

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

2025, NOVEMBER ISSUE

VOLUME X

\$3.50

Queens COURT

**SHARON
CHUTER**
CEO OF UOMA
BEAUTY

Kings
COURT
**DEDICATION TO
A.J. GHENT**
"THE SINGING
GUITAR - ARTIST"

Women
WERK
**TANEESHA
MARSHALL
ID'DEEN**
CEO AND
FOUNDER OF
CLIQUE SOCIALLY

Spotlight
CORNER
**TRIBUTE
TO SEAN
BANKHEAD**
CHOREOGRAPHER
ICON

Women INNOVATORS

SINEAD JAMES
CEO AND FOUNDER
OF CLEANING FOR
PERFECTION, LLC

Author's
SPOTLIGHT
**DOMONIQUE
MATTHEWS**
AUTHOR OF "YOU
CAN'T MAKE THIS UP"

Fashion CORNER

**JAMEEL
MOHAMMED**
KHIRY LUXURY JEWELRY

AMANDA FINESSE

FASHION INFLUENCER



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STAFF

DR. TREVI BOOKER PERSHAY
EDITOR-IN-CHIEF
CONTACT:
IG – trevipershayproductions.
EMAIL: pdmperformingart17@gmail.com
or trevipershayproductions@gmail.com

ARIELLE PERSHAY
FITNESS EDITOR
THE CHAT ROOM EDITOR
CAREER RECRUITER
CONTACT:
EMAIL: pershayarielle@gmail.com
IG: astardancemovement

MUHAMMAD ABDULLAH KHAN
DESIGNING & MAGAZINE
LAYOUT DIRECTOR
CONTACT:
EMAIL: abdullahkhan6063048@gmail.com
or gfxmentor606@gmail.com

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Editor's Note



KEEPING AFLOAT WHILE FEELING LIKE YOU'RE DROWNING

WRITTEN BY: DR. TREVI-BOOKER PERSHAY

When Passion Feels Like Pressure

Some days it feels like I'm swimming in an ocean of dreams with weights tied to my ankles. I'm holding down a full-time job that funds my vision, the magazine, the film projects, and the purpose. While I'm grateful, it's also exhausting. My business feels like another set of children I'm trying to care for when there's barely enough for myself.

"Believing in your dream when the finances don't match your faith is one of the hardest battles you can face."

There are moments when I question everything, wondering if I'm doing too much or if I'm even doing it right. But even in those moments, something inside keeps me moving forward.

Faith as My Life Vest

And yet, through every wave, faith keeps me afloat. Even when I'm tired, overwhelmed, and stretched thin, I hear that quiet whisper: You can do all things through Christ who strengthens you.

It's prayer that steadies me when I want to quit. Prayer becomes my lifeline when I feel like I'm sinking. When my support feels low, my faith becomes my anchor, reminding me that I'm not walking alone, even when the path feels heavy.

"It's prayer that steadies me when I want to quit. It's prayer that reminds me that even when my support feels low, I'm not walking alone."

Breaking the Safety Cycle

There are nights when I want to throw it all away to silence the dream that costs me so much. But then I remember, my mother taught me how to survive, not how to soar. She taught me safety, and for a long time, I believed that being safe meant being successful.

"Safety doesn't stretch you. Safety doesn't build legacy. Safety won't birth what God placed inside of you."

I want more than my mother ever had, not out of pride, but out of purpose. I want to live beyond the limits of fear and faithless comfort.

Too Far to Turn Back

Sometimes I realize I'm already in the middle of the water, too far to turn back, yet too far to quit. That's where faith does its best work. It's in that space where fear and faith collide that I find my strength.

It's in that middle place where I feel God's hand the most steadying me, teaching me how to breathe underwater when the waves get high.

"I'm afraid of failing, but I'm more afraid of not trying."

My dream won't let me rest. It grows inside me, demanding to be born. It's bigger than me, louder than my doubt, and stronger than my fear.

Hug Yourself & Keep Going

So when the support is low, I hug myself and whisper, Girl, you got this. Keep pushing. I remind myself that I am both the storm and the survivor, both the woman drowning and the one learning how to swim through faith.

"I am both the storm and the survivor, both the woman drowning and the one learning how to swim through faith."

This is my story, unfiltered, unpolished, and faithful. It's for every woman who's ever tried to balance her calling with her reality, who's ever felt tired but kept showing up anyway.

Because even when the water rises, we rise higher.

Dr. Trevi Booker-Pershay



Featured Story



DESIGNED BY DESTINY: HOW AMANDA FINESSE BUILDS STYLE, COMMUNITY, AND CONFIDENCE—ONE LOOK AT A TIME

WRITTEN BY: DR. TREVI-BOOKER PERSHAY

A Vision that Captivated an Editor's Eye

As an editor, I'm always searching for someone truly unique to grace the cover of our publication someone who doesn't just embody style, but purpose and excellence. When my team told me about Amanda Finesse, they described her as someone who moves through the world with elegance and intention. Naturally, I was intrigued.

I followed her, visited her website, and within moments, I was captivated. Her aesthetic was refined yet bold, her energy magnetic, and her vision intentional. I knew right away that she belonged on our cover not just for her outer beauty, but for the way she inspires others to operate in excellence. Amanda Finesse isn't just influencing fashion; she's reshaping the conversation around identity, creativity, and empowerment.

“She doesn't just wear fashion she architects it.”

From Architecture to Aesthetic Mastery

Maryland-born with proud Nigerian roots, Amanda Finesse has always been drawn to design and self-expression. Her background in architecture gave her a unique eye for detail, proportion, and harmony skills that now define her signature approach to fashion.

What began as a love for structure and form evolved into something much more profound: a vision of how fashion could connect people, tell stories, and empower voices. Amanda brings that same architectural precision into her wardrobe, each outfit feels like a masterpiece, intentionally layered and beautifully composed.

Her transition from architecture to fashion was less a shift and more natural evolution of artistry. With every look she curates, Amanda merges culture, confidence, and creativity into a symphony of self-expression.

“Fashion isn't about trends it's about translating who you are without saying a word.” — Amanda Finesse.

Creating The Style Scene: Where Creativity Meets Community

Amanda's creative empire took shape with The Style Scene; a platform she founded to celebrate independent brands and curate immersive fashion experiences. Through brunches, dinners, mixers, and editorial photoshoots, Amanda has built a bridge between creativity and connection.

The Style Scene has become more than an event, it's a movement. It's where emerging designers meet new audiences, where collaboration replaces competition, and where every guest walks away feeling seen and inspired. Amanda's vision has cultivated a sense of community that reminds us all: fashion is most powerful when it brings people together.

“When creativity meets community, the result is magic.”

Standing Out and Standing Tall

Amanda's bold yet thoughtful style has turned heads far beyond the streets of New York City. Her effortless ability to blend color, texture, and structure has earned her features in *Watching New York: Street Style A to Z* and recognition from *ESSENCE* magazine online for her standout looks during New York Fashion Week. But beyond the accolades, it's her confidence and authenticity that resonates most. In a world where trends fade as fast as they appear, Amanda remains grounded in originality. Her approach to style reflects her philosophy on life: that beauty lies in individuality, and confidence comes from knowing who you are. She wears her identity as her crown representing strength, culture, and vision all in one. Each ensemble tells a story of boldness and belonging, proving that fashion can be both personal and universal.

Redefining Influence Through Impact

Amanda Finesse represents a new era of influencers those who use their platforms to build bridges rather than simply attract attention. She understands that fashion is more than fabric; it's a form of storytelling. Each outfit she wears, each event she curates, each collaboration she launches carries a message of unity, excellence, and empowerment.

Through The Style Scene, Amanda has created opportunities for others especially women of color to shine unapologetically. She believes in giving back, lifting others as she climbs, and using her influence to make space for those who haven't always had a seat at the table.

“The real beauty in fashion is found when we uplift each other while shining in our own light.”

The Legacy of Finesse

As Amanda's influence continues to grow, one thing remains constant her commitment to authenticity and purpose. She is redefining what it means to be a fashion influencer, merging artistry, business, and community into one powerful platform.

Amanda Finesse is not just wearing the clothes she's designing a legacy. Her story is a reminder that excellence is not about perfection, but about intention. She shows us that true style starts from within, and when you align your passion with your purpose, you don't just follow trends you set them.

In a world of imitation, Amanda Finesse stands as the blueprint of originality, proving that when faith, culture, and creativity intersect, destiny designs itself.



King's Court



THE SOUND THAT SPEAKS WITHOUT WORDS:

THE SOULFUL JOURNEY OF A.J. GHENT AND HIS SINGING GUITAR

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

There are moments in life when the noise of the world becomes too loud, and all you crave is peace, a sound that can shift your atmosphere and lift your spirit. One day, while searching for music to calm my surroundings, I stumbled upon a YouTube video titled "The Singing Guitar." At first, I was curious but uncertain how a guitar could sing. Still, I clicked play, and within seconds, I was captivated. The sound was unlike anything I'd ever heard. The guitar spoke to me not through lyrics or rhythm alone, but through emotion, like a voice whispering peace to my soul. Now, it's part of my daily routine; I listen to it on the train heading to work. I may be a gospel fanatic, but there's something divine about A.J. Ghent's music. It feels as though I'm standing on top of a mountain, letting the wind caress my skin and carry away the weight of the day.

A Legacy That Sings Through Generations

Aubrey Ghent Jr., known to the world as A.J. Ghent, was born in Fort Pierce, Florida, into a musical dynasty steeped in tradition and spirit. His family's history with the "singing guitar" dates to the 1930s, when his forefathers pioneered the sacred steel guitar sound. This soulful, gospel-rooted style transformed worship music across America. For A.J., this was more than heritage, it was a calling. He didn't just inherit an instrument; he inherited a voice.

Carrying that legacy forward, A.J. developed his own signature blend of R&B, soul, and healing frequencies, crafting a sound that is both timeless and modern. His instrument doesn't just play notes it communicates. Every strum, slide, and hum carries emotion so deep it feels human. It's as though his guitar prays while it plays, evoking peace, nostalgia, and renewal.

Music That Heals the Heart

What sets A.J. apart isn't just his technical mastery; it's his intention. He calls himself a sound healer, and rightly so. In a time when the world feels chaotic, his melodies are medicine. His songs—such as "Let the Guitar Sing," "Peace of Mind," and "Singing Guitar Vibes"—aren't just tracks; they are experiences. Listeners describe them as moments of meditation, reflection, and emotional cleansing.

A.J.'s latest album, "Healing Soundwaves," is a living testimony to his mission: to use music as a vehicle for emotional and spiritual restoration. The album invites listeners to slow down, breathe, and reconnect with their inner peace. Whether you're in a bustling city or sitting quietly at home, his music wraps around you like a warm, invisible hug.

From Viral Sounds to Global Recognition

The digital world couldn't resist the pull of A.J. Ghent's talent. His videos on TikTok and Instagram have garnered millions of views, spreading the gospel of his "singing guitar" across continents. Viewers often say his sound feels alive—like a conversation between soul and spirit. It's this emotional authenticity that has made him a favorite not just among fans but also in the creative industry.

His work has been featured in national campaigns for Starbucks, and his music was personally chosen by the creators of HBO's "Game of Thrones" for their official Spotify playlist. These milestones are not just achievements, they are affirmations that his art resonates beyond genres, beyond trends, and beyond time.

When the Guitar Speaks, the Soul Listens

There's something almost spiritual about hearing A.J. Ghent's guitar for the first time. It's as if each note carries a heartbeat, whispering stories of love, loss, and redemption. His performances are more than concerts; they encounter emotion itself. The depth of his tone recalls the golden voices of soul legends, yet it feels uniquely his own.

To experience A.J. Ghent live is to witness communication beyond language. You don't just hear his music, you feel it. It's music for the restless mind, the weary heart, and the searching soul.

Support the Sound That Awakens the Soul

A.J. Ghent isn't just making music, he's building bridges between generations, faiths, and emotions. His artistry reminds us that sometimes, the most powerful messages don't need words at all. They live in vibrations, in melodies, and in the spaces between each note.

So, if you're ever searching for peace, calm, or a spark of inspiration, take a moment to listen to A.J. Ghent and His Singing Guitar. Let the sound wash over you. Let it speak to the parts of you that words cannot reach.

Because sometimes, the soul doesn't need lyrics—just a melody that awakens it.

Contact - ajghent.com/home



Queen's Court



REST IN POWER: REMEMBERING SHARON CHUTER,

A VISIONARY WHO REDEFINED BEAUTY

WRITTEN BY: DR. TREVI-BOOKER PERSHAY

Introduction

The other day, while searching for beauty brands owned by Black women, I stumbled upon one I had never heard of before, UOMA Beauty. The moment I saw the brand's name, I paused. The packaging, the vibrant palettes, the artistry of color, everything about it spoke to me. I'm not a beauty expert, but when something moves me, I pay attention.

Curious, I began researching the woman behind this stunning brand. That's when I discovered Sharon Chuter, a young, brilliant, and beautiful Black woman whose energy radiated through every product she created. But my excitement quickly turned to heartbreak as I realized she was no longer with us. Reading about her passing left me deeply saddened. She wasn't just a CEO; she was a visionary committed to diversity, representation, and fundamental change in the beauty industry.

This Queen's Court issue is dedicated to honoring Sharon Chuter, a fearless trailblazer who dared to redefine beauty and empower others to see themselves in full color.

On August 14, 2025, the world lost a fearless, creative mind and social disruptor, Sharon Chuter, founder and CEO of UOMA Beauty. She passed away at just 38 years old, leaving behind a powerful legacy that forever transformed the beauty industry (People, 2025a).

Her death was ruled accidental, with the Los Angeles County Medical Examiner citing blunt traumatic injuries and medication non-compliance related to schizoaffective disorder as contributing factors (People, 2025b). While the details of her passing are tragic, Sharon's life story is one of courage, innovation, and advocacy that continues to inspire generations.



From Nigeria to the World: The Rise of a Global Trailblazer

Born and raised in Nigeria, Sharon Chuter embodied the essence of resilience and ambition. Before launching UOMA Beauty, she worked with powerhouse brands like L'Oréal, LVMH, and Revlon, gaining global insight into the industry's shortcomings in diversity (Beauty Independent, 2025).

In 2019, she launched UOMA Beauty, declaring that beauty should be inclusive by design, not as a marketing tactic. Her foundation line with 51 shades across six skin families revolutionized complexion products for women of color. It redefined what it meant to be seen in an industry that had long ignored diverse complexions (People, 2025a).

Chuter once said, "Beauty has no shade; it's an expression of identity." Her words captured her philosophy: that inclusivity isn't a trend, it's a movement.

Purpose Over Profit: Advocacy Beyond the Lipstick

Sharon's leadership went far beyond products. In 2020, during the height of the global racial justice movement, she launched Pull Up for Change and the viral #PullUpOrShutUp campaign, demanding transparency from beauty corporations about the number of Black employees in their leadership teams (People, 2025a).

This initiative shook the corporate world. For the first time, billion-dollar companies like Estée Lauder, Ulta, and Sephora were publicly sharing workforce diversity data, a direct result of Sharon's unflinching challenge to systemic inequality (Beauty Independent, 2025).

Her follow-up campaign, Make It BLACK, sought to reclaim the word "black" as a symbol of power and beauty. She collaborated with major brands to release limited-edition collections where 100% of proceeds went toward funding Black-owned startups (People, 2025a).

A Legacy of Boldness Amid Battles

Despite her outward success, Sharon faced immense personal and professional challenges. In 2023, she stepped down as CEO of UOMA Beauty due to health concerns, sharing publicly that doctors suspected stomach cancer, a diagnosis that was ultimately ruled out (People, 2025a).

During her recovery, her company changed ownership, and she later filed a lawsuit in 2025 alleging that her business had been taken from her under unfair circumstances (Beauty Independent, 2025). The case was ongoing at the time of her death.

Even through adversity, Sharon's voice never dimmed. She continued to advocate for Black women entrepreneurs and speak out about the pressures of leadership, mental health, and being "the only one" in corporate spaces (People, 2025b).

A Light That Still Guides Us

Sharon Chuter's story is not just one of beauty; it's one of transformation, truth, and the power of representation. Her work challenged industries to do better, forcing them to confront what equity truly looks like.

As Beauty Independent (2025) wrote, "She didn't just sell makeup; she sold liberation." That was Sharon's ultimate message: that empowerment could be found in authenticity.

Her life serves as a reminder to embrace purpose over perfection, to advocate without apology, and to honor one's heritage with pride.

Continuing Her Work

To honor Sharon Chuter means to continue what she started, pushing for inclusivity, mental health awareness, and genuine accountability in every creative field. Her boldness paved the way for a generation of founders who now believe they, too, belong in the rooms where decisions are made.

Though she is gone too soon, her legacy will forever echo in the halls of beauty and business. Rest in power, Sharon Chuter, your light still guides the way.

Women Werk

BUILT FROM FAITH: HOW TANEESHA MARSHALL-ID'DEEN TURNED FAMILY DREAMS INTO EMPOWERED SUCCESS

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

In the heart of West Deptford, New Jersey, Taneesha Marshall-Id'Deen transformed a heartfelt family vision into a flourishing business that celebrates life's most meaningful moments. As the CEO and Founder of Clique Socially Event Venue, she has built more than an event space; she has built a legacy of love, faith, and togetherness that continues to inspire.

For Taneesha, the concept of "clique" symbolizes more than a social circle; it represents unity, purpose, and completion. The name Clique Socially reflects her belief that life comes full circle and that every celebration, no matter how small, is a chance to bring people together. "Clique Socially is truly a family affair," she says proudly. "Every detail and design reflects the love and passion that my family and I have poured into it."

From Family Roots to Entrepreneurial Bloom

Taneesha's journey into entrepreneurship began with a mother's instinct to create joy. Planning birthday parties for her daughters became an avenue for creativity, and soon her natural eye for décor and detail began to shine. Friends and family took notice that themed parties, balloon installations, and personalized touches turned ordinary gatherings into cherished memories. "Life is short, and every milestone deserves to be celebrated," she shares. "That's something my mother taught me: she made sure I always felt seen and appreciated."

Those early lessons in love and celebration became the foundation of her business. What started as family-led decorating projects grew into something much greater, a vision to create a venue where others could experience that same joy. With her husband, children, siblings, and extended family by her side, Taneesha transformed her passion into purpose.

Faith, Family, and Fortitude

In September 2020, Taneesha took a leap of faith and officially registered Clique Socially. She didn't have investors or a large financial cushion, but she had determination, resilience, and a strong belief that what's written and what has worked for others will manifest. Despite losing her first potential location due to zoning restrictions, she didn't give up. By January 2021, she secured the perfect space and negotiated the lease herself, marking a proud moment that truly began Clique Socially.

Every aspect of the venue tells a story of hard work and heart. From the soft lighting to the elegant décor, the space radiates warmth and inclusivity. Clique Socially was built without loans or dipping into personal savings, relying solely on faith, research, and smart business decisions. "We built this from hustle, not handouts," Taneesha says. "That's what makes it special."

A Space Where Memories Are Made

Today, Clique Socially Event Venue has become a beloved destination for baby showers, birthdays, graduations, and intimate gatherings. Clients are drawn to its charm, attention to detail, and the personalized care Taneesha provides for each event. Her hands-on approach ensures every celebration feels unique and filled with love.

For Taneesha Marshall-Id'Deen, Clique Socially is more than a venue; it's a living testament to faith, family, and perseverance. Her story is a reminder that dreams written in faith and built with heart can truly come full circle. "In our family, and at Clique Socially," she says with a smile, "there's always a reason to celebrate."



The Crown Room

EFFORTLESS GLAM: HOLIDAY HAIR MADE EASY WITH CLIP-ONS AND QUICK STYLES

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

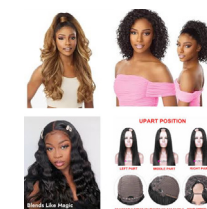


The holiday season brings sparkle, events, and endless photo opportunities, but not always enough time to sit in a salon chair. Between shopping, travel, and celebrations, finding hours for a blowout or braids can feel impossible. That's where hair clip-ons and ready-to-wear pieces step in as every woman's secret weapon.

These quick, elegant styles are more than convenient; they're the confidence you can clip on. From ponytail attachments to braided buns and half wigs, these time-saving looks allow you to transform your style in minutes. Whether you're heading to a work party, family dinner, or New Year's event, these options help you look put-together without the stress. "You don't need a salon appointment to look like a showstopper, just the right hairpiece and a little confidence."

Ponytail Attachments: Sleek, Sophisticated, and Simple

Nothing says classic glamour like a polished ponytail. Clip-on ponytails are perfect for adding instant length, volume, and style. Brands like KinkyCurlyYaki, BetterLength, and INH Hair offer products with textures that match every hair type, from silky straight to coily curls. Simply slick your natural hair into a bun or braid, attach the ponytail with a wraparound piece, and secure it with pins. The result? A sleek, professional look that transitions effortlessly from day meetings to night parties. Add a ribbon or jeweled clip for that extra holiday sparkle.

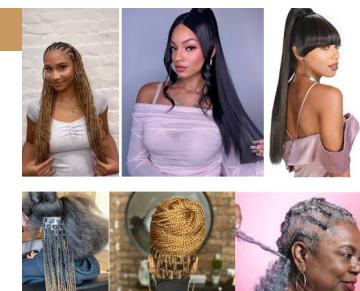


Half Wigs: The Perfect Blend of Real and Radiant

Half wigs, also known as "quick weaves," are the ultimate in convenience. Designed to blend with your natural hairline, they add fullness and body without the commitment of a sew-in or lace front. Brands like Outre, Sensational, and U-part wigs from Mayvenn have perfected this technique, giving you lightweight, breathable options that look salon-fresh in under ten minutes. Pair with soft waves, big curls, or straight tresses, whatever your vibe, there's a half wig to match it. "Half wigs are the ultimate beauty hack: natural, seamless, and always camera-ready."

Braided Buns: Elegant in an Instant

For a timeless and festive look, braided buns are a go-to. Perfect for formal dinners, church services, or holiday photos, they give an effortless impression of intricate styling without the hours in a chair. Clip-on braided buns from brands like Latched & Hooked or Zury Sis come pre-styled in different braid patterns from goddess twists to cornrow crowns. All you have to do is twist your natural hair into a small bun, clip the braided piece on top, and tuck away any loose ends. It's regal, refined, and ready in minutes.



Final Reflection

This holiday season, let go of hair stress and embrace quick, stunning solutions that work for your schedule and your style. Whether it's a high ponytail, a bouncy half wig, or a braided bun, these easy clip-on options are proof that beauty doesn't have to be complicated.

“Elegance isn't about effort, it's about ease.”

Because every woman deserves to walk into the room feeling radiant, confident, and ready for the holidays, even when time isn't on her side.

Giving Thanks Special Edition



THE HEART OF THANKSGIVING IN BLACK CULTURE

WRITTEN BY: DR. TREVI-BOOKER PERSHAY

A Celebration Rooted in Gratitude and Resilience

Thanksgiving in Black culture is more than just a holiday; it's a homecoming of hearts, a spiritual reunion where love, laughter, and legacy meet around the table. It's a day when kitchens come alive before sunrise, gospel music fills the air, and generations gather not just to eat, but to remember.

For many Black families, Thanksgiving represents the power of gratitude despite struggle. It is a reflection of how far we've come from fields to freedom, from silence to song. While the traditional American narrative centers on pilgrims and harvest, Black Thanksgiving tells a deeper story one of faith, perseverance, and communal joy that has carried us through centuries of change.

“Thanksgiving in the Black community is less about the calendar and more about the connection where history, heart, and home meet.”

The Kitchen as Sacred Ground

In every Black household, Thanksgiving starts in the kitchen. That's where the stories live. Recipes passed down from grandmothers' hands are treated like sacred texts, collard greens seasoned with wisdom, sweet potatoes stirred with memory, macaroni baked with love.

Each dish holds a story: how Grandma stretched a meal to feed ten, how Uncle Joe smoked the turkey like a Southern artist, how the cornbread dressing was never measured but always perfect. Cooking isn't just tradition—it's testimony. It's the way our people turned survival into soul food, creating comfort in a world that often denied it.

“We cook with memory, with love, and with a gratitude that echoes every ancestor's prayer.”

A Table of Thanks and Testimony

When the food is finally served, the moment is reverent. Heads bow, hands join, and prayers rise. Someone always says, “Let's go around the table and share what we're thankful for,” and that's when it becomes more than a meal; it becomes ministry.

We give thanks not only for what we have, but for who we have. Thanksgiving reminds us that family is not defined by blood, but by bond. Friends become cousins, neighbors become kin. And no matter where we come from, Detroit, Dallas, or the Deep South, we share the same rhythm of gratitude.

“Thanksgiving in Black culture is a testimony service disguised as dinner.”

The Legacy of Gathering

Our ancestors didn't have the luxury of celebration. They gathered quietly after long days of labor, giving thanks for simply being alive, for family that wasn't sold, for another chance to see the morning. Over time, those quiet gatherings became rituals of resilience, carried through generations and transformed into feasts of faith and joy.

Even now, as we navigate modern pressures, career, culture, and chaos, Thanksgiving remains sacred. It's the one day we pause the hustle and return home, whether physically or spiritually, to the roots that made us.

“Black Thanksgiving is not about perfection, it's about presence.”

More Than a Meal It's a Movement of Gratitude

Today, Thanksgiving continues to evolve. It's not just turkey and trimmings, it's tradition and transformation. It's cousins FaceTiming from across the country, new generations learning old recipes, and elders teaching young ones how to pray before the meal. It's celebrating our progress while honoring our past.

Through laughter, through song, through shared plates and poured blessings, we remember what our people always knew: Gratitude is not seasonal, it's survival.

“We are our ancestors' answered prayers, gathering around the table they dreamed of.”

Closing Reflection

Thanksgiving in Black culture isn't just a holiday; it's a love story. It's a reflection of who we are as a people: strong, faithful, creative, and deeply connected. It's a celebration of Black joy that transcends time, reminding us that even in a world that shifts, our gratitude remains unshakable.

So this Thanksgiving, when the table is set and the room is complete, take a moment to breathe it all in: the smell of greens, the sound of laughter, the warmth of love, and say, “Thank You, Lord, for everything You've brought us through.”

“Because for us, Thanksgiving is not just a day. It's a declaration: We made it, and we're still giving thanks.”



Author's Spotlight

UNBREAKABLE GRACE

DOMONIQUE MATTHEWS TURNS PAIN INTO PURPOSE

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

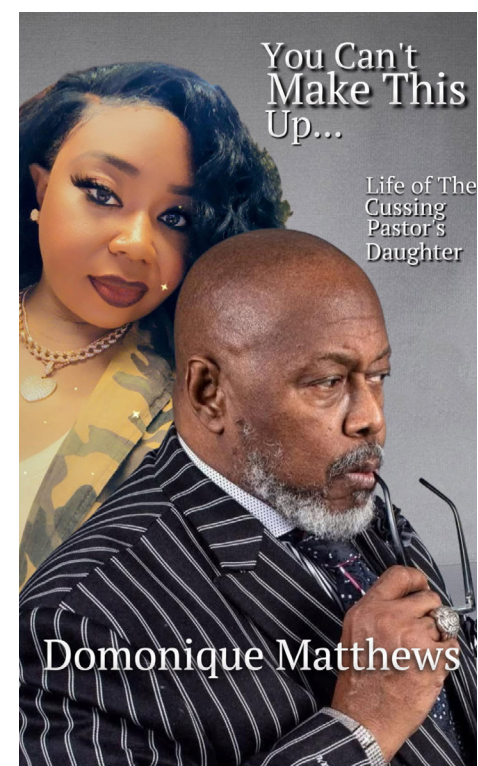
In a world where resilience is often born from heartbreak, Domonique Matthews stands as a beacon of courage, faith, and unshakable strength. A proud native of Memphis, this single mother of two boys, ages 20 and 5, has weathered storms that would have silenced many. Yet, each chapter of her life has shaped her into the woman she is today: a survivor, a motivator, and now, an author using her voice to heal others through her new book, *You Can't Make This Up*.



Domonique's story begins with determination. As a teen mom, she faced the harsh glare of stereotypes and the quiet whispers of doubt. But instead of surrendering to judgment, she built her future brick by brick. In 2013, she earned her bachelor's degree in criminal justice while simultaneously working as a registered dental assistant, a feat that reflects her unstoppable drive. Later, she carved out success as a life insurance broker, proving that perseverance and faith can create endless possibilities.

Behind the public success, however, was a private battle few knew. Domonique is a survivor of cervical cancer and continues to manage the daily challenges of long-term lupus, a condition that demands constant resilience. "God will never put more on you than you can bear," she says, a personal mantra that carries her through both the storms and the stillness.

As the youngest daughter of The Cussing Pastor Thaddeus Matthews, a controversial public figure known for his unapologetic candor, Domonique grew up under an unavoidable spotlight. Public scrutiny came with heavy burdens, such as stalkers, domestic violence, depression, and the suffocating weight of public opinion. Through it all, she faced her father's fame, her own trauma, and the struggle of identity in a world that often judged her before truly knowing her heart.



But Domonique has chosen not to let pain define her story. Instead, she's chosen transformation. In *You Can't Make This Up*, she invites readers into her world with a raw honesty that few dare to share. "This book isn't about perfection," she explains. "It's about survival and growth." Her words are both a confession and a call to healing, a reminder that authenticity is the first step to freedom.

The pages of her book move beyond the surface of social media perfection and dive deep into the realities of womanhood, motherhood, and mental health. It's a testament to faith, self-worth, and the power of standing tall even when the world wants you to shrink. "I've learned not to ignore red flags," she says. "I accept people for who they are, and I protect my peace by controlling my emotions and doing what makes me happy."

Now, Domonique's story reaches far beyond Memphis. She's using her platform to inspire others to confront their truth, embrace healing, and find beauty in their scars. Her transparency challenges the stigma around mental health and domestic violence while offering a safe space for readers who have suffered in silence.

Domonique Matthews is not just surviving; she's thriving, leading with grace and grit, and showing that faith and self-love can turn even the hardest battles into divine purpose.

To learn more or to purchase *You Can't Make This Up*, visit her website at youcantmakethisup.squarespace.com

The Food Corner



SOULFUL AND PLANT-BASED VEGAN OPTIONS FOR A THANKFUL TABLE

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

Thanksgiving is a time when kitchens overflow with love, laughter, and food that tells stories. But in today's world, many are choosing a new way to honor those traditions with flavor, compassion, and health in mind. Vegan Thanksgiving has become a soulful evolution of the holiday table, proving that plant-based doesn't mean passionless.

For Black families, food has always been more than nourishment; it's heritage. From collard greens simmering in a pot to sweet potato pie cooling on the counter, each dish carries a legacy. Today, more people are reimagining those recipes, blending cultural flavor with conscious living. It's not about giving up what we love, but about recreating it in ways that love us back.

"Vegan Thanksgiving isn't about restriction, it's about renewal. It's honoring Grandma's recipes while giving them new life."

1. Vegan Collard Greens with Smoked Mushrooms

In the Black kitchen, collard greens are a must. To make them vegan, skip the ham hock and create that smoky flavor with mushrooms and liquid smoke.

Ingredients:

- 2 lbs collard greens, cleaned and chopped
- 2 tbsp olive oil
- 1 cup smoked portobello mushrooms (or use tempeh)
- 1 chopped onion, 3 cloves garlic, 1 tsp smoked paprika
- 3 cups vegetable broth, 1 tbsp apple cider vinegar

Instructions: Sauté onion, garlic, and mushrooms in olive oil. Add paprika and stir until fragrant. Add greens, broth, and vinegar. Simmer 45 minutes until tender—season with salt and a little love.



2. Sweet Potato and Coconut Casserole

A creamy twist on the classic, this version keeps the sweetness and soul.

Ingredients:

- 3 large sweet potatoes, baked and mashed
- ½ cup coconut milk
- ¼ cup maple syrup
- 1 tsp cinnamon, 1 tsp vanilla, a pinch of nutmeg
- Topping: chopped pecans and shredded coconut

Instructions: Blend all ingredients and pour into a baking dish. Top with pecans and coconut. Bake at 350°F for 25 minutes until golden. "Sweet potatoes are more than a dish, they're a tradition that warms every generation."



3. Vegan Mac & "Cheese" with Cashew Cream

Because no Thanksgiving table is complete without mac and cheese.

Ingredients:

- 1 lb elbow pasta (use gluten-free if desired)
- 1 cup soaked cashews
- 2 tbsp nutritional yeast
- 1 cup unsweetened almond milk
- 1 tsp garlic powder, ½ tsp turmeric, ½ tsp salt

Instructions: Blend cashews, milk, and seasonings until smooth. Toss with cooked pasta, then bake 20 minutes at 375°F—creamy, rich, and guilt-free.



Final Reflection:

Vegan Thanksgiving isn't about replacing what we know; it's about remembering why we cook. It's honoring our ancestors, nourishing our bodies, and giving thanks with intention. Whether you're plant-based or just curious, let your table be full of love, laughter, and the flavors that feed your spirit.

Because in the end, Thanksgiving isn't just what's on the table, it's what's in the heart.

Women Innovators



POLISHED WITH PURPOSE

HOW SINEAD JAMES TURNED CLEANING INTO A CALLING

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

In a city known for its strength and revival, Sinead James stands as a shining example of what happens when passion meets purpose. As the CEO and Founder of Cleaning For Perfection LLC, Sinead has built more than just a cleaning business; she's built a brand defined by integrity, detail, and the pursuit of excellence.

Based in Detroit, Michigan, Cleaning For Perfection LLC is a licensed and insured residential and commercial cleaning company that has quickly become known for its luxury blue-themed aesthetic, professionalism, and reliability. With over four years of experience, Sinead has elevated everyday cleaning into an art form, transforming homes, offices, and commercial spaces with precision and care.

Where Cleanliness Meets Craftsmanship

From standard upkeep and deep cleans to move-in/move-out transformations, Cleaning For Perfection offers services that are both thorough and thoughtfully executed. Sinead operates with a hands-on approach, personally ensuring that every project meets her signature standard of excellence. For larger or specialized jobs, she brings in a team of trained professionals who share her commitment to perfection.

Her clients describe her as dependable, detailed, and professional. Flexible scheduling and transparent pricing based on square footage make her services accessible and trustworthy, a balance that has helped Cleaning For Perfection flourish across the Detroit Metro area.

"Cleaning isn't just about making things look good; it's about creating calm, comfort, and balance in the spaces where people live and work."

A Brand That Reflects Confidence and Care

With her signature blue branding, Sinead communicates tranquility, trust, and sophistication. It's not just a color choice, it's a reflection of her company's values. Each service embodies reliability, professionalism, and pride. Through Instagram (@cleaning_for_perfection_llc) and Facebook, Sinead shares inspiring before-and-after transformations, cleaning hacks, and motivational content that highlight her artistry and commitment to her clients.

Her digital presence isn't about marketing, it's about connection. Each post reinforces the idea that clean spaces nurture the mind, uplift the spirit, and reflect the energy we wish to carry into our lives.

Turning Passion into Purpose

What began as a way to serve her community has evolved into a business built on empowerment and excellence. Sinead's leadership style is grounded in authenticity and compassion. She leads by example, rolling up her sleeves, mentoring her team, and ensuring that every job represents the high standards her brand promises.

As she continues to expand her business across Detroit, her mission remains the same: to bring peace and perfection into every space she touches.

Sinead James proves that when you lead with integrity, consistency, and care, success follows naturally. Through Cleaning For Perfection LLC, she reminds us that perfection isn't about flawlessness—it's about purpose, passion, and pride in every detail.



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Featured Story



THE POWER OF REPRESENTATION

HOW DR. TRICIA QUARTEY-SAGAILLE IS REDEFINING EXCELLENCE IN DENTISTRY

WRITTEN BY: DR. TREVI BOOKER-PERSHAY

“*She’s leading with grace, healing with purpose, and building space for representation to thrive.*”

In a world where compassionate leadership can feel rare, Dr. Tricia Quartey-Sagaille stands as a shining example of what it means to lead with both purpose and power. As the CEO of Noble Dental Care in Park Slope, Brooklyn, she has built more than a thriving practice; she’s created a movement rooted in empathy, education, and representation.

Born in Camden, New Jersey, and raised in Voorhees, Dr. Quartey-Sagaille’s path was paved by resilience and the unwavering determination of her Ghanaian parents, who migrated to the United States in the 1970s in pursuit of higher education. Those values — discipline, service, and courage — would later shape her own pursuit of excellence.

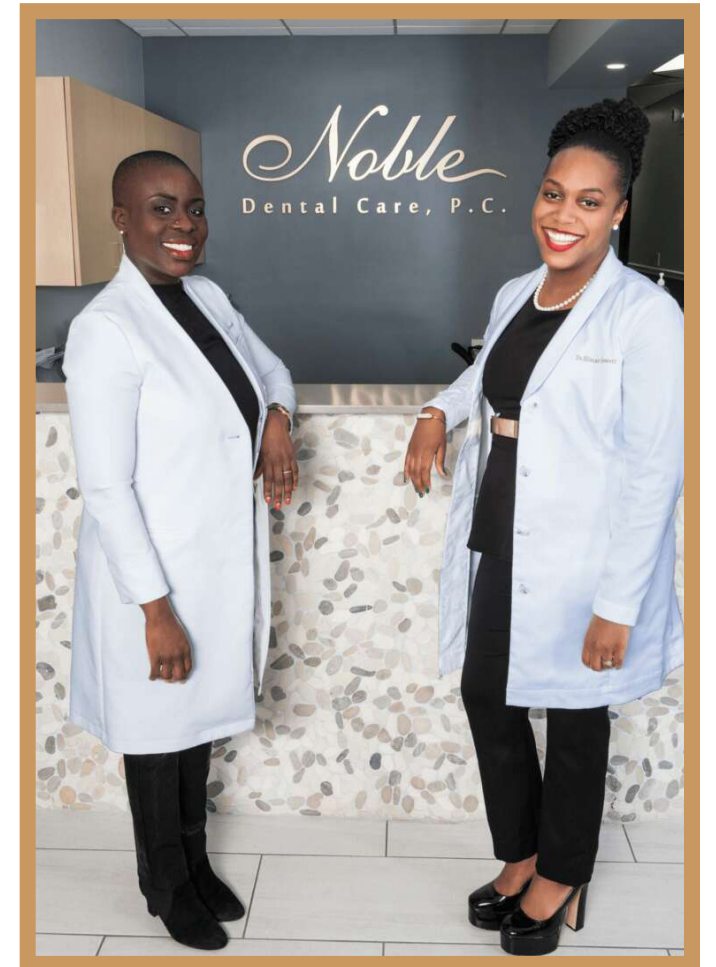
Before donning her white coat, Dr. Quartey-Sagaille explored careers as a mortgage broker and 9th-grade math and science teacher, each experience deepening her understanding of people and their stories. Yet, her true calling was still ahead. After earning her Bachelor’s degree from Johns Hopkins University and her Doctorate in Dentistry from Rutgers School of Dental Medicine, she went on to complete her residency at Lutheran Medical Center, where she earned the honor of Resident of the Year.

But her journey wasn’t without challenges. After working in several practices that didn’t reflect her vision of patient-centered care, she decided to take a bold step. In 2011, just one year after residency, Noble Dental Care was born. What began as a single-doctor practice has blossomed into a full-service dental center with seven doctors and twelve team members, representing a beautiful blend of cultures, backgrounds, and identities.

“Representation matters,” Dr. Quartey-Sagaille emphasizes. “When patients see someone who looks like them caring for their health, it changes how they view what’s possible.”

That belief is more than a philosophy; it’s a foundation. Dr. Quartey-Sagaille intentionally hires Black doctors, immigrants, and first-generation Americans, giving opportunities to voices often overlooked in the medical field. Her commitment to diversity not only strengthens her team but also uplifts her community.

Her expertise goes beyond general dentistry. She is a Fellow of the Academy of General Dentistry and the Academy of Clear Aligners. In 2024, she became an orofacial myofunctional therapist to better serve patients with sleep airway concerns and tongue-ties. Dr. Quartey-Sagaille is shaping the next generation of dental professionals to lead with integrity and compassion.



Outside of her practice, Dr. Quartey-Sagaille’s influence radiates through her role as Board Chairperson of the Christopher Rose Community Empowerment Campaign, where she advocates for youth empowerment and violence prevention. In 2023, she ran the New York City Marathon, dedicating her race to Black maternal health as part of Team Inspire, a powerful reflection of her heart for advocacy and social change.

She’s also been featured on CBS News, ABC News, Good Housekeeping, and The New York Times, further amplifying her voice as a trusted expert and community leader.

When the lab coat comes off, Dr. Quartey-Sagaille is a wife, mother, and Brooklyn Nets fan who finds joy in CrossFit, ballet, and gymnastics, reminding us that balance is key to sustaining greatness.

Dr. Tricia Quartey-Sagaille’s story is one of fearless leadership and intentional representation. Through her work, she’s not only transforming smiles but also redefining what it looks like when a woman leads boldly, brilliantly, and unapologetically.

The Queen Chat



QUEEN, LET’S TALK... DATING APPS IS IT WORTH IT, OR AM I WASTING MY TIME?

FROM THE AUTHOR OF QUEEN, LET’S TALK

Queen, let’s be real for a second. We live in a world where love might just be one swipe away or one heartbreak closer. The dating app scene can feel like a full-time job: matching, messaging, and hoping someone’s “Good morning, beautiful” is genuine and not copy-pasted to five other women.

So, let’s talk about it. Are dating apps worth it, or are we just wasting our precious energy?

The Good: Opportunity, Options, and Convenience

First, let’s give credit where it’s due. Dating apps have opened the door for women to connect in ways that were never possible before. You can meet someone across the city or across the world without leaving your couch. They give us options, and options mean freedom. You get to decide what you’re looking for, how you want to be approached, and what you will or won’t tolerate. That’s power, Queen. Apps like Bumble even flip the script, putting the first move in your hands. It’s a digital way of saying, “I know my worth, and I’m not afraid to go after what I want.” And that’s the kind of confidence we love to see. Plus, let’s not forget: some people have found their person through dating apps. There are real love stories out there, weddings, babies, happily-ever-after that started with a right swipe. So yes, sometimes, it does work.

The Bad: The Swipe Fatigue Is Real

Now, here’s the other side of the crown. For every “Hey, beautiful,” there’s a ghoster, a time-waster, or someone who just isn’t ready for what you bring to the table. Dating apps can start to feel like an emotional rollercoaster, fun in the beginning, but exhausting after too many loops. One day, you’re matching someone who seems promising. The next day, they vanish like last week’s trending topic. Then there’s the “What are you looking for?” game, where the answer is often unclear or inconsistent. Some people are searching for love, others are bored, and a few are just collecting matches for validation. Meanwhile, you’re left wondering if meaningful connection even exists in this digital jungle. And let’s not forget how easy it is to confuse attention with intention. Just because they’re texting you all day doesn’t mean they’re serious about you. Queens, don’t let constant messages fool you; effort isn’t the same as commitment.

The Truth: It’s Not the App, It’s the Intention

Here’s the truth that might sting a little: dating apps aren’t the problem; it’s how people use them. The apps are just tools. It’s the people behind the profiles that determine whether your time feels wasted or well spent. You can meet someone who restores your faith in love or someone who reminds you why you deleted the app last time. The real power lies in you knowing your value. Go in with clarity. Set boundaries. Know what you’re looking for and what you won’t accept. If someone’s energy feels off, don’t hesitate to swipe left in real life, too.

The Takeaway: Use It, Don’t Let It Use You

Queen, if you decide to explore dating apps, do it with confidence and control. Don’t chase attraction. Don’t settle for selection. And remember, every interaction is data, not defeat. Each experience teaches you more about what you want and who’s truly aligned with your spirit. Whether you find your King online or in the coffee shop down the street, never forget you are the prize. The goal isn’t just to be chosen. The goal is to choose right. So, are dating apps worth it? That depends on your mindset. They can be an opportunity for connection or a lesson in discernment. Either way, you win, Queen, because you’re learning to lead with wisdom, confidence, and grace.

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Souléan James

Female, 35-45
Black Elegant fashion designer;
fierce + vulnerable.

Tyrek James

Male, 35-45
Black Charming, insecure;
conflicted husband/father.

Meka

Female, 30-40,
Black Best friend/assistant;
loyal yet flawed.

Mia James

Female, 18-22,
Black Daughter;
vulnerable, addiction arc.

Brice

Male, 30-40,
Open Witty fashion manager
(LGBTQ+).

Oliver

Male, 35-45,
European Mentor/partner;
protective, refined.

Emma

Female, 55-65,
Black Mother: cold exterior,
deep wounds.

Max Duval

Male, 40-50,
European Investor;
charismatic predator.

The Brothers

Male, 35-45,
Black Marcus, Jamal, Tony,
Deshawn, Dave; plus Vee.

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Fashion Corner



THE ART OF POWER

JAMEEL MOHAMMED AND THE LEGACY OF KHIRY

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

In the world of fashion jewelry, where design often dances between opulence and identity, few names resonate with as much purpose and artistry as Jameel Mohammed, the creative mind behind KHIRY. The brand's bold, sculptural pieces have become a love letter to the African diaspora—stories told in gold, silver, and soul. Founded in 2016, KHIRY began as Mohammed's thesis project while he was still a student at the University of Pennsylvania. What started as an intellectual exploration of representation in luxury design quickly transformed into a statement of cultural power. With elegance rooted in African heritage and modern minimalism, each KHIRY piece challenges traditional narratives about who defines luxury and whose stories are deemed worthy of it.

Designing from the Soul

Mohammed's jewelry carries the rhythm of a generation that seeks both beauty and meaning. His signature pieces—like the Khartoum Hoops, Jameela Rings, and Anwar Cuffs—are inspired by the sweeping horns of Sudanese cattle, sculpted into sleek, wearable forms.

These are not accessories meant to adorn simply; they are designed to empower. Each creation embodies a sense of pride and purpose, reclaiming symbols of African identity and transforming them into works of high art. Mohammed has said that KHIRY exists to "channel the beauty, complexity, and power of the African diaspora into fine jewelry and art objects."

For the modern wearer, his work represents more than fashion, it's a form of storytelling that celebrates heritage with elegance and defiance.

A Rising Star in Luxury

In an industry historically dominated by European houses, Mohammed's ascent is nothing short of revolutionary. After presenting KHIRY at New York Fashion Week and being featured in Vogue, Harper's Bazaar, and Elle, he became one of the youngest designers to redefine what luxury could mean for people of color.

Celebrities such as Alicia Keys, Serena Williams, Solange Knowles, and Zendaya have all worn his pieces, further amplifying the message that Black artistry deserves not just inclusion but reverence.

Each KHIRY design strikes a rare balance between futuristic architecture and ancestral symbolism. The curves, angles, and textures of his jewelry feel like physical expressions of sound and movement in jazz metal form.

Luxury with a Message

Mohammed often describes KHIRY as "Afrofuturism in motion." It's about looking forward while staying deeply connected to history. The brand's name, derived from an Arabic word meaning "charitable" or "benevolent," reflects his mission to merge cultural consciousness with craftsmanship.

In a world increasingly defined by fast fashion, Mohammed's slow, intentional process feels refreshing. Each KHIRY piece is made with precision and patience, embodying sustainability not just in material but in meaning. It is jewelry that outlasts trends, an heirloom of identity.

His work has been displayed at the Museum of Arts and Design in New York and supported by initiatives like the CFDA/Vogue Fashion Fund. Still, beyond accolades, what sets KHIRY apart is its emotional resonance. When you wear KHIRY, you wear confidence, history, and art all at once.

Styling the Modern Royal

For the holiday season, KHIRY's pieces pair effortlessly with rich textures and clean lines.

- The Khartoum Hoops add instant polish to a sleek black jumpsuit or winter-white satin dress.
- Orb Cuff brings drama to velvet sleeves or minimalist suiting.
- For men, the Khartoum Signet Ring elevates any evening look with subtle boldness.

Each design complements rather than competes with your outfit—making the jewelry the finishing note to an already harmonious ensemble.

Whether it's a gala, holiday dinner, or New Year's celebration, a KHIRY piece transforms your look from ordinary to unforgettable. It reminds the wearer that luxury isn't just about price; it's about presence.



A New Definition of Elegance

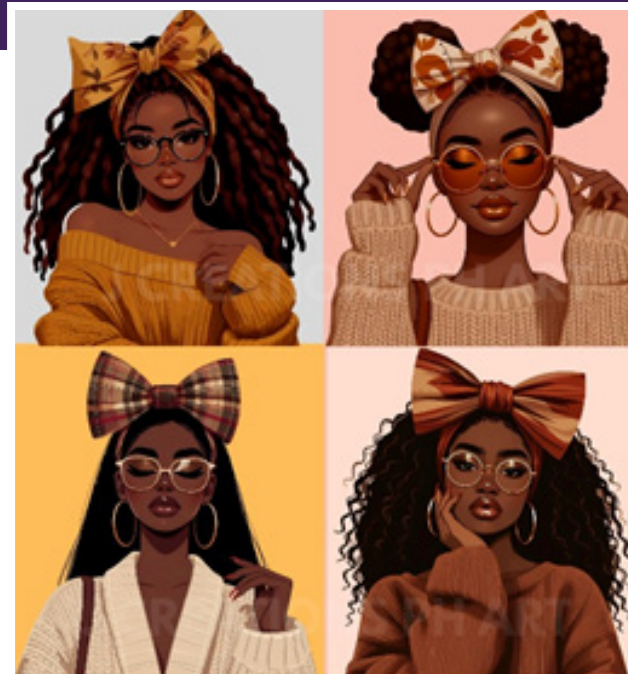
Jameel Mohammed's journey with KHIRY reflects a broader cultural awakening—one that reclaims the space Black artists deserve in the global fashion conversation. His work is an affirmation that beauty and power can coexist, that jewelry can be both adornment and activism.

In every curve and contour, KHIRY tells a story of triumph: of heritage honored, of vision realized, and of a young designer daring to reshape the world through art.

As we enter a season of celebration and reflection, KHIRY reminds us to proudly wear our history to let our jewelry, like our voices, sing.

Website: www.khiry.com

Beauty Spotlight



THE ART OF EFFORTLESS BEAUTY MAKEUP FOR THE NATURAL LOOK

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

The beauty of makeup isn't found in how much you wear it but in how confidently you wear it. The natural look is more than a trend; it's a celebration of authenticity, self-love, and the quiet power of simplicity. As more women embrace minimalism, clean skin, and subtle radiance, the "no-makeup" makeup look has become a symbol of confidence rather than concealment.

“*Natural beauty isn't about perfection, it's about presence.*”

Skin First, Always

The foundation for any natural makeup look is healthy, glowing skin. Start with a nourishing skincare routine: cleanse, tone, and hydrate. Brands like Topicals, The Lip Bar Skin Serum, and Fenty Skin are redefining what inclusive skincare looks like, offering formulas that cater to melanin-rich tones and diverse textures.

A well-prepped canvas makes all the difference. Opt for lightweight moisturizers and hydrating primers that leave the skin supple. A touch of tinted moisturizer or BB cream with SPF keeps your complexion even while allowing your natural undertones to shine through.



“*Healthy skin is the real foundation; makeup is just the accessory.*”

The Glow Within

When it comes to creating a radiant look, less is always more. Swap heavy contouring for soft bronzers and cream highlighters that mimic natural sunlight. Rare Beauty by Selena Gomez and LYS Beauty offer incredible cream-based products that blend seamlessly into the skin, giving a dewy finish that looks effortless.

For cheeks, try a subtle cream blush in shades like peach, rose, or terracotta. Mented Cosmetics makes stunning tones specifically for women of color, designed to enhance, not overpower. A soft sweep across the cheekbones brings warmth and life back to the face.



Soft Eyes & Lush Lashes

A natural eye look focuses on subtle enhancement. Stick to neutral tones like soft browns, golds, and taupes. Pat McGrath Labs and Juvia's Place carry pigment-rich palettes that allow you to create a soft shimmer or matte finish that feels both elegant and approachable.

Skip heavy eyeliner and go for a brown or charcoal pencil smudged gently along the lash line. Finish with a coat or two of ILIA Limitless Lash Mascara or TOWER 28's MakeWaves Mascara for that lifted, defined look without clumps or drama.



Finishing Touch: The Lips

To complete your natural look, choose lip products that enhance your natural tone. A nude gloss or tinted balm keeps lips hydrated and soft. The Lip Bar, Glossier, and Uoma Beauty offer stunning lip tints that blend nourishment with shine.

“*The goal isn't to hide who you are — it's to highlight what's already beautiful.*”



Final Reflection

The natural makeup movement is redefining beauty standards one glow at a time. It's not about filters or perfection — it's about freedom, expression, and truth. Every woman deserves to feel radiant in her own skin. Because when you wear confidence, it becomes the most beautiful thing about you.

Spotlight Corner



BEYOND THE STEPS

THE VISIONARY ARTISTRY OF SEAN BANKHEAD

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

C.O.B.S Magazine is honored to shine a light on the iconic Sean Bankhead in the fast-moving world of entertainment. Few artists manage to blend raw creativity, discipline, and authenticity the way Sean Bankhead does. A choreographer, creative director, and mentor, Sean has become one of the most influential figures shaping today's music and dance culture. His work transcends choreography; it tells stories, captures emotions, and empowers artists to embody confidence, individuality, and rhythm.

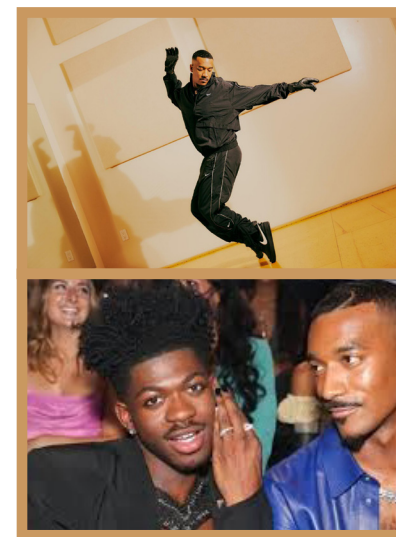


Born and raised in Philadelphia, Sean Bankhead began dancing at a young age, drawing inspiration from icons like Michael Jackson and Missy Elliott. His passion for movement quickly turned into purpose. After posting dance videos online that showcased his unique blend of hip-hop precision and theatrical flair, Sean began to attract attention from major artists and industry insiders. What started as a dream turned into a career that now spans more than a decade of iconic performances, viral routines, and cultural influence.

Sean's choreography is instantly recognizable. It's clean, musical, and deeply expressive, built on storytelling, rhythm, and soul. He's not just teaching steps; he's crafting moments that audiences feel. Whether it's the fierce confidence of Normani's "Motivation" or the bold energy behind Cardi B's "Up," his work commands attention. Each eight-count is intentional, every gesture meaningful.

Over the years, Sean has collaborated with some of the biggest names in music, from Beyoncé, Missy Elliott, Lil Nas X, Sam Smith, and Megan Thee Stallion, to name a few. His choreography for Lil Nas X's "Industry Baby" and Normani's "Wild Side" broke the internet, earning millions of views and sparking countless dance challenges. Yet, behind the viral fame is a visionary who values artistic integrity and representation. Sean consistently pushes for diversity, inclusion, and authenticity in his projects, ensuring that every dancer, every body type, and every story has a place on his stage.

Despite his global acclaim, Sean remains grounded in his purpose: to inspire others through movement. His leadership extends far beyond the spotlight. As a mentor, he invests in up-and-coming dancers, encouraging them to find their own voices and embrace their individuality. He often says that dance should reflect your emotions, not just what you can do. That belief shines through in his teaching, directing, and creative process.



What sets Sean apart is his ability to merge choreography with vision. He doesn't simply create routines; he builds experiences. His creative direction is cinematic, often transforming a performance into a narrative that resonates on a deeper level. When Normani performed at the MTV Video Music Awards, or when Cardi B took the Grammy stage, the precision, swagger, and emotional storytelling behind those performances bore Sean's unmistakable touch.

But Sean's journey hasn't been without challenges. The entertainment industry is notoriously competitive, and carving a path as a Black creative comes with unique hurdles. Through it all, Sean's resilience and faith have remained unwavering. His authenticity and humility continue to earn him not only respect but admiration from peers and fans worldwide.

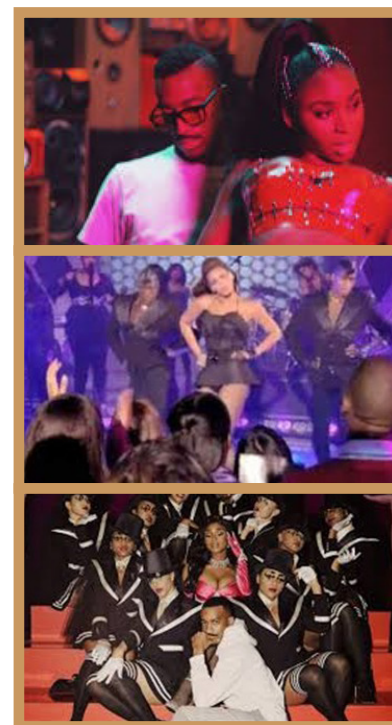
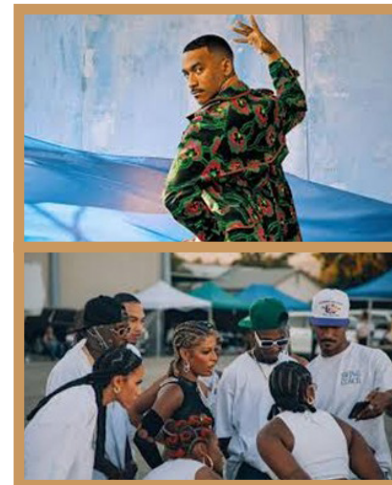
In interviews, he often credits his success to staying true to himself and his craft: "I want people to feel something when they watch my choreography. It's not just about steps, it's about connection."

That mindset has made him a cultural force, one who doesn't just follow trends but sets them. His ability to bridge the worlds of street dance, commercial pop, and artistic expression has redefined what modern choreography looks like. He embodies the evolution of dance in the digital age, where viral moments meet timeless artistry.

Looking ahead, Sean shows no signs of slowing down. With new projects in television, music, and film, he continues to elevate dance as both an art form and a universal language. Each routine he creates not only entertains but empowers—reminding the world that movement has the power to unite, heal, and inspire.

In an industry often obsessed with fame and flash, Sean Bankhead stands out as an artist of purpose and passion. His choreography doesn't just fill a stage; it fills a space in culture, reminding us that the most powerful movements aren't just physical, they're emotional, spiritual, and transformative.

Sean Bankhead isn't just a choreographer. He's a storyteller, a visionary, and a force that continues to move the world one beat, one step, and one powerful performance at a time.





Travel & Lifestyle

THREE THANKSGIVING GETAWAYS TO FEED YOUR SOUL

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

Thanksgiving is often about gathering around the table — but sometimes, the most powerful gratitude comes when you step away from it. Whether you're planning a trip with family or seeking solitude, travel can be a way to restore your peace, reconnect with your purpose, and remind yourself that gratitude exists beyond tradition. Here are three destinations that bring Thanksgiving to life — not through turkey and trimmings, but through culture, calm, and connection.

1. Charleston, South Carolina — A Feast for the Soul

Steeped in Southern grace and history, Charleston invites travelers to savor life at a slower pace. Its cobblestone streets, pastel homes, and waterfront views offer a perfect backdrop for reflection. Spend Thanksgiving exploring the French Quarter, where the air smells of jasmine and hospitality feels sacred. For dinner, indulge in a Lowcountry feast — shrimp and grits, collard greens, and cornbread dressing that tastes like home. Stay at The Dewberry or a cozy Black-owned inn like the 1837 Bed & Breakfast, where the warmth feels generational. Bring your family and explore Gullah Geechee heritage tours that highlight the artistry, language, and resilience that shape Black southern identity. Charleston teaches us that gratitude is inherited — passed down, much like recipes and hope.



“*Charleston is where gratitude meets grace, and every meal tells a story.*”



2. Sedona, Arizona — The Solo Traveler's Sanctuary

For those craving solitude and spiritual renewal, Sedona offers a Thanksgiving that begins in silence. Its red rock landscapes are breathtaking, its air still and healing. Begin your day with sunrise meditation at Cathedral Rock, or join a yoga retreat surrounded by canyon views. Enjoy a plant-based meal at Local Juicery or The ChocolaTree Organic Eatery, where wellness meets flavor. Sedona's energy vortexes — natural spaces said to radiate spiritual power — invite balance and clarity. This destination reminds you that peace is the greatest gift you can give yourself.

“*Sometimes gratitude sounds like silence — and Sedona speaks it fluently.*”

3. New Orleans, Louisiana — A Celebration of Culture and Connection

No one celebrates life like New Orleans. For those who thrive on energy, music, and soul, this city turns Thanksgiving into a joyful parade. Start your day in the French Quarter with live jazz echoing down Bourbon Street, then enjoy a meal at Dooky Chase's Restaurant, where the late Chef Leah Chase turned food into art and activism. Afterward, explore the Bywater Art District or take a riverboat cruise under the city lights. Traveling solo? The city still feels like family. Strangers greet you like cousins, and laughter fills every space. For families, New Orleans offers parades, art walks, and the warmth of a shared meal seasoned with love and history.



“*New Orleans doesn't just feed your body — it feeds your joy.*”

Final Reflection

Whether you choose Charleston's grace, Sedona's peace, or New Orleans' rhythm, each place holds a reminder that Thanksgiving isn't just a date — it's a state of heart. So pack lightly but bring your gratitude. Wherever you go this season, may your journey remind you of the simple truth: thankfulness travels well.

Business Corner



THE GOOD AND THE BAD OF SEARCHING FOR JOBS ON LINKEDIN

WRITTEN BY: ARIELLE PERSHAY



In today's digital age, LinkedIn has become one of the most powerful tools for job seekers and recruiters alike. With nearly one billion users across the globe, it serves as both a networking hub and a career marketplace. Yet, while the platform offers unprecedented access to opportunities, it also comes with its own set of challenges. Understanding both sides of the equation can help professionals use LinkedIn more strategically and effectively in their job search.

The Advantages: Access, Visibility, and Networking

One of LinkedIn's greatest strengths is its accessibility. Job seekers can apply for roles directly through the platform, often with just a few clicks. The "Easy Apply" feature simplifies the process, allowing candidates to submit their profiles and résumés instantly. This convenience can be beneficial for those applying to multiple roles or exploring new industries.

LinkedIn also provides unparalleled visibility. Unlike traditional résumés, which are shared only when an applicant submits them, a LinkedIn profile is public and searchable. Recruiters and hiring managers can find potential candidates proactively based on their skills, experience, or even the keywords in their headlines. A well-optimized profile can therefore attract opportunities without the user having to apply at all.

Another key advantage is networking. LinkedIn makes it possible to connect directly with industry professionals, hiring managers, and decision-makers. This level of access was once limited to in-person events or professional introductions. Now, a thoughtful message or comment can lead to valuable connections and even job referrals. Networking on LinkedIn also allows job seekers to learn more about company culture, career paths, and industry trends through real conversations.

In addition, the platform serves as a space for personal branding. Sharing insights, posting achievements, or commenting on industry news can position professionals as thought leaders in their fields. Consistent engagement helps job seekers stay visible and relevant even when they're not actively applying for roles.



The Drawbacks: Competition, Oversaturation, and Burnout

Despite its many advantages, LinkedIn is not without its frustrations. The same accessibility that makes job hunting easier also creates fierce competition. Many positions, especially those labeled "Easy Apply," receive hundreds or even thousands of applications. Standing out among such a large pool requires more than just a strong résumé; it demands a well-curated profile and a clear professional narrative.

Another challenge is the lack of transparency in some job postings. Salary information is often omitted, and job descriptions can be vague or overly broad. Some postings are outdated, while others are shared by recruiters who are "pipeline building" rather than hiring immediately. This can lead to wasted time and disappointment for serious applicants.

LinkedIn's networking component, while powerful, can also feel overwhelming. The constant flow of updates, achievements, and announcements from peers can create pressure to perform or constantly compare one's progress. This "professional social media effect" can contribute to burnout and imposter syndrome, particularly for those who have been job searching for an extended period.



Additionally, ghosting is common on the platform. Job seekers may have positive initial interactions with recruiters, only to receive no further communication. While often unintentional, this lack of closure can be discouraging and erode confidence over time.

Finally, the platform's algorithms, while designed to improve the user experience, can sometimes work against job seekers. Posts and profiles that don't generate immediate engagement may receive less visibility, and specific roles may not appear in searches due to keyword mismatches. This makes it crucial for users to understand how to optimize their profiles and search filters effectively.

Finding the Balance: A Strategic Approach

The key to maximizing LinkedIn's value lies in using it strategically rather than reactively. Job seekers should approach the platform with a plan to identify target companies, follow industry leaders, and set up alerts for specific roles. Instead of applying to every available position, focus on quality applications that align closely with skills and goals.

Building authentic connections is another crucial step. Commenting thoughtfully on posts, congratulating others on achievements, and engaging with company content can establish visibility and rapport. When reaching out to recruiters or hiring managers, brief and personalized messages tend to receive the best responses.

It's also essential to maintain perspective. LinkedIn should be one tool in a broader job search strategy complemented by direct company applications, networking events, and referrals. Balancing online engagement with offline efforts can prevent burnout and keep motivation high.



Conclusion

LinkedIn has revolutionized the way people search for and secure jobs. It provides direct access to opportunities, empowers professionals to build their brands, and fosters connections that can shape entire careers. However, it also presents challenges, from high competition to digital fatigue.

By understanding both the advantages and limitations, job seekers can navigate the platform with greater confidence and focus. Success on LinkedIn isn't just about applying for jobs; it's about creating visibility, building relationships, and staying authentic in the process.

Used wisely, LinkedIn isn't just a job board; it's a bridge between where you are and where you want to go.

Fitness Corner



WHY EATING THE FOODS YOU LOVE ON THANKSGIVING IS OKAY, AND HOW TO STAY FIT AFTER- FOR BEGINNERS

WRITTEN BY: ARIELLE PERSHAY



Every year, as Thanksgiving approaches, conversations about food often come with a side of guilt. The turkey, mac and cheese, stuffing, and sweet potato pie these comfort dishes are more than just calories. They represent tradition, family, and gratitude. Yet, many people find themselves worrying about “undoing progress” or “falling off track” after one big meal.

Here’s the truth: you can eat the foods you love on Thanksgiving and still maintain a healthy lifestyle. One day won’t derail your fitness goals, but how you think and act before and after that day can make a big difference.

The Emotional Side of Eating: Give Yourself Permission

Food is deeply emotional; it connects us to family, culture, and cherished memories. Denying yourself of your favorite Thanksgiving dishes can create unnecessary stress and even lead to overeating later. Allowing yourself to enjoy the moment without guilt entirely is part of having a healthy relationship with food.

Restricting yourself too harshly or labeling foods as “good” or “bad” often backfires. When you view Thanksgiving as a “cheat day,” it creates an all-or-nothing mindset where one indulgent meal turns into a week of poor choices. Instead, shift your focus from restriction to balance.

Remind yourself: one day won’t make or break your goals. What matters most is what you do consistently the other 364 days of the year.



Mindful Eating: The Key to Savoring and Staying in Control

You don’t have to skip your favorite dishes, but you can be intentional about how you enjoy them. Here are a few simple strategies for eating mindfully on Thanksgiving:

1. **Start with water.** Drink a glass before your meal to stay hydrated and help regulate appetite.
2. **Can you set the table before filling your plate?** Choose the dishes that genuinely excite you, not just the ones that are “there.”
3. **Eat slowly and put the fork down between bites.** This helps your body register fullness and allows you to enjoy every flavor.
4. **Don’t skip breakfast or lunch.** Many people “save calories” for dinner, but that often leads to overeating. A balanced breakfast with protein and fiber will stabilize your appetite.
5. **Savor dessert — don’t rush it.** Whether it’s pumpkin pie or banana pudding, take your time. A few slow bites are far more satisfying than mindless eating.



Post-Thanksgiving: Getting Back to Balance

After the holiday, many people feel pressure to “detox” or burn off the calories with extreme workouts. But here’s a better mindset: return to your regular routine, not a routine punishment.

Here are a few realistic, beginner-friendly tips to stay fit after Thanksgiving, no crash diets or intense regimens required:

1. **Get moving the next day.** A 30-minute walk can do wonders. Movement aids digestion, boosts mood, and helps you reset.
2. **Hydrate generously.** High-sodium foods from holiday meals can cause bloating. Drinking plenty of water helps your body rebalance naturally.
3. **Ease back into balanced meals.** Focus on whole foods, lean protein, vegetables, and whole grains without skipping meals or overcorrecting.
4. **Start small with exercise.** If you’re new to fitness, aim for 20–30 minutes of moderate activity three to four times a week. Walking, yoga, or light resistance training are great activities to start with.
5. **Don’t obsess over the scale.** Weight fluctuations are normal after a large meal. Instead, focus on how you feel energized, rested, and strong.

Reframing the Holiday Mindset

Thanksgiving is a time to slow down, reflect, and appreciate life’s blessings, not a test of willpower. When you view food as part of that celebration rather than the enemy, you make space for balance and joy.

Instead of saying, “I shouldn’t eat this,” try saying, “I’m grateful I get to enjoy this with people I love.” Gratitude changes how we experience food and how our bodies respond to it. Stress and guilt can affect digestion and energy levels, while relaxation and appreciation support overall well-being.

The key is not to chase perfection but to build resilience. Enjoy the feast, get back to your habits, and move forward without shame. That’s what long-term wellness looks like: flexibility, balance, and grace.



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2025, NOVEMBER ISSUE

VOLUME X

\$3.50

A portrait of Dr. Tricia Quarthey-Sagaille, a Black woman with short hair, wearing large hoop earrings and a patterned scarf. She is looking slightly upwards and to the right.

**DR. TRICIA
QUARTEY-SAGAILLE**

CEO, NOBLE DENTAL CARE, P.C.