

September 2021 Issue
Volume 4

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C.O.B.S

BOSS CIRCLE OF
SISTERS

THE QUEEN'S COURT

Meet Natasha Cato
Author & Film Director

THE KING'S COURT

Meet Rising Star Actor
Anthony M. Walker

YOUNG CEO

Meet Ramel Newerls
CEO of Mogul Home
Solutions LLC

Meet
**"TIFFANY
WINFREY"**

CEO OF -
T. Winfrey Design, Inc.

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Falling Forward!!!

What an amazing Summer this had been for me and my creative mindset. I am finally in a place of learning, watching, and listening to those around me. I've experienced great disappointments; nevertheless, sometimes you must face the very thing you feared the most. I like to call that a wakeup call and seeing people for who they really are? My grandmother would say every actor eventually will come off script. I took the energy and time to depend on me as well as to reflect, rewind on what is truly important in life. I'd spent a lot of alone time with God, and I needed to make Him the center of my universe. I lift my glass in celebration of what I am becoming.

In our September issue, I wanted to take a moment to celebrate Marriages and its longevity to withstand the duration of trials and victories. Growing up in the projects, it was normal to see single black women raising their children alone. In that era, single mothers' band together, and they looked out for everyone's children. I really wish it was like that today, we would have less chaos within our youth communities. I remember being married was not something I wanted growing up. I had independent, strong and determine women in my family that weren't married, and they were my roles models. I was taught you don't need a man to be successful and to keep my independence. LOL! I guess God had another plan and I was married at 22. The article Celebrating Black Love is a dedication to those couples with longevity of 10 – 50 years of marriage.

As of November 16th, it will be our 36th wedding anniversary. We survived the 5th year take a breather you made it, or the 7th year itch and all the other clichés that are associated with being married. I've learned a lot in the longevity of being married. Your spouse should not be responsible for your happiness they should be part of what makes you happy. You



must bring your happiness to the table. Don't put the responsibility on your partner to love you more than you love yourself. If we be real with ourselves loving us is a hard job especially if we are carrying mental luggage. Keep the fire in your bedroom on fleek (listen to what the other person enjoys and pleasure each other), keep communication open, share an interested and be a team player in your spouse dreams and goals. Most importantly be a true friend to your spouse (don't let them find it outside of the marriage) and be open minded to new things (get out of routine habits – it's boring). Marriage is not easy, and it requires constant building to make the foundation strong.

Please enjoy the wonderful stories we have created for you and feel free to reach out to cobsmagazine@gmail.com with story, suggestions, or ideas you might have. We look forward in hearing from you.

Trevi Booker

Best Regards
Trevi Booker Pershay

MEET THE STAFF



Trevi Booker Pershay

Editor-N-Chief

Trevi Booker Pershay is Editor-N- Chief and Founder of C.O.B.S. – Circle of Boss Sisters. Trevi wears many hats she is CEO & Founder of PDM Performing Arts Corp., Trevi Pershay Productions Inc, PDM Productions LLC and she is author of the book “A Different Type of Church Girl – The Battle of the Calling on Amazon. Trevi is also Senior Pastor of Restoration, Hope and Deliverance Center, mentor, dance teacher and she is known as Tyler Perry of the Hood and the Purpose Pusher. Contact:  [trevipershayproductions](#).  pdmperformingart17@gmail.com or trevipershayproductions@gmail.com



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Beauty Editor

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

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Fitness Editor

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Hair Editor

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BEAUTY

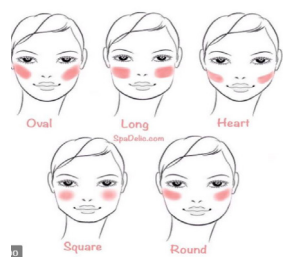
Tinika Thomas *Talk*

Inside tips for everyday make-up routine – regardless if your a newbie or experience in the makeup world.

4 MAKEUP TIPS THAT WILL MAKE YOUR LIFE EASIER....

Hello beauties in this month issue I wanted to enlighten our readers with 4 tips to help you with your everyday makeup routine. These hacks are actually brilliant.

1. DON'T SLEEP ON THE BLUSH



Just a couple of strokes of cream or powder to your high points of your face

creates a brighter and fresher look. Using a small amount of blush will give your face that perfect amount of depth (see picture below). You definitely don't have to get the common pink blush but you want to try to go for something that is soft for that glowy finish.

2. CREATE A SMOKING EYE USING THE HASHTAG SIGN

To hashtag or not to hashtag? Yes there are millions of videos on how to create a great smokey eye but if you don't have the perfect technique to create the look it can come out a hot mess. Try this tip drawing the hashtag sign in the corner of eyelids and blending out will allow you to create that smoking eye. The steps are very easy to follow; by using a creamy eyeliner draw a slanted hashtag

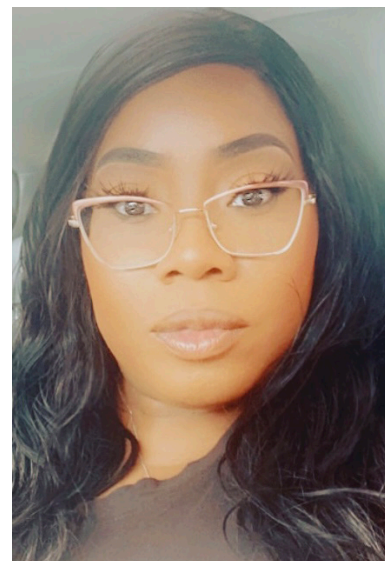
symbol (#) on the outer part of your eyelid (please see pictures)



and blend out using a sponge or smudging brush. This method will help from you not going to crazy with eyeliner.

3. APPLY YOUR EYELASHES WITH A BOBBY PIN

Do you always end up with too much glue on your fake eyelash strips and all you are left with is one big clump of mess? Next time you applying your fake lashes simply apply your eye lash glue using a clean bobby pin. Apply a few dots of glue to the strip and spread out evenly. Wait a few minutes to allow the glue to get

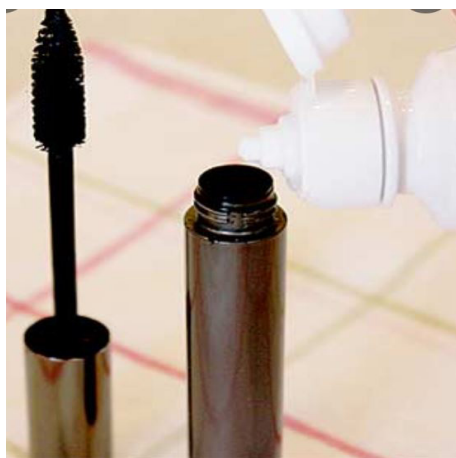


tacky and pop on your lashes. No clump no mess.

4. REVIVE YOUR MASCARA WITH SALINE SOLUTION

This tip should only be used on a tube of mascara that is no more than three months old. Mascara older than three months should be thrown out immediately because beyond that point collected bacteria in the tube can lead to very bad eye infections. If your mascara happens to dry up simply just add a couple of drops of saline solution to get back to its smooth consistency and no more dried out mascara.

"Be Your Own Kind of Beautiful"



Tiffany Winfrey

CEO of T. Winfrey Design, Inc.

C.O.B.S. MAGAZINE: Can you please tell us about you, your company, and the services you provide for your clients?

TIFFANY WINFREY: I'm Tiffany Winfrey, CEO of T. Winfrey Design, Inc., Brand Strategist, Web Designer, Author and Speaker. I help women who are still in their 9-5s, build their businesses to leverage their expertise, create impact, and generate success.

C.O.B.S. MAGAZINE: What was some of your challenges and struggles in starting your business and did you ever want to quit?

TIFFANY WINFREY: Oh man, there were so many struggles that turned into blessings! I believe my biggest struggle was quitting my job to run my business full time, after just 1 year of launching. Somehow, I expected that my ex at the time would support me, and that free time automatically meant more money. Boy was I wrong. I ended up living with a friend, fighting not to get my car repossessed and battling depression. 9 months later I was back in the workforce. At first I felt like a failure, a fraud, I was embarrassed, I was so broken. I even stopped showing up in my business. It wasn't until God showed me I was right where I was supposed to be and that nothing I endured was a setback but a repurpose, reposition, a reset.

C.O.B.S. MAGAZINE: Can you explain to our readers the importance of Branding their business and why?

TIFFANY WINFREY: People often think that branding is fancy logos, colors and fonts and that's so not the case. Branding is much deeper than that. Branding is what people think, say and feel about your business. A strong Brand consists of Brand Identity, Brand Messaging, Brand Voice, so many factors. I



often stress that business growth is dependent on strategy: knowing the core values of your business, the mission, who you want to reach, how you want them to feel after working with you or buying from you, what they'd tell other people about you. If people understand what you stand for they will hop on your "brand wagon".

C.O.B.S. MAGAZINE: What are the core values and attributes a brand should express?

TIFFANY WINFREY: That's such a great question. Core values for a brand is really what's the business's purpose, their vision, their mission, what they truly stand for. Brand loyalty is developed through feelings and understanding. It's like a relationship, if you're not making me feel good, why should I be loyal to

you? Back in the day, people supported a business by what they did. Now, with social media, Facebook groups, and more, communities are being built and people are supporting businesses more by the why and how compared to the what.

I tell my clients all the time, share your story. One, because people are nosey lol and two because people will support a business more when they can relate to the story, or support the cause. Your story is your story, no one can replicate that and it's what makes you unique.

C.O.B.S. MAGAZINE: Where do you see your company going in 5 years or do you have a strategic plan on where you're going?

TIFFANY WINFREY: I have so many goals I long to achieve within the next 5 years but truly the biggest of them all is to be able to say I helped over 100 women develop successful Brand Strategies for their business, I designed over 100 converting websites and also helped them witness the grace of God. Because truly, I wouldn't be here without giving God the glory.

C.O.B.S. MAGAZINE: Former First Lady Michelle Obama wrote a book on Becoming – can you share with our readers what is your Becoming and how you got there?

TIFFANY WINFREY: My Becoming is being more aware of myself, my thoughts, reactions, feelings. Saying no more and valuing my time. Learning to love others despite our differences. It took me a while to get here and of course I'm still learning and working on Tiffany, but I'm totally loving this Tiffany I've become today. Life got me here, hurt, pain, and grief. But I'm so thankful for those moments because they forced me to be alone and I had no choice but to work on myself.

C.O.B.S. MAGAZINE: What advice would you give women who are in a situation where they're partner is not supportive or wants them to choose what is important.

TIFFANY WINFREY: I've been here before and the

toxicity of the situation left me no choice but to leave with what all I could fit in my car. I had the luxury to up and go, but I know not every person has that luxury.

Prior to leaving the relationship, I stopped sharing my dreams, I stopped talking about my goals and aspirations, because it seemed to always be met with negative feedback. I felt like I had no choice but to shut down, become silent and just speak with God.

So my advice would be to pray on it and let God handle it. If someone does not support you, you cannot force them to. Our problem is we as humans feel that we can change another human. I felt like no matter the tears I shed, or conversations my ex and I shared, I was pleading a case with a predetermined guilty verdict. How can you fight that? It's impossible. So yes pray on it, let God be the resource, but also be ready to listen and act on the instructions God provides when he does answer.

C.O.B.S. MAGAZINE: Will there be any speaking or mentorship platforms that are coming up soon? Can you tell us how you planning to impact women and their visions?

TIFFANY WINFREY: OMG, I would love to get back into speaking. With the pandemic a lot has paused but I'm hoping to get back to speaking to women and sharing my story soon. I love my Branding and Web Design business but speaking to women and letting them know they are not alone in their struggles, it touches me. I just want people to see God's light through me. If I can just give one woman hope to keep fighting, then I've done my job.

C.O.B.S. MAGAZINE: How can our readers get in touch with you?

TIFFANY WINFREY: I'm on all the major social media platforms

   @twinfreydesign

 www.twinfreydesign.com.

Celebrating 49 Years of Marriage

JOHN AND DEBORAH THOMAS

C.O.B.S. MAGAZINE: Tell us in 200 words please share with us your name, duration of marriage, both occupations and a short funny story with our readers.

JOHN AND DEBORAH THOMAS:

We are John and Deborah Thomas; we have been married for 49 years. John is retired from the Department of Education, and I am retired from Bell Atlantic Telephone Company (known as Verizon). Our most memorial moment was our New Year's Eve story. I was invited to a New Year's Eve party, and I came with a date. My husband insist that he was playing hard to get, however, he had been eyeing me all night. I noticed that he was checking me, and I was checking him out. Our eyes locked and we just knew it was meant to be. Long story short, I ended up bringing in the New Year with John and we've been together ever since. I don't even remember what happened to the date I came with, nevertheless, it was faith that brought us together. It's been an amazing journey ever since.

C.O.B.S. MAGAZINE: What advice would you give to keep love growing in a marriage?



JOHN AND DEBORAH THOMAS:

My advice is a simple formula and I call it **Effective Listening Strategy!** God blessed us with two ears 1 to listen and the other to hear LOL. To keep a marriage growing you must be able to operate the two components. There are times when we hear but we don't listen and we listen, but we don't hear. Proven example – my wife will say something to me, and I am listening to what she is saying, however, I don't usually hear her – LOL. This frustrates her a lot of times because she normally

must repeat herself. Therefore, I started listening with my ears, eyes and my feedback to her response shows that she has my full my attention. Happy Wife Happy Life.

C.O.B.S. MAGAZINE: Why is friendship important in a marriage?

JOHN AND DEBORAH THOMAS:

Friendship is a state of mutual trust and support. Marriage is defined in the same matter that is why they go hand in hand. You need someone that you can share you with. The closer the friendship the stronger the marriage. I am proud to say we have 49 years of marriage and friendship.

C.O.B.S. MAGAZINE: What advice can you share with our readers on keeping the fire alive in a marriage?

JOHN AND DEBORAH THOMAS:

When I hear people talk about keeping the fire alive, many times they are referring to the bedroom. The bedroom is not the only fire that needs to stay alive. We like to go for walks, a drive, the mall, a movie, date night. Swimming and holding hands to keep the butterflies burning.

Celebrating 30 Years of Marriage

Dr. Mark and Lisa Jones

C.O.B.S. MAGAZINE: Tell us in 200 words your name, duration of marriage, both occupations and a short funny story with our readers.

DR. MARK AND LISA JONES: Greetings, our names are Dr. Mark and Lisa Jones and as of August 27th of this year we will be married for 30 years. Mark is Sr. Pastor of Manifestations Worldwide Inc., and I am employed through Kelly services with Hillsborough County School district. Funny story when I met my wife, she was braiding her friend's hair. During that time, I had a high-top fade and my come on-line was, "Do you want to braid my hair?" The rest is history.

C.O.B.S. MAGAZINE: What is the strategy to forgive when you've been hurt in the marriage?

DR. MARK AND LISA JONES: Our strategy starts with the scripture Colossians 3:13

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. We understand that though we have a reason to be upset, we don't have a right to retain it. We choose to not allow issues to go unresolved. We choose to forgive one another and see each other new daily, even as God does for us.

C.O.B.S. MAGAZINE: What advice would you give to keep love growing in a marriage?

DR. MARK AND LISA JONES: Realize that aging is inevitable, but growth is optional. Growth is always the result, so we must be intentional about engaging the kind of conversations and engaging the kind of processes that actually help us to grow our marriage. Growth is a process.

C.O.B.S. MAGAZINE: Why is communication so important and how do we not only hear but listen to each other?

DR. MARK AND LISA JONES: Communication is to the marriage what blood is to the body. No communication no life. We must decide that no conversation is off limits. We must make sure that we make time for uninterrupted interactions that foster healthy communication habits.

C.O.B.S. MAGAZINE: What ingredient can you share that makes a marriage survive trauma or drama?

DR. MARK AND LISA JONES: Traumatic events are inevitable



in marriage; we must decide to not allow them to define the marriage. A bad incident does not automatically equate to a bad marriage. It's important to understand that trauma does not self-heal, so we must make sure that we're going toward processes geared toward healing trauma wherever it resides.

C.O.B.S. MAGAZINE: How do you heal from hurt and move forward?

DR. MARK AND LISA JONES: We realized that hurt is an invitation to harbor an offense, it's not a subpoena. We don't have to choose to hurt.

Celebrating 21 Years of Marriage

Dr. Trenice West and Dylan Raymond

C.O.B.S. MAGAZINE: Tell us in 200 words your name, duration of marriage, both occupations and a short funny story with our readers.

TRENICE AND DYLAN RAYMOND:

Our name is Trenice and Dylan Raymond. We have been married for 21 years but together 25 years. I am an educator, and my husband is a Military Recruiter for Shell. My husband loves to tell people that I am the one who chased him down and got him to marry me but anyone with insight to my persona will know that is impossible and a tall tale. As he put it, "I had on my running shoes, running for the hills!" I would like to think that I was the catch, and he was trying to keep up with me. The truth is, we were ordained by God to be married and all our experiences before walking down that aisle was getting us ready for this journey together.

C.O.B.S. MAGAZINE: What is the strategy to forgive when you've been hurt in the marriage?

TRENICE AND DYLAN RAYMOND:

Forgiveness is a choice that is ongoing in a marriage. It is not always easy to endure emotional distress, especially when your spouse's behavior is at the core of that pain. There are times when the pain evolves into anger, then the anger evolves into resentment. Once resentment has grasped

your heart and thoughts, you find yourself becoming bitter towards your spouse and acting out in ways that are not healthy for the continuation of the marriage. The challenge is how to prevent forgiveness from turning into bitterness so that you can continue to fight for the marriage. What I had to learn is that my husband is not intentionally seeking opportunities to emotionally wound me. I also, had to learn to communicate when I am feeling a certain type of way versus, hoping that he would figure it out based on my actions. However, there are times when our marriage experience what I deem "valley moments", and forgiveness become a challenge for both of us. In fact, forgiveness seems out of reach. My resolution to valley moments is to pray and seek God's wisdom in how to bring healing to the marriage. The journey back to recovery will always start with you making the choice to forgive. So, forgiveness is a gift that you should share frequently and often when it comes to your spouse instead of allowing it to fester and turn it into resentment.

C.O.B.S. MAGAZINE: How do you heal from hurt and move forward?

TRENICE AND DYLAN RAYMOND:

Stop expecting your spouse to heal your wounds. They are incapable of doing what only God can do. You

will be disappointed all the time waiting for your spouse to heal your hurt. It is unfair to put that type of pressure on someone who loves you and you have chosen to live out your life with. I love Matthew 11: 28-30, when Jesus says, Come to me all you who are heavy laden and take upon you my yoke and learn from me and you will find rest for your soul. For my yoke is easy and my burden is light. I am living proof that trusting in God to deliver me from my pain is the only reason I am still married today.



Fried Grits W/ Shrimp in a White Wine Cream Sauce

Sarah Scarborough - CEO of SoulNY

Ingredients

Fried Grits

- 2 Cups Water
- 2 Cups Chicken Stock
- 2 Cups of Grits (Old Fashioned)
- ½ Cup of Cream Cheese
- 1 Cup Heavy Cream
- 1 Cup of Mozzarella Cheese
- 1 8 X 8 Sheet Pan
- Pinch of Salt
- Bread Crumbs
- Panko
- Eggs
- Flour
- 1 Tablespoon of Garlic
- 1 Tablespoon of Onion Powder
- 1 Tablespoon of Paprika
- Fresh Cracked Black Pepper
- Butter



Sautéed Shrimp In White Wine Cream Sauce

- 1 Pound of Shrimp
- 2 cups of Spinach
- 2 Garlic Cloves Minced
- 1 Cup Cherry Tomatoes
- Half a stick of Butter
- ½ cup of Heavy Cream
- ½ cup of Parmesan Cheese
- 1 Teaspoon of Salt
- Butter

- Fresh Cracked Black Pepper
- Parsley (Garnish)
- 2 Teaspoon of Garlic
- 2 Teaspoon of Onion Powder
- 1 Teaspoon of Paprika
- 1 cup White Wine of your choice
- Canola Oil

Procedure

1. In a pot combine water, chicken stock and butter.
2. Add grits and cook on low for approximately 25 - 30 minutes, stir grits continuously until liquid is gone.
3. Once grits are cooked add heavy cream, butter, and mozzarella cheese to the pot and stir well to combine.
4. Place grits in a buttered sheet pan forming 1 inch layer of grits, cover and place into the refrigerator for an hour or more to cool and become firm.
5. Once the grits are firm remove them from the pan by gently flipping the pan upside down allowing the grit cake to come out.
6. Slice the grit cake into desired square or rectangle shapes.
7. In a bowl combine egg and water to create an egg wash. Place flour in another bowl, and combine bread crumbs and panko in a third bowl.
8. Place the cut grit cake into flour, then egg wash, and finish with the bread crumb and panko mix.
9. Heat canola oil in a pan and fry grit cakes until golden brown and firm on each side. (Grit cake should be crunchy on the outside and creamy on the inside). And cool off on a cooling rack.
10. In a skillet, melt butter and sweat garlic (no color).
11. Add shrimp and seasonings to the skillet and cook until pink on both sides.
12. Once shrimp are fully cooked remove shrimp and set aside for later use.
13. Add White Wine to the same skillet and reduce half way.
14. Pour heavy cream into the skillet and cook until bubbles form around sides, add spinach, cook down and then add your shredded cheese.
15. Add sliced cherry tomatoes into the skillet and cook for an additional 5 minutes.
16. Place Shrimp back into the skillet season with salt and pepper.
17. Plate and Serve.



Tasheka Scafe

Educator/Artist

C.O.B.S. MAGAZINE: Tell our readers a little about yourself and your profession?

TASHEKA SCAFE: My name is Tasheka Scafe I was born and raised in Brooklyn, NY to immigrant parents from Jamaica. As a First Gen student I have always pushed myself to do the very best to not only make myself proud but my family as well. I was the first in my family to graduate from college, setting the precedent for my nieces to surpass me. I am currently an 8th grade Special Education Math Teacher at a charter school in Brooklyn, as well as currently getting my Masters' in Education, Dual Certification in Special Education. I am doing all this while still pursuing my passions in the Performing Arts.

C.O.B.S. MAGAZINE: When did you know you had the gift of dance?

TASHEKA SCAFE: I attended a neighborhood public school up until the 3rd grade. One day a few people



from a school called Ballet Tech showed up to give us a dance try out. I had no idea what I was doing but I knew how much I loved dancing at home. A few weeks later I got a letter asking me to attend their dance program part time, which

I of course accepted. The next year I officially

transferred to that school, where I stayed until the 8th grade. It was the first place I fell in love with dance and knew it was what I wanted to continue to do for the rest of my life.

C.O.B.S. MAGAZINE: How do you manage dance, acting and being a teacher?

TASHEKA SCAFE: Honestly? The Grace of God. I know it sounds cliché, but God is the only way I have made it this far. My workday is generally from 7am to 4pm for teaching, I am usually in the building earlier and later than that depending on the day. I try to keep myself organized so that I don't need to stay after work multiple times a week. With that I can complete my classes for my masters, as well as attend classes or rehearsals for dance or acting. I'm always honest with myself on what I can and cannot handle for that season and that has been a major help in not overworking myself. Balance and learning to say and tell myself no is what has helped me the most.

C.O.B.S. MAGAZINE: What motivation do you install in your students?

TASHEKA SCAFE: Something that my faith



consistently pushes me to do is to operate out of love in every situation. When I work with my students, I focus on pushing them to believe in their capabilities. I know how harsh the world can be, especially for black and brown children. With that being the primary population

of my students, I want them to know how loved and valued they are. My students know that Ms. Scafe is someone you can turn to for anything. I am

always honest with them because I want them to understand how much they can accomplish, and in the end that is usually what they remember me for.

C.O.B.S. MAGAZINE: Tell us how you dealt with adversity?



TASHEKA SCAFE: Prayer, therapy and leaning on my community. Life has thrown me some serious curveballs. I've learned to take every test for what it is and to continue to push myself to not give up. Taking it one day at a time has been my motto and it has helped me push through and overcome a lot in my life.

C.O.B.S. MAGAZINE: What is your specialty in dance?

TASHEKA SCAFE: I love most genres of dance, but my specialty is contemporary.

C.O.B.S. MAGAZINE: As a single black woman how do you handle the dating scene?

TASHEKA SCAFE: Hmm, that's a great question. I have truthfully not focused on dating for a while. Growing up a large part of my focus was to be the first college graduate of my family, so I didn't allow distractions. Once I graduated, I dated, but it still wasn't a huge focus for me. For me, I find that developing a friendship first makes the strongest relationships. So as of now I'm just allowing myself to be open to meeting and getting to know new people.

C.O.B.S. MAGAZINE: What do you believe your sole

purpose in life is?

TASHEKA SCAFE: I believe my sole purpose in life is to help build up the next generation. Whether that's through teaching academics or performing arts. Opening my own school or even just touching and teaching people through my own art, there are so many ways to help the next generation get to wherever their hearts desire.

C.O.B.S. MAGAZINE: How do you inspire your students when it comes to bullying, depression or suicide?

TASHEKA SCAFE: I have honest, transparent, and caring conversations with them. Because of the relationships that I build with my students, I am either able to tell when something is off, or they freely come to me to express themselves. I always try to make sure I listen and let them talk it out. But I am also always honest and open about trials that I have personally faced so that they know they aren't alone, specifically when it comes to suicide.

C.O.B.S. MAGAZINE: Where do you see yourself 5 years from now?

TASHEKA SCAFE: I see myself working more heavily in the performing arts field and beginning the foundational work to open my school.

C.O.B.S. MAGAZINE: Tell us where we can reach you on social media?

TASHEKA SCAFE: You can follow me on  @Tashekascafe or Like my page on  @Tasheka Scafe



NATASHA CATO

AUTHOR/DIRECTOR OF

"THE PAIN FROM HER WOMB"

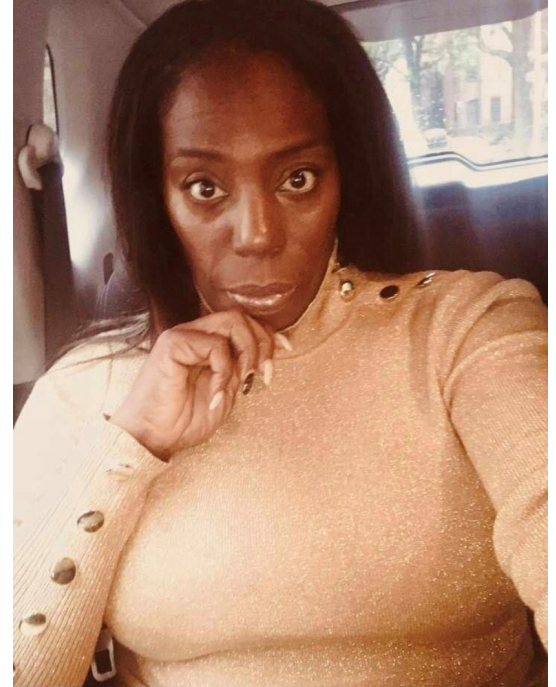
C.O.B.S. MAGAZINE: Can you please share with our readers a little about yourself and the meaning behind the title of your book "The Pain From Her Womb?"

NATASHA CATO: My name is Natasha Cato born and raised out of the heart of Brooklyn, New York (Bedford-Stuyvesant Eleanor Roosevelt projects). I lived in Eleanor Roosevelt Projects for 21 years. My book is based on the life and tribulations of growing up as a project kid. In my youth, I saw everything from murders, drugs, etc. During that time, my grandmother was the head of the household and a true Woman of God where she instilled in me having faith in God. Eventually, I moved out of the projects and started my own family at a young age; from that point, my life made a turn for the worse. I went from domestic violence, mental and physical abuse, homelessness, washing up in gas stations, rape, and almost lost my life. It all stopped when I allowed myself to heal, find God and He renewed my mindset. At that moment, I had decided that I wanted to do better for myself

and my children. Memories of Church reminded me how much the Word of God had to be an anchor in my life. Now that I am a survivor of my pain God has entrusted me to tell my story that it may bless someone else. I am an Author of two books, Director of Kingdom Kidz Academy, and a motivational speaker.

C.O.B.S. MAGAZINE: Why did you feel it was critical to share your story?

NATASHA CATO: The purpose of sharing my story was to help someone bring closure to their pain. The only way to heal from what I've experienced is to talk about what almost destroyed me. At the age of four years old, I was faced with so many trials and tribulations from being raped by my babysitter, molested and raped by men/women up to the age of five. Those traumatic experiences left me broken, angry, alone, and I no longer trusted anyone. There were people in my life that were supposed to love and protect me but they felt to do so. I remember sitting on my



couch about a year and a half ago the Lord spoke to me so clearly to tell my story. I went back and forth with the Lord for a long while but I had no choice but to obey "The Pain From Her Womb" was birthed. There is one key point that God had to teach me and that is no matter what we are going through, no matter of all the hell that is surrounding us we have to have a spirit of determination and tunnel vision to get to the finish line. Remember every Weapon will be formed BUT it won't and can Not Prosper!!! So I challenge you to put your determination into practice today because I want to

see you win!

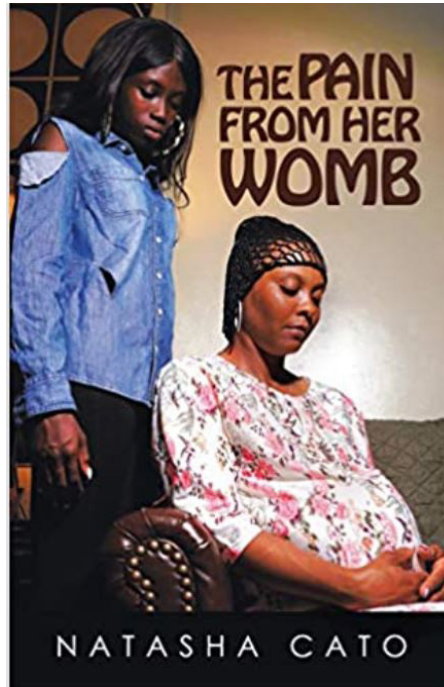
C.O.B.S. MAGAZINE: In writing truth there is always some type of controversy that comes with it can you tell us what type you have faced?

NATASHA CATO: Oh my goodness! I had no idea that the controversy would be so great and by obeying God I would have to face all those naysayers. The negative energy of some people spread horrible lies concerning me and the book "The Pain From Her Womb". Nevertheless, I didn't allow that to hinder what I was called to do and that was to tell my truth. We have to know that all of our trials and tribulations are not designed to kill us but to make us stronger.

C.O.B.S. MAGAZINE: Was there a part of the book that was the most difficult for you to write? Can you explain why?

NATASHA CATO: I honestly can't say the hardest part of writing this book was writing the book. When God spoke to me and told me to tell my story I didn't want to relive it again. It was too painful and for years I had swept all those memories that I had to endure from my childhood under the rug. It's hard to relive what hurt you, however, I knew that my story was for others who experienced what I've gone through. If I can turn my pain into power, so can someone else.

C.O.B.S. MAGAZINE: You decided to turn "The Pain From Her Womb" into a movie. What



challenges and obstacles have you encountered?

NATASHA CATO: The Lord has given me the vision to turn my book into a movie and honestly it's been a wonderful experience. I've had the opportunity to cast and hire some awesome actors/actresses as well as the production team. When we're on the set, we have a family vibe that brings us closer together as a team. The most challenging part of filming this movie is the backlash that I received from people who were nowhere around when I had to endure all that hell. These individuals are the same people who told me that I lied about what was written

in my book. This is the Price We Have To Pay For Greatness!

C.O.B.S. MAGAZINE: When casting for this movie, what factors do you consider to determine character suitability?

NATASHA CATO: When I'm casting for the character roles in my movie, I take into consideration, looks, skills, passion, and a deep understanding of the role, It's important to work with a clear mind, learn to work under pressure, and having a great attitude to work well alongside other actors or peers.

C.O.B.S. MAGAZINE: Can you share a release date for your movie? Can you share where to purchase your book?

NATASHA CATO: The movie is currently still being filmed we had a delay in filming due to COVID-19, but production will resume in the Fall of 2021. "The Pain From Her Womb" book can be purchased at Amazon.com, Barnes & Nobles, Walmart and is also available on E-book.

C.O.B.S. MAGAZINE: How can our readers connect with you?

NATASHA CATO: Your readers can contact me through email

✉ Danasiak123@iCloud.com,

f TashanCato

📷 TashanCato

Meet

ANTHONY M. WALKER - RISING STAR ACTOR

C.O.B.S. Magazine: Can you tell us a little about who Anthony M. Walker is? What, according to you, is the mantra of success?

Anthony Walker - Anthony M Walker is a father, son, husband, uncle, and brother. One of my success mantras is "hard work beats talent when talent doesn't work hard". I say that to myself every time I may feel distracted or maybe I'm just not in the mood. But I constantly tell myself that I won't get anywhere if I don't continue to work hard. Your work ethic is everything no matter how many times I may pray or meditate or say my morning mantras I know that faith without works is dead.



C.O.B.S. Magazine: - You performed in a Broadway play entitled "The Defiled Bed" and women in the audience saw you as the "chocolate sex symbol" how did you feel about that?

Anthony Walker - The audience we had for "The Defiled Bed" was amazing. Shout out to Trevi for writing a phenomenal script. Being seen as the "chocolate sex symbol" by the ladies was cool. I just couldn't tell if they like my acting or thought I was eye

candy lol. But either way, I appreciate the support. I enjoyed when the Ladies would make noise when I hit the stage. My goal was to make my character believable as well as desirable, therefore, I turned it up a bit for the ladies (smiles).

C.O.B.S. Magazine: The entertainment industry, is full of competition; what do you do to stand out amidst the competition? How difficult is it to establish yourself in the industry?

Anthony Walker - This is a tough industry, and it is not for everybody. There's no telling when you are going to get that big break. It can take 2 years for some or 32 years for others that's why it's important to be persistent and consistent. As I stated earlier, your work ethic is going to take you far in this business it's a big but small business and people talk. If word gets out that you're lazy and you have a bad attitude nobody will want to work with you which leads to my next point and that's building and maintaining relationships. Ever heard of the saying "it's not what you know it's who you know"? Who you know in this industry can speed up your process a little bit? You can be the hardest working and most talented but if you don't have the personality to get out there and meet the right people nobody will ever know who you are and then you might start feeling stuck. Your personality is a big factor in your success and building the right relationship will help you establish yourself.

C.O.B.S. Magazine: You had the opportunity to be part of the movie "Genius" Aretha's Respect how was that experience? How was sharing the screen with some A-listers?

Anthony Walker - I had so much fun working on "Genius: Aretha". Working opposite the talented "Cynthia Erivo" was amazing and I learned a lot from her in such a short time. Her lines were delivered so effortlessly almost as if she wasn't trying like she

didn't even care but that was not the case at all. She understood who her character was and delivered it spot on. It looked like she wasn't even acting and that's the level of simplicity that I'm working to achieve.



C.O.B.S. Magazine: You have experience in both theater and film production which do you prefer? Can you explain?

Anthony Walker - Having experience in both film and theater is amazing and I love both for different reasons. I'd say what I love about theater is there is no feeling like getting a loud reaction from the audience, good or bad. As a performer, you feed off that. If the crowd is dead your performance might be a little bit more tone that night. But if you have an engaging crowd and they're fired up, I guarantee your performance will be high energy. I'm a former high school athlete so I always compare it to playing in front of a packed stadium in front of my family and friends and when the crowd is in it, it motivates you to keep pushing through. What I love about the film production is that if you don't like the way you delivered your lines in a scene you do have the option to shoot it again. In the film industry, you can make a mistake and do another take, whereas in the theater if you do make a mistake "the show must still go on".

C.O.B.S. MAGAZINE: - How do you balance your

personal life and your professional life with the recent expansion to your family?

Anthony Walker - Balancing my personal and professional life is not an easy task at all. I have a wife and 2 kids. My wife works full time, and my kids go to school. Therefore, if I'm filming for a couple of days or weeks 12+ hours a day it can become challenging. Communication is key in my situation. There are times my acting scheduled will clash with a few family outings, however, I have an understanding family that supports my career. I do keep a balanced schedule on a calendar for organizational and communication purposes. I am truly blessed to have a spouse who fully understands my commitment to my career. My wife is the backbone of my career, and she motivates me to keep pushing forward. Therefore, no matter how busy I am, we make family time a priority. We are a very close-knit family.

C.O.B.S. MAGAZINE: -Is there anything upcoming projects that you like to share with our readers?

Anthony Walker - I'm starring in The Plug Networks Original Series "Seven Sins". You can download "The Plug Network" app and catch it there, it'll be dropping sometime this fall.

C.O.B.S. MAGAZINE: - Can you share how our readers can connect with you?

Anthony Walker - You can find me at

  @AnthonyMWalker
 @AnthonyMWalker



Tricks and Tips to Stay Fit

By Arielle Pershay



Hello beautiful people! I am back again with more health tips.

In life we all face some challenges to make us a better us.

In this article I want to talk about healthy food choices. Below are some breakfast, lunch, and dinner choices. Let's not forget the snacks. I am a snack person at times. Alright beautiful people let's eat!

Here is a list of meal ideas that can jump start a new you.

Healthy breakfast choices:



1. Oatmeal. (You can add fruits)
2. Whole Wheat toast. (You can add it with avocado, or tomato with spinach, eggs, ETC)

3. Scramble Eggs (Boil eggs, egg whites). Note you can add bacon or any choice of meat, keep it light
4. Smoothies (Fruit smoothies).
5. Gluten free or protein waffles or pan cakes
6. Yogurt. (You can also add fruits, etc.)

Healthy Lunch choices:



1. Pasta Salads (You can add pesto etc.)
2. Grilled chicken salad. (It doesn't have to be a salad you can eat it with veggies)
3. Rotisserie chicken. (You can add salad, baked potato, mash potato, etc.)
4. Tuna salad
5. Soup/Chili
6. Burritos or a burrito bowl
7. Potato salad.
8. Mediterranean style lunch
9. Veggie salad
10. Egg salad or sandwich (whole wheat bread)

Healthy snack choices:



1. Mixed nuts
2. Yogurt (preferably Greek yogurt with mixed berries)
3. Fruits (you can look up good recipes online to get more creative with the fruits)
4. Dark Chocolate and Almonds
5. Cherry tomatoes with mozzarella
6. Healthy beef jerky sticks
7. Protein Shakes
8. Hard boil eggs
9. Cheese and crackers
10. Fruit and nut bar
11. Chips and Salsa
12. Veggies and Hummus

Dinner Choices:



1. Brown rice pasta.
2. Baked/grilled/skillet Lemon garlic butter chicken green beans
3. Veggie pasta
4. Baked/grilled/skillet salmon with any sides of your choice (keep it light)
5. Garlic butter steak or regular cooked steak with your choice of side veggies
6. Turkey meatballs cauliflower rice
7. Shrimp past with your choice of toppings

I hope these delicious healthy food choices help you along the journey of staying fit. My one keynote is trying not to do so many carbs. A healthy you are a healthy life!

The Truth About Grief

Written by Earl O'Brien

Have you ever felt a gaping hole in your heart after losing someone you care about? I'm sure there are days you cry, moments of anger, wondering how God could take the person I loved so much away from me, depression, and many have turned to self-medicating behaviors (substance abuse, self-mutilation, unprescribed or prescribed drugs, etc.) to numb themselves from the reality of life—the pain they have a difficult time expressing... Many people experience grief, but many avoid it because they tell themselves to “keep going,” as if demonstrating how strong you can be during a difficult time is a badge of honor! Avoiding the grieving process is a form of self-betrayal! There are things you need to know before you can approach your grieving process from a place of self-compassion, and self-love—free of judgement!

According to the dictionary of the American Psychological Association grief is the anguish experienced after significant loss, usually the death of a beloved person. Grief frequently entails physical distress and separation anxiety. Through immune system disruption, self-neglect, and suicidal thoughts, intense grief can become life-threatening. Grief can also have an effect on the somatosensory cortex, which is responsible for processing emotional stimuli and empathetic responses. Throughout COVID-19, an insurmountable number of deaths, racial injustice, career loss, and future plans have taken a turn or are at stand still. Before you grieve over any type of loss, it is imperative to understand the stages which are in no particular order

The stages of grief are as follows....

- Denial & Shock
- Anger
- Bargaining
- Depression
- And acceptance

As previously stated, these are in no particular order because any of these stages may be your initial reaction. What you are not informed about the purpose of grief is that There is no time limit! In order to engage your grieving process, you must be able to identify your

present emotional state, give yourself grace, find a group of people who are willing to help you process your pain, and seek professional help that will provide you the tools to navigate through this time of pain. Although it comes unannounced, grief can become a beautiful experience or a not so beautiful experience; you owe it to yourself to speak kindly to yourself and to experience every emotion there is to feel so that you can help others traverse through dark times.



Here are some tips to help you and others as you go through these times whether individually or collectively

Discuss the death of a loved one with friends or acquaintances to gain a better understanding of what occurred and to honor your family member or friend. Avoidance can result in isolation and can sabotage your support system's healing process.

Recognize your emotions. You may feel a range of emotions, including sadness, anger, and exhaustion. All of these emotions are normal, and it's critical to recognize them when they occur. If you are feeling trapped or overwhelmed by these emotions, it may be beneficial to speak with a clinical psychologist or other psychotherapist who can assist you in coping with your emotions and regaining your bearings.

Reach out and assist others who are grieving. Spending time with the deceased's loved ones can assist everyone in coping. Whether it's telling stories or listening to a loved one's favorite music, these small actions can have a significant impact on some. Additionally, assisting others makes you feel better.

Commemorate and honor the lives of your dear ones. The anniversaries of a loved one's death can be difficult for friends and family, but they can also be a time of reflection and honoring them. You may choose to collect donations for a deceased loved one's favorite charity, to give a baby a family name, or to plant a garden in memory. What you choose is entirely up to you, as long as it is possible for you to honor that special relationship and trust that feels right.

Check out these Black Author's on Amazon

A Different Type of Church Girl – The Battle of the Calling

Written by Trevi Pershay

Sold: [amazon](#)



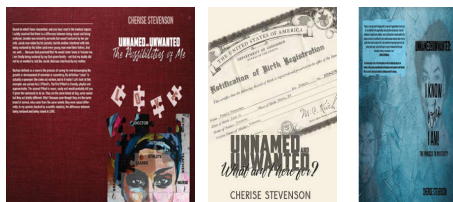
Zoya is reared by her over religious grandmother that decides to be the God in her life. Eventually, Zoya runs away

from home and runs into the hands of sex-traffickers that puts her into prostitution. Now Zoya must find her Faith in God to escape the pits of hell.

Unnamed and Unwanted: The Trilogy

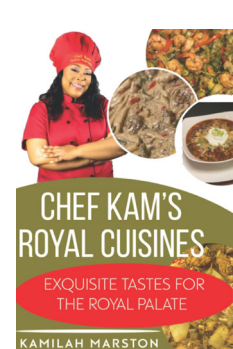
Written by Cherise Stevenson

Sold: [amazon](#)



These 3 books are based on a true story about bringing awareness to verbal and emotional abuse. It's a must read

Chef Kam's Royal Cuisines – Exquisite Tastes for The Royal Palate



Written by: Kamillah Marston

Sold: [Kammarroy-alcusinellc.com](#) or [amazon](#)

This cookbook is a little color in my life as a chef and the love of cooking I desire to let others enjoy as well

as making dishes at home. Cooking is love in the form of food. When it's done from the heart your food always

tastes amazing.

I Am Relentless

Written by: Staxx Cordero

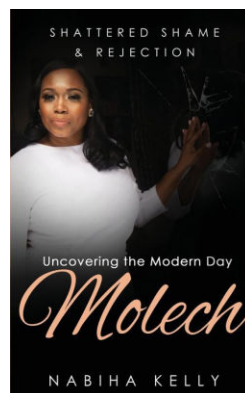
Sold: [amazon](#)



I Am Relentless speaks to the heart, it's raw, therapeutic, and honest. Captivating from page one, as Staxx's upbringing may mirror that of your own if you ever pursued a career

in entertainment. If music gives you chills and a song to write haunts your brain until it's either produced or put on paper, you can relate. If you sung with a brush in your hand and you were the star of all the family parties, this is for you!

Uncovering the Modern Day Molech



Written by: Nabiha Kelly
Sold: [amazon](#)

The Holy Spirit whispered to me this book would be used to unveil the repercussions of abortion and all its deficits, hurt. Lies and deceit.

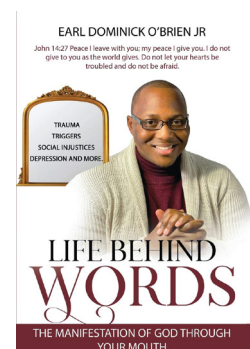
This book deals with being shattered, shamed, and rejected. If you ever want to heal properly pick up this book.

Life Behind Words – The Manifestation of God Through Your Mouth

Written by:

Earl Dominick O'Brien Jr.

Sold: [amazon](#)



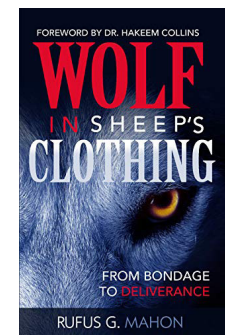
The vehicle of life and death lies in the tongue; if what you speak can cause a shift in your life, why

allow the power of your speech to be silent? God never gave you a slurred speech or a slurred tongue. Even in the beginning process of being a baby, they let out a language that can't be understood, but within the process and time from childhood to teenage years and adulthood; our speech gradually improves step by step. Allow this book to bless you as God takes you into the pages of life behind words.

Wolf In Sheep's Clothing – From Bondage to Deliverance

Written by: Rufus G. Mahon

Sold: [amazon](#)



"Wolf in sheep's clothing, takes you on a journey, through the life of a man, along a path of a dark and shameful world, where many, prefer to subdue than

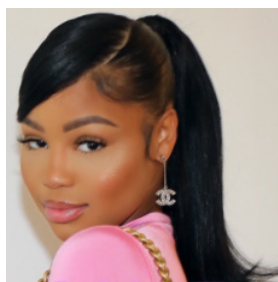
unearth". On the pages of this book. One, can find oneself, confronted with in depth personal issues, that have laid hidden and unresolved.

This book is geared to assist the reader in not only confronting these said issues but to help implement, compound and practical solutions, for an altogether balanced life.

Nisha's 90's inspired trendy Style of the month!

Hello my wonderful readers, want some tricks and tips on some 90's style that are making a comeback of the season? Well, keep on reading to learn easy ways to style and manage this trend with my quick 101 tips.

Let's take it back to the 90's with some cool styles!



1. **The slick back pony w/ swoop (optional)** – All you will need is a nice ponytail

at your local beauty supply store/ preference of purchase. You will need a couple of rubber bands, eco styling gel or got2b holding spray and bobby pins to hold the ponytail in place. The market also has ponytails that come with a velvet strip if you prefer no bobby pins, you can purchase from amazon as well. Brush your hair back into a low or high ponytail and once it's done start to add the products to slick the hair down. You can add your swoop with your natural hair, or some hair add on make however, make sure your hair is press with hot comb or straightened with flatiron. Slick the hair as desired make sure to add some holding spray along the way to mold the swoop together.

2. **The flip and go style–** The 90's flip style is making a comeback and now is the latest trend. There is no right or wrong way to rock this style but here's a



few tips you can try. You will need to curl your hair the opposite direction with a 1-inch

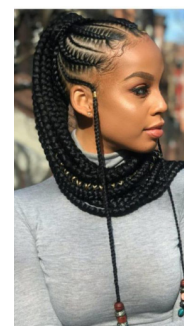
curling iron or tool of choice. The flip depends on your preference, you can either rock it with your hair pressed, wig or ponytail. The products you will need are some holding spray and you can also use rollers if you prefer not to heat on your hair.



3. **Rubber band hair design** – The rubber band hair design is making a huge come back again. This style is simple and easy with no

right or wrong ways of styling. How to style is super easy, you can purchase a pack of rubber bands from any beauty supply store or presence of choice. You can do this look a few ways but let's try half up half down style, part your hair from the middle section from ear to ear. Once parted split the

front into two sections and work on one section at a time. You are going to make individual ponytails with the rubber bands. You can be as creative as you desire with your sections, however, make sure you connect them as you go. Once done you can style the remaining hair by adding a ponytail, or few hanging braids or simple curls.



4. **Corn roll hair design** – Although, corn rolls have been around for centuries this style comebacks are getting more and more

technical and creative to date. One popular style has made its rounds back with the half corn roll at the tops and leave out in the back. This style is option with hair extensions or your natural hair. If you are not great at hair braiding don't worry, you are not alone. You can see a professional stylist or maybe a talented family/ friend who can give you this desired look. To style you we need to follow the same steps as the rubber band style except you need to braid the hair straight back or freestyle to your desire.

Asia Patrick

CEO of New York Drip Fashion

Creative Layback Clothing Line



C.O.B.S MAGAZINE: Can you share with our readers who you are and some details about your clothing line?

ASIA PATRICK: My name is Asia Patrick; I am 23 years old and the CEO of New York Drip. As a fashion designer, my targeted consumers are family (male, female, and kids). I've also stepped out of the box, and I designed accessories and swimwear as well. I enjoyed

designing active wear clothing for those that enjoy the comfy and laid-back look.

C.O.B.S. MAGAZINE: When did you decide you wanted to design active wear clothing? How did that idea get started?

ASIA PATRICK: I started designing my sketches in 2017 but I've



always known I wanted to be a fashion designer since I was kid. During my childhood, I would always play dress up in my mother's closet. My passion has always been fashion, therefore, finding my drive to create my

clothing line was not hard to do. Some of my inspirations came from Aaliyah (the singer) I loved



her style especially with the baggy pants and tight shirts.

C.O.B.S. MAGAZINE: Did you go to school for fashion? How do you dress on a regular? What style of clothing suits you?

ASIA PATRICK: Yes, I attended The Art Institute of Atlanta where I learned more about fashion. Marketing classes were such a great boost in helping me develop my brand. I consider myself a

true tomboy at heart, however, I do have a girly side to me. My girly side emerges depending on my mood and if I'm conducting a business presentation. The style



of clothing that suits me is urban, sporty, and a splash of edginess.



C.O.B.S. MAGAZINE: What other designers do you admire and how did they inspire you?

ASIA PATRICK: I admire Tommy Hilfiger because his clothing line has a preppy urban style. He has an interesting way of using primary colors that can literally go with anything. His brand definitely gives me a 90's vibe, which happens to be my favorite era,



with so much versatility that you can wear so many ways.

C.O.B.S. MAGAZINE: Can you share with our readers how you manage day to day with promoting your brand?

ASIA PATRICK: I promote my brand using the media platforms of Instagram, Facebook, and Snapchat.

C.O.B.S. MAGAZINE: How long have you been doing this and what's your next move?

ASIA PATRICK: I recently just started my online store and it's been almost 2 months. My goal is to keep expanding the business.

C.O.B.S. MAGAZINE: Can you share with our readers a time when you were discouraged in starting your business and what did you do to encourage yourself?

ASIA PATRICK: This pandemic has helped me with my creativity towards my clothing line. I started doing a lot more brainstorming, coming up with new sketches and creating new ideas.

C.O.B.S. MAGAZINE: Do you have a mentor and how do they help you get through tough days? How can our readers connect with you?

ASIA PATRICK: Honestly, I do not have a mentor I basically mentor myself. I do have a great support system behind me which includes my boyfriend and all my family. When I encounter those tough days, I try to listen to music to calm my spirit which helps me to gain more inspiration.

A Visionary with A Vision to Impact the World

Ramel Newerls – a.k.a. Young Mogul



C.O.B.S. MAGAZINE: Can you share with our readers a little about yourself and what is MOGUL LIFESTYLE's purpose?

RAMEL NEWERLS: My name is Ramel Newerls, also known as the "Young Mogul" credit coach, real estate developer, and motivational speaker. I was born and raised in the inner city of Brooklyn, NY. I grew up being a dreamer and visionary as I noticed the lack of opportunities in my neighborhood. This is what drove me to become an entrepreneur because I wanted to be able to provide opportunities within his community. In 2017, I created MOGUL SERVICES LLC which is a financial literacy-based platform for millennials to teach real estate, credit, and financial independence. At the age of 25, I received my first six figure check with the acquisition and resale of a Brooklyn brownstone which sold at 1.2 million dollars. Since 2017, I have leveraged real estate syndications to pay off my

student loan debt and has helped over 1000 millennials get into the 700-credit club. My goal is to



increase financial awareness and help millennials become financially independent.

C.O.B.S. MAGAZINE: When did you start turning your ideas into reality?

RAMEL NEWERLS: My ideas started to turn into reality in 2016 when I decided to reinvent myself and announce myself to the world as the young mogul. I believed that I would be successful and influential,

and I did the work that was required and over time I started to reap the benefits of my work.

C.O.B.S. MAGAZINE: Who were your business mentors and how did they impact your life?

RAMEL NEWERLS: My business mentors are Damon Dash, LeBron James, Daymond John and Eric Thomas. These men showed me that anything is possible because they all come from humble beginnings. They started out in single parent households, welfare, public housing and etc. The typical story of a black kid growing up in the inner city and I see myself in them. Growing up in Brooklyn, NY. most kids only dream of becoming a rapper, athlete, or drug dealer. Outside of LeBron James, all these mentors of mines do not have any rap or entertainment experience. They became successful utilizing pure hard work and dedication.

LeBron James made a living with sports but expanded beyond the court and became more than an athlete. That is what I admire about him.

C.O.B.S. MAGAZINE: What advice or wisdom can you share with our youth entrepreneurs that are afraid to start their business?

RAMEL NEWERLS: There are three principles that I live by that has fueled my vision and success thus far. Preparation, Persistence, and Patience. I promise you if you follow these principles your life will change. Preparation is being in position to receive the blessings upon you and accept that you have been chosen to become successful. A lot of times we prepare for the worst but rarely prepare for the best. Changing your mindset when it comes to preparation can make all the difference. Persistence is the ability to overcome all obstacles that appear along the journey to financial freedom. Never share big ideas with small minds because their opinions will distract your persistent efforts. Lastly, patience is understanding that this is a process, and it may take 10 years to become an overnight success.

C.O.B.S. MAGAZINE: What motivates you to get out of bed every morning and how do you handle adversity that discourages you?

RAMEL NEWERLS: GOD motivates me every single day. When he wakes me up, I feel empowered and blessed to have the health to break the generational curses. My family motivates me every day. My goal is creating opportunity for my community, and I will not stop until we are out of last place.

C.O.B.S. MAGAZINE: As a young black CEO, how do you define success, goals, and dreams? Explain.

RAMEL NEWERLS: I define success by how many lives you can change. Success is not what you do for yourself, it is what you do that impacts others.

C.O.B.S. MAGAZINE: What is some core action or activities that your organization is taking to impact youth in your community?

RAMEL NEWERLS: My organization does a college tour every single year where we travel and host free financial literacy seminars. We also host annual toy drives, book

drives, and donate food to the less fortunate.

C.O.B.S. MAGAZINE: We have reviewed your bio and we were very impressed with your tenacity. We would like to give you a few words and in return we would like for you to share what it means to you. Champion, I AM, Radical and Motivation.

RAMEL NEWERLS: I am a champion of the streets. What I mean by that, I am the representation that you can become successful without being an athlete, rapper, or drug dealer. That is a win for us as black youth. I am radical means to me that I can make decisions that may not be best for me personally but for the betterment of my community. I sacrifice to gain freedom. I am motivated to continue to break generational curses and get our families out of last place.

C.O.B.S. MAGAZINE: How can I readers connect with you?

RAMEL NEWERLS: -

 (@MogulLifestyle_)

 (Ramel Newerls)

 (@MogulLifestyle_)

 www.mogulcredithacks.com



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