

DECEMBER 2021 ISSUE
VOLUME 7
US \$2.00

WILL
C.O.B.S

BOSS CIRCLE OF
SISTERS

THE KING'S COURT

FABIAN THORNE -
CEO/FOUNDER OF BUILT 2
LAST FITNESS COMPANY

THE QUEEN'S COURT

REGINA PITTMAN
NURSE TURNED TO AN
INSPIRATIONAL AUTHOR

WOMEN'S WERK

PAULETTE C.
JOHNSON ELLIOTT-
CEO OF PAULIE'S
LOVE CATERING

WOMEN ON THEIR GRIND

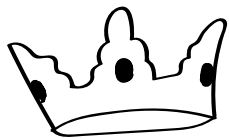
LAQUITA PARKS -
CEO PA-PRO-VI PUBLISHING
RACQUEL MARIE JONES -
CEO OF FREE TO FLY PRODUCTIONS
JEWELIE NORALES -
CEO FIRST DIME BOOKINGS



Featured Story
“**TRACEY
FRANCIS-
GORDON**”

CEO OF -
POUT all thing lips

Table of Contents



Editor's Note

04 Trevi Pershay

Christmas Memory

05 Trevi Booker Pershay

Chef's Corner

33 Chef Paulett

Meet the staff

07 Members of the COBS

Featured Story

08 Tracey Francis-Gordon

Queen's Court

10 Regina Pittman

King's Court

12 Fabian Thorne

Women's Werk

14 Paulette C. Johnson Elliott

Young Entrepreneur

16 Malik Dupri

Artist Corner

18 Wayne Christopher Allen

20 Erica Penn

Special Edition

22 Laquita Parks

24 Racquel Marie Jones

28 Jewel Norales

Beauty & Hair

30 Talk Beauty – Tinika Thomas

31 Hair Care Tips! – Nisha Pershay

Fitness Corner

32 Tips and Trick to Stay Fit -
Arielle Pershay



Editor's NOTE

HAPPY HOLIDAY TO ALL OUR
C.O.B.S READERS



As the year comes to an end, we are looking towards the New Year with great anticipation, new resolutions, stronger Faith, and newfound hope. My prayer for you is that however, you are entering the new year make sure that you level up in your dreams, goals, and heart desires.

The year 2021 was challenging for me as a believer, there were obstacles, heartbreaks, discouragements, and disappointments. I had to train my mind just like a fighter. When a fighter enters the ring, he/she is focused on what is about to go down in that ring. A fighter no longer hears the cheering of the crowd when he enters that ring. The fighter mindset must be prepared to embrace pain from their opponent which includes blows, hits, exhaustion, and knock-downs. Fear is not an option for the fighter. When God gives me an idea or a vision, He's calling forth the fighter. My gloves are my Faith, and I can't be paralyzed by fear. Don't allow fear to be a crutch that prevents you from walking into your purpose. Make sure you are focusing on the Promise and not the Problem. Let Faith be your dance in the storm.

Hebrews 11: 1

Now faith is being sure of what we hope for and certain of what we do not see. This is what the ancients were commended for. By faith, we understand that the universe was formed at God's command so that what is seen was not made of what was visible.

I had to know that if I could visualize it, I can achieve it, even if I don't see it in my right now situation. I am still learning and growing. I can do all things through Christ that strengthens me (Philippians 4:13). **I am proud to be a Christian and a follower of Jesus Christ.**

As the year closes keep these thoughts in mind, forgive others, spend time with family, be mindful of the less fortunate, inspire someone to be great, and find your inner peace.

From my family to yours – Have a Peaceful Holiday and Be Safe

Trevi Booker

TREVI BOOKER PERSHAY

REMEMBERING CHRISTMAS

By Trevi Booker Pershay



My childhood memories of Christmas were priceless. You see, I grew up in a musical family, my uncle had a gospel group that toured the states,

my aunt played the piano, my other cousins sang doo-wop on the corner making extra money, my mother wrote songs, and she was the church choir director. Music had a way of bringing joy to our home especially on Christmas Day. The sound of Motown would be blasting putting us in good spirits while decorating the house and placing gifts under the Christmas tree. My mother would be swaying her hips from side to side to the rhythm of her favorite songs. We were thrilled when my mother would allow us to taste samples of the dinner she was cooking. She would say how does it taste and smile when we rubbed our tummies in delight. Donny Hathaway's song "This Christmas" would play and my mother turn our brown wooded brush into a microphone. My mother would sing a few verses of the song and pass the brush to each of us to belt out the lyrics with laughter. We were loved and poor, but we didn't know it. We always had food, we never lacked in clothing and our hair was always beautiful. My grandmother would say love the poor out of those kids and they will never know what they lack. Grandma believed that Love covers the multitude of sins (1 Peter 4:8).

As we prepared for Christmas day, my mother would send each child to a separate room to wrap a gift for the other sibling. The goal was to teach us how to bond and cover each other as sisters. When we presented the gift

to each other, we would say Merry Christmas and love you with a hug that was added. My mother was a giver and she made sure that she blessed our teachers, the mailperson, and the man in the grocery store who extended her store credit in hard times. Giving was a way to honor those that you love and to say thank you to those that are assigned to your life.

As a mother, a wife, and Boss Sister those traditions are still applicable in my life. The Pershay family and our businesses (Trevi Pershay Productions, PDM Productions LLC, and PDM Performing Arts Corp) supports our communities and gives back to those who are less fortunate. My grandmother was a humanitarian and she instilled in us how to provoke change by being the change.

My prayer for our readers is that may the peace of God be with you, and you be the change in your community by giving back.

Merry Christmas

APPLE PIE

Something Sweet 4 You



CHEF PAULETTE C. JOHNSON ELLIOTT

YIELD 8 – 10 | SERVIINGS 9-INCH | PIE PREP TIME 30 MINUTES



INGREDIENTS

- 3 Granny Smith Apples
- 3 Red Delicious Apples
- 3 Honey Crisp Apples
- Washed, Peeled, Cored, & Sliced thin
- ½ inch
- 4 tbsp butter chopped and cold
- ½ tbsp Lemon Zest
- 2 tbsp Lemon Juice
- 2 tbsp Cinnamon
- ¼ tbsp nutmeg
- ¼ Allspice
- 1 tbsp Pure Vanilla Extract
- ½ cup white sugar
- ½ cup Dark Brown Sugar
- 1 tbsp Corn Starch

PREPARATION

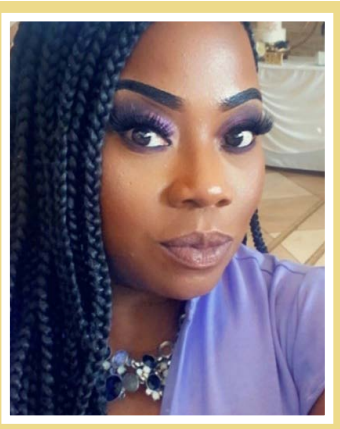
Using a large bow, place all dry ingredients into bowl and stir. Once all dry ingredients are combined, add the apples and stir, add the lemon juice, the lemon zest, the vanilla extract. Stir in all ingredients it will start to make its own juice. Take your pie crust, fill the curst with apple mixture, add butter pieces into the layers of apples and pile it up. Place your dough in a weaving pattern and then brush lightly egg over the dough and bake.

MEET THE STAFF



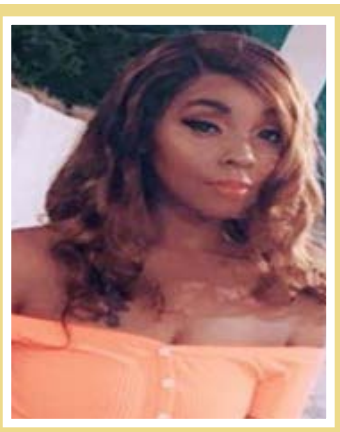
TREVI BOOKER PERSHAY

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



TINIKA THOMAS

Beauty Editor
Tinika Thomas is CEO & Founder of Shay Beauty Consultants, she currently is Vice President on the Board of Directors for Trevi Pershay Productions, PDM Performing Arts as well as business advisor/manager to Trevi Booker Pershay. Tinika juggles many hats, she is a mom, soon to be wife, make-up designer and enjoys being with her 3-year-old grandson Cam.
Contact: IG – [tinikashay](#) email: [Tinika.thomas@pdmperformingarts.com](#)
[shaybeautyconsultant@gmail.com](#)



ARIELLE PERSHAY

Fitness Editor
Arielle Pershay wears many hats, she is CEO & Founder of Astar Dance Movement – which she choreography dances for weddings parties, dance competitions, music videos and private parties. Arielle is Artistic Director of PDM Performing Arts as well as Music writer for Trevi Pershay Productions theater and movies soundtrack.
Contact: [pershayarielle@gmail.com](#)
IG: [astardancemovement](#)



RODNISHA “NISHA” PERSHAY

Hair Editor
Nisha Pershay specializes in taking care of weaves; therefore you will have them for a long time. She is CEO & Founder of The Traveling Salon 2. Nisha holds down a full-time job with investment company as well as she is Sound & Stage Manager for Trevi Pershay Productions Inc.
Contact: IG: [nishadahairweavekill](#) email: [rodnishapershay1@gmail.com](#)

CEO - POUT all things lips

Meet TRACEY FRANCIS-GORDON

C.O.B.S. MAGAZINE: We are excited to sit down and interview you, Tracey. Tell us about yourself and your amazing product line?

TRACEY FRANCIS-GORDON: - I'm Tracey, I'm a mom of a very talented teenage son Joshua. I am a wife, sister, aunt, a worshiper leader, and minister. I love to laugh and have others around me laughing as well. I am a motivator and believe that being a black woman is indeed my SUPERPOWER! POUT, all thing lips is my NEW product line created to enhance and treat one of the most sensitive parts of the face. The lips! The skin on the lips is extremely sensitive, at least 100 times more sensitive than your actual fingertips because of the lack of membranes that creates protection. We must manually apply hydrated products to keep and lock in moisture. POUT, all things lip Vitamin E and Vitamin C does just that. POUT, all things Sugar and Melon lip scrubs are non-abrasive, and non-irritating lip exfoliators to remove dry cracked skin. For a more supple and added layer of protection.

C.O.B.S. MAGAZINE: Tell us the story of how you came up with the name of your product line and what is the meaning behind the name?

TRACEY FRANCIS-GORDON: As a black woman, from the Island of Jamaica, and growing up in Brooklyn NY, I was teased all the time for the fullness of my lips to the point of me crying. My insecurities grew fast. The jokes were so nasty. OMG!! I would only use Vaseline and very little of it too. LOL. I remember

when I was doing my training to become a skin therapist, and on this day the class had to wear a bold color on lips. I got nervous instantly. Now my favorite color is red, BUT I was not about to wear Red on my lips. No way! I had trouble choosing a color, so my instructor chose one for me. And you guess it....! She chose RED! Fire engine RED at that. I applied the color, OMG! I felt like my lips were getting bigger and BIGGER! LOL. I was seated in the back of the classroom. However, while applying the color to my lips. I felt my lips were seated in the front of the classroom. I was so uncomfortable! Insecurities began setting in! I wanted to leave the class to wash this stuff OFF! But then, something happened, I began to look at myself. I started to LOVE what I was seeing. I was getting compliments. From almost everyone. My confidence was growing. I remember I would sit in the mirror for hours wanting and wishing I could change the shape and size of my lips. I want to find ways to make them look smaller. However, nothing worked. Especially if I POUT my lips. My goodness, they seemed even bigger. But, over the years I began to LOVE Tracey (ME) and my FULL lips. Wearing lipstick and lip-gloss was a huge challenge for me. Now, I can't leave the house without something on my lips. I get compliments when I wear even the boldest RED! So now I POUT!!! All the time! LOL.

C.O.B.S. MAGAZINE: What type of adversity or discouragement you have faced in starting your business?



TRACEY FRANCIS-GORDON: Starting a business is never easy. Many times, I got very discouraged. Many sleepless nights. Staying motivated was also challenging. I had to constantly motivate and encourage myself like "David" in the Bible. I pray over my business and even though it was not in its mature stages. There are so many cosmetic and treatment products already on the market, I had to remind myself that mine is different.

C.O.B.S. MAGAZINE: Everyone goes through some sort of trial when starting something God called them to do. What was your trial or challenge and how did you overcome it?

TRACEY FRANCIS-GORDON: - Oh boy, did I have it. PRAYER! My God, I prayed. When I would get overwhelmed, I would find the words to worship because worship is my happy place.

C.O.B.S. MAGAZINE: What makes your make-line different from others?

TRACEY FRANCIS-GORDON: As a skin therapist, I BELIEVE in non-toxic, clean health products. POUT, all things lips are non-irritating lip treatment to provide an occlusive layer on the lip surface to seal and lock in moisture. POUT, all things lips are Paraben-Free, Gluten-Free, and Vegan.

C.O.B.S. MAGAZINE: We heard that you are also sing and you have a single out. Tell us about your music, your inspiration, and what is the purpose or pain behind your music?

TRACEY FRANCIS-GORDON: YESS!! I am super excited about my NEW single, which is entitled 'JUST DELAYED' is now out on all musical platforms. It's an original piece which I wrote in 2016. I was having a conversation with God and just asking 'WHEN' When will I see the manifestation that I've been praying for? When will I see fulfillment? I was so low in spirit. So many negative words were once spoken over my life. But I always knew God had a plan. Which was GREATER than the naysayers. And way GREATER than what I have ever prayed for, or ever imagined. God is GOOD. All the time and I knew that God had a plan. I just felt that for a short moment He forgot about me. My single is my reminder that it's "JUST DELAYED" not denied.

C.O.B.S. MAGAZINE: Who were your mentors and how did they help push you into your purpose and what advice can you give others who are launching their brand?

TRACEY FRANCIS-GORDON: I had a few TRUE motivators. My sister, Christine, my son, Josh, Denise Turner (sister from another mother), Colleen Nipper, and the entire lady's department at my church. Grace Connection Worship Center. The advice

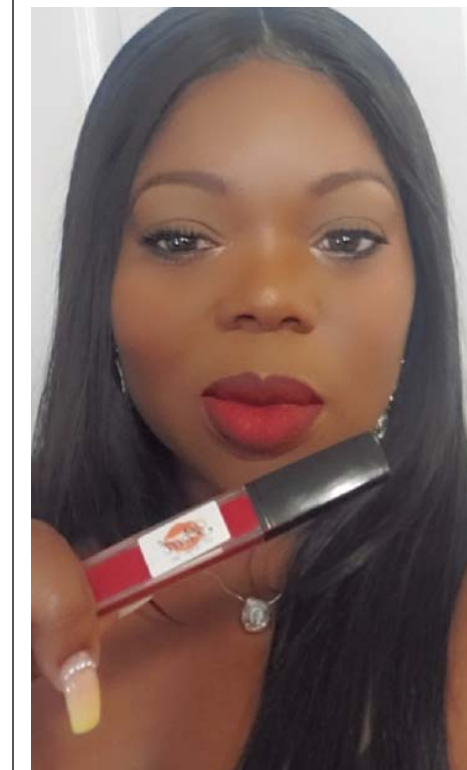
I would give to my Queens starting their business is to JUST START!! Start ANYWHERE, sis. JUST START! If you take one step, God will take two. Be CONFIDENT in knowing WHO YOU ARE and WHOSE YOU ARE! And know that it's okay to make mistakes and start over. Because mistakes are PROOFS that you are trying.

C.O.B.S. MAGAZINE: We understand you have a tee-shirt line? Can you share with us some of the other products that you are working on?

TRACEY FRANCIS-GORDON: Right now, POUT, all things lips are just treatments. However, I will be adding some color products soon. The sky is certainly just the limit.

C.O.B.S. MAGAZINE: How do you juggle work, music, family, and church? You make it seem so flawless.

TRACEY FRANCIS-GORDON: I do a lot. I stay busy. And I love it. I give everything its time and remain faithful to it all. I attend a 24-hour prayer watch every third Wednesday of the month. This prayer watch was



created for prophets to come together to pray for our nation. This is especially important to me; God gave me the vision of Prophets doing the "heavy lifting" causing things to shift in the earth. God never does anything in the earth lest He reveal it to His prophets, and we must pray to hear God to know what God's heart for his people in this season.

C.O.B.S. MAGAZINE: Can you share with our readers how they can get your book, tee-shirts, and information about you?

TRACEY FRANCIS-GORDON: I can be reached in several ways on social media.

IG:
pout.all.things.lip
FACEBOOK:
POUT, all things lips.
Email:
poutallthingslipsa@gmail.com
Website:
www.poutallthingslips.com



THE QUEEN'S COURT REGINA PITTMAN

NURSE TURNED TO AN INSPIRATIONAL AUTHOR

C.O.B.S MAGAZINE: Thank you Regina for taking the time to speak with COBS Magazine. We are excited to hear about your journey. Please introduce yourself to our readers.

REGINA PITTMAN: Hi my name is Regina Pittman; I am a nurse by profession for 16 years. I am a wife of 21 years and a mother to six beautiful children. I am now the author of my first book that was written in the wake of the pandemic.

C.O.B.S MAGAZINE: What is the title of the book? What is the meaning behind the title?

REGINA PITTMAN: The title of the book is called Pain Killer. My book is a guided journal that covers many topics such as depression and anger to name a few. I tell a story about my experiences with each topic then I help guide you to write your story. I have chosen this title because it's my belief through my experiences as a nurse and dealing with my own mental health issues. We all had experienced pain, wanted immediate relief from the pain, and tried to do everything we can to numb it. There are times when we should try and unpack emotional pain. Unpacking the pain helps us deal with it so the pain can stop.

C.O.B.S MAGAZINE: You are a nurse turned author how was that transition? How difficult was the decision to give up such a noble profession as a nurse? This had to be a "walk out on faith" moment. When did you know it was time?

REGINA PITTMAN: I always felt like something was missing throughout my career, but I never

could uncover why I had those feelings. I knew I was sad going to work most of the time, but I thought it was the stress of the job and I would rationalized with myself that my feelings were normal, but it was deeper than that. I enjoyed having conversations with my patients about life experiences and did not enjoy all the other aspects of my job. When COVID came about, I remembered asking myself, if I died today, would I have any regrets, and my answer was yes. I then decided that I was going to live my life on my terms and if I was going to continue to be a nurse, I will nurse others on my terms too. I did not know exactly what I wanted to do, but I knew I was not fulfilled with what I was doing at the time, so I spoke to my husband about my feelings and with his support, I walked away from my job. I knew it was a time when the stress I was feeling started to show up in my life as pain in my body, I was afraid of losing everything I worked for and letting my family down, who needed my financial support. I talked to God and asked for a sign. When I spoke to my boss and she tried talking me out of walking away, I had an overwhelming sense of peace, and I just knew it was time. When I walked away from my job, the pain went away immediately.

C.O.B.S. MAGAZINE: Being a first-time author and juggling so many roles how did you narrow down what you wanted to write in your book? How did you know where to begin?

REGINA PITTMAN: I did not set out to write a book. I spoke to a woman named Lachelle known



as America's Supermom who I met at the clubhouse, and we had a casual conversation about nursing, and she told me that I should write a journal for nurses that would help us deal with the stress of COVID. She connected me with her publisher LaQuita Parks Founder of Pa-Pro VI Publishing. I had begun to meditate in the mornings and through that practice. I was inspired to write a journal for nurses (from my own experiences) and this journal would inspire everyone. It became therapy for me throughout the process. I began to realize how many life

experiences I had to overcome.

C.O.B.S MAGAZINE: In your bio, you speak about mental health. Mental health is often masked and not talked about. In your experience as being a nurse, how many people would you see come into the hospital because they were mentally drained? How did that play a part in your mental health?

REGINA PITTMAN: I discovered that many people would come to the hospital with pain and exhaustion from unknown origins. Even the person who has a diagnosis, sometimes mental health plays role in why they are sick in the first place. For example, overeating, and substance abuse through those practices cause health declines. The medical staff will treat the illness but hardly ever get to the real reason why the illness is there. I had an addiction to sugar that caused me to be overweight, but I was stressed, and the sugar gave me a temporary fix for what I was feeling which led me to feel ashamed of my body. Not feeling a sense of purpose in my life also caused me to be unhappy in my life when others thought, "You have a good job, making good money, you have nothing to be sad about". I was very sad and that was draining me and causing me to be unstable mentally.

C.O.B.S. MAGAZINE: You also speak about when unhappiness showed up in your life with your oldest daughter. Can you share the commonalities between your story and your daughter's story?

REGINA PITTMAN: My daughter went through a moment when she felt the pressure of who she was and what she thought society stated she should be. In this new era where young adults are making millions on YouTube, bodies are supposed to look a certain way, and it seems like if you are not doing some of that

when you're behind. She felt pressured so she got with the wrong crowd to get the bag. Being a nurse is a stressful job, but many know you can make a great living as a nurse. I made the money, but my soul was wounded. I wanted to be a teacher but was guided into nursing because of the pay I would receive as a teacher. Just like my daughter, I felt the pressure. When I mentioned that I wanted to be a teacher, people would give me a certain look. However, when I said I was in nursing school people paid attention. Therefore, I felt pressured to pursue nursing instead of teaching. My daughter and I learned hard lessons through our experiences, and it caused us to deal with our mental health daily.

C.O.B.S. MAGAZINE: Was writing this book a healing tool for you? What is the one message that you would like your readers to walk away with?

REGINA PITTMAN: Writing this book taught me how strong I was and how much I had grown as a person. We often deal with the stress of life and forget about them when it's resolved. It is important to document our life to remind ourselves how far we have come or if we need to do more work in certain areas of our lives. Suicide can happen when we lose hope or forget how strong we are. In that moment of weakness, it is difficult to remember the battles we won and that it is only for a moment. But if you are writing daily and taking a daily inventory of yourself you are more than likely to experience strength, confidence, and high self-esteem. If I can leave my readers with one thing it would be "do not try to numb the pain". There is a reason why it is showing up. You are strong and can endure the process of feeling the pain until you fix whatever is happening in your life. Pain will continue to show up until you fix the problem, or you will just be in the cycle of numbing it daily. Deal with it so it can go away.

C.O.B.S. MAGAZINE: The pandemic has brought so many changes to our lives. It has been a roll coaster of emotions. How has this pandemic changed you? Were there times where you felt with everything going you had to learn to numb your pain?

REGINA PITTMAN: The pandemic has given me a wake-up call to live my life on my terms. My faith in God has gotten stronger because I have learned that he is my only source. I no longer live my life for the sake of pleasing others. I love my life the good and the bad. I want to experience it with no regrets. I know that living my life with God's purpose is the only way for me to live. I value relationships more. I value myself more and work hard to make sure I am happy so that others can be happy around me. I am working hard to eliminate excuses for failure out of my life.

C.O.B.S. MAGAZINE: Can you share what is next for Regina Pittman for 2022?

REGINA PITTMAN: I am creating a class and podcast for Pain Killer so that I can engage with my readers. I have started a business called Walls That Talk which allows me to be creative with event props for parties that I am having a blast with. I will continue to listen to the voice of God will lead me to my next.

C.O.B.S. MAGAZINE: Please share where your book is available for purchase. Please provide your social media platforms.

REGINA PITTMAN: You can purchase my book on www.reginapittman.com

MEET

FABIAN THORNE

CEO/FOUNDER OF BUILT 2 LAST FITNESS COMPANY

C.O.B.S. MAGAZINE: We are Excited to have a chat with Fabian Thorne who is an athlete, a trainer, an author, motivational speaker, and advocate for fitness. He is a man on a mission to inspire everyone who has a goal, a hunger, and a dream.

FABIAN THORNE: I was born in a small town in Virginia called South Hill. We moved to New Jersey when I was four years old and was raised there with my younger brother and older sister. Even though my mom was married to our dad, he was rarely present in the home. We were raised in a single-parent environment with my mom working to support and raise the three of us, but love came through the home. I do have southern hospitality, but with a city lifestyle. My mom raised me to have morals, values, how to be respectful, and how to treat people. I guess you could say I brought the South to the North. I grew up in a Christian home, believing in God. My mom made sure we went to church, but even though I didn't like it as a kid, it was one of the best things that could ever happen to me. I learned how to find my relationship with God.

C.O.B.S MAGAZINE: Can you tell us about your company? What is the meaning behind the name of your business? What are the mission and the vision?

FABIAN THORNE: Built2Last Fitness is the blueprint to enhance the mind, body, and soul through physical fitness, nutritional guidance, and motivational speaking. This is the mission of the company. The vision is to reach the masses and elevate, empower youth and adults from this varied platform. All of this embodies the meaning behind the name Built2Last.

C.O.B.S. MAGAZINE: Can you tell us the story of your shift from an athlete/coach to a successful businessperson?

FABIAN THORNE: My goals from the beginning were to become a

businessman after being a football player and I always knew that eventually I had to shift over. Once I put up the equipment and stopped playing football. I already had plans in motion to work on training clients and teaching those that wanted to become physically fit. I majored in business in college so ultimately I knew that this transition would help establish my business and building my brand.

C.O.B.S MAGAZINE: Was there a particular person or situation that you felt gave the most encouragement to be who you are today? Can you share a story about that?

FABIAN THORNE: The person in my life that encouraged me the most was my mom. My mom took me to play little league football when I was seven years old. I'll never forget the day that we went to visit five different doctors. The first four doctors told me no because of the loss of my left eye to a cancerous tumor at the age of two. Those four doctors just wouldn't give me the approval to play football, but my mom was relentless that day. She knew how badly I wanted to play football. She took me to a fifth doctor and the fifth doctor gave us the yes, the okay, the nod, and signed that permission slip and that was the beginning of something special for me that I will never forget. Ever. I have always shown my mom the love that she showed me at that given moment through the way I played the game of football and the way I carry myself. She never gave up on me, so I'm never going to give up on her.

C.O.B.S. MAGAZINE: We understand you are an author can you tell us the title of your book? What made you want to write a book? Where is your book available to purchase?

FABIAN THORNE: The title of my book is "You Just Don't Wake Up Strong," and I always wanted to write a book about the story of my life and how I fought



through adversity, how I got through the challenges, and tribulations. It has always felt like I'm not the only one out here going through something. I'm not the only one to experience the ups and downs of life and I felt like if I could share my story with others that have similar situations or are just going through a tough point in their life, that it would inspire them to keep pushing. This was my major reason for wanting to write a book. My book is available online at fabianthorne.com and it can also be purchased on Amazon.com.

C.O.B.S MAGAZINE: You created a premium alkaline water called B2L29PW. What made you want to produce your water line? What sets your brand aside from other brands? Where is your water available for purchase?

FABIAN THORNE: I began my journey with my water company when I began working with a company that has alkaline water. I realized that the alkaline water would be a good addition to my business and fit into the healthy lifestyle that Built2Last Fitness is all about. I started to research alkaline water and drank it myself. I could feel the difference it was making in my body, and I began to share it with family, friends, and peers. I thought to myself, "If someone else can establish their label of alkaline water, then I can do it for myself. I can be that successful African-American retailer of alkaline water." What sets

my water apart is that it is not made from tap water, but from well water. It does not have an aftertaste at all. The alkaline water does exactly as it says it will do. It hydrates you on a cellular level, it detoxes you on a cellular level, it increases your energy level, helps you with your skin, and hydrates like water are supposed to. And the water is being produced into chemical-free bottles, which is very important to maintain the alkalinity within that bottle. So, in the name B2L29 Premium Water, the B2L stands for my Built2Last brand. The 29 represents trustworthiness, compassion, and teamwork, and premium alkaline water. I believe it is one of the best waters you can drink. My water is available online at www.B2L29PW.com. There are some local stores in Northern New Jersey that carry my water. 7-11 on Central Avenue in East Orange, I&M Fish and Grill on Main Street in East Orange, and Moonshine Supper Club in Millburn. There are a few locations as well in different states south of New Jersey as well.

C.O.B.S MAGAZINE: Can you share your chosen "Life Lesson Quote"? Why does that echo with you so much?

FABIAN THORNE: Life lesson quote: "Let no one dictate your love of success." Only you control your destiny. Not your parents, not your boss, not your spouse, not your counterpart, not your friends. At the end of the day, you are responsible for how far you go in life, what you decide to do in life, so at the end of the day, only you can dictate your level of success, and with that being said, if it's only you that can dictate that, that means you should never give in or give up on yourself. Believe in yourself and continue to fight for what you believe in. That's my life lesson quote because nothing has ever stopped my drive for success. It is within me to succeed, no matter what is going on in my life.

C.O.B.S MAGAZINE: As a trainer, a fitness expert, motivational speaker, and author if you could inspire a movement that would bring good to most people what would it be?

FABIAN THORNE: If I could inspire a movement it would be teaching health, eating habits, exercise, boost our immune

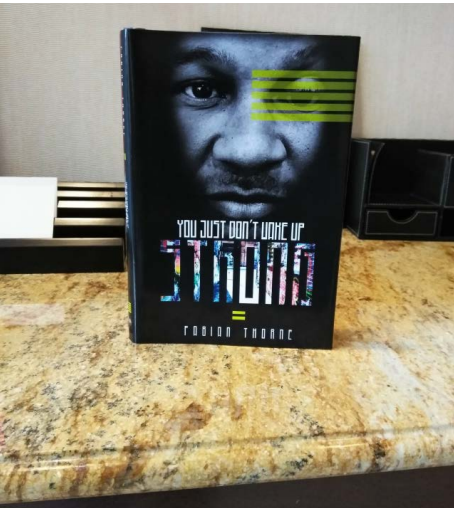
systems, how to edify our minds through meditation, reading, and positive love. Of course, that movement would be called You Just Don't Wake Up Strong because you must build strength, but you're built to last despite what you must go through. The movement would be a platform of teaching, and showing, and exercising, and everyone just having a good time, believing in who they are, and continuing to live for their purpose. Everyone has a purpose on this Earth and if you put your passion with your purpose, I believe that if everyone was living their passion and their purpose, there would be so many positive movements around the whole world. I truly believe that passion and purpose, creates energy. It takes great energy, and we all know that positive energy cannot mix with negative energy to create positive results. That's the purpose of my movement to bring people together from all walks of life.

C.O.B.S MAGAZINE: What advice can offer a young person who aspires to follow in your footsteps?

FABIAN THORNE: My advice to young people who aspire to follow in my footsteps is that you should be willing to sacrifice something for the greater results, the greater good of what you say you believe in no matter what you go through. I tell people it's not what you go through, it's how you go through that will determine the type of person you want to become. So, when those oppositions come, they only come to create strength and to produce growth from you. The advice I would give any young person is you must sacrifice, not give up, and give it your all in what you believe in. The reward is worth it. You've got to believe in yourself first before you want anyone else to believe in you.

C.O.B.S MAGAZINE: What is next for Fabian Thorne and Built 2 Last Company?

FABIAN THORNE: What's next for Fabian Thorne and the Built2Last brand? We're growing and we are building a stronger team.



We have sport combines going on as we speak, so we're going to continue to indulge in that and get the youth to get better at their craft. The alkaline water is on the rise. We're trying to establish the water as a national and international brand when it comes to providing water to the masses and getting the book, You Just Don't Wake Up Strong, to the masses. The book right now is being considered as a movie, so we're going to work on getting that script done and getting this movie to the people. I believe it's something that would touch many lives in all walks of life just to be inspired, to never quit, never give up regardless of what you're facing, so that's what's next for Fabian Thorne and Built2Last. I have engaged in a few acting roles, so we're just diversifying our portfolio and adding value to what we're doing so people can take us seriously that much more.

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

FABIAN THORNE: Social media platforms:

Facebook: Fabian Thorne, B2L29 Premium Water, and You Just Don't Wake Up Strong.

Instagram: @fabianthorne

Twitter: @fabianthorne

Websites: www.FabianThorne.com
www.B2L29PW.com

FROM PAIN TO POWER

PAULETTE C. JOHNSON ELLIOTT

CEO OF PAULIE'S LOVE CATERING

C.O.B.S MAGAZINE: Thank you Paulette and welcome to C.O.B.S Magazine. Please share with our readers a little information regarding who you are and your journey?

PAULETTE C. JOHNSON ELLIOTT: I'm happily married to my Husband Martin Elliott for 11 years and I have a 27-year-old daughter Janeece McDonald. I previously worked as an HIV counselor licensed by the New York State Department of health. I worked at Woodhull Health and Hospital Cooperation for 23 years. Now, I am CEO/Chef of Paulie's Love Catering LLC.

C.O.B.S MAGAZINE: When did you know that you had a calling to be a Chef? We say calling because everyone that can cook is not necessarily a Chef. Did you go to culinary school and about your catering services?

PAULETTE C. JOHNSON ELLIOTT: I knew it was my calling as a child. Watching my mom cook while everyone would be outside playing, and I wouldn't leave the kitchen. Then as I got older, working a very stressful job, instilling hope in people with somewhat a hopeless situations. I needed an escape and cooking was my escape. I would bring my co-workers' lunch for some peace and laughter during a good dish of PAULIE'S Love leftovers. My co-workers would beg for more and start offering to pay. I am a licensed Chef with credentials from Central Piedmont Community College, Culinary Arts Department in Charlotte NC.

C.O.B.S MAGAZINE: We understand that you faced some serious health issues a few years ago can you share that with our readers?

PAULETTE C. JOHNSON ELLIOTT: In 2006 I began to feel sick, dizzy, blackouts, and loss of appetite and was diagnosed with a pituitary brain tumor, and further in the year I was also diagnosed with Hypothyroidism which added to the stress. I was also diagnosed with chronic asthma, I cried and prayed many nights not seeing God's plan, I had to dig deep into my faith because I had become



hopeless. In 2008 I was asked to retire and be placed on full disability and it was all for my good. I trust the process and it got worst but I never stop believing in God for change.

C.O.B.S MAGAZINE: What are some of the challenges you face with owning your own business? How did you rise above the challenges?

PAULETTE C. JOHNSON ELLIOTT: "NO MAN KNOWS WHAT HE CAN DO TILL HE TRIES" -Publilius Syrus Anything that you put your heart into, takes effort. Fear will kick in! This business is very competitive and I upgraded by adding my blending seasonings, writing recipes as well as offering cooking classes, and YouTube cooking shows. I had to push myself to realize everyone gift is different and diversity in cooking is what draws the spirit of a good chef. I

have a business consultant (Sandy Marie Consulting @sandymarie.org) for all my administrative affairs. I haven't risen above the challenges but I'm in the boxing ring knocking them out one at a time.

C.O.B.S MAGAZINE: Tell us about your cookbook and what made you decide to write one?

PAULETTE C. JOHNSON ELLIOTT: Taste the love, it is not just a cookbook! It is inspired by recipes and the history behind them. I've traveled many places from the Caribbean Islands to Mexico. I study spices and flavors. I was cooking lunch for over 4 big corporations, Costco, Coca-Cola, Walmart, as well as small businesses serving over 200 plates a week and the Pandemic hit. I was like what now Lord, and Wanza Leftwich from The Leftwich Group teaches how to self-publish books. She called me and said the Lord said it's time to write the book. Fear kicked in and that's when I knew it was time.

C.O.B.S MAGAZINE: What advice or wisdom would you share with our readers regarding being consistent in fulfilling their purpose?

PAULETTE C. JOHNSON ELLIOTT: Trust God, in everything you do, understand that all the pitfalls will happen and when everything goes wrong just know it's the process that pushes into your purpose. Don't quit and don't give up, sales go up and sales drop! Don't give up, regroup, and keep pushing. Ride the wave and stay on top, don't sink. Follow your dream, cook with love and passion, never procrastinate, always give 1000% of work ethics and commitment.

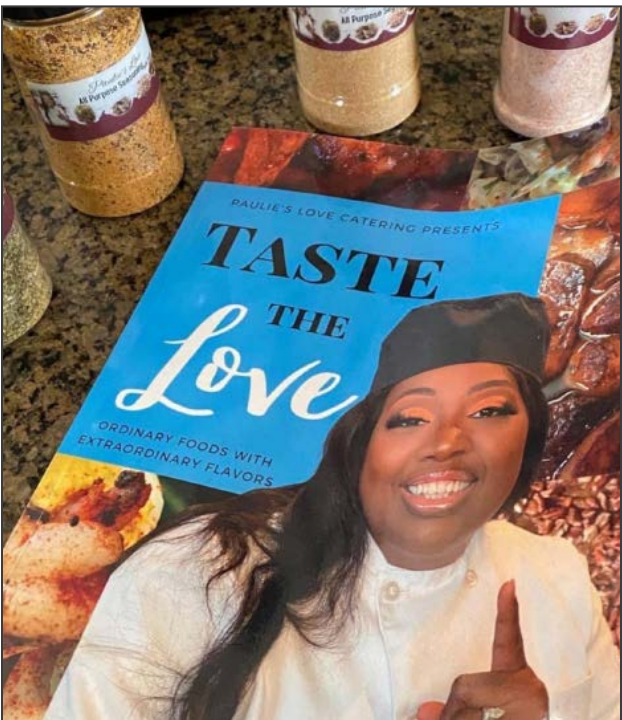
C.O.B.S MAGAZINE: We all know how hard is to gain support from our black community what challenges did you face with the support of family and friends?

PAULETTE C. JOHNSON ELLIOTT: As far as catering, everyone loves good food, family has been my biggest supporter. I will continue to work hard and develop different channels of advertising and marketing. My seasonings are a year old and it's doing great. I have a few committed food trucks and Caterers that swear by my seasonings, as a

way of giving back, for every 32oz seasoning a percentage is donated to the building of Cindys House. A women's shelter In Allentown, PA.

C.O.B.S MAGAZINE: Who were your role models and how did they encourage you and your destiny?

PAULETTE C. JOHNSON ELLIOTT: My mom Mary E Johnson is my greatest role model as well as my siblings. My dearly departed brother, Anthony M Johnson would always tell me I had a gift and I need to pursue my passion, he saw it in me when I couldn't see it in myself.



C.O.B.S MAGAZINE: How can our reader find you? Please share your information with us.

PAULETTE C. JOHNSON ELLIOTT:

Email: Paulieslove2@gmail.com

Instagram: paulie'slove_catering

Website: : www.paulieslovecatering.com

Facebook: Paulie's love catering

You Tube: Paulie's love cooking

MALIK DUPRI

CEO OF MALIK DUPRI CLOTHING LINE



C.O.B.S. MAGAZINE: We are excited to be interviewing Malik Dupri. The young CEO of Malik Dupri clothing line and who is the youngest store owner at Roosevelt Field Mall in Garden City, NY. Can you give us a little back history about yourself? What inspired you to launch the Malik Dupri clothing line?

MALIK DUPRI: Malik Dupri is my third business endeavor. In college, I helped establish a clothing brand called Savage Ruthless which I am still involved with to this day. Learning how to run a business through this experience I then started my own business called Swag Rag, which is primarily a Durag, bonnet, hair care business. My success in this business led me to start my own

designer clothing brand Malik Dupri which is now my focus and I see has the biggest potential. I started Malik Dupri to focus on designer sunglasses which I was an avid consumer of, but I ultimately wanted to create my own lane.

C.O.B.S. MAGAZINE: What is the vision behind your clothing line and what can consumers expect from your brand?

MALIK DUPRI: Our motto is "Believe in your vision". I feel like no matter what you do in life, you must have a vision of what, where, and who you want to be. I think that vision is attainable for all people so it's just a matter of believing in yourself and making it happen.

C.O.B.S. MAGAZINE: As a young entrepreneur where did you learn your business savvy go get it attitude? At what point did you say I am going to become a store owner?

MALIK DUPRI: I've been an entrepreneur my whole life. At the age of four, my grandmother from Jamaica had me working at her store. I always loved selling things to people to fulfill their wants and needs. In high school and college when playing football, I used to sell candy bars in the locker room to make some extra money. In my last year of college, I began my dive into legitimate entrepreneurship when joining forces with a partner at Corey Van Dorn and founded the clothing line "Savage Ruthless" from there it was a wrap. I always knew the end goal was to grow a business to the size where I needed an actual storefront but that didn't happen until I started my own brand, Malik Dupri.

C.O.B.S. MAGAZINE: What do the words GRIND mean to you? How do you apply that definition to your everyday drive?

MALIK DUPRI: I've been grinding my whole life. Honestly, I am so grateful for my upbringing and playing sports through high school and college. My parents instilled in me the mentality to never give up on what it is that you are doing and always finish. These similar things were taught to me in athletics. The grind never went away it just changed forms. So now I am grinding in a new way, but ultimately the goal is the same, to be the best in whatever it is that you're doing.

C.O.B.S. MAGAZINE: How important is it to you to inspire young people through your business?



MALIK DUPRI: This is the most important thing to me. I'm in a position where there wasn't a blueprint for the things that I'm doing. I want to show not only that it is possible, but also be a trailblazer and create the blueprint on how to become successful. A lot of what I do in inspiring the youth is showing that you don't have to be an athlete or entertainer to be successful.

C.O.B.S. MAGAZINE: Did something click for you during this pandemic?

MALIK DUPRI: The pandemic was the blessing that I needed in life. I was working full-time at two physical therapy locations in Manhattan treating patients all day long and focusing on my business with whatever energy I had left. It wasn't until the pandemic came and closed my locations that I was able to focus fully on my own businesses.

C.O.B.S. MAGAZINE: Is there any decision that you regret that you can turn back time to correct?

MALIK DUPRI: Everything happens for a reason, so no. If I could turn back and fix a mistake, I thought I made, I might not be here where I am now.

C.O.B.S. MAGAZINE: Can you share with our readers what is Malik Dupri's next move?

MALIK DUPRI: Ultimately, I hope to move into department stores and national distribution. It would be a dream come true to see my products displayed and featured in Macy's, Nordstrom, Bloomingdales, etc. I am manifesting that for now.

C.O.B.S. MAGAZINE: Can you please share where we can find your clothing lines as well as your social media information with us?

MALIK DUPRI: You can access our full catalog online at www.malikdupri.com.

Our Instagram is [@malik.dupri](https://www.instagram.com/malik.dupri). We have a physical store which is located inside Roosevelt field. The location is on the main hallway across from the Gap.



"It will be hard, but it is possible. If I can do it, so can you."



NOMINATED FOR THE 2021 PEARL AWARDS

WAYNE CHRISTOPHER ALLEN

C.O.B.S. MAGAZINE: Welcome to COBS Artist Corner we are so proud to have you sit and chat with us? Tell us who is Wayne Christopher Allen as the man and the Artist?

WAYNE CHRISTOPHER ALLEN: As the man, I am kindhearted, loving, down to earth, funny, and sincere. Unfortunately, as much as I am all those things, I'm also very misunderstood. I have endured a lot in my 34 years. Through all I had experienced I've learned a lot. I've learned from my failures, my victories, my wins, and my losses. These experiences have helped me become expressive and creative in my music. Being vulnerable is the key to my artistry. I believe that my ministry and artistry helped build a platform for God to be glorified through my experiences. There are so many facets to my life I'm sure they will make some awesome music to help someone in their struggle.

C.O.B.S. MAGAZINE: We heard that you are up for nomination for the Pearl Awards – New Artist of the Year. Tell us how you are feeling about that and your new single?

WAYNE CHRISTOPHER ALLEN: Yes, I am nominated for the new artist of the year Pearl Award. I am extremely honored for the opportunity, and I was taken by surprise to learn that I was nominated. It was a great surprise and a blessing at the same time. My new single is out, and it's called Worship Forever. This single represents a place of genuineness with me and God. The purpose of this song is to allow the world into a worship place with God.

C.O.B.S. MAGAZINE: We understand that not only are you an artist, but you're



also a Pastor. Can you share with us the name of the church and how long you've been Pastoring?

WAYNE CHRISTOPHER ALLEN: It has been 20 years since I've been committed to ministry. In 2014 I was installed into the calling of a Pastor and my church is called Transformation Tabernacle International. After going through the death of my wife, the ups and downs of what life threw at me, I'm finally in my becoming. By the grace of God, He equipped me to endure and heal as I build His ministry. You need God while you are going through as well as your coming out. The Lord has truly been my strength through it all.

C.O.B.S. MAGAZINE: Can you share a time when you wanted to throw in the towel what made you pick it up? Who was your greatest inspiration Musically and Spiritually?

WAYNE CHRISTOPHER ALLEN:

After my wife died in 2015, I was utterly and completely lost, and I was angry at God for the decision in calling my wife home so early in our marriage. I wanted a long-life journey with my wife; however, it was not my decision. I was broken-hearted, frustrated, and discouraged. I was thinking of letting everything go and cutting off everyone because this pain was a lot to handle. Ironically, the pain from losing my wife provoked me to be creative and vulnerable in my music. I reflected on the memory and the sound of her voice always encouraging me to go forward. One day I heard her voice say Chris you can't stay here (stuck). Hearing that blessed me and God was getting me through one day at a time. I was motivated to get back on my grind. My musical inspiration is Fred Hammond and Stevie Wonder. My spiritual inspiration is the late Bishop Clarence Keaton, Sr, he saw something greater in me than I saw in myself. I will never forget that.

C.O.B.S. MAGAZINE: Can you share with us a time when you experience something so hard that you didn't think you would recover from it?

WAYNE CHRISTOPHER ALLEN:

When my grandmother passed in 2007, I had a nervous breakdown. My grandmother was my motivator and my best friend. The grief was so much I thought I was going to lose it. However, through that difficult time. The love and support from family, friends, and God helped me get stronger through it all.



C.O.B.S. MAGAZINE: Can you share with us what is next for Mr. Allen? Do we understand that you're a bachelor, a Pastor, and an artist how do you keep things in perspective?

WAYNE CHRISTOPHER ALLEN: God is blessing me with more creativity in my music ministry as well as the ministry of Pastoring. I want to be an effective Pastor to the members and the community I serve. I am developing some outreach activities for the community that the Lord has given me. I'm excited! God has blessed me to wear many hats for his Glory. God first helps me to organize all the other things I have going on in my life. However, prayer is the key to keeping things in perspective.

C.O.B.S. - Can you please share with our readers how to connect with you?

WAYNE CHRISTOPHER ALLEN: If you want to reach me on social media:

IG: Smoothsangs

Facebook: Wayne Christopher Allen

ERICA PENN

AUTHOR, PREACHER AND MENTOR

C.O.B.S. MAGAZINE: Welcomes Erica Penn to the author's corner. Erica Penn is not only an author, but she is also a Prophetess, Prayer Warrior, Preacher, and A Survivor. Thank you for taking the time to talk to us. Can you tell us about yourself and the title of your books?

ERICA PENN: I am a woman that grew up in the Pentecostal experience and was saved at an early age, operating, and serving in multiple facets in the Kingdom of God in the ministry of reconciliation. I am a prophetic prayer warrior and intercessor; a conference speaker, revivalist and workshop facilitator that has love, heart, and compassion to see all lives restored, renewed, and revived through our Lord Jesus Christ. I am also the Founder of Unshakable Prayer, a Shut-In praying ministry, and "D.I.A.M.O.N.D." a Women's Mentorship Program. I have many gifts and talents for ministry, but I have also been endowed with other gifts that extend beyond the pulpit. Additionally, I am the CEO of Heaven's Perfect Little Gifts, Inc., and an acclaimed author of two books entitled: *From A Mess to A Messenger* and *God's Private Collection*.

C.O.B.S. MAGAZINE: What is the meaning behind each of your book titles?

ERICA PENN: *From A Mess to A Messenger* was penned from a sincere, pure, and transparent place. I give riveting insights into

the purpose of the process as I candidly share my hardships on the road to ministry. I wrote this book with the intent to encourage and inspire men and women that have been called into ministry in how to have the right response to God's process by giving them the tools and keys to understanding why God takes us step-by-step to birth an authentic anointing in our lives. I give a refreshing reality check to a generation eager for the spotlight, glitz, and glamour of position and titles while bypassing the process. I believe this book not only gives you a clear perspective of your God-given purpose but your identity in Christ. Your mess is God's masterpiece. It is not your mess that God focuses on in our life it is the message that will come out of it that matters. My newly released book called *God's Private Collection* is a limited edition. If there was a book branded and published to empower the female agenda, this one is it. This book was written to stimulate and motivate women of all walks of life regardless of age, religion, and background in how to be healed, delivered, and empowered in their mind and spirit, ultimately knowing the value and worth of their testimony by the transformative power of God. *God's Private Collection* is designed to help every woman classify the jewel that she is despite what she has endured. There is a caliber to every woman that cannot be depreciated, diminished, or dismissed.

The book has enough evidence of breakthroughs and triumphs that are not only translucent



in the struggles and triumphs of the women in this book but even in your very own life. These books have taught me how to be a woman that will use her life challenges and personal experiences to help others turn their pain into power without pretense and in truth.

C.O.B.S. MAGAZINE: How did you begin writing?

ERICA PENN: Writing was a talent and gift I tapped into at a very young age. At the age of 18, I dreamed of being the first female rapper. My rhymes and storytelling about my upbringing, neighborhood, culture, etc., literally birthed the "pen of a ready writer." I was close to accomplishing my goal, but life circumstances said otherwise, and that dream was deferred. As I transition in life to being born again in Christ, around the year 2002, I started writing poems. Poems were a way of expressing to God how I felt in my heart when I could not utter the words out of my mouth. The more I experienced, the more I wrote. Eventually, my writings became longer and broader, the more

transparent I became, with a few lines to a poem turned into a full page of my encounters in life and the rest was history.

C.O.B.S. MAGAZINE: Being in ministry did you ever ask yourself if I can preach, teach, and pray why can't I write?

ERICA PENN: Yes, I believe every author has questioned their ability to write a book because it takes them out of their comfort zone. The fear of the unknown can paralyze us into not doing something new or nothing at all. My first hesitancy was will it make sense only to me and is this all in my head? I feared that people would ridicule my writings and would not read them. The Word of the Lord speaks for itself but how do I put in writing my thoughts on a piece of paper. I think as a preacher sometimes people's expectations of us can be high, expecting everything we do to be of the same excellence. I feared that my book would have more errors and misspelled words than its content. But when I got past my fear of starting, I realized it was more important than the book was finished than being perfect.

C.O.B.S. MAGAZINE: Did you intend to become an author, or do you have a specific reason or reasons for writing each book?

ERICA PENN: To answer your question as truthfully as possible, I would love to say yes; if you were to ask most people the same question, you hardly or ever would hear them say, as a child growing up, I always knew I was going to be a bestselling author. I wish it could be that simplistic even for

me. The pain was the driving force behind what I love to do most now, write books. I was in a low place in my life and ministry, and I went back to doing what I did before, write poems. I think when it comes to being an author your writings are birthed from an experience connected to what you write. I knew I was gifted in that area, but it was a prophetic word from the Lord that was pronounced over my life-affirming that I would publish five books that jumpstarted the process of my dream now being a reality.

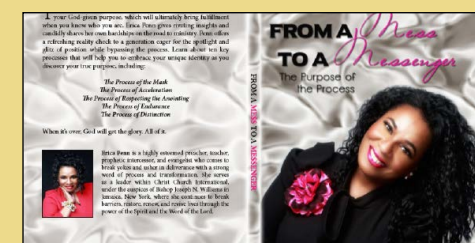
C.O.B.S. MAGAZINE: Do you think someone could be a writer if they don't feel emotions strongly?

ERICA PENN: In my honest opinion, no. I believe for you to be a great writer or the best at what you do; it must come from the heart. It's your experiences, trials, triumphs, and disappointments that make readers connect with you and what you are conveying to them as being real. I think the best writers are the most passionate. When a writer has a passion for their work, the reader can relate to what they've gone through and see that there is a ray of hope in their own life. It's as if, the words are jumping off the page and become alive in the readers' hearts. I think every writer should have a conviction about why they are writing, in the interim, ask themselves, what is their motivation behind what they are doing? If it's to change someone else's life, then the rewards on your return will change your life as well.

C.O.B.S. MAGAZINE: Did certain parts of the books make you feel uneasy or nervous? If so, why did you feel that way? Did this lead to a new understanding or awareness of some aspect of your life you might not have thought about before?

ERICA PENN: Absolutely, I was so nervous, at one point I started not to do it at all because I knew

it would leave me vulnerable and exposed not only to others but to myself. It took me a while to publish my first book because I knew I had to be happy with the person staring back at me in the mirror after I put all my business out there. It's easier to write about what happened to you is supposed to what you did to yourself. My first publishing is a tell-all book about my making in ministry and unveiling what I've gone through, whether it was at the hands of my own doing or what was being done to me by others. To be honest, I was uneasy and unnerved because you take the risk of being susceptible to attacks, slander, and you are left unguarded by the people that were part of your journey that can identify in your book which role they played in a part of your story. When a writer is conscious of the motives behind writing their book it makes you write with the hope of seeing another life changed in being able to avoid the pitfalls of your mistakes. Both of my books have brought awareness and and left an indelible print in my heart as to how importae live in, and God loves despite us.



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

ERICA PENN:

www.ericapenn.com

Instagram: [theericapenn](https://www.instagram.com/theericapenn)

Facebook: Erica Penn

ericapennministries@gmail.com

Phone number: 1-347-378-4422

WOMEN ON THEIR GRIND

LAQUITA PARKS

CEO OF PA-PRO-VI PUBLISHING

COBS MAGAZINE: I would love for you to share a little about yourself, where you are located, and the reason why you started your company?

LAQUITA PARKS: I am the owner and CEO of Pa-Pro-Vi Publishing LLC. Pa-Pro-Vi means Pain, Progress, Victory because I believe that without pain there is no progress and without progress, there can be no victory. I help people take their story from a "thought to a realization!" 100% of everyone living and dead has a story. I am located just south of Atlanta, Georgia. I started Pa-Pro-Vi in August of 2020, amid the pandemic. All I know is that I wanted to provide an outlet for people to tell their stories. I am still amazed that in just one year I have been able to help hundreds of people start the healing process by publishing stories. Sharing my personal story with others, through podcast interviews, magazine features, workshops, boot camps, summits, and motivational speaking engagements. This path has not been easy, but it has given me more fulfillment than I could have ever imagined. Helping my clients turn their pain into progress and their progress into victory, has been its reward.

COBS MAGAZINE: What did you have to believe about yourself to transition to what you did before what you do now in confidence?

LAQUITA PARKS: The one thing I had and must believe about myself is that I am good enough and that God has gifted me with the ability to make a difference in the lives of people. I cannot lean to my understanding. When things get tough and trust me, they do, I have to hold strong to the one that I know tomorrow holds. It is so easy to look at what other people are doing and compare but believing in my abilities keeps me grounded in my mission.

COBS MAGAZINE: How do you distinguish yourself from your competitors?

LAQUITA PARKS: I have the honor of working with some amazing people who have some amazing stories. What sets me apart from my competitors is that I help simplify the publishing process and make it easy. I don't want to just publish their stories; I want to help create and provide platforms for them to tell those stories. No matter where you are in your story-writing journey, I can help you. Not only do I make publishing easy, but I also hold your hand and walk you through the process. This includes coaching and development sessions as well as teaching workshops on how to tell their stories. The pandemic has been bad, but it has also opened doors of opportunities that were not there (for whatever reasons) before. In sharing my childhood story of a medical trauma at the hands of a nurse, that left me crippled and in chronic pain for life. I was able



to help others tell their stories. Pain, progress, victory is not just the meaning of Pa-Pro-Vi, it is the story of my life.

COBS MAGAZINE: What has been the most influential book that you have written or published which had an immense impact?

LAQUITA PARKS: I am so excited about all my clients and their unique stories. From a law professor, a Green Beret, criminal defense attorney, business owner, and schoolteacher to my 108-year-old Mother Shazier and the grandson of Henrietta Lacks, I honestly can't pick just one. How to Live Well Past 100 is the life story of 108-year-old Mother Lucille Shazier who is still thriving and living in Cordele, Georgia. Having the opportunity to meet her and sit at the feet of wisdom has been a tremendous blessing for me.

COBS MAGAZINE: What is the biggest lesson that you have learned during the pandemic that you will take going forward?

LAQUITA PARKS: One of the lessons that I have learned along the way is that everyone who comes along with the promise to "help" may not always have the best intention for you or your brand. I have also learned that I can't worry about what everyone else is doing. I must bring my uniqueness to the table. I don't apologize for who I am. I must be confident in the services I offer so my clients will trust that I know what I am doing and that I am looking out for their best interest. Having an amazing support system has been important in building my publishing company. Knowing when to seek help is also necessary. One of the best business decisions I could have made was to hire a business coach to help me with my business goals and ideas. Building a network to help me promote my brand was also key. Learning how to use social media has changed my life.

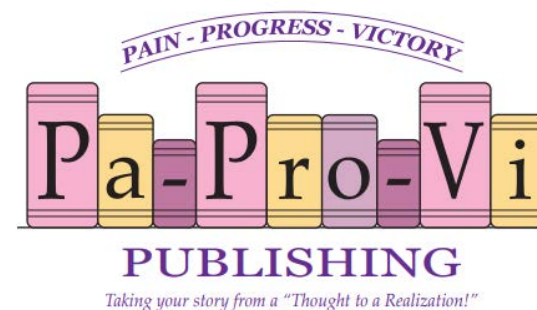
COBS MAGAZINE: Where can your books and works that have been published be purchased?

LAQUITA PARKS: All my book projects are available for purchase on Amazon. You can also check out my website at www.paprovipublishing.com for more information on upcoming projects.

COBS MAGAZINE: What advice do you have about continuously stayed on your grind?

LAQUITA PARKS: I want the world to know that you can do anything you want to do. You become what you focus on the most. If you say you can't, then you won't, but if you say you can, then you most certainly will. I am fifty-two years old, and I have lived with chronic pain since I was four years old. Every day I choose to outrun my walking limitations by helping another person heal through telling their story. Whatever your limitations are, you too can choose to outrun them.

COBS MAGAZINE: What are the goals you would like to achieve over the next few months?



LAQUITA PARKS: We are fast approaching the end of the year and there is still so much I want to do before we usher out 2021 and welcome in 2022. My goal is to continue to help people start the healing process by taking their stories from a "thought to a realization!"

COBS MAGAZINE: Can you please share all your social media platforms?

LAQUITA PARKS:

Website: www.paprovipublishing.com

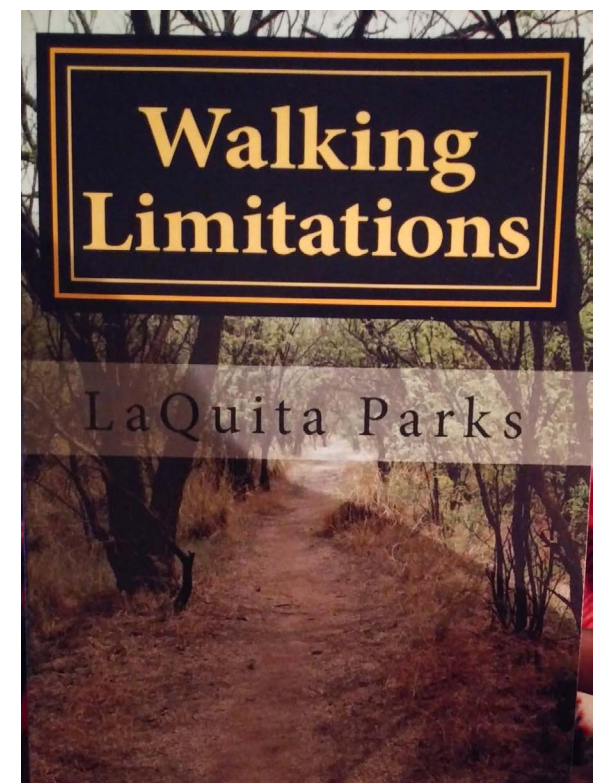
Instagram: [instagram.com/paprovipublishing](https://www.instagram.com/paprovipublishing)

LinkedIn: www.linkedin.com/in/laquita-parks-a03647a/

Twitter: @AFTC_LaQuita

Facebook: www.facebook.com/laquita.parks.3

YouTube: <https://www.youtube.com/channel/UCK5HfhwZ8XtCaTsdmNReLVQ>



WOMEN ON THEIR GRIND

RACQUEL MARIE JONES

CEO/DIRECTOR/PLAYWRITER OF FREE TO FLY PRODUCTIONS

C.O.B.S. MAGAZINE: Welcome to COBS Magazine Women on The Grind section. We are so excited to have a talented Queen sit down and talk with us. Tell us a little about who you are and your theater productions?

RACQUEL JONES: Greetings, I'm so excited about this interview and the opportunity to connect with you. I'm a huge fan of your platform. So, you ask Who I am? Well, in interviews and first introductions many jump to describe ourselves by what we do meaning our occupations. I'm a strong believer that's not the core of who I am. So, let's start there. I am a woman who truly Loves God and has Love for His people. I love to make people laugh and have fun. Therefore, my stage production is packed with Drama, Comedy and Inspiration.

C.O.B.S. MAGAZINE: Can you share with our readers what obstacles you faced when preparing for production and how do you press forward? What plays have you produced that has something to do with your life story?

RACQUEL JONES: Aside from being the CEO of Free to Fly Productions. I am a Program Director of a 24-Hour Center for Runaway and Homeless Youth, an Adjunct Professor teaching Family & Group Therapy or selling my Paparazzi Jewelry, I get

to sprinkle some black girl magic and strut in my heels as the CEO of Free to Fly Productions Inc. A production company created to change lives through the vehicle of arts and entertainment.

C.O.B.S. MAGAZINE: How long have you been writing, directing, and producing your theater projects? What are you currently working on? Can you share with our readers how you came up with the name of your production company and how did it impact your life?

RACQUEL JONES: The obstacle I faced was getting out of my way. Finding balance, staying in my lane and trusting others to help me carry my baby from outside of a church to inside a Broadway venue. Therefore, as a Director, Playwright, Actress, and Producer it's important to me to learn how to balance all those roles in production which took me some time. 10 years of learning how to delegate and let go of so much control so that I can be creative. When I first started, I wanted to be the director, the writer, the stage manager, the wardrobe stylist if I could be the light tech and musical director, I'm sure I would have tried that too. But the moment I partnered with others and relinquished trust my career in theater blossomed.

C.O.B.S. MAGAZINE: Who were your role models and how did their guidance impact your life?

RACQUEL JONES: I had to press forward and grow. I needed to intentionally seek feedback and be willing to hear harsh but necessary criticism.

C.O.B.S. MAGAZINE: Can you share with our readers what is your ultimate dream and how you plan on getting there?

RACQUEL JONES: I have (2) Stage Productions that I have toured locally and out of state. My shows are entertaining, thought provoking, drama packed and filled with relevant content the whole family can see. I really take pride in building characters you either see yourself in, know somebody who you can relate to in the story or who you can learn from.

C.O.B.S. MAGAZINE: Can you share a moment in your life when you wanted to throw in the towel and quit? What made you pick up the towel and keep pushing forward?

RACQUEL JONES: I wrote and produced my first play in 2005. It sold out, I stepped out on faith and did it again. I wrote my first play just to memorialize my mother never did I thought my own writing and creating would heal me but literally change others' lives as well.

When I was 22 years old, my mother passed away from a broken heart and struggled with alcoholism. My very first



production spoke to what it's like to grow up with abandonment issues due to addiction and the toll it takes on a family if you are not anchored in a power that can break it. Free to Fly was birthed from the scripture "Who the son sets free is free indeed "

My grandmother (Camilla Jones) and aunt (Deborah Jones) have had a huge influence and impact on the woman I am today. They are my role models and everything about me comes from the seeds they've sown. I was taught by my role models on what it means to be a lady with integrity but knows how to handle her business, let her light shine in any arena and environment.

Shout out to Vinnette Justine Carroll, first African American Woman to Direct on Broadway with her 1972 production of the musical Don't Bother Me, I can't Cope. My ultimate dream is to know I left a legacy. I'm finally ready after 16 years of being a theater girl to transition from theater into film. I'm going to start writing a motion picture next month.

I think this Pandemic has been a blessing and a curse in regards to creativity. You were given time to create content, but you struggle with having platforms available to produce it. I got through it by praying and surrounding myself with other writers and creators who are figuring out how to navigate through a national crisis.

C.O.B.S. MAGAZINE: Can you share with our readers how they can connect with you on social media?

RACQUEL JONES: Can find me on Instagram freetoflyproductions



C.O.B.S MAGAZINE

speaks to women
“UpRising Entrepreneurs” in
 the local Black and Hispanic
 communities.
 Our women went from weeping to
 winning, from the grind to the get it
 and from the struggle to their
 strengths in finding their purpose.

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

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

Got a Story?

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

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

HOLIDAY DESSERT MENU



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



Desserts

Cakelettes	\$36 DZ	Cupcakes	
Coquito Poundcake (chocolate, coconut, dulce de leche, red velvet), 24K carrot & 7Up		Mini cupcakes (2 dozen minimum) Customized cupcakes Libation Infused Add on START \$12 PER DZ	\$36 DZ \$42 DZ
Cakes	STARTS @ \$35		
Cake sizes are 6 inch- 10 inch Libation Infused Add on starts at \$12 per cake			

Holiday Specials



Cookies

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

Bars/Brownies

Bars	
Strawberry Shortcake	\$35 HALF DZ/
Cheesecake Crumb	\$65 DZ
Sweet Potato	
Marshmallow	\$35 HALF DZ/
	\$65 DZ
Brownies	
6 Layered Red Velvet	\$30 HALF DZ/
Brownies	\$48 DZ
Hennessy Turtle	\$45 HALF DZ/
Brownies	\$70 DZ

Dipped Desserts

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

Call Us
 917.602.1364



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

WOMEN ON THEIR GRIND

JEWELIE NORALES

CEO/OWNER OF FIRST DIME BOOKINGS

C.O.B.S MAGAZINE: I would love for you to share a little about yourself, where are you based, and the reason why you started your company?

JEWELIE NORALES: I am a Hispanic woman born and raised in New York City. I am the CEO/Owner of First Dime Bookings which is located in Harlem, New York. I started in this business by working together and learning from Shelah Carpenter & Linda Thomas of International Music Relation (IMR) who dealt with the booking international artists. I took that knowledge and applied those teachings to starting my own business.

First Dime Bookings is a domestic and international booking agency based in New York City. We specialize in booking all genres of artists like Old School R&B, New School R&B, Hip Hop, Reggae, Pop, Gospel, Celebrity hosts, and Athletes. We have been able to diversify and expand our services of bridging the gap between our artists to promoters worldwide with corporate events, private parties, fundraisers, concerts, and galas. Our large but manageable roster allows the company to concentrate on urban acts and market research, as well as the development of relationships with the promoters, artists, and managers.

C.O.B.S MAGAZINE: Women on their Grind what does that statement mean to you?

JEWELIE NORALES: That statement means you must be hardworking, devoted to your business, and the key is never give-up.

C.O.B.S MAGAZINE: What is a lesson you have learned about being confident in a mostly male-dominated industry?

JEWELIE NORALES: The lessons that I have learned is always hold your own. In such a male dominated industry we have to work harder to prove ourselves, but I always make sure I keep it professional and about my business.

C.O.B.S MAGAZINE: What genres of music do you manage? How are artists chosen to be part of your company?

JEWELIE NORALES: I work with all genres of music. Most of the known celebrity artists I work with perform R&B and Hip Hop. New artists are selected by submitting their music or an EPK for my team to review. We also research the artists on how they have been handling promoting and investing in themselves to get to where they want to be. My company will then look at the areas where they are lacking to offer the proper promotion package to continue to help with their musical journey.

C.O.B.S MAGAZINE: What have you learned about yourself by being your boss versus working for someone else?

JEWELIE NORALES: I have learned that I am a strong black woman who can do it like the best of them. Becoming my own boss was the best move I made for myself. The question I always ask myself is "Why should I make the next man rich when I can do it myself?"

C.O.B.S MAGAZINE: How did the pandemic affect your business? How did you keep motivated through the difficult times?

JEWELIE NORALES: The pandemic put everything on hold. I was unable to do any promoting, bookings, etc. for my artists. However, I did pick up a few hobbies, like printing t-shirts, which in turn helped and saved money for the business. It's good to see that business is picking back up now with cities opening up and some restrictions being lowered.

C.O.B.S MAGAZINE: What is the goal for First Dime Bookings for 2022? Any new territory you would like to explore that you have been curious about?

JEWELIE NORALES: The goal for First Dime Bookings is to plan on booking more shows and connecting with more promoters, investors, and sponsors. I think I can explore so many areas in this industry but doesn't hurt to explore new areas if they come across my table.

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



JEWELIE NORALES:
Website: www.firstdimebookings.com,
Website: www.firstdimeindieartist.com,
Facebook: Jewelie Norales, First Dime Bookings
Instagram: First Dime Bookings
Email: contact@firstdimebookings.com

YOU JUST DON'T WAKE UP STRONG



www.b2l29pw.com
www.fabianthorne.com
973-873-2112

Talk beauty

TINIKA THOMAS

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

NEVER SLEEP WITH YOUR MAKEUP ON !!!!

Sleeping with your makeup is a big no-no. As we know after a hectic day, or a late-night outing can leave you too tired to think about removing your makeup before hitting the bed. The solution is as simple as using a face wipe. Face wipes will still give you the same results as washing your face. The wipes can remove stubborn makeup and you don't have to feel guilty about going to bed with an uncleansed face. I have chosen my top 5 face wipes that are a must-try.

1. Clean & Clear Makeup Dissolving Oil-Free Facial Cleansing Wipe: Product Claim

Clean & Clear Makeup Dissolving Oil-Free Facial Cleansing



Wipes remove all traces of oil, dirt, and waterproof mascara without over-drying your skin. These makeup remover wipes are large enough to use on the entire face and contain a gentle formula that is safe to use around the sensitive eye area.

cleanandclear.com

2. L'Oréal Paris Ideal Clean Makeup Removing Towelette: Product Claim

These ultra-soft towelettes from L'Oréal Paris remove all traces of makeup, mascara, and even long-wear makeup gently yet effectively. They dissolve dirt and oil to give you clean and visibly tight pores. These quilted towelettes come infused with grape extract and vitamin E to nourish your skin while cleansing it. lorealparisusa.com



3. Pond's Original Fresh Moisture Clean Towelettes: Product Claim

Pond's Original Fresh Moisture Clean Towelettes are gentle yet effective makeup-removing face wipes that clean and freshen up your face in an instant. They are created using a smooth blend of fibers and polyester to deliver better absorbency and a smoother cleansing experience for the skin. The vitamin E and triple antioxidant complex recharge your dull and tired skin immediately.

Stylecraze.com June 16, 2021, issue



4. Neutrogena Deep Clean Oil-Free Makeup Remover Cleansing Wipes: Product Claim

POur ultra-soft, oil-free, pre-moistened cleansing wipes effectively and gently sweep away makeup, dirt, and oil for clear, fresh-looking skin. Oil-dissolvers go deep down to remove pore-clogging impurities and leave skin thoroughly cleansed with no heavy residue, so there's no need to rinse! Neutrogena.com



5. Himalaya Purifying Neem Facial Wipes: Product Claim

Himalaya Purifying Neem Facial Wipes cleanse your face with the goodness of neem and turmeric. Using these wipes after a day's battle with pollution and dust helps keep your skin clean, pure, and fresh. These facial wipes are also a very convenient makeup removal solution. Neem tackles bacteria from the root and prevents pimples and blemishes, while turmeric is an active antimicrobial agent.

Stylecraze.com June 16, 2021, issue



Nisha's 101 Hair Care Tips!

Do you hate doing your hair because it takes too much time? Well, look at some of my 30 min or fewer hairstyles when you're on the go!

Hello my wonderful readers, if you are a person who hates doing your hair because it's time-consuming? Well, let me help you with some hair tricks and go-to styles to simplify your day!



Go to Hairstyle less that takes less than 30mins!

1. Half Wigs/ U-part wigs



Ladies, if you do not have the time for a sew-in weave then this is a method to consider. Half wigs, give you the options to either choose how much hair preference you want to leave out. You can do baby hairs or wear a wig as a u-part, do a half up/ half down. These wigs have options that you can purchase as synthetic hair (already curly/straight but can't add heat) or Human hair (you can color, purchase any texture and pattern). You can purchase on Amazon or go to your local beauty supply store!

2. Attachable ponytails/ hair buns/ braids and beyond



If you aren't a clip-in or sew-in person, you can add some style with a nice attachable ponytail. What I love about a chic ponytail you can do this style for any occasion. There are so many textures, colors, and lengths to try, you can wear it full and big or slim and long.

3. Braided wigs



If you don't like to sit hours and hours for braids, why not buy a wig already done? There are new wigs that give you various styles that you no longer just sit at the salon for. I will say you have to choose according to what is manageable for you to maintain, it is a little more work that goes into making it look perfect.

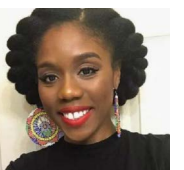
4. Clip-ins



Clip-ins are another helpful quick-on-the-go style, you can add for fullness, texture, and maybe if you have never colored your hair, you can add color clip-ins as highlights. If hate sew-ins or glue, this would be a great go too. You can purchase at your nearest beauty supply store or order from any hair company

5. The Twisted Halo

if you want something a super quick and easy hairstyle? Try This one! You can use your hair or add extensions to create this look, you can add hair accessories to give it a pop, this style works for all occasions.



Tricks and Tips to Stay Fit Detoxing/Cleanse

BY ARIELLE PERSHAY

Detoxing or cleansing the inside of your body is another way of staying fit.

Please note Detox is a great way to get you on the right path, however, do not rely on it to get the weight off. Follow the instructions of your doctor regarding taking some detox pills or drinks.

Why should we detox or cleanse our bodies?



Studies say (information received from Google <https://annshippymd.com/new/the-importance-of-detoxification-and-how-to-detox/>) The body removes toxic byproducts of cellular metabolism and normal body functioning, along with environmental toxins that enter into the body.

Although we do not necessarily need to detox our bodies usually do it on their own, however, there are some benefits with detoxing.

What are the benefits of detoxing?

It is very important before you choose to detox or cleanse your body please confirm with your doctor if this is the best decision for your body.

The benefits of detoxing are: (information received from google)

- Mental Clarity
- Improve digestion
- Reduce pain/inflammation
- Reduce hormonal imbalances
- More energy
- Clearer skin

What are some healthy home remedies to help with detoxing to help lose weight? (Information received from google)

- Fasting for 1-3 days
- Drinking fresh fruit and vegetable juices, water, and tea.
- Drinking only specific liquids, such as salted water or lemon juice
- Eliminating high and heavy metals, contaminants, and allergens
- Taking supplements and, herbs



Remember my beautiful people we first must remember to love ourselves wholeheartedly. Take it step by step when you are trying to reach your goal of weight loss. I also encourage you to write down and document your journey to reaching your goal weight, it will keep you motivated and excited, and most importantly healthy.



I hope you enjoyed reading this article on Tips & Tricks to stay fit!

Paulies Love CATERING

CHEF PAULETTE JOHNSON ELLIOTT

A Catering Experience Company

We provide catering services for all your special occasion needs!

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

ORDINARY FOOD WITH EXTRAORDINARY FLAVORS!

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

Let's Connect!

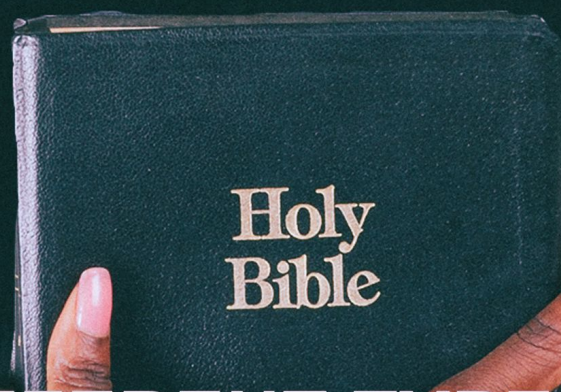
[f Paulies Love Catering](https://www.facebook.com/PauliesLoveCatering)
Paulieslovecatering.com
[@Paulieslove_catering](https://www.instagram.com/Paulieslove_catering)
[Paulieslove Cooking](https://www.youtube.com/channel/UC...)
Tag Us!

PAULIES LOVE CATERING

888-530-3560

WWW.PAULIESLOVECATERING.COM

TREVI BOOKER PERSHAY



A DIFFERENT TYPE OF

Church 2 Girl

THE FIGHT FOR MY LIFE

COMING WINTER 2022