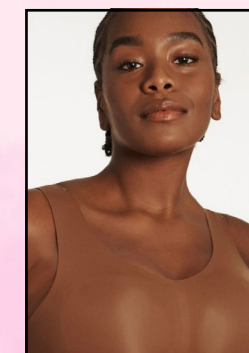
location! As well as continued growth into the digital space to spread breast health education to the masses.

C.O.B.S. MAGAZINE:

Can you please share your business website and your social media platforms for our readers to continue to follow you? Thank you for your time and continuous success.

STEPHANIE VINCENT:

Yes! We are @thefittingcurve on all social media platforms and our website is www.thefittingcurve.com.



FRANCES PEAN

MEET AUTHOR OF FINDING MY WAY HOME

C.O.B.S. MAGAZINE:

Welcome to the Author's Corner of COBS Magazine. We are pleased to have author Frances Pean who has spent the last few years building what she didn't always have for herself growing up. Frances also believes that God created us to see how marvelous the work of his hand is. Can you give our readers a little introduction about yourself?

FRANCES PEAN:

I'm a mother of three beautiful children. Ezra, Ethan & Elianah. I'm the founder and CEO of two production companies. I'm also a play writer & director. I also own and run investment properties and am now the author of my first book entitled Finding My Way Home.

C.O.B.S. MAGAZINE:

Can you tell us about your book Finding My Way Home? Who/What was the greatest influence on your decision to write your books?

FRANCES PEAN:

After witnessing a devastating childhood full of crimes, violence, and hopelessness, I mentally felt trapped fearing "this is life, and nothing will change." I questioned, "Could there be more to life out there?" Until one day comes a promising chance. Finding My Way Home is an inspiring story that will have you hooked, forces you to keep reading, and is curious to know how it all turns out. My greatest influence was my late father. He had the mind of an investor. He owned properties in his country and ran 2 boutiques and a cargo shipping company. He passed away 11 years ago. I'm glad his legacy lives on as I continue with the baton

C.O.B.S. MAGAZINE:

I understand your book focuses on the Power of change. What are five questions you believe as individuals need to ask ourselves that can change our future outcomes?

FRANCES PEAN:

1. We need to start by putting God first in everything we do.

2. Set up some goals for ourselves.
3. Meditation and reciting affirmations.
4. Becoming a healthier you, whether it's exercise or eating right.
5. Write the visions down and follow through with them.

C.O.B.S. MAGAZINE:

You mentioned growing up you didn't always have and there was a lack which as an adult you are building up. As a parent what would you like to instill in your children about building and understanding God's love, grace, and favor?

FRANCES PEAN:

I tell and have my children put God first in everything they do. I have them invite the Holy Spirit into their day daily so they can supernaturally accomplish any tasks put before them. I want them to understand tell can't do anything without God's love, grace & favor.

C.O.B.S. MAGAZINE:

You are not just an author but, you wear a couple of hats as a CEO, director, and own investment properties. Can you give us a brief description of your business and did any of them lead to becoming an author?

FRANCES PEAN:

Yes, my investment properties did. I used to share my story about how I got into real estate and how people were so inspired. When I come across people that are struggling in the housing industry, I was moved to write my memoir. I wrote about how investing in properties changed my life and I want the same results for everyone.

C.O.B.S. MAGAZINE:

In terms of reputation, income, influence, and status, do you feel women writers face gender discrimination? Do you feel female authors' books get reviewed less than male authors?

FRANCES PEAN:

I believe every author has an audience. You just need to find the audience that needs to hear your story and inspire them. This is my first book and I'm new to the author industry. However, if God sent this word out, discrimination has no factor. It will reach the audience that needs it in due time.

C.O.B.S. MAGAZINE:

Do you believe there is power in written words? Can words change how we reflect on everyday life and circumstances?

FRANCES PEAN:

Yes, according to Habakkuk 2:2-3, write the vision and make it plan. I live by a vision board that I wrote at the beginning of the year. I can tell you with prayer. I've accomplished what was on that board. The power is seeing it and believing in it and letting God do the rest.

**C.O.B.S. MAGAZINE:**

None of us can achieve success without some help along the way. Is there a particular person who you are grateful for helping get to where you are today?

FRANCES PEAN:

My Children. I look at them and they motivate me to do more. I want to leave a legacy they can follow or look back and say my mom did that. They have helped me in so many ways. I want them to be proud and they helped me get here today.

C.O.B.S. MAGAZINE:

Can you please share your favorite "Life Lesson Quote"? Can you share how that was relevant to you in your life?

FRANCES PEAN:

My favorite Quote; "Every day that goes by when you don't share your story and hold on to answers, someone remains in the suffering that God delivered you from. I'm more scared of leaving this earth with my answers than being judged for them while I'm here." When attending someone's funeral, I questioned the deceased's life story. Did they make an impact? What's their legacy? This is why that quote is so important to me. I want to assure myself that I have been inspired, motivated, and left a legacy well after God calls me home.

C.O.B.S. MAGAZINE:

What are you looking forward to for the remainder of this year and 2023? Can you share where your book is available for purchase and your social media platforms? We wish you continued success!

FRANCES PEAN:

I want to finish this year off strong. I plan to visit a domestic violence shelter for women and share my story and give free books as gifts to inspire them for the New Year. My book can be purchased on Amazon. They can also email me at www.breakoutmidset22@gmail.com Or they can purchase the book on my website; www.francespean.com

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CHERRY PIE SMOKIN AND GRILLIN WITH CHEF AB

EQUIPMENT

Disposable or Oven-Safe Pie Pan

INGREDIENTS

- 2 1/2 cups. Frozen or Fresh Cherries Ensure fresh cherries are de-pitted
- 1/3 cup. Cornstarch
- 1/3 cup. Sugar
- 1 tsp. Salt
- 2 boxes Pillsbury Ready-Made Pie Crust 4 total pie crusts
- 1 ea. Large Egg Beaten

INSTRUCTIONS

1. Preheat oven to 350 Degrees Fahrenheit. Begin by preparing the pie filling. In a large mixing bowl, mix cherries, cornstarch, salt, and sugar together. Set the filling to the side and begin preparing the crust.
2. Roll out one of the pie crusts to just larger (about an inch) than the size of your pie pan. Line the pan with the rolled-out crust, pinching the pans edges into the pan.
3. Begin adding the cherry filling mixture into the pie crust, ensuring the filling reaches edge to edge evenly without over-filling.
4. To prepare the lattice top: Roll out the next pie dough the same way as the first. Starting at the center of the crust, begin slicing 1-inch-wide strips, carefully laying each one vertically over the now open-faced cherry pie. Align each strip about a half inch apart from one another. Repeat this process following the same pattern horizontally, creating the classic, crisscross pattern.
5. Egg wash: Beat the egg well with a whisk or fork. Carefully brush the egg-wash mixture onto the lattice top. This will create a golden brown, glossy finish for the pie's crust.
6. Bake in a preheated oven for 45minutes, checking occasionally. If the crust begins to brown more than desired, cover the pie with aluminum foil and bake covered for the remainder of the cooking time.
7. Allow to rest for 15 minutes and enjoy as desired!

NOTES

8. Pre-made crusts are very fragile at room temperature and are more likely to tear. Use caution.



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ABOUT OUR BUSINESS

I am Abdullah Khan (CEO/FOUNDER), We are Graphics Designing Company providing our services worldwide on Freelance Marketplaces like Fiverr, Upwork, Freelancer and on Various Social Media Platforms. We are doing this work from more than 4 years and really love to deliver beautiful graphics designs to our customers all over the world.

OUR SERVICES

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| • Brochure Designs | • Letterhead | • Promotional Videos | • Magazine Layouts |
| • Logo and Branding | • Promotional Ads | • Business Flyers | • Magazine Ads |

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ARIELLE PERSHAY

TIPS & TRICKS TO STAY FIT BY ARIELLE

Hello beautiful people! I am back with another tip & tricks. We have one month left until we say goodbye to 2022. I am excited to share my tips and tricks to stay fit. This article is all about Pilates.

Are you ready to get fit? Let's go!

WHAT IS PILATES?

Pilates is a strength training exercise that encourages you to identify and work out within your body's limits. Pilates also has inherent mindfulness to it and a lot of breath work that relieves tension and stress. (Information received from google search).

WHAT ARE SOME BENEFITS OF PILATES

- Helps relieve tension in your shoulders, back, and legs.
- It promotes mindfulness and awareness.
- It boosts your body's natural ability to burn fat.
- Beneficial for your health and helps you maintain a healthy weight
- It's a great way to cross-train and prevents injuries.

Now that we are informed about the meaning and benefits of Pilates, I encourage you to join me in this challenge. Two days out of the week I would like you, beautiful people, to try one or all the below Pilate workouts. These workouts are beginner friendly. Please confirm with your physician if you can partake in these workouts.



PELVIC CURL

Start by laying on your back with your knees bent.



CHEST LIFT

Lying on your back, knees bent, legs together.



CHEST ROTATION

Move your head, shoulders, and chest as one unit.



SPINE TWIST SUPINE

Laying on your back, arms in T position palms facing up, bring your legs one at a time to a tabletop, knees stacked over your hip joint.

I hope this article motivates you to try Pilates. I can guarantee you will see results, plus it's a great way to relieve stress, tension, and good therapy for your body, mind, and soul.



 C.O.B.S

CIRCLE OF
Boss SISTERS

#JUSTICEFORSHANQUELLA
R.I.P QUEEN!

Shanquella B. Robison

January 9, 1997 - October 29, 2022