

FEBRUARY 2022 ISSUE
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C.O.B.S

CIRCLE OF
Boss SISTERS

THE QUEEN'S COURT

MEET JEARLEAN TAYLOR -
CEO/INFLUENCER

THE KING'S COURT

MEET DAVON LIVINGSTON -
CEO OF LOSE-N-TONE
FITNESS

WOMEN'S WERK

MEET STEPHANIE CURRIE -
CEO OF CURRIE
CHEERLEADING ACADEMY

WOMEN INNOVATORS

JENNIFER DOMINGUEZ -
CO-CEO OF MOONLIGHT
MEDIA LLC.

LISHAWN ALEXANDER -
CEO OF LISHAWN'S CONSULTING

NIA CORNEGY -
BEAUTY AND BRAINS



Featured Story

“ **MEET
TEAMIKA
JEFFREY** ”

CEO OF -
**MY DREAM
STAFFING AGENCY**

From The Office of the Editor

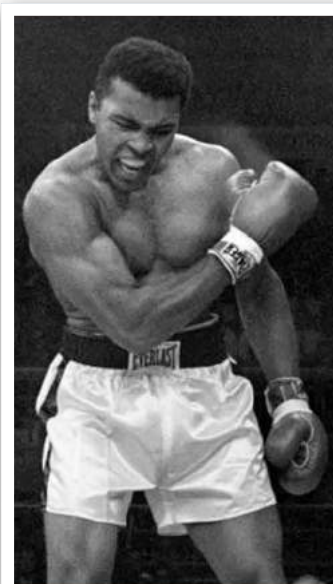
TREVI BOOKER PERSHAY

HAPPY VALENTINE'S & VICTORY MONTH!

February is a month that I love because it's valentine's day and my birthday month. I am excited to say that I will be 59 years stronger. I'm blessed that I don't look like what I've been through, and I thank God for that.

February is not only for Valentine's Month but its Victory Month as well. I decree and declare this is the month of Victory! Since I've entered 2022 it has been gloves on, feet in position, wearing my protective gear, and knocking down every negative energy that comes my way. I love the mentality of a fighter. A fighter's goal is to stay focused on his opponent and how to knock him or it out. I say it because there are so many negative elements that hit our lives as we pursue greatness.

When I was young, I used to get annoyed with Muhammad Ali jumping around saying that I am the greatest. I would think to myself wow what a big ego he has and how overly confident he was in his ability as a fighter. Years later, I came to understand that if you don't believe in yourself who will. The more confident Muhammad Ali became the stronger he operated in his calling as the world greatest fighter.



MUHAMMAD ALI was not just a fighter he was also an entertainer, an activist, and a poet of inspirational wisdom. *What is your purpose? How are you fulfilling your calling? What legacy are you leaving behind for your children's children? Are you allowing mental crutches to prevent you from walking into your destiny?* The time is now for us to wake up and make black America greater for the next generation. 20 years ago, I wrote a letter to Muhammad Ali's public relations team apologizing for how wrongly I'd judged him. I wrote as I stand in my fight for my dreams as a black woman, I now understand that I must keep telling myself how great and strong I am. Why? All I ever hear was that I'm a nobody, I am not going to make it, and I think I am all that from those who were close to me. Weeks later I received a poster in the mail (that hangs on my wall until this day) that says **"NOTHING IS IMPOSSIBLE"**. When life overwhelms me, I reflect on that poster, and I remember I can do anything that God created me to do.

I am a survivor of 3 minor strokes, 1 heart attack, 3 car accidents, double pneumonia, molestation, rape, verbal abuse, suicide, and yet every day I still rise. Knowing that purpose keeps waking me up because destiny is banging at my door. Wake up Black America destiny is waiting on you.

Blessings,

Trevi Booker

TREVI BOOKER PERSHAY



MEET THE STAFF



TREVI BOOKER PERSHAY Editor-N-Chief

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

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TINIKA THOMAS Co-Editor-N-Chief/Beauty Editor

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

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RODNISHA "NISHA" PERSHAY Hair Editor

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

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ROSEMARIE BERGHOUT Newsletter Editor

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

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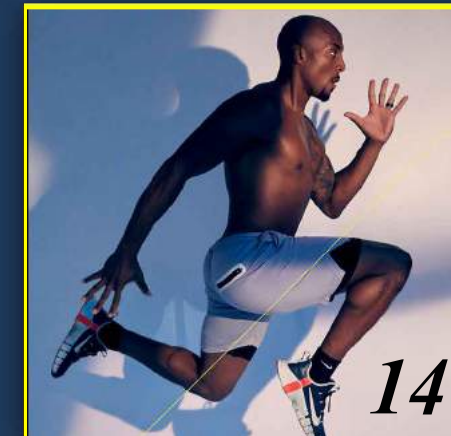


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MEET

TEAMIKA JEFFREY

CEO OF MY DREAM STAFFING AGENCY

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S Magazine. It is a pleasure to sit down and chat with the phenomenal Teamika Jeffrey CEO of My Dream Staffing Agency. Can you share with our readers who is Teamika the woman and the brand?

TEAMIKA JEFFREY:

Teamika is a devoted daughter, a protective mom, loyal wife, and the best little sister ever! My career in staffing is basically walking into my purpose. I've always stepped to the drum of my own beat. I knew from a little girl at an all-white catholic school that I was different, but that never deterred me from wanting to be the brightest in the room. If I had to choose a cartoon character that represent me, it would be Sponge Bob (lol). Why Sponge Bob? I'm not only bright but I will soak up as much information as possible wherever I am. This is my superpower. I will always be a student. I was raised in Cincinnati, OH. When I was 24 years old, I got an opportunity to write a Business Plan for a client in New York City. I arrived in Manhattan on a Friday, by Sunday morning, I contacted my parents and told them I was not coming back (true story). I lived in New York City until March of 2021. I am 44 years old now. I returned to Cincinnati in 2021 to open MY DREAM STAFFING AGENCY in the neighborhood where I was raised, Madisonville. So, whose Teamika? I am a believer of dreams.

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

Teamika, you were one of New York City top recruiters working for Staffing agencies. Now you own your own staffing agency please share with us what inspired you to branch out on your own? We see your agency made a move to Ohio, why not NYC? Do provide staffing services for the New York Metro location as well?

TEAMIKA JEFFREY:

Thank you for acknowledging that I was one of NYC top recruiters. In 2019 I was named a Million Dollar Recruiter because I turned in over 1 million dollars of Offer Letters. In 2017 I was trained at Cushman and Wakefield under the US Human Resource Director. We would source from only Ivy League schools to find the best recent graduated candidates. I was given the opportunity to join a boutique agency that only placed candidates at fortune 500 companies. I worked there until December 2019. From 2017 until 2019 I placed 90% of candidates that did not look like me. To some, that should not matter a placement is a placement, to me it kept me up at night. New York City, is the highest cap cities in the world who did not want their executive team to look like me. This may sound dramatic, but that was the narrative I took from it. Most of my candidates that were diverse, and placed, was due to me fighting for them to get an interview. They may not know it, but I stuck my neck out for them. This is how MY DREAM was created. I started in New York City, and I still have clients there. I chose to relocate to Cincinnati for my family. Not only for them to see me action but the opportunity to give back what I've learned. This is my opportunity to help more people so that they will be able to reproduce a stronger generation.

C.O.B.S. MAGAZINE:

Can you share with our readers the meaning behind the name of your company and why that name was chosen?

TEAMIKA JEFFREY:

When I was younger, I was a dreamer. Seriously, I would dream about a relative or place and the next day something would come up about the relative or I would go to that place. It was remarkable, to me. Unfortunately, the older I got the less I dreamed. December 18th, 2019, which is my favorite brother's birthday, I dreamed again! So, on December 19th, when I decided to leave my job and open my company. I said I will call it MY DREAM. Which sounded so unprofessional (lol). Then I continued to think why I would even want an Agency. Why would I want to deal with the headache that comes with owning a Staffing firm? And I got my answer because it was MY DREAM. I will tell you that Martin Luther King Jr. plays a big part in the name. By him having a dream it allowed MY DREAM STAFFING AGENCY to be created. Because here, everyone is created equally.

C.O.B.S. MAGAZINE:

What makes My Dream Staffing different from the rest of the recruiting agencies? You've mentioned on your website that you are the masters in the matching culture can you explain what that means?

TEAMIKA JEFFREY:

We are not a Temporary Service. We specialize in providing permanent placements for our clients. This means we do not have a pipeline full of candidates that we forced down their throat to look at. We are a career match-maker agency. Even though, we work for the client only, we keep our candidates aligned in the industry they are suited in. This is the advantage we have over many Personnel services. At My Dream Staffing we cater to one client at a time. Not only do we believe in our capabilities at My Dream Staffing we believe in each candidate we place. If you read my recommendations on our LinkedIn site, many of my candidate's remarks were, I took time and really believed in them. This is what sets us apart from any agency!

C.O.B.S. MAGAZINE:

Can you share what you are projecting for your agency for 2022? Please inform our readers how to connect with your upcoming seminars and books.

TEAMIKA JEFFREY:

First, thank you so much for blessing me with the cover of C.O.B.S! I am proud of you and your staff for what you have accomplished. In 2022 My Dream Staffing Agency is ready for it all. We are happy to have a physical location that will be able to house over 8 Recruiter and a Business Development team. We are currently hiring Recruiters. We are just now making a name for ourselves in Cincinnati, so this is exciting. I am currently working with Cincinnati City Council to host Career Breakthrough in all 52 neighborhoods. I could not be prouder of the struggles and lessons it took to get to this moment, and I would not trade it for the world. My "Fountain of Happiness" is available on Amazon by Teamika J. MY DREAM STAFFING AGENCY, www.mydreamstaffing.com info@mydreamstaffing.com

C.O.B.S. MAGAZINE:

Who was the one person that impacted your life? What advice or wisdom that was poured into your life that made you put the gloves on and pushed the fighter in you?

TEAMIKA JEFFREY:

I owe my tenacity to my parents Garfield and Ann. My father who had a 7th grade education. Yet he founded three Grocery stores in Cincinnati. My Mom was a nurse until she had me at 40yrs old and became a Stay-at-Home Mom. My parents poured in me greatness. To this day my mom always says, "This is your time Mika". She has said those same words I've learned to walk, and I believe I have a special relationship with God. I know I'm meant to be great. So, I just walk in my purpose. I don't think of myself as a fighter but more of an eagle that is always ready to soar.

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

How do you manage family and work life?

TEAMIKA JEFFREY:

I DON'T KNOW! I think the hardest obstacle in being an entrepreneur is that you must have a strong support system. My kids are my cheerleaders. Even if I would want to stop, they would continue to carry the torch. My daughters Kylee and Aliza are very self-sufficient. My son Alonzo, who is 10 and Autistic, really pushes me every day. He encourages me to do a YouTube or TikTok videos and his favorite statement is "You have to speak to the world Mom". I live life, and what comes up, I handle it. I am very spiritual and believe what you put out you will receive. I tend to stay in the positive space and that works for me.

C.O.B.S. MAGAZINE:

You are the creator of "Career Breakthrough" seminars and the author of "Fountain of Happiness." Please share with our readers what is a Career breakthrough and some insight on your book Fountain of Happiness. I like the title already. How do you find or manage happiness?

TEAMIKA JEFFREY:

Career Breakthrough is my 4th child that was conceived in 2018. With the help of Morgan Stanley, who allowed me to utilize their location in Time Square. I created a seminar that would give candidates the opportunity to learn from me and other experts on how to market themselves to corporate companies with the hopes of receiving a higher salary. I showed them the lens which we as recruiters view their resume. Unfortunately, we all have unconscious biases. I decided to create Career Breakthrough when I would meet with candidates and they did not know how to write a correct resume or they did not know how to interview properly, mostly diverse candidates. My dream is to get Career Breakthrough inside inner city schools so that our children will at least be able to compete on the same playing field. My first book "Fountain of Happiness" was launched on May 20th, 2020. I dedicate that book to candidates at the time that did not know what tomorrow would hold due to Covid-19. They were all calling me scared thinking their company would start laying off everyone and they did not believe they could get another 100K career again. I would tell them because you create your own reality but first you need make sure your happiness is secure. That's all that matter. After much consideration, I put my thoughts on paper. Not to sound too vain, but it was easy. I wrote what I lived. Some of chapters are "Arrogantly Happy", "Right Now Happiness", "I Do to Happiness". This is how I treat every day. I am very selfish when it comes to my happiness. My happiness comes first ALL the time. Not to say that is the easiest thing to do, but practice makes perfect when executed.

Tinika Thomas

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

“WHEN TO THROW YOUR MAKEUP AWAY...IN WITH THE NEW OUT WITH THE OLD!!!”

Now that we have entered a new year it's time to clean out those makeup bags. Cleaning your makeup is not only sanitary but all beauty products eventually expire. It's time to get rid of dirty makeup brushes, expired foundations, and empty bottles. Let's declutter those makeup bags!!!



Mascara is good for only about 4 to 6 months. You should always make sure to switch out your mascara every 4 to 6 months at least. If you notice a smelling order or more clumps than color take no chances using that mascara on your eyes. The best way of keeping bacteria out of the tube is to make sure your close it tightly after each use, don't pump the wand in and out, and never share your mascara with anyone. <https://www.miracikcit.com/2015/05/review-maybelline-new-york-all-new.html>

Pencil Eyeliner is good for one year and liquid liners no more than 6 months. If you see any part of your pencil liner tip start oozing an oil substance or white film disregard immediately. If you notice your liquid liner starts to thicken or smell like something decaying, please do not use it. It is hard to prevent the spread of bacteria in liquid liners because the application tip has continuous contact with the eye. With a pencil, eyeliner is much easier to shave away germs by sharpening at least every few days.

Foundation is good for one year. On average most liquids, cream, and compacts if kept away from any type of heat will last up to a year. Once your foundation begins to separate, the cream thickens or develops a smell like burned rubber, it is time to toss it. Make sure after every use to close the lids tightly to avoid the spread of bacteria. <https://www.thehealthy.com/beauty/face-body-care/expired-makeup/>



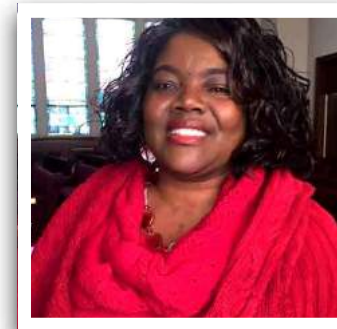
Lipstick is good for eight months. Lipstick will turn gummy, smell like rubber, or no longer applies you should kiss it goodbye. Disregard your lipstick if it you have a cold sore or any type of infection. <https://www.shutterstock.com/image-photo/expired-lipstick-609542627>

Makeup brushes area year or longer. Natural hairbrushes can almost forever if they have been taken care of. Natural hairbrushes can be washed once a week with a bar of mild soap and warm water, set the brushes on a towel to dry. Synthetic brushes only last about a year if they are cleaned twice a week with an alcohol-based brush cleaner. Once your brush starts shedding, becoming hard, won't apply your foundation it's time to toss it. <https://girlsaboverubies.files.wordpress.com/2013/01/makeup2.jpg>



Now that you have the instructions, let's declutter those makeup bags!!!

FOOTNOTE: EXPLORE HEALTH JANUARY 30, 2020 ISSUE ON HEALTH.COM



C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine. Please share with our readers how you turned your pain into power and about Cecilia Thomas the Woman of God?

CECILIA THOMAS:

First I would like to thank you for the opportunity to share how I turned my pain into power, I first had to believe that I was valuable and worthy of the effort to get out of the place of pain. A powerful woman of God, who saw my worth and value, was the key to helping me unlock the power inside of me. I am a mother of four awesome gifts from God. We are not perfect but strive to do/be and feel better every day. I am passionate about God's people having a deeper, personal relationship with Him.

C.O.B.S. MAGAZINE:

You had appeared on numerous talk shows, speaking events, workshops, creative projects, etc. discussing your book. Did you realize before or after writing the book this would be your calling to create a platform to help the abusive woman? As a survivor yourself it must be rewarding to know your book is helping others to survive.

CECILIA THOMAS:

Before leaving the city, God would talk to me and show me visions of ministering to women and ask me would I do it, I said yes. I also knew that I was going to write a book, but I didn't know the timing until I was free. The responses that I have received from this book have been so diverse. People from many walks of life expressed how it affected them. I knew God did it all.

C.O.B.S. MAGAZINE:

Can you tell us what your next move is? More books, plays, or even a movie? Can you please share where your book can be purchased as well as your social media platforms?

CECILIA THOMAS:

I have already started on my next book "After Waiting, Let the Healing Begin". I'm praying that it will be released this year. The book will be more interactive with giving the reader a chance to explore the path to and through their healing process. My book is still available on Amazon.com barnesandnobles.com paperback or eBook...when you Google the title, it may show up on other websites for purchase. I also have a few books left in my possession that I can autograph and ship for \$14. I am only on Facebook/Messenger.

MEET

CECILIA THOMAS

AUTHOR OF THE BOOK

“WHILE WAITING FOR CHANGE”

C.O.B.S. MAGAZINE:

Congratulations on being a survivor of breast cancer. After reading your bio you projected such strength and positivity. How did you achieve the mindset to live while going through your abuse?

CECILIA THOMAS:

Thank you and I can only give God the Glory for all the things that He has done for me. Pursuing God through His word, prayer, praise, and worship along with wise counsel is the ingredient to how I was able to make it through.

C.O.B.S. MAGAZINE:

Some abusive relationships end in death and the victims usually ignore the signs. Can you share with us how you were given signs but ignored them and why? What finally woke you up and said I must get out of here? Explain.

CECILIA THOMAS:

The types of abuse I mainly experienced were mental, verbal, emotional, and financial. However, there were times he threatened to hurt me, however, it would be like a push, and they were few and far between. After moving upstate, I met a powerful woman of God who took time to pour into me and empowered me enough to see and believe that I did not have to live like that. "Quality Decision" was the phrase she used that played over and over in my head. My quality decision was to move toward ending the madness.

C.O.B.S. MAGAZINE:

Can you please tell us about the meaning behind the title of your book and how did you become a survivor of abuse?

CECILIA THOMAS:

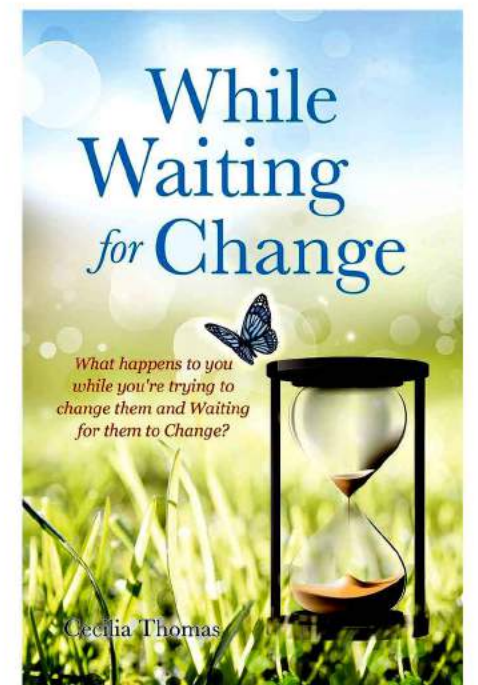
There were so many titles I had in my mind, like "Breaking Free" or something along those lines, but there were too many books with that name. As I waited on God, the Holy Spirit downloaded, "While Waiting for Change." Understanding that it was not God's will for me to stay a victim of any type of abuse, was next; along with developing a strong support system, and prayer for me and my children to get out of this safely.

C.O.B.S. MAGAZINE:

In your bio, you had touched on being a survivor of an abusive marriage. Can you please share your story to help those that may be in the same predicament?

CECILIA THOMAS:

I grew up a naive and shy child who received salvation at the age of 12. All I knew was God, church, and I didn't like getting in trouble. But I was lonely and getting older with the desire to be loved and cared for. I loved helping people and (naively) thought spiritually that I was strong enough to help anybody. Well, I saw someone who was struggling with addiction. I was in a lonely vulnerable state along with being a rescuer, I imagined that I could not only help him, but he would be saved and be suitable to marry. Flesh took over and the voice of wisdom was no longer received. It started with just him asking for a few dollars and I had no idea that the abuse was beginning. My flesh, desired to be needed, loved and that became the driving factor of marrying, tolerating his behavior. I started praying and fasting, believing he would change, but I started seeing things just escalating into verbal, more financial abuse, homelessness (in and out of shelters throughout the city). All he cared about his addiction and his love for me was no longer important that's when I recognized his Narcissistic behavior.



MEET

JEARLEAN TAYLOR

AUTHOR, INTERNATIONAL FASHION MODEL, ENTREPRENEUR, AND CANCER SURVIVOR OSTOMY INSPIRER

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine The Queen's Court. Can you share with our readers who Jearlean is and her life's mission?

JEARLEAN TAYLOR:

I am Jearlean Taylor from Baltimore, MD. I am a cancer survivor, double ostomate, author, motivational speaker, entrepreneur, fashion model, and difference-maker. My outer appearance does not show the physical condition that I live with daily. However, I want others to know that we can make a difference, change lives, and be role models. My mission is to inform those going through life difficulties that we have the power inside to survive and overcome any obstacles that presents itself. We are all "different to make a difference".

C.O.B.S. MAGAZINE:

Per your bio that I've intensively read, doctors said you wouldn't survive; however, you have defined the odds as well as breaking barriers. How did you find strength in a negative report?

JEARLEAN TAYLOR:

I defined the odds because not only did my parents believe, but they taught me to believe in the power of prayer. A quote I often heard in church as a young adult was, "Whose report will you believe". They taught me to believe in the report of the Lord. Yes, doctors and medical team did their best with my care but had doubts I may not survive. I fought hard mentally, emotionally, and physically to break barriers. There is the brighter side of life struggles. I am a witness that pain does turn into purpose.

C.O.B.S. MAGAZINE:

Can you share the story surrounding how you found out you had cancer?

JEARLEAN TAYLOR:

I was just 3 years old in the backyard playing with my siblings. My oldest sister noticed blood on my clothes. She asks if I had fallen or did I fall on something. My parents immediately rushed me to the hospital. It was days of testing, scans, MRIs, biopsies, and more tests. It was something my parents didn't expect to hear; your daughter has cancer. I was diagnosed with a rare form of cancer called Rhabdomyosarcoma or Rhabdo (vaginal cancer). These tumors are often found in areas of the neck, head, urinary tract, and vaginal area and can spread. Because of rare cancer, it was not optional to have ostomy surgery. An ostomy is a hole made by surgery to allow stool or urine to leave your body through your belly. Ostomy surgery is a life-saving procedure that allows bodily waste to pass through a surgically created stoma on the abdomen into a prosthetic known as a 'pouch' or 'ostomy bag' on the outside of the body. An ostomy may be necessary due to birth defects, cancer, inflammatory bowel disease, diverticulitis, incontinence, and many other medical conditions. From that point on, my life would be nothing short of a miracle, yet leaving me question of how I will cope with what life has dealt me.

C.O.B.S. MAGAZINE:

Have you ever questioned why me numerous of times? Were there moments when you wanted to give up? How did you cope physically, mentally, emotionally, and spiritually with the stress?

JEARLEAN TAYLOR:

For a long time, I said "why me", why cancer, why ostomy bags. I went through depression, not loving myself, suicidal thoughts, loneliness, and more. But, the keyword is through. That means I was not stationed there. There was light at the end of the tunnel. The "light" outweighed the stress, gave me hope, and a better understanding that trouble doesn't last always.



C.O.B.S. MAGAZINE:

Can you please give us your favorite Life Lesson Quote? Can you share how that is relevant to you in your life?

JEARLEAN TAYLOR:

"I am not defined by my circumstances". I learned my life-changing circumstances were not going to dictate who and what I can be. I understand that situations do not have to stop your life. Now, I take the fear of the unknown and turn it into faith. I believe life happens to us all, but we are all survivors.

C.O.B.S. MAGAZINE:

From your bio, you mentioned that you've struggled with self-pity, depression, and low self-esteem. Was this the motivation in launching J & Company Christian modeling agency? Can you share your agency's mission/purpose?

JEARLEAN TAYLOR:

I struggled with many emotions because of unforeseen circumstances with my illness. However, I took those insecurities and changed my mindset into positive thinking. You change your thinking, you change your circumstances for the better.

I initially got into the modeling industry to build my self-esteem. I looked good on the outside but was suffering on the inside with low self-esteem. I decided to step out of the box, do something I never did, put my faith into action, take the focus of my ostomy bags, and believe in the abilities God instilled in me. I took all attributes of modeling and my experience as a model and developed J & Company Christian Modeling. Our motto is we build, train, and develop from the inside out. We embrace the essence of who God signed us to be on and off the runway. We walk with our heads high and stride with pride.



C.O.B.S. MAGAZINE:

Are there any other projects that you are working on? How can I readers continue to follow via social media?

JEARLEAN TAYLOR:

Currently, I host a show on Facebook Live "Talk Tuesday". I am in the process of planning a grand fashion show celebration for J & Company Christian Modeling in the fall of 2022. I am in the process of preparing my mini-documentary, "Pieces of Me" in summer 2022. I continue to share my story through my book, motivational speaking, appearances, and touching lives through my life experiences. I will continue to follow the path God has for me. I wait in expectation for greatness.

C.O.B.S. MAGAZINE:

What did you learn about yourself from this difficult experience? What has it taught you that you never have considered before? What words of wisdom would you give to women on how to turn their pain into power?

JEARLEAN TAYLOR:

My story is not like any other, neither is yours. We all have a story to share. There will be difficult moments that will happen to us all, but I am prepared for this. Before I was in my mother's womb God knew the plans he had for me and I am following his lead. My story gives inspiration, encouragement, strength, and a sense that no matter what the circumstance is you can make it. The challenges of having ostomy bags are tough at times, so I lean on my faith and keep pressing forward. Through this journey, I discovered who I could be despite my medical challenges. I know through my faith that challenges help me to be stronger. If I have never been through a test, how can I have a testimony? I take challenges and turn them into opportunities. What I thought was impossible, God turned into limitless possibilities. My inner strength is the reassurance of my faith. I never imagined being an author, top fashion model, and motivational speaker, but God tells me all things are possible. I will continue to give of myself so others may be encouraged. We are all "different to make a difference".

C.O.B.S. MAGAZINE:

Please share with our readers the name of your book and your purpose behind writing it?

JEARLEAN TAYLOR:

My book title is "Pretty Girl Blues", which is how I felt most of my life. The beauty on the outside did not match the internal beauty on the inside. This book details my life as a cancer survivor and the aftermath of life-changing surgeries that changed my life forever. It was my journal book of pain that turned into a book of transparency and healing.

C.O.B.S. MAGAZINE:

You are also CEO of Ostomy Stylzz and more. Can you please share some background about this company?

JEARLEAN TAYLOR:

Ostomy Stylzz came about during the beginning of the COVID pandemic, in 2019. I am a well-known advocate in the ostomy community. I wanted to bring inspiration to my community during this pandemic. God placed in my heart to cater to what we go through daily, but put a twist of inspiration to it. For example, on a few of our T-shirts it says; Ostomy Survivor, I am more than my Ostomy, Bagging it in Style, Alexa Change my Bag, and more (mugs, face mask, tote bags, etc.). I am very proud to be a difference-maker not just in the ostomy community, but abroad. We have a voice and we say loud and clear, "we are not our circumstances". We can be, do, and live our life to the fullest.

Social Media's:

Facebook: Jearlean Taylor

Instagram: msjearleantaylor

Twitter: @JearleanTaylor and @jearleanpgb

Website: www.jearleantaylor.com



HAIR BY NISHA 101

PRODUCTS TO HELP WITH DAMAGED AND DYED COLOR HAIR!

Hello my wonderful readers, as we prepare for the winter season it's important to keep our hair healthy and happy. I have some products you may want to consider trying if you suffer from damaged hair or have dyed hair.

HAIR PRODUCTS THAT CAN CHANGE YOUR HAIR FROM DAMAGE TO HEALTHY

1. ApHogee Shampoo for Damaged Hair + ProVitamin Leave-In Conditioner 16oz + Keratin 2 Minute Reconstruction 8oz" Set" – The Ahhogee shampoo not only just repairs but also helps to protect damaged areas. The provitamin leave-in conditioner will add strength and in crease the fullness of any hair texture. Aphogee provitamin Leave-In Conditioner adds moisture, shine for all hair types, this allows hair to softness and strength for styling proposes or hair care treatment.

2. Carol's daughter Goddess Strength Shampoo, Conditioner, Leave-in, and hair oil - Goddess Strength System – Carol's daughter is one of my favorites because each product helps with growth and better hair maintaining. The moisturizing Shampoo will let your hair soak up this creamy moisturizing sulfate-free shampoo that softens and cleanses. giving extra dry hair an extreme moisture experience

3. Mielle Rosemary Mint Growth Oil – The mint growth is to achieve longer, stronger, healthier hair with this organic hair oil from Mielle. Use this for daily hair care or specialized scalp treatment. This product is infused with Biotin which is another amazing quality for breakages.

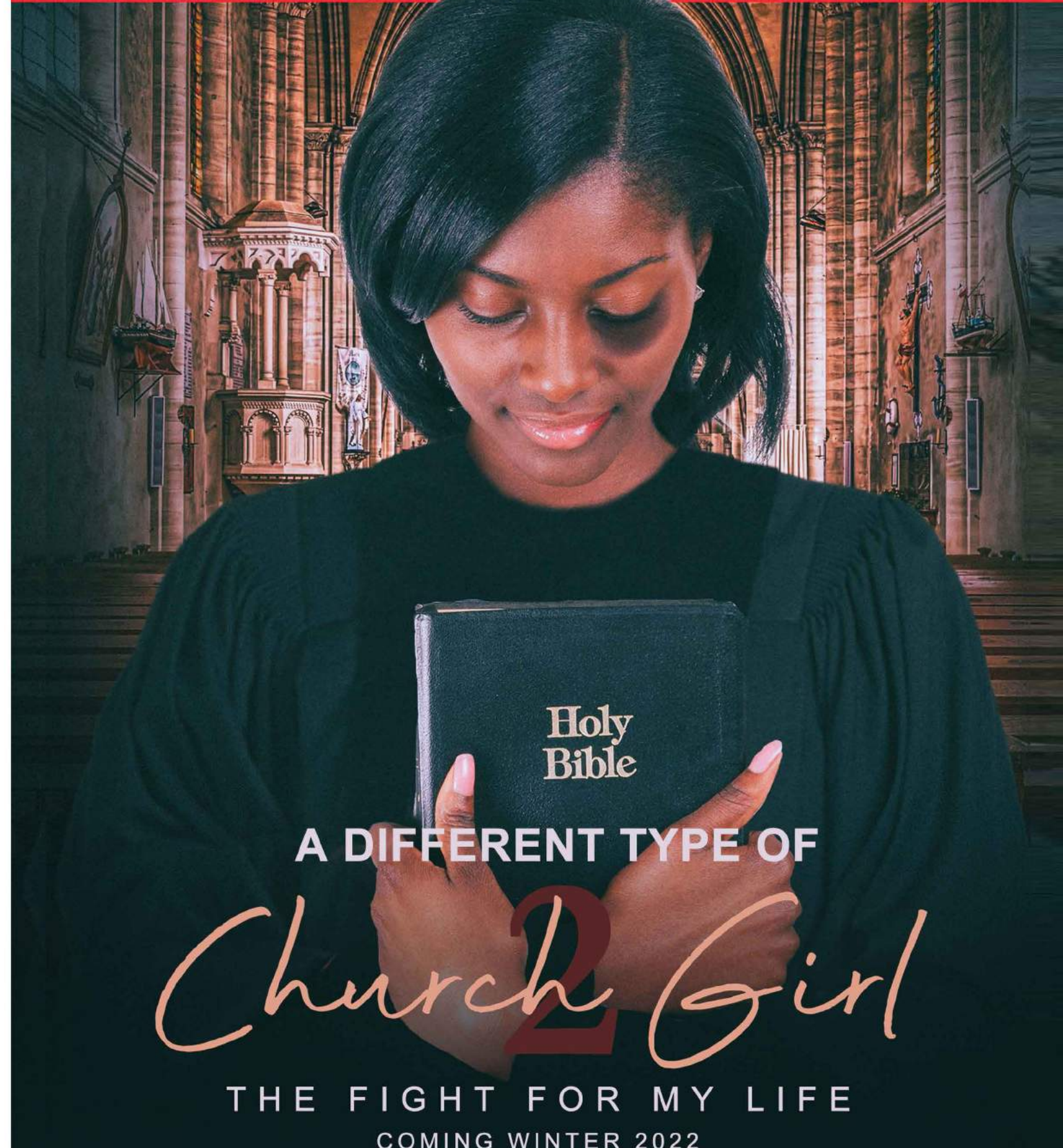
4. Tropic Isle Living Jamaican Black Castor Oil Glass Bottle (4 oz) – I am also a fan of this castor oil because it helps to strengthen hair follicles to promote strong, healthy, and beautiful hair. When using you will notice a lot of add sheen and luster to your hair with its natural reflective as well moisturizing capabilities. You can even add beyond hair but even to the body because it moisturizes your skin by sealing in moisture with a protective coating. This oil also helps with healing and diminishing scar tissue by strengthening skin growth and helps to promote nail growth by treating nail fungus by protecting the nail bed.



5. Olaplex Limited Edition Super Size No. 3 Hair Perfector – This is an at-home treatment; however, it is not a conditioner. When purchasing follow as directed or speak to a professional for hair care tips. Using the Ola plex limited edition reduces breakage and visibly strengthens hair, improving its look and feel. This product is great for use after chemical services to strengthen boosters when using harsh chemicals such a dye, relaxers, perms, etc.

PRODUCT LINKS

- https://www.amazon.com/ApHogee-Shampoo-ProVitamin-Conditioner-Reconstructor/dp/B01148PMWK/ref=asc_df_B01148PMWK/?tag=hyprod-20&linkCode=df0&hvadid=309733728867&hvpos=&hvnetw=g&hvrnd=11809810940880116530&hvpone=&hvptwo=&hvmmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocph=y=9003564&hvtargid=pla-572137222937&psc=1
- https://www.carolsdaughter.com/goddess-strength-shampoo-conditioner-leave-in-and-hair-oil/V50781.html?GeoRedirectOff=null&gclid=Cj0KCQiAuP-OBhDqARIsAD4XHpeb_hV6qjeBMLsXQs3ne7EVoahGos76spKpwwWWpBGpUuHXvIzDoTwaAhj4EALw_wcB&gclid=aw.ds
- https://www.sallybeauty.com/hair-care/shop-by-product/hair-treatments/rosemary-mint-growth-oil/SBS-001489.html?gclid=Cj0KCQiAuP-OBhDqARIsAD4XHpeb_hV6qjeBMLsXQs3ne7EVoahGos76spKpwwWWpBGpUuHXvIzDoTwaAhj4EALw_wcB&gclid=aw.ds
- https://www.amazon.com/Tropic-Isle-Living-Jamaican-Castor/dp/B00UL3RMFW/ref=sr_1_7?crd=OJX4L74ICFSS&keywords=black%2Bcastor%2Boil%2Bfor%2Bhair%2Bgrowth&qid=1642098284&s=beauty&sprefix=black%2Bca%2Cbeauty%2C109&sr=1-7&th=1
- https://www.dermstore.com/olaplex-no.3-hair-perfector-super-size-250ml/12596173.html?utm_egg=Smart+Shopping+Hair+Care&utm_egg=&utm_egg=&utm_egg=Ad+group&gclid=CjwKCAiA24SPBhB0EiwAjBgkhhLBrEsXaMPi-JwsfGXxkhk8gX4ncl6RRhCTVO8X9IvXewZkBOC7bRoCCC0QAVD_BWE&gclid=aw.ds



A DIFFERENT TYPE OF

Church 2 Girl

THE FIGHT FOR MY LIFE

COMING WINTER 2022



C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine. We are excited in speaking with fitness guru Davon Livingston. Can you please share with our readers your journey?

DAVON LIVINGSTON:

I grew up in a working-class Caribbean American family as 1 of 4 children. I was also fortunate to grow up with my great-grandmother living in the same household. My parents and great-grandmother instilled in our family on hard-working and being able to provide for your family. My father worked for himself and had a contracting business. Although I saw the importance of working hard and was told that education was important, I was the first person in my immediate family to go to college. I barely passed academically in high school but was ranked one of the best athletes in the nation on my fitness team. I saw my mom struggle with her weight as a teenager and my father had a gallbladder attack. I saw some close family members succumb to poor lifestyle habits and many others battled lifestyle diseases such as diabetes, hypertension, obesity and high cholesterol. THIS inherently made me want to figure out a way to use my love for fitness to help my family and community.



Lose-N-Tone
Fitness
Total Body Sculpting & Nutrition



C.O.B.S. MAGAZINE:

What training principles do you live your life by?

DAVON LIVINGSTON:

Focus on fitness programs and nutrition plans that work for you! Don't do fad diets they never last. Listen to your body! This principle stands true for fitness and nutrition. Exercises should be safe, simple, effective, and consistent. Change happens with having a routine. Remember that you need to work on your fitness but you also should work on your nutrition, sleep, recovery, and stress levels. Fitness is wholistic.

C.O.B.S. MAGAZINE:

Can you share your next big moves? Please share your information for your training services and your social media platforms?

DAVON LIVINGSTON:

My next big moves are to create an online training platform to work with clients around the world. I am creating health/fitness products. Readers can reach out to me via email info@losentone.com or via social media

IG: @Mr_makeithappen

Website: Losentone.com

FB: DAVON LIVINGSTON LOSE-N-TONE FITNESS

C.O.B.S. MAGAZINE:

Please share with our readers your mission behind starting a fitness company? Are the majority of your client's females and how do you motivate people to get off the couch?

DAVON LIVINGSTON:

My mission is to educate and keep my community fit for a lifetime. My goal is to teach others how to pass on generational health. The majority of my clients are professional moms and women. I motivate them with fun, engaging workouts online and in person. I also provide an online support group for all my members both in my online programs or in person. I post motivating, educational, and fun content on my social media pages that keeps followers engaged but also holds them accountable.

C.O.B.S. MAGAZINE:

How did you decide to become a personal fitness trainer? What has been the greatest challenge you had to overcome?

DAVON LIVINGSTON:

After studying athletic training in college, I decided to become a personal trainer to apply the knowledge I was learning. It was in doing this, that I learned professional skills to start my own business. The greatest challenge I've had to overcome is being able to inform my community of the importance of health, fitness, and provide a service to help them. For many African Americans, health and fitness is not something we prioritize. Statistically speaking, we have the poorest health, and we are underserved in the fitness area. Most people don't think they have the funds to participate in a health/fitness program.

C.O.B.S. MAGAZINE:

Our Editor and Chief Trevi Pershay requested that I ask this question in your interview. Trevi asked if you could share with our readers a funny story on how you became her fitness trainer and to tell the truth was she difficult? LOL.

DAVON LIVINGSTON:

Trevi chose me! Lol. Trevi was a member of the gym I was working at the time. I'm not sure exactly how I became her trainer but I do remember her being stubborn to change in the beginning. After she realized I had her best interest at heart she quickly dropped 30-40lbs that seemed hard for her to lose before she met me. One funny story is, I remember one day Trevi came into a workout. She had full make-up, "hair done, nails done everything did!" She was wearing some coach sneakers, the ones with the Cs all over them, and some leather pants. They looked like leather at least. Needless to say, she was turning heads in the gym and it was a distraction. I told her that this wasn't a fashion show and that next time she had to come in proper workout attire, hair up, less makeup, and the right training shoes. She was mad at me but she never wore that outfit again. We should all dress confident and be confident wherever we are but it should not be a distraction and it needs to be the right environment for certain attire.

C.O.B.S. MAGAZINE:

How has your focus on fitness changed your life or that of others? What health and fitness advice can you give our readers to enhance their lifestyles?

DAVON LIVINGSTON:

Fitness has changed my life. I'm able to financially provide for my children but most importantly I can teach my family about health, physical, and mental health habits. I'll be the one to break the generational health and wealth cycles in my family. Fitness gives you a sense of clarity in life. It teaches us all how to put ourselves first. When you take better care of yourself you LOOK AND FEEL BETTER. When you're at your best you can give the best to those around you who need you. Anyone looking to get started with a health and fitness routine should start today, right where you are with the resources you have.

FILET MIGNON with Creamy Peppercorn Sauce

INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 2 beef tenderloin steaks (4 to 6 ounces each)
- Dash kosher salt
- Dash pepper
- 3 tablespoons bourbon (or good quality brandy)
- 2 small cloves garlic (minced)
- 1 teaspoon assorted multicolored peppercorns (crushed)
- 1/4 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf basil
- 1/8 teaspoon salt
- 2/3 cup whipping cream
- 1 1/2 tablespoons sour cream
- 2 cups hot cooked rice (or 2 baked potatoes)
- Garnish: parsley (chopped, fresh)



DIRECTIONS:

- Gather the ingredients.
- Heat olive oil in a medium skillet over high heat until hot. Sprinkle tenderloin steaks with kosher salt and pepper. Sear the steaks on both sides in the skillet.
- Remove from skillet, and place on a rack in a broiler pan. Broil 4 to 5 inches from heat for 4 to 6 minutes on each side or until the meat thermometer registers 125 F for rare or 135 F for medium-rare (145 F for medium).
- Add bourbon to drippings in skillet; bring to a boil over medium heat, and deglaze the pan, scraping up the browned bits from the bottom of the pan. Add minced garlic, peppercorns, basil, oregano, and salt; cook, stirring, for 1 minute. Add whipping cream; bring to a boil.
- Cook, stirring frequently, for 6 to 7 minutes or until sauce is reduced by half; remove from the heat. Whisk in sour cream.
- Spoon the sauce over steaks.
- Garnish with chopped fresh parsley, if desired.
- Serve with hot cooked rice or baked potatoes.
- Enjoy!

Credits: Diana Rattray Southern-cuisine expert and cookbook

<https://www.thespruceeats.com/filet-mignon-with-creamy-peppercorn-sauce-3061300>

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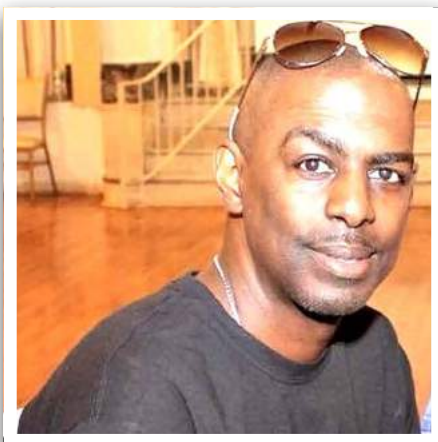
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MEET ORACLE OF GOD

TAIHEEM WILSON



C.O.B.S. MAGAZINE:

Welcome to COBS Artist Corner! We are so proud to have you sit and chat with us? Tell us about who is Taiheem the man and the Artist?

TAIHEEM WILSON:

A Brooklyn-born and raised brother that God brought through the mean streets of East New York. Where trouble was so easy to find. However, I found spiritual awareness and mental stability in the word of God. In which I share through music.

C.O.B.S. MAGAZINE:

We hear that you just release your single called Church Stuff. Please share with our readers how you came about the title of your single?

TAIHEEM WILSON:

The title Church Stuff came from hearing people use it in their normal conversations. The statement Church has become a universal saying. When someone does something that seems like you're preaching to them, the response is That's Church, or they would say Take me to Church. Even for those who don't go to church, the term Church is used as a conclusion to positive comments. That's where the title of my single came from. Just thought I'll highlight that the Church is not a building, but it's the temple you live in.

C.O.B.S. MAGAZINE:

We understand that not only are you an artist, but you're also a Minister. Can you share how the artist and the minister work together? Why did you choose the Oracle of God as your name as an artist?

TAIHEEM WILSON:

As a minister, my job is to serve the people. To instruct, inform, and educate. As an artist, I use music to carry out that task. He that wins souls is wise, therefore, I preach on beats to win the souls. The name Oracle of God came from me being a commutator. Oracle means mouthpiece, who do I speak for? (The creator) Oracle of God.

C.O.B.S. MAGAZINE:

Can you share a time when you wanted to throw in the towel? What made you pick it up? Who was your greatest inspiration musically and spiritually?

TAIHEEM WILSON:

When my late Bishop Clarence Keaton went home to glory and the church was in a state of confusion that's when I wanted to throw in the towel. But the Church needed me, so I stood steadfastly to stop doing music and put all my energy into ministry. What inspired me musically to pick up my pen again was Jay Z. My spiritual inspiration is Bishop Noel Jones.

C.O.B.S. MAGAZINE:

Can you share with us a time when you experience something so hard that you didn't think you would recover from it?

TAIHEEM WILSON:

The time I experience something so hard with no chance of recovery insight was when I got a divorce. I had stood in front of the congregation (as their minister) and sat myself down until I got my house in order. I didn't understand how a man of God with a good job was on the break of becoming homeless. I didn't think I would ever make it back and it's still a battle but not my Will, but God's Will be done.

C.O.B.S. MAGAZINE:

Can you share with us what is a Christian rapper and what separates you from secular rappers? What's next for the Oracle of God?

TAIHEEM WILSON:

A Christian Rapper is in Christ that flows. What separates the Christian from the secular is the foundation they stand on. I consider myself a hip-hopper that loves God. I came to God already rapping and, on a contract, to do music. When I was converted, I converted my speech to line up with my lifestyle.

C.O.B.S. MAGAZINE:

Can you share with our readers how they can connect with you on social media?

TAIHEEM WILSON:

You can connect with me through

FaceBook: Troy Taiheem Wilson

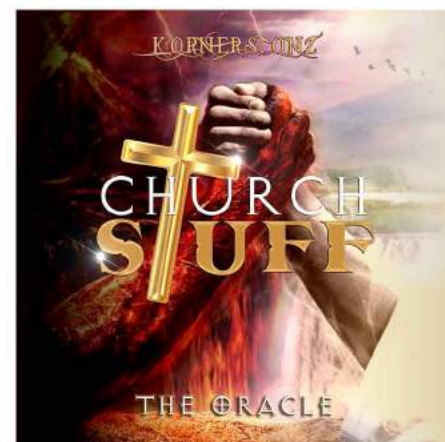
Instagram: @taibulation

@kornestonz

Twitter: @OracleTroy.

You can find my single Church Stuff on all musical platforms (Kornestonz Church). And video is out on

YouTube: (Kornestonz- Church Stuff)



Trevi Pershay Productions Inc.

Created and Written by
Trevi Booker Pershay



A SINNER'S PRAYER

(The Quiet Storm)

AUDITIONS COMING MARCH 2022
email: trevipershayproductions@gmail.com

MEET STEPHANIE CURRIE

CEO AND FOUNDER OF CURRIE CHEERLEADING ACADEMY

C.O.B.S. MAGAZINE:

Welcome to COBS Magazine. Can you share with our readers a little history about who is Stephanie the woman, the boss, and the brand?

STEPHANIE CURRIE:

First and foremost, thank you for the opportunity to share my brand with your readers. Some years ago, I was a former cheerleader who thoroughly loved the sport of cheer, though I always felt that I wasn't challenged to my full potential. As an adult, I forgot about cheer, and cheer forgot about me. I was a football mom...sitting on the sidelines, wondering what was missing. Around that same time, one of my dearest friends needed a cheerleading coach, and successor to head a cheer program for a local league, this was right up my alley...CHEERLEADING. The league naturally was football forward, but in my mind, the cheerleaders deserved the same or similar accolades as the football players. Of course, the league felt differently and stifled my plight to grow the cheerleading program as they grew the football side of the house. Eventually, I got fed up and decided it was time to retire. But the joy and fulfillment on the faces of my cheerleaders and parents after they worked hard to hone in on their skills and combat adversity haunted me. Parents would say 'open your own program'. Not knowing ANYTHING about owning a business I quickly deflected. BUT THE CHILDREN...Where would they go? What would they do? I put my big girl panties on and formulated a plan. I had dedicated coaches by my side, a following of parents (with resources), and cheerleaders who LOVED Coach Stephanie. I was tired of seeing our cheerleaders sit by the wayside. Currie Cheerleading Academy (CCA) was

C.O.B.S. MAGAZINE:

We understand that you have an awesome non-profit organization called Currie Cheerleading Academy. Can you share with our readers about your organization?

STEPHANIE CURRIE:

CCA is a comprehensive cheerleading program designed to familiarize young athletes (ages 5 – 16) with the fundamentals to successfully advance into Middle and High School Cheer. Our programs and activities are created to be a catalyst to assist each individual cheerleader in reaching their goals and fulfilling their true potential. Though we focus on the sport of cheerleading, we also incorporate accountability, humanitarianism, and skills that can be used in their everyday lives.

C.O.B.S. MAGAZINE:

We're always bombarded by how great it is to pursue your passions but it's not always easy. Tell us a little about the struggles, the ups, and the downs in getting your passion into a reality?

STEPHANIE CURRIE:

I'm normally the do-it-yourself, solo type, but let's face it, everybody needs somebody with more knowledge about the ins and outs of bringing their passion into fruition. During the onset of my new endeavor, I had coaches and parents lined up at the door to assist with anything needed to get the non-profit off the ground. And guess what...thank God they are still here today! They may be silent, and the passion is not as great as mine, but they are here, waiting for direction. In that respect, I do end up putting forth 90% of the effort to make this vision come to light. But I'm okay with that. Let's not talk about the expense...it costs (advertising, indoor/outdoor space permits, licensing, uniforms, web portals...phew). With my mindset and anticipated ROI, we will be just fine. We are giving back to the community; this is not for personal financial gain.



C.O.B.S. MAGAZINE:

Define what is a good coach? What motivates you to coach? What is the most rewarding part of coaching cheerleading? Who has played a meaningful role in life that inspired you to start your academy?

STEPHANIE CURRIE:

A good coach inspires, is honest without belittling or undermining, rewards a job well done, teaches by the Golden Rule, and makes sure that everyone's needs are met. It's not an easy feat, but as a coach, you must be trusted and have everyone's best interest at heart. Little Stephanie motivates me to coach. I look out at the cheerleaders and connect with all of them in some way or another. It's important to me to know that if they need a confidant, a shoulder, or just someone to be there, they have that in me. Most rewarding...that's easy! Witnessing a five-year-old, with zero attention span, turn into the best athlete that they can be. Sitting at high school graduation knowing that at some point and time, I was part of their influential years. Getting a text from a former cheerleader quoting one of the phrases that I have instilled in them over the years. That's rewarding enough in my book! My mother has been the most influential "You can do all things through Christ who strengthens you."

C.O.B.S. MAGAZINE:

How are you impacting the lives of the youth in your program? Since the pandemic how are you holding up with competitions or rehearsals for the students? Is that one of your biggest challenges? Please explain.

STEPHANIE CURRIE:

As previously mentioned, we are adamant about making sure that our youths are 100% humanitarians and give back to the community in which they live. We also make sure to instill moral values for everyone that they encounter, be it color, race, or creed. Unfortunately, we live in a society where some people are still blinded by what was 50 years ago...it's a new day. The pandemic has put a damper on our in-person interactions, performances, and practices. Not one of our biggest challenges by any means. Our biggest challenge has been the parents (sometimes the cheerleaders) putting forth the effort. Fortunately, if necessary, we can still practice via zoom and at-home learning (YouTube Channel). Often we challenge the cheerleaders to send videos of what they've learned, critique accordingly, and reward them for their stewardship. Once we all reconvene in the same space, PPE and regular screening has become second nature.

C.O.B.S. MAGAZINE:

We've all watched Dancing Dolls and their methods of training girls, competition, and parent drama. What separates your cheerleading academy from the rest? How does your organization differ from what we've watched on television?

STEPHANIE CURRIE:

Whew...That's a loaded question on so many levels. The Golden Rule. Do unto others as you would have others do unto you. I don't do drama. To combat the drama, we are very transparent (upfront) with our parents and our cheerleaders. That doesn't mean being ugly or speaking down to them. Simply set the expectation. The parents know their role and the cheerleaders know theirs. We are the coaches. If a parent has a qualm, speak to us without the children present. Old school, so to speak. We want to preserve their adolescence at all costs. Should a parent not be on one accord, our academy is simply not a good fit for them.



C.O.B.S. MAGAZINE:

What are your team goals for 2022? Are there any upcoming competitions you are preparing for? Are you hoping to expand Currie Cheerleading Academy to other states?

STEPHANIE CURRIE:

Our main goal for 2022 is to continue to grow our brand and focus on the conditioning, skill, and tenacity that it takes to become an awesome cheerleader. How many people can say that they can lift another human being with one hand? Not many. Cheerleading began with skill and pure athleticism and somewhere along the way it turned into clapping back and a 10-year old's booty-shaking...not on my watch! Currently, we have four performances that we are preparing for (one each quarter). Two of which are slotted to be televised later in the year. As for expanding to other states, that is definitely in the five-year plan.

C.O.B.S. MAGAZINE:

Can you please share your website information as well your social media platforms for our readers? Who played a meaningful role in you starting your academy?

STEPHANIE CURRIE:

Currie Cheerleading Academy can be found on the web at www.curriecheerleadingacademy.com FB and IG @CurrieCheerleadingAcademy I must thank my family (special shout-out to my son/choreographer), dedicated coaches, and parents for giving me the extra push to start Currie Cheerleading Academy. Without them, CCA would be a pipe dream.



MEET XAVIER A. HARRISON

CEO OF SIR KOUTURE DESIGNS

C.O.B.S. MAGAZINE:

Welcome to COBS Magazine. It is a pleasure to interview you about your amazing hat designs. Can you tell us about your background and where are you from?

XAVIER A. HARRISON:

I am a professional Men & Women's Headwear Designer, and Event Planner. I was born and raised in Queens, NY. I also studied Hospitality Management at SUNY Delhi.

C.O.B.S. MAGAZINE:

Can you tell us about Sir Kouture Designs? What initially intrigued you with fashion and designing especially hats?

XAVIER A. HARRISON:

I am a "church boy" laughs. As a little boy, I would be fascinated with the ladies who were well put together. Well-tailored dresses/ suits, hats, and purses to compliment. The same with gentlemen who wore fedoras, cufflinks, and well-tied bowties or neckties. Hats to me are the completion to any look. The different shapes and sizes help to make one distinct.

C.O.B.S. MAGAZINE:

In your opinion do you think the perception of hats has changed over the years? How has it been interpreted in the fashion world? Who are today's biggest hat consumers?

XAVIER A. HARRISON:

The perception of hats has changed over time. I remember being young and ladies wearing hats to church. In my teenage years' hats kind of went on a decline. Many people stopped dressing up per se for services becoming more casual than ever. In recent years, there has been a more growing interest in hats and fascinators and most definitely fedoras for men.

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

Why is making a hat completely different from making any other accessory or garment?

XAVIER A. HARRISON:

Hat-making is completely different because many times it's the first part of a look someone would notice. The hat can make or break the look.

C.O.B.S. MAGAZINE:

Is your ultimate dream to be able to design hats for a celebrity? Can you tell us who would be in your top five?

XAVIER A. HARRISON:

I would love to design for celebrities as well. Unfortunately, one of the top celebrities I wanted to design for has gone on from Labour to Reward, Cicely Tyson. I would also love to design for Beyonce, Lady Gaga, Grace Jones, and Meghan Markle.

C.O.B.S. MAGAZINE:

Hats are considered to be a timeless piece of beauty and protection. You have some astonishing pieces that you have created for various individuals. How do you understand which hat best suits each individual's characteristics and styles?

XAVIER A. HARRISON:

It's all about their personality for me. I create and design according to who the person is. Of course, complementing the outfit they sent me is the first priority, followed by uniquely selecting the "piece" that will work best.

C.O.B.S. MAGAZINE:

What is next for Sir Kouture Designs in 2022?

XAVIER A. HARRISON:

I plan to continue designing, quality work for current and new clients. I would also like to release a line of signature headpieces. Most of my work currently is custom and one of a kind.

C.O.B.S. MAGAZINE:

You must have to be very creative to create unique hats that impress people. What is your source of inspiration? Can you please describe some of the creative processes behind making your beautiful hats?

XAVIER A. HARRISON:

My greatest inspiration comes from my fashion mentor the late, Pastor Marie Bohanan also of New York. Before knowing her personally, I would glean from afar. Picking up on all her details. No two of her looks were the same. She was dressed up for church, almost always being adorned in a hat or fascinator. My creative process is pretty simple but detailed. I like to get to know my clients one on one. Their likes and dislikes. What makes them comfortable and uncomfortable. I've learned not every person can wear the same style of hat.

C.O.B.S. MAGAZINE:

Can you please share with our readers how they can have a hat design by you? Can you provide all your social media platforms?

XAVIER A. HARRISON:

To place an order, you can email thesirkoutureexperience@gmail.com, you can find me on Facebook: Xavier A. Harrison, Instagram: @SirKouture-Style



MEET

ANTHONY LAWRENCE

CEO/FOUNDER OF I WANNA LIVE CLOTHING BRAND

C.O.B.S. MAGAZINE:

Welcome to COBS Magazine. We understand that you have a unique clothing line. Can you share with our readers who you are and how the idea of fashion came about?

ANTHONY LAWRENCE:

Well fashion wasn't a strong area of expertise for me, that's for sure. It wasn't until I was in the gym attempting to work on my own level of fitness and not feeling motivated or totally comfortable in the clothing I had on. What I noticed is that everyone in the gym had on various clothing pieces with a slogan and a design. That was the moment I asked myself, "why am I here... what motivates me to be here...", and "I WANNA LIVE" came to my mind. After having 5 separate incidents of clotting issues, I knew that was my reason, and that is where it began.

C.O.B.S. MAGAZINE:

After reading your bio, it's apparent that you have faced a few challenges during your journey. Can you share that with our readers and the strategy to deal with these challenges?

ANTHONY LAWRENCE:

Prayer Prayer and more Prayer is my way of dealing with challenges. I also realize we are all human and walking in imperfection, so who am I to judge someone's journey or circumstances, when I know I've faced so many of my own. Therefore, to answer your question I put my trust in God. I trust God with my gifts so I can be equipped to face any challenges.

C.O.B.S. MAGAZINE:

Please share with us the mission behind the name of your brand I Wanna Live? What is the message you would like to convey to the consumer?

ANTHONY LAWRENCE:

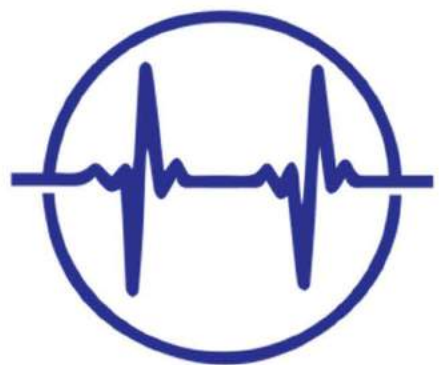
For me it's simple, I Wanna Live is a mission of always striving to LIVE. Regardless of your situation, living and defeating daily obstacles is what I want customers to focus on. I Wanna Live is a brand that's about promoting your WILL to live.

C.O.B.S. MAGAZINE:

Are your clothing designs created for unisex? How do you think that fashion has changed regarding inclusion & unisex clothing?

ANTHONY LAWRENCE:

Yes, most of what we carry is unisex. I don't think fashion has changed I think our perception of fashion is changing whether unisex is mentioned in clothing or not I think if you want to wear it then you should. Fashion and Art are boundaryless, and with so many other things.


C.O.B.S. MAGAZINE:

Your bio mentions that you developed social awareness and fitness programs. How did you tie the two programs into developing your clothing line?

ANTHONY LAWRENCE:

Social Awareness is very high on my list to get more involved in. We have done some things in the social awareness arena by creating designs to spotlight gun violence and social injustice. We still have a lot to do, and fitness was an easy one because it ties into our everyday health journey. Since clothing is a daily expression in day-to-day life the parallel was a no-brainer.

C.O.B.S. MAGAZINE:

Trends are continuously emerging season after season and year after year. As a designer how do you keep up with the changing times? What other clothing styles would you like to explore?

ANTHONY LAWRENCE:

I tend to follow several fashion blogs and keep up with manufacturing news globally. Right now my goal is to perfect the Athleisure category which is a new term but, the popularity of wearing leggings daily and comfortable clothing is here to stay especially with our current pandemic state.


C.O.B.S. MAGAZINE:

In what ways or have you decided to give back to the community? Are there any mentorship plans down the road and if so please share?

ANTHONY LAWRENCE:

I would love to get involved with some mentorship plans, but I haven't participated in any yet. We have worked in the community sponsoring various athletes to participate in fitness training with professional trainers, and that has been extremely successful. As we grow, we hope to eventually sponsor students for scholarships and set up a program to work with various Children's Hospitals.

C.O.B.S. MAGAZINE:

What words of inspiration you would like to share with someone regarding living their dreams? What is next for I Wanna Live? Please can you share your clothing website and all social media platforms?

ANTHONY LAWRENCE:

Well, "Dreams" can become realities with effort. I think next, we'd like to have all our merchandise be environmentally sound without decreasing the quality and school sponsorship for athletic programs that focus on health and physical and mental wellness.

Website: www.I-Wanna-Live.com
Instagram: - I__Wanna__Live
Twitter: @I__Wanna__Live
Facebook: IWannaLiveLLC



MEET
JENNIFER DOMINGUEZ
CO-OWNER OF THE PRODUCTION COMPANY
MOONLIGHT MEDIA LLC



C.O.B.S. MAGAZINE:

Welcome to our Women Innovators section of C.O.B.S. Magazine. Can you give our readers some background about Jennifer Dominguez the woman behind Moonlight Media?

JENNIFER DOMINGUEZ:

Yes, I'm a photographer and filmmaker born and raised in New York City, who has been in the industry for a long time. I attended school to continue to hone my craft for this profession. I'm a jack of all trades. I've done everything from marshaling planes to being the chef at a bowling alley, I can write a storyboard for a film and build you the furniture for the storyboard. I've just always been like that and it always collects back to my love for movies.

C.O.B.S. MAGAZINE:

You have been working in film since a teenager. How did your passion for filmmaking start? What films at the time influenced you?

JENNIFER DOMINGUEZ:

My first job was at 17 years old as a 35mm film projectionist at AMC in New Jersey. I always loved movies especially when my mom would take me and my little sister every Saturday. I remember seeing Roger Ebert's beautiful descriptions and his reviews opened my eyes to appreciating movies as more than just fluff-entertainment. Roger stated "movies are a machine for empathy" to which I witness movies change people's outlook on things. I love that. My most influential projects are everything from "Mulholland Drive" to "The X Files". In my opinion, any bad film is a mix of missed opportunities you can still learn from.

C.O.B.S. MAGAZINE:

Along with your business partner in terms of filmmaking, how do you determine what to work on and what to pursue outside of it?

JENNIFER DOMINGUEZ:

We're always looking for projects that we can learn from and projects that will give us the freedom to express our creativity. There have been great opportunities where the vibe hasn't been one of collaboration or respect and that's what we try to avoid.

C.O.B.S. MAGAZINE:

Where did the idea for Moonlight Media come from, and what was the motivation behind it?

JENNIFER DOMINGUEZ:

My business partner Abwon and I met when he was my manager at a different theater chain. Abwon was heavily into YouTube at the time and I was a production assistant on and off for a long time and I started collaborating on his videos. Eventually, he got a call from a connection that was impressed with our work and arranged a meeting for a potential project that we ended up working on. We started the company because we're both very by-the-book people and wanted to be as professional and clear about everything as possible. The company continues to grow organically and we are involved with several kinds of projects which is providing growth for our team.

C.O.B.S. MAGAZINE:

As a Dominican woman filmmaker do you find it more difficult to continue to break barriers in this industry? In your opinion why there aren't more women film directors? How can you use your platform to create more opportunities?

JENNIFER DOMINGUEZ:

In general, I find that while there are many types of barriers, the industry is in a place where they are a lot more opportunities to put your work out there. Yes, in certain film settings it is difficult to be Hispanic. In the circles that surround me I have not dealt with much racial animosity outside of the typical ignorance that unfortunately exists everywhere. Misogyny is a stronger force in my experience. Many women are working with individual and interesting points of view that are being held back because they can't get past the male gatekeepers of the industry. Last year only 12% of all major releases were directed by women. But it's up to us to keep putting in the work and taking the initiative to pass our knowledge and experience to the ones who are eager to learn like we were. The work gets done and the team grows.

C.O.B.S. MAGAZINE:

Your Company co-produced and co-directed two award-winning short films. Can you tell us about the films and where they are available for viewing?

JENNIFER DOMINGUEZ:

Yes, our two films are "Feed" and "Errands". Both can be found by looking up the DHI Network on Amazon Fire TV and Roku. Feed is drama and Errands is a comedy both have been great exercises in teamwork.

C.O.B.S. MAGAZINE:

You recently won the Accolade Global Competition Award for best actress. What did this award mean to you? What words of advice would you offer women who are inspiring to be CEO of their brand?

JENNIFER DOMINGUEZ:

The award was a great feeling. I don't fancy myself an actress but it was cool to be recognized. My advice for women who are inspired to start any business is to do it. I think imposter syndrome runs deep and especially as women, sometimes we spend too much time questioning if that hunch we have that we can make it work is valid or not. You can make it work, just go for it.

C.O.B.S. MAGAZINE:

The pandemic has brought us all challenges and life lessons. What lessons will you be carrying into 2022? Lastly, can you please share all social media platforms?

JENNIFER DOMINGUEZ:

The main lesson for me is that we don't run on the world's time. And by that I mean, as a creative person, I can be creative whenever. As long as you have the will to take advantage of the way you use your time to learn and flex those creative muscles, you can feel fulfilled. The world may have stopped, but that doesn't mean your ideas have to. I'm @jendcamera on Instagram, and all new announcements and projects are on the as well as our company website that I also built myself, moonlightmedia.us through which I can be contacted as well.



TRICKS & TIPS TO STAY FIT BY

ARIELLE PERSHAY



1 10 squats 10 push-ups 10 sit-ups	2 10 jumping squats 10 tricep dips 20 sec plank	3 10 mountain climbers 10 push-ups 10 russian twists	4 ACTIVE RECOVERY easy walk/jog	5 10 curtesy lunges 10 tricep dips 10 hip bridges 10 reverse sit-ups
6 20 squats 20 push-ups 20 sit-ups	7 ACTIVE RECOVERY easy walk/jog	8 20 jumping squats 20 tricep dips 30 sec plank	9 20 mountain climbers 20 push-ups 20 russian twists	10 20 curtesy lunges 20 tricep dips 20 hip bridges 20 reverse sit-ups
11 ACTIVE RECOVERY easy walk/jog	12 30 squats 30 push-ups 30 sit-ups	13 30 jumping squats 30 tricep dips 45 sec plank	14 ACTIVE RECOVERY easy walk/jog	15 30 mountain climbers 30 push-ups 30 russian twists
16 30 curtesy lunges 30 tricep dips 30 hip bridges 30 reverse sit-ups	17 40 squats 40 push-ups 40 sit-ups	18 ACTIVE RECOVERY easy walk/jog	19 40 jumping squats 40 tricep dips 1 min plank	20 40 mountain climbers 40 push-ups 40 russian twists
21 ACTIVE RECOVERY easy walk/jog	22 40 curtesy lunges 40 tricep dips 40 hip bridges 40 reverse sit-ups	23 50 squats 50 push-ups 50 sit-ups	24 50 jumping squats 50 tricep dips 1 min 15 sec plank	25 ACTIVE RECOVERY easy walk/jog
26 50 mountain climbers 50 push-ups 50 russian twists	27 50 curtesy lunges 50 tricep dips 50 hip bridges 50 reverse sit-ups	28 ACTIVE RECOVERY easy walk/jog	29 75 squats 75 push-ups 75 sit-ups 75 tricep dips 2 min plank	30 75 curtesy lunges 75 russian twists 75 hip bridges 75 reverse sit-ups

30 DAY FULL BODY CHALLENGE
NO EQUIPMENT REQUIRED



This article is strictly for the ladies! Are you ready for a 30-day challenge? I know I am! These challenges below are strictly for the ladies a full-body workout challenge that does not require you to go to the gym or use the workout equipment. Challenge Accepted!! Below is the 30-day challenge workout. Please get the Okay from your physician before accepting the 30-day challenge. Also, I would love to see your results. Are you ready, Set, Go! (Please remember to stretch and warm-up before working out). I received this photo from <https://www.joyfulhealthyeats.com/full-body-30-day-workout-challenge/>

FOOTNOTE

<https://www.joyfulhealthyeats.com/full-body-30-day-workout-challenge/>

STUDENT OF THE YEAR

NIA CORNEGY

C.O.B.S. MAGAZINE:
Welcome to C.O.B.S Magazine. We are excited to introduce you as our Beauty and Brains the young woman of excellence. Can you share with our readers the name of the school you attend, your major, and about you the young woman behind the intelligence?

NIA CORNEGY:
Hi! My name is Nia Cornegy I am 22 years old from Queens, New York and I am currently pursuing a Master's Degree in Negotiation and Conflict Resolution from Columbia University.

C.O.B.S. MAGAZINE:
Can you tell us a little about your dad, we understand that he is in politics are you planning to follow his lead?

NIA CORNEGY:
My dad just completed his second and final term in the New York City council where he served Bedford Stuyvesant and Crown Heights for 8 years. While his career and accolades are admirable and a tough act to follow, I do not personally have a passion for politics as he does so I don't think I'll be following in his footsteps in that regard lol.

C.O.B.S. MAGAZINE:
We understand that you are beautiful and tall. How tall are you? Are you interested in sports and why?

NIA CORNEGY:
Thank you very much! I am 6'6. My mother is 5'11 and my father is 6'10 so I guess you can say my height comes from both of them. I played volleyball briefly in college and although I tried basketball as a child it didn't stick to me as much as volleyball did. I haven't played in nearly 2 years though, Covid-19 hit right before I was scheduled to play in my senior season and I never actually got the opportunity to finish the proper way. I do miss it, but I'm grateful for the small opportunity I had to play at the collegiate level as well as all of the volleyball friends and family I made along the way.

C.O.B.S. MAGAZINE:
How do you think you want to impact the world? How did you stay so focus in school and what was your GPA?

NIA CORNEGY:
I believe I want to make my impact by inspiring other young black girls to have confidence in themselves and believe in their abilities instead of doubting themselves and living in fear. I was once that little shy girl afraid to step outside of my comfort zone and now that I've had experiences that made me stronger and more confident I hope that I can pass down this confidence and reassurance to the next generation of future boss ladies.

C.O.B.S. MAGAZINE:
What career are you interested in? Have you considered modeling?

NIA CORNEGY:
I have considered modeling but only recently as it took me a long time to be comfortable in my own skin and confident given my height. I was always taller than everyone else and so in a way, it made me shy and I had really bad anxiety when it came to being in social spaces because I knew that automatically because of my stature a lot of the attention would be on me. It wasn't until the last few years that I finally began to own my height and be proud of the unique feature I was given. I think I would be most interested in print work. I shot a commercial this summer for a new line of bikes custom-made for taller people for a company called DirtySixer and I feel like this was the first time where I was outside of my comfort zone and not scared. Career-wise, I recently found myself being drawn to real estate and the endless possibilities that come with that, but overall I am open to any opportunity that comes my way and as of now I am not locked into only one path. I want to do as much as I can and explore new areas that I may not have known about before and I believe my upcoming degree is preparing me extremely well in this regard.

C.O.B.S. MAGAZINE:
Can you share with us what family means to you? How did your family inspire you? We understand that greatness is in your family can you tell us about your siblings and their educational journey?

NIA CORNEGY:
Family to me is very important. I have 8 brothers and 2 sisters so it's sort of inescapable lol. While having that many siblings can be chaotic at times, it's incredible to have that support system and know that people automatically have your back whether you're in the failing or succeeding portion of your life. My bond with each of my siblings is different, but I love the way we're able to be there for each other and have a good time whenever it is that we get to be around each other. Academically, we're all at different stages in our lives. I'm going for my masters and I have two younger brothers who are going for their associates and bachelors respectively and a host of siblings still in high school which is great because I have a front-row seat at watching them grow up and learn how to make decisions for themselves.

C.O.B.S. MAGAZINE:
What's next for Nia? What is your dream job or career?

NIA CORNEGY:
I think my dream job would be doing something that allows me to see the world. I want to travel to new places, be immersed in new cultures, and just have no experiences. There's so much world out there to explore and my goal is to see as much of it as possible. I wanna get into travel blogging and writing about the different experiences that I have. I'm not sure if it will be my main job, but it's a side hobby I'd like to have.

WOMEN INNOVATOR



C.O.B.S. MAGAZINE:
Can you share some advice on inspiring young women to complete their education and why is it so important?

NIA CORNEGY:
Education is extremely important and I don't think I fully understood why until I was in college. My college journey was unorthodox and I attended a total of three universities for undergrad and I feel like each of these universities and the experiences that I had while at them shaped me into who I am today. You do find yourself in college as cliché as that sounds lol. I learned a lot about what I liked and was drawn to as well as things I thought I liked that I ultimately found out weren't for me. My message to all of the young women is to pursue your education even if not sure exactly what you're interested in because you definitely will figure it out and it's a life-changing experience. Take as many different courses as you can, get involved in as many campus activities and clubs as possible, and put yourself out there. Don't be afraid to exist and take up space in whatever environment you find yourself in. Be confident and make sure you always listen to yourself and remain in tune with your body, mind, and soul. It can be so easier for us as women to take care of others and often we leave ourselves on the back burner so my advice is to always set time aside for yourself and do things that stimulate you and make you happy!

C.O.B.S. MAGAZINE:
What are some of your hobbies that you enjoy and why?

NIA CORNEGY:
I have to say currently, my favorite thing to do is go to the gym. I feel like it's my personal reset and it helps with my mental health. Even if it's just for 30 minutes a day moving my body and sweating is an amazing source of stress relief. I'm hoping to get into yoga and maybe Pilates this year.

C.O.B.S. MAGAZINE:
Who is your mentor and how did they influence your life?

NIA CORNEGY:
I don't think I have one solid mentor and I've been influenced by a lot of different people throughout my life. I would have to say that my two parents inspire me and encourage me to be the best that I can be and I think that's the best thing I could've had growing up.



MEET
LISHAWN ALEXANDER

CEO OF LISHAWN'S CONSULTING



C.O.B.S. MAGAZINE:
Welcome to our Women Innovators section of C.O.B.S Magazine. We're delighted to be speaking with the fabulous CEO Lishawn Alexander. Can you share with our readers your story regarding the women behind the brand?

LISHAWN ALEXANDER:
I am so happy to be a participant in this Women Innovators section of C.O.B.S Magazine. I am a Black Woman Entrepreneur originally from Trinidad, W.I. I am a proud Brooklynite who was raised in this great borough from age 8. I have attended all local Public Schools, a CUNY Graduate of Hunter College for both my BA and MUP. I have over a decade of government experience and felt the need to do more! This is how Lishawn's Consulting was formed.

C.O.B.S. MAGAZINE:
What is your definition of Lishawn's Consulting purpose? How did you know this vision was your calling?

LISHAWN ALEXANDER:
The purpose of Lishawn's Consulting is to empower nonprofits and businesses alike with the management tools needed for success. I realized that this vision was my calling when I received numerous confirmations of the request and demand for my services.

C.O.B.S. MAGAZINE:
With over 10 years of experience in business and a deep commitment to providing much-needed support to local nonprofits to achieve better business. Can you explain why your commitment is so deep?

LISHAWN ALEXANDER:
My commitment is so deep as a result of my passion and desire to make a difference in the lives of the members of my community. I am always seeking to make a bigger impact in the world. I love supporting youth, seniors, minorities, women, health, and human service programs that allow individuals to have a transformative life. Often great programs make such a positive difference in the lives of others and I like to be an instrumental part of these programs' success.

C.O.B.S. MAGAZINE:
How does Lishawn's Consulting provide custom solutions for their clients? Who are the targeted clients?

LISHAWN ALEXANDER:
We provide custom solutions to our clients by looking at them independently and holistically. Our approach is not to follow specific metrics or a series of checklists; instead, we hone in on the unique structure of the organization, its governance, and support them with best-practice solutions that are specific to the population they serve and their needs.

C.O.B.S. MAGAZINE:
You are the CEO of two companies and also part of the CUNY-Medgar Evers College Adjunct Faculty. Can you share with us your role as Adjunct Faculty for Medgar Evers College?

LISHAWN ALEXANDER:
As an Adjunct Professor at Medgar Evers College, I have the opportunity to share my knowledge and expertise with the next generation of leaders in government, nonprofit, and business communities. I equip them to be advocates of themselves and their communities. Understanding bureaucracies and how they work will ultimately help our students be successful in their careers and personal lives. It also empowers them to be agents of change.

C.O.B.S. MAGAZINE:
What has been the biggest driving factor for you as a leader and entrepreneur? What has been the biggest roadblock during this journey?

LISHAWN ALEXANDER:
The biggest driving factor for me as a leader and entrepreneur is my commitment to my community. It is critical that collectively we understand and recognize the importance of social and economic justice in our life and community as a whole. It is my intent that as a community we thrive to allow everyone to have a voice. My biggest roadblock on this journey has been obstacles placed to deter me from having a seat at the table. As a black woman, in a male-dominated world at times I have been overlooked and undervalued. This is why it is important for me that there are more underrepresented voices in government, nonprofit, and business.



C.O.B.S. MAGAZINE:
What words of wisdom can you share with young black women reading this article on how not to give up or quit? Can you please share your contact information as well as your social media platforms?

LISHAWN ALEXANDER:
There are so many words of wisdom I can share with young black women regarding never giving up and never quitting one such quote is "You are worthy and You are enough." Moreover, there are so many other great quotes from women and men of power which I share on our social media platforms.

For all of our social media links click here:
<https://linktr.ee/Lishawnsconsulting>





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!!!!

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Brown business to advertise your
businesses with us by requesting
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GOT A STORY?

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