

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

KINGS COURT

TORAN GRAYS

CEO OF EXTRAORDINARY
BANNA PUDDING

QUEEN'S COURT

TAMMECA ROCHESTER

CEO/FOUNDER
OF HARLEM CYCLE

YOUNG ENTREPRENEUR

MIKAILA ULMER

FOUNDER OF
ME & THE BEES LEMONADE

WOMEN'S WERK

**SHANTE FRAIZER &
LAUREN MITCHELLE**

CEO & FOUNDER OF
BUILT WELLCAPPED

2024, DECEMBER ISSUE

VOLUME XII

\$3.50

WOMEN'S INNOVATOR

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CEO OF CAPITAL
CITY MAMBO SAUCE

SPOTLIGHT

SHEQUEENA MCKENZIE
FIRST BLACK FEMALE JUDGE

FASHION CORNER

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CREATIVE CREATIONS

HOLIDAY

SWEETS

MEET BLACK OWNED
PASTRIES CHEFS

MEET
Denee' Naylor

CEO/FOUNDER OF HIGHLOWLUXXE & TOP BLACK FASHION INFLUENCER

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QUITTING IS NOT AN OPTION THE POWER OF RESILIENCE AND PERSEVERANCE

BY DR. TREVI BOOKER PERSHAY



During my first year of high school, joining the track team was exciting and challenging. As a newcomer, I faced tough competition and grueling training sessions. There were moments when I doubted my abilities, but resilience and perseverance kept me going. Pushing through fatigue, setbacks, and self-doubt, I learned the importance of staying focused on long-term goals, even when the path seemed difficult. The track became a personal reminder that success often comes from embracing challenges and never giving up, no matter how hard the journey. However, I decided to embrace dance rather than the track team. I've learned how to face challenges head-on.

Resilience is not about never feeling defeated but rising after every fall. Life will inevitably present hurdles, whether in our personal or professional journeys, and there will be times when giving up seems easier than pressing forward. But true growth comes from enduring those problematic moments and pushing ourselves beyond our limits. Whenever we choose perseverance over quitting, we reinforce our strength and develop the tools necessary to face future challenges with even greater resolve.

Perseverance also instills a sense of purpose. When we refuse to quit, we remind ourselves of the value and importance of our goals and commitment. The journey toward success is rarely straightforward, but those who stay the course eventually reach their destination. Quitting may seem like a viable option in the short term, but the long-term satisfaction of seeing a goal through to the end is far more rewarding. In choosing to persist, we achieve our dreams and build the confidence to tackle whatever comes next.

Whenever you feel the urge to give up, take a moment to find a quiet space, breathe deeply, and center yourself. Resist the temptation to dwell on negative thoughts that may push you toward quitting. Instead, remind yourself of how far you've come and encourage yourself to keep moving forward, one step at a time. We often become our biggest obstacle when faced with failure, but failure is simply an opportunity to reflect and learn. By evaluating what went wrong, we can use it as a stepping stone toward progress, knowing that the key is to keep pushing forward and not lose sight of our goals.

Kind regards,

Dr. Trevi Booker-Pershay

Dr. Trevi Booker Pershay

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

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C.O.B.S.

For just \$3.50 a month, you help us keep celebrating the achievements of Black and Brown women CEOs. Your support lets us share their inspiring stories and showcase their impact. Join us in championing these voices and ensuring their stories are seen and celebrated. Thank you for being part of our mission!

C.O.B.S MISSION

The mission of C.O.B.S. is to celebrate and elevate the voices of Black and Brown women leaders, entrepreneurs, and creatives who are changing the world. By subscribing, you're not only supporting our publication's growth but also helping us fund empowering events that inspire and connect women. Your support directly fuels our ability to showcase powerful stories, create spaces for shared learning, and keep the movement growing. Thank you for standing with us in uplifting these remarkable women!

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JENEÉ NAYLOR

THE FASHION INFLUENCER

REDEFINING STYLE AND FOUNDER OF HIGHLOWLUXXE

When I searched Google and ChatGPT for the top five female fashion influencers, several names emerged, including Chiara Ferragni, an Italian model and influencer, and Aimee Song, an American blogger, author, and influencer. Shifting my focus, I expanded my search to the top 100 Black female influencers worldwide and discovered Jeneé Naylor's inspiring story featured in Ebony Magazine (Vaughns Jr, 2023). Jeneé took the leap of faith from the Store Manager and General Manager at Target, one of the top retailers in the U.S. Jeneé had 350 employees and worked for Target for over 8 years. By this time, Jeneé had been promoted to Assistant Manager at 3 stores and ran 2 of her own stores.

As I read Jeneé Naylor's journey on her website (www.highlowluxxe.com), I realized that her story resonated with our editor's inspiration story, "The Power of Resilience". We felt it was only befitting to grace our cover with Jeneé Naylor to give honor to a rising, successful star. Jeneé is rocking a wedding gown made by designer Hanifa on our December cover.

In the ever-evolving fashion world, influencers play an influential role in shaping trends and inspiring personal style. Jeneé Naylor is an influencer who has captivated audiences with her unique fashion sense, insightful commentary, and dedication to empowering her followers. Through her curated looks, expert advice, and genuine approach, Naylor has established herself as a prominent voice in the fashion community, making her a trusted source of inspiration for thousands.



A DISTINCTIVE VOICE IN FASHION

Her passion marked Jeneé Naylor's journey to becoming a top fashion influencer for style and self-expression. Known for her sophisticated yet accessible fashion choices, Naylor's aesthetic blends timeless pieces with modern twists, making her style both aspirational and achievable. She has an eye for detail and a knack for putting together outfits that resonate with her audience, offering guidance on how to look effortlessly chic without compromising comfort or practicality.

Her influence goes beyond merely showcasing outfits; Naylor has an innate talent for understanding how clothing can empower individuals and boost confidence. Her content often reflects her belief that fashion should be about expressing one's true self, allowing her followers to embrace their personal style and feel confident in their choices.

BUILDING A COMMUNITY AROUND STYLE AND CONFIDENCE

One of Naylor's most significant accomplishments is the strong and engaged community she has built around her brand. Unlike some influencers who focus solely on projecting an image, Naylor's approach is rooted in authenticity and connection. She actively engages with her followers, responding to questions, sharing styling tips, and creating content that directly addresses her audience's needs and preferences.

Through her social media platforms, Naylor shares fashion inspiration and promotes body positivity, inclusivity, and self-love. She understands that fashion is personal and subjective, and she encourages her followers to embrace their unique qualities and celebrate their individuality. This inclusive message has resonated widely, positioning Naylor as more than just a fashion influencer – she is a role model who champions self-acceptance and empowerment.

STYLE UNLOCK: A PLATFORM FOR FASHION INSIGHT, EMPOWERMENT AND ENTREPRENEURSHIP

In addition to her social media presence, Naylor launched a podcast, Style Unlock, where she shares her fashion expertise, insights, and life experiences. The podcast serves as a space for deeper conversations about fashion, personal growth, and creativity. Each episode of Style Unlock offers a blend of practical advice, trend analysis, and motivational content that appeals to listeners who want to elevate their style and find inspiration.

On Style Unlock, Naylor often explores topics such as building a wardrobe, navigating current trends, and finding confidence in fashion choices. Her honest approach and willingness to share her own journey have made the podcast a hit, drawing listeners who appreciate her relatable perspective on style and life.

In 2018, Jeneé founded her company, HighLowLuxxe – a lifestyle brand that promotes the idea that luxury and style can be attainable. Jeneé Naylor, a luxury style and lifestyle expert from St. Louis, Missouri, founded HighLowLuxxe.

PARTNERING WITH BRANDS TO BRING HER VISION TO LIFE

Naylor's influence has attracted collaborations with well-known fashion brands, including her recent partnership with Target, where her designs are now available to a broader audience. Her collaborations reflect her personal style and values, ensuring that every partnership aligns with her brand's commitment to quality, inclusivity, and accessibility. By working with brands that share her vision, Naylor has extended her influence and made her style accessible to a broader audience, further solidifying her impact in the fashion world.

INSPIRING FUTURE FASHION LEADERS

Jeneé Naylor's journey is a source of inspiration for aspiring influencers and fashion enthusiasts alike. Her career shows that success in the fashion industry is not just about trends but also authenticity, passion, and a dedication to uplifting others. Naylor's path from style lover to fashion influencer proves that building a brand with integrity can have a lasting impact and that fashion can be a powerful medium for connection and self-expression.

WHAT'S NEXT FOR JENEÉ NAYLOR?

As Naylor continues to evolve as a fashion influencer, she is focused on expanding her brand, reaching new audiences, and creating content that resonates deeper. With her unique style, empowering message, and unwavering commitment to authenticity, Jeneé Naylor is undoubtedly a force to watch in the fashion industry.

Instagram @jeneenaylor

Website: <https://www.highlowluxxe.com/>



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CYCLING THE STREETS OF HARLEM

TAMMECA ROCHESTER'S MISSION TO INSPIRE COMMUNITY FITNESS

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



Tammeca Rochester, the visionary behind Harlem Cycle, is more than just a fitness entrepreneur. She is a trailblazer who has combined her love for fitness, her deep connection to the Harlem community, and her expertise in engineering and business to create the first-ever indoor cycling studio in Harlem.



EARLY LIFE AND INSPIRATION

Born and raised in New York, Tammeca always had a passion for fitness. However, her journey toward founding Harlem Cycle was not straightforward. With a background in engineering and business, she spent years working in corporate America, building a successful career. However, her passion for wellness and desire to bring something unique to her community kept calling her.

THE BIRTH OF HARLEM CYCLE

In 2016, Tammeca launched Harlem Cycle with a clear mission: to create a space that reflects the vibrancy and culture of Harlem while promoting health and fitness. She recognized a gap in fitness offerings in the community and wanted to offer something that was both accessible and reflective of the rich cultural heritage of the area. With its mix of upbeat music, a welcoming atmosphere, and culturally inspired workout routines, Harlem Cycle quickly became a hub for people seeking a dynamic fitness experience.



OVERCOMING CHALLENGES

Building the Harlem Cycle was not without its challenges. As a Black woman in a predominantly white fitness industry, Tammeca faced hurdles in securing funding and gaining visibility. Yet, her persistence and a deep understanding of her community's needs allowed her to turn Harlem Cycle into a successful business. She fostered a sense of inclusivity, ensuring her studio was a place where people of all backgrounds felt welcomed and empowered.

COMMITMENT TO COMMUNITY

Tammeca's commitment to Harlem goes beyond fitness. She's dedicated to giving back to the neighborhood that helped shape her. Harlem Cycle is deeply embedded in the area's social fabric, from partnering with local schools and businesses to creating community fitness events. Tammeca uses her platform to promote wellness and allow others to embrace a healthy lifestyle.

EXPANDING THE BRAND

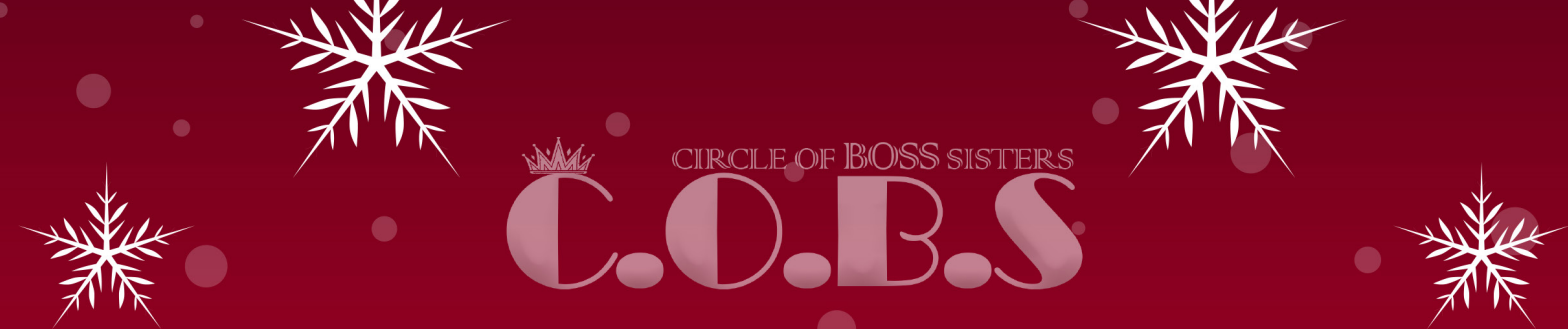
What started as a single fitness studio has grown into a movement. Tammeca continues to expand Harlem Cycle's offerings, from virtual classes to fitness apparel. Her ability to adapt and innovate, especially during challenging times like the COVID-19 pandemic, cemented her fitness industry leader position.

A LEGACY OF EMPOWERMENT

Tammeca Rochester is not just an entrepreneur but a symbol of empowerment. Through Harlem Cycle, she has created a space that uplifts and energizes, making fitness accessible while staying true to the cultural heart of Harlem. Her journey shows the power of perseverance, community, and a deep commitment to health and wellness.

Website: <https://harlem-cycle.com/>

References: Jasmine Hard (August 20, 2024) - <https://thegrio.com/2024/08/22/harlem-cycle-founder-took-leap-of-faith-to-create-a-neighborhood-first-black-made/>



Happy Holidays

FROM THE C.O.B.S TEAM



The C.O.B.S Editorial Team would like to extend a Happy, Healthy and Safe Holiday from our family to Yours.

FROM FAMILY RECIPE TO DESSERT EMPIRE

THE STORY OF TORAN GRAYS AND EXTRAORDINARY BANANA PUDDING

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



Toran Grays has transformed a beloved classic dessert into a thriving business with his brand, Extraordinary Banana Pudding. What started as a family recipe quickly became a sensation, earning praise from food lovers nationwide. Grays' passion for culinary excellence and dedication to perfecting this iconic dessert has made him a leader in the gourmet dessert industry.

Grays' journey into the world of desserts began with his love for homemade banana pudding—a staple in many Southern kitchens. Inspired by his family's cherished recipe, Toran made his version of banana pudding for family gatherings and friends. The creamy, sweet layers of pudding, bananas, and cookies became an instant hit, and soon, word spread about his extraordinary take on the classic treat.

Realizing his dessert's potential, Toran Grays turned his passion into a business, founding Extraordinary Banana Pudding. Intending to deliver a unique, premium product, he started experimenting with different flavors and textures to create a pudding that lived up to its name.

Launching a business, especially in the competitive world of desserts, wasn't easy. Grays worked tirelessly to refine his product and build a customer base. He began selling his banana pudding at local events, food festivals, and online, where the rave reviews started pouring in. His dedication to quality and innovative flavors— from classic to creative variations like cookies, cream, and caramel—set Extraordinary Banana Pudding apart from the competition.

Toran focused on creating a brand that resonated with customers personally. He connected with his audience through pop-up events or social media by sharing the story behind his pudding and his love for the craft.

As with any entrepreneurial endeavor, Grays faced challenges, from managing production to expanding his reach beyond local markets. However, his perseverance paid off as his business grew through word-of-mouth and loyal customers. The success of Extraordinary Banana Pudding wasn't just about the dessert—it was also about the experience and the passion that Grays put into every serving.



Grays expanded his operations, allowing his business to reach new heights. His banana pudding became a go-to treat for events, celebrations, and dessert connoisseurs. As orders grew, so did the need to scale up his production, but Grays remained committed to ensuring the quality and consistency of his pudding. Toran Grays' success is more than just selling dessert—it's about community-building. He frequently participates in local food festivals, donates to charitable causes, and supports other small business owners. His belief in giving back to the community that helped him thrive has earned him respect as a local entrepreneur who genuinely cares about his roots.

Looking ahead, Toran Grays plans to continue growing his brand by expanding his product line and reaching even more customers. His vision includes opening brick-and-mortar dessert shops and offering his pudding in major grocery stores nationwide. With his focus on quality and passion for creating unforgettable dessert experiences, Extraordinary Banana Pudding is well on its way to becoming a household name.

Toran Grays has proven that you can turn a family recipe into a thriving business with passion, dedication, and some banana pudding magic. As the proud owner of Extraordinary Banana Pudding, he continues serving up a delicious dessert and a story of perseverance and community. His journey from family kitchen to business success is a testament to what can be achieved with hard work and a love for what you do.

Website: <https://extraordinarybananapudding.com/>

EXPLORING PARIS A GUIDE TO THE CITY OF LIGHTS

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

Paris, the City of Lights, is a destination that captures the imagination with its timeless charm, rich history, and vibrant culture. Whether you're a first-time visitor or a seasoned traveler, Paris offers an array of experiences that cater to all tastes. From world-class dining to iconic landmarks and luxurious accommodations, here's a guide to making the most of your visit to Paris.



BEST TIME TO VISIT

The best time to visit Paris depends on what you want to experience. Spring (March to May) and fall (September to November) are ideal for pleasant weather and fewer crowds. During these seasons, you can enjoy comfortable temperatures and explore the city's gardens and outdoor cafes. Summer (June to August) is the peak tourist season, offering lively events and festivals, but be prepared for larger crowds and higher prices. Winter (December to February) is quieter, and though it can be chilly, the festive holiday lights and fewer tourists make it a magical time to visit.

PLACES TO SEE

1. EIFFEL TOWER

No trip to Paris is complete without visiting the Eiffel Tower. This iconic structure is a must-see. Whether you ascend to the top for panoramic views or enjoy a picnic in the surrounding Champ de Mars park.

2. LOUVRE MUSEUM

Home to thousands of works of art, including the Mona Lisa and the Venus de Milo, the Louvre Museum is a treasure trove of cultural heritage. Allocate a few hours to explore its vast collections.

3. NOTRE-DAME CATHEDRAL

Although it was damaged by a fire in 2019, the Notre-Dame remains an architectural marvel. You can admire its facade and visit the nearby Ile de la Cité for a historic experience.

4. MONTMARTRE

This charming neighborhood offers a glimpse of Parisian life with its narrow streets, local cafes, and artistic vibe. Visit the Basilica of the Sacré-Cœur for stunning views of the city.

5. MUSÉE D'ORSAY

Housed in a former railway station, the Musée d'Orsay features an impressive collection of Impressionist and Post-Impressionist masterpieces by artists like Monet, Van Gogh, and Degas.

RESTAURANTS TO TRY

1. LE JULES VERNE

Located on the second level of the Eiffel Tower, Le Jules Verne offers gourmet dining with spectacular views. Enjoy a luxurious meal crafted by renowned chefs in an unforgettable setting.

2. L'ASTRANCE

A Michelin-starred restaurant in the 16th arrondissement, L'Astrance is celebrated for its inventive cuisine and seasonal ingredients. Reservations are recommended due to its popularity.

3. CAFÉ DE FLORE

A historic café in Saint-Germain-des-Prés, Café de Flore is a great spot to enjoy a classic French breakfast or a leisurely afternoon coffee. It's a favorite among locals and visitors alike.

4. LE COMPTOIR DU RELAIS

Located in the Latin Quarter, this bistro offers traditional French dishes with a modern twist. It's known for its warm atmosphere and delicious fare.

5. LE MARY CELESTE

For a more casual dining experience, Le Mary Celeste in the Marais district offers a trendy menu of small plates and creative cocktails in a relaxed setting.

HOTELS TO STAY AT

1. THE RITZ PARIS

For a truly opulent experience, The Ritz Paris on Place Vendôme offers luxury accommodations and impeccable service. The hotel features elegant rooms, a spa, and gourmet dining options.

2. LE MEURICE

Near the Louvre, Le Meurice combines classic French luxury with modern amenities. Its central location makes it a convenient base for exploring the city.

3. HÔTEL LUTETIA

Located in the Saint-Germain-des-Prés area, Hôtel Lutetia blends historic charm with contemporary comforts. The hotel offers spacious rooms, a spa, and a range of dining options.

4. HOTEL LE RELAIS SAINT-GERMAIN

A boutique hotel in the heart of the Latin Quarter, this charming property offers cozy rooms and personalized service. It's an excellent choice for a more intimate stay.

5. MAMA SHELTER PARIS EAST

For a budget-friendly option with a fun, vibrant atmosphere, Mama Shelter offers stylish accommodations with a youthful flair. It's located in the trendy East Paris district.

Paris is a city that promises romance, adventure, and discovery. With its rich tapestry of history, culture, and gastronomy, there's something for everyone to enjoy. Whether you're savoring world-class cuisine, marveling at iconic landmarks, or relaxing in luxurious accommodations, Paris never fails to leave a lasting impression. So pack your bags, embrace the Parisian lifestyle, and prepare to be enchanted by the City of Lights.

SWEET SUCCESS

MEET THE BLACK PASTRY CHEFS REDEFINING DESSERT SCENE

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

MIRIAM MILFORD/ OWNER- BCAKENY

706 WASHINGTON AVENUE, BROOKLYN, NY
WEBSITE: BCAKENY

A pastry chef and owner of BCakeNY, Miriam Milord specializes in custom cakes that highlight her artistic abilities. Located in Brooklyn, her bakery is known for elaborate designs and culturally themed cakes.



ALIYYAH BAYLOR/CO-OWNER - MAKE MY CAKE

409 W. 125TH STREET - HARLEM, NY
WEBSITE: MAKE MY CAKE - HARLEM, NEW YORK

Co-owner and head pastry chef of Make My Cake in Harlem, Aliyyah Baylor, is famous for her signature red velvet and German chocolate cakes. Her classic Southern-style cakes have become a beloved staple in N.Y.C.



ANDREA D. GREEN/OWNER - SWEET DAMES ARTISAN CONFECTIONS

2800 10TH ST NE WASHINGTON DC

WEBSITE: SWEET DAMES ARTISAN BAKERY | ORDER MACAROONS ONLINE - SWEET DAMES ARTISAN CONFECTIONS

Andrea Green, owner and head chef of Sweet Dames Artisan Confections, is known for her gluten-free coconut macaroons and other delicately crafted desserts. Her confections focus on sophisticated, natural flavors.



BRITNEY MOSS/C.E.O. - CUPCAKE ME N.Y.C.

WEBSITE: CUPCAKES | CUPCAKE ME! | NEW YORK

Britney Moss, C.E.O. and founder of Cupcake Me NY, has taken New York's dessert scene by storm with her beautifully crafted, gourmet cupcakes. Known for her inventive flavors and elegant designs, Britney's creations are visually stunning and deeply satisfying with each bite. With a passion for creativity and quality, Britney has transformed Cupcake Me NY into a go-to spot for those seeking a luxury dessert experience, earning her a loyal following across the city. Her dedication to excellence and community makes Britney stand out in New York's culinary landscape.



KYM ROGERS/C.E.O. OF THE BROOKLYN SWEET SPOT

BROOKLYN, NY

WEBSITE: THE SWEETEST SPOT IN BROOKLYN.....

Kym Rogers, the owner of The Brooklyn Sweet Spot, has established her bakery as a beloved destination for dessert lovers in Brooklyn. Known for her rich, flavorful cupcakes, cakes, and cookies, Kym has a gift for blending classic flavors with a unique twist that keeps customers returning for more. Her commitment to quality and community is evident in every treat she makes, creating a warm and welcoming space that feels like home. Kym's passion and skill have made The Brooklyn Sweet Spot a treasured part of Brooklyn's dessert scene.



CATARAH COLEMAN AND SHONEJI ROBINSON/CO-FOUNDERS OF SOUTHERN GIRLS DESSERTS

3650 W MARTIN LUTHER KING JR BLVD LOS ANGELES, CA

WEBSITE: SOUTHERN GIRL DESSERTS - MARTIN LUTHER KING BLVD.

Catarah Coleman and Shoneji Robinson, the co-owners of Southern Girl Desserts, have brought the soulful flavors of traditional Southern baking to life in New York City. With a shared love for their Southern roots, Catarah and Shoneji offer a menu filled with classics like sweet potato pie, red velvet cake, and peach cobbler, each crafted with love and authenticity. Their bakery has become a destination for anyone craving comforting, nostalgic flavors with a modern twist. Together, they have created a warm and inviting space where each dessert tells a story of heritage, family, and community.



5 HOLIDAY NON-ALCOHOLIC DRINKS

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

CHRISTMAS PUNCH

HOW TO MAKE CHRISTMAS PUNCH



1. Freeze your ice ring overnight if you are making one.
2. Pre-slice the limes into thin rounds.
3. Mix cranberry juice, cran-pineapple juice, limeade, ice, ginger ale, or lemon-lime soda in a large beverage dispenser container or punch bowl.
4. Add the ice or ice ring, sliced limes, and cranberries for garnish.
5. Run a sliced orange around the rim of glasses and dip into sparkling sugar sprinkles poured on a plate to decorate the rim.
6. Pour punch in, and garnish with extra lime slices, cranberries, and ice. Serve this cranberry punch with an additional fun garnish of cute straws.

INGREDIENTS

- 64 ounces of cranberry juice
- 64 ounces cran-pineapple juice
- 8 ounces of frozen limeade
- 2 liters of ginger ale
- 4-6 whole limes
- 12 ounces fresh cranberries
- 8 cups ice



CHOCOLATE PEPPERMINT MOCKTAIL

HOW TO MAKE CHOCOLATE PEPPERMINT MOCKTAIL

- KAHLUA SUBSTITUTE:**
- ¼ cup filtered water
 - 2 Tbsps organic brown sugar
 - 1 teaspoon instant coffee or espresso powder

- MOCKTAIL [PER SERVING]:**
- ½ cup premium chocolate syrup, homemade or store-bought
 - 2 Tbsps Kahlua substitute
 - 1 teaspoon molasses
 - ½ teaspoon peppermint extract
 - ½ teaspoon ground cinnamon
 - 1/8 teaspoon ground ginger
 - 1/8 teaspoon ground allspice
 - Crushed ice

KAHLUA SUBSTITUTE SIMPLE SYRUP:

1. Add the water and brown sugar in a saucepan over medium-high heat, stirring until the sugar has dissolved completely. Remove from heat and whisk in the espresso powder or instant coffee until dissolved.

TO MAKE THE HOMEMADE CHOCOLATE SYRUP:

1. Add all ingredients (whisking them to combine) in a saucepan over medium-high heat and boil for about 1-2 minutes. Once thoroughly combined and smooth, remove from heat and let cool.

TO MAKE MOCKTAIL:

1. Add all of the mocktail ingredients (except for ice) together in a bowl, whisking until combined.
2. Assemble the mocktails: Fill your favorite 8-ounce cocktail glass halfway with crushed ice. Add the mocktail mixture until the glass(es) is filled. If desired, top with whipped cream, candy canes (crushed or whole), and additional chocolate syrup or shaved chocolate. Repeat for all servings!

BLUE CHRISTMAS COCKTAIL

HOW TO MAKE CHOCOLATE BLUE CHRISTMA COCKTAIL

1. Rim two rocks glasses using the lemon wedge and dip into gold sanding sugar.
2. Combine raspberry syrup, Curacao, vodka, and rum in a shaker filled with ice. Shake to chill.
3. Place one large ice cube in each glass.
4. Strain the drink into both glasses and top with lemon seltzer.
5. Garnish drinks with lemon curls or wedges and serve



INGREDIENTS

- lemon wedges for rimming and garnish
- 3 Tablespoons gold or yellow sanding sugar
- 3 Tablespoons Monin blue raspberry syrup
- 2 ounces Blue Curacao
- 2 ounces vodka
- 2 ounces white rum
- 12 ounce bottle Boylan lemon seltzer

WINTER SEA BREEZE RECIPE

HOW TO MAKE WINTER SEA BREEZE

1. Mix vodka, grapefruit juice, and tonic water in a cocktail shaker.
2. Fill a glass with ice and pour in the drink mixture.
3. Garnish with pomegranate seeds, cranberries, and mint, then serve

INGREDIENTS

- 1 ounces vodka
- 1 ounces grapefruit juice
- 2 ounces tonic water
- Pomegranate seeds
- Cranberries
- Mint leaves



RED STAG DIRTY SHIRLEY RECIPE

HOW TO MAKE RED STAG DIRTY SHIRLEY

1. Pour grenadine, cherry bourbon, soda, and maraschino cherry syrup into a glass of ice and stir.
2. Garnish with maraschino cherry and serve.

INGREDIENTS

- 1/2 ounces grenadine
- 1 1/2 ounces Red Stag black cherry bourbon
- 5 ounces lemon-lime soda
- Splash of maraschino cherry syrup
- Maraschino cherries



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Blue Christmas, Winter Sea Breeze, and Red Stag Dirty Shirley - <https://www.webstaurantstore.com/blog/1576/the-12-drinks-of-christmas.html#blue>

8 FUN HOLIDAY GAMES THE ENTIRE FAMILY CAN ENJOY...

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

As the holiday season approaches, it's time to gather friends and family for joyous celebrations filled with laughter and cheer! One of the best ways to bring everyone together and create lasting memories. Whether you're looking to spark friendly competition, foster teamwork, or simply enjoy some lighthearted entertainment, holiday games are the perfect way to engage guests of all ages. So, grab your snacks, prepare your playlists, and get ready to dive into hours of festive fun!

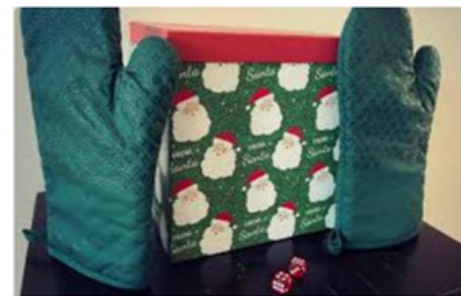
1. TOILET PAPER SNOWMAN:

We guarantee you will giggle up a storm trying to win this game. Divide players into teams of two. When the hosts yell "Go!" one team member has to "build" a snowman by wrapping the other entirely in toilet paper, finishing off the "snowy" friend by sticking on snowman buttons and a nose as well as a scarf and hat. The first one to finish wins!



2. CHRISTMAS WRAPPING RACE:

Instead of stressing how beautifully your gifts are wrapped, gather some helper Elves and see who can wrap their gift as quickly as possible. You may not save paper this way, but it takes the pressure off our perfectionists.



3. OVEN MITTS GAME:

Opening Christmas gifts while wearing oven mitts is just as challenging (and hilarious) as you think. As an added perk, giving unwrapping an element of difficulty will make everyone slow down and savor the moment when tearing into those presents on Christmas morning — not to mention result in some amusing photos.



4. SANTA HATS CUP STACKING GAME:

Grab a handful of red solo cups and white pom-poms for this suspenseful stacking game. See how many "Santa hats" you can stack on top of one another before your tower topples over.



5. COOKIE MONSTER CHALLENGE:

Needed: 2-inch cookie per person. Place a cookie on your forehead. Move the cookie on your face from your forehead into your mouth without using your hands!

6. CHRISTMAS CHARADES:

Charades is always a hit, no matter the age group—and putting a seasonal spin on this classic is a breeze. Simply follow the rules of charades, but act out popular Christmas movies, songs, or carols for your guests to guess. You can write suggestions on slips of paper or let guests come up with their own ideas. You can also gather ideas from your guests in advance when you send out your party invites using Paperless Post. Our online invitations let you ask your guests questions and make suggestions so you can have your charades list (or holiday music playlist!) all ready to go at party time.



7. SURPRISE POP:

Surprise Pop is a fun Christmas game involving small treats and surprises.

Pre-game prep: Before your party, drop a small candy cane, toy, eraser, or any other little goodie that will fit into a deflated balloon. Blow up the balloon with the prize inside. Blow up at least as many balloons as there are guests, plus extras.

Party time: At the party, let kids retrieve their prizes by figuring out how to pop their balloons. For an extra challenge, no hands are allowed!

8. CHRISTMAS HEADS-UP:

Kids and adults both love this silly guessing game. Prepare ahead of time by writing the names of famous Christmas characters on sticky notes. Pop the notes into a paper bag and mix them up.

At the party, each player pulls a name from the bag and sticks it to their forehead without looking at it. Players try to give each other clues to guess their character's name without using it.



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ARSHA JONES

A CULINARY PIONEER SPICING UP THE BUSINESS WORLD

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

Arsha Jones is not just the CEO of Capital City Mambo Sauce; she is a cultural ambassador for Washington, D.C., capturing the heart and flavor of the city in a bottle. From her humble beginnings to leading a successful sauce empire, Jones exemplifies what it means to turn passion into a thriving business.

Born and raised in Washington, D.C., Arsha Jones grew up immersed in the local culture, where mambo sauce was more than just a condiment—it was a staple of the city's identity. The sauce's sweet and tangy flavor became iconic, served alongside fried chicken and fries at local carry-outs. This deep connection with her hometown inspired Jones to create her version of the sauce, which would later become Capital City Mambo Sauce.



Jones, alongside her late husband, Charles, began experimenting with recipes in their home kitchen. What started as a small, home-based business in 2011 soon became a phenomenon. Capital City Mambo Sauce became synonymous with D.C. culture, and Jones worked tirelessly to turn it into a national brand. Her drive to share a taste of D.C. with the world resonated with customers, earning the company loyal fans locally and across the U.S.

Building a business from the ground up came with its fair share of challenges. Arsha faced the hurdles of scaling production, expanding distribution, and navigating the competitive food industry. Yet, through perseverance and a strong belief in her product, Jones overcame these obstacles, cementing Capital City Mambo Sauce as a household name. Her leadership skills were tested further following the sudden passing of her husband, but she pushed through, honoring his legacy while taking the brand to new heights.

Arsha Jones has not only brought D.C.'s beloved sauce to a broader audience, but she has also inspired a new generation of Black women entrepreneurs. Her resilience, cultural pride, and entrepreneurship story have earned her recognition in major publications, including The Washington Post and Forbes. She has been celebrated for her innovative approach to business and commitment to giving back to the community, mainly through initiatives supporting local businesses and youth programs. Under Jones' leadership, Capital City Mambo Sauce continues to grow. With its presence in major grocery stores and online retailers, the brand is expanding its product line and partnerships while remaining true to its roots. Arsha Jones envisions making the sauce a global brand, ensuring that mambo sauce becomes a staple in kitchens far beyond Washington, D.C.

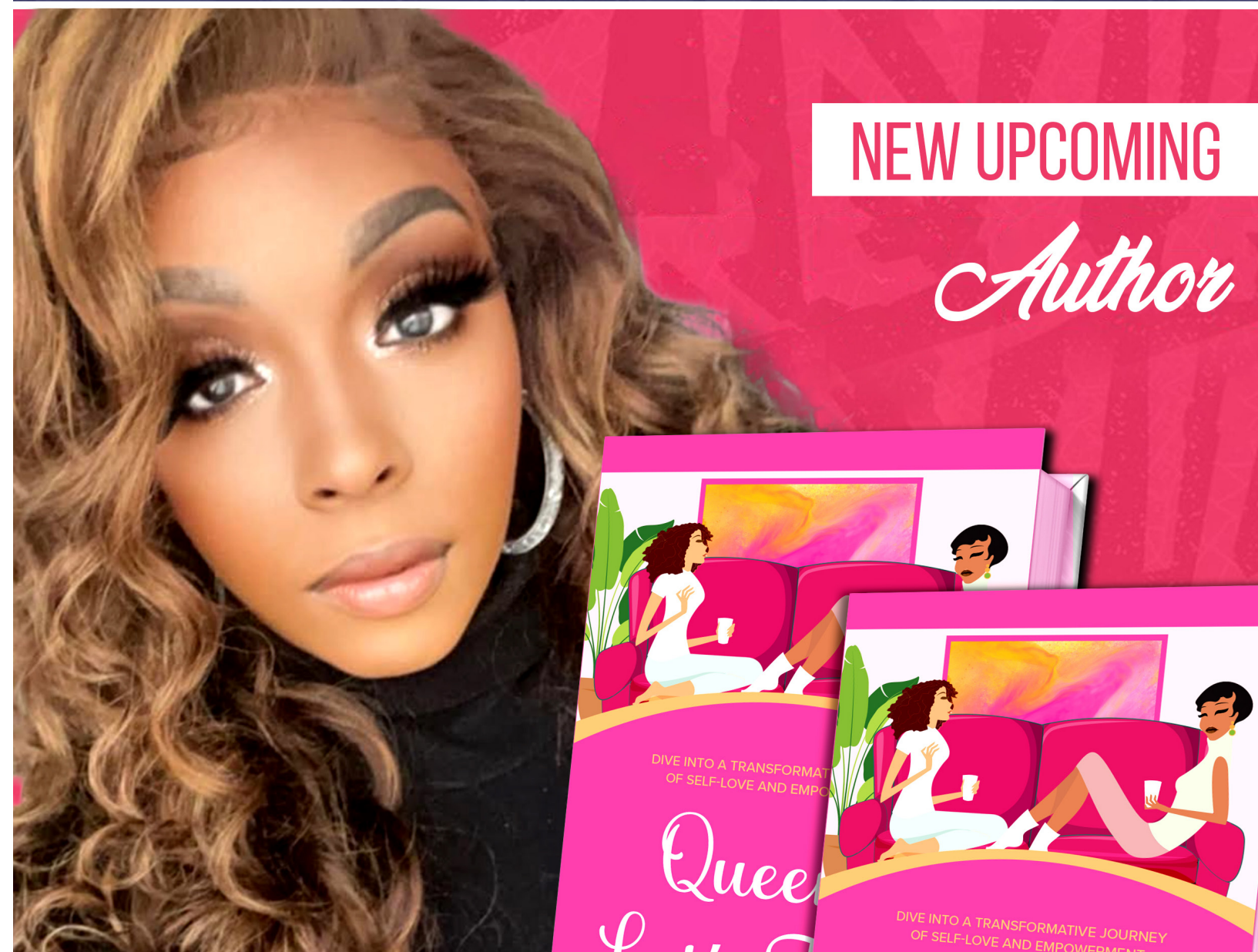
Arsha Jones embodies the essence of entrepreneurship—turning a local favorite into a national sensation. Her journey from a kitchen experiment to CEO of a thriving business showcases the power of passion, determination, and cultural pride. As she continues to lead Capital City Mambo Sauce, Arsha Jones remains a shining example of what it means to make a mark on the world, one bottle at a time.

Website: <https://www.capitalcity.com/>



NEW UPCOMING

Author



ARIELLE PERSHAY

BOOK RELEASE WINTER 2025

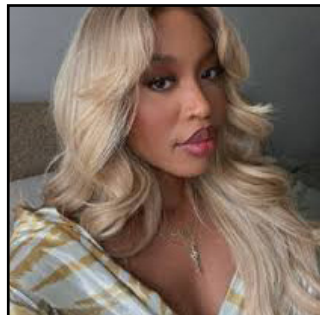
TRAILBLAZERS IN WELLNESS

HOW SHANTE FRAZIER AND LAUREN MITCHELL BUILT WELLCAPPED

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

In an industry where innovation and impact are essential, Shante Frazier and Lauren Mitchell have positioned themselves as pioneers through their company, WellCapped. These visionary women saw a gap in the market and created a solution that empowers and supports women's wellness. Frazier and Mitchell have built a company that serves its customers and reshapes how women approach self-care and health.

WellCapped was born out of Frazier and Mitchell's shared passion for improving women's lives. They recognized many women's struggles in managing their health and self-care, particularly when finding products and services that address their unique needs. WellCapped aims to provide a curated platform where women can access top-tier wellness products, from beauty essentials to health supplements, all designed with women in mind. Their mission is simple: to create a space where women feel supported and confident in their journey toward wellness. By offering a wide range of carefully selected products, WellCapped ensures women can access the best tools and resources to care for themselves physically and mentally.



Both Frazier and Mitchell bring a wealth of experience and expertise to their roles as co-founders of WellCapped. With her background in business development and strategic partnerships, Shante Frazier has been instrumental in driving the company's growth and expanding its reach. Lauren Mitchell, a wellness advocate and entrepreneur, brings her passion for health and wellness to the brand, ensuring that WellCapped stays true to its mission of supporting women. Their complementary skill sets have made them a formidable team, with each woman contributing to different aspects of the company's success. Together, they have created a brand that resonates with women looking for a holistic approach to their health and well-being.

Like many entrepreneurs, Frazier and Mitchell have faced their fair share of challenges. Building a business in a competitive industry requires perseverance, creativity, and a deep understanding of the target audience. However, their unwavering commitment to their vision has allowed them to turn obstacles into opportunities. From securing partnerships with leading wellness brands to navigating the complexities of e-commerce, Frazier and Mitchell have proven to be adaptable and resilient leaders. Their success is a testament to their hard work and their ability to remain authentic to their mission, even in the face of challenges.

WellCapped has become more than just an online platform—a movement. By creating a community where women can connect and share their experiences, Frazier and Mitchell have fostered a sense of empowerment among their customers. WellCapped isn't just about selling products; it's about creating an environment where women feel seen, heard, and supported in every health journey. The company's focus on quality, transparency, and inclusivity has earned it a loyal following, with customers praising both the products and the brand's commitment to women's wellness. WellCapped continues to make strides in the industry by championing diversity and ensuring that every woman, regardless of background or lifestyle, can find the products she needs to thrive.

WellCapped grows, Frazier and Mitchell have big plans for the future. They are working to expand the company's offerings, from new product lines to personalized wellness services, while maintaining their focus on quality and customer care. Their goal is to make WellCapped a go-to destination for women seeking comprehensive wellness solutions. Frazier and Mitchell are also committed to giving back. They plan to launch initiatives that support women's health education and provide resources for underserved communities, further cementing WellCapped's role as a force for good in the wellness industry.

Shante Frazier and Lauren Mitchell are more than just co-founders—they are trailblazers. Through WellCapped, they are redefining what it means to support women's wellness, creating a space where women can access the products, knowledge, and community they need to lead healthy, fulfilling lives. As they continue to grow their company, Frazier and Mitchell remain dedicated to their mission of empowering women, making WellCapped an innovative and genuinely impactful brand.

Website: WellCapped | Luxury Wig Rental Service

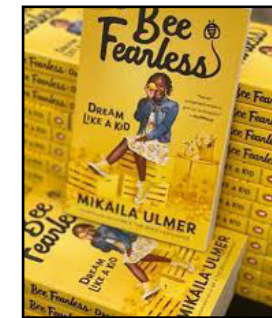


HOW MIKAILA ULMER'S LEMONADE BUSINESS IS INSPIRING A MOVEMENT FOR BEE CONSERVATION

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

At 19 years old, Mikaila Ulmer is a remarkable example of youthful entrepreneurship and environmental advocacy. As the founder of Me & the Bees Lemonade, Mikaila has turned her childhood passion into a thriving business that delights taste buds and promotes bee conservation. Her story is a testament to the power of innovation, determination, and a deep sense of purpose.

Mikaila Ulmer's entrepreneurial journey began when she was just four years old. After being stung by two bees in one week, Mikaila became fascinated with these vital pollinators. Inspired by her grandmother's old-fashioned lemonade recipe, she created a lemonade stand, using honey as a natural sweetener. This initial venture was about making a delicious drink and raising awareness about the importance of bees and the threats they face.



Mikaila's lemonade quickly gained popularity in her local community, and it wasn't long before she received attention from the media and investors. In 2015, her business was featured on Shark Tank, where she secured a deal with billionaire investor Daymond John. This exposure helped her scale her operations, and Me & the Bees Lemonade began to appear on shelves across the country.

Beyond business success, Mikaila is deeply committed to environmental sustainability. A portion of Me & the Bees Lemonade proceeds is dedicated to supporting organizations that protect and preserve bee populations. Mikaila's dedication to this cause has earned her accolades and recognition as a young environmental leader, including being named TIME's Kid of the Year in 2020.

Since its inception, Me & the Bees Lemonade has expanded its product line to include various flavors and products, such as lip balms and other honey-based items. Mikaila's innovative spirit and commitment to quality have helped her brand stand out in a competitive market. Her lemonade is now available in major retailers, including Whole Foods and Kroger, making her vision accessible to a broader audience.

Mikaila Ulmer's story is an inspiring example of how passion and a sense of purpose can lead to remarkable achievements. Her entrepreneurial success is a beacon for other young people who dream of making a difference in the world. Mikaila continues to advocate for environmental causes and mentor other young entrepreneurs, showing that age is no barrier to making.

As Mikaila Ulmer continues to grow her brand and advocate for bee conservation, her influence extends far beyond the world of lemonade. She is a powerful example of how one person's vision can lead to significant change and inspire others to follow in their footsteps. With her entrepreneurial spirit and commitment to a cause close to her heart, Mikaila Ulmer is undoubtedly a role model for future generations.

Website: <https://www.meandthebees.com/pages/about-us>



THREADING PASSION AND FAMILY

HOW BILLIE ABDDEEN'S QREATIVE QREATIONS REDEFINES HANDMADE FASHION

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

Billie Abddeen, CEO of Qreative Qreations, has transformed her love for fabric and threads into a thriving fashion brand known for its unique approach to sewing, embroidery, crochet, and hand-knitted fashion. Billie's journey began with traditional garment creation, but her recent foray into crochet and knitting has brought her one-of-a-kind designs to life in new, exciting ways.

Recently, Billie was chosen to showcase her work in I Am PLUSH, a North Carolina-based fashion show focused on plus-size fashion and organized by Anedra Walls. This experience—her debut in a fashion show—was significant, allowing her to contribute to a platform that celebrates confidence, beauty, and authenticity for all body types. "It was my first fashion show," Billie shares, "and I'm thrilled to be part of something that helps people feel confident, beautiful, and true to themselves!"



As a mother of four, Billie's life is a careful balancing act between business and family. Whether she's crafting her designs or helping with homework, her passion for her craft and her commitment to her family go hand in hand. Each piece—be it embroidered, crocheted, or hand-knitted—reflects her dedication to both her customers and her children, who see in her an example of resilience and creativity.

Billie's vision for Qreative Qreations is boundless: "I plan to keep working on creative, everyday styles as well as runway pieces, and I'm already looking forward to my next show in 2025." She aims to expand her brand to reach women and men worldwide, embracing diversity and empowering confidence in every customer she serves. With Billie's devotion to her craft, family, and mission, Qreative Qreations is more than a brand—it celebrates creativity, inclusion, and self-expression.

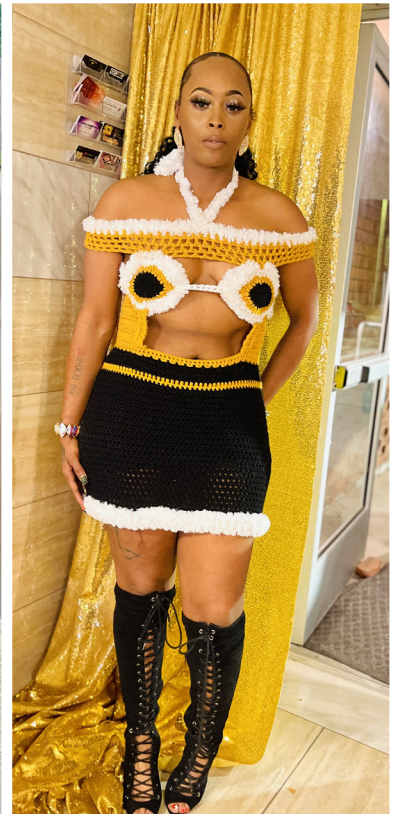
Next for Billie Abddeen is an exciting chapter of growth and global reach. Building on the momentum from her first fashion show, I Am PLUSH, Billie is already preparing new collections that blend everyday wear with runway-ready pieces designed to celebrate confidence and diversity. She envisions expanding Qreative Qreations beyond North Carolina, reaching a broader audience worldwide, and establishing her brand as a symbol of inclusivity and empowerment in fashion. With plans for another show in 2025, Billie is set to continue inspiring others through her creativity, passion, and dedication to making fashion accessible and expressive for everyone.

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THERE IS NO NEED TO FEAR SEE HOLIDAY STYLES THAT WILL SAVE YOUR COINS FOR THE HOLIDAY. CHEERS!

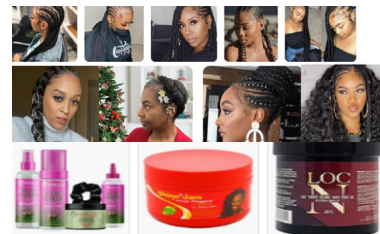
WRITTEN BY NISHA PERSHAY

As we gear up for the holiday season, let me show you how to save some coins on a fabulous look. These fantastic and trendy styles will have you slaying and adding savings to the bank; these trends do not require much maintenance. Here are some of my favorite styles and products you can use at home to be fair in the pockets that your entire household will adore.

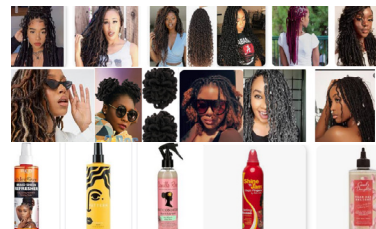
The purpose of saving is to use what you already have or practical things you may already have lingering at home. For example, ribbons or twine can be used for festive ribbons (red, green, gold, and plaid) to tie into bows around ponytails, braids, or buns. Also, a Holiday Garland as a Headband and Twine with a bit of greenery or a small pinecone attached can be a rustic and unique accent.

AFFORDABLE HAIRSTYLE IDEAS AND PRODUCTS

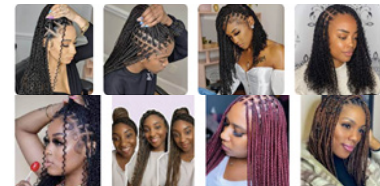
1. PASSION TWIST, CROCHET, BRAIDS, AND OTHER CREATIVE NATURAL HAIRSTYLES – When talking about the latest and greatest hair trends, Passion Twist is one of them! These are gorgeous and affordable trendy protective styles. If you opt for synthetic options, you can save more than buying human hair, which will cost you much more. These items can be found in your local beauty supply. Products: FreeTress Water Wave hair, Eco Styler Gel, Edge control, Rat tail comb, Hair ties and clips, Setting foam, and most importantly, Hair and scalp oil. Keep the scalp hydrated with hair oils. I recommend YouTube University if you can attempt to do your own hair. If not, seek a professional stylist who has affordable prices.



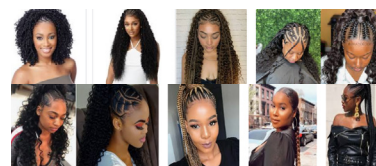
2. FEED-IN BRAIDS AND CORN ROLLS – Feed-in braids are becoming an increasingly popular corn-row style because of their length and natural appearance. This could be your look if you want an effortless holiday protective style. We love this trendy and unique hairdo. It provides you with much versatility, with large and small cornrows. This protective style is good for when you want to give your hair a short break from any manipulation. It's a great way to protect your hair any time of the year. You can wear this hairstyle in shorter braids and even a ponytail. Product for the style – Every few days, fight dryness by moisturizing your braids with shea butter and applying essential oils to your scalp. Cover your braids with a hair wrap, bandana, or scarf while you sleep to prevent frizziness.



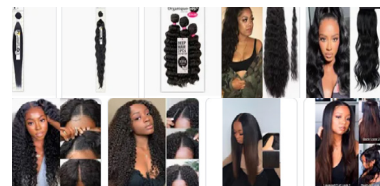
3. GODDESS LOCS – Similar to box braids or Senegalese Twists, Goddess Locs are faux locs created to give a bohemian flare to what we know as the standard Faux Loc. This lightweight and sassy protective style is just what you need to spice things up. Try to keep it moisturized with oil to keep the hair defined and less frizzy." Use light oil like jojoba, grapeseed, or argan oil to moisturize your braids. Products Clarify and moisturize regularly. Don't overdo the style, pay attention to your hair porosity, and protect day AND night.



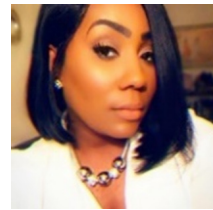
4. KNOTLESS BOX BRAIDS – Knotless box braids are another variation of box braids. The difference is that, unlike box braids, these don't include the small knot that sits at the root of the scalp because of when synthetic braiding hair is added. For this style, braiding hair is added to a person's natural hair in small pieces (after the braid has been started), resulting in a flat plait that isn't as heavy on the scalp. It's a painless alternative for anyone looking to rock a head full of box braids without putting tension on their scalp and edges. And we know protecting our edges is a must!



5. SEW-IN WITH NO LEAVE-OUT AND PRE-MADE PONYTAILS – Sew-ins are popular throughout the year but ideal for budget-friendly styles. Because the natural hair is braided down, it reduces tension for the foundation (the hair is braided under the extensions). When installed appropriately, this style should last 6-8 weeks, with maintenance in between. Sew-ins can range from being fully covered (full sew-in) with no hair left out to a versatile sew-in (leaving some hair exposed to blend with the extensions).



6. PONYTAILS ON THE GO AND V-PART WIGS – These styles will always be quick and easy if you are not a wig girly or prefer ponytails. It's fast and simple to do. Also, you can order from Amazon or your local beauty supply store.

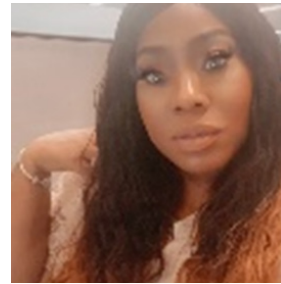


SPARKLE AND SHINE

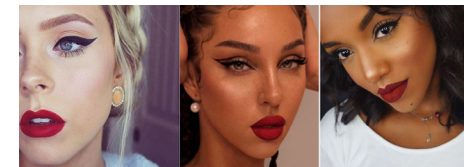
HOLIDAY MAKEUP LOOKS TO DAZZLE

WRITTEN BY TINIKA THOMAS-FOREMAN

The holiday season is perfect for experimenting with your makeup and embracing fun, festive looks. Whether attending a cozy family gathering, a glamorous party, or a New Year's Eve bash, here are some delightful holiday makeup ideas to help you shine bright.



HAPPY HOLIDAYS, AND ENJOY TRYING OUT THESE MAKEUP LOOKS!



1. CLASSIC RED LIPS AND WINGED LINER – Nothing says classic holiday glam like red lips paired with winged eyeliner. Choose a rich crimson lipstick and complement it with a sharp winged liner for an effortlessly chic look. Keep the rest of your makeup simple with a flawless base and subtle blush to let your lips pop.

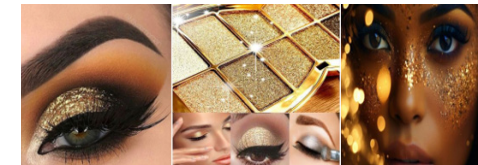
TIPS:

- Use a lip liner to define your lips before applying lipstick to ensure it lasts longer.
- For added glamour, apply a touch of highlighter to your cheekbones.

2. GLITTERING GOLD EYES – Capture the magic of the season with shimmering gold eye-shadow. Apply a golden shade across your eyelids and blend it seamlessly with a warm brown in the crease for depth. Finish the look with false lashes for extra drama and a nude lip to balance the shimmer.

TIPS:

- Use a glitter primer to ensure your sparkle stays put throughout the festivities.
- Don't be afraid to mix different textures, such as cream and powder shadows, for a multidimensional effect.



3. BOLD BERRY TONES – Berry shades are perfect for the winter months. Opt for a deep berry lipstick and pair it with matching eyeshadow for a cohesive look. Add a hint of blush in a similar hue on your cheeks to tie everything together. Keep your eyeliner soft and smoky for a romantic vibe.

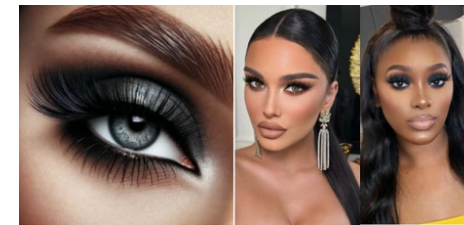
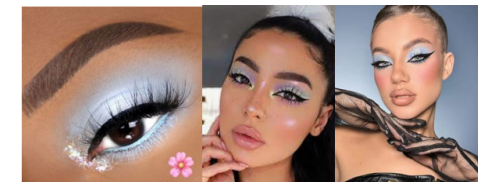
TIPS:

- When using darker shades, always start with a primer to enhance color payoff and longevity.
- Blend well to avoid harsh lines and create a seamless look.

4. FROSTY PASTELS – For a softer, whimsical approach, consider frosty pastels. Light lavender, icy blue, or soft pink shades can create a dreamy holiday look. Focus on your eyes with pastel hues and add a pop of glitter on the inner corners for brightness. Pair with a sheer gloss on the lips for a refreshing finish.

TIPS:

- Layering is essential. Apply a base color and then build it up with shimmery shades.
- Create a winter wonderland fresh look by keeping your skin glowing with a dewy foundation.



5. GLAMOROUS SMOKY EYE – A smoky eye is a timeless choice that exudes sophistication. Use a combination of black, gray, and metallic to create a sultry eye look. Pair with a nude or soft pink lipstick to maintain balance. This look is perfect for those who want to be bold and glamorous.

TIPS:

- Start with a transition shade in the crease before adding darker colors for a blended effect.
- Don't forget to set your makeup with a setting spray to ensure it lasts all night long.

FINAL TOUCHES

No holiday look is complete without a few finishing touches. Consider adding some festive nail art, accessorizing with sparkly earrings, or spritzing on your favorite holiday fragrance. Confidence is the key to any stunning makeup look, so wear whatever makes you feel fabulous!

Photo Credit:

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SHEQUEENA MCKENZIE BREAKING BARRIERS AS MISSISSIPPI'S FIRST BLACK FEMALE JUDGE

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

In a historic milestone for Mississippi's judicial system, Shequeena McKenzie has made her mark as the first Black female judge in the state. Her appointment not only represents a significant achievement for diversity and representation but also symbolizes a beacon of hope and progress for aspiring legal professionals across the country. Judge McKenzie's journey is a testament to perseverance, excellence, and the relentless pursuit of justice.

A TRAILBLAZING CAREER

Shequeena McKenzie's path to becoming Mississippi's first Black female judge is one of remarkable dedication and determination. Born and raised in Mississippi, McKenzie's journey was shaped by her deep commitment to justice and her desire to effect positive change within her community. McKenzie has always wanted to become a lawyer to be the change. She took up Political Science with a Human Rights minor at the University of Southern Mississippi. McKenzie went to Mississippi College School of Law, where she received her law degree and graduated Cum Laude. At that time, she also practiced law part-time.

BREAKING BARRIERS

Shequeena McKenzie achieved a historic milestone by being appointed judge, becoming the first Black female to hold this position in McComb, Mississippi. Her appointment represents a significant step forward in the state's judicial history, breaking longstanding barriers and paving the way for greater diversity within the legal system.

McKenzie said she was inspired by Vice President Kamala Harris, who also made history as the first female and first Black vice president of the United States. Likewise, she wanted to give hope to other young women.

McKenzie's appointment is a personal achievement and a symbol of broader societal progress. Her presence on the bench brings a fresh perspective and a deep understanding of the diverse communities she serves. As a judge, McKenzie is committed to ensuring that justice is administered impartially and that every voice is heard in the courtroom.

A COMMITMENT TO JUSTICE

Judge McKenzie's approach to her role reflects her unwavering commitment to justice and fairness. Known for her thoughtful and thorough judicial decisions, she has earned the respect of colleagues, attorneys, and the community. Her dedication to addressing inequality issues and advocating for all individuals' rights underscores her commitment to making a positive impact through her judicial role.

Beyond the courtroom, McKenzie is actively involved in mentoring young lawyers and advocating for greater diversity in the legal profession. Her efforts to inspire and support the next generation of legal professionals demonstrate her belief in the importance of representation and the power of mentorship.

LOOKING TO THE FUTURE

As Shequeena McKenzie continues her groundbreaking work as a judge, her influence extends beyond her role on the bench. Her pioneering achievement inspires many, highlighting the importance of perseverance and the impact of breaking down barriers. McKenzie's legacy is one of dedication, leadership, and a commitment to advancing justice.

CONCLUSION

Shequeena McKenzie's appointment as Mississippi's first Black female judge marks a historic moment in the state's legal history. Her journey is a powerful reminder of the progress that can be achieved through hard work and determination. As she continues to make strides in the judicial system, Judge McKenzie's story stands as a beacon of hope and a testament to the enduring pursuit of equality and justice.

Credit: blacknews.com)



MOTHER AND DAUGHTER DUO GRADUATE AT THE TOP OF THEIR CLASS AND SHINE AS ENTREPRENEURS AND AUTHORS

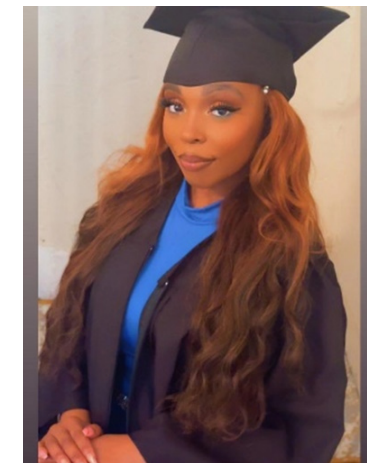
WRITTEN BY: DR. TREVI BOOKER-PERSHAY

In an inspiring journey of academic excellence and entrepreneurial spirit, mother and daughter Trevi Booker Pershay and Arielle Pershay have both achieved the remarkable distinction of graduating at the top of their classes. Trevi earned her Bachelor's degree in Marketing from Southern New Hampshire University, while Arielle received her degree in Ethics and Management with a minor in Human Resources from Exousia University. Beyond academia, both women are establishing impressive careers as entrepreneurs and authors, further solidifying their legacy of determination and success.

TREVI BOOKER PERSHAY CEO, AUTHOR, AND MARKETING INNOVATOR

Trevi Booker Pershay, the CEO and Founder of Trevi Pershay Productions and Circle of Boss Sisters (C.O.B.S.) Magazines are a force to be reckoned with in business and creative realms. Her venture, Trevi Pershay Productions, showcases her passion for storytelling and multimedia, while C.O.B.S. Magazine highlights inspirational stories of entrepreneurship, leadership, and empowerment—especially among women. Trevi's experience in marketing has been instrumental in driving these ventures forward, allowing her to connect with audiences on a profound level.

In addition to her role as an entrepreneur, Trevi is also an author whose work empowers readers to pursue their dreams and recognize their potential. Her journey in education and business demonstrates her commitment to growth and resilience, making her a true role model for women looking to balance ambition with purpose.



ARIELLE PERSHAY ASPIRING AUTHOR AND FOUNDER OF PROPEL FORWARD AGENCY

Following her mother's footsteps in excellence, Arielle Pershay has set her sights on impactful leadership and service. Graduating with a degree in Ethics and Management and a minor in Human Resources, Arielle has already mapped out an ambitious future. She plans to establish Propel Forward Agency, a recruiting agency that fosters positive, inclusive workplaces through effective talent acquisition. Arielle's focus on ethics and human resources makes her uniquely positioned to bring a refreshing perspective to the recruiting industry.

Moreover, Arielle is preparing to release her first book, Queen, Let's Talk, set to launch in Winter 2025. In her book, Arielle seeks to inspire women to discover their worth and embrace their identities. Her message of empowerment aligns with the legacy of strength and resilience she shares with her mother, bringing a new voice to the next generation of leaders.

A FAMILY LEGACY OF ACADEMIC AND ENTREPRENEURIAL ACHIEVEMENT

For Trevi and Arielle, success transcends academics. Their achievements extend into the realms of business and authorship, making them a dynamic duo whose contributions inspire others to reach new heights. This mother-daughter team is united by shared goals and a drive to empower others, not only through their businesses but through their written words as well.

Their story reminds us that education, entrepreneurship, and self-expression can create powerful legacies that uplift entire communities. As graduates, entrepreneurs, and authors, Trevi and Arielle Pershay are paving the way for future generations to dream bigger and embrace their fullest potential.



HEALTHY & YUMMY HOLIDAY MEALS

WRITTEN BY ARIELLE PERSHAY

Dive in with me as we explore some tasty foods and sweets we can enjoy for the holi- days. Here are some healthy food ideas that can be both delicious and nutritious:

1. ROASTED ROOT VEGETABLES

A medley of roasted root vegetables like sweet potatoes, carrots, parsnips, and beets can add color, flavor, and vitamins to your holiday spread. Toss with olive oil, garlic, rosemary, and thyme before roasting for a fragrant and comforting side dish.



2. STUFFED SQUASH OR PUMPKIN

Instead of a heavy stuffing, try stuffing a squash or pumpkin with a mix of quinoa, cranberries, nuts (like pecans or walnuts), and a touch of cinnamon. This dish is packed with fiber, healthy fats, and antioxidants.

3. GRILLED OR ROASTED BRUSSELS SPROUTS

Brussels sprouts are packed with nutrients like vitamin C and fiber. You can roast them with a drizzle of olive oil, garlic, and a sprinkle of sea salt or grill them for a smoky flavor. Add a squeeze of lemon or balsamic glaze for an extra touch.

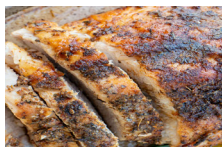


4. CRANBERRY SAUCE WITH ORANGE ZEST

Homemade cranberry sauce is easy to make without all the added sugar. Simmer fresh cranberries with a small amount of honey or maple syrup, and add some orange zest and a cinnamon stick for a fresh twist.

5. CAULIFLOWER MASHED POTATOES

For a low-carb alternative to mashed potatoes, try cauliflower mashed potatoes. Steam cauliflower and blend with garlic, olive oil, and salt until creamy. It has a similar texture to mashed potatoes but is lighter and lower in calories.



6. BAKED SALMON OR HERB-CRUSTED TURKEY BREAST

Instead of fatty meats, consider a lean protein like baked salmon, which is high in omega-3 fatty acids, or a turkey breast seasoned with herbs like rosemary, thyme, and sage. Both options are flavorful and can be served as the main dish.

7. SPINACH AND POMEGRANATE SALAD

Mix fresh spinach, pomegranate seeds, and walnuts for a refreshing salad. Drizzle with a light vinaigrette made from olive oil, apple cider vinegar, and a touch of honey. This salad is loaded with antioxidants and healthy fats.

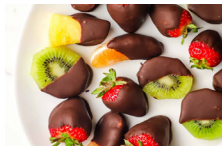


8. APPLE CINNAMON CHIA PUDDING

For a healthy dessert or breakfast option, try making chia pudding with almond milk, cinnamon, and diced ap- ples. Let it sit overnight, and top it with a sprinkle of granola or nuts for added crunch.

9. ROASTED GARLIC AND HERB HUMMUS

Serve a healthier dip option like hummus, which can be made with roasted garlic and fresh herbs. Pair it with vegetable sticks like carrots, cucumber, and bell peppers for a nutritious appetizer.



10. DARK CHOCOLATE DIPPED FRUIT

For a healthier sweet treat, dip fresh fruit like strawberries, apple slices, or orange segments in melted dark chocolate (70% cacao or higher). Dark chocolate is rich in antioxidants and pairs wonderfully with fruit for a light dessert.



These dishes incorporate plenty of vegetables, lean proteins, healthy fats, and natural sweeteners, so you can enjoy your holiday meals while staying health-conscious. Happy Holidays, and enjoy these healthy, yummy holiday meals.

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THE IMPORTANCE OF HOLIDAY EVENTS IN THE WORK ENVIRONMENT

BY: ARIELLE PERSHAY



The end of the year is often a time for reflection, celebration, and connection — not just with family and friends but also in the workplace. Holiday events in the work environment can significantly boost employee morale, foster a positive company culture, and improve overall productivity. While many companies may focus solely on the bottom line, investing time and resources into holiday gatherings can yield long-lasting benefits for employees and the organization. Here's why holiday events are essential in the workplace:

1. BOOSTING EMPLOYEE MORALE

Holiday events offer employees a break from the routine and a chance to celebrate achievements and hard work. The festive atmo- sphere can be uplifting, creating a sense of excitement and positivity. When employees feel appreciated and included, they're more likely to be motivated and engaged in their work. A well-organized holiday event can make employees feel valued, boosting their morale and job satisfaction. In turn, this can lead to higher retention rates and lower turnover.

2. BUILDING TEAM COHESION

Workplace holiday events bring together employees from different departments, teams, and levels of seniority. Whether it's a holiday party, a charity event, or a themed lunch, these gatherings offer a unique opportunity for colleagues to interact in a relaxed, informal setting. When employees socialize outside their typical work context, it fosters better communication, trust, and understanding. This helps break down silos, encourages cross-functional collaboration, and strengthens overall team cohesion.

3. FOSTERING COMPANY CULTURE

Holiday events are a reflection of a company's culture and values. Celebrating holidays together helps create a sense of unity and shared purpose within the organization. Employees who feel part of a supportive and inclusive environment are more likely to align with the company's mission and vision. The shared experience of a holiday event can also make the workplace feel more humanized and less transactional, creating a positive, engaged atmosphere.

4. ENCOURAGING WORK-LIFE BALANCE

For many employees, the holiday season is a time to spend with loved ones, but work demands can make it challenging to disconnect entirely. By hosting holiday events, companies can show they respect employees' need for balance. These events allow employees to unwind, relax, and enjoy time with their colleagues without the pressure of deadlines or performance expectations. It's a way of acknowl- edging their hard work and encouraging them to take time for themselves, ultimately preventing burnout and increasing long-term productivity.

5. SHOWCASING APPRECIATION

Holiday events are an excellent way to show appreciation for employees' contributions throughout the year. Whether through awards, thank-you notes, or acknowledging individual achievements, holiday celebrations allow leaders to recognize their teams. Appreciation goes a long way in building employee loyalty and commitment. When employees feel valued, they are more likely to invest their energy and efforts into their work, which benefits the organization.

6. PROMOTING EMPLOYEE WELL-BEING

Holidays can be stressful, both personally and professionally. Providing opportunities for employees to unwind through a company-host- ed event can promote mental and emotional well-being. Whether it's a holiday-themed wellness activity, a gift exchange, or a social gathering, these events allow employees to relax, have fun, and recharge. Companies can reduce stress levels by supporting employee well-being and creating a more positive, productive work environment.

7. STRENGTHENING EMPLOYEE ENGAGEMENT

Holiday events can also serve as an excellent platform to engage employees in various initiatives, whether a charitable cause, a team-building exercise, or a company-wide competition. These activities can reinforce a sense of belonging and help employees feel more connected to the company's goals. Engaged employees are likelier to be invested in their roles and demonstrate tremendous en- thusiasm for their work, leading to higher productivity and job satisfaction.

8. ATTRACTING AND RETAINING TALENT

A company that celebrates its employees and fosters a positive work environment is likely to attract top talent. Holiday events can serve as a visible sign of an organization's commitment to employee satisfaction and work-life balance. A strong company culture that em- braces these celebrations can be a crucial differentiator in a competitive job market, helping to recruit and retain skilled professionals who want to work for an organization that values its people.

CONCLUSION

Holiday events in the workplace are more than just a fun diversion; they are an investment in employee well-being, company culture, and organizational success. Companies can build a positive, cohesive, and engaged workforce by allowing employees to connect, relax, and celebrate their achievements. These events serve as a reminder that a thriving, supportive workplace is one where employees feel recognized and appreciated — not just during the holidays but all year long. As the holiday season approaches, companies prioritizing meaningful holiday events are setting themselves up for short- and long-term success.

APPLE PIE BISCUITS

INGREDIENTS

- 1 can of buttermilk biscuits: Provides a buttery base with a tender, flaky texture. Store-bought biscuits make this recipe quick and easy.
- 1 can of apple pie filling: The heart of the recipe, this filling brings the sweet, spiced apple flavor that makes each bite reminiscent of homemade apple pie.
- ½ cup melted butter: Adds richness and helps the brown sugar mixture adhere to each biscuit.
- ½ cup brown sugar: Adds sweetness and a hint of caramel flavor that pairs beautifully with the apples.
- 1 tbsp. Cinnamon: Essential for a warm, cozy aroma that complements the apple filling.
- 1/8 tsp. Nutmeg: Just a hint adds depth, enhancing the overall spice profile.
- 1 tsp. Vanilla extract: Balances the spices and brings out the natural sweetness of the apples.



INGREDIENTS FOR ICING:

- ½ cup confectioners’ sugar: Creates the smooth, sweet drizzle that ties all the flavors together.
- 1 tbsp milk: Blend with the sugar for the perfect consistency in the icing.

1. PREHEAT THE OVEN

- Set your oven to 375°F (190°C) and prepare a baking pan or skillet by lightly greasing it with butter or non-stick spray. Proper preparation will prevent sticking and ensure an even bake.

2. PREPARE THE SUGAR MIXTURE

- In a medium bowl, combine:
 1. ½ cup brown sugar
 2. 1 tbsp. cinnamon
 3. 1/8 tsp nutmeg
- Mix well to distribute the spices and sugar evenly. This blend creates a rich, spiced coating to caramelize the biscuits for added flavor.

3. COAT THE BISCUITS

- Dip each buttermilk biscuit into melted butter (about ½ cup), ensuring each one is fully coated.
- Roll each biscuit in the sugar mixture until all sides are evenly covered. This coating will help the biscuits achieve a golden, caramelized crust.

Tip: *To even coat, gently press each biscuit into the sugar mixture so the spices adhere well.*

4. ARRANGE THE BISCUITS

- Place the coated biscuits in the prepared pan. Be sure to arrange them evenly, allowing a bit of space between each biscuit so they bake uniformly.

5. ADD THE APPLE PIE FILLING

- Chop the apple pie filling into smaller pieces, then mix in 1 tsp vanilla extract.
- Spread the filling evenly over the biscuits, pressing it lightly to ensure good coverage. This step adds that authentic apple pie taste to each bite.

Tip: *To enhance flavor, consider using homemade filling like in this [Homemade Apple Pie Filling Recipe](#).*

6. BAKE

- Bake for 35 minutes until the biscuits are golden brown and the apple filling is bubbling. Ensure the biscuits are fully cooked in the center before removing them from the oven.

7. PREPARE THE ICING

- While the biscuits bake, combine ½ cup confectioners’ sugar and 1 tbsp—milk in a small bowl. Stir until smooth to create a drizzle-worthy icing.

8. FINISH AND SERVE

- Once the biscuits are out of the oven, drizzle the icing over the warm biscuits. Serve immediately and enjoy the fusion of apple pie and buttermilk biscuits!

Reference and Photo Credit: <https://grammyrecipes.com/apple-pie-biscuits/>

OREO BALLS FOR CHRISTMAS

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

INGREDIENTS

- 8 oz. cream cheese, softened
- 12 oz. white chocolate, melted
- 12 oz. milk or dark chocolate, melted
- Red and green sprinkles or colored icing for decoration
- 1 package (14 oz.) Oreo cookies, finely crushed



INSTRUCTIONS

STEP 1: PREPARE THE OREO MIXTURE

Combine the finely crushed Oreo cookies and softened cream cheese in a large mixing bowl. Stir until the mixture reaches a dough-like consistency, ensuring the cream cheese and Oreo crumbs are well combined.

STEP 2: FORM THE BALLS

Scoop about 1 tablespoon of the mixture and roll it into a small ball with your hands. Place each ball on a parchment-lined baking sheet, leaving some space between them. Repeat until all the mixture is used.

STEP 3: CHILL

Refrigerate the Oreo balls for about 30 minutes or until they are firm enough to handle. Chilling them makes the balls easier to dip into the chocolate coating.

STEP 4: COAT IN CHOCOLATE

After chilling, dip each Oreo ball in the melted white or milk/dark chocolate. Use a fork to lift each ball, allowing the excess chocolate to drip off, and return them to the baking sheet.

STEP 5: DECORATE

Before the chocolate sets, add red and green icing drizzles or sprinkle with Christmas-themed sprinkles for a festive look. Be creative and have fun with your decorations!

STEP 6: SET

Let the chocolate-coated Oreo balls set at room temperature or in the fridge until the chocolate hardens completely.

STEP 7: SERVE AND STORE

Store the Oreo balls in an airtight container in the refrigerator. Serve them chilled or at room temperature, depending on preference.

Reference and Photo Credit: <https://grammyrecipes.com/oreo-balls-for-christmas/>

TREVI PERSHAY PRODUCTIONS INC.



A SINNER'S PRAYER

All Lies.....On Me