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KING'S COURT

NASIR M. CAMPBELL

CEO/FOUNDER OF
MALIEK DANCE THEATER/MALIEK
COMMUNITY ARTS
FOUNDATION, INC.

QUEEN'S COURT

**EHIME
EIGBE-AKINDELE**

CEO/FOUNDER OF
SWEETKIWI YOGURT

FASHION CORNER

TIA ADEOLA

CEO/FOUNDER OF
TIA ADEOLA FASHION

SPOTLIGHT CORNER

TRIBUTE TO
TYLER PERRY

TONDA THOMPSON

CEO/FOUNDER OF SHE SLANGS WOOD

WOMEN INNOVATORS

**CALUDIA
SHIVERS**

CEO OF QUEEN
COFFEE BEAN

WOMEN WERK

**LATOYA
SHAMBOO &
LATOYA BOND**

CO-CEOS
OF BLACK
GIRL DIGITAL

YOUNG ENTREPRENEUR CORNER

**KHERIS
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CEO OF
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CELEBRATING THE
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Editor's Note

PREPARATION FOR
THE BIRTHING ROOM

PREGNANCY VS DREAMS

BY DR. TREVI BOOKER PERSHAY



Happy New Year,

I'm deeply grateful to God for blessing me with another year of life. With excitement and determination, I'm ready to embrace all that 2025 has in store. This article aims to motivate, encourage, and inspire you to give your all in 2025. Visualize it, believe in it, and take action—this is your year to thrive!

Carrying a child and carrying a dream share striking similarities—they both require patience, care, and an unshakeable commitment to the process. Let's explore this parallel journey and the lessons it teaches about preparation, perseverance, and purpose.

1) THE CONCEPTION STAGE

PREGNANCY:

Life begins with conception, a moment of creation full of potential.

DREAMS:

Similarly, a dream begins as an idea or a spark of inspiration. It's fragile and needs belief to grow.

2) THE GROWTH PROCESS

PREGNANCY:

Over nine months, the body nurtures and protects the growing baby, adapting to the discomforts and challenges of pregnancy.

DREAMS:

Dreams also grow over time. They require nurturing through learning, planning, and relentless effort, even when the process feels uncomfortable or uncertain.

3) FACING DISCOMFORT

PREGNANCY:

Morning sickness, fatigue, and physical changes can test a mother's endurance.

DREAMS:

Obstacles like self-doubt, setbacks, and mistakes test your resolve. These discomforts are part of the journey toward something greater.

4) PREPARATION FOR BIRTH

PREGNANCY:

The final stages are often the most challenging—contractions and labor signal that new life is imminent. Preparation, both mentally and physically, is key to navigating this moment.

DREAMS:

Challenges often intensify when you're close to achieving your dream. Staying focused, resilient, and ready to act ensures success when the opportunity arises.

5) THE BIRTHING MOMENT

PREGNANCY:

The birth of a child brings joy and a sense of fulfillment, making the struggles worthwhile.

DREAMS:

When your dream becomes a reality, accomplishment, and purpose are just as rewarding.

Remember this: We all carry something: a dream, a goal, a vision for our lives. Think of it as a seed planted deep within you, waiting to grow. Just like in nature, growth takes time, care, and persistence. Discomfort, setbacks, and even failures are part of the process—but so is the joy of nurturing what you're carrying until it's ready to bloom.

Prepare yourself for the birthing room of your dreams. Trust the process and know that what you're carrying is worth every sacrifice.

Thrive!!!

Dr. Trevi Booker-Pershay

Dr. Trevi Booker Pershay



TONDA THOMPSON

CRAFTING A LEGACY AND EMPOWERING DREAMS WITH SHE SLANGS WOOD

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

Tonda Thompson is redefining entrepreneurship and creativity as the CEO of She Slangs Wood, a trailblazing company that merges craftsmanship and empowerment. As a Black woman in a traditionally male-dominated industry, Tonda's journey is a testament to resilience, innovation, and the power of breaking barriers.

Founded by Tonda Thompson in the midst of a pandemic in 2020, She Slangs Wood was created to encourage people to be self-sufficient and confident through woodworking. SSW hires Women Carpentry Majors from a local high school, Bradley Tech High, to learn carpentry while earning high school credits and good money.

Services provided are custom tables built by hand from solid wood, wooden sheds, wooden privacy fences, pergolas, and various outdoor furniture and planter beds.

Tonda's love for woodworking began as a creative outlet, but her passion quickly became a thriving business. With a deep appreciation for the artistry and functionality of handcrafted woodwork, she launched She Slangs Wood, offering custom-made furniture, decor, and design solutions. Her unique aesthetic combines elegance and practicality, resonating with clients across diverse markets.

In an industry where representation of Black women is scarce, Tonda's presence is pioneering and inspiring. She has faced challenges head-on, using her platform to encourage other women to step into spaces where they've historically been underrepresented. Tonda is not just a creator; she's a leader reshaping perceptions and opening doors for others.

Visit the [She Slangs Wood website](#) and check out the classes that are offered in January 2025.
Thursday, January 16th, 2025 | IN 3 WEEKS | 4:00 PM

Building a Foundation and a Coffee Table with She Slangs Wood Co.

4 hours @ \$250.00

We feel that a table is the foundation of making your house a home. Come spend time with us on a Saturday Morning and learn how to build a coffee table.

Take Aways:

- Will learn how to build a strong foundation for a table.
- Will learn how to manufacture a table from solid wood.
- Using power tools
- A BRAND-NEW COFFEE TABLE

Due to the space, we are not able to stain and polyurethane.

EMPOWERING THROUGH CRAFTSMANSHIP

Tonda believes in the transformative power of craftsmanship. Beyond creating beautiful products, she views woodworking as a metaphor for life—taking raw materials and shaping them into something meaningful. She shares her knowledge through workshops, mentorship programs, and community outreach and inspires others to pursue their passions unapologetically.

LESSONS IN LEADERSHIP

Tonda's journey offers valuable lessons for aspiring entrepreneurs:

1. **Stay True to Your Vision:** Authenticity is the foundation of lasting success.
2. **Embrace Challenges:** Obstacles are opportunities to learn and grow.
3. **Build Community:** Success is amplified when you uplift others.

With She Slangs Wood, Tonda Thompson is not only building furniture but also a legacy of empowerment and creativity. Her story is a reminder that no dream is too ambitious and no industry is off-limits.

As she continues expanding her brand, Tonda remains committed to inspiring others to pick up their literal and metaphorical tools and craft their own paths to success.

Tonda Thompson is a true pioneer who has mastered the art of woodworking and redefined what it means to be a woman in a traditionally male-dominated field. Through She Slangs Wood, she continues to empower women, challenge industry norms, and create a lasting impact on both the construction and business worlds. Tonda's work inspires countless women, proving that anything is possible with the right combination of passion, dedication, and hard work.

Follow She Slangs Wood:
Website: [About Us — She Slangs Wood](#)
Facebook: [She Slangs Wood](#)
IG: [@sheslangswood](#)

Reference & photos – she slangs wood website.





Photo Credit: Ehime Eigbe

SWEET SUCCESS

HOW NIGERIAN-AMERICAN CEO EHIME EIGBE-AKINDELE SWEETKIWI YOGURT MADE ITS WAY TO TARGET

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

Ehime Eigbe, the dynamic Nigerian-American founder and CEO of Sweetkiwi, is a shining example of entrepreneurial success. Her journey from humble beginnings to having her brand stocked on the shelves of Target is one of resilience, determination, and innovative thinking. Sweetkiwi, a yogurt brand that blends rich, authentic flavors with healthier alternatives, has become a household name, and its growth is a testament to the power of perseverance and strategic partnerships.

THE BIRTH OF SWEETKIWI

Sweetkiwi was born out of Ehime Eigbe's desire to offer something unique and healthier to the yogurt market. A first-generation Nigerian-American, Ehime was raised on her cultural heritage's rich, flavorful foods. However, she noticed a gap in the market for products that combined the sweet, creamy tastes she loved with a healthier, more wholesome approach.

In 2011, Ehime launched Sweetkiwi, a frozen yogurt brand offering diverse options, including dairy-free and probiotic-rich flavors. What set Sweetkiwi apart was its fusion of international flavors, blending traditional Nigerian ingredients with classic yogurt recipes. With a commitment to promoting wellness and self-care, Sweetkiwi became more than just a yogurt brand—a symbol of healthy indulgence.

According to an article in Black

A GAME-CHANGER MOMENT: SHARK TANK

While Sweetkiwi was gaining traction in local markets, the exposure from Shark Tank catapulted the brand into the national spotlight. 2019 Ehime appeared on the popular ABC show, pitching her product to the sharks. The stakes were high, but Ehime's passion, business acumen, and innovative approach to yogurt impressed the sharks, particularly Robert Herjavec.

After a compelling pitch, Ehime secured an investment of \$250,000 from Robert Herjavec, which provided the financial backing and strategic guidance needed to scale her business. The partnership with Cuban helped Sweetkiwi refine its marketing strategies and distribution channels, pushing it into new markets and expanding its reach.

Eigbe previously shared the story behind her company with BLACK ENTERPRISE, saying she started the company after enduring a battle with fibroids. To implement a healthy lifestyle, she wanted to create a tasty yogurt that could support the body in absorbing proper nutrients (Jackson, 2023).

With the backing of Shark Tank, Sweetkiwi has experienced exponential growth, and its product is now available in major retailers, including Target. This achievement is a testament to Ehime's ability to scale her brand and navigate the competitive retail landscape.

The decision to partner with Target was strategic, aiming to bring Sweetkiwi into the hands of consumers who care about both taste and health. Sweetkiwi offers a range of yogurt options in Target stores, from original frozen yogurt to non-dairy and probiotic-rich varieties. Ehime's commitment to providing healthier, flavorful options for consumers has resonated with a broad audience, and the partnership with Target has allowed Sweetkiwi to reach even more individuals nationwide.

EMPOWERING WOMEN AND INSPIRING THE NEXT GENERATION

Ehime's success story is empowering, not just for herself but for other women of color looking to break into the business world. As a Nigerian-American woman, she is passionate about representing diversity in entrepreneurship and creating opportunities for others who may not have a seat at the table.

Through Sweetkiwi, Ehime is committed to supporting other women entrepreneurs and offering mentorship to those looking to make their mark in the food industry. Her story is an inspiring reminder that anyone can turn their passion into a thriving business with resilience, innovation, and the proper support.

As Sweetkiwi grows, Ehime Eigbe's vision for the brand remains rooted in her passion for health, culture, and community. The brand's success in Target is just one chapter in what promises to be a long and impactful journey.

Today, Sweetkiwi stands as a beacon of what can be achieved when you stay true to your vision and work tirelessly to bring it to life. Ehime Eigbe's story is one of resilience, passion, and the incredible power of entrepreneurship.



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NASIR M. CAMPBELL

TRANSFORMING COMMUNITIES AND LIVES
THROUGH THE POWER OF DANCE AND ART

WRITTEN BY: DR. TREVI BOOKER-PERSHAY

Nasir M. Campbell, a distinguished NYU professor and the visionary CEO and founder of Maliek Dance Theater, is a trailblazer in the performing arts and an inspiring author. As an educator, choreographer, and advocate for cultural empowerment, Campbell has dedicated his career to fostering creativity and inclusivity through the arts. His book, *The Black Boy Journey to Dance*, chronicles his remarkable path to self-discovery, resilience, and triumph, serving as a beacon of hope and inspiration for readers worldwide. A passionate storyteller through movement and words, Campbell continues to uplift individuals and communities, using the transformative power of dance and education to ignite change and bridge cultural divides.

A MESSAGE FROM THE EDITOR

Writing about this extraordinary young man who was once a student in my organization, PDM Performing Arts Corporation, gives me great joy. I remember Nasir as a bright and passionate child, just 5 or 6 years old, whose love for dance was evident even then. As a dance teacher, there is no greater reward than seeing your students grow, thrive, and use their talents to make a difference. Watching Nasir succeed and continue to impact the community through the art of dance fills me with immense pride and admiration.

THE VISION BEHIND MALIEK DANCE THEATER

Founded with a mission to inspire, educate, and empower through the transformative art of dance, Maliek Dance Theater stands as a testament to the power of creative expression to drive meaningful change. Under the visionary leadership of Nasir Campbell, the company is dedicated to fostering cultural awareness, unity, and self-expression, providing a platform for individuals from all walks of life to connect through movement.

"Our purpose is to use dance as a universal language to share stories that reflect the depth of the human experience while celebrating the rich diversity of cultures that shape our global community," Campbell shares. "Through movement, we find connection, healing, and empowerment, inspiring both artists and audiences alike."

Maliek Dance Theater has become synonymous with innovative choreography, blending traditional and contemporary styles to craft performances that captivate while addressing critical social issues. From groundbreaking productions that explore themes of resilience identity and hope to engage workshops that nurture youth development, the company is a beacon of inspiration.

Maliek Dance Theater continues to break barriers, challenge norms, and build bridges, proving that dance is not just an art form but a powerful tool for healing, transformation, and change.



AUTHOR OF BLACK BOY JOURNEY TO DANCE

In *The Black Boy's Journey to Dance*, Nasir M. Campbell shares a powerful and deeply personal story of resilience, determination, and breaking barriers. This memoir is more than just a reflection on his journey—it is a motivational guide, encouraging young men, particularly boys of color, to embrace their talents, challenge societal expectations, and define success on their own terms.

"Dance gave me a voice when words failed me," Campbell writes. "This book is my way of showing others that their dreams, no matter how unconventional, are valid and worth fighting for."

Through its raw and candid storytelling, *The Black Boy's Journey to Dance* has earned praise for its ability to inspire readers to celebrate their individuality and pursue their passions fearlessly. It stands as a call to action for all dreamers to honor their unique paths and create their own narratives.

Campbell's book has been lauded for its candid storytelling and ability to inspire readers to embrace their individuality and pursue their dreams.

THE MALIEK COMMUNITY ARTS FOUNDATION

Extending the transformative vision of Maliek Dance Theater, Nasir M. Campbell founded the Maliek Community Arts Foundation, Inc., a nonprofit organization dedicated to providing underserved communities with access to the arts. Rooted in the belief that the arts are a powerful tool for change, the foundation bridges gaps in arts education and creates opportunities for all.

Through its mission, the Maliek Community Arts Foundation offers a range of impactful programs, including:

- Dance and Theater Workshops: Developing technical skills while fostering teamwork, creativity, and self-confidence.
- Community Outreach Initiatives: Bringing arts programs to schools, community centers, and marginalized areas, ensuring accessibility for all.
- Scholarship Programs: Supporting aspiring dancers and artists in pursuing their dreams by alleviating financial barriers.

The Maliek Community Arts Foundation has become a cornerstone of Campbell's legacy, ensuring that individuals from all socioeconomic backgrounds can experience the healing, empowerment, and inspiration that the arts provide. By nurturing creativity and cultural awareness, the foundation continues to transform lives and build stronger, more connected communities.

A LEGACY OF IMPACT

Nasir M. Campbell's dedication to his craft and community transcends performance, leaving an indelible mark as a leader, educator, and author. Through his visionary leadership of Maliek Dance Theater, outreach with the Maliek Community Arts Foundation, and inspiring children's book, *The Black Boy Journey to Dance*, Campbell has become a symbol of resilience and the transformative power of the arts.

His work encourages the next generation of dreamers, showing young readers—especially boys of color—that their passions are valid and worth pursuing. *The Black Boy Journey to Dance* is a heartfelt story that empowers children to overcome barriers, embrace their unique talents, and believe in their ability to succeed.

With a mission that extends far beyond the stage and the page, Nasir M. Campbell is a true changemaker, using his talents and vision to uplift and empower through dance, storytelling, and community engagement.

As Campbell often says, "When we invest in the arts, we invest in the future of our communities." With a mission that goes beyond the stage and the page, Campbell continues to uplift and inspire through dance, storytelling, and community engagement, creating a legacy of hope, unity, and limitless potential for future generations.

Follow Maliek Dance Theater.
Maliek Dance Theater - Dance, Maliek Dance Theater and Saletè
Facebook: Maliek Dance Theater
IG: @maliekdancetheater



FROM INMATE TO INNOVATOR

CLAUDIA SHIVERS BREWS HOPE AND TRANSFORMS LIVES AS CEO OF QUEEN COFFEE BEAN

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

Claudia Shivers, the inspiring CEO of Queen Coffee Bean, is living proof that resilience and determination can transform even the most challenging circumstances into extraordinary success. Her journey, marked by hardship, self-discovery, and perseverance, inspires women everywhere to embrace second chances and believe in their potential.

A MESSAGE FROM THE EDITOR

When I stumbled across articles on Claudia Shivers, I felt compelled to share her story with women everywhere. I wanted others to read about someone who did not allow her detour to interrupt her destiny. No matter how hard the road is or the challenges you may face, continue to press through adversity. Claudia's journey is a testament to the power of resilience and the belief that you can overcome even the most challenging obstacles to achieve greatness.

OVERCOMING ADVERSITY

Years ago, Claudia faced a turning point in her life. After serving prison, she was determined not to let her past define her future. Rather than succumbing to despair, Claudia saw her release as an opportunity to rebuild her life. Armed with a fierce determination to prove her worth and a belief that everyone deserves a second chance, she laid the foundation for what would eventually become Coffee Bean, a thriving business and a symbol of hope.

I aim to create environments that foster organic relationships and build loving, inclusive communities. My medium for this is coffee. I have taken the time to research the origin of coffee, how it is consumed in other cultures, and how to produce an impeccable beverage. (claudiashivers.com).



THE BIRTH OF COFFEE BEAN

Claudia's passion for coffee and community led her to start Coffee Bean, a company that reflects her core values of inclusivity, empowerment, and quality. What began as a small venture has become a successful enterprise, offering exceptional coffee blends while supporting initiatives close to Claudia's heart.

One of the most remarkable aspects of Coffee Bean is its commitment to hiring individuals with similar backgrounds to Claudia's. The company actively provides employment opportunities for formerly incarcerated, offering a supportive environment where they can thrive and rebuild their lives.

"Coffee allowed me to stop thinking about myself and what I had going on negatively," Claudia says. "Instead of thinking, 'What will happen in my life over the next year?' (Ray, 2024)

As a CEO, Claudia is passionate about empowering women, particularly those who have faced adversity. She frequently speaks at events, sharing her story and encouraging women to believe in their worth, no matter their circumstances.

"Every woman – especially women entrepreneurs – should have some kind of money set aside to invest in another woman's business," Claudia believes. "Even if the only thing you are is their best customer."

"Entrepreneurship gives you freedom," she concludes. "The only actual path to freedom is creativity, and entrepreneurship gives you the license to be creative because our purpose isn't just to go to work from 9 AM to 5 PM and fulfill somebody else's mission. It is to wake up, decide our purpose, and then live in our purpose, which becomes entrepreneurship. (Ray, 2022)

Through Coffee Bean, Claudia has also launched mentorship programs aimed at helping women transition from difficult situations into sustainable careers. Her goal is to create a ripple effect of empowerment, proving that success is possible despite overwhelming odds.

Claudia's journey from prison to CEO is a testament to her resilience and a call to action for society to embrace the power of redemption. Her story reminds us that second chances matter and that anyone can achieve greatness with hard work, vision, and support.

"A radical lover of all things loving and just. I am an entrepreneur. I am the founder of Queen Coffee Bean. I am a writer with published work. I am a public speaker. Contact me with questions about coffee, building and rebuilding communities, and ideas to reduce the recidivism rate of formerly incarcerated individuals." (claudiashivers.com)

Today, Claudia Shivers is an inspiring example of what's possible when we refuse to give up, no matter the obstacles. Coffee Bean is not just a business; it symbolizes hope, a testament to transformation, and a reminder that we can all create a brighter future.

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Home | Queen Coffee Bean
www.queencoffeebean.com



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REDEFINING MULTICULTURAL MARKETING

THE VISIONARIES BEHIND BLACK GIRL DIGITAL, INC. MEET CEOS LATOYA SHAMBO AND CMO LATOYA BOND

WRITTEN BY: DR. TREVI BOOKER-PERSHAY

Have you ever heard the phrase Black Girls Rock? Well, I've got a story that truly embodies that spirit. As a die-hard fan of Disney movies and cartoons (no judgment, please—grown women can love Disney too!), I was browsing the internet for something inspiring to share with my readers. That's when I stumbled upon an article about two brilliant Black women redefining Disney's marketing game. I instantly knew this was a story worth sharing.



In a world where representation and innovation matter more than ever, two remarkable Black women are leading the charge in the marketing industry. Their names might be spelled differently, but LaToya Shambo and LaToya Bond share a common vision, unshakable determination, and the drive to break barriers. As the CEO and CMO of Black Girl Digital, they're not just redefining marketing—they're reshaping the narrative for multicultural communities in the digital age.

While their names may differ slightly, LaToya Shambo and LaToya Bond share an undeniable synergy regarding their passion for marketing and cultural empowerment. Both women bring distinct talents and experiences to the table, but their mission is unified: to create authentic, powerful, and inclusive digital marketing strategies that resonate with diverse audiences.

LaToya Shambo, as CEO, leads with strategic insight and a commitment to excellence. Her vision for Black Girl Digital is to elevate brands and uplift communities, ensuring their voices are amplified in a digital landscape that often overlooks them. LaToya Bond, as CMO, brings her innovative and creative marketing prowess to the forefront, orchestrating campaigns that celebrate culture, diversity, and authenticity. Together, they form a dynamic leadership duo shaping the future of marketing.

THE BIRTH OF BLACK GIRL DIGITAL

LaToya and LaToya's journey to founding Black Girl Digital wasn't without its challenges. Still, their shared passion for creating a platform that truly understands and represents the multicultural experience drove them forward. They recognized a gap in the marketing industry—an underrepresentation of Black women and multicultural communities in digital spaces.

Instead of waiting for the industry to catch up, they decided to carve out their own space. Black Girl Digital was born from its vision to fill that gap and do so with pride, purpose, and creativity. Their agency is a direct reflection of Black women's power, diversity, and brilliance, offering marketing services that speak directly to the hearts of their audience.

EMPOWERING THE MULTICULTURAL NARRATIVE

What sets Black Girl Digital apart is its deep understanding of multicultural marketing. LaToya and LaToya have built an agency that crafts campaigns reflecting diverse communities' unique experiences, cultures, and values. Their work focuses on authenticity—ensuring every campaign resonates with real people, not just demographics. They believe that effective marketing isn't about broad generalizations but about connecting with people on a personal, cultural level.

Their agency has worked with various brands, helping them navigate the complexities of multicultural marketing with success and impact. By focusing on authenticity, they've built a brand that celebrates the strength, resilience, and beauty of Black women and communities of color. They've shown that embracing diversity isn't just a trend—it's essential for brands that want to thrive in today's world.

THE POWER OF REPRESENTATION

LaToya Shambo and LaToya Bond's leadership goes beyond the business realm. They're passionate about representation—showing the world that Black women are not just consumers but creators, innovators, and leaders in every industry. Their success in marketing proves that when people see themselves reflected in the content and campaigns around them, they feel seen, heard, and valued.

They are paving the way for the next generation of Black women in business and marketing, proving that success is possible when you believe in your vision and stay true to yourself. Their partnership is a powerful example of how collaboration, shared values, and a commitment to authenticity can create lasting change in an industry that's long been dominated by homogenous voices.

As LaToya Shambo and LaToya Bond continue to lead Black Girl Digital, they are setting new standards for building a brand that truly connects with its audience. Their dedication to empowering multicultural communities, elevating voices, and redefining marketing will leave an indelible mark on the industry.

Some of BGD's trusted partners are Hallmark, Walmart, Mars Petcare, PBS, and Disney, just to name a few:

Black Girl Digital, an acclaimed omnichannel influencer marketing agency, stands out for its commitment to purpose-driven strategies guided by data insights. Elevate your agency's multicultural marketing proficiency by partnering with Black Girl Digital. Expand your network to include diverse creators, tap into exclusive first-party data for targeted campaigns, and optimize return on investment across secure platforms.

The success of Black Girl Digital is a testament to the power of vision, resilience, and the transformative potential of multicultural marketing. LaToya and LaToya have proven that when Black women lead with purpose, creativity, and authenticity, there's no limit to what they can achieve.

Follow BGD:

Website: www.blackgirldigital.com

IG: @blackgirldigital



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Tia Adeola

TIA ADEOLA

BLACK FEMALE DESIGNER REDEFINING FASHION WITH HISTORY, ART, AND ELEGANCE

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

TIA ADEOLA: A VISIONARY DESIGNER REDEFINING FASHION

Tia Adeola – From Nigeria, raised in London, and now based in New York, TIA ADEOLA founder and designer Teni “Tia” Adeola graduated in May 2019 from The New School with a Bachelor’s of Arts degree in Culture and Media. Tia created the brand from her dorm room during the summer of 2017, using her art history background and passion for the Renaissance period as inspiration. Her aim is to rewrite history through fashion, particularly for people of color (Tia website about page).

In the vibrant fashion world, Tia Adeola has emerged as a powerful voice, blending history, culture, and contemporary artistry to create designs that resonate on a global stage. Born in Nigeria and raised in London, Adeola’s multicultural upbringing has profoundly shaped her perspective, allowing her to weave narratives of identity and heritage into her work.



A JOURNEY ROOTED IN PASSION

Tia Adeola’s journey into fashion began at a young age. Growing up, she was surrounded by the rich traditions and vibrant textiles of Nigeria, which sparked her fascination with fabric and design. Moving to London exposed her to a world of art and history that would later influence her creative process. As a student at The New School in New York City, she honed her skills and launched her brand, known initially as Slashed by Tia, which quickly garnered attention for its intricate ruffled designs and bold aesthetic.

THE ART OF STORYTELLING THROUGH FASHION

Adeola’s designs are more than just clothing; they are a form of storytelling. Drawing inspiration from the Renaissance period, she reimagines history through the lens of a young Black woman. Her signature use of ruffles and sheer fabrics pays homage to the era’s opulence while challenging traditional notions of beauty and representation. By incorporating elements of her Nigerian heritage, Adeola creates pieces that are both modern and deeply rooted in cultural significance.

BREAKING BARRIERS AND BUILDING A LEGACY

Since her debut, Tia Adeola has been celebrated for her fearless design approach and commitment to inclusivity. Her work has graced the runways of New York Fashion Week and captured the attention of celebrities, including SZA and Gigi Hadid. Adeola’s success is a testament to her talent and a reflection of her dedication to empowering other young Black creatives in the fashion industry.

INSPIRING THE NEXT GENERATION

I am inspired by the next generation of designers like Tia Adeola, who dares to be bold and true to her design authenticity. Great work, Tia – continue to be bold and resilient.

Tia Adeola’s journey is a reminder of the power of perseverance and the importance of staying true to one’s vision. Through her designs, she continues to inspire a new generation of fashion enthusiasts, proving that the intersection of art, history, and culture can lead to groundbreaking innovation.

As she looks to the future, Tia Adeola remains committed to pushing boundaries and redefining what it means to be a designer in the 21st century. Her story is a celebration of creativity, resilience, and the transformative power of fashion.

Follow:

Website: www.tiaadeola.com

IG: @tiaadeola



CELEBRATING THE 10 SEXIEST BLACK MEN IN HOLLYWOOD

TALENT, CHARISMA, AND COMMUNITY IMPACT

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

The editor thoughtfully curates this edition of Gentlemen's Corner to celebrate Black men who not only showcase extraordinary talent but also embody the charisma, style, and confidence that make them the sexiest men in Hollywood. These individuals are redefining what it means to be a leading man, blending professional achievements with an undeniable appeal that resonates both on and off the screen. Beyond their striking appearances, their impact extends to their community work, as these trailblazers set new standards of excellence and inspire admiration worldwide, empowering others to follow their lead.

1. DENZEL WASHINGTON

Denzel Washington is a legendary actor, director, and producer whose career spans decades, marked by iconic performances in films such as Malcolm X, Training Day, and Fences. Known for his dedication to his craft and his ability to bring complex characters to life, Washington has earned numerous accolades, including Academy Awards and a Tony Award. Beyond his on-screen achievements, he is deeply committed to giving back to the community. Washington has long supported the Boys & Girls Clubs of America, where he once found mentorship as a youth. Additionally, he has generously donated to educational institutions, including funding scholarships at historically Black colleges and universities, helping to empower future generations. His philanthropy and mentorship embody his belief in the power of opportunity and education to transform lives. His smooth voice, sharp intellect, and powerful performances make him the ultimate example of Black excellence.



2. MICHAEL B. JORDAN

Michael B. Jordan is a celebrated actor and producer whose career skyrocketed with standout roles in Fruitvale Station, Creed, and Black Panther. Known for his dedication to portraying complex, impactful characters, Jordan has become a role model for young people worldwide. Through his production company, Outlier Society, he champions diversity and inclusion in Hollywood, creating opportunities for underrepresented voices. Beyond his work in entertainment, Jordan has contributed significantly to the community by supporting various social justice initiatives, including his involvement with the #ChangeHollywood initiative and partnerships with organizations addressing racial equity. His commitment to inspiring the next generation and giving back underscores his influence both on and off the screen. His sculpted physique, charming smile, and depth as an actor make him a fan favorite. Jordan's ability to combine athleticism with vulnerability and strength adds a unique layer to his appeal, making him one of the sexiest men alive in Hollywood today.



3. IDRIS ELBA

Idris Elba is a versatile actor, producer, and musician renowned for his captivating performances in projects such as The Wire, Luther, and Beasts of No Nation. His ability to embody diverse roles has made him one of the most respected talents in the entertainment industry. Beyond his successful career, Elba is a passionate advocate for empowering young people. He has been involved in initiatives like his collaboration with the Prince's Trust, which supports underprivileged youth, and his efforts to promote diversity in media through his production company, Green Door Pictures. By mentoring aspiring creatives and using his platform to address social issues, Elba continues to inspire and give back to the global community. Whether portraying a tough detective in Luther or showing off his versatility in Mandela: Long Walk to Freedom, Elba's talent and charisma make him one of the most desirable men in the entertainment industry. His smooth demeanor and magnetic presence continue to make him a fan favorite year after year.



4. TREVANTE RHODES

Trevante Rhodes is a talented actor who gained international recognition for his breakthrough role in the Academy Award-winning film Moonlight, where his powerful performance brought depth and authenticity to the story of identity and self-discovery. Since then, he has continued to captivate audiences with roles in films like Bird Box and The United States vs. Billie Holiday. Beyond his acting career, Rhodes inspires young people, particularly by demonstrating the importance of authenticity and perseverance in pursuing one's dreams. While he keeps a relatively low public profile, his work highlights the transformative power of storytelling, encouraging young creatives to embrace vulnerability and use their voices to make an impact.



5. WINSTON DUKE

Winston Duke is a dynamic actor who rose to fame with his standout role as M'Baku in Marvel's Black Panther, where his commanding performance brought strength and humor to the beloved character. He has since solidified his place in Hollywood with roles in Us, Spencer Confidential, and other acclaimed projects. Beyond his on-screen success, Duke is a passionate advocate for representation and empowerment. He uses his platform to inspire young people, encouraging them to embrace their individuality and pursue their dreams unapologetically. Duke also supports various community initiatives, including efforts to provide scholarships and resources for underprivileged youth, making a lasting impact both in the entertainment industry and beyond.



6. JOHN BOYEGA

John Boyega is a British-Nigerian actor who gained international fame for his role as Finn in the Star Wars sequel trilogy, where he brought a fresh perspective to the iconic franchise. Beyond his blockbuster success, Boyega has taken on impactful roles in films like Detroit and Breaking, showcasing his range and dedication to meaningful storytelling. A vocal advocate for social justice, Boyega has inspired young people by using his platform to speak out against racial inequality and champion diversity in the entertainment industry. His contributions extend to supporting grassroots organizations and mentoring aspiring creatives, embodying a commitment to making a difference both on and off the screen.



7. JAY ELLIS

Jay Ellis is a talented actor and producer, best known for his role as Lawrence Walker on the hit HBO series Insecure. With a career spanning television and film, Ellis has garnered widespread recognition for his captivating performances and authentic portrayal of complex characters. Beyond his acting career, Jay Ellis has become a role model for young people, particularly in the Black community, by consistently breaking barriers and paving the way for greater diversity in Hollywood. Ellis is committed to giving back to his community and inspiring the next generation of creatives to pursue their dreams with confidence and determination through his involvement in various charitable initiatives and his mentorship of aspiring actors. Ellis's effortless, fabulous, and magnetic presence makes him one of the sexiest men in Hollywood today.



8. ALDIS HODGE

Aldis Hodge is a versatile and accomplished actor known for his *Leverage*, *One Night in Miami*, and *Straight Outta Compton* roles. With a career that spans television, film, and theater, Hodge has built a reputation for his powerful performances and dedication to his craft. Beyond his acting, Aldis has used his platform to inspire and mentor young people, especially those from underserved communities. He advocates for the importance of education, perseverance, and self-belief, encouraging youth to pursue their passions despite obstacles. His philanthropic efforts, including working with organizations that support youth development and education, further reflect his commitment to giving back and positively impacting the next generation. Aldis highlights his versatility and undeniable sex appeal.

**9. USHER RAYMOND**

Usher Raymond is a groundbreaking artist and performer whose career has spanned decades, with hits like *Yeah!*, *U Got It Bad*, and *Confessions* cementing his place as a music icon. Renowned for his exceptional vocal talent, dance moves, and stage presence, Usher has influenced countless young people in the music, dance, and entertainment industries. Beyond his music, Usher is deeply committed to giving back to the community. Through his Usher's New Look Foundation, he has provided mentorship, education, and resources to underserved youth, helping them achieve success in both personal and professional endeavors. Usher's advocacy for social change, youth empowerment, and community service has made him a positive role model, inspiring young people to dream big and make a difference in their own communities. Usher's ability to captivate audiences with his music and personality keeps him at the top of the list of the sexiest Black men alive.

**10. JONATHAN MAJORS**

Jonathan Majors is an acclaimed actor whose career has skyrocketed with standout roles in films like *The Last Black Man in San Francisco*, *Da 5 Bloods*, and *Creed III*, as well as his portrayal of Kang the Conqueror in the Marvel Cinematic Universe. Known for his powerful performances and commitment to his craft, Majors has become a role model for young people, particularly those in the Black community, by breaking barriers and showcasing the depth of Black talent in Hollywood. His influence extends beyond acting, as Majors is passionate about using his platform to inspire the next generation of artists and creatives. Through his involvement in various philanthropic efforts, including supporting programs that promote the arts and education, Majors is significantly impacting his community by encouraging youth to pursue their dreams and embrace their authentic selves. Majors exudes a magnetic charm and versatility, making him the perfect combination of talent and sex appeal.

**TIPS AND TRICKS****USING THESE VIRAL STYLING TOOLS!**

WRITTEN BY NISHA PERSHAY

Professional curling tools, such as curling irons and rollers, can significantly impact hair health depending on how they are used. Properly using curling tools can make the hair appear fuller and healthier by adding volume and fullness to your curls. Some factors you may need to consider include overage usage of heat styling tools, which can cause heat damage, especially for certain hair textures. Many professional curling irons have adjustable heat settings, ceramic coatings, or ionic technology, which can reduce damage compared to cheaper tools.



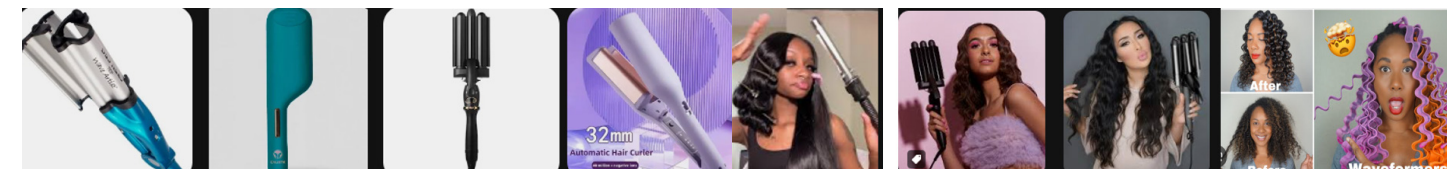
Curling irons and hot rollers rely on high heat, weakening the hair cuticle and leading to dryness, breakage, and split ends. Repeated use without heat protection can cause hair strands to lose elasticity and become brittle. Tight rollers, especially when left on for long periods, can pull on the hair, causing tension that leads to breakage or even traction alopecia if overused. Excessive heat can strip natural oils from the hair, leaving it dry, frizzy, and prone to breakage. Make sure you consider heat protectors and using a proper hair temper.

AFFORDABLE HAIRSTYLE IDEAS AND PRODUCTS

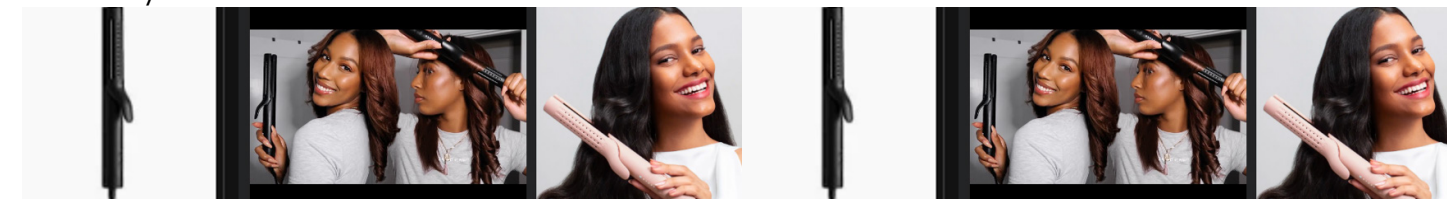
1. THE WIND CURLS - 5 -1 - WAND CURLING - Iron or Flexi rods is a versatile tool with interchangeable barrels for creating different curl types and styles. Here's a step-by-step guide on using it effectively while protecting your hair: Wrap it around the barrel, starting near the base and leaving out the ends for a relaxed wave or wrapping all the way for tighter curls. If you prefer heatless, the best option to achieve this look is flexi rods.



2. CRUMP IRON AND WAVE CURLER - A wave curling iron, also known as a waver or triple-barrel iron, is designed to create soft, beachy waves with minimal effort. Here's a step-by-step guide to using it effectively. The application steps are convenient for beginners to follow at home: open the strap of this roller, wrap the strand of hair you want to curve on the roller, close the strap, and wait. You can even wear it and fall asleep; no extra tools are needed; these rollers help create more hairstyles for you.



3. CURLING AND FLAT IRONS WITH NO HEAT - TYMO AIRFLOW. This 2-in-1 Hair Curler & Straightener is a symbol of design for all hair types and effortlessly creates bouncing curls or sleek, straight looks in just minutes! Featuring a unique floating V-shaped opening and 88 tiny ionic air vents that allow for 360° cool airflow circulation, it achieves long-lasting hairstyling with 5 adjustable temperatures. TYMO AIRFLOW PINK perfectly merges technology, beauty, and safety.

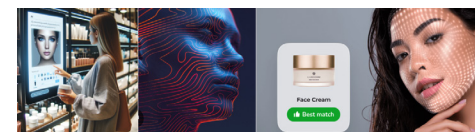


WHAT'S NEW IN THE MAKEUP WORLD FOR 2025

WRITTEN BY TINIKA THOMAS-FOREMAN

As we enter 2025, the makeup industry continues to evolve rapidly, driven by technological advancements, environmental consciousness, and shifting consumer preferences. Here's what you can expect in this year's makeup landscape.

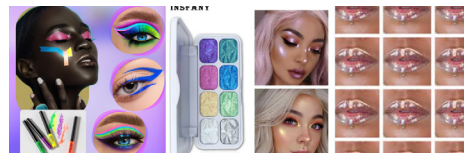
1. SUSTAINABLE BEAUTY TAKES CENTER STAGE – One of the most significant trends 2025 is the increased focus on sustainability. Brands prioritize eco-friendly packaging made from recycled materials, and many eliminate single-use items altogether. Refillable products and biodegradable formulations are gaining popularity, catering to environmentally-conscious consumers looking to reduce their carbon footprint without sacrificing quality.



2. AI-POWERED PERSONALIZATION – Artificial intelligence is revolutionizing the beauty industry by enhancing the shopping experience. Many brands now offer AI-driven platforms that analyze skin tone, type, and preferences to recommend personalized makeup products. Virtual try-on features using augmented reality allow customers to experiment with different looks from the comfort of their homes, making the buying process more interactive and tailored.

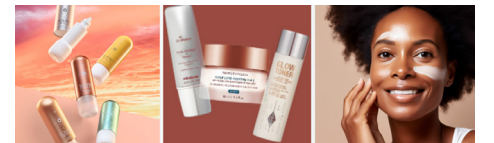
3. CLEAN BEAUTY INNOVATIONS – The clean beauty movement continues to reshape the makeup industry. In 2025, we're seeing a rise in products formulated without harmful chemicals, synthetic fragrances, or allergens. Brands invest in transparency, providing customers with detailed ingredient lists and sourcing information. Expect to find more makeup products infused with skin-loving ingredients like vitamins, antioxidants, and botanical extracts.

4. BOLD COLORS AND TEXTURES – Makeup trends in 2025 embrace boldness and creativity. Bright, vivid colors and unique textures dominate the scene, encouraging self-expression. Think neon eyeliners, holographic highlighters, and multi-dimensional lip colors. The 'no-makeup' makeup look is redefined, emphasizing playful artistry rather than strict naturalism.



5. INCLUSIVE PRODUCT RANGES – Diversity and inclusion remain paramount in the beauty industry. More brands are expanding their shade ranges to cater to a broader spectrum of skin tones, ensuring everyone can find their perfect match. Additionally, marketing campaigns are becoming more representative, featuring models of all backgrounds, ages, and abilities.

6. WELLNESS-INSPIRED MAKEUP – The crossover between beauty and wellness continues to grow. In 2025, expect an influx of makeup products infused with skincare benefits, such as SPF, hydration, and restorative properties. This trend reflects a holistic approach to beauty, where makeup enhances appearance and supports overall skin health.



7. VIRTUAL REALITY EXPERIENCES – As technology advances, so do the ways we engage with makeup brands. Virtual reality experiences are emerging so consumers can immerse themselves in brand stories and product launches. These experiences create a deeper connection between consumers and their favorite brands, from virtual store tours to interactive tutorials.

8. THE RISE OF INDIE BRANDS – Indie beauty brands continue to shake the market with innovative products and bold marketing strategies. In 2025, these smaller brands are expected to capture a larger market share, often focusing on niche audiences and unique selling propositions. Their commitment to authenticity and community engagement resonates with younger consumers, driving brand loyalty.



CONCLUSION

The makeup world in 2025 is vibrant, inclusive, and innovative. With sustainability at the forefront, personalized experiences powered by technology, and a celebration of diversity and creativity, the industry is poised to meet the evolving needs of consumers. Whether you're a beauty enthusiast or just starting to explore, this year promises exciting developments that inspire and empower everyone to embrace their unique beauty.

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KHERIS ROGERS

EMPOWERING YOUTH AND REDEFINING BEAUTY WITH FLEXIN MY COMPLEXION

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

At just 21 years old, Kheris Rogers has already established herself as an influential figure in the fashion industry, using her creativity and entrepreneurial spirit to challenge beauty standards and promote self-love. As the CEO and founder of Flexin My Complexion, a clothing line designed to empower young people, particularly Black girls, Kheris is making waves and redefining what it means to be confident in your own skin. But Kheris' talents and contributions don't stop there—she is also an author, singer, and philanthropist, making a lasting impact across multiple fields.

A JOURNEY BORN FROM ADVERSITY

Kheris Rogers' journey into the fashion world began as a response to the bullying and negativity she faced due to her dark skin tone. Growing up, Kheris was often teased by her peers for being "too dark," a hurtful experience that left a lasting impact. Instead of allowing the bullying to define her, Kheris turned to fashion as a form of self-expression, using it to assert her beauty and embrace her uniqueness.

Through her personal struggles, Kheris developed a deep understanding of the need for positive representation and visibility of Black beauty, especially in a society that often marginalizes dark-skinned individuals. This led her to launch Flexin My Complexion, a clothing line to celebrate and uplift the beauty of melanin-rich skin.

THE BIRTH OF FLEXIN MY COMPLEXION

In 2017, at age 10, Kheris took a bold step forward by launching her clothing line, Flexin My Complexion, which features vibrant, empowering designs that celebrate dark skin. The brand's mission is simple: to encourage people—especially young Black girls—to love themselves just as they are and to embrace their complexion with pride. Through her collection of T-shirts, hoodies, and accessories, Kheris has created a platform for individuals to express their confidence and sense of self-worth.

The line's bold designs, featuring statements like "Flexin' My Complexion," are not just fashionable; they serve as affirmations of Black beauty and resilience. Kheris' designs reflect her journey toward self-love and her desire to inspire others to embrace their authentic selves without shame or insecurity.

EMPOWERING YOUTH AND CHALLENGING BEAUTY STANDARDS

Kheris Rogers is more than just a businesswoman—she is a role model and advocate for positive change. Her brand goes beyond selling clothing; it's about creating a movement that challenges the narrow beauty standards perpetuated by mainstream media. Through Flexin My Complexion, Kheris empowers young people to find strength in their differences and be proud of their heritage.

The clothing line has resonated with many, especially young girls who see themselves reflected in Kheris' message. She has become a voice for the Black community, particularly for those who have been made to feel invisible or unworthy because of their skin color. Her work is helping to shift the narrative and create a space where diversity is celebrated and every shade is seen as beautiful.

MULTI-TALENTED: AUTHOR, SINGER, AND PHILANTHROPIST

In addition to her entrepreneurial success, Kheris Rogers is a gifted author, singer, and philanthropist who continues to use her platform for good. As an author, she has shared her personal journey with the world, inspiring others to overcome their challenges and embrace their true selves. Shine Bright's book is a powerful testament to her resilience and commitment to helping others achieve self-confidence and self-acceptance.

Kheris is also an up-and-coming singer, using music as another form of expression to encourage and empower her fans. Through her songs, she continues to spread messages of self-love and positivity, reminding young people that they are worthy of love and respect just as they are.

As a philanthropist, Kheris has partnered with various organizations to give back to her community. She is passionate about providing resources for underprivileged youth and advocating for social change, particularly in the areas of self-esteem, mental health, and youth empowerment. Her work as a philanthropist aligns with her mission to create a world where young people feel valued and supported.

FROM STRENGTH TO STRENGTH

Since launching Flexin My Complexion, Kheris Rogers has seen her brand grow and gain recognition from influencers, celebrities, and activists alike. The line has been featured in major publications, and Kheris has used her platform to speak out against colorism, advocate for inclusion, and promote self-empowerment. She has inspired countless young people to embrace their identity and challenge societal norms about beauty.

In addition to her work with Flexin My Complexion, Kheris continues to advocate for Black girls and women to find their voices and stand tall in the face of adversity. She is committed to ensuring that every child wearing her clothing feels empowered, confident, and proud of who they are.

A VISION FOR THE FUTURE

Looking ahead, Kheris Rogers plans to continue growing Flexin My Complexion into a global brand that celebrates the beauty of dark skin and serves as a beacon of empowerment for young people worldwide. She envisions expanding the line, creating innovative designs, and working with organizations supporting marginalized communities.

Kheris' story is one of resilience, determination, and strength. She has turned her personal struggles into a source of inspiration for others, proving that even in the face of adversity, it is possible to rise above and create a lasting impact. Through Flexin My Complexion, she has made a powerful statement about the importance of self-love, acceptance, and embracing one's true beauty.

Follow:

Website: Flexin' In My Complexion,

IG: @kherispoppin



References: Flexin In My Completion website, various articles – girls that create.

HONORING TYLER PERRY A LEGACY OF TRANSFORMATION, RESILIENCE, AND EMPOWERMENT

WRITTEN BY DR. TREVI BOOKER PERSHAY

Tyler Perry's journey is a testament to the power of resilience, and his story has profoundly inspired me in my own work. From his humble beginnings—facing homelessness, rejection, and countless struggles—Tyler's unwavering determination to push forward against all odds has been a beacon of hope for so many, including myself. His testimony of transforming pain into purpose has shown me that the power to create change lies within us, no matter the obstacles.



The film industry, primarily dominated by men, has often portrayed themes of violence, drugs, gangs, and sex. As a woman of faith, I knew that writing something free of profanity would be a challenge. However, I had a story to tell, and I was determined to say it on my terms, guided by the way God wanted me to share it.

Through my theater production (Trevi Pershay Productions, TPP), I found my voice in writing plays that resonate with those who, like me, have experienced deep trauma. I wanted to create a safe space for healing, particularly for Black women who were often left unheard in church spaces when it came to sensitive issues like rape, molestation, and abuse. I realized that to achieve the true healing I sought, I had to take my plays beyond the confines of the church, where the power of truth sometimes gets manipulated or suppressed.



In many ways, I was dubbed the “coined of Mr. Tyler Perry” for breaking barriers and speaking truth to power. Like Tyler, my goal has always been to ensure that my work empowers and uplifts those who need it most, particularly marginalized voices in our community.

Tyler Perry's journey from struggling playwright to the mogul and trailblazer he is today—owning his own production company, building Tyler Perry Studios, and creating a platform that gives opportunities to other creators—is nothing short of extraordinary. His success as a writer, producer, and director has changed the entertainment landscape, proving that anything is possible with hard work, faith, and a refusal to give up.

Tyler Perry has built an empire and redefined what it means to be a Black creator in Hollywood. His work inspires me and countless others, teaching us the importance of resilience, truth, and using our voices to make a difference. I am forever grateful for his guidance and the path he has paved for us to follow in his footsteps.

Tyler Perry's prolific career as a writer, producer, and director has significantly shaped the entertainment industry, mainly through his creation of the Madea franchise. Listed below are just a few of Mr. Perry's films

1. Diary of a Mad Black Woman (2005)
2. Madea's Family Reunion (2006)
3. Madea's Class Reunion (2006) – TV Movie
4. Why Did I Get Married? (2007)
5. Meet the Browns (2008)
6. Madea Goes to Jail (2009)
7. I Can Do Bad All by Myself (2009)
8. Madea's Big Happy Family (2011)
9. Madea's Witness Protection (2012)
10. Alex Cross (2012)
11. A Madea Christmas (2013)
12. Madea's Tough Love (2015) – Animated Movie
13. Boo! A Madea Halloween (2016)
14. Boo, 2! A Madea Halloween (2017)
15. A Madea Family Funeral (2019)
16. Madea Homecoming (2022) – Netflix Movie
17. The Six Triple Eight (2024) –
18. Temptation (2013)
19. Acrimony (2018)
20. Jazzman's Blues (2022)
21. Why Did I Get Married 1 & 2 (2007, 2019)
22. A Fall From Grace (2020)
23. Sistas (2019)
24. Bruh (2024)
25. Mea Culpa (2024)
26. Divorce in the Black (2024)

I had the opportunity to watch The Six Triple Eight and was once again empowered by the resilience, strength, sisterhood, and transformative power of the women in the film.

Thank you, Mr. Tyler Perry,

LET'S GET PHYSICAL!
ARE YOU UP FOR THE CHALLENGE?

WRITTEN BY ARIELLE PERSHAY



Here's a 2025 fitness calendar concept featuring different workout routines for each month and focusing on progressive goals throughout the year.

The idea is to balance strength, cardio, mobility, and recovery, making sure every month targets different aspects of fitness while also allowing for rest and recovery.



JANUARY:

Foundation and Mobility. (Establish a solid fitness foundation and improve mobility for the rest of the year)

Weekly Breakdown:

- Monday- Full-body strength training (e.g., bodyweight exercises like squats and push-ups).
- Tuesday- Mobility & flexibility (focus on dynamic stretching, yoga, or Pilates).
- Wednesday- Rest or active recovery (light walking, swimming).
- Thursday- Cardio (low to moderate intensity – jogging, cycling, or brisk walking).
- Friday- Full-body strength training (e.g., dumbbells or resistance bands).
- Saturday- Active recovery (foam rolling, yoga, light stretching).
- Sunday- Rest

FEBRUARY:

Building Strength and Power. (Focus on strength with a gradual increase in intensity)

Weekly Breakdown:

- Monday- Upper body strength (push-ups, overhead presses, pull-ups, rows).
- Tuesday- Cardio intervals (HIIT, sprints, cycling).
- Wednesday- Lower body strength (squats, deadlifts, lunges).
- Thursday- Mobility (focus on deep stretches and foam rolling).
- Friday- Full-body strength workout (mix of upper and lower body exercises).
- Saturday- Cardio (moderate pace – steady-state running, cycling, etc).
- Sunday- Rest



MARCH:

Endurance & Stamina. (Build cardiovascular endurance and stamina).

Weekly Breakdown:

- Monday- Steady-state cardio (long walk, bike ride, or light jog)
- Tuesday- Upper body strength (dumbbells, resistance bands, body weight)
- Wednesday- Interval training (sprints, rowing, HIIT).
- Thursday- Core workout (planks, crunches, leg raises, Russian twists).
- Friday- Cardio (45 minutes of moderate-intensity activity)
- Saturday- Yoga or Pilates (mobility and core strength).
- Sunday- Active recovery (light stretching or walking)

APRIL:

Flexibility and Balance. (improve flexibility, balance, and stability).

Weekly Breakdown:

- Monday- Yoga or Pilates (focus on mobility and flexibility).
- Tuesday- Lower body strength (lunges, squats, kettlebell swings).
- Wednesday- Balance exercises (single-leg stands, stability ball exercises).
- Thursday- Full-body strength training (lighter weight with a focus on form)
- Friday- Cardio (low-impact – swimming, cycling, walking).
- Saturday- Flexibility (deep stretching, yoga).
- Sunday- Rest.



MAY:

Core & Functional Strength. (Build a stronger core and improve functional strength).

Weekly Breakdown:

- Monday- Core workout (planks, mountain climbers, leg raises).
- Tuesday- Full-body functional training (burpees, kettlebell swings, medicine ball throws).
- Wednesday- Cardio (long, steady jog or cycling).
- Thursday- Full-body strength (resistance training with dumbbells or barbells),
- Friday- High-intensity interval training (HIIT).
- Saturday- Active recovery (light yoga or stretching),
- Sunday- Rest.



JUNE:

Outdoor Adventures. (Take your work-outs outdoors and build endurance).

Weekly Breakdown:

- Monday- Outdoor run or hike.
- Tuesday- Full-body strength work-out (gym or at home).
- Wednesday- Cardio (rowing, biking, swimming).
- Thursday- Full-body strength (resistance bands, bodyweight exercises)
- Friday- Interval training (HIIT or circuit training).
- Saturday- Outdoor adventure (rock climbing, trail running, or a long walk).
- Sunday- Rest.

JULY:

High-Intensity & Strength Focus. (focus on building strength and power with higher-intensity workouts).

Weekly Breakdown:

- Monday- Upper body strength (bench press, pull-ups, dumbbell exercises).
- Tuesday- HIIT (e.g., burpees, sprints, jump squats).
- Wednesday- Lower body strength (squats, lunges, deadlifts).
- Thursday- Mobility work (foam rolling, dynamic stretching).
- Friday- Full-body strength (compound movements like deadlifts, squats, bench press).
- Saturday- Endurance cardio (bike ride, long walk).
- Sunday- Active recovery (stretching, yoga).



AUGUST:

Speed and Agility. (Improve speed, agility, and coordination).

Weekly Breakdown:

- Monday- Agility drills (ladder drills, cone drills).
- Tuesday- Lower body strength (squats, lunges, box jumps).
- Wednesday- Speed intervals (sprints, shuttle runs).
- Thursday- Upper body strength (push-ups, rows, dumbbell work).
- Friday- HIIT (short bursts of intense activity).
- Saturday- Core work and stability exercises.
- Sunday- Rest.

SEPTEMBER:

Strength and Conditioning. (Increase overall strength and conditioning with a balanced routine).

Weekly Breakdown:

- Monday- Upper body strength (focus on pushing exercises).
- Tuesday- Lower body strength (focus on pulling exercises).
- Wednesday- Conditioning (HIIT, cycling, rowing).
- Thursday- Core stability (planks, bridges, leg raises).
- Friday- Full-body strength workout (resistance training).
- Saturday- Active recovery (yoga or Pilates).
- Sunday- Rest.

OCTOBER:

Total Body Burnout (Push the body with challenging workouts while promoting recovery).

Weekly Breakdown:

- Monday- Full-body strength (resistance bands, weights).
- Tuesday- Burpees, jump squats, and mountain climbers.
- Wednesday- Mobility and flexibility (yoga or Pilates).
- Thursday- Endurance training (running, swimming, cycling).
- Friday- High-intensity interval training (circuits, tabata).
- Saturday- Full-body active recovery (light yoga, stretching).
- Sunday- Rest

NOVEMBER:

Power & Strength Focus. (Focus on powerlifting and strength-building exercises).

Weekly Breakdown:

- Monday- Powerlifting (deadlifts, squats, bench press).
- Tuesday- Active recovery (stretching, yoga).
- Wednesday- Speed and agility (plyometrics, sprint intervals)
- Thursday- Full-body strength (dumbbells, kettlebells, body-weight).
- Friday- Power and conditioning (medicine ball throws, kettlebell swings).
- Saturday- Active rest (light jogging, walking).
- Sunday- Rest



DECEMBER:

Recovery and Maintenance (Focus on recovery and light workouts while maintaining fitness level)

Weekly Breakdown:

- Monday- Yoga or Pilates (gentle mobility).
- Tuesday- Light full-body strength (bodyweight exercises).
- Wednesday- Cardio (low-intensity, like walking or swimming).
- Thursday- Flexibility and mobility (stretching or foam rolling)/
- Friday- Core stability (planks, bridges, rotations).
- Saturday- Active recovery (light yoga or stretching).
- Sunday- Rest.

CONCLUSION

In Conclusion, the above monthly fitness calendar is designed to keep your workouts diverse, progressive, and balanced. Each month has a different focus, giving you a well-rounded fitness journey throughout the year. Remember, consistency is key, and feel free to adapt the workouts according to your personal goals and fitness level.

IT'S TIME TO BOSS UP!

BY: ARIELLE PERSHAY

The Importance of Owning Your Own Business: Empowerment, Freedom, and Legacy. In an increasingly dynamic world, the allure of entrepreneurship continues to grow as more individuals seek ways to create value, challenge themselves, and break free from traditional career constraints.

Owning your own business offers financial rewards and a sense of empowerment, control over your life, and the opportunity to leave a lasting legacy.



HERE'S WHY OWNING YOUR OWN BUSINESS IS SO IMPORTANT:

1. FINANCIAL INDEPENDENCE AND CONTROL

One of the most compelling reasons to start your own business is the opportunity for financial independence. When you work for someone else, your salary is fixed, and your financial future is in the hands of an employer. Owning a business, on the other hand, allows you to build wealth on your terms. Unlimited Earning Potential.

- As a business owner, you have the potential to scale your income by expanding your product or service offerings, increasing sales, or leveraging economies of scale.
- Your earnings are no longer capped by someone else's budget or compensation structure.
- Control Over Financial Decisions.
- Business ownership gives you direct control over your financial strategies, such as budgeting, reinvesting profits, and tax planning.
- This freedom allows you to optimize your business for long-term growth and sustainability.



2. PERSONAL FREEDOM AND FLEXIBILITY

Owning your own business means you're in charge of how you spend your time.

- Traditional jobs often come with rigid hours, limited vacation time, and a lack of control over your daily routine.
- As a business owner, you have the flexibility to set your own schedule.
- While business ownership can involve long hours, you have the flexibility to choose when and how you work, offering a better work-life balance than most corporate jobs.
- Pursue Your Passions- When you own a business, you can focus on something you are truly passionate about. Whether it's crafting a unique product, providing a service you believe in, or addressing an underserved market, your business can reflect your personal values and interests.
- Work from Anywhere- In the modern world, many businesses—especially in sectors like tech, consulting, and e-commerce—can be run from virtually anywhere, offering you the freedom to work remotely and travel while still maintaining your business.



3. PERSONAL GROWTH AND EMPOWERMENT

Business ownership is an ongoing journey of personal development. As an entrepreneur, you face new challenges and opportunities for learning every day, which can help you grow in ways that traditional jobs may not.

- Problem-Solving Skills- Owning a business forces you to think critically, be resourceful, and develop creative solutions to problems. You'll constantly be navigating challenges that push your boundaries, whether they're financial, operational, or marketing-related.
- Leadership Development- Running a business provides the chance to develop essential leadership skills. You'll learn how to motivate teams, make difficult decisions, manage conflict, and inspire others—all skills that extend beyond the workplace and into your personal life.
- Building Resilience- Entrepreneurship is often a rollercoaster ride with highs and lows. The experience of overcoming setbacks, learning from failure, and celebrating success builds resilience, which can lead to a deeper sense of confidence and self-worth.

4. JOB CREATION AND ECONOMIC IMPACT

Owning a business does more than just benefit the owner—it has a ripple effect that can positively impact the community and economy. By growing your business, you're contributing to:

- Job Creation- As your business expands, you may hire employees, creating new job opportunities. This can help stimulate local economies, reduce unemployment rates, and provide people with the chance to develop their skills and support their families.
- Innovation and Progress- Entrepreneurs are often at the forefront of innovation. Your business can introduce new products, services, or technologies that improve the lives of others and drive positive change in your industry or community.
- Wealth Redistribution- As you grow your business, you can reinvest profits back into the community by sourcing locally, donating to charitable causes, or mentoring young entrepreneurs. This helps to redistribute wealth and create a cycle of prosperity.



5. LEGACY AND LONG-TERM IMPACT

One of the most fulfilling aspects of owning a business is the opportunity to create a lasting legacy. Whether your business continues to grow for generations or serves as a platform for future ventures, your entrepreneurial efforts can leave an indelible mark on the world.

- Family Legacy- For many entrepreneurs, one of the goals is to create something that can be passed down to future generations. By building a successful business, you can provide financial stability and opportunities for your children or grandchildren, offering them a solid foundation for their own careers.
- Community Impact- Many small businesses have a deep and lasting impact on their local communities. By offering employment, supporting local causes, or simply becoming a trusted presence, your business can foster a sense of pride and connection within the community.
- Personal Fulfillment- The satisfaction of seeing something you've built from the ground up come to fruition is unmatched. Whether it's a small boutique or a large-scale enterprise, your business becomes a reflection of your hard work, dedication, and vision, creating a legacy that can inspire others.

6. FLEXIBILITY IN SCALING AND GROWTH

A unique advantage of owning a business is the ability to scale. Unlike traditional jobs where growth is typically based on promotions or raises, owning a business provides flexibility in how and when you expand. Whether it's increasing your product offerings, targeting new markets, or adopting new technologies, you control the pace of growth.

- Innovation in Scaling- You can experiment with business models, technology, and marketing strategies to see what works best. The freedom to pivot or adapt your approach can lead to rapid expansion and increased market share.
- Global Reach- In today's interconnected world, small businesses can scale internationally, reaching customers across borders. Whether you're selling products online, offering digital services, or exploring new partnerships, the potential for global growth is within reach.

7. AUTONOMY AND DECISION-MAKING POWER

One of the most powerful aspects of owning a business is the autonomy it provides. As an entrepreneur, you're the decision-maker. You decide the direction of your business, who you partner with, and how you operate on a day-to-day basis. This autonomy offers significant advantages:

- Creative Freedom- You have the freedom to shape your brand, define your business culture, and innovate without corporate constraints. If you have an idea, you can pursue it without seeking approval from higher-ups.
- Strategic Control- You control your business's strategic direction—how to market your products, what niche to target, how to grow, and when to scale. This power gives you an unparalleled sense of ownership and pride in your work.



CONCLUSION

In Conclusion, the Power of Entrepreneurship/Owning your own business is not just about financial success, but also about gaining freedom, growing personally and professionally, and creating a lasting impact. While entrepreneurship can be challenging, it also offers immense rewards in terms of autonomy, fulfillment, and legacy.

As more individuals recognize the benefits of business ownership, the entrepreneurial spirit will continue to drive innovation, job creation, and economic growth around the world. If you're considering leaping into entrepreneurship, know that the path is uniquely yours to navigate. The challenges may be significant, but the personal and professional rewards are well worth the effort. Whether you're looking to achieve financial freedom, pursue a passion, or leave a legacy, owning your own business can be one of the most transformative and empowering experiences of your life.



VEGETABLE CASSEROLE RECIPE

Vegetable casserole is a healthy choice because it provides a wealth of nutrients from various vegetables that are rich in vitamins, minerals, and antioxidants. While the casserole may include protein sources like quinoa, beans, or cheese, the emphasis on vegetables ensures a low-calorie dish packed with fiber that promotes digestive health. Additionally, whole grains and legumes offer a good balance of complex carbohydrates and protein, making it a satisfying and nutritious meal option.

INGREDIENTS

- | | |
|---|---|
| 1. 2 cups of mixed vegetables (e.g., carrots, bell peppers, broccoli, and zucchini) | 6. 1 teaspoon of onion powder |
| 2. 1 cup of cooked quinoa or rice | 7. 1 teaspoon of dried oregano |
| 3. 1 can (15 oz) of diced tomatoes (drained) | 8. 1 teaspoon of dried basil |
| 4. 1 cup of vegetable broth | 9. Salt and pepper to taste |
| 5. 1 teaspoon of garlic powder | 10. 1 cup of shredded cheese (optional) |
| | 11. Olive oil for greasing the casserole dish |

INSTRUCTIONS

1. Preheat the Oven**: Preheat your oven to 375°F (190°C).
2. Prepare the Casserole Dish**: Lightly grease a 9x13 inch casserole dish with olive oil.
3. Mix Ingredients**: In a large bowl, combine the mixed vegetables, cooked quinoa or rice, drained diced tomatoes, vegetable broth, garlic powder, onion powder, oregano, basil, salt, and pepper. Stir until well mixed.
4. Transfer to Dish**: Pour the mixture into the prepared casserole dish, spreading it evenly.
5. Add Cheese: If using, sprinkle the shredded cheese on top of the vegetable mixture.
6. Bake: Cover the dish with aluminum foil and bake in the preheated oven for 25 minutes. Remove the foil and bake for 10-15 minutes until the top is golden and the vegetables are tender.
7. Serve: Let it cool slightly before serving. Enjoy your delicious vegetable casserole!

TOP TRAVEL DESTINATIONS TO VISIT IN 2025

As we look ahead to 2025, the world is filled with exciting travel possibilities. Whether you're seeking cultural experiences, breathtaking landscapes, or vibrant urban life, here are some must-visit destinations that promise unforgettable adventures.

1. KYOTO, JAPAN - Kyoto has long been celebrated for its rich history and stunning architecture, but 2025 marks the celebration of the International Garden and Greenery Exposition. This event will showcase Kyoto's exquisite gardens and natural beauty. Don't miss the chance to explore ancient temples, participate in traditional tea ceremonies, and wander through the famous Arashiyama Bamboo Grove.



2. LISBON, PORTUGAL - With its charming neighborhoods, delicious cuisine, and vibrant cultural scene, Lisbon is rapidly becoming a top European destination. In 2025, the city will host various festivities celebrating its maritime heritage, making it a perfect time to visit. Explore the historic Belem district, stroll through the colorful streets of Alfama, and indulge in pastéis de nata at local cafés.

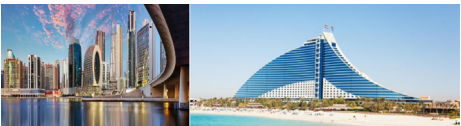


3. CAPE TOWN, SOUTH AFRICA - Cape Town offers an incredible mix of natural beauty, adventure, and culture. In 2025, the city's impressive Table Mountain will be even more accessible thanks to ongoing developments in infrastructure. Take a cable car up Table Mountain for panoramic views, explore the Cape Wine lands, and visit the iconic Robben Island for a poignant slice of history.



4. REYKJAVIK, ICELAND - Iceland continues to capture the hearts of travelers with its otherworldly landscapes and dramatic scenery. By 2025, the popularity of sustainable tourism means visitors can expect more eco-friendly accommodations and experiences. Find your way to the Blue Lagoon, hike on glaciers, and hunt for the Northern Lights in the stunning Icelandic wilderness.

5. DUBAI, UAE - Dubai remains a dazzling destination for luxury travelers and adventurers alike. By 2025, the city plans to unveil new attractions, including theme parks and innovative entertainment options. Experience the thrill of indoor skiing, marvel at the Burj Khalifa, and relax on the beautiful beaches of Jumeirah.



6. BUENOS AIRES, ARGENTINA - Buenos Aires is a city bursting with life, culture, and culinary delights. In 2025, the revitalization of its historic neighborhoods will provide visitors with even more reasons to explore. Enjoy tango performances, savor Argentine steak in traditional parrillas, and discover the art scene in Palermo.



CONCLUSION

Traveling in 2025 presents a great opportunity to explore new cultures, experience natural wonders, and enjoy diverse cuisines. As the world reopens and evolves, these top destinations offer something special for every type of traveler. Start planning your itinerary, pack your bags, and get ready for an unforgettable journey!

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A portrait of Nasir M. Campbell, a Black man with short, dark, curly hair and a light beard. He is wearing a blue turtleneck sweater and looking directly at the camera with a neutral expression. The background is a solid mustard yellow.

**NASIR
M. CAMPBELL**

CEO/FOUNDER OF MALIEK DANCE THEATER/MALIEK COMMUNITY ARTS FOUNDATION, INC.