



CIRCLE OF BOSS SISTERS

C.O.B.S.

2024, JANUARY ISSUE - VOLUME I

U.S. \$3.50

Queen's COURT

DONINIQUE-REIGHARD
BROOKS
CEO OF E.E.
WARD MOVING
COMPANY

WOMEN'S WERK

*Jasmine
Paul*
FOUNDER
OF THE
WEALTHY
PLAYGROUND

KINGS Court

ROY ALLELA
INVENTOR
OF THE SMART
GLOVE

WOMEN
INNOVATOR
Noelle Santos
CEO of
*The Lit
Bar*

FASHION
DESIGNER
J. Bolin

Arian
SIMON
PRESIDENT & CEO OF
FEARLESS FUND

Embracing the New Year: A Resolution for Renewal and Growth in 2024

**DR. TREVI
BOOKER PERSHAY**

Dear Readers,

Happy New Year!!!! As we usher in the promise of a new year, the editorial team at C.O.B.S Magazine is excited to reflect on the challenges and triumphs of the past and set our sights on the potential that 2024 holds. The beginning of a new year is a natural time for personal and collective introspection, a moment to contemplate our aspirations and resolutions for the months ahead.

2023 was undoubtedly a year of resilience, adaptation, and unity in the face of unprecedented global challenges. As we stand at the threshold of 2024, we encourage our readers to embrace the spirit of renewal and growth, both personally and collectively. With this in mind, we present our editorial theme for the year: "2024 Resolution – Charting a Course for Positive Change."

PERSONAL RESOLUTIONS:

It's easy to lose sight of personal growth and well-being in the hustle and bustle of our daily lives. This year, let's commit to setting intentional and achievable personal resolutions. Whether prioritizing self-care, fostering new relationships, or pursuing long-held passions, our individual resolutions contribute to a healthier, more fulfilling life.

COMMUNITY ENGAGEMENT:

Our communities play a vital role in shaping our experiences and fostering a sense of belonging. In 2024, let's resolve to engage with and contribute to our local communities actively. This could involve volunteering, supporting local businesses, or participating in initiatives that address community needs. Small acts of kindness and involvement can have a ripple effect, creating positive change beyond our individual spheres.

ENVIRONMENTAL STEWARDSHIP:

The global climate crisis demands our attention and collective action. This year, let's commit to resolutions that contribute to environmental sustainability. Whether it's reducing our carbon footprint, supporting eco-friendly initiatives, or advocating for environmentally conscious policies, every effort counts. Together, we can make a meaningful impact on the health of our planet.

PROFESSIONAL GROWTH:

In the professional realm, 2024 presents an opportunity for career advancement and skill development. Consider setting resolutions that align with your career goals, whether it's acquiring new skills, pursuing further education, or taking on leadership roles. By investing in our professional growth, we contribute to the success of our workplaces and industries.

CULTIVATING RESILIENCE:

Resilience has been a recurring theme in recent times, and it remains crucial as we navigate the uncertainties of the future. Let's resolve to cultivate resilience in the face of challenges, adapting with grace and perseverance. Building a resilient mindset not only strengthens us individually but also fosters resilience within our communities and society at large.

At C.O.B.S Magazine, we are committed to bringing you stories, insights, and inspiration that align with the spirit of positive change in 2024. As we embark on this journey together, we invite you, our valued readers, to share your resolutions, stories of growth, and moments of triumph. Let's make 2024 a year of collective renewal, development, and positive transformation.

We wish you a year filled with joy, accomplishment, and the fulfillment of your resolutions.

Dr. Trevi Booker-Pershay

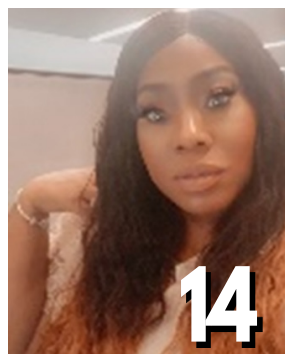
Dr. Trevi Booker Pershay

Happy New Year 2024

Happy New Year 2024

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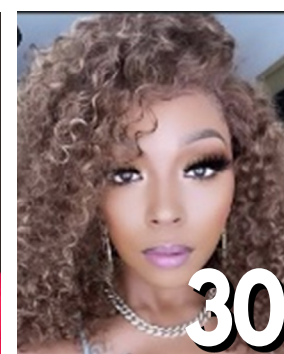
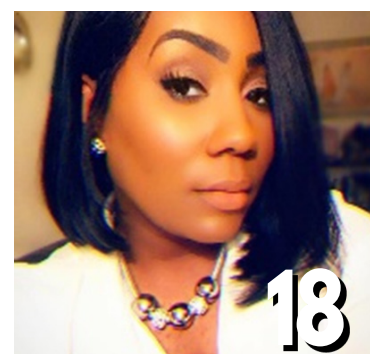
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ARIELLE PERSHAY





Picture Courtesy
Beauty Independent
(McCormick, 2021)

Say Her Name! Say Her Name!

Arian Simone

Arian Simone's Fearless Fund Is Fearlessly Investing and Funding Women of Color Start-Up Businesses



Biography:

Arian Simone is an entrepreneur, philanthropist, investor, best-selling author, international speaker, and PR & marketing specialist. Arian received her MBA from Florida A&M University and has over 17 years of entrepreneurial experience, from pioneering and growing a successful PR and marketing firm to founding the Fearless Platform in 2010 to inspire entrepreneurial women. Arian has transitioned from working with billion-dollar corporate entertainment clients, such as Sony Pictures, Walt Disney, Universal, and more, to co-founding and operating the Fearless Fund, a venture capital fund investing in women of color led start-up companies (AAE Speakers/Arian Simone Bio).

Arian Simone stands out as a beacon of inspiration and empowerment in the dynamic world of venture capital and entrepreneurship. As the CEO of Fearless Fund, she has dedicated her career to breaking barriers and supporting women of color in their entrepreneurial pursuits. Arian Simone's journey is a testament to resilience, innovation, and the power of diversity in the business world.

Empowering Women Entrepreneurs:

Under Arian Simone's leadership, one of the primary objectives of Fearless Fund is to empower and uplift women entrepreneurs who have historically faced systemic challenges in accessing capital. Arian believes in the transformative power of financial support and mentorship, and Fearless Fund strives to create a more inclusive entrepreneurial ecosystem. Through strategic investments and partnerships, Fearless Fund aims to foster innovation, creativity, and success among women of color in various industries. Arian Simone's hands-on approach and commitment to building a community of fearless entrepreneurs have made Fearless Fund a driving force for positive change in the venture capital landscape.

Strategic Investments:

Fearless Fund's investment strategy reflects Arian Simone's dedication to supporting businesses that are not only financially viable but also aligned with the values of diversity and inclusion. The fund focuses on sectors such as technology, beauty, and consumer packaged goods, where women of color are underrepresented. By strategically investing in companies with strong leadership and a commitment to social impact, Arian and her team at Fearless Fund actively contribute to diversifying the business landscape. The fund's portfolio includes diverse companies poised for growth, thanks to Arian's keen business understanding and passion for fostering entrepreneurship.

Mentorship and Advocacy:

Arian Simone's influence extends beyond the boardroom. She actively mentors and advocates to create a supportive ecosystem for aspiring women entrepreneurs. Recognizing the importance of mentorship in personal and professional development, Arian has become a mentor to many, providing guidance, advice, and encouragement to those navigating the challenges of entrepreneurship. Arian also uses her platform to advocate for policies that promote diversity and inclusion in the business world. Her advocacy work aligns with Fearless Fund's broader mission of dismantling barriers and creating opportunities for women of color in entrepreneurship.

Arian Simone's role as the CEO of Fearless Fund goes beyond traditional business leadership. It represents a commitment to social change, inclusivity, and the empowerment of women of color in entrepreneurship. Through strategic investments, mentorship initiatives, and advocacy, Arian is reshaping the venture capital landscape and inspiring the next generation of fearless leaders. As Fearless Fund continues to make waves in the business world, Arian Simone's legacy as a trailblazer and champion of diversity is sure to endure.

Arian Simone was appointed Director of Steve Madden company as a Nominating/Corporate Governance Committee member on January 7, 2022. From 2004 to 2017, Ms. Simone owned AR PR Marketing, a publicity and marketing strategy firm. Ms. Simone serves as a member of the Board of Directors for the Birmingham Civil Rights Institute. In 2021, she received the 15th Annual General Motors African Ancestry Network Black History Month Celebration Entrepreneurial Spirit Award and the Detroit Branch NAACP Great Expectations Award (Steve Madden Press Release).

www.fearless.fund

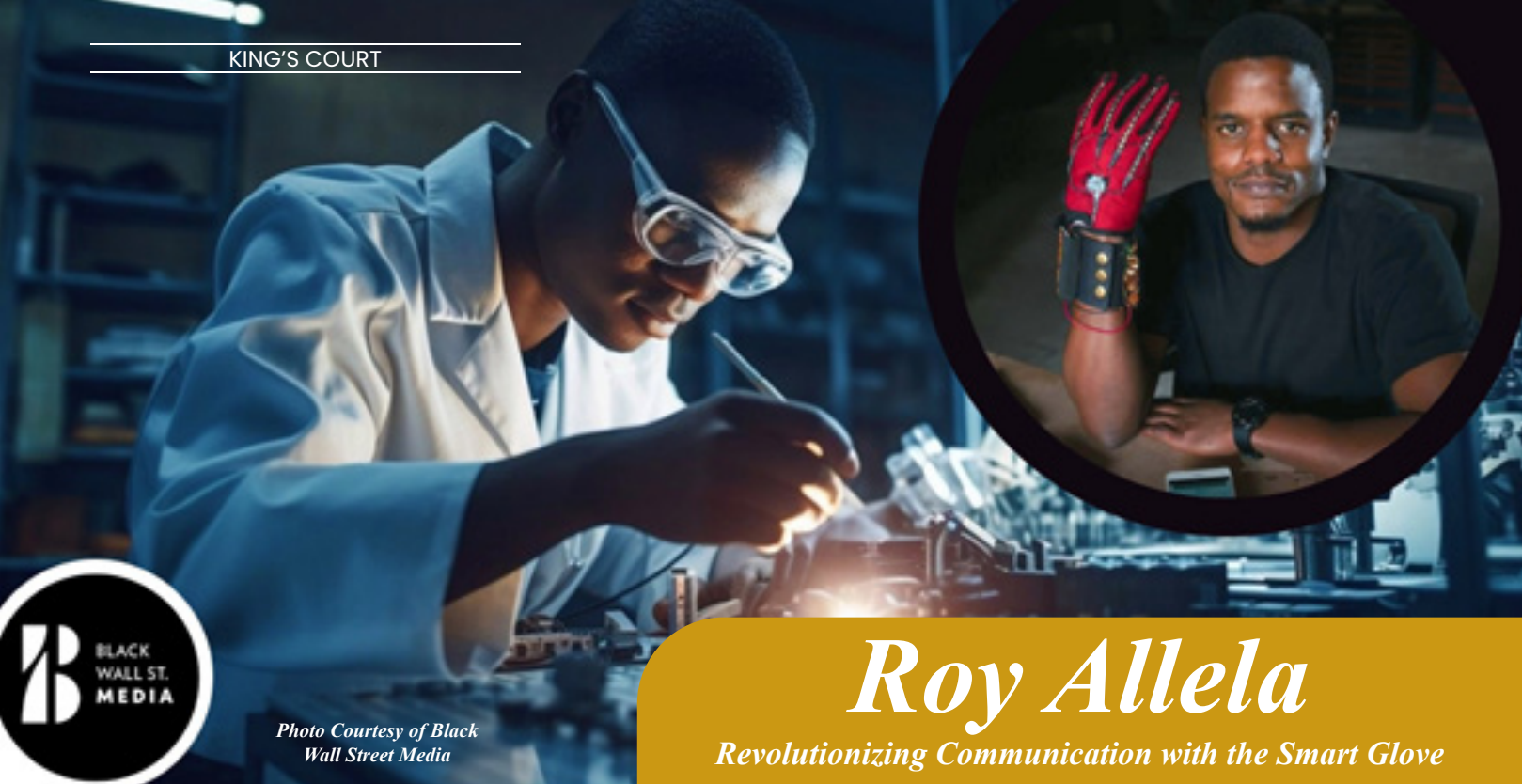
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Picture Courtesy of McCormack, C. (2021, March 25) <https://www.beautyindependent.com/arian-simone-fearless-fund-close-funding-gap-women-of-color-founders/> ChatGPT reference





Roy Allela

Revolutionizing Communication with the Smart Glove

Photo Courtesy of Black Wall Street Media

Roy's Biography:

Roy was born in Kenya, Africa, in 1994, and he became tremendously famous in 2019 when he invented a pair of gloves that help deaf people communicate. Roy created the glove to communicate with his death niece (Tuntimo).

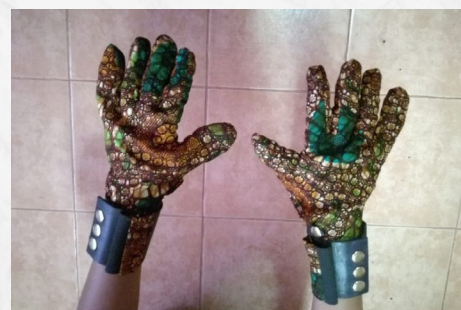
Some visionaries go beyond conventional boundaries in technological innovation to create devices that transform lives. Roy Allela, the inventor of the smart glove, is one such trailblazer whose groundbreaking creation is reshaping the way we perceive and interact with the world. This article delves into Roy Allela's journey as the smart glove inventor and his invention's impact on the lives of individuals with speech and hearing impairments.

The Genesis of the Smart Glove:

Roy Allela, a Kenyan engineer, was inspired to create the smart glove through personal experiences within his family. Having a niece who was born deaf, Roy understood the challenges faced by individuals with speech and hearing impairments. Motivated to bridge the communication gap, he embarked on a mission to develop a device to empower those who faced difficulties expressing themselves through traditional means.

The Smart Glove: A Technological Marvel:

Roy Allela's smart glove invention is a marvel of technology that translates sign language into audible speech. Fitted with sensors, the glove detects the intricate movements and gestures of sign language users, converting these motions into spoken words through a connected mobile application. This innovation facilitates communication between individuals with speech and hearing impairments and those without and opens up new avenues for inclusivity and understanding.



Empowering Individuals with Disabilities:

The smart glove is a testament to Roy Allela's commitment to inclusivity and accessibility. By providing a tool that enables those with speech and hearing impairments to communicate effectively with a broader audience, the smart glove empowers individuals to express themselves more freely in various social and professional settings. This newfound ability to communicate can significantly enhance their overall quality of life and open doors to opportunities that may have been previously limited.

Social Impact and Recognition:

Roy Allela's smart glove has garnered widespread recognition for its potential to create a positive social impact. The invention has received accolades and awards, bringing attention to the importance of assistive technologies in fostering inclusivity and breaking down communication barriers. The smart glove can potentially revolutionize education, employment, and social interactions globally for individuals with speech and hearing impairments.

Advancing Assistive Technology:

Roy Allela's work goes beyond creating a single device; it represents a broader contribution to assistive technology. The smart glove exemplifies how technology can be harnessed to address specific needs and improve the lives of individuals with disabilities. As the inventor continues to refine and expand the capabilities of the smart glove, the potential applications of this technology in various contexts become increasingly promising.

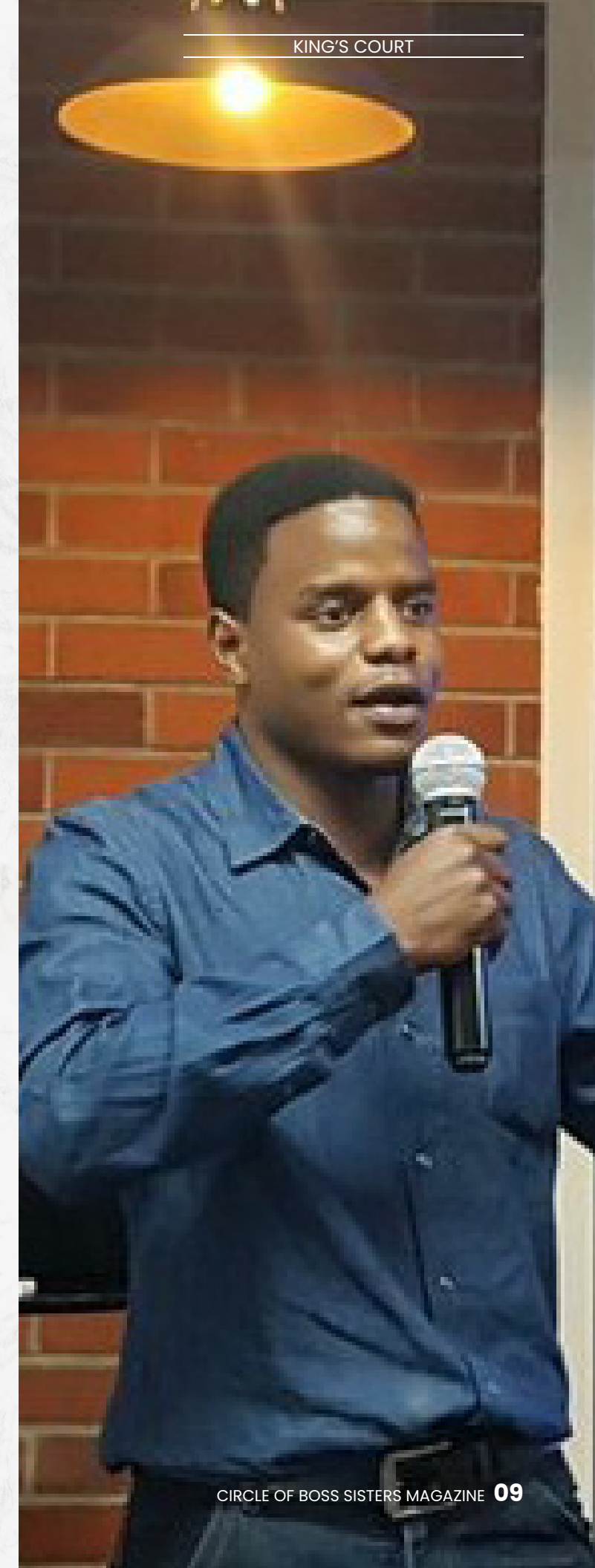
The Future of Inclusive Communication:

Roy Allela's smart glove serves as a beacon of hope for a future where communication is genuinely inclusive. As the inventor continues to refine and enhance his creation, the potential for similar innovations in assistive technology becomes more apparent. The smart glove not only enriches the lives of those with speech and hearing impairments but also inspires a broader conversation about the role of technology in creating a more inclusive and empathetic world.

Roy Allela's journey as the inventor of the smart glove is a testament to the transformative power of technology when guided by empathy and a commitment to social impact. His innovative solution to communication barriers faced by individuals with speech and hearing impairments has the potential to reshape the landscape of assistive technology. As the smart glove continues to enhance inclusivity, Roy Allela stands as a beacon of inspiration for future inventors and technologists committed to creating positive change in the world.

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DOMINIQUE REIGHARD-BROOKS

Photo Courtesy of North American Moving Services (Bobbi Maniglia)

Dominique Reighard-Brooks: Paving the Way in Moving Industry Leadership with E.E. Ward

Dominique Reighard-Brooks was featured on *American Next Top Model* as a contestant on Cycle 10 in 2008, where she was the eleventh girl eliminated and placed fourth. She later won a spin-off series called *Modville*, and soon after that, she returned for *AI-Stars* in 2011, where she was eliminated tenth and placed fifth (*America's Next Top Model*).

In the world of moving and logistics, Dominique Reighard-Brooks stands out as a trail-blazer and entrepreneur with a unique success story. As the owner of E.E. Ward, a historic moving company with a legacy dating back to 1881, Dominique has not only preserved the company's rich history but has also infused it with a fresh and innovative perspective. This article explores Dominique Reighard-Brooks' journey, her impact on E.E. Ward, and the broader moving industry.

America's Next Top Model, Is CEO of E.E. Ward Moving Company

Preserving Tradition, Embracing Innovation:

E.E. Ward has a long and storied history, originally established by John T. Ward in 1881. In her role as owner, Dominique Reighard-Brooks has successfully preserved the company's legacy while steering it into the 21st century. Her leadership reflects a delicate balance between honoring tradition and embracing innovation, ensuring E.E. Ward remains a relevant and forward-thinking player in the moving industry.

Breaking Barriers:

Dominique's journey to ownership of E.E. Ward is marked by her resilience and determination to break barriers. As an African-American woman in a historically male-dominated industry, she has shattered stereotypes and inspired a new generation of leaders. Dominique's success is a testament to the power of diversity and inclusion in traditionally conservative sectors.

Community Engagement and Social Responsibility:

Beyond running a successful moving company, Dominique Reighard-Brooks is deeply committed to community engagement and social responsibility. Under her leadership, E.E. Ward has been involved in numerous philanthropic initiatives, supporting local communities and organizations. Dominique's commitment to giving back underscores her belief in the importance of businesses being active participants in the betterment of society.

Innovative Solutions for a Modern World:

Recognizing customers' evolving needs in a fast-paced world, Dominique has implemented innovative solutions at E.E. Ward. Embracing technology and modern logistics, the company offers state-of-the-art moving services tailored to meet the demands of contemporary clients. Dominique's forward-thinking approach positions E.E. Ward as a leader in providing efficient and customer-centric moving solutions.

Empowering a Diverse Workforce:

As a champion of diversity and inclusion, Dominique Reighard-Brooks has cultivated a workforce at E.E. Ward that reflects various backgrounds and experiences. By fostering an inclusive environment, she enriches the workplace culture and ensures that the company benefits from diverse perspectives, contributing to its overall success.

Navigating Challenges and Inspiring Others:

Dominique's journey as the owner of E.E. Ward has not been without its challenges, but her resilience and leadership have inspired many. She is a role model for aspiring entrepreneurs, especially women and individuals from underrepresented communities. She demonstrates that one can overcome obstacles and succeed with determination and a forward-thinking mindset.

Dominique Reighard-Brooks' ownership of E.E. Ward Moving Company goes beyond the conventional roles of a business owner. Her leadership is a beacon of inspiration for those seeking to break barriers in traditionally male-dominated industries. Dominique has revitalized a historic company by preserving tradition, embracing innovation, and championing diversity, leaving an indelible mark on the moving industry. As E.E. Ward continues to thrive under her leadership, Dominique Reighard-Brooks is a testament to the transformative power of visionary leadership and inclusivity.

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https://antm.fandom.com/wiki/Dominique_Reighard
 ChatGPT

SCORNEO SEEKING

REVENGE



MARYAM SMITH-HUBBARD

For a first-time author delving into the riveting world of literary creation with "Scorned Seeking Revenge," the pen becomes a formidable weapon, crafting a tale of vengeance that promises to captivate readers and leave an indelible mark on storytelling.

C.O.B.S. MAGAZINE:

Welcome to the Author's Corner of COBS Magazine. In this vibrant corner of our magazine, we celebrate the incredible minds behind the words that transport us to different worlds, stir our emotions, and ignite our imaginations. We are pleased to have first-time author Maryam Smith. Can you share with our readers what inspired you to write your first book?

MARYAM SMITH-HUBBARD:

As a child, I had a great big imagination and I would write and write and write. I used to daydream all the time in school about stories I'd make up in my head. My 1st book was a compilation of the writing I

did as a hobby.

C.O.B.S. MAGAZINE:

Can you share a brief overview of the storyline or theme of your book?

MARYAM SMITH-HUBBARD:

My book is a fiction drama novel. It is very relatable to real-life situations. The main character is a young girl who lost her dad right when she turned 13 and wasn't able to recover from that loss. She wanted revenge and wasn't going to stop at anything to take revenge on the person who murdered her dad. The problem was she didn't know at first who her dad's killer was, and when she discovered

Scorned Seeking Revenge

Although a fiction piece can definitely be related to real life situations and circumstances. Never in a million years did Alexis Bowe expect her life to come crashing down right before her 13th birthday!! The only man she ever knew how to love unconditionally was gunned down right before her eyes on the very grounds that he stood on a million times doing what he absolutely loved to do "Coaching basketball.

Maryam Smith-Hubbard

who it was, she was forced to look at life and the promises she had made to avenge her father's killer from a different perspective.

C.O.B.S. MAGAZINE:

How did you develop the title for your book, and what does it signify? What were some of your biggest challenges while writing your first book? How do you approach the process of developing and fleshing out your characters?

MARYAM SMITH-HUBBARD:

This little girl was poorly scorned when the only man she knew and loved and found solace and protection in was no longer in her life to be all those things. She was on a mission to find and avenge

the killer. What better title than Scorned Seeking Revenge? It's self-explanatory, given the situation. Fear, Complacency, Lack of focus, Lack of time and dedication I was willing to put into this project. By nature, I'm a people person. I've had so many opportunities to be around many people. I get inspired by the people I meet daily. Meeting people from all walks of life has helped me on my writing journey. I believe no one comes into your life by chance.

C.O.B.S. MAGAZINE:

Could you tell us about your writing process and any unique strategies or techniques you used?

MARYAM SMITH-HUBBARD:

I've been writing this book for some time; I think when I originally wrote a lot of the content, I lived in a ratchet place in my life, and my writing magnified that place. I had to rewrite and rewrite until I felt in my Spirit God would approve. I live by God and disapprove of mess; people do. If I wanted a successful book, I knew I had to write it to God's approval. I did a lot of editing, stopping and going until I knew it was good!! Another very critical thing was getting away to that alone place. I would get in my car in the evening when my husband came home from work and travel out to my friend's Art studio in the boondocks of Glen Cove, Long Island. It was so dark, and many of the times I went, it was raining, so yeah, I had fear stepping out of my comfort zone but knew it was the only way to accomplish what I had set out to accomplish.

C.O.B.S. MAGAZINE:

What roles does research play in your writing process, and how do you ensure accuracy and authenticity in your work?

MARYAM SMITH-HUBBARD:

Research plays a huge role in some writing. However, in my opinion, research isn't all the important when writing a fiction piece because you're not stating facts; much of it

is based on your imagination and your perception of things. Your story is your story, and your characters are tailor-made by you.

C.O.B.S. MAGAZINE:

Did you encounter any enjoyable or memorable moments during the writing journey? If so, please share.

MARYAM SMITH-HUBBARD:

Getting so into the story, becoming emotional as a fiction novel author, and expressing empathy for the characters as if I were in the story.

C.O.B.S. MAGAZINE:

How did you feel when you finally finished writing your book?

MARYAM SMITH-HUBBARD:

I felt Accomplished, but I knew finishing the writing part was just the beginning. Did you have any initial expectations for its success? Our world has been focused on the direction of APP T.V., so naturally, I think my book can be turned into a series to air on Netflix, Amazon, etc.

C.O.B.S. MAGAZINE:

What message or takeaway do you hope readers will get from your book?

MARYAM SMITH-HUBBARD:

Life isn't always going to go as expected, except for the twists and turns. If you place your fears in the faith of God, you can pretty much overcome anything you're facing. Although my book is fiction, I've created it so that whoever is reading it can relate to a situation or circumstance. I've created this book to help unbelievers believe on any level of their life.

C.O.B.S. MAGAZINE:

Are there any particular authors or books that influenced your writing style or inspired you as you wrote your first book?

MARYAM SMITH-HUBBARD:

As a young girl, I read many black drama fiction books and was wholeheartedly inspired; I would be so intrigued and say to myself,

wow, if they can do it, so can I.

C.O.B.S. MAGAZINE:

Can you give us a sneak peek into any future projects or books you might be working on?

MARYAM SMITH-HUBBARD:

Part II of Scorned Seeking Revenge, everyone's been asking who's read the book thus far. I've also written a play I'm looking to go into production with soon.

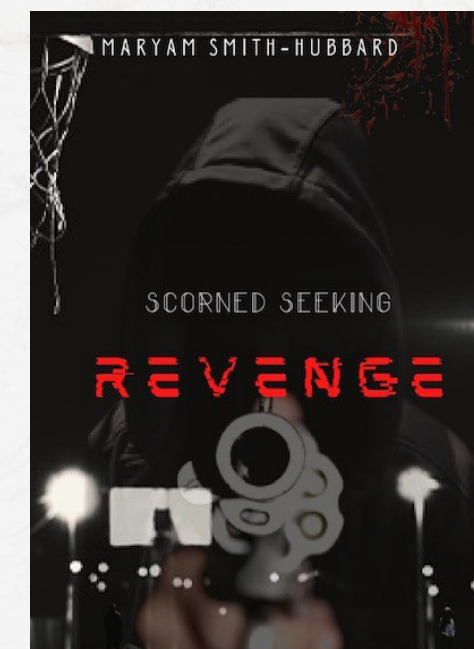
C.O.B.S. MAGAZINE:

Lastly, what advice would you give aspiring authors looking to publish their first book? Can you please share with our readers where your book and social media platforms are available for purchase?

MARYAM SMITH-HUBBARD:

Don't let the work or resources you need instill fear within you. Step out on faith and let God do the rest. Bet on God always, and you can never lose. Your success is in God constantly. Please get in touch with me directly for the purchase of the book at msmithrv8@gmail.com.

My social media platforms are I.G.: @scorned_seeking_revenge and Facebook: Scorned Seeking Revenge. Thank you for this opportunity. I am very grateful.



Tinika Thomas-Foreman

2024 MAKE-UP TRENDS: EMBRACE THE NEW YEAR WITH BEAUTY AND CONFIDENCE

Introduction:

As we enter a new year, it's time to refresh our make-up routines and embrace the latest beauty trends. From bold colors to natural glam, 2024 brings a range of exciting make-up styles that will make you feel confident and empowered. Whether you're a make-up enthusiast or a beginner, these trends will inspire you to experiment and express your unique personality through make-up. Let's dive into the top make-up trends for 2024!

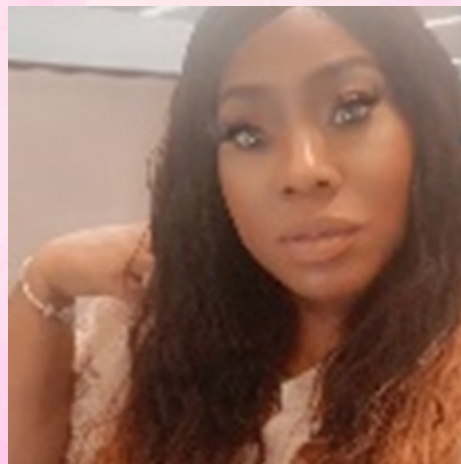
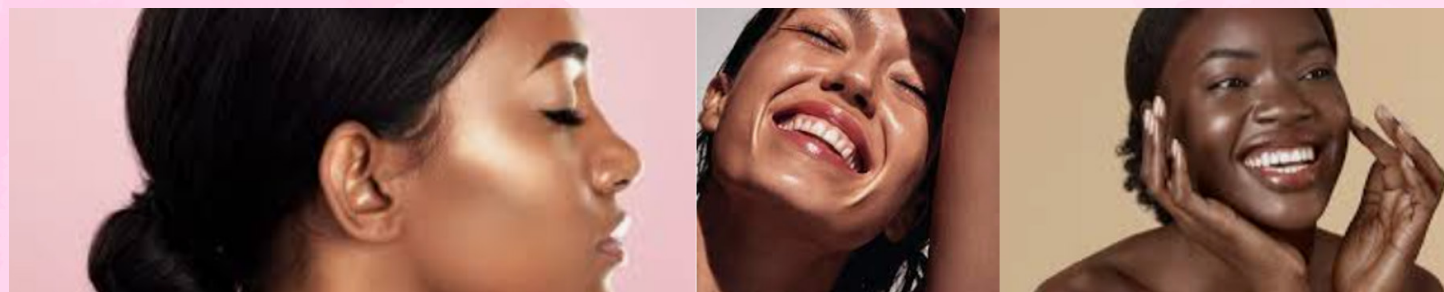
1. Vibrant Eyeshadow Palettes:

This year, vibrant eyeshadow shades take center stage. Embrace bold, playful colors like electric blues, neon pinks, and sunny yellows. Experiment with different combinations and create eye-catching looks that make a statement. Don't be afraid to leave your comfort zone and unleash your creativity.



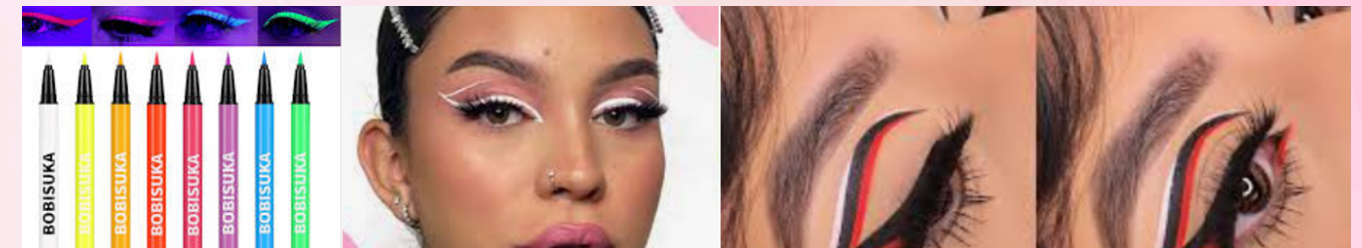
2. Glow Skin:

The natural, dewy skin trend continues to dominate in 2024. Achieve a fresh-faced look by focusing on skincare and using lightweight, illuminating products. Opt for a luminous foundation or tinted moisturizer to achieve that coveted lit-from-within glow. Highlight your cheekbones, brow bones, and inner corners of your eyes for an extra radiant finish.



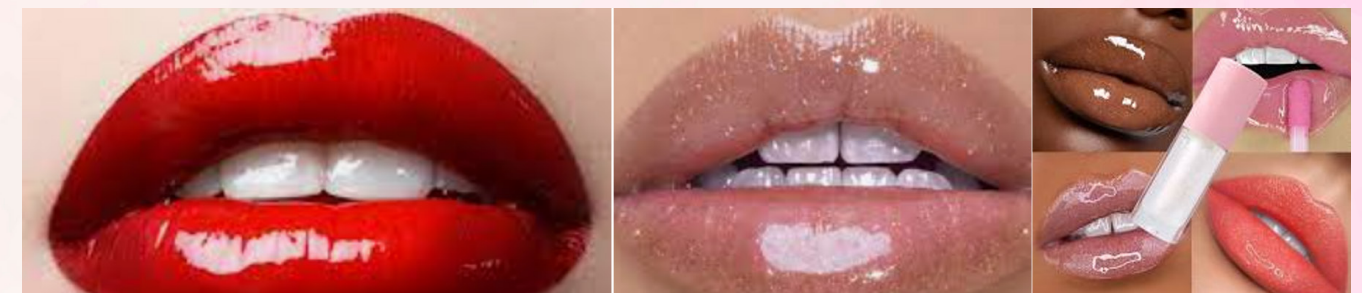
3. Graphic Liner:

Elevate your eyeliner game this year with graphic liner styles. Experiment with geometric shapes, double wings, or negative space designs. This trend lets you showcase your artistic side and add an edgy vibe to your overall look. Play with different liners, textures, and colors to create dramatic, eye-catching effects.



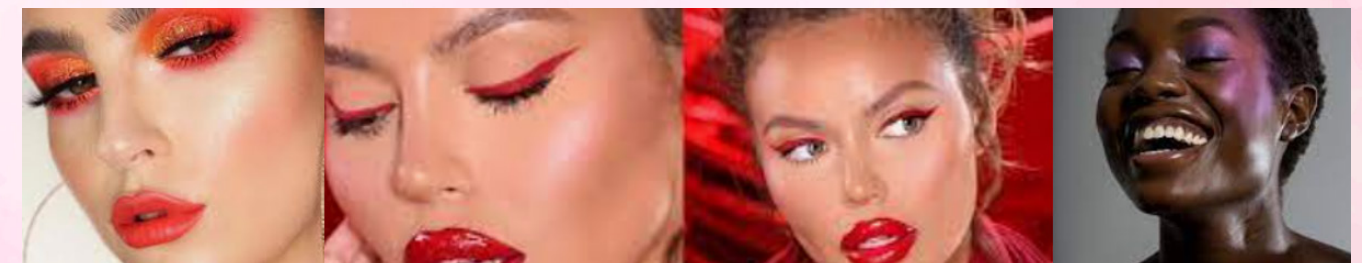
4. Glossy Lips:

Say goodbye to matte lips and welcome back the glossy finish. In 2024, lip gloss is making a big comeback. Choose a high-shine gloss in a range of shades like soft pinks, vibrant reds, or even translucent formulas to enhance your natural lip color. The glossy lips trend adds a youthful and fresh touch to any make-up look.



5. Monochromatic Make-up:

Coordinating your make-up colors from eyes to cheeks and lips is still on-trend. This year, embrace monochromatic make-up looks by choosing a single color palette and incorporating it throughout your entire face. Keeping your make-up cohesive will create a polished and put-together appearance, whether it's warm terracotta, striking purples, or earthy neutrals.



As we embark on a new year, let these make-up trends inspire you to explore different styles and embrace your individuality. Whether you're attending a special event or simply want to elevate your everyday make-up routine, these trends offer something for everyone. Remember, make-up is an art form, and the possibilities are endless. So, have fun experimenting, be confident, and make 2024 a year to remember with your stunning make-up looks!

JASMINE PAUL

Meet the driving force behind The Wealth Playground, our dedicated CEO, Jasmine Paul, a visionary leader with a mission to empower the next generation with financial literacy. With a unique blend of passion for education and expertise in finance, Jasmine Paul is transforming how children learn about money. Through engaging and interactive experiences, our CEO is committed to making financial education a playful and enjoyable journey for kids.

C.O.B.S. MAGAZINE:

Welcome to Women's Werk, a powerful and inspiring platform dedicated to celebrating achievements, stories, and voices of women from all walks of life. We believe every woman has a unique journey filled with strength, resilience, and boundless potential. We are delighted to be interviewing Jasmine Paul. Can you tell us about your journey from being a nuclear missile officer to becoming a successful children's book author and finance expert?

JASMINE PAUL:

I joined the Air Force because I needed to fund my education. I received an ROTC scholarship, which opened the door to my first assignment: missiles. The summer after graduating, I desired to learn as much as possible about financial literacy: savings, investing, etc. I made many financial mistakes in college and didn't want finances to burden my adult life. While as a missilery, I bought my first property at the age of 23 and paid off \$40,000 in student loans at age 24, and then I started teaching my friends. I had the opportunity to train as a finance officer and began my journey in budget execution and financial services.

C.O.B.S. MAGAZINE:

What inspired you to start The Wealth Playground and focus on teaching kids about money?

JASMINE PAUL:

After working with my friends, and they became debt-free, I continued to work with young professionals. In 2021, things changed. More and more conversations about money were happening at home. Kids were at home, and I thought, how are these kids learning about money? I couldn't find much, so The Wealth Playground was born. Our vision is to create healthy money conversations for youth everywhere. Our mission is to provide fun and interactive money experiences through literacy, workshops, and curriculum for a solid financial foundation.

C.O.B.S. MAGAZINE:

How do you incorporate fun and engaging elements into your financial education program for children?

JASMINE PAUL:

It depends on the group setting and the ages of the youth. In The Wealth Playground's programs, kids will engage in elements of pop culture, music, and art and how they relate to financial well-being. These skills and lessons go beyond savings and budgets. It empowers life skills through-

out students that will continue into adulthood.

C.O.B.S. MAGAZINE:

As an award-winning author, what themes do you explore in your children's books?

JASMINE PAUL:

The themes range from budgeting, saving, asking for help, the importance of collaboration, teamwork, investing, discipline, giving, and more.

C.O.B.S. MAGAZINE:

How has your experience in the United States Air Force influenced your approach to teaching financial literacy?

JASMINE PAUL:

The above themes are what I learned from my childhood and adulthood experiences playing competitive sports and the military. The Air Force infuses teamwork and collaboration into everything we do. No mission can be accomplished with one person. It's a life lesson for us all to remember and utilize. Discipline is key. Discipline is how someone can save \$5,000, \$10,000, buy a new house, invest in themselves, etc. Flexibility is crucial because life doesn't always go as planned, so being nimble and adaptable is something I share often.

C.O.B.S. MAGAZINE:

What advice do you have for parents who want to teach their children about money management?

JASMINE PAUL:

Start early and start often. Begin small, like with what you value. This can be electricity, clean running water, food, family time, travel, etc. Then, share that each (except for family, which is priceless) has associated costs. Working and other forms of income allow your family to utilize these resources. Next, add stories like children's books (The Wealth Playground Series is always a great resource). Depending on the age, read picture books and other books incorporating money lessons. One of my favorites is Money Monsters: The Missing Money by Okeoma Moronu, which talks about ATMs and how cash flows to and from a bank. Watch money-related movies/shows; this will help reinforce lessons taught at home. If you have a local bank, go to it and request a tour so the child can experience what it's like to be a bank customer. Open up an account for them and show them the process. Make money part of their everyday lives and not a foreign taboo subject.

C.O.B.S. MAGAZINE:

Can you share any success stories or testimonials from children who have participated in The Wealth Playground program?

JASMINE PAUL:

I have positively impacted and influenced over 110 families and helped eliminate \$350,000 of student loans and credit card debt. Readers of the Wealth Playground have saved over \$5,000 and improved literacy and financial education skills.

The series has sparked a particular interest in youth. A young person read A Boy, a Budget, and a Dream and won a competition due to their financial literacy competency. Four-year-old siblings saved \$300 for a new camera.



The Wealth Playground has collaborated with two schools in Delaware, providing over 800 elementary and high school students with interactive financial workshops. One student shared, "Jasmine knows how to excite children about money. Money can be boring when talking about it to people who haven't quite learned what it is, but Jasmine knew her stuff."

C.O.B.S. MAGAZINE:

How do you balance your career as an author and founder with your other responsibilities?

JASMINE PAUL:

Being a founder and author is my full-time job. My responsibility as a solopreneur in the Wealth Playground includes, but is not limited to, sales, marketing, finance, logistics, and company operations. My work consists of:

- Crowdfunding for my next project
- Partnering with organizations
- Developing and testing programming
- Conducting author visits
- Shipping books

Balance is not really in my wheelhouse right now. Ask me at the end of 2024, and I can respond better.

C.O.B.S. MAGAZINE:

What upcoming projects or initiatives are you excited about?

JASMINE PAUL:

I'm working on the fifth book of the Wealth Playground Series and looking to partner with more organizations that serve parents and caregivers as they build wealth and make it fun for their young people. This year, I also want to do more unpredictable collaborations and events. Since money is in our daily lives, lessons must be shared in those not-so-common spaces.

C.O.B.S. MAGAZINE:

How do you stay motivated and constantly develop innovative ideas for your financial education startup?

JASMINE PAUL:

I'm passionate about what I do. There is freedom when money isn't a barrier. It's fun for me. I see a student learn about investing and open their first investment account. If they remain consistent, that one action can lead to endless possibilities for the

student and other family members, friends, etc. Financial education has a ripple effect; it can be a burden or a blessing. I hope that what I share with young people is a blessing they will reap from and share with others.

C.O.B.S. MAGAZINE:

What message would you like to convey to young readers and aspiring authors?

JASMINE PAUL:

For young readers, financial education is a lifelong journey. In each season of life, you may need to edit your plan. Continue to learn as much as possible; don't be afraid to ask questions and be curious. Define success for yourself and dream big. For aspiring authors, I encourage you to write good stories. Write as often as you can. It could be a blog, your manuscript, or a note to a friend. But write often. If you're becoming an indie children's book author, join the Society of Children's Book Writers and Illustrators, take classes, and join a chapter. Read up on the craft and continue to perfect your writing. Someone on the other side of the page is waiting to read your best work.

You can visit my website:
www.thewealthplayground.com and
Instagram: [jasminelikepaul](https://www.instagram.com/jasminelikepaul)





NISHA PERSHAY

*One-on-one tips for proper
hairstyle treatment*

When it comes to treating black girls' hair, it's essential to use products that cater to their unique hair needs. Here are some great products specifically designed for black girls' hair. What are the products to use?

- 1. Moisturizing Shampoo:** Look for a sulfate-free and moisturizing shampoo, as black hair tends to be drier. Products that contain natural ingredients like shea butter, coconut oil, or aloe vera can help retain moisture and nourish the hair.
- 2. Deep Conditioner:** Deep conditioning is crucial for black girls' hair to keep it hydrated, soft, and manageable. Choose a deep conditioner rich in moisture and nutrients, such as argan oil, jojoba oil, or avocado oil. Look for products that provide intense hydration and help repair any damage.
- 3. Leave-In Conditioner:** A leave-in conditioner helps to detangle, moisturize, and protect the hair throughout the day. Opt for a lightweight leave-in conditioner that provides moisture without weighing the hair down. Look for ingredients like glycerin, olive oil, or silk proteins to help retain moisture and reduce frizz.
- 4. Hair Oil or Serum:** Hair oils or serums can be used to seal in moisture, add shine, and prevent breakage. Look for lightweight and easily absorbed oils, such as argan oil, coconut oil, or grapeseed oil. These oils can help nourish the hair, reduce frizz, and promote healthy growth.
- 5. Detangling Brush or Comb:** Detangling black hair can be delicate. Look for a wide-toothed comb or a detangling brush specifically designed for curly or coily hair.



*Images from Shutterstock
– Black Woman Hair*

Some essential products can hydrate, soften, and keep tangle-free. To name a few products, one of my go-to choices is Mielle Organics Babassu Mint Deep Conditioner, which is good for nourishing hair & scalp. Aunt Jackie's Fix My Hair Intensive Repair Conditioning Masque is the second selection. This is good for Deep conditioning therapy to treat and help reverse damage, breakage, thinning, and fragile hair. As you see below, there are many products, but it is vital to discover what works best for your hair texture; not every product can provide the same results, so it's worth trial and error to find out what works.



These tools help to minimize breakage and make detangling more manageable and less painful. 6. Satin or Silk Bonnet/Pillowcase: Sleeping on a satin or silk bonnet or using a satin or silk pillowcase can help protect the hair from friction and moisture loss. These materials are gentler on the hair and can help retain moisture, reduce frizz, and prevent breakage. Remember, every individual's hair is unique, so it's essential to understand your child's specific hair type and needs. Additionally, consulting with a hairstylist or seeking advice from hair care experts can provide personalized recommendations for your child's hair care routine.

Happy New Year 2024

What oils are recommended to seal moisture and prevent breakage in black hair? These are a few of my most popular products, but to name a few, one of my top brands is Mizani Strength Fusion Intense Night-Time Treatment. Which also helps with Deeply Nourishing Hair Mask with Shea Butter for Curly Hair. Carol's Daughter Mimosa Hair Honey Shine Pomade with Shea and Coco Butter for Dry Hair Is another top favorite. It moisturizes your hair and scalp, smooths edges, and controls frizz—Perfect for dry, brittle, and textured hair.



Several types of oils are recommended to seal in moisture and prevent breakage in black hair. Here are some popular choices:

- 1. Argan Oil:** Argan oil is rich in vitamin E and fatty acids, making it an excellent choice for sealing in moisture and adding shine to the hair. It helps to nourish and strengthen the hair, reducing breakage and promoting healthy growth.
- 2. Coconut Oil:** Coconut oil is known for its moisturizing properties and is easily absorbed into the hair shaft. It helps to retain moisture, reduce protein loss, and protect the hair from damage. Coconut oil also has antimicrobial properties that can help combat scalp issues.
- 3. Jojoba Oil:** Jojoba oil closely resembles the natural oils produced by the scalp, making it an excellent choice for sealing in moisture. It helps to balance the scalp's natural oil production, prevent dryness, and reduce breakage. Jojoba oil also adds shine and softness to the hair.
- 4. Olive Oil:** Olive oil is a popular choice for sealing in moisture and preventing breakage. It contains antioxidants and vitamins that nourish the hair and scalp, promoting healthy hair growth. Olive oil also effectively reduces frizz and adds shine to the hair.
- 5. Castor Oil:** Castor oil is a thick oil known for its hair growth properties. It helps moisturize the hair, prevent breakage, and stimulate growth. Castor oil is particularly beneficial for thick, dry, or damaged hair.
- 6. Grapeseed Oil:** Grapeseed oil is a lightweight oil that is easily absorbed by the hair. It helps seal moisture, add shine, and protect the hair from environmental damage. Grapeseed oil is also rich in antioxidants, which promote healthy hair growth.

It's important to note that the effectiveness of these oils may vary depending on individual hair types and preferences. Experimenting with different oils is recommended to find the one that works best for your hair. Additionally, applying oils in moderation and focusing on the ends of the hair can help prevent excessive buildup.

Happy New Year 2024

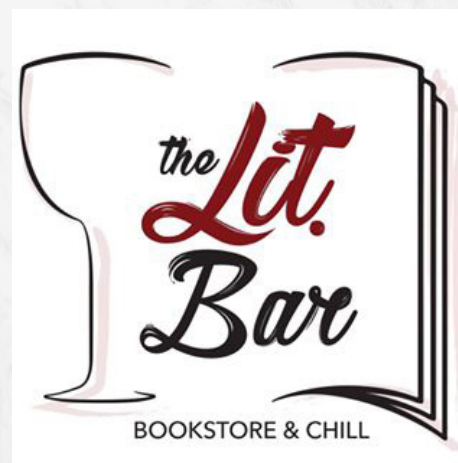


Photo Courtesy of The
Lit Bar website

Noelle Santos

CEO OF THE LIT BAR
EMPOWERING COMMUNITIES
& MOTIVATING HER BRONX
COMMUNITY WITH READING
OPPORTUNITIES.

In the heart of the Bronx, New York, a vibrant and innovative bookstore has become a beacon of literary culture and community empowerment. At the helm of this transformative venture is Noelle Santos, the visionary CEO of The Lit Bar. This article explores Noelle's inspiring journey, her role in revitalizing literary spaces, and The Lit Bar's impact on the local community and the literary landscape.



Happy New Year 2024

The Birth of The Lit Bar:

Noelle Santos, a former human resource professional passionate about literature, embarked on a remarkable journey to address the lack of bookstores in the Bronx. Witnessing the closing of the last general interest bookstore in the borough, Noelle saw an opportunity to fill the void and cultivate a literary haven for her community. The result was The Lit Bar, a combination bookstore and wine bar designed to unite people through a shared love of books and culture.

Empowering Communities through Literacy:

Noelle Santos is not just a bookstore owner but a community advocate dedicated to promoting literacy and education. The Lit Bar goes beyond the traditional bookselling model, hosting author events, book clubs, and educational workshops that engage and uplift the local community. By actively promoting literacy, Noelle contributes to the intellectual and cultural enrichment of the Bronx and inspires a love of reading.

Cultural and Literary Events:

The Lit Bar has become a cultural hub, hosting diverse events celebrating literature, art, and community. Noelle Santos has created a space that fosters creativity and intellectual exchange, from book signings with renowned authors to art exhibitions and poetry slams. These events showcase the richness of literary culture and provide a platform for local artists and authors to share their work.

Diversity and Representation:

Noelle Santos is a staunch advocate for diversity and representation within the literary world. The Lit Bar's carefully curated selection of books emphasizes voices that reflect the diversity of the Bronx and the broader world. By prioritizing works from authors of various backgrounds, ethnicities, and perspectives, The Lit Bar ensures that its shelves reflect the richness and plurality of the human experience.

Community Engagement and Activism:

Noelle Santos has also used The Lit Bar as a social and economic activism platform. In addition to promoting literacy, she advocates for supporting local businesses and empowering the Bronx community. The Lit Bar actively collaborates with other local enterprises and community organizations, fostering a sense of unity and resilience in the face of economic challenges.

Entrepreneurship and Inspiration:

Noelle Santos's entrepreneurial spirit and dedication to her community have garnered recognition and accolades. Her journey from corporate professional to successful bookstore owner has inspired aspiring entrepreneurs, especially women of color, to pursue their passions and positively impact their communities. Noelle's story exemplifies the transformative power of entrepreneurship when guided by a strong sense of purpose.

Noelle Santos, as the CEO of The Lit Bar, stands as a testament to the profound impact that one individual's vision and determination can have on a community. Through her commitment to literacy, diversity, and community engagement, Noelle has turned a simple idea into a thriving cultural hub. The Lit Bar revitalizes the Bronx literary scene and serves as a model for how businesses can be catalysts for positive change in their communities. Noelle Santos's story is an inspiring narrative of entrepreneurship, activism, and literature's enduring power to unite people.

Happy New Year 2024



FASHION POWERHOUSE DESIGNER

Mr. J. Bolin

IS REDEFINING
ELEGANCE AND
EMPOWERMENT IN
FASHION

In the ever-evolving fashion world, designers often emerge as trendsetters, pushing boundaries and redefining standards. J. Bolin, the acclaimed fashion designer, is a name synonymous with sophistication, innovation, and empowerment. This article delves into the distinctive style and impact of J. Bolin, exploring how his unique vision has captivated the fashion industry and left an indelible mark on the runway.

A Fusion of Elegance and Empowerment:

J. Bolin's designs are more than just clothing; they are a fusion of elegance and empowerment. Known for his impeccable attention to detail and a keen sense of style, Bolin creates garments that not only make a statement but also empower individuals to embrace their unique identities. His collections seamlessly blend classic silhouettes with contemporary twists, resulting in pieces that resonate with various fashion enthusiasts.

Celebrity-Approved Style:

One of the hallmarks of J. Bolin's success is his ability to dress some of the biggest names in entertainment and beyond. Celebrities such as Michelle Williams, Tamron Hall, and Yolanda Adams have all been spotted donning J. Bolin creations. Bolin's designs effortlessly translate from the runway to the red carpet, garnering attention for their sophistication and the designer's intuitive understanding of each client's personality and style.

*Inclusive Fashion:*

J. Bolin is a trailblazer in promoting inclusivity within the fashion industry. Recognizing the importance of representation, Bolin's designs cater to individuals of all shapes, sizes, and backgrounds. His commitment to diversity is reflected in his runway presentations and the inclusive sizing and diverse models featured in his campaigns. Bolin's vision sends a powerful message that fashion is for everyone.

Empowering Women through Fashion:

Beyond the aesthetics of his designs, J. Bolin is passionate about empowering women through fashion. His collections often feature pieces that exude confidence and strength, encouraging women to embrace their individuality. Bolin's work extends beyond the fabric, fostering a sense of empowerment and self-expression that resonates with women from all walks of life.





Fashion with a Purpose:

J. Bolin's influence extends beyond the world of couture; he is also recognized for his philanthropic efforts and commitment to giving back. Bolin actively engages in charitable initiatives, using his platform to support causes related to education, community development, and empowerment. His dedication to making a positive impact through fashion further solidifies his status as a designer with a purpose.

Innovation in Design:

J. Bolin is known for his innovative approach to design, constantly pushing the boundaries of conventional fashion. Whether experimenting with textures, incorporating bold prints, or reinventing classic silhouettes, Bolin's creations are a testament to his creative prowess. His ability to infuse freshness into each collection keeps fashion enthusiasts eagerly anticipating his next groundbreaking creation.

J. Bolin's impact on the fashion industry transcends the runway; it is a celebration of elegance, empowerment, and inclusivity. His designs empower individuals to embrace their authentic selves regardless of societal norms. Through celebrity collaborations, inclusive fashion, and philanthropic efforts, J. Bolin has become a force for positive change in the fashion world. As he continues to redefine elegance and empower individuals through his creations, J. Bolin stands as a true visionary, shaping the future of fashion with every stitch and silhouette.

www.shopjbolin.com



Paella With Seafood

Ingredients

- 4 servings
- 5 Tbsp. olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, crushed to a paste or finely chopped
- 2 tomatoes, peeled and chopped
- ½ tsp. sugar
- Kosher salt
- 1 tsp. pimentón dulce (or sweet paprika)
- A good pinch of saffron threads
- 4 cleaned small squid, bodies sliced into ¼-inch-wide rings, tentacles left whole
- 2 cups medium-grain Spanish paella rice or risotto rice, such as Arborio or Carnaroli
- 3 cups fish or chicken stock, plus more if needed
- 1 cup dry white wine
- 12 jumbo shrimp in their shells, deveined
- 16 mussels, scrubbed and debearded
- Lemon wedges and chopped parsley (for garnish, optional)

Step 1

Pour the oil into a 16-inch paella pan set over medium-high heat. Fry the onion until soft, stirring often. Stir in the garlic; before it begins to color, add the tomatoes. Add the sugar, pimentón (or paprika), saffron, and salt to taste, stir well, and cook until the tomatoes are reduced to a jammy sauce and the oil is sizzling. Add the squid and cook, stirring, for a minute or so. Add the rice and stir well until all the grains are coated. (You can prepare the dish to this point up to an hour in advance.)

Step 2

Bring the stock and wine to a boil in a saucepan. Pour over the rice, bring to a boil, and add salt to taste (even if the broth tastes a bit salty, it will not be salty when the rice absorbs it). Stir well and spread the rice out evenly in the pan (do not stir again). Cook the rice over low heat for 10 minutes, moving the pan around and rotating it so that the rice cooks evenly. Lay the shrimp on top and cook for an additional 8 to 10 minutes, turning the shrimp on the first side when they have become pink. Add a little more hot stock toward the end if the rice seems too dry and you hear crackly frying noises before it is done. When the rice is done, turn off the heat and cover the pan with a large piece of foil.

Step 3

Bring ½-inch water to a simmer in a saucepan with a tight-fitting lid. Add the mussels and steam, checking every 3 to 5 minutes. As soon as they open, they are cooked. Throw away anything that does not open after 10 minutes. Arrange the mussels on top of the paella. Garnish with chopped parsley and lemon wedges for squeezing, if using.

References:

<https://www.epicurious.com/recipes/food/views/seafood-paella-366249>



Empowerment and Transformation: Reflecting on the Women Evolved Conference 2023 with Sarah Jakes Roberts

I had the opportunity to experience and witness the power of God uniting women in one place to worship, praise, and be inspired and uplifted. It was a sea of women from all over the globe. When I told you that Pastor Sarah Jakes-Roberts showed up to the podium, God took a seat in her, and it was a done deal. I was motivated, delivered, and inspired to enter my next. The entire Potter House family was professional, showed unconditional love to the visitors, and showed outstanding stewardship. Please get your tickets for 2024. You will be glad that you did.

In the dynamic landscape of women's empowerment, few events resonate as profoundly as the Women Evolved Conference and 2023 proved no exception. Hosted by the dynamic speaker, author, and entrepreneur Sarah Jakes Roberts, the conference was a beacon of inspiration, fostering personal growth, spiritual enlightenment, and empowerment for women from all walks of life.

A Gathering of Resilient Spirits:

The Women Evolved Conference, held in Arlington, TX in September, drew together a diverse and vibrant community of women seeking inspiration, connection, and personal development. Attendees hailed from various backgrounds, professions, and life stages, creating a rich tapestry of shared experiences and collective empowerment.



Happy New Year 2024

Key Themes: Faith, Resilience, and Transformation

Sarah Jakes Roberts, the force behind Women Evolved, is renowned for her candid and heartfelt approach to life's challenges. The conference embraced key themes of faith, resilience, and transformation, providing attendees with a roadmap to navigate life's complexities and emerge stronger on the other side.

Faith:

Central to the Women Evolved experience was the infusion of faith as a guiding principle. Drawing from her own journey, Sarah Jakes Roberts delivered impactful messages on the power of faith in overcoming obstacles, finding purpose, and embracing one's spiritual identity. Attendees were encouraged to cultivate a deeper connection with their faith as a source of strength and resilience.

Resilience:

Resilience was a recurring motif throughout the conference, echoing the transformative power of bouncing back from life's setbacks. Through personal anecdotes, engaging discussions, and interactive workshops, Sarah Jakes Roberts and other guest speakers explored the concept of resilience as a catalyst for personal growth and empowerment. Attendees left with a renewed sense of inner strength and determination.

Transformation:

The Women Evolved Conference wasn't just about weathering storms but embracing the transformative potential within them. Sarah Jakes Roberts guided participants through introspective exercises and conversations that inspired self-discovery and encouraged the pursuit of positive change. The conference served as a catalyst for personal and spiritual transformation, inspiring women to evolve into the best versions of themselves.

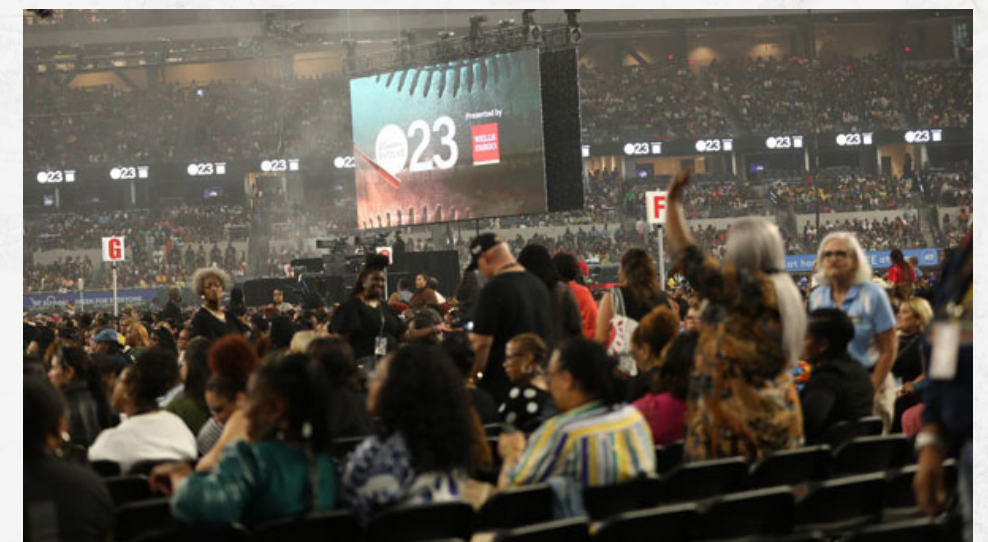
Guest Speakers and Voices of Influence:

In addition to Sarah Jakes Roberts' powerful presentations, the Women Evolved Conference featured a lineup of distinguished guest speakers and voices of influence. These thought leaders and industry experts shared their wisdom on topics ranging from entrepreneurship and leadership to mental health and holistic well-being, creating a holistic approach to empowerment.

Community and Connection:

One of the defining aspects of the Women Evolved Conference was the sense of community and connection fostered among attendees. Participants engaged in meaningful conversations formed supportive networks, and celebrated each other's journeys. The conference provided a safe space for women to share their stories, struggles, and triumphs, creating a community united by a common goal of growth and empowerment.

As the echoes of the Women Evolved Conference 2023 linger in the hearts and minds of attendees, Sarah Jakes Roberts continues to leave an indelible mark on the landscape of women's empowerment. Through faith, resilience, and transformation, the conference served as a catalyst for personal and spiritual evolution, empowering women to embrace their unique journeys with courage and grace. The ripple effects of this transformative gathering will resonate in the participants' lives as they carry the lessons learned and connections made into the future, empowered and evolved.



Discover the Trendiest Destinations for 2024: Must-Visit Places for Your Travel Bucket List

As 2024 unfolds, travelers are eagerly planning their next adventures, seeking new and exciting destinations to explore. From breathtaking landscapes to vibrant cities, here are the trendiest places to consider adding to your travel bucket list for the upcoming year.

1. Santorini, Greece:

Known for its stunning sunsets and iconic, blue-domed buildings overlooking the Aegean Sea, Santorini is a dream destination that continues to captivate travelers worldwide. Experience the island's unique charm, indulge in mouthwatering cuisine, and soak in the rich cultural heritage during your visit.



2. Kyoto, Japan:

Steeped in tradition and renowned for its serene temples, gardens, and historic sites, Kyoto offers an immersive glimpse into Japan's fascinating past. From exploring the famous Arashiyama Bamboo Grove to participating in a traditional tea ceremony, this city promises an unforgettable journey through time.



3. Buenos Aires, Argentina:

Dynamic and vibrant, Buenos Aires beckons travelers with its striking architecture, passionate tango performances, and world-class cuisine. Immerse yourself in the local culture by strolling through the colorful neighborhoods of La Boca and San Telmo or indulge in a mouthwatering Argentine steak at one of the city's renowned restaurants.



4. Vancouver Island, Canada:

Escape to nature's paradise on Vancouver Island, where majestic mountains meet pristine beaches and lush rainforests. Embark on thrilling outdoor adventures like whale watching, kayaking, and hiking through the Pacific Rim National Park Reserve, or unwind and soak in the island's tranquil beauty.



5. Marrakech, Morocco:

Step into a world of vibrant colors, exotic spices, and bustling markets in the enchanting city of Marrakech. Explore the medina's labyrinthine streets, visit the breathtaking Bahia Palace, and savor traditional Moroccan dishes in a local riad. Don't forget to get lost in the mesmerizing Jardin Majorelle, a serene oasis amidst the vibrant city.



With 2024 approaching, it's time to start planning your travel adventures. Whether you seek cultural immersions, natural wonders, or urban delights, these top destinations will satisfy your wanderlust. Embrace new experiences, create unforgettable memories, and let the journey unfold as you explore these trendsetting places in the coming year. Happy travels!



Arielle Pershay

THE 15-MINUTE MYTH

Finding time for a comprehensive workout routine can be challenging in our fast-paced world. However, the good news is that you don't need hours at the gym to stay fit and healthy. The 15-minute workout has emerged as a convenient and effective solution for individuals with busy schedules. In this article, we explore the importance of the 15-minute workout and how it can significantly impact your overall well-being.

1. Time-Efficient: One of the primary benefits of a 15-minute workout is its time efficiency. With just a quarter of an hour, women can engage in a focused exercise routine that targets various muscle groups and increases heart rate. This short burst of physical activity can yield significant results, making it easier to fit exercise into a busy schedule.

2. Increased Metabolism: Regular 15-minute workouts can help boost metabolism, even after the exercise session. This metabolic increase allows the body to burn calories more efficiently throughout the day, aiding in weight management and overall fitness goals.

3. Improved Cardiovascular Health: Engaging in brief, high-intensity workouts can positively impact cardiovascular health. Jumping jacks, burpees, or high knees can elevate heart rate and improve cardiovascular endurance. Regular 15-minute workouts can lower the risk of heart disease, strengthen the heart muscle, and improve overall cardiovascular function.

4. Enhanced Strength and Muscle Tone: Short workouts can target specific muscle groups, allowing women to strengthen and tone their bodies. Incorporating exercises such as squats, lunges, push-ups, and planks can help improve muscle definition and increase overall strength. These exercises can be tailored to individual fitness levels and goals, making them accessible and effective for women of all abilities.

5. Mood Booster: Exercise has been proven to release endorphins, also known as "feel-good" hormones. A 15-minute workout can provide a quick mood boost, reduce stress levels, and enhance mental well-being. Regular exercise has also been linked to improved sleep quality, increased self-confidence, and reduced symptoms of anxiety and depression.

6. Convenient and Versatile: The beauty of 15-minute workouts lies in their convenience and versatility. They can be done at home, in a gym, or even in the office during a break. With the help of online workout videos, fitness apps, or simple equipment like resistance bands, women can create a customized workout routine that fits their preferences and goals.

Incorporating a 15-minute workout into your daily routine can profoundly impact your overall health and well-being as a woman. From time efficiency to improved cardiovascular health, increased metabolism, enhanced muscle tone, and a mood boost, these short bursts of exercise can make fitness a reality for even the busiest women. So, embrace the power of a 15-minute workout and step towards a healthier and happier lifestyle. Start small, be consistent, and reap the long-lasting benefits of regular exercise.



2024

HAPPY NEW YEAR

Trevi Pershay Productions Inc.

Produced and Written by
Trevi Booker Pershay



A SINNER'S PRAYER

AUDITIONS COMING WINTER 2024

email: trevipershayproductions@gmail.com