

CIRCLE OF BOSS SISTERS C.O.B.S.

2025, DECEMBER ISSUE
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Fashion CORNER

RIECE SIREN
FOUNDER OF
LEJEND ROSE
CLOTHING LINE

Women WERK

REESE SCOTT
FOUNDER OF WOMEN'S
WORLD OF BOXING
CLUB, NYC.

Artist CORNER

**THE DIVINE
JOURNEY OF
CHAMP &
KIMMY
JENINS**

Queen's COURT

**MARGARITA
BRAVO**
FOUNDER/CHIEF
CREATIVE OFFICER
OF MARGARITA
BRAVO DESIGN
STUDIO/SORELLA
FURNITURE

Women INNOVATORS

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BOOKER
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FOUNDER OF
TREVI PERSHAY
PRODUCTIONS,
INC.

Maxie J.

**Founder/Designer of the
Fashion Brand Ellaé Lisqué**





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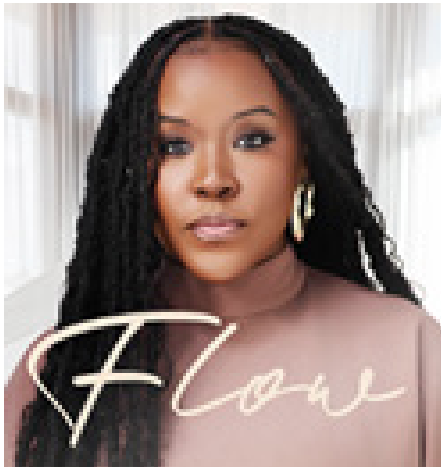
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Editor's Note

FEELING GRATEFUL: LEARNING THE POWER OF CAPACITY AND CONTENTMENT

WRITTEN BY:
DR. TREVI-BOOKER PERSHAY

As I sit and look back over the beginning of 2025, I can't help but take inventory of what I've been through every rough patch, every long night, every prayer whispered between deadlines. This season wasn't easy. It tested me in ways I didn't expect, but it also taught me one of the most valuable lessons of my life: what capacity really looks like.

God has been so merciful to me. He entrusted me with the capacity to hold so many gifts, ideas, and visions that, at times, I wonder how they all fit inside one person. Between a full-time, demanding job, publishing C.O.B.S. Magazine, attending school, writing plays and films, being a mom, a mentor, a pastor, and a writer, there are moments I pause and think, How am I doing all of this? The truth is, it isn't by my own strength. It's grace. Its capacity. It's understanding that when God calls you to it, He equips you for it.

I thrive on the energy of creating. I've finally learned to embrace my difference rather than question it. I used to see it as being "too much," but now I see it as being set apart. There's peace in accepting who God made you to be unapologetically.

I often think back to a song I grew up hearing in church: "I Won't Complain." The lyrics said, "I've had some good days, I've had some hills to climb... all of my good days outweigh my bad days, and I won't complain." That song resonates with me more now than ever. Complaining drains the spirit; it prevents you from seeing the blessings that still surround you. I've learned that when I complain, I lose the motivation to keep moving forward. Complaining turns into a weight that slows progress.



But venting that's different. Venting is an emotional release. It's honesty without bitterness. It's saying, "God, this hurts," without losing gratitude. Venting lets you process; complaining enables you to dwell. One is cleansing, the other is contaminating. And I've learned to tell the difference.

As I move forward into the rest of this year and beyond, I'm choosing gratitude over grumbling. I'm choosing peace over pressure. I'm choosing to honor the capacity I've been given, no matter how heavy it feels at times. Because even in the chaos, I'm reminded that I was built for this.

So today, I sit back grateful, reflective, and determined. My rough season wasn't punishment; it was preparation. And through it all, I can honestly say: I won't complain.

Final Reflection

“I have learned, in whatsoever state I am, therewith to be content.” — *Philippians 4:11*

“To whom much is given, much is required.” — *Luke 12:48*

Gratitude is not ignoring what's hard—it's recognizing God's hand even in what's heavy.

----- Dr. Trevi Booker-Pershay -----

Featured Story

THE WOMAN WHO WOULD NOT QUIT: MAXIE J'S STORY OF STRENGTH, SUCCESS & SISTERHOOD

WRITTEN BY:
DR. TREVI-BOOKER PERSHAY

At C.O.B.S. Magazine, we believe deeply in the power of strength, resilience, and representation. Our mission has always been to spotlight women whose stories remind us that success is not just about talent—it's about courage, purpose, and the willingness to rise again and again. When Maxie J's profile came across my desk, I felt an immediate connection. There was something undeniably different about her. Her resilience, her determination, and her unshakable faith stood out in a way that demanded celebration. I knew instantly that her journey was one I wanted to display for women of color everywhere. Because if you can see it, then you can achieve it—and Maxie J is living proof of that truth.



When Maxie J launched Ellaé Lisqué in 2014 with just six dresses and a vision, she had no idea she was stepping into a decade that would redefine her life. But from the very beginning, her journey carried a divine fingerprint. In her first year of business, she learned she had generated nearly \$300,000, three times more than she had ever earned working a traditional job. Even with only \$500 left in her bank account, the message was loud and clear. "If I could do that while barely knowing what I was doing," she realized, "then once I learned the business side, the sky would be the limit." It was the moment God confirmed she was building something bigger than fashion; she was building a legacy.





Proof That When a Woman Stands in Her Purpose, She Becomes Unstoppable

Today, Ellaé Lisqué stands as a seven-figure powerhouse, built not through retail partnerships or investor backing, but through community, authenticity, and the influence Maxie nurtured long before she became a global designer. Starting without capital meant she had to rely on herself—her name, her relationships, and the trust people placed in her. “People think retail is the key,” she says. “But the strongest brands have real community.” That sense of loyalty has not only elevated her brand but also made it sustainable.

What makes Maxie’s designs unforgettable is not just their structure, sexiness, or signature fit, but the intention behind them. She designs from a place of affirmation with confidence as her guiding fabric. “I’m thinking about how a woman wants to feel more than how she wants to look,” she explains. By honoring curves, creating supportive silhouettes, and celebrating every shape, her pieces invite women to stand boldly in who they are. She doesn’t design to conceal; she designs to empower.

As a Black woman leading a global fashion brand, Maxie has not only overcome the industry’s lack of diversity but has also carved out a lane that others can now follow. Her commitment to uplifting women inspired the creation of SheCom Club, a platform rooted in mentorship, honesty, and the transparency she wished she had during her early years. She remembers sitting in church, broke but determined, promising God that if He trusted her with success, she would use it to make room for others. SheCom Club is the fulfillment of that promise.

Faith is the thread woven throughout Maxie’s leadership. As a pastor’s daughter, integrity shapes every decision she makes, from how she leads her team to how she handles challenges. “Leadership is a gift,” she says. “I want people to love working with me.” Her approach is not just business, it’s ministry. It’s knowing when to be firm, when to extend grace, and when to humanize the moment. That spiritual grounding has guided her through every season.

Her global expansion marked another milestone: opening her own manufacturing facility in Istanbul. What began as a solution to quality control grew into something far more meaningful. Maxie now pays her international team above industry standard, changing lives in the process. Her operations manager in the Philippines purchased her first home. Her production manager in Turkey paid off his brother’s cancer treatments. Her email manager renewed her vows. Those stories, she says, are her greatest rewards.



Despite the pressures of success, Maxie’s version of balance looks different than what people imagine. She works on vacation, checks emails at the spa, and dreams up designs while traveling. But she loves what she does, and that love keeps her grounded. As for dating, she is intentional. She is ready for marriage and motherhood, and she honors her standards just as firmly as she honors her deadlines. “I may be a boss,” she laughs, “but I’m still a feminine woman who loves to be courted.”

Her 10th Anniversary Fashion Show was the culmination of everything she survived, built, and prayed for. Nearly a thousand guests attended the star-studded celebration, a night filled with bold runway energy and divine gratitude. She built a multimillion-dollar business with no investors, no partners, no shortcuts, just faith, discipline, resilience, and purpose.

To the next generation of women, her message is clear: Talent isn’t enough. Business knowledge isn’t enough. God elevates character before He elevates success.

“Success takes more than talent,” she says. “It takes who you are as a woman.”

Ellaé Lisqué began with six dresses. Today, it stands as a global testament to what happens when a woman refuses to quit and chooses to walk boldly in her purpose.

www.ellaelisque.com



Queen's Court

MARGARITA BRAVO: THE LATINA VISIONARY TRANSFORMING SPACES INTO STORIES

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

Introduction

In the ever-evolving world of design, few names reflect grace, craftsmanship, and global influence quite like Margarita Bravo. As the Founder and Chief Creative Officer of Margarita Bravo Design Studio and the creator behind Sorella Furniture, this Bolivian-born designer has emerged as one of the most celebrated Latina entrepreneurs redefining the language of modern interiors. Her work embodies elegance and purpose, merging her South American heritage, European craftsmanship, and a deep belief that every home should tell its own story.

The Designer Behind the Vision

Margarita's approach to interior design sits at the intersection of her clients' ambitions and her own creativity. This unique combination results in a highly personal experience where every design not only reflects her client's lifestyle but also carries her signature touch of refined warmth and sophistication.

With bachelor's degrees in industrial engineering and interior design, Margarita merges technical skills with intuitive artistry. Her aesthetic is influenced by both European modernism and Latin American emotion, giving her work a distinct narrative balance that is precise yet soulful.

Her client-centric approach has earned her acclaim across Denver, Miami, New York, and Barcelona, where her design studios serve diverse, loyal clientele. Margarita is known for her ability to collaborate with architects early in a project, overseeing each home from blueprint to completion, ensuring every element from structure to furniture resonates with authenticity and function.

For Margarita, interior design isn't about trends; it's about emotion. "It's about how a space makes you feel when you walk in," she often shares. That mindset has shaped not only her projects but also her entrepreneurial journey as a furniture designer.



From Inspiration to Innovation: The Birth of Sorella Furniture

Out of her passion for storytelling through design, Margarita launched Sorella Furniture, a luxury furniture line created with her sister, María. The word Sorella means "sister" in Italian, a fitting name for a collection rooted in sisterhood, artistry, and empowerment. Designed in Denver and handcrafted in Porto, Portugal, each piece from the Sorella collection represents a dialogue between craftsmanship and culture.

Sorella's aesthetic reflects timeless European craftsmanship, Latin warmth, and a contemporary edge. The Ana Dining Table showcases a sculptural marble form that balances strength with elegance, while the Camilla Dining Table and Tabata Lounge Sofa evoke an effortless harmony between structure and softness. Each design is handmade by skilled Portuguese artisans, maintaining a tradition of precision and sustainability.

In her Furniture Design Blog, Margarita highlights how working with European craftsmen deepened her connection to the artistry of furniture-making. She writes about the journey of turning raw materials, wood, marble, and metal into heirloom pieces that embody emotion and endurance. The collection is not mass-produced; it's crafted with intention, designed to be both functional and enduring.

Furniture with Purpose

What makes Sorella remarkable goes beyond design; it's the purpose behind it. Margarita created the line to empower women and celebrate creativity. "We are sisters. We are mothers. We are in charge of our homes," she says on her brand's site. "We want to provide the highest quality furniture but also share our story and inspire women to elevate themselves."

Sorella donates a portion of its proceeds to women's empowerment charities, a mission that aligns deeply with Margarita's personal and professional values. Her furniture doesn't just fill homes; it tells stories of resilience, unity, and artistry, qualities that reflect her journey as a woman, creator, and entrepreneur.

Design Philosophy and Legacy

Margarita's global experiences from her studies in Barcelona to her collaborations in Portugal continue to shape her design approach. She believes travel and cultural exchange are essential to her creative process. "Design lives in everything," she says. "In how light hits a wall, in the curve of a chair, in how two textures meet, every detail speaks."

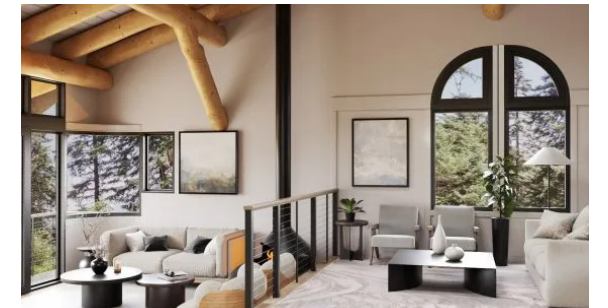
Her interiors, much like her furniture, carry an organic rhythm, clean lines softened by natural materials, and bold accents balanced by timeless restraint. Whether it's a minimalist living room in Denver or a luxury residence in Miami, her work always returns to one central idea: that design is deeply personal.

A Latina Leader in Design

In an industry historically dominated by men, Margarita Bravo stands as a trailblazer for women of color in luxury design. Her journey from Bolivia to the global stage is a story of perseverance, talent, and vision. As a Latina creative and entrepreneur, she continues to redefine what it means to lead with both precision and passion.

Through her projects and her Sorella Furniture line, Margarita proves that design is more than aesthetics; it's an act of storytelling, a gesture of heritage, and a legacy of empowerment. Her pieces remind us that beauty is not just seen but felt in the homes we build, the memories we make, and the spaces that reflect who we truly are.

www.margaritabravo.com



The Crown Effect

THE RETURN OF THE UPDO: HOW '90S HAIR UPSWEEPS ARE TAKING OVER THE HOLIDAYS

WRITTEN BY:
DR.TREVI-BOOKER PERSHAY

Introduction

Growing up as a church girl in the '90s, I remember how the updo was everything. It was more than a hairstyle; it was a statement of grace, class, and pride. Every Sunday, the pews were lined with women whose hair stood tall in sculpted curls, sweeping twists, and glossy buns that caught the light just right. Those styles were a fixture in the Black community, seen at weddings, graduations, and choir stands alike.

An updo wasn't just worn; it was crafted. It symbolized sophistication, elegance, and the care our mothers and stylists took to ensure we looked our very best. Fast forward to today, and those same signature looks are making a strong return. Fashion, as it often does, is repeating itself but with a modern twist. The high buns, swoops, and molded curls that defined an era are being reimagined for a new generation, reminding us that beauty never truly goes out of style; it just evolves.

A Nod to the '90s

In the Black community, the '90s were the golden age of creativity and individuality in hair design. From finger waves and stacked curls to elaborate barrel rolls, stylists showcased artistry that turned every salon visit into an experience. Women would sit for hours under dryers as stylists shaped and pinned masterpieces that could last through praise breaks, family functions, and weekend celebrations.

These updos spoke a silent language of pride, resilience, and excellence. Each swoop and curl carried the essence of a generation that found joy in presentation. The look said, I came to slay, but I came with class.



The Modern Twist

Today's updos pay homage to that same bold confidence, now refined for a new era. The trend has re-emerged across red carpets, photoshoots, and social feeds, with modern stylists adding sleek finishes, braided accents, and minimalistic touches. The result is a fresh balance between vintage glamour and contemporary simplicity.

This resurgence isn't just nostalgia; it's cultural preservation. Younger women are embracing the hairstyles their mothers and aunts once wore, blending tradition with modern edge. A high bun might now pair with silk edges and natural textures, while the classic upsweep may include subtle braiding or soft curls. Either way, the message remains the same: Black beauty is timeless.



Why It's the Perfect Holiday Look

There's no better season than the holidays to bring the updo back into the spotlight. It's a look that commands attention yet radiates grace. Whether you're stepping out for a Christmas gala, an office party, or a family dinner, an updo accentuates the neckline, frames the face, and adds that extra touch of elegance to any outfit.

Paired with a bold red lip, gold accessories, and a confident smile, the style transforms from nostalgic to iconic. It reminds us that sophistication isn't about trends; it's about owning the beauty of where we come from.

A Celebration of Heritage

Stylists across the country are revisiting vintage techniques, mixing hot combs with edge brushes, rollers with wraps to recreate the architectural precision that once defined salon excellence. These hairstyles honor the women who shaped our beauty standards long before social media trends.

The return of the '90s updo isn't just a fashion moment; it's a cultural revival. It's our crown, elevated. Here are a few celebrities who are bringing back the updo look.



Timeless Elegance

From the church pews of yesterday to today's runway shows, the upsweep remains a symbol of sophistication and self-assurance. It tells a story of creativity passed down through generations, reminding us that beauty trends may circle back, but Black women have always been ahead of the curve.

This holiday season, as you pin, twist, or mold your crown, remember you're not just recreating a look, you're reviving a legacy.

Spotlight Feature

MARY SHEFFIELD MAKES HISTORY: DETROIT’S FIRST WOMAN AND FIRST BLACK WOMAN MAYOR POISED TO LEAD THE MOTOR CITY

WRITTEN BY:
DR.TREVI-BOOKER PERSHAY

Introduction

In a defining moment for Detroit, Mary Sheffield, President of the Detroit City Council, has been elected as the city’s next mayor, making history as both the first woman and the first Black woman to lead the Motor City. Her November 4, 2025, victory represents more than a political milestone; it’s a cultural transformation reflecting Detroit’s resilience, determination, and the power of representation (Associated Press, 2025a). As Publisher of C.O.B.S. Magazine, I could not be prouder of this historic moment. Seeing a woman, and a Black woman, rise to the highest office in one of America’s most iconic cities fills me with both excitement and deep emotion. It’s heartwarming to witness our own leading Detroit, a city built on strength, creativity, and unbreakable community spirit. Mary Sheffield’s leadership is not just a win for Detroit; it’s a win for women everywhere who dare to dream, lead, and serve. Sheffield’s election comes as Detroit continues to redefine itself more than a decade after bankruptcy. Her promise is clear: to bridge the gap between economic revitalization downtown and the neighborhoods still waiting for equitable progress.

Background & Rise to Leadership

Born and raised in Detroit, Mary Sheffield’s roots run deep. Her father, the late Rev. Horace Sheffield III, was a respected civil rights activist, and his influence shaped her early understanding of service and leadership (Detroit Regional Chamber, 2024).

- **2013:** Elected to represent District 5 at age 26, the youngest council member in Detroit’s history (City of Detroit, n.d.).
- **2022:** Elected Detroit City Council President again, breaking age and gender barriers (Wikipedia, 2025).
- **2024:** Announced her candidacy for mayor, running on a platform that centered on neighborhoods, equity, and inclusive growth (BridgeDetroit, 2024a).

Sheffield’s rise from council member to mayor reflects a consistent message of community-centered leadership. She once stated, “My focus has always been on making sure that every Detroiter, no matter their ZIP code, has a fair shot at success” (BridgeDetroit, 2024a).

The 2025 Mayoral Race

Campaign & Platform

Mary Sheffield launched her campaign in December 2024 with a message that Detroit’s progress must extend beyond downtown. She promised to prioritize affordable housing, public safety, and economic inclusion. Addressing business leaders early in her campaign, Sheffield said, “I’m not anti-business. I’m pro-Detroit and that means creating an economy where everyone can win” (BridgeDetroit, 2024b).

Primary & General Election Results

Sheffield topped a crowded primary field of nine candidates in August 2025, securing over 50 % of the vote. By November 4, she decisively defeated Pastor Solomon Kinloch Jr. with nearly 77 % of the vote (ClickOnDetroit, 2025). Her victory speech captured the tone of her campaign: “I am here to listen to you, to fight for you, and to serve you... At the end of the day, we all want the same thing: a Detroit that works for everyone.” Mary Sheffield (Associated Press, 2025b)



Significance & Meaning of Her Election

Mary Sheffield’s victory carries layered significance:

- Representation: She is the first woman and first Black woman elected mayor of Detroit — a milestone that redefines leadership in one of America’s largest majority-Black cities (Washington Post, 2025).
- Transition of Power: Sheffield follows outgoing Mayor Mike Duggan, who led Detroit through post-bankruptcy stability and infrastructure recovery. Her election symbolizes a generational and philosophical shift — one grounded in inclusion (PBS NewsHour, 2025).
- Equity Focus: Sheffield has emphasized redirecting investment into neighborhoods long left behind, noting, “Revitalization means nothing if our residents can’t afford to live in the city they helped build” (Governing, 2025).
- National Trend: Her victory aligns with a national wave of diverse leadership in municipal government — from Virginia’s first female governor to Minneapolis’s first Somali American mayor (The Guardian, 2025).



Challenges Ahead

Despite overwhelming voter support, Sheffield’s path forward is complex.

Detroit still grapples with:

- Infrastructure decay in neighborhoods beyond the downtown core.
- Affordable housing shortages risk displacing long-term residents.
- Public safety concerns, particularly among youth and low-income communities.
- Equitable development, ensuring large-scale projects benefit local workers and residents.

As Detroit’s first Black woman mayor, Sheffield will face heightened expectations both from those seeking transformative change and those skeptical of rapid reform.

Her ability to assemble a strong administrative team, maintain fiscal stability, and deliver measurable progress will define her early tenure (Bridge Michigan, 2025).

What to Watch

Sheffield’s first 100 days will be crucial. Key focus areas include:

- Launching a Neighborhood Investment Plan.
- Establishing a Public Safety Equity Task Force.
- Strengthening business partnerships to attract jobs.
- Expanding affordable housing programs through public-private collaborations.
- Enhancing transparency and civic engagement through digital communication and community town halls.

Observers also expect her to expand youth employment initiatives and city beautification efforts, continuing Detroit’s renaissance while centering its people.



Conclusion

Mary Sheffield’s election is both historic and deeply symbolic, a moment that honors Detroit’s past while reimagining its future. Her leadership marks the next chapter in a city long known for its strength, innovation, and grit.

As someone who has always believed in celebrating Black excellence and women’s leadership, I find this moment profoundly inspiring. Sheffield’s win reminds us that Detroit’s heartbeat has always been its people, and now, the people have chosen one of their own to lead.

For Detroiters, her victory represents hope that progress will finally reach every block, every family, and every voice. For America, it’s another sign that leadership is evolving — one where representation and results walk hand in hand.

Women Werk

REESE SCOTT: THE KNOCKOUT FORCE BEHIND WOMEN'S WORLD OF BOXING

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



I was on a mission to discover a Black woman entrepreneur I had never written about before—someone whose story spoke of grit, creativity, and leadership. After two hours of research, I came across the remarkable page of Reese Lynn Scott, and I was instantly thrilled. I admired her gifts, her talents, and the multifaceted nature of her leadership. What I found was a woman who not only owns a boxing gym but also embodies the artistry, strength, and resilience that define Black excellence.

A Creative Soul and Fearless Fighter

Reese Lynn Scott, better known as Coach Reese, is the Founder of Women's World of Boxing Club in New York City, a space built to empower women through the sport she loves. But her journey didn't begin in the ring. It started behind the lens of a camera.

"I'm also a photographer," she shares, "currently residing in The Bronx, N.Y." Reese studied Graphic Design and Photography at duCrét School of Art & Design, where she first experienced the sacred solitude of creativity. "When I developed my first prints, the portraits spoke to me most. The eyes, the faces, the expressions were the storytellers."

Her camera became her voice, capturing emotions she once struggled to express. What began as a passion evolved into a lifelong calling. For nearly 20 years, she served as a creative director for magazine publishing houses in New York City, designing hair, beauty, fitness, and travel magazines. Photography became her refuge—a way to stay grounded amid the corporate grind.

From the Cube to the Ring

During her off hours, Reese trained as an amateur boxer, a pursuit that became deeply personal. Boxing gave her discipline, confidence, and a renewed sense of control. Soon, she began training other women and realized the lack of inclusive, women-centered spaces in the boxing world. What started as private training sessions turned into a movement. In 2007, she began shaping what would later become Women's World of Boxing, and by 2018, she opened the first and only all-female boxing gym in East Harlem. There, she wears many hats—coach, social media manager, videographer, and of course, photographer.

Her philosophy is simple yet powerful: "In the ring, you face yourself first." Through her work, Reese teaches women that boxing is not just about punches; it's about perseverance, focus, and mental toughness.

Empowerment Through Connection

Reese believes life is layered and connected. Whether she's snapping portraits or teaching boxing, her goal remains the same—to help people see their own power. "From the corporate cube, to training in the ring, to the slide of the shutter, I have learned that everything in this life is connected," she says.

When she's not coaching or photographing, Reese is working on her memoir or gallery hopping with her wife, continuing to inspire through art, athletics, and authenticity.

Reese Scott's story is a knockout reminder that true strength doesn't just come from muscle, it comes from mastering your art, honoring your story, and creating space for others to do the same.

Follow her journey

www.wvbox.nyc
Women's World of Boxing, East Harlem, NY

Did you know?

OULA HEALTH: MODERN MATERNITY CARE ROOTED IN COMPASSION AND CONNECTION

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



As I was looking for an article to write, I remembered one of my former students once telling me that she wanted to be a midwife. I thought, a midwife? I watched a Netflix series about women receiving international midwifery care two years ago, and I found it fascinating. There was something so personal and sacred about that kind of care—women supporting women through one of life's most powerful moments. Later, as I scrolled through TikTok and Instagram, I noticed that more and more women were choosing this option. It was as if a quiet movement was growing—one rooted in trust, tradition, and empowerment. What truly amazed me was realizing that one of these inspiring maternity facilities, Oula Health, was located right in my own community.

Oula Health is changing the way we think about pregnancy and birth. It blends the wisdom of midwifery care with the expertise of modern obstetrics to create a truly unique experience for mothers. The facility is designed to feel calm, safe, and supportive—more like a wellness sanctuary than a hospital. From the moment you walk through the door, there's an atmosphere of compassion and collaboration. Expectant mothers are treated not just as patients, but as partners in their own care.

What sets Oula Health apart is its commitment to whole-person care. The team believes that childbirth is more than a medical event; it's an emotional, spiritual, and physical journey. Their services include prenatal visits, postpartum support, lactation guidance, and mental wellness check-ins. Every step of the way, women are encouraged to voice their needs and be involved in their care decisions. This approach helps reduce anxiety, builds confidence, and reminds women that they are not alone.

In addition to its nurturing environment, Oula Health embraces inclusivity and equity. The facility works to address the racial and cultural gaps that have too often defined maternal healthcare in America. They are intentional about providing care that reflects diversity, making sure every woman, regardless of her background, feels seen and valued. This mission is significant given the challenges Black women and women of color have historically faced during pregnancy and childbirth.

Oula's care model represents a new generation of healthcare, one where advanced medicine meets empathy. Their modern technology supports safety and precision, while their philosophy centers around human connection. It's not unusual for mothers to describe their experience as healing, transformative, and even spiritual.

For me, discovering Oula Health felt like finding a story of hope right in my own backyard. In a world where so many women struggle to find quality, compassionate care, this facility is proof that innovation and kindness can coexist. Oula reminds us that when we lead with empathy and listen to women's voices, we create stronger families, healthier communities, and a brighter future for maternal health. Here are the requirements:

Certified Nurse Midwife (CNM) – Most Common in the U.S.

Education Pathway:

- **Step 1:** Earn a Bachelor of Science in Nursing (BSN) and become a Registered Nurse (RN) by passing the NCLEX-RN exam.
- **Step 2:** Complete a Master of Science in Nursing (MSN) or Doctor of Nursing Practice (DNP) program with a specialization in Nurse-Midwifery.
- **Step 3:** Pass the American Midwifery Certification Board (AMCB) exam to become a Certified Nurse Midwife (CNM).

Where They Work:

CNMs can work in hospitals, birthing centers, OB-GYN offices, and private practices (like Oula Health).

Key Strength:

This path combines nursing and midwifery, offering a strong clinical background in women's health, labor, and delivery.

Fashion Corner

LEJEND ROSE: WHERE FAITH, ART, AND FASHION COLLIDE

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

In a world where fashion often follows trends, Riecee Siren moves to the beat of her own creativity. The founder and designer behind the dynamic clothing brand Lejend Rose, Riecee is not only a fashion designer, but also a singer, rapper, songwriter, and preacher whose artistry transcends the runway. Her brand stands as a testament to resilience, faith, and the unapologetic power of originality.

What began as a search for the perfect pair of glasses evolved into a movement. In July 2012, Riecee was preparing for a show and couldn't find eyewear that captured her vision. Rather than settle, she designed her own, and from that moment, The Sirens was born. That small act of innovation would later blossom into a full-fledged fashion label: Lejend Rose.

Yet, her journey wasn't paved in gold. With limited resources, Riecee turned scarcity into strength. When she couldn't afford screen-printing, she started hand-painting and drawing directly on her clothes, transforming every piece into a wearable canvas. Her artistry became a statement of perseverance: that creativity knows no financial boundaries. "The lack of money loosed my surplus of ideas," she recalls a phrase that perfectly captures her fearless, faith-driven approach to life and design.



Originally named Misfit Makings, the brand reflected her affinity for the overlooked and unconventional. Much like the story of Rudolph the Red-Nosed Reindeer, Riecee saw herself and others like her as "misfits" who never quite fit the mold. Through her designs, she created a haven for those who felt unseen, crafting garments with prophetic meaning inspired by her own spiritual journey. Every brushstroke, every seam tells a story of redemption, individuality, and divine creativity.

In 2021, Riecee's life took a heartbreaking turn when she lost her beloved mother. From that deep well of grief, Lejend Rose emerged as a new name honoring her mother's middle name, Rose, and the phonetic spelling of legend. The rebrand marked a rebirth of vision and purpose. "My mother was a legend," Riecee says, "and indeed an iconic brand was born, but never fear, the misfit is always here."

Her designs have graced runways from Newark Fashion Week to Philadelphia Christian Fashion Week, and her work has been sold in boutiques across the East Coast, including Detroit, Michigan. Among her many achievements, one stands out as particularly meaningful when Gospel music legend Vanessa Bell Armstrong acquired one of her favorite jackets. That moment validated what Riecee already knew: her fashion speaks with divine resonance.

Today, Lejend Rose stands as more than a brand; it's a ministry through fabric, a declaration that you can be both boldly different and beautifully chosen. Each piece embodies Riecee's signature blend of faith, art, and empowerment. As she continues to create "ideas for generations and originality for nations," one truth remains: Lejend Rose is the future fit of legends.

Follow her journey

Instagram: @lejendrose

Queen Chat

OVERCOMING DEPRESSION AND RECLAIMING YOUR JOY

FROM THE AUTHOR OF QUEEN,
LET'S TALK



Queen, let's be real, life can get heavy. Between responsibilities, heartbreak, loss, and everyday stress, it's easy to slip into a place where joy feels distant. Depression doesn't always look like tears and isolation; sometimes it's the quiet exhaustion, the forced smile, the "I'm fine" when you're breaking inside. But here's the truth: you are not in your pain, and this season will not define you.

Recognize It, Don't Run from It

The first step to overcoming depression is acknowledging it. You can't heal what you won't face. And there's no shame in saying, "I'm not okay right now." Admitting that doesn't make you weak; it makes you brave. The strongest women are the ones who confront their truth and seek healing, not the ones who pretend everything's perfect.

Protect Your Mind and Space

Depression feeds off chaos, negative energy, unhealthy habits, and toxic environments. Protect your peace like it's sacred, because it is. Limit your time around people who drain you. Replace self-criticism with self-compassion. Speak to yourself the way you'd comfort a friend. Feed your mind positively, read affirmations, listen to uplifting music, pray, meditate, or journal. Your environment matters as much as your mindset.

Move Your Body, Free Your Spirit

Queen, movement is medicine. You don't have to hit the gym every day, move. Go for a walk, dance in your mirror, stretch, breathe. Physical movement releases endorphins, the body's natural antidepressants. Every step you take is a reminder that you're still here, still fighting, still choosing yourself.

Ask for Help Without Guilt

There is strength in reaching out to a friend, a therapist, a counselor, or a spiritual leader. You are not meant to carry everything alone. Healing happens in community, not isolation. You deserve support, love, and understanding.

Choose You Every Day

Depression tells you you're stuck, but healing reminds you there's always a way forward. Every morning you wake up is another chance to choose peace over pain, growth over fear, and love over loneliness. You are not broken, you're becoming.

So, Queen, when the darkness whispers that you can't, remind it that you already have. You've survived every hard day before this one, and you'll rise again, stronger, wiser, and more radiant than ever.

Happy Holidays

BLACK LOVE AND THE SPIRIT OF CHRISTMAS: A SEASON OF PEACE, FORGIVENESS, AND HOPE

WRITTEN BY:

DR.TREVI-BOOKER PERSHAY

As the holiday lights shimmer and soulful carols fill the air, Christmas reminds us that love is the greatest gift of all. For many Black families, this season isn't just about exchanging presents under the tree; it's about embodying the true spirit of giving, unity, and faith. The holidays have always been more than ribbons and wrapping paper; they've been a celebration of peace, forgiveness, and the power of love that holds our families and communities together.



Growing up in a Black household, Christmas meant more than gifts; it meant togetherness. I remember the kitchen filled with the sweet aroma of collard greens, cornbread, and honey-glazed ham while laughter echoed from every corner of the house. Even when times were tough, we found joy in each other's presence. We made sure that every child in the neighborhood had a toy, every table had food, and every heart had hope. The love that overflowed from our homes spilled into the community, and our church stood as the heartbeat of that generosity.

Our church wasn't just a place of worship; it was a place of healing. During the holidays, members came together to collect clothes, food, and gifts for families in need. We wrapped presents with the same care we wrapped our prayers, believing that each gesture, no matter how small, carried a message of love and hope. The act of giving became a ministry of compassion, showing us that we could be the hands and feet of Christ in our own neighborhoods.

But beyond the giving, Christmas is also a time for peace and forgiveness. It's a time to release the grudges that weigh our hearts and open ourselves to grace. In a world that often feels divided, holidays remind us that love still has the power to restore and rebuild. Black love rooted in resilience, faith, and community has always been a testimony to that truth. Whether it's between spouses, family members, or friends, it's a love that forgives, uplifts, and endures.



As we gather around our Christmas trees and share traditions passed down through generations, let's remember that the most meaningful gift we can give is ourselves, our time, our attention, our compassion. Material things fade, but love leaves a legacy that endures. Every embrace, every word of encouragement, every act of kindness becomes a thread in the tapestry of who we are as a people.

This Christmas, may we choose peace over pride, forgiveness over resentment, and love over everything else. Because when we give love, we honor the true meaning of the season, and that's a gift that will never go out of style.

Entertainment Corner

KIMMY JENKINS: A VOICE OF HOPE, HEALING & HOLY FIRE

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



Some artists sing. Others minister. And then there are rare voices, voices that carry healing, conviction, purpose, and divine assignments woven into every lyric. Kimmy Jenkins, a dynamic singer, songwriter, and recording artist from the Bronx, New York, stands firmly in that league. Her journey is one marked by early calling, unwavering faith, and a lifelong devotion to worship that continues to touch hearts around the world.

From a young age, Kimmy was immersed in the vibrant culture of gospel music, capturing its essence long before she stepped onto a stage. Active in church from the age of one, she grew up surrounded by melodies that shaped her spirit and ignited her passion for worship. By 15, she began leading praise and worship, revealing not only a remarkable voice but a rare anointing—one that would deepen, expand, and flourish into the powerful ministry she carries today.

Her calling was affirmed in 2019 when she was ordained as an evangelist. This milestone solidified her commitment to serve through song and word. Kimmy has ministered across numerous churches and worship centers, including Flight to Freedom Worship Center, Antioch Baptist Church, and Gospel Mission Ministries. In each space, she has become known for her heartfelt delivery, her authenticity, and the ability to usher listeners into a deeper encounter with God.

Throughout her career, Kimmy has shared the stage with esteemed artists such as Donnie McClurkin, Jekalyn Carr, JJ Hairston, Le’Andria Johnson, Zacardi Cortez, and Vashawn Mitchell. Her versatility extends far beyond live performances; she has lent her vocal talents to major commercial campaigns for brands such as Dupixent, Enbrel, and Xhildra. Her adaptability and range demonstrate her capacity to impact both sacred and secular spaces with grace and professionalism.

Her music catalogue reflects her heart and message. As the lead vocalist for DMI’s renowned production *Birth of a King*, from 2017 to 2019, Kimmy brought emotional depth and power to a beloved Christmas story. She has also recorded background vocals for acclaimed violinist Damien Escobar, Meah Pace, Nina Nesbitt, and Kathryn Yamaoka, further cementing her reputation as an artist of excellence.

Kimmy’s inspiration is deeply rooted in gospel legends such as CeCe Winans, Erica Campbell, Le’Andria Johnson, and Smokie Norful. These influences are evident in the richness of her tone, the passion of her delivery, and the sincerity of her worship. Her latest singles, *Evolving Grace* and *Let Christmas Begin With Me*, produced by her husband, Grammy-nominated producer Darren “Champ” Jenkins, beautifully reflect her evolving journey as a wife, mother, minister, and artist, determined to spread hope in a world hungry for light.

At the center of Kimmy Jenkins’ life is one resounding truth: with God, all things are possible. Her mission is not merely to sing but to inspire transformation into one life, one heart, one song at a time. Whether on stage, in the studio, or behind the scenes, Kimmy stands as a vessel of love, faith, and purpose. And as her ministry continues to rise, one thing is sure: her voice will remain a beacon of inspiration for generations to come.

Kimmy Jenkins (@officialkimmyjenkins)



CHAMP JENKINS: WHERE PURPOSE, PASSION & PURE GENIUS COLLIDE

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



Every now and then, the music world is introduced to a creative force whose talent runs deeper than sound, an artist whose journey, discipline, and devotion to craft reflect something far greater than skill. Darren “Champ” Jenkins Jr., a multifaceted musician, songwriter, producer, and composer from the South Bronx, New York, stands unmistakably in that category. His story is one where purpose meets passion, faith fuels creativity, and a lifelong commitment to excellence shapes every note he touches.

Champ’s musical roots were planted early, before he could fully form the dreams he now lives boldly. At just two years old, his parents gifted him his first drum set, unknowingly sparking a fire that would guide the trajectory of his entire life. From those formative years, he immersed himself in sound, exploring drums, keyboards, and various instruments in church. That sacred space became his first stage, his first classroom, and the foundation upon which he learned not just musicianship, but discipline, humility, and intention.

Those early experiences opened doors to songwriting and compositions that revealed a young visionary in the making. Champ’s dedication to learning and growth laid the foundation for the extraordinary career he has today, a career defined by artistry, innovation, and an unshakable sense of purpose.

Over the years, Champ’s sound has traveled far beyond the Bronx. He has collaborated with powerhouse artists such as Christine Michele, Kenny Lattimore, Donnie McClurkin, Miranda Curtis, Zaccardi Cortez, Alic Walls, Peter Collins, Angie Rose, Damien Escobar, Jake Miller, and many more. His production has appeared on major networks, including FOX 5 NY, and on nationally recognized shows like *The Family Business*, *Detroit Muscle*, *Alpha 8*, and *Truck Tech*. Notably, Champ produced the theme song for BET’s acclaimed series, Carl Weber’s *The Family Business*.

His contributions have not gone unnoticed. Champ has earned multiple honors, including a 2018 NAACP Image Award nomination for Outstanding Jazz Album for his work on Damien Escobar’s *Boundless*, which topped the Billboard charts. In 2020, he received the Pearl Award for Producer of the Year, solidifying his place as a respected and influential force in contemporary music.

Beyond the studio, Champ’s gifts extend into the world of commercial production. His compositions have powered major campaigns for brands such as Citi/Advantage, New York-Presbyterian Hospital, Dupixent, Capvaxive, and more. As an Audio Producer for Art of Sound at HAVAS, Champ continues to demonstrate his remarkable range, crafting sonic identity, brand soundscapes, and high-quality creative projects for global brands.

His musical pedigree runs deep. He is the son of Darren Jenkins Sr. (a multi-platinum producer and recording artist) and Tonia Jenkins (author of three books). His sister, Kimberly “Kimmy” Jenkins, a recording artist, also continues to inspire his journey.

Today, Champ serves as the Music Director for world-renowned violinist Damien Escobar while leading ChampMuzik Productions LLC. His debut solo project, *Angels* (2020), opened the next chapter of his artistic evolution. With faith as his compass and creativity as his language, Champ Jenkins is far from finished—he’s only just beginning the next movement in a legacy already orchestrated with brilliance.

www.champmuzikproductions.com



Lifestyle & Travel Corner

WINTER WONDERS: BEAUTIFUL PLACES TO TRAVEL DURING CHRISTMAS

Introduction

There's something undeniably special about Christmas travel, the magic, the music, and the memories waiting to be made. Whether you're drawn to the glittering snowfalls of Europe or the golden sunsets of the tropics, these destinations capture the spirit of the season. From twinkling city lights to cozy mountain cabins, here's our curated list of eight stunning places to spend Christmas and rediscover peace, joy, and adventure.

1. New York City, USA

Photo Caption: The Rockefeller Center Christmas Tree sparkles under a New York winter sky. New York transforms into a cinematic winter dream each December. The Rockefeller Center tree glows with over 50,000 lights, and the air feels alive with excitement. Stroll through Bryant Park's Winter Village, sip cocoa at Serendipity 3, and glide across the ice at Central Park. Don't miss the Radio City Christmas Spectacular — a true holiday tradition.

Travel Tip: Visit mid-December for the best window displays and fewer crowds than Christmas week.

Where to Stay: The Plaza Hotel or The Bryant Park Hotel for a view of the lights.



2. Vienna, Austria

Photo Caption: Vienna's Rathausplatz Market sparkles with golden lights and mulled wine aromas.

Vienna is pure Christmas elegance. Classical music fills the streets while the city's markets overflow with handcrafted gifts and gingerbread. Warm up with a mug of Glühwein as you wander through the historic city center.

Travel Tip: Attend a Christmas concert at St. Stephen's Cathedral or the Vienna State Opera for an unforgettable evening.

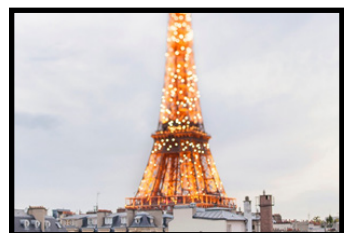
Where to Stay: Hotel Sacher Vienna — known for its charm and world-famous Sachertorte.

3. Quebec City, Canada

Photo Caption: Old Quebec looks like a living snow globe during the holidays. Cobblestone streets, snow-capped rooftops, and French charm — Quebec City feels like stepping into a fairytale. Visit the German Christmas Market for warm cider and artisan gifts, then take a sleigh ride through Old Quebec.

Travel Tip: Pack warm layers; temperatures can dip below freezing in December.

Where to Stay: Fairmont Le Château Frontenac for postcard-perfect views.



4. Paris, France

Photo Caption: The Eiffel Tower glows brighter during Paris's season of light. Romance meets radiance in Paris during Christmas. Ice-skate by the Eiffel Tower, shop the Christmas Market at La Défense, and end your evening with hot chocolate at Angelina on Rue de Rivoli.

Travel Tip: Book early reservations for Christmas Eve dinner. Parisians celebrate in a big way on December 24th.

Where to Stay: Le Meurice or Hotel Lutetia for a luxury holiday escape.



5. Aspen, Colorado, USA

Photo Caption: Aspen's snowy streets shimmer with fairy lights and cozy fires. Aspen is the definition of a white Christmas — snow, luxury, and breathtaking mountain views. Spend your mornings skiing and your evenings fireside with peppermint cocoa. The "12 Days of Aspen" celebration fills the town with concerts, caroling, and festive cheer.

Travel Tip: Even non-skiers can enjoy sleigh rides, spas, and boutique shopping.

Where to Stay: The Little Nell or St. Regis Aspen Resort for ultimate comfort.

6. Prague, Czech Republic

Photo Caption: A glowing Christmas tree stands proudly in Prague's Old Town Square.

Prague's charm multiplies at Christmas. The Old Town Market's lights reflect off Gothic spires while the scent of roasted nuts fills the air. Sip spiced wine, listen to choirs, and wander over Charles Bridge at twilight — it's nothing short of magical.

Travel Tip: Visit early December for lower prices before the rush.

Where to Stay: Hotel Kings Court — steps away from Prague's festive heart.



7. The Maldives

Photo Caption: Trade snowflakes for sea breezes this Christmas in the Maldives.

For travelers craving serenity over snow, the Maldives offers barefoot luxury and ocean-blue calm. Celebrate Christmas morning with yoga on the beach or a candlelit dinner under the stars. Resorts like Soneva Fushi and Baros Maldives bring the holiday spirit to paradise with themed feasts and coral-reef excursions.

Travel Tip: Book an all-inclusive to maximize your tropical escape.

Where to Stay: Baros Maldives or The Nautilus for private-island perfection.

8. London, England

Photo Caption: Oxford Street shines in silver and gold as London celebrates the holidays.

London brings Christmas to life with grand lights, festive theatre, and cozy pubs. Explore Hyde Park's Winter Wonderland, take afternoon tea at The Ritz, or catch a production of A Christmas Carol in the West End. The city glows with Dickensian warmth and modern sparkles.

Travel Tip: Hop on the London Eye after sunset for breathtaking views of the city lights.

Where to Stay: The Langham London or The Savoy, timeless, Festive Luxury.



Final Wrap-Up

From snowy mountain villages to island sanctuaries, Christmas travel is about connection with beauty, culture, and the quiet joy of the season. Whether you find yourself under a blanket of snow or beneath a palm tree, remember that the true gift of travel is the peace it brings to the soul.

C.O.B.S. Travel Motto:

“Go where your heart feels at home and where the world reminds you to dream again.”

Women Innovators

THE VISION, THE PLAN & THE PURSUIT: THE UNSHAKABLE RISE OF TREVI PERSHAY PRODUCTIONS HOW ONE CREATIVE FORCE IS RESHAPING STORYTELLING FOR A NEW GENERATION

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



Trevi Pershay Productions stands as a powerhouse of faith, resilience, and artistic courage, an empire built on purpose and led by a woman whose pen refuses to be silenced. What began as an outlet for expression has transformed into a movement. Trevi Pershay, a writer, producer, and visionary, continues to push the boundaries of storytelling by bringing narratives of emotional truth, cultural depth, and spiritual awakening to the forefront of entertainment. As 2026 approaches, the production company is preparing to release three groundbreaking projects that will shake audiences to their core: *Black Queen: A Prison of Manipulation* (2027), *Til Death Do Us Part: Buried Secrets & Silent Screams*, and *A Sinner's Prayer: All Lies... On Me*.

Why Trevi Writes the Way She Does

Trevi Pershay writes from lived experience, spiritual insight, and a deep desire to heal through storytelling. Her pen is her ministry. Her productions are testimonies. Her characters bleed truth because she understands what it means to struggle, to rise, to fall, and to resurrect. She writes to reveal the hidden, to empower the broken, and to elevate the voices often ignored in mainstream media. Every script is crafted with intention, layered with emotion, and grounded in the belief that transparency transforms.

Trevi Pershay Productions is not just creating films and theater; it is changing the landscape of storytelling. With every project, Trevi proves that creativity, mixed with a calling, is unstoppable. And 2026 marks the beginning of a new era, one where truth takes center stage and stories become bridges toward healing, liberation, and hope.

www.trevipershayproduction.com



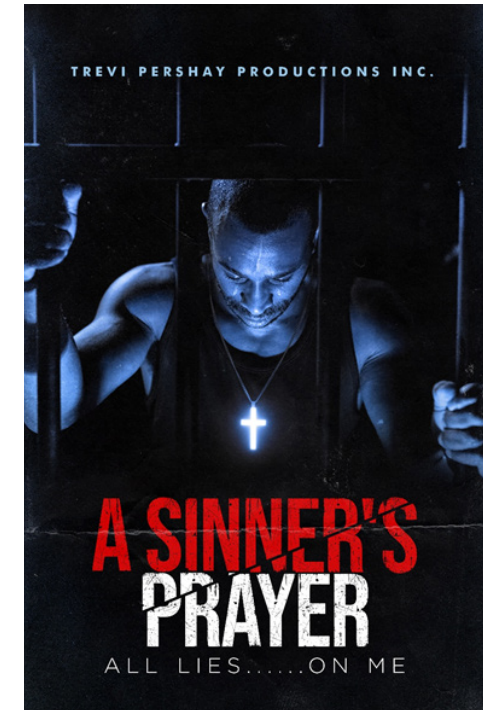
Black Queen: A Prison of Manipulation (2027)

Black Queen dives deeply into the psychological chains of emotional imprisonment where manipulation masquerades as love and control hides in plain sight. This production dissects the silent battles women face behind closed doors, revealing how strength rises amid brokenness. The film exposes the emotional warfare waged by those who claim to care, and it highlights the courage it takes to break free. Trevi writes this story with the intent to liberate, to awaken, and to start uncomfortable conversations that ultimately lead to healing. It is a mirror of the realities many endure, wrapped in art and truth.



Til Death Do Us Part: Buried Secrets & Silent Screams (2026)

This dark and gripping drama pulls audiences into a world where love, obsession, and deception collide. *Til Death Do Us Part* examines what happens when the past refuses to stay buried and when secrets become weapons. The film follows characters whose lives unravel as silence becomes deadly and truth becomes the only pathway to survival. Trevi writes with a fearless hand—leaning into raw emotion, trauma, and redemption—to expose how buried pain can explode into chaos if left untreated. This production is designed not just to entertain, but to remind viewers that healing requires facing what we often avoid.



A Sinner's Prayer: All Lies... On Me (2026)

This powerful stage production centers on Desmond Walker, a son returning home from prison, only to discover that leadership, legacy, and loyalty come at a cost. The clergy committee that once welcomed him now conspires against him, threatening his calling and identity. The story is a spiritual battlefield where family, faith, and betrayal intersect. Through this narrative, Trevi explores themes of grace, redemption, and destiny. She writes with a minister's heart and a creator's imagination, blending scripture, reality, and drama into a production that resonates deeply with anyone who has ever faced opposition while walking in purpose.

Kwanzaa Special



THE MEANING OF KWANZAA: A CELEBRATION OF UNITY, HERITAGE, AND PURPOSE

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

As the year draws to a close and twinkling lights brighten our homes, many African American families prepare for a celebration rich in culture, pride, and reflection: Kwanzaa. Observed from December 26 to January 1, Kwanzaa is not just a holiday; it is a spiritual and cultural journey rooted in the beauty of African traditions and the power of community.

Created in 1966 by Dr. Maulana Karenga, Kwanzaa was born during a time when African Americans sought to reclaim and reconnect with their African identity. The name “Kwanzaa” comes from the Swahili phrase “matunda ya kwanza,” which means “first fruits of the harvest.” This connection to harvest represents growth, gratitude, and the work of our hands, reminding us that progress and prosperity come from unity, purpose, and faith.



At the heart of Kwanzaa are the Nguzo Saba, or Seven Principles, which guide the celebration and reflect values essential to building strong families and communities:

1. **Umoja (Unity):** To strive for and maintain unity in the family, community, nation, and race.
2. **Kujichagulia (Self-Determination):** To define ourselves, name ourselves, create for ourselves, and speak for ourselves.
3. **Ujima (Collective Work and Responsibility):** To build and maintain our community together and make our brothers’ and sisters’ problems our problems, solving them together.
4. **Ujamaa (Cooperative Economics):** To build and maintain our own stores, shops, and businesses and to profit together.
5. **Nia (Purpose):** To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.
6. **Kuumba (Creativity):** To do as much as we can to leave our community more beautiful and beneficial than we inherited it.
7. **Imani (Faith):** To believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness of our struggle.

Each night, families light a candle on the Kinara, the seven-candle holder that represents these principles. The black candle in the center symbolizes the African people; the red candles on the left represent the struggles endured; and the green candles on the right signify hope, the future, and prosperity. Together, the colors of Kwanzaa —black, red, and green — reflect the resilience, beauty, and triumph of the African diaspora.

During Kwanzaa, homes are filled with African art, music, and traditional foods like collard greens, cornbread, jollof rice, and sweet potatoes, symbolic of our diverse heritage and shared joy. Yet, Kwanzaa is not just about celebration; it is about reflection and renewal. It calls us to look inward and ask how we can uplift one another, build stronger communities, and carry the torch of legacy into the next generation.

Kwanzaa reminds us that while we come from different paths, our roots intertwine in unity and purpose. It is a celebration of who we are, who we’ve been, and who we are yet to become, a time to honor our ancestors and ignite our future with pride, creativity, and faith.



Beauty Spotlight



ALL EYES ON GLAM: HOLIDAY EYE MAKEUP LOOKS THAT STEAL THE SPOTLIGHT

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

The holiday season is your time to shine literally. Between twinkling lights, festive parties, and cozy winter nights, this is the perfect moment to experiment with bold, radiant eye makeup that captures the joy of celebration. Whether you're attending an elegant gala or a casual holiday brunch, your eyes can be the statement piece that completes your look.

From glistening metallic shadows to bold color liners and lash-lifting mascaras, holiday makeup is all about confidence and creativity. The key trend this season: shine, shimmer, and statement eye looks that reflect the season's sparkle while expressing your unique beauty and boldness.

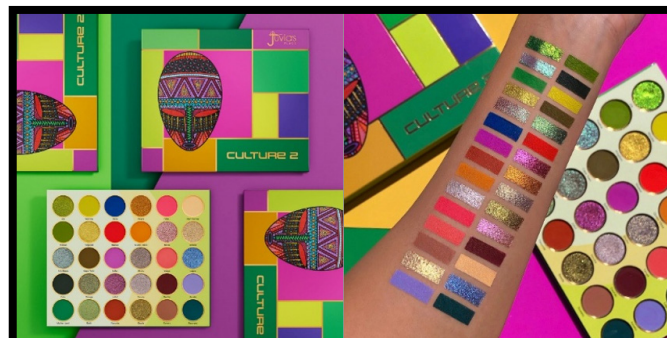
1. Embrace the Festive Palette

When it comes to color, think beyond traditional red and green. The holidays are your permission to play. Jewel tones like sapphire, ruby, and emerald are universally flattering and instantly luxurious, while frosty shades of silver, icy blue, or lilac shimmer bring a wintry twist to your look.

For extra drama, use metallic finishes that catch the light from every angle. A touch of gold or bronze in the inner corners of the eyes adds warmth and glow that's perfect for both daytime brunches and evening soirées.



Pat McGrath Labs – Mothership XII Eyeshadow Palette:
Petalmorphosis



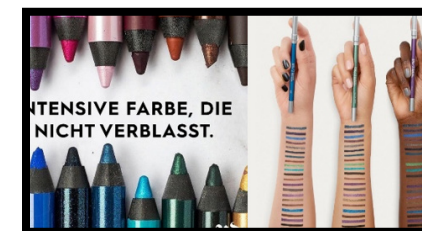
Juvia's Place The Culture Palette – Iconic for vibrant,
high-pigment colors

2. Make a Statement with Eyeliner

If eyeshadow feels too daring, let your eyeliner do the talking. A colored liner instantly elevates a simple look, like electric blue, emerald-green, plum, or metallic bronze, which pop beautifully against winter neutrals.

Graphic liners and double wings are trending for 2025; they add an artistic edge without much effort. To soften the look, blend the edges slightly for a smoky finish.

Urban Decay Eye Pencil



NYX Epic Wear Liner Sticks – waterproof and smudge-proof for long nights

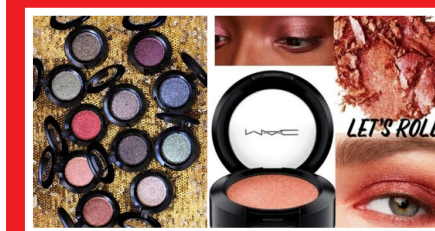


3. Shine Bright with Glit- ter and Shimmer

Nothing says “holiday” like a touch of sparkle. Whether you sweep glitter across your lids or add a pop in the center, shimmer creates instant magic. This year's trend leans toward soft, reflective glitters that catch the light without overpowering your look.

Pair gold glitter with warm brown shadows for cozy elegance or mix silver shimmer with navy for a cool-toned, frosty effect.

M•A•C Dazzle shadow Liquid or Eye Shadow Glitter in “Let’s Roll” – multidimensional sparkle that lasts



My Favourite Mac Shadows that lasts for long nights



4. Don't Forget the Dra- ma of Lashes

Bold eyes deserve bold lashes. Voluminous mascara or feathery falsies will balance colorful eyeshadow and open up your gaze. The key: keep your lashes lifted and defined, not clumpy.



Too Faced Better Than Sex Mas- cara – for full, dramatic volume.



Maybelline Lash Sensational Sky- High Mascara – affordable and delivers a clean, lifted look.



5. Keep the Rest of the Face Simple

When you go bold on the eyes, balance is key. Keep your lips neutral or softly tinted to let your eyes shine. A glossy nude or soft rose complements any statement eye. Use a light sweep of highlighter to pull the look together without competing for attention.

Final Take: Be Fearless, Be Festive

Bold eye makeup is more than a trend; it's an attitude. It's about stepping into every room with confidence, daring to be seen, and letting your creativity shine as brightly as the holiday lights. So, this season, skip the safe neutrals and color outside the lines.

Because the holidays are for celebration and your eyes deserve to sparkle, too.

Career Corner

THE POWER OF CHANGE: WHY A CAREER SHIFT MIGHT BE THE BEST MOVE YOU EVER MAKE

WRITTEN BY:
ARIELLE PERSHAY

Introduction

In today's fast-changing world, it's becoming more common and often more rewarding to change careers. Gone are the days when people stayed in one job or one industry for decades. The modern workforce values growth, adaptability, and purpose, and sometimes, that means starting a new chapter.

Changing careers can feel intimidating, especially if you've invested years in your current field. But for many, it's a move that reignites passion, unlocks potential, and aligns work with personal values. Let's explore why making a career change can be the best decision for your professional and personal growth.



You're not starting over; you're evolving

One of the biggest myths about career change is the idea that you're "starting from scratch." Every skill, experience, and challenge you've faced in your current role adds value to your next one.

For example, someone moving from teaching to corporate training isn't abandoning their expertise; they're repurpose their communication, leadership, and planning skills in a new environment. The same goes for someone transitioning from finance to project management, or from customer service to marketing.

Think of it as transferring your toolkit rather than losing it. Employers today recognize the value of transferable skills such as problem-solving, teamwork, adaptability, and communication. These are universal strengths that thrive in any industry.

A Career Change Can Restore Passion and Purpose

If you've ever felt stuck or uninspired in your job, you're not alone. Many professionals reach a point where they crave more meaning or challenge in their work. A career change can reignite that sense of purpose.

Sometimes, people discover that what once excites them no longer aligns with who they are now. As you grow, your interests, priorities, and lifestyle evolve, and your career should evolve too.

Switching paths allows you to pursue something that resonates with your current values. Whether it's moving into a field that impacts others, starting your own business, or joining a company whose mission inspires you, a career change can bring a renewed sense of fulfillment.



You Gain New Skills and Broaden Your Perspective

Entering a new career often means learning new tools, systems, or ways of thinking. While that might sound challenging, it's one of the most exciting parts of the journey.

Continuous learning keeps your mind sharp and adaptable, two qualities that are essential in today's rapidly changing job market. It also opens the door to creative problem-solving by combining insights from multiple disciplines.

For instance, a professional with a sales background who transitions into marketing brings a unique customer-centered perspective. Or a nurse who moves into healthcare administration can use frontline experience to improve patient care systems. These fresh perspectives make career changers valuable assets to employers.

It Can Improve Your Work-Life Balance

Sometimes a career change isn't just about professional growth; it's about personal well-being. Many people switch careers to achieve a better work-life balance, reduce stress, or gain flexibility.

A new role or industry might offer remote work, better hours, or greater autonomy. For parents, caregivers, or anyone seeking a healthier lifestyle, this can be life-changing. Choosing a career that aligns with your lifestyle goals is just as important as one that aligns with your professional ambitions.

The Modern Job Market Encourages Flexibility

The professional landscape is shifting. Industries are blending, technology is evolving, and new opportunities are emerging every year. Employers no longer expect or even want employees to stay in one lane forever.

In fact, many hiring managers see career changers as innovators, people who bring a fresh approach and a willingness to take risks. Having the courage to pivot shows adaptability, curiosity, and a strong sense of self-awareness, all traits that modern organizations value.

Plus, with online learning platforms, certifications, and networking opportunities, gaining new skills has never been more accessible. Whether through short courses, mentorships, or side projects, anyone can prepare for a new career path without going back to school full-time.



How to Make the Leap Successfully?

If you're considering a career change, here are a few steps to guide your transition:

- Reflect on what drives you. Identify your passions, strengths, and what you want from your next chapter.
- Research your target industry. Learn about the skills, culture, and expectations in your desired field.
- Bridge the gap. Take online courses, attend workshops, or volunteer to build relevant experience.
- Leverage your network. Reach out to professionals in your desired field for advice, mentorship, or referrals.
- Rebrand yourself. Update your résumé, LinkedIn, and personal story to highlight your transferable skills and your "why."

Remember, a career change isn't just about switching jobs; it's about shaping a life that feels more aligned with who you are and where you want to go.

Final Thoughts: Change Is Growth

It's natural to fear change, but often, staying stagnant is riskier. A career change is an opportunity to grow, learn, and build a professional life that aligns with your evolving goals and identity.

Fitness Corner

FATTY ME PLEASE! HOW CAN YOUR BODY BENEFIT FROM SOME FATTY FOODS

WRITTEN BY:
ARIELLE PERSHAY

Introduction

For decades, the word fat carried a bad reputation. Diet culture and low-fat food trends convinced many people that eating fat was the enemy of health — and the key to gaining weight. However, science has long since proven that not all fats are created equal. In fact, certain fats are essential for optimal health, energy, brain function, and even weight management. The key is knowing which fats nourish your body and which to limit.

1. Understanding the Different Types of Fat

To understand why some fats are beneficial, it's essential to know the main categories of dietary fats:

Unsaturated Fats:

These are the “good fats” that support heart health and reduce inflammation. They are divided into two types:

1. Monounsaturated fats (found in olive oil, avocados, and nuts)
2. Polyunsaturated fats (found in fatty fish, flaxseeds, and walnuts)

Saturated Fats:

These fats, found in animal products like butter, cheese, and red meat, can raise LDL (“bad”) cholesterol when consumed in excess. However, small amounts can still be part of a balanced diet.

Trans Fats:

These are the truly harmful fats, often found in fried foods and processed snacks. Trans fats raise bad cholesterol and lower good cholesterol, increasing the risk of heart disease.

So, while fat itself isn't the problem, the type of fat you eat makes all the difference.



2. Why Healthy Fats Are Essential for Your Body

A) They Support Brain Health

The human brain is made up of nearly 60% fat. Healthy fats, especially omega-3 fatty acids, are critical for brain development, memory, and mood regulation. Omega-3s found in salmon, chia seeds, and walnuts help build cell membranes in the brain and support communication between brain cells. Studies have also shown that a diet rich in omega-3s can reduce the risk of depression and cognitive decline.

B. They Keep Your Heart Healthy

Contrary to the old belief that all fats clog arteries, unsaturated fats can protect your heart. Monounsaturated and polyunsaturated fats help lower LDL (“bad”) cholesterol and increase HDL (“good”) cholesterol. This balance reduces inflammation and plaque buildup in arteries.

For instance, populations that follow the Mediterranean diet, rich in olive oil, fish, and nuts, have significantly lower rates of heart disease.

C. They Help You Absorb Vitamins

Vitamins A, D, E, and K are fat-soluble, meaning your body needs fat to absorb them. Without enough dietary fat, these vital nutrients can't do their jobs supporting vision, bone health, immunity, and blood clotting. A drizzle of olive oil on your vegetables doesn't just add flavor, it actually helps your body use the nutrients in those veggies more effectively.

D. They Provide Long-Lasting Energy

While carbohydrates are your body's quick energy source, fats are a slow-burning fuel that keeps you satisfied longer. Each gram of fat provides nine calories, more than double the energy from carbs or protein. Healthy fats help stabilize blood sugar levels and prevent the energy crashes that come from eating too many refined carbs or sugars.

E. They Support Hormone Balance

Fats play a significant role in hormone production. Cholesterol and fatty acids are building blocks for hormones such as estrogen, testosterone, and cortisol. Without enough healthy fats, your hormone levels can become imbalanced, affecting metabolism, mood, and reproductive health.



3. How Much Fat Should You Eat?

The Dietary Guidelines for Americans recommend that about 25–35% of your daily calories come from fat, mainly from unsaturated sources. The goal isn't to eat a “low-fat” diet but a balanced-fat one. Avoid trans fats altogether and limit saturated fats to less than 10% of total calories.

Simple swaps make a big difference:

- Use olive oil instead of butter.
- Snack on nuts instead of chips.
- Choose grilled salmon instead of fried chicken.

4. Final Thoughts: Fat Is Your Friend, the Right Kind

The truth is, your body needs fat to function correctly. Healthy fats fuel your brain, protect your heart, balance your hormones, and help your body absorb vital nutrients. Rather than fearing fat, focus on whole, unprocessed sources that nourish your body from the inside out.

When eaten in balance, the right fats don't make you unhealthy; they make you thrive.

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