

NOVEMBER 2021 ISSUE
VOLUME 6
US \$ 2.00

WILL C.O.B.S

Boss CIRCLE OF
SISTERS

THE KINGS COURT

Edmund Dorsey
CEO of Jryah Productions Inc.

THE QUEENS COURT

Tonya Meisenbach
CEO of Burn Beauty Inc.

YOUNG INNOVATORS

Maya Love Bailey
YouTube Influencer

**Honoring the Life
of Cathiana Lisa**
Domestic Violence
Story by Richard
Celestin

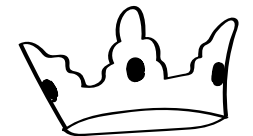
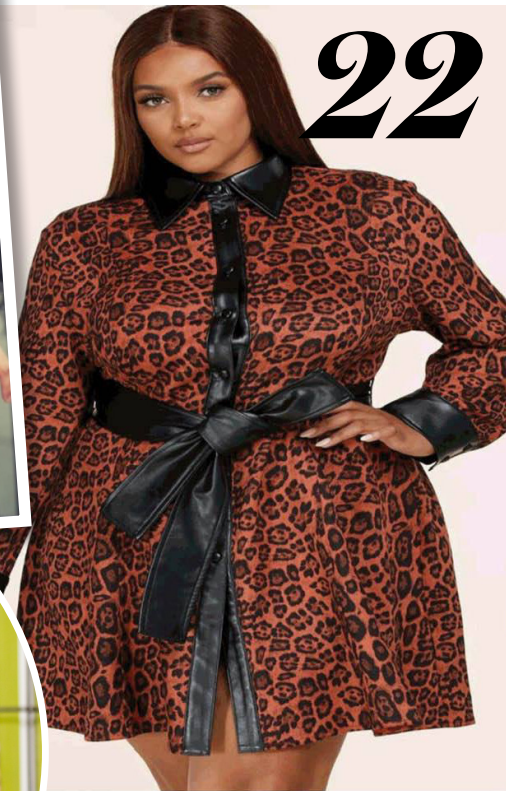
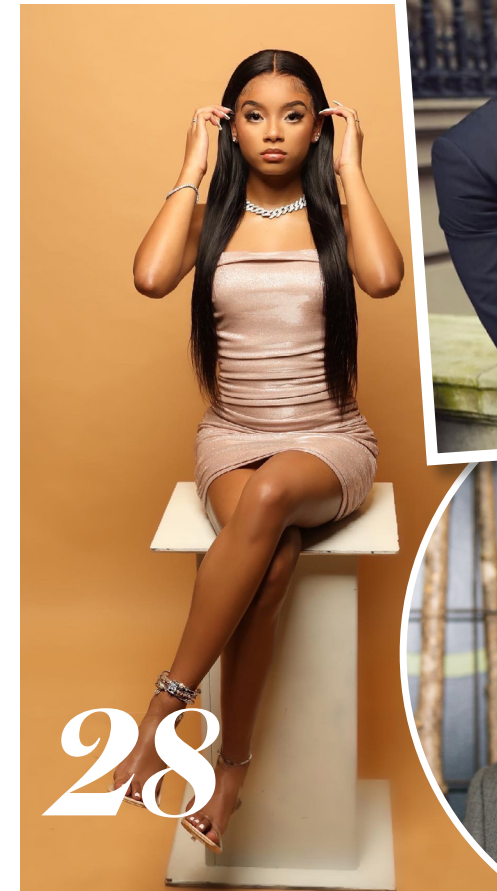
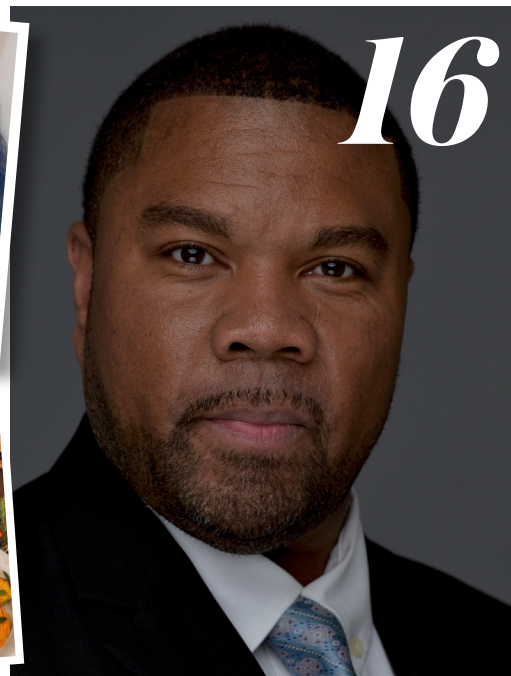
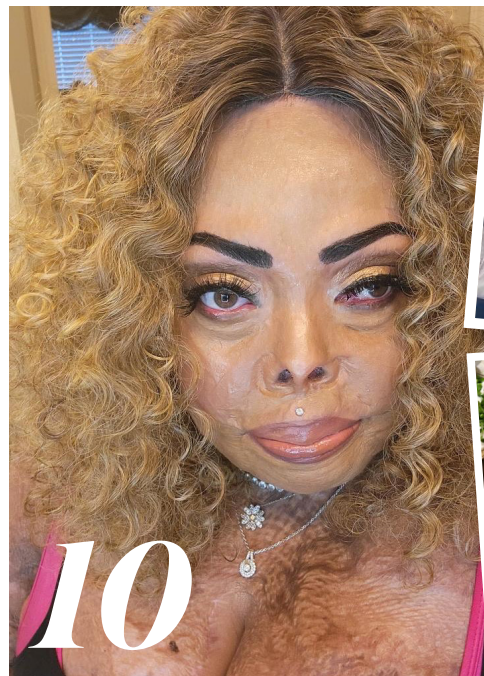
FEATURED STORY

Czhanell McCray
CEO of C'Her Sparkle



Table of Contents

C.O.B.S
CIRCLE OF
SISTERS



Editor's Note

04 Trevi Pershay

Meet the staff

05 Members of the COBS

Thanksgiving Story

06 Trevi Pershay

Featured Story

08 Czhanell McCray



Queen's Court

10 Tonya Meisenbach

Beauty & Hair

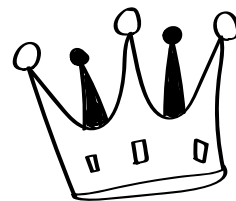
13 Talk Beauty – Tinika Thomas

Women's Werk

14 Latosha Capone

King's Court

16 Edmund Dorsey



Special Edition

18 By: Richard Celestin

Beauty & Hair

21 Hair Care Tips – Nisha Pershay

Recipes Corner

22 Southern Hummingbird Cake

Fitness Corner

24 Tips and Trick to Stay Fit -
Arielle Pershay

Author's Corner

26 Courtney Starks

Daddy Dearest

27 Moyram Espino

Young Innovator

28 Maya Love Bailey - Youtube Influencer

Fashion Corner

30 Farah Mathieu - Farah Collection Clothing Line

Editor's NOTE

ALL HAIL THE QUEEN REGINA KING!

I love it when Black women in Hollywood flips the script and shows the world what the Spirit of Black Excellence looks like. All Hail Regina King – the Queen. Regina is setting the standards high and breaking barriers for the next generation of sisters coming through Hollywood. Regina was the first director to have her film *One Night in Miami* screened at the conference which was her directorial debut.

Unfortunately, Hollywood has typed-cast black women in roles as welfare mothers, a booty call, hood chicks, drug addicts, uneducated sisters with several kids and sexing many men. Who would have ever believed that this Hazel-eyed beauty would make history as the First Black woman Director to premiere at the Venice Film Festival?

Variety Magazine reported that King has said that her debut could either “open doors or close doors for more Black female directors”, shedding light on the existing double standards for Black women in Hollywood.

Regina movie list included television hit 227 Series, *The Boondocks*, *Southland*, *American Crime*, *Seven Seconds*, *If Beale Street Could Talk*, *Boyz the Hood*, *Poetic Justice*, *Ray*, *Legally Blonde 2*, *Red, White & Blonde*, *Miss Congeniality 2*, *Armed & Fabulous*, *The Leftovers*, and *the Big Bang Theory*. Regina directed episodes several television shows such as *scandal*, *This Is Us*, *Finding My Way Back*, and she featured film *One Night in Miami*. Regina has won Academy Award and Golden Globe for Best Supporting Actress. I can go on and on about Regina King.



Regina is now on-demand and Hollywood is going to have to make room for the Black Girls that will be entering the room. We are coming and thank you to all those that have paved the way for the door to remain open such as Shonda Rhimes – Director/ Producer/Writer for *Grey's Anatomy*, *Scandal*, and *Bridgeton*, Ava DuVernay – Director/ filmmaker, Producer/Writer – *Selma*, *Queen Sugar* and *When They See Us*, Lena Waithe – Producer/Writer – *The Chi* and *Queen & Slim*, Issa Rae – Producer/Writer – *Insecure* and *Little*, Misha Green – *Underground* and *Lovecraft County*, Katori Hall – Producer/ Writer – *P-Valley* and *Karen Gist* – Producer, Writer – *Girlfriend* and *Mixed-ish*. There are so many more of you that I did not name. Thank you, Queens, for taking your seat on the throne!

Trevi Booker

TREVI BOOKER PERSHAY

<https://variety.com/2020/film/global/regina-king-one-night-in-miami-black-female-directors-venice-1234761327/#article-comments>

MEET THE STAFF

TREVI BOOKER PERSHAY

Editor-N-Chief

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

Contact: IG – [trevipershayproductions](https://www.instagram.com/trevipershayproductions).

Email: pdmperformingart17@gmail.com or trevipershayproductions@gmail.com



TINIKA THOMAS

Beauty Editor

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

Contact: IG – [tinikashay](https://www.instagram.com/tinikashay) email: Tinika.thomas@pdmperformingarts.com shaybeautyconsultant@gmail.com



ARIELLE PERSHAY

Fitness Editor

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

Contact: pershayarielle@gmail.com
IG: [astardancemovement](https://www.instagram.com/astardancemovement)



RODNISHA “NISHA” PERSHAY

Hair Editor

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

Contact: IG: [nishadahairweavekill](https://www.instagram.com/nishadahairweavekill)
Email: rodnishapershay1@gmail.com



GRATITUDE AND THANKSGIVING

WRITTEN BY TREVI PERSHAY



As the year 2021 comes to an end, we are blessed with another opportunity to gather in celebration of thankfulness. Growing up in a house of all women, my mother had this family tradition of putting up the Christmas Tree on Thanksgiving Eve. This brought such excitement in the air and joy to my sisters and me. We would shop for the food, marinate the meats, prepare the tree for decorations, decorate the outside door, and we start cooking while listening to the sounds of Motown. We had so much love and joy in our home that I never

knew we were poor or what my mother sacrificed for us to have food for the holiday. My mom always made the holidays feel safe and for that one-day family truly mattered. When you're grateful and happy like that healing and forgiveness have an opportunity to be invited in.

Since COVID invaded our lives and took our loved ones, the holidays are rough. However, we still have a lot to be grateful for remember the family members who are no longer here have left something behind for us, which is love, joy, and family. We must learn how to be thankful all year

round not just on Thanksgiving Day, but every day should be spent giving thanks for the opportunity to see another day.

Here is a message from the C.O.B.S. family to yours – May you find inner peace, love, and joy during this holiday season. C.O.B.S Magazine would like to extend our love and appreciation to all our readers and those who have supported who we are and where we're heading.

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

C.O.B.S. MAGAZINE

speaks to women
“UpRising Entrepreneurs” in
 the local Black and Hispanic
 communities.

Our women went from weeping to
 winning, from the grind to the get it
 and from the struggle to their
 strengths in finding their purpose.

We are Queens!!!! Periodt!!!!

We encourage local Black and
 Brown business to advertise your
 businesses with us by requesting
 our special events packages
 email us at
cobsmagazine@gmail.com

Got a Story?

We are looking for writers, editors
 or you may have a story to share
 email us at
cobsmagazine@gmail.com

Czhanell McCray

Ceo of C'her Sparkle

C.O.B.S MAGAZINE: Welcome Czhanell of C'Her Sparkle is described as a fashionista, classy, stylish, vintage, and trendy woman? Can you tell us about the woman behind C Her Sparkle?

CZHANELL MCCRAY: First, thank you for this fantabulous opportunity with COBS magazine. Second, Yes, C'Her is described as those things and so much more for women of all ages. Last, but not least, the woman behind C'Her Sparkle is intelligent, creative, beautiful, has a sense of humor, focused, a businesswoman, versatile, loves to play with colors and dedicated to what she loves to do (enhancing women confidence, style, and uniqueness through fashion accessories). The woman behind the C' Her Sparkle brand also loves to see women smile, strong, powerful, successful, courageous, elevated and bringing their dreams and passion into fruition. I love helping in any way that I can. Many of these attributes begin with the matriarch of my family, Eleanor McCray. Fashion started with her generation. It has evolved down to my era and will continue for ones to come. People always say that my looks, style, class and how I move and operate reminds them of my grandmother, mom, and aunties. With, that apple is so close to the family tree huh? LOL

C.O.B.S MAGAZINE: Can you tell us about your company? How did Do you start? How did you come up with your company name?

CZHANELL MCCRAY: C' Her Sparkle brand has always been intended and is set out to be like

no other. We love to create and enhance style, class, originality, individuality, and personality. Our goal is to have unique pieces for every taste and preference out there from simplicity to big and bold. It is always good to have a variety because you may want to tone down and go for a simplicity look one day and the next day you may want to do a more detail stand out piece. It doesn't matter whether it may be a pair of earrings, a necklace, a bracelet or bangle, a brooch, a ring, anklet, belt, handbag, etc. It is all depending on your mood and what you are collaborating to wear in whatever atmosphere that calls for you and your threads. My team and I always let our supporters know that color can change your mood, energy, altitude, attitude and believe it or not, it does. Also, we say consistently that you do not have to wait for a special occasion to rock your Fantabulous pieces. You can wear your accessories just because you feel like it.

How I started? Well, I was born into fashion and knew it at a young age when something did not look right together. I would sneak and change it to my style, comfortability, and personality. It is amazing how your confidence is boosted from your mentality to the kind of threads that you wear on your body. It even contributes to how you speak and interact with people in any atmosphere that you are in. I loved fashion from my adolescent years, and it now contributes to every area of my life.

C.O.B.S MAGAZINE: What made you want to specialize in costume jewelry as opposed to fine jewelry?



CZHANELL MCCRAY: I wanted to focus on costume jewelry because there is an array of different taste and preferences that are so unique yet inexpensive, affordable for all to purchase, wear and enjoy simultaneously. You can have something that cost ten dollars and rock it like it is a million dollars. Fashion is all according to how you wear it and that begins with your mind. My jewelry designs will make an impression no matter where you go. You never know where your next opportunity will be.

C.O.B.S MAGAZINE: What type of woman do you have in mind when designing your jewelry?

CZHANELL MCCRAY: The type of women I have in mind when designing and/or selecting certain pieces is all women. Part of our motto is to cater to all styles from young to seasoned. So far, we believe we are on the right track. There is always room for improvement. We also try to encourage women within different ideas to step

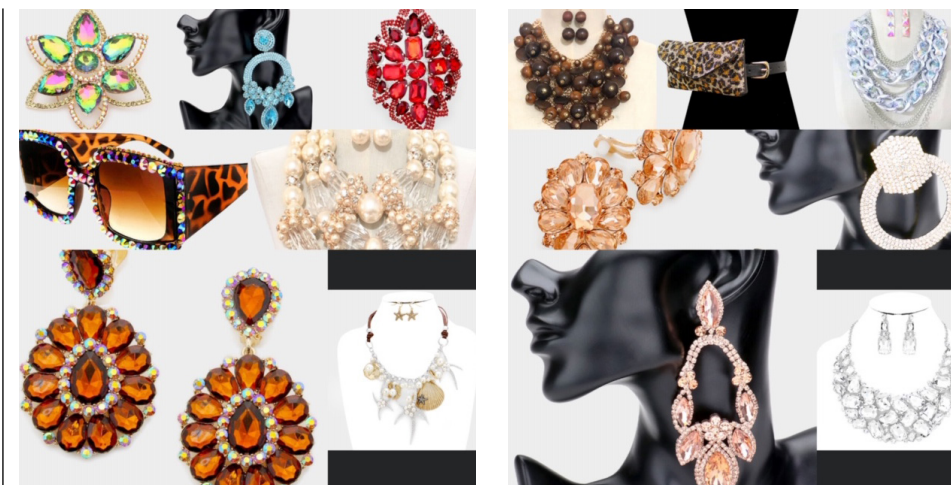
outside the box of their norm. Everything does not have to match all the time. You can be edgy with fashion. Not only with jewelry but with assorted colors, prints, and patterns complimented with the accessories. Note, this is including the type of footwear you decide on as well.

C.O.B.S MAGAZINE: What is your jewelry philosophy? How do you like to wear your most treasured piece of jewelry?

CZHANELL MCCRAY: My jewelry philosophy is do not take your accessories so serious! Have fun with it. LOL If you lay them right, they will make the outfit and the outfit will make you come alive inside out. My most treasured pieces of jewelry...I really do not have a particular way of wearing them. It is amazing when an ensemble of how a look formulates in my mind, I would pull the pieces and lay them out visually, including the footwear and handbag. Within minutes of observing the outfit, I would add those special pieces that I believe that would put the finishing touches on the outfit. Once I get dress, I would put on the jewelry and thereafter decide which one best compliments & makes me feel more confident to own my look!

C.O.B.S MAGAZINE: During the pandemic how effective was your Facebook live?

CZHANELL MCCRAY: During the pandemic...it catapulted and motivated me all over again. I pushed myself to move my inventory and to be on social media more than I ever was before. Prior to the pandemic, my team and I traveled to different cities and states for festivals and events to get my name and brand out there. Not knowing that I was preparing myself for the pandemic, our supporters were familiar with the brand due to us being in their city for an event. With social media, I was scared to get in front of the camera, but I did it scared and now you cannot stop me from getting in front of folks to market and promote my brand.



The key is consistency. People want consistency and that is key. On my social marketing team manages our brand and keeping our clients and potential buyers up-to-date with innovative designs.

C.O.B.S MAGAZINE: What jewelry trends do you see for the fall season?

CZHANELL MCCRAY: The jewelry trends that I see for the fall are big and bold pieces on earth tone colors with thigh thigh-high boots and a gorgeous handbag. A possible throw-over that has assorted color patterns complete with a belt.

C.O.B.S MAGAZINE: Can you give three fun facts about yourself that you have never disclosed?

CZHANELL MCCRAY: Three fun facts are that I am an introvert, I love classical music and I sing.

C.O.B.S MAGAZINE: What is next? What is the future for C'Her Sparkle

CZHANELL MCCRAY: Next up for C'Her Sparkle brand are catalog, fashion shows, signed deals and other opportunities that I cannot fathom but I know they are coming soon.

C.O.B.S MAGAZINE: Please share where to purchase your collection. Can you share your social media platforms with us?

CZHANELL MCCRAY: You can purchase my collection at www.chersparkle.com My social handles are as follows:

FB: www.facebook.com/czhanellsboutique/

IG: www.instagram.com/chersparkle25/

Twitter: twitter.com/Chersparkle1

Pinterest: www.pinterest.com/czhanellm/fashion-accessories/

Tonya Meisenbach

CEO OF BURNED BEAUTY, INC - INFLUENCER BURNEDBEAUTY2018



C.O.B.S MAGAZINE: We like to introduce Tonya Meisenbach a burned survivor and a CEO of Burned Beauty Inc. Tonya has taken a tragedy and turned it into a meaningful purpose. Please tell our readers about yourself.

TONYA MEISENBACH: Hi! My name is Tonya Meisenbach and I am a wife and a mother of two adult children who are both currently in college. I live in the suburbs of Atlanta, GA where I worked for 15 years as a Real Estate Paralegal. I then retired early in 2013 to help my husband manage and grow his tree removal company. The company is doing well, so in 2017 I studied to become a Realtor. I had always wanted to help people find their dream homes! I had just started to grow that business when my accident happened in 2018 and life as I knew it changed

C.O.B.S MAGAZINE: Can you share your story of what happened to you?

TONYA MEISENBACH: It was a week before Christmas 2018. December 17th.

My husband and I were relaxing on our patio with some wine and our fire pit that we used all the time. This fire pit had grates that could be added to allow for cooking or even rotisserie. I went inside to grab some steaks because it was getting late and came back to throw them on the grill. As I did, a stream of lighter fluid squirted, and I went up like a match! It was such a shock that I took off running. Once I reached my driveway,

I remembered to stop, drop, and roll. Unfortunately, that doesn't work when accelerant is involved, and I don't think it works on concrete. I rolled for what felt like hours and nothing. Then I thought "This is it. This is how I died". I could feel the heat of the fire, but no pain. I knew it was bad. Then I rolled to my stomach for one more talk with God. I asked him if that was how I was supposed to die? 45 years old and burning alive? It was the first time I received an immediate response from God. Likely the only time...

As soon as I said it, I heard my husband say "Hold on baby! I've got you". I had completely forgotten my husband. In my mind, it was just me and that fire and how can I survive. My husband smothered the fire with his jacket, burning himself a bit in the process. Once I was extinguished, I jumped up and ran into the house. I wanted to see the damage. Especially my face. Everything looked red, but not bad. I later learned that it takes a couple of days for the skin to blister and ultimately die. Emergency services arrived within 2-3 minutes and the paramedic got me in the ambulance. I told him that I needed to see my kids. I had realized that death was still a very distinct possibility. My kids had just moved out months before. I asked if I was going to die. The paramedic said no. I asked if he would say that even if he thought I was dying. He said yes. Then he spoke the last two words that I consciously heard for two months. "Push fentanyl".

The hospital kept me asleep and paralyzed for two months while they performed lifesaving surgeries and skin grafts on my face, neck, chest, back, and length of both arms. 35% upper body burned with full-thickness grafts taken from my legs and sides. My whole body was ravaged, but I WAS ALIVE! For those two months, I had dreams/nightmares and lived a whole separate life in my mind. The debridement was so painful that I still felt it in my unconscious state. I didn't know what it was, but I knew I was being hurt daily. I would walk down a pitch-black staircase in my mind and crouch down in a small, square, pitch-black room and just hide there until it was over. I was burned in December 2018 and awakened in February 2019 by my nurse who was named January. Since then, I have had many more surgeries, mainly to correct issues with my face and I have healed a lot. Physically and

psychologically. I still have many more surgeries to go, but while I'm waiting for those to happen, I try to help others. I spent 2 ½ years hiding in my house. I didn't want anyone to see me. Then, just a few months ago, I bought some heavy makeup and some wigs and everything necessary to do my nails at home and @ BurnedBeauty2018 was born! I consider my scars to be the result of a well-fought battle that I won; however, being stared at isn't fun and I choose to always wear hair (I do have natural hair) and makeup on my face. I don't cover my neck, chest, or arms. My goal is to help other survivors find their balance where they feel confident again. I work towards that goal daily.

C.O.B.S MAGAZINE: How many skin grafts and cosmetic surgeries have you endured? Are you still must go through rehabilitation?

TONYA MEISENBACH: So far, I've had 20 surgeries. That's not many considering how badly I was burned. My surgeries stopped in March of 2020 with Covid. All my skin grafts are done for now unless something needs revision. All the grafts were done during the initial two months while I was in a coma. This month I'm having surgery on my eye muscles not directly related to the burns and then in November I hope to begin laser to smooth my skin grafts and then carry on with the surgical plan from there

C.O.B.S MAGAZINE: Survivorship must be a big challenge for every burned survivor. As a result of surviving what various consequences have you met face to face returning to a normal life.

TONYA MEISENBACH: You must learn to be comfortable with being a survivor. At first, there is the "why me?" "Phase where you try to figure out if you can do this. Can you withstand the pain? Can you face people who haven't seen your injuries? Can you live a meaningful life from this point forward? Even at this point, I haven't felt like I can return to being a Realtor. Once you have these injuries, the main consequence is repeatedly telling your story to strangers that feel like they have a right to know. With a facial burn, you're almost always going to be questioned about it. You lose your privacy,

C.O.B.S MAGAZINE: On your beauty blog you mentioned after you hear



your husband tell you he got you your mind immediately switches to finding a way to survive. How crucial was it for you to know your husband was going to be with you every stride?

TONYA MEISENBACH: Hearing his voice at that moment was key. While I was burning, it was just me and my God. When I heard that he was putting me out (because I couldn't feel it) I knew he would stop at nothing to save me. Once I awakened from the coma, he told me that he had been there waiting and that the worst part for him was not being able to speak to me daily. We had been together 14 years at the time. I wasn't even afraid when I awakened because he was there. He protects me even though I'm a very strong, independent woman. Had I not had him with me the whole thing would have been extremely confusing and scary. He says I'm a Queen and he is my King.

C.O.B.S MAGAZINE: Is the Tonya before your accident different from the Tonya today? Do you believe your scars are like tattoos and that they tell a different type of story?

TONYA MEISENBACH: Before my accident, I was an independent, hard worker. After my accident, I work to be a luminary and to share that light with those still trying to make it as far as I have. Please keep in mind that I have much more recovery ahead of me. I see my scars as proof of my badness. Lol. Seriously, I see them as an indicator of strength and a reminder of suffering and that inspires me to try to help others get through. I know how challenging it is. I was fortunate to have a supportive family, but not everyone ford

C.O.B.S MAGAZINE: Through your tragedy, you established a charity named Burned Beauty, Inc motivate other burn survivors. Can you tell me

about your charity? What vision did you see for your charity?

TONYA MEISENBACH: BurnedBeauty2018 is my Instagram, Facebook, YouTube, and Amazon username. My charity is Burned Beauty, Inc. I'm currently waiting to hear back from the IRS as to approved nonprofit status. Once I receive that, I would like to start with making "supply bags" that survivors can leave the hospital with along with my information in case they need additional assistance in the future. Ultimately, I would like to aid survivors with demonstrated needs. Burn survivors need lots of cocoa butter, gauze, bandages, special dressings, shower seats...and the list goes on and on. Not everyone can easily afford these items, so I would like my charity to have funds to assist those in need. Without these items, recovery is difficult.

C.O.B.S MAGAZINE: You are also an Amazon influencer. How is that experience going? Can you share what is your obligation as an influencer?

TONYA MEISENBACH: I am so proud and excited to be an Amazon Influencer! I never thought I would be able to earn a single dollar to contribute to my family again after the burns. I simply saw an ad on Instagram and applied to be an influencer based on my Instagram following and it was approved in two or three days! I was given a storefront that I could customize (still working on that - but my store is operational and earning a small commission) and you can visit it at www.Amazon.com/shop/burnedbeauty2018. There's no quota or obligation. I simply use a photo that I've already taken for Instagram and added it to my storefront and tag items that I purchased on Amazon. That creates a shoppable photo and its great technology. It's also a great way for Amazon to support small businesses. I love it!

C.O.B.S MAGAZINE: You mention your love for makeup. What is the moment you decided to pick up a makeup brush again? How has makeup boosted you throughout your process?

TONYA MEISENBACH: After my injuries, I never thought there would be a reason to pick up my brushes again. My injuries were so profound. Then I had my first eye muscle surgery and that was huge! I could look directly at you for the first time in two years! Then, my nurse, Miriam, told me that my fear of being seen was all in my mind and that, physically, I had healed a lot! I kicked that around for about a week and then decided to make a Facebook post. No pictures. Just a statement of what I had been dealing with and why I hadn't



been around. People thought I had died without even knowing I had been burned and had almost actually died. So, I decided to make a video to tell my friends and colleagues my story. I posted it on YouTube and people that I didn't know started responding. Saying that I inspired them. Thank me for my bravery. To this day, I believe I am just doing what needs to be done, but it had happened. BurnedBeauty2018 was born.

C.O.B.S MAGAZINE: How do you deal with the stares and murmurs from others? Does your confidence play a key role in handling certain situations?

TONYA MEISENBACH: I haven't noticed a single state or murmur in months, and I attribute that to my confidence! I want the same for all survivors! Before, I would usually remove myself from the situation. I felt shame. Not anymore!

C.O.B.S MAGAZINE: If you could give one message or piece of guidance to another burn survivor what would you say?

Follow - TONYA MEISENBACH: I would say to keep fighting through the pain and find what gives you your confidence back. It could be makeup, hair, service to others, singing. ANYTHING that reminds you of who you truly are inside. Once that is under control, you can do anything, and this too shall pass.

C.O.B.S MAGAZINE: Can you share all your social media platforms for our listeners to follow you?

Follow - TONYA MEISENBACH:
IG: [instagram.com/burnedbeauty2018](https://www.instagram.com/burnedbeauty2018)
FB: [Facebook.com/burnedbeauty2018](https://www.facebook.com/burnedbeauty2018)
www.amazon.com/shop/burnedbeauty2018
[youtu.be/5sWJAKKt6IM](https://www.youtube.com/channel/UC5sWJAKKt6IM)
[youtube.com/c/BurnedBeauty2018](https://www.youtube.com/channel/UC5sWJAKKt6IM)

The first YouTube link is to my Shake My Beauty documentary! Thank you for choosing me!

Call 917.602.1364
Email:
events@yesdesserts.nyc
IG@yesdesserts
www.yesdesserts.nyc

HOLIDAY DESSERT MENU



OPEN HOURS *10% Holiday Discount November 1, 2021-December 12, 2021
Monday- Friday 11 a.m.-7 p.m.



Desserts

Cakelettes	\$36 DZ	Cupcakes	
Coquito Poundcake (chocolate, coconut, dulce de leche, red velvet), 24K carrot & 7Up		Mini cupcakes (2 dozen minimum)	\$36 DZ
		Customized cupcakes	\$42 DZ
		Libation Infused Add on	START \$12 PER DZ

Cakes STARTS @ \$35
Cake sizes are 6 inch- 10 inch
Libation Infused Add on starts at \$12 per cake

Holiday Specials



YES

Cookies

Sugar Cookies \$24 DZ
Chocolate, Gingerbread, Red Velvet,
Sugar & Other Custom Flavors

Cookies \$25 DZ
Banana pudding, Chocolate Chip,
Oatmeal Raisin, 24K carrot,
S'mores, Red Velvet & Coconut

Bars/Brownies

Bars
Strawberry Shortcake \$35 HALF DZ/
Cheesecake Crumb \$65 DZ

Sweet Potato
Marshmallow \$35 HALF DZ/
\$65 DZ

Brownies
6 Layered Red Velvet \$30 HALF DZ/
Brownies \$48 DZ

Hennessy Turtle \$45 HALF DZ/
Brownies \$70 DZ

Dipped Desserts

Strawberries \$18 HALF DZ/\$36 DZ
Oreos/Pretzels \$15 HALF DZ/\$30 DZ
Rice krispy \$30 HALF DZ/\$60 DZ
Apple/Pineapple \$36 HALF DZ/\$72 DZ
Hot Cocoa Balls \$30 HALF DZ/\$60 DZ
Libation Infused Add on \$12 DZ



Call Us
917.602.1364



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

HAIR & BEAUTY

Talk beauty

TINIKA THOMAS

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

MY TOP BEST FACE WASHES FOR OILY SKIN

I always say there is a difference between glowing and having oily skin. You think because you have oily skin you must over dry your skin. Not true at all. According to Michelle Park of Washington Square Dermatology says, "That is not the case. It can lead to worsening acne and skin quality, as the dryness will send a signal to the skin to make even more sebum to compensate, leading to even oilier skin. The definition of sebum is an oily, waxy substance produced by your body's sebaceous glands. It helps coats, moisturizers, and protects the skin. It is also the main ingredient in what you might think of your body's natural oils. The key is to not use face wash products that include the following avocado, apricot, mineral, almond, or coconut oils. Dermatologists suggest using salicylic acid or glycolic acid ingredients found in light peelers which helps with the oil production in your skin. You don't want to incorporate too many scrubs, toners, astringents, and exfoliates at the same time which may strip the skin instead of just creating a soft supple look.

Please see my favorite face washes to control your oily skin. All products are affordable and can be purchased anywhere online or at your local CVS, Walgreens, Target, or Walmart.



**Cerave
Foaming
Facial
Cleanser -
\$15.00**

Helps remove oil without drying out your skin



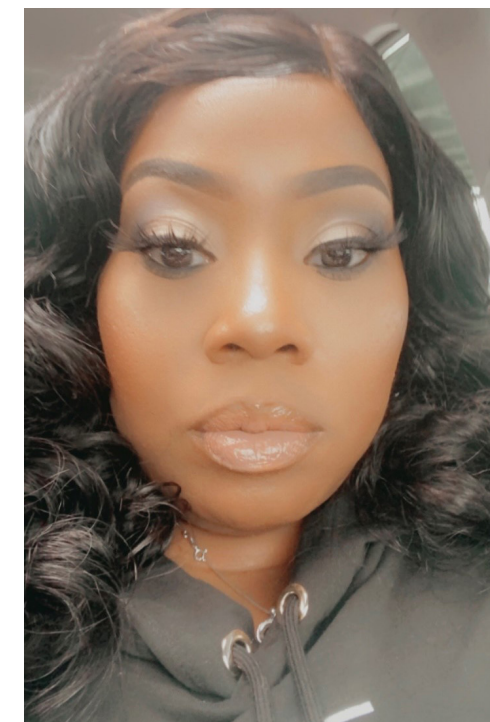
**Neutrogena
Ultra
Gentle Daily
Cleanser-
\$11.00**

Removes dirt and oil without disrupting the outer layer



**Mario
Badescu
Enzyme
Cleansing
Gel- \$14.00**

Contains moisturizing elements to balance out oily skin



**Olay Cleanse Gentle Foaming
Cleanser -\$4.00**

It works to pull out water from the air into your skin



**La Roche Posay Toleriane
Purifying Foaming Cleanser
for Oily Skin- \$15.00**

Contains ceramides that helps the skin barrier

Footnote: Michelle Park of Washington Square Dermatology-The Strategist July 16, 2021 issue

MEET

LATOSHA CAPONE

FEMALE AUTHOR WITH AN EDGE

C.O.B.S MAGAZINE: Welcome to our sit-down and chat conversation with the lovely LaTosha Capone. You're a female author who writes with an in-your-face approach? Before we go into your books tell us a little about yourself?

LATOSHA CAPONE: My name is LaTosha, and I'm from the great city of New York. I was originally born in Queens, but raised in E.N.Y Brooklyn. I am the proud mother of two beautiful young adult daughters, and I am also a grandmother. Growing up as a little girl in one of the roughest projects in New York City, you tend to see things that will have you believe there isn't much hope for a bright future. So, the fact that I've managed to accomplish the things that I grew up thinking were unimaginable and unreachable, is such a blessing. I have a Bachelor of Science Degree in Psychology, and I also hold a Master of Business Administration degree in Media Management.

C.O.B.S MAGAZINE: You are the author of *Magnums & Moet* – the cover of your book has a gold condom wrapper and gold bottle of Moet. Can you tell how did you come up with that concept and what the book?

LATOSHA CAPONE: That is such an amazing question. I came up with the title *Magnums & Moet*, because at the time I was employed at an organization, and their mission was Harm Reduction. So basically, I was a Harm Reduction Specialist, and my role was to teach the clients, who were both active and former substance users, plus individuals living with HIV; how to be made safer choices if they decided to partake in risky behaviors. At the job, we would receive a shipment of Magnum condoms in this huge box, and I thought it would be a great idea to somehow incorporate the importance of using condoms, and the knowledge I obtained through attending training at The Department

of Health. There is information in *Magnums & Moet* that people didn't know about at the time about HIV medication, and I made a scenario out of it. The titles of my books may be off-putting to some people or even ratchet for that matter, but there is a distinctive lesson to be learned in every book that I write. Once I decided to use the word *Magnums* in the title, I brainstormed to find another word that I could combine with it, that would also add value to the story, hence, *Magnums & Moet*.

C.O.B.S MAGAZINE: You seem to be on a role. Your next book is titled *Who's the Real Side Bitch*. Does your cover display high heels and a snake around the hell of the shoe? How did you come up with that concept?

LATOSHA CAPONE: Both the title and the concept for the *Who's The Real Side Bitch* book cover were not my idea. Let's just say I was doing a lot of writing, and searching for a publishing company, but subsequently, they found me instead. It was both an honor, and a big opportunity for me to write for this company because at the time, they had a huge fan base of dedicated eBook readers on Facebook, and many of the top urban fiction authors whose stories I was reading on my kindle, were signed to this publishing company. So when one of the founders of the company reached out to me, was skeptical at first, plus I was very shy about sharing anything I wrote. After a few words of encouragement, I was asked to send a sample of my writing, and 15 minutes later, I received an email saying that the publishing company wanted to sign me ASAP. The contract was emailed to me, I cautiously requested that I be given several days to look over it, and that is how I got signed.

Once, I agreed to the terms of the contract, I decided that I did not want to write under my birth name because again, I was about to put my work



out there to be read by everyone and anyone, and I was worried about being judged. So, we came up with the pseudonym {pen name} that matched my style of writing, and that is how I got the name LaTosha Capone. It was a reference stating that my writing skills are very unique and that I'm going to be killing it as an author in this writing game. Next, the publisher told me that he had a great idea for a book title, and asked me can I write the title *Who's The Real Side Bitch*? Both the question, and title for the book were so random, that I didn't even have enough time to process it, but again this was like a once-in-a-lifetime opportunity for me, so I immediately stated that I could write to that title. I was so hesitant, and afraid, and even doubted my ability to write this book, but the one thing that kept me going was the fact that I always embrace a challenge, and refuse to quit until that challenge is complete. The publisher also designed the book cover, which I didn't like, but I forced myself to approve of it because that was the first time, I ever saw my name on the cover of a book. That's what excited me.

C.O.B.S MAGAZINE: Tell us a little about both books and what inspired you to write these books?

LATOSHA CAPONE: The inspiration



for *Who's The Real Side Bitch* came from the publisher. It was the title he pitched to me as my breakout book. When you're an author, your first book, rather the first story you tell, needs to be intriguing to readers. That's how you gain your fan base. If your first book is good, those same readers will be so dedicated to you and read every book you write.

Well, *Who's The Real Side Bitch* is about the main character with the street name Bugatti, that finds himself in a few ENTANGLEMENTS, despite having a fiancé named Tabitha that he does love dearly. He is trying to live a legit life by, being faithful in his relationship, and deciding to no longer take part in an illegal street activity, but every time he tries to leave this lifestyle, somehow Bugatti gets pulled back in. A part of him getting his life back in order also consists of Bugatti handling his affairs. Eventually, things spiral out of control when his side chick forgets her place and starts causing havoc in all aspects of Bugatti's life. And basically, the lesson behind this book is to not cheat in your relationships and to always be honest with your spouse.

After my first book was somewhat of a success {I sold over 3,000 eBooks on Amazon in one month} the publisher trusted me to come up with the title and the concept for my next book. The concept for *Magnums and Moet* just came from me wanting to put the word out there for people to please be safe when they're drinking, and getting intoxicated, and then having unprotected sex. I wanted to shed

some light on how easily a person can be taken advantage of, and then possibly exposed to HIV.

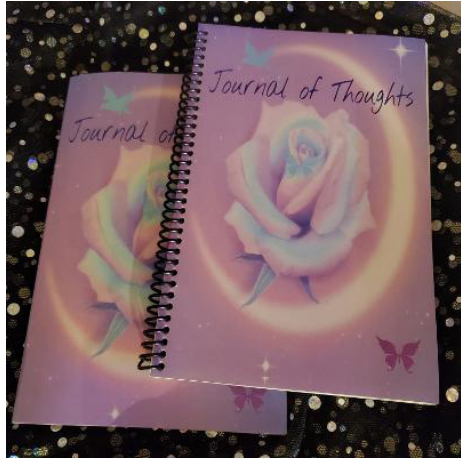
C.O.B.S MAGAZINE: What advice can you give upcoming writers about the pitfall of working with illegal publishing companies?

LATOSHA CAPONE: This is such a great question, and it resonates with me right now. The advice I would give to upcoming authors about the pitfall of working with illegal publishing companies is to do your research and look into self-publishing. People are unaware of the fact that they can self-publish their book for free, and keep all of the royalties. Don't ever give a publishing company 40% or 60% of what you wrote. Go online, do your research, and then write and self-publish your own book.

C.O.B.S MAGAZINE: We see you just created a journal called *Journal of Thoughts*. Can you tell us what inspired you to create a journal, and why do you think women can benefit from it?

LATOSHA CAPONE: I was inspired to create a journal because a lot of people are scared to talk about their problems but maybe more comfortable sorting out their thoughts and writing them down on paper. Overall, I think people can benefit from my journal because the first 30 pages are very interactive. You don't have to think about what you should write, because this journal acts as your guide.

C.O.B.S MAGAZINE: Can you tell our readers how they can find your books as well as you on social media?



LATOSHA CAPONE: My previous books are no longer available on Amazon but can be read on a website called Goodreads. I am currently in the process of editing and rewriting my books, and then self-publishing them. This is because I believe I have grown as an author, and my writing style has gotten so much stronger than I should revamp my work, and bring it into a more updated style. I originally wrote *Who's The Real Side Bitch* at the end of 2014, and it was released at the beginning of 2015. Plus, that book was supposed to be a three-part series, but due to health issues, I only wrote two books. Everyone was sending me messages asking where was part 3, but I never wrote it. So, I owe it to the readers to give them the entire book. It will be standalone, which is one book, one story, from start to finish. I also have a new cover for the book that is more of what I envisioned it to be. Once the newer version of *Who's The Real Side Bitch* can be purchased on Amazon. You can go on Amazon, and type LaTosha Capone in the search box and the journal will appear. On social media, you can follow my Facebook at LaTosha Capone, and on Instagram Latosha_miss_mba.

Thank you so much, Trevi, and C.O.B.S MAGAZINE for allowing me the opportunity to share my story on such a positive platform.

MEET

EDMUND DORSEY

CEO OF JYRAH PRODUCTIONS

C.O.B.S MAGAZINE: Welcome to COBS King's Court interview. Can you share with our readers who you are and what you do?

EDMUND DORSEY: My name is Edmund Dorsey. I am a Christian. I am a husband and father. I am the CEO and founder of Jyrah Productions Inc & Jyrah Web TV Platform. The company is a Christian-based audio & video/ film production company. I am in the business to help content creators successfully create and produce video-on-demand or broadcast-ready content. Also, I work with recording artists. From the initial recording process to the mixing and mastering process. I am an Audio/ Video editor, Producer, Director, IT Technician, and Realtor. Over the last 20 years, I have obtained, training, certifications to enhance my skills and talents, and provide excellent service. I am and always will stand on the principles of Jesus Christ in all that I do.

C.O.B.S MAGAZINE: You seem to do it all! You have a full production studio, casting, editing, streaming and so much more. Can you share with us what inspired you to enter the film industry?

EDMUND DORSEY: Definitely. As I look at the landscape of the entertainment industry, I find that the content you create has a voice, has a story. It creates conversations regarding topics and information. My goal is to help create a space where content creators have a voice in the entertainment industry. It is very important to me that I help create responsible content.

C.O.B.S MAGAZINE: Filmmaking is a laborious job, so what keeps you motivated? How do you deal with the stress of the role of CEO?

EDMUND DORSEY: I have a passion for production. I feel that whenever you are passionate about something, it drives you to work to the end. I enjoy what I do. I enjoy helping people reach their goals. It brings joy to me when I can bring excitement to content creators and recording artists when they see the finished product. Being CEO is a challenge. The day-to-day operations have to be tended to and it doesn't always work out the way you planned. I am constantly making decisions and changes alongside my wife in building the company. It is a process. Overall, I lean on my faith, and family to stay focused on the important things in life.



C.O.B.S MAGAZINE: With so many streaming networks around how do you think the industry is changing and what advice would you give to those who want to own their own film/streaming company?

EDMUND DORSEY: Keep pushing. Keep going. Yes, there is a lot out there but there is room for more. "No Limits". Do the research. Understand what it takes and know that the way that someone else did it doesn't have to be your way. Be creative.

C.O.B.S MAGAZINE: We all know that Hollywood could be a place where deals are made good and bad. What separates you from the pitfalls of bad deals?

EDMUND DORSEY: Having the right people around you is very important. You must have

people who are smarter than you to help you. I listen to my wife. LOL... Don't make quick decisions no matter how good it may sound. If they want to make a deal with you, then they can respectfully wait until you're ready. Most importantly is Prayer. I must Pray.

C.O.B.S MAGAZINE: What are the toughest aspects of making a film? Who are your favorite filmmakers and why?

EDMUND DORSEY: Great question. The toughest aspect of making a film is talent. I feel you must have the right talent for the film you are creating. The best talent may not be the right talent. So that aspect is the hardest and very important in making a great film. My favorite filmmaker is without a doubt is Steven Spielberg. He is in my opinion a genius in the film industry. When I look and listen to the films he creates, and there are so many, the videography the storyline the music score is brilliant. He is my benchmark.

C.O.B.S MAGAZINE: What are the challenges in making a film? What inspires you in producing a movie?

EDMUND DORSEY: The weather. Lol. Getting the right shots in before the clouds change positions. Lighting is so important so having good light can be a challenge. My inspiration is the result. Seeing the reaction to the content at the first viewing. Very exciting to experience that moment. All the jitters all the work you put in. It has come to the end and now we can see the results.

C.O.B.S MAGAZINE: Tell us the reason behind your success/growth? If you had the opportunity to make a classic black film, what would it be?

EDMUND DORSEY: My success comes from dependence on God.

I find that the word success is interesting. Yes, I can make money, I can travel around the world. Yes, I can have all the material things in life, but I find that the most important thing in my life is my faith and my family. My mental health also is important. When I wake you every day, I feel successful. I had the pleasure of editing a film called "Coming For The King" written and directed by Jermaine Smith. It is about the background events leading to his death. It was a very interesting project and concept. I enjoyed working on that film. Stay tuned. There is more to come in 2022. LOL...

C.O.B.S MAGAZINE: What advice would you offer our readers when it comes to submitting a movie script? Can you also share with us where we can find you on social media?

EDMUND DORSEY: Don't submit anything you don't believe in. Have it proofread. Be confident in yourself. Some people can help along the journey.

You can reach me by my website www.jyrahproductions.com

Or my socials" jyrahpro" or Edmund Dorsey

Thank you. God Bless.



The toughest aspect of making a film is talent. I feel you must have the right talent for the film you are creating. The best talent may not be the right talent. So that aspect is the hardest and very important in making a great film

I Lost My Sister To Domestic Violence

BY: RICHARD CELESTIN

C.O.B.S MAGAZINE: COBS would like to extend our condolences to you and your family. This month's issue is being dedicated to Cathiana Lisa a victim of domestic violence. We want to thank you Richard for taking the time to share your sister's story. Can you tell us about your sister the person?

RICHARD CELESTIN: First and foremost, thank you very much for the opportunity to share my sister's story as well as dedicating this month's issue to my sister. This means so much to me and my family to keep her legacy and story alive.

My sister was an incredibly vibrant, fun-loving, and caring person. She has a smile and personality that would light up a room. She was a very strong person who fought tirelessly to raise and protect her daughters. Every person that I spoke to that was friends with my sister said she was a loyal and supportive friend who would help anyone out in need. My sister was truly an angel on earth.

C.O.B.S MAGAZINE: Can you tell us about Cathiana occupation, her dreams, and goals?

RICHARD CELESTIN: My sister's work experience was primarily in the field of retail. She was an incredibly hard-working person and worked consistently from a young age. At one point she was enrolled full-time in college but ultimately dropped out after her first year for several reasons, including pressure from her abuser. She decided to take a break from working when she had her second daughter, as she wanted to be a stay-at-home mom. When she decided she was ready to return to employment, she faced numerous restrictions and issues from her abuser which often left her in a position to shy away from any opportunities presented to her. Sadly, my sister sacrificed most, if not all, of her dreams and goals either voluntarily to be a stay-at-home mom or by force because of the abuse she endured. Her vision for the future was often blurred because she was so focused on getting through the day or the week.

C.O.B.S. MAGAZINE: What was your relationship like with your sister?

RICHARD CELESTIN: Growing up, my sister and I, despite being 6 years apart in age, were like best friends. We would



drive our parents crazy with all our inside jokes and non-stop laughter. We would hang out with our neighbors' playing games or watching tv for hours. As we got older our relationship grew. We worked together for a few years, I would visit her at work and hang out with her and would support her in any way I could. Our relationship began to deteriorate once she started dating her abuser. She began to isolate herself and would not be as available as she used to be. Spending time with her was limited to pockets of time where she could get out unnoticed. This only got worse once her abuser found out, and I later confirmed directly, that I disliked him and did not support their relationship. Unfortunately, this created animosity on my end towards my sister which further harmed our relationship. In her final months, we reconnected and spoke by phone regularly. Even then she would not disclose the extent of the abuse she was enduring. We agreed to put the past behind us and move forward. We never got that chance.

C.O.B.S MAGAZINE: Like any brother who is protective over their sisters what was your feeling when you first met with her boyfriend? Were there any red flags that went off?

RICHARD CELESTIN: As I think most big brothers would, I met her abuser from a cautious and supervisory position. To me, it didn't matter who the person was I was going to be clear that my little sister had a big brother that she could count on and would be around should

she get hurt in any way. I initially heard of some of the early signs of abuse and would let her know what she deserved better. This included breaking her stuff, accusing her of cheating with any guy she was friends with, and threatening to kill himself if she left him. My sister dropped out of college and moved out of my parents' place as a teenager which also indicated to me that she was with someone who was not supportive of her future nor cared about our family structure. She was isolated from her friends and family and was not allowed to go to social gatherings or spaces due to constantly being accused of cheating. I am finding out now, a year after her murder, that many of her friends she made in a short time at her college also warned her to leave her relationship due to the early signs of abuse. Sadly, she continued to proceed with the relationship assuring everyone that she was fine and had things under control.

C.O.B.S MAGAZINE: Were you or your family aware she was having trouble with her partner? At any point did you see a shift in her behavior? Can you please explain the signs that you witnessed over time?

RICHARD CELESTIN: Initially I was only aware of the abuse she endured in the early stages of their relationship. I was aware that she was being isolated, and she would tell me initially about some of the other forms of abuse she endured. After her abuser read text messages between us, my sister was essentially forbidden to have a



relationship with me. Later this included my nieces. This closed any access I had to what she was going through. My mother, who regularly spoke with her, would relay details to me so I could be aware of what was going on in case something needed to be done. Eventually, my mother was kept in the dark too. Despite being in the dark, we did observe the lack of my sister's presence in our lives. When we did see her she was visibly sad, tired, and often depressed. I did not learn of the extent of the abuse she endured until after her murder.

During the last year or so of her life, my sister hit a breaking point and found a new source of strength that she may not have known she had. When she and I began talking again she was clear that she was tired and of the abuse and the negative ripple effects it had on her life. She finally found her voice and began standing up for herself. During a domestic violence incident, she dared to contact the police but did not fully report the extent of the incident and no arrest was made. When I spoke to her in the final weeks of her life I saw and felt some glimpses of my old strong, determined, and proud sister. Finding this new strength is likely what caused her abuser to feel even more scared and threatened which resulted in his decision to murder her.

C.O.B.S MAGAZINE: We can't even imagine the day you found out your sister had passed. Can you express how felt and what was going through your mind at the time?

RICHARD CELESTIN: I have played the moments that I found out about my sister in my head countless times in the last year. Receiving a phone call just after midnight and finding out that your sister was shot multiple times has impacted me in ways that will affect me for the rest of my life. I was incredibly

scared, angry, and sad but inside I was not surprised. I anticipated a call like this for many years but even then, I was not prepared on any level for it. I warned my family that if my sister did not find the courage to leave her abuser that we would get a call one day like the one we did. I drove to the hospital yelling, crying, and moaning at the thought of losing my sister and what it would do to our family and most importantly her daughters. To hear that she died broke a part of my heart that can never be mended. To hear how she died devastated me. No one deserves to be murdered the way she was. I felt pain, unlike anything I have ever felt in my life.

C.O.B.S MAGAZINE: Each day, three women die from domestic violence. It's usually hard for the victim to leave. How many times did you try to convince your sister that she was worth being helped, worth being safe and happy?

RICHARD CELESTIN: I lost track of how many times I would try to convince my sister that she deserved better and should leave. The psychological abuse she endured was truly devastating. She was convinced she didn't deserve to be happy, that no one would love her as a single mother, that she was ugly and better off staying where she was because there was no hope elsewhere. I offered my sister a place to stay if she needed it. I offered her money because I knew she often did not have access to any. I attempted for many years unsuccessfully to connect her with a close friend who is a spiritual counselor, and she did not make the effort to speak to her until a few months before her murder. I did not understand, and admit to being too immature most times, why she would continue to stay in an abusive relationship. I better understand now how hopeless, scared, and stuck she felt because of the abuse she endured.

C.O.B.S MAGAZINE: Has this person ever been brought to justice?

RICHARD CELESTIN: Her abuser attempted to commit suicide following the murder and was unsuccessful. He is currently hospitalized and has been formally charged with murder. The case is still pending.

C.O.B.S MAGAZINE: We respect you for turning this tragedy into a purpose. You decide to start a foundation dedicated to your sister and domestic violence. Can you please tell us about the foundation and its purpose? Can you provide information on how to make donations or if anyone is interested in being involved?

RICHARD CELESTIN: As an attorney and advocate, I understand the importance that advocacy plays in creating necessary change. To bring about more attention to domestic violence, we need fierce advocates to call for change and support victims. In partnership with my law school, CUNY School of Law, we created the Cathiana Lisa Memorial Fellowship to provide summer awards to law school students with a passion and commitment to addressing domestic violence. Last year, 2020, was our first fellowship and it was awarded to a dynamic law school student with extensive experience doing amazing DV work. This coming summer (2021) the goal is to award two advocates. If anyone is interested in donating or learning more about my sister, they can visit her website- www.CathysStory.com.

C.O.B.S MAGAZINE: After reading your sister's story what would you like our readers to walk away with?

RICHARD CELESTIN: I want to impact people on different levels by sharing my sister's story. For any actual or potential victim, please know that you are not alone and there is help out there for you. No one plans to be in an abusive relationship but ends up in one by ignoring the warning signs. Everyone has the right to be loved unconditionally and that love should not make you fear, or question your worth, or accept physical, emotional, or psychological abuse. For those who know someone they care about in an abusive relationship, I understand all too well how frustrating this can be. I regret deeply taking a position of animosity towards my sister without truly understanding her position. Supporters and advocates must be persistent with offering love, comfort, and a shoulder to cry on while also empowering and guiding those in challenging positions.

C.O.B.S MAGAZINE: Can you please share your social media information with us for others to continue to follow Cathiana story?

RICHARD CELESTIN: My Instagram handle is @The_Inspirational_Lawyer. I share this not to grow a following or to gain more likes on images. I share this because I want to continue to find opportunities to share my sister's story in the hopes that it can save someone's life. I want my sister's life and legacy to mean so much more than the horrific way her life was taken from her. She deserved better than that, her daughters deserve better than that and my parents deserve better than that.

C.O.B.S MAGAZINE HONORS THE LIFE OF

Cathiana Lisa B. - Celestin

January 12, 1985 – November 9, 2020



HAIR TIPS

Nisha's 101 COBS HAIR TRENDS

BY NISHA

Let's fall in love with color, this is Nisha's top trendy hair colors and styles!

Hello, my wonderful readers, we are saying goodbye to summer and welcoming fall. Let's embrace some top fall colors to get into that will give you a nice edge for the season.



What's the tea for the fall trends?

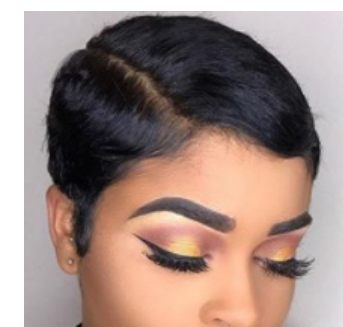
1 Ombre hair color (Unisex)



Ombre's are the most popular hair coloring trends, it is simple and chic. If are a person that has never colored your hair before this look is for you. An ombre is done with a simple Lightner powder and lifting developer, I would suggest a professional colorist assist unless you are doing it yourself kind of person. The best ombre colors for fall are honey blondes, browns, reds (light to dark), and do much more. The cool thing

about ombre' this look works for men as well, so fellas have fun with color as well.

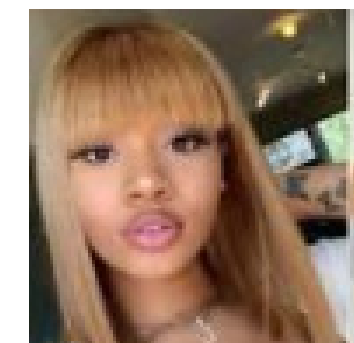
2 Hair Cuts (Unisex)



Believe it or not a lot of people start considering cutting their hair around fall time. Why? Well, in summer it's too hot and humid. A lot of folks consider cutting hair in the fall. So, what are good cuts to consider for the fall? Layer cuts are super easy to maintain or bobs (long or short). Now, if you want a chic look aim for the pixie cut! Again, suggest a professional

assist or purchase a short wig of your choice. Fellas, have no fear I got you too. A lot of guys grow out their bread around this time of year. There are no right or wrong ways for a beard or hair cut it matters on the individual style.

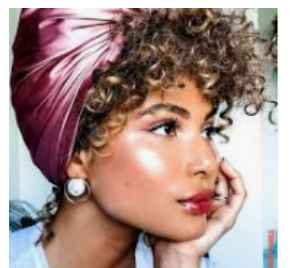
3 Bangs - (Women)



Ladies, sometimes we must give that middle part a rest or swoop a rest and go for a nice bang cut. Trust me on this, bangs can also elevate a look as well. The trick with bangs is face-framing you can cut the bangs to frame the shape of your face. You can wear a bang as thick or thin as you prefer to

make sure it's framed to perfection. You can also purchase clip-on bangs if you are afraid of cutting your real hair or wig, the beauty of clips if they can come right off as you please.

4 Headwraps/ trend scarfs - (Unisex)



Head scarfs are another trendy chic look for both men and women. Sometimes you can just slick back your hair and add your scarf or headwraps as the accessory. Headwraps or scarfs are usually a preferred trend in the fall, you can style it to your preference.

Southern Hummingbird Cake

Hummingbird cake is a southern staple around the holidays! A spiced cake with bananas and a sweet cream cheese frosting, this cake will be in hot demand at the holidays.

Course Dessert
Cuisine Southern
Keyword Classic Hummingbird Cake
Prep Time 15 minutes
Cook Time 45 minutes
Total Time 1 hour
Servings 6 servings
Author I Heart Recipes



INGREDIENTS

- 3 cups self-rising flour
- 3 cups granulated sugar
- 1 tsp salt
- 5 eggs
- 1 cup buttermilk
- 1/2 cup butter
- 1/2 cup shortening
- 3 very ripe bananas pureed
- 2/3 cup crush pineapple
- 1/2 cup finely chopped pecans
- 1 tbsp. ground cinnamon
- 1/2 tsp ground nutmeg
- 2 tbsp. vanilla extract

INGREDIENTS

1. Make sure that all of the ingredients are at room temperature.
2. The first thing we need to do is, place our butter and shortening into a large mixing bowl and mix.
3. Now pour in the granulated sugar, into the mixing bowl and cream the ingredients together.
4. Add in the eggs, followed by the vanilla extract, then mix the ingredients until they are well combined.
5. Add in the banana puree, pecans, and the pineapple, then fold in.

6. In a separate bowl combine the sifted flour, salt, cinnamon, and nutmeg.
7. Now alternate adding the dry ingredients, and the buttermilk into the wet ingredients, while using a handheld mixture on medium speed.
8. You will need three 9 inch cake pans. Spray each pan with the baking spray, then fill 2/3 of the way.
9. Back each cake for 30 minutes on 350 F.
10. Remove the cakes from the oven and let them sit for 15 minutes, before removing them from the pan.
11. Next remove the cakes from the pan and let the cakes cool completely on the cooling racks.
12. Double my recipe for the cream cheese frosting (check my carrot cake recipe).
13. Layer, and frost the cake
14. Let the cake stand for at least one hour before cutting into.
15. Enjoy.

Credit: IHeart Recipes with Rosie Mayes- iheartrecipes.com

Paulies Love CATERING

CHEF PAULETTE JOHNSON ELLIOTT

A Catering Experience Company

We provide catering services for all your special occasion needs!

- ✓ Church Events
- ✓ Weddings
- ✓ Baby showers
- ✓ Corporate events
- ✓ Parties
- ✓ Intimate occasions

ORDINARY FOOD WITH EXTRAORDINARY FLAVORS!

Check out my ALL NEW Paulies Love Seasoning Collection, my cookbook and other kitchen essentials on PauliesLoveCatering.com
Paulieslove2@gmail.com
Toll free number: 888-530-3560 Ext. 802

Let's Connect!

- Facebook: Paulies Love Catering
- Website: Paulieslovecatering.com
- Instagram: @Paulieslove_catering
- YouTube: Paulieslove Cooking

Tag Us!

PAULIES LOVE CATERING

888-530-3560

WWW.PAULIESLOVECATERING.COM

Tricks and Tips to Stay Fit

BY ARIELLE PERSHAY



Hello, my Queens and Kings as the holiday season are getting closer and closer, we all participate in the yummy comfort food prepared by you or your loved ones. Please do not get scared to indulge in all the yummy greatness.

Read below for some cool tricks and tips to stay fit.

Tip step 1: GOALS

If you have a goal weight it always helps you be more motivated to achieve it.



Trick Step 2: TAKE IT NICE & SLOW

It is never easy giving up the goodie foods we enjoy, sometimes I have learned (even with myself) some people would say "that's it I am going to start eating healthy". I hate to break it to you this way, however, starting something so quickly with no knowledge on how to start the journey will not help.

Take it slow by starting with light discipline for example if you love burgers and French fries you can still enjoy, however, switch it up. Eat the burger and fries without the bun. The more you make your goal a pattern the more success you see in your results.

10 Healthy Holiday Nutrition Tips

Holidays are usually enjoyable, and we enjoy house hoping. However, unhealthy habits can be attached to parties and gatherings. Here are 10 tips from Allie Wergin, a registered dietitian nutritionist at Mayo Clinic Health System suggestion on a healthier Holiday.

1. Don't skip meals – if you want to eat lite have yogurt or nuts to curve your appetite before you eat with friends and family.
2. Contribute a healthy dish – when visiting family
3. Think color – Fruit and vegetables
4. Chose drinks wisely – there are a lot of calories to consider
5. Try not to overeat
6. Eat until you are satisfied and not stuffed
7. Visit people not just-food
8. Try to walk around or help with cleaning up
9. Don't eat while you're cleaning up
10. Try not to take a lot of leftovers home with you

Footnote: <https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/>

YOU JUST DON'T WAKE UP STRONG

ft

BUILT2LAST

FABIAN THORNE



www.b2l29pw.com

www.fabianthorne.com

973-873-2112

COURTNEY STARKS – AUTHOR OF

My Kidney's Failed Me but God Didn't



C.O.B.S MAGAZINE: Welcome Courtney Starks, the jack of all trades and the author of his new book entitled “My Kidneys Failed Me but God Didn’t.” Please share with our readers a story and what this title means to you?

COURTNEY STARKS: My name is Courtney Starks, and I am the CEO & Founder of Courtney's Corner, a media company and brand focused on impacting lives and sharing stories that aren't getting mainstream media. I am also the newest author of “My Kidneys Failed Me but God Didn't.” For me, the title spoke to my life battling kidney failure. I went through some of the worst of times, but God despite my suffering God didn't fail me. He didn't leave me nor forsake me.

C.O.B.S MAGAZINE: How did your life change when you were diagnosed with kidney disease?

COURTNEY STARKS: In the beginning, it felt like a complete halt. Everything I had planned or thought I was about to do came to a complete stop. It took me a year to come to terms with what I was going through at that moment and decide to fight for a chance at life.

C.O.B.S MAGAZINE: Can you explain to us how you coped with the stress of waiting for a transplant all those years?

COURTNEY STARKS: There were moments where I thought I wouldn't make it or where I thought I would spend the rest of my life on a machine, but there was always something deep down inside that wouldn't let me give up on myself.

C.O.B.S MAGAZINE: The day you received the news that you were

getting your transplant. Can you tell us how you felt and what thoughts were running through your mind?

COURTNEY STARKS: It felt surreal. I had gone through a false call before so this time around I knew I was properly prepared, but I didn't want to jinx anything. I remained in prayer and told God to let His will be done.

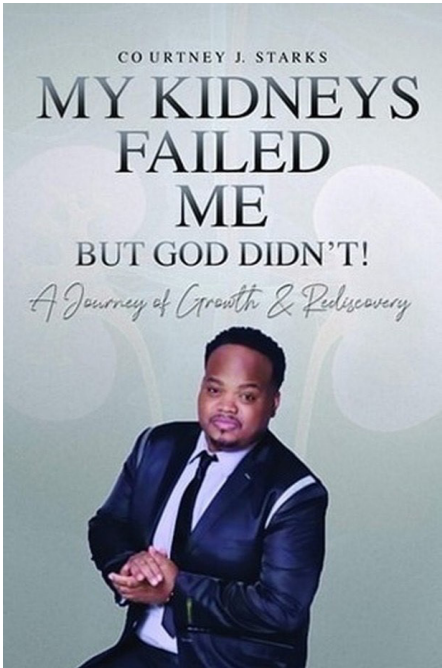
C.O.B.S MAGAZINE: Writing this book do you think it will have an impact on others to understand the journey of someone coping with kidney disease? What personal encouragement can you give?

COURTNEY STARKS: I believe that this book was so much more than just me telling my story, but to encourage anyone dealing with illnesses that God doesn't fail and whether healing happens on this site or the other He's right there to see you through. My words of encouragement to others are they don't get the right to give up. Someone needs to hear, see, read your story to be able to cross over to the next level.

C.O.B.S MAGAZINE: We understand you have a talk show. Can you tell us the name of your show and how you use this platform to share positivity? What memorable guest have you had on your show that influenced you the most?

COURTNEY STARKS: The name of my show is called One On One With Courtney Starks. The focus of the show is to allow celebrities, business owners, entrepreneurs, non-profits, brands, and those with inspiring stories the opportunity to not only have a platform to shine on but to give flowers to these very people and thank them for the impact they're making in the world. I say all of my guests are amazing, but some highlights would be Sherri Shepherd, Cocoa Brown, Donnell Jones, and Major.

C.O.B.S MAGAZINE: Going through your medical journey during the pandemic you organized a local toy drive giveaway which was featured on PIX11. How important was this given back to you and will you be hosting another toy drive this year?



COURTNEY STARKS: Last year's toy drive giveaway meant the world to me. COVID took so much away from children including that sense of community and social structure which is extremely important for growth. I wanted to create a space that allowed kids to be just that, kids and it was so heartwarming to see it come together. We are gearing up for our 2nd annual toy drive and Christmas Extravaganza in December.

C.O.B.S MAGAZINE: We mentioned you are a jack of all trades so can you share with our readers what is Courtney's next adventure?

COURTNEY STARKS: We are working on our first-ever community Friendsgiving, season 4 of One On One with Courtney Starks will be out soon, and we are gearing up for our book tour.

C.O.B.S MAGAZINE: Where can our readers purchase your book? Can you please share your social media information with us?

COURTNEY STARKS: Readers can purchase my book on my website at www.courtneyscornerllc.com or over at Amazon. You can follow me on Instagram @Courtneystarksofficial or @thecourtneyscornerbrand.

MEET

MOYRAM ESPINO

MY PURPOSE AS A GREAT DAD

C.O.B.S MAGAZINE: Welcome to COBS sit-down interview? We are excited this is our first time interviewing a father about his love for his son. Tell us about you and your relationship with your son?

MOYRAM ESPINO: My son and I have evolved to have a great relationship. It's been changing because he's 6 months away from being a full-fledged teenager. Therefore, his needs are going to change, his view of the world is going to change, and I want to help him as best as I can in his transition to becoming a young man.

C.O.B.S MAGAZINE: Did you grow up with your father? If you did how was that relationship and if you didn't, how did this affect you as a child?

MOYRAM ESPINO: I did have the privilege to grow up with my father in the house. He was a very emotionally distant person but taught me a lot about structure, duty, and service. We definitely missed the mark when I was growing up but we communicate a lot more today. We're Caribbean, so Caribbean men are very traditional, very stoic, and mostly very stern in their upbringing. It made me feel like I always needed his approval, and I was always trying to do the right thing and do what my parents wanted me to do as opposed to living a young life trying to find my purpose and what makes me special.

C.O.B.S MAGAZINE: What values do you want to impart in your son? How do you spend your time with your son? Are you and the mother still together? How do you balance your relationship with your son's mother and your time with your son?

MOYRAM ESPINO: Always look at people in the eye when you meet and speak with them, be polite, don't let people take you for granted, communication, communication, communication. Do what you feel is right in your heart. We still have a lot more to uncover together and learn.

My son and I mostly watch a lot of movies together, he loves the Marvel/DC universe and we're always up on the Ninja Turtles. Right now, we're going through “The Last Ronin” comics where all the turtles were killed but 1 and he's on a revenge tour. We go to the beach a lot when the weather is warm and we go to the park. Now I have a new plan for him, I want him to get into martial arts and I'm getting his mom's permission to take out his passport so we can have a nice family trip hopefully

sometime next summer. Let him start seeing that there's a bigger world out there than just NYC. I only went on one family vacation in my life, the rest of the time I traveled with friends and my girlfriends at the time. I know how big of an impact that had on me and I want my son to be as worldly and open-minded.

I haven't been with my son's mom since he was about 2 years old. It's been a very challenging experience trying to balance out time with work and following my dreams and passions. Co-parenting has been a nightmare for a long time. I feel his mom has a lot of resentment towards me and does a lot of things out of spite in the early years. I learned to ease up when I can and I learned when it's ok to push. I grew up very different culturally and it baffles my mind how hard I realized I have to fight to be in my son's life. But I'm communicating more and never take no for an answer when it comes to my son. He needs me now more than ever. Daddy time! hahaha

C.O.B.S MAGAZINE: As a child, my mother was bitter about the breakup with my dad, it frustrated my father, and he made an executive decision to leave my life. What advice would you give men when the relationship is over, but the child is still existing? How do they get past the bitterness or anger of a breakup?

MOYRAM ESPINO: This is very hard, and I can see why men would choose to opt-out. But to me, that's the easy way out. There is no way in hell I'm making my child feel as if I don't want them or love them. Relationships are hard and that's just a fact of life that you have to get over. Your children are the extension of you and it would be irresponsible and immature to let anything get in the way of your love for your children.

It takes a lot of patience, you're going to be angry, you're going to be embarrassed, you're going to be disappointed but you need to get comfortable with being uncomfortable because it's not about you anymore. It's about your child. When you leave earth, these are the fruits you leave behind and it's up to you to bare good fruit or not. That's not something that should ever be taken lightly.

Take the bitterness and the unresolved issues of the breakup one day at a time. Some situations are better when you're apart than forcing a situation for your children's sake. Come to terms with the



truth and learn to communicate and love each other on a friendship level because you are bonded for life through your child. Therefore, build up your empathy because you both lost something, build up your communication because it brings understanding and trust, and build up your courage because it takes a lot of strength and courage to be present and do the right thing. Especially when you don't want to.

C.O.B.S MAGAZINE: If your son was 20 years of age what would he say that reminds him of good memories of the both of you? Also, what good advice would he carry into his manhood that you've installed in him?

MOYRAM ESPINO: Oh man, I hope he has great memories of us laughing, traveling, eating well, discovering new things together. The haircut moments where we would both get our haircuts and bond. Watching every superhero movie that came out and collecting the action figures. I hope that he remembers how I was always present and was a disciplinarian but in a good way. I hope he remembers that he can talk to me about anything and that I'll always love him whether I'm physically here or not. My advice for him into his manhood would be to find what makes you happy no matter what it is and don't let others influence you into things that don't help you grow. Even if that becomes me. Your happiness is your job. Also, leave the girls alone man. They'll always be there. Don't fall into the pressure of trying to be a ladies' man. Be open, allow yourself room to feel and grow through your feelings, always communicate how you feel, and make this money man! You deserve everything beautiful that this life has to offer. You're a King!

Maya Love Bailey

YOUTUBE INFLUENCER

C.O.B.S MAGAZINE: This month our young innovator is Maya Love Bailey a young influential YouTuber. Can you tell us about yourself?

MAYA LOVE BAILEY: Thank you so much for inviting me to be a part of your November Issue, Young Innovators!! I am a 15-year-old Influencer, actress, and cheerleader. I currently live in Atlanta, Georgia with my mother, brother, who plays college football, and our 3 dogs. I am half Middle Eastern and half African American. I am determined and a hard worker, I try to finish everything I start. I love to help others and spread love. Last year out of my class of 290 freshmen, I was ranked #1 in all the freshman classes and have been on the principal's list every year, with all A's. I am a young entrepreneur that believes in manifesting my goals and dreams.

C.O.B.S MAGAZINE: What is the name of your page? What inspired you to become a YouTuber?

MAYA LOVE BAILEY: The name of my YouTube channel is AYEitsMaya. I started my channel when I was 12 years old. I wanted to be an inspiration to others, to help and motivate them to follow their dreams and never give up. I love to entertain others and brighten up their day. There is so much going on in the world that I just want to put love and positivity into the universe. I receive so much love, sweet comments, and emails from my fans telling me I am their idol and how much I inspire them, motivate them in life, and embrace and love themselves. That is why

I wanted to become an Influencer and why I love being an influencer. My mother raised my brother and me without allowing us to say the words "hate" and "can't". She taught us to not allow anyone or anything to make us have such a strong negative feeling of "hate" and to love not to hate. "Can't" was another word because she taught us that there is nothing, we "can't" do, as long as we put our minds and heart into it, we can accomplish anything. She inspires me to never give up and says the word "impossible" says "I'm possible. That is exactly what I want others to believe in themselves, their dreams, and their goals.

C.O.B.S MAGAZINE: How do you decide what content to tape on any given day? Do you ever get tired of videotaping things and if so, why?

MAYA LOVE BAILEY: I try to create videos that I know will be entertaining and motivating to others. When I am filming my videos, I am real, authentic, and genuine. I do not put on a front or act for the camera, the way I am on camera is exactly how I am off-camera. Also, any brands or companies I partner with and create content on my channel or page for are only things I truly love, use, enjoy and recommend. I love to create content that my audience will enjoy. I also ask my audience what videos they would like me to create for them. I am starting something new called the "Video of the Month". Where I write down all the videos that my fans have requested, and I will pull one out of the jar every month and create that video for them. No, I never get tired



of videotaping, it is my passion and I love doing it. Being a YouTuber is defiantly a lot of work and takes time. Editing is the most time-consuming part, but I enjoy doing it because I can use my creativity and create content for people that they will love.

C.O.B.S MAGAZINE: Why do you think people are interested in the subjects that you discuss?

MAYA LOVE BAILEY: I think they are interested in the subjects I discuss because it is like what they are experiencing and going through in their lives too. I discuss real-life situations. I invite them into my life and share with them my ups, downs, and struggles, not just the "Glam" part of life. They become a part of my family and journey in life, and I love sharing them with them. I also love to engage and communicate with my supporters. Society and media put so much emphasis on what is considered beautiful and not. I want everyone

to love and embrace themselves and others regardless of the color of their skin, where they are from, their clothes, hair, their height, or weight, etc. We are all Beautiful and can shine without trying to dim anyone else's light and that is what I try to encourage my supporters to do and why I think they are interested in my life and channel.

C.O.B.S MAGAZINE: Recently the number of people who have subscribed to your page hit a record. Can share the number of your subscribers? Is there a target that would like to reach?

MAYA LOVE BAILEY: Right now, I have 69.7k subscribers on YouTube and 93.8k on Instagram. I want to hit 100k by the first of the year. As I reach each milestone, I set for myself, my target number will continue to increase too. I don't ever want to stop when I reach a specific number of subscribers, even when I reach a million subscribers.

C.O.B.S MAGAZINE: How supportive is your family and how important is it to share this experience with them?

MAYA LOVE BAILEY: My mother and brother are so supportive of everything I do or plan on doing in life including YouTube. It has always just been me, my mother, and my brother and we have all been supportive of each other. We have such a great bond and relationship. My mother is so much more than just my mother, she is my best friend, mentor, and hero. My mother and my brother; are my biggest supporters and #1 fans. My mother is also my manager, my 'momager', and has helped me every single step. It is very important to share this and every experience with them. We are going to be starting a family YouTube channel soon, which I am super excited about.

C.O.B.S MAGAZINE: Are there any other bloggers that have had the most influence on you?

MAYA LOVE BAILEY: Yes, many great bloggers have influenced me. Princess Jay and Miss Niyla Nicole are just a few of the many great ones out there.

C.O.B.S MAGAZINE: Besides doing your YouTube page what other interests or hobbies do you enjoy?

MAYA LOVE BAILEY: I also love to act. I just recently finished filming a movie named "Marvelous", which I was the lead character in. I also had the honor of having a role in the movie, "The Curse Within". I've had several roles on TV series as well. I just finished up an episode for a new TV series called "The First Lady", featuring Viola Davis who plays Michelle Obama. I love to spend time with my mother and brother. We love to travel and explore the world. We have probably taken over literally 100 road trips and have traveled to over 30 States, and plan on visiting the ones we haven't yet. We are planning on taking a trip to my family's home country, Palestine, and to Europe soon after this Pandemic. I love to dance and cheer too. We have started a non-profit children's foundation that I love being involved with because I strongly believe that we need to give back and help in any we can. I am writing a book and starting my own, natural haircare line with ingredients that I have researched and come up with the final products for.

C.O.B.S MAGAZINE: Can you share what videos you are planning to release next on your channel?

MAYA LOVE BAILEY: I try to stay consistent and post at least one video a week on my YouTube channel. For one of my next videos, I will be doing a room

transformation and room tour. This has been one of my most requested videos. I'm excited about this video. My mother and I have been completely redecorating, painting, and assembling everything ourselves. We have done DIY projects that were inexpensive and easy to do. Also, we searched for the best deals on everything. I'm excited to share all of it with my supporters to inspire them to create a room that they love without having to spend a lot of money. I am also starting to do at least one informative video a month such as "How I Edit" or "How to Start a YouTube Channel". I want to share my experience of becoming an influencer with my supporters, especially because many want to become an influencer as well. I want to help guide them through the journey. I love to see and help other people succeed in life.

C.O.B.S MAGAZINE: Can you please share all your social media platforms with us?

MAYA LOVE BAILEY: Sure, my YouTube channel is AYEitsMaya. My Instagram is _mayalovee and my TikTok is _mayaa222. My website will be launching soon, www.mayalovee.com I am creating an email list too, so I can engage with my supporters on a deeper and personal level. I will be sending out weekly newsletters to everyone on my email list, with informative, motivational, and entertaining information.

Thank you again for inviting me to be a part of C.O.B.S. Magazine, it has been a pleasure!

Farah Mathieu

CEO OF FARAH COLLECTION CLOTHING LINE



C.O.B.S MAGAZINE: Welcome to COBS Magazine, we are happy to have your designs featured in our magazine. Tell us about yourself, designer style, and about your brand.

FARAH MATHIEU: My name is Bernadine Farah Mathieu, my customers know me as Farah. My business started in the middle of the pandemic, since all stores were shut down it became hostile to shop for myself. When I would order clothes online my problem was the garments were either come in too small or too big. In my frustration, I had an idea to start my clothing line and The Farah Collection was birthed. The Farah Collection is specifically catered to the think, small in-between women who are confident in the skin they live in. I offer an arrange of styles from dress, shirt, skirt, or pants whatever women are comfortable in we offer it.

C.O.B.S MAGAZINE: We had the opportunity to visit your live on Facebook regarding your designs. You look fabulous and we love your colors. Can you tell our readers who you design clothing for and why?

FARAH MATHIEU: I design clothes for all sizes whether you are a size XS or a size 4XL. I believe whatever size you should be able to wear whatever you desire no matter the size. I have models who range in all sizes, and they make my collections look beautiful and sexy.

C.O.B.S MAGAZINE: What do you love about being a fashion designer and a stylist and how did you get into it?

FARAH MATHIEU: I love the fact I can put a smile on my customers' faces when they're shopping through my clothing line. My line consists of not just clothing we have belts, jewelry, footwear, and bags. Prices range from \$50.00 to \$200.00. I have women who may not know how to put things together that is where I come in as a stylist. I look at the personality of the customer and I might add a little pot of color to her choice of clothing, and it usually works.

C.O.B.S MAGAZINE: Can you share with us a time when you wanted to give up and why? What motivated you to continue?

FARAH MATHIEU: There are those moments when I feel discouraged when I'm faced with challenges such as dealing with unreliable customers, delayed packings and dealing with my local post office. Despite these adversities what motivates me is my faithful



clients. When my customers are happy, and they continue to purchase from me I know I'm doing something right.

C.O.B.S MAGAZINE: Tell us a little about your background and your culture?

FARAH MATHIEU: Originally born in Haiti then at the age of 13 moved to America to pursue a better future. Went to Miami Beach Middle School, then went to Tilden High school, and then went to Kingsborough Community College in Brooklyn NY.

C.O.B.S MAGAZINE: Who are your favorite designers? How do you juggle a business and a family? What motivates you?

FARAH MATHIEU: I do not have a favorite brand; I believe all brands are unique and beautiful in their own ways. As a CEO, a wife, a mother, a daughter, a dog mom, and a foster mom which

has its challenges. However, with the Lord by my side, I continue to accomplish my goals by his grace. My daily motivation is knowing that I am setting an entrepreneur example for my children to follow. I am leaving a legacy behind for my family.

C.O.B.S MAGAZINE: Why did you pick fashion as your career choice? What advice would you give plus-size women in picking the right outfit?

FARAH MATHIEU: I love clothes and it was easy for fashion as my career choice. I believe I have a unique talent for empowering women through clothing. Women will see me wear an outfit and want that same look. I like putting clothing styles together on a woman to show her another side of herself. My advice to plus-size women when shopping with The Farah Collection is not to be afraid, of trying something new and be bold about it. We want our plus-



size women to feel beautiful and confident in my collections. My customers are beautiful no matter what size they're wearing.

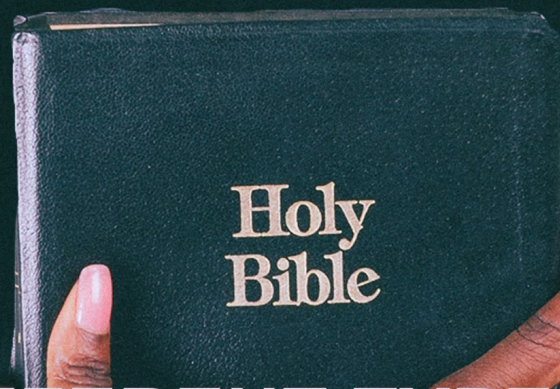
C.O.B.S MAGAZINE: How can our readers follow you on social media?

FARAH MATHIEU: Thank You for Taking the Time To Interview Me!! And make sure to shop at

www.thefarahcollection.com.

God Bless!

TREVI BOOKER PERSHAY



A DIFFERENT TYPE OF

Church 2 Girl

THE FIGHT FOR MY LIFE

COMING WINTER 2022