

NOVEMBER 2022 ISSUE | VOLUME 9 | U.S. \$3.50

C.O.B.S

CIRCLE OF
Boss SISTERS

THE QUEEN'S COURT

Meet Jeannine A. Cook
CEO/Founder of Ida's
Bookshop

THE KING'S COURT

Meet Bungee Obleženi
CEO/Founder of Bungee
Obleženi

WOMEN INNOVATORS

Meet Star-Asia Taliaferro
CEO/Founder of B.E.O.Y.L.(Bringing
Back the Essence of Our Young
Ladies)

ARTIST CORNER

Meet R&B Artist
Nesha DaVoice

THANKSGIVING
RECIPIES FOR THE
HOLIDAYS

FASHION CORNER

Meet Stevie Edwards
CEO/Founder of Stevie Edwards
Designs

WOMEN'S WERK

Meet Shenqua Wright
CEO/Founder of Manifest WMN &
Clean Wright, LLC

Ashequka Lacey

CEO/FOUNDER of Inspiring Jreams Publishing, LLC

Trevi Pershay

HAPPY THANKSGIVING



If you're reading this magazine then congratulations, you have made it to see another day. Gratefulness is something that we too often take for granted. One day I was driving my car listening to some gospel jazz and people's faces that I haven't seen in years flashed across my thoughts. When I got to the red light, I thought of the people who have crossed my mind and how they are no longer here on earth. I will never hear their jokes, eat their food, hear their laughter, hear their wisdom, or see their smiles. Their sounds will forever be silent, and the grave is now their new home. It bothered me for a second, their memories flooded my thoughts, and I felt a great sense of loss. Then I realized that God still allowed me more time on this planet called earth. I don't know when my time will come and when my sound will cease to be heard. However, while I am here on this journey of life I must first and foremost be grateful. I am grateful that I can still feel the sun on my skin, and the wind blowing in my hair, bless to have the activity of my limbs and the heart to love unconditionally.

The Oxford Dictionary defines grateful as feeling or showing an appreciation of kindness and thankfulness as well as receiving or experiencing gratitude. With that being said, how are you celebrating your wake-up? Are you waking up with the world on your shoulders? Is your wake-up filled with complaints, aches, worries, fear, insecurities, anger, unforgiveness, and holding on to what others have done to you? If so, then you need to change your perspective so that the view looks different; y. My grandmother used to make me angry with this statement – she would say there is always someone out there who is doing worst than you. Through my annoyance and glare at her, I would say what does someone else situation have to do with the way I am feeling. My grandmother would turn to me with all seriousness on her face and say there is a little girl in the hospital somewhere that is praying to God to have the abilities that you have. Some little girls can't walk, jump, dance, and run like you because they might be wheelchair-bound or paralyzed from the neck down. Grandma said the Lord has blessed you with the ability to do things that others are praying to God to have. After Grandma turned her back on me and says with an attitude be grateful. Mic drop, there was nothing more to say.

When I was in my youth, I always tried to end my life because I felt I had no purpose and life had no meaning. I am so glad God did not allow those suicidal attempts to work. God knew I had a purpose, and I am so grateful that He allowed me the opportunity to help and inspire others.

Have a Safe, Blessed, and Grateful Thanksgiving! From the COBS Family to Yours – Be Grateful!!!

Trevi Booker

Trevi Booker Pershay

Reach

WRITTEN BY LADY GENESIS



There's been a disconnect
between my cornea tissues
A glitch between my supernat-
ural
and natural issues
They don't seem to Correlate

it's as if what I heard him say
Was simply mind chatter a mis-
take

Or maybe it was an end-time
mind game
Played to make me go insane
Trynna subtract
my marvel in him and end the
game

Truth is Thanos has been me
Though I don't house the
ability to rewind time
there's a reclaim stamped
with my name
I try to backtrack and
God calls me forwarding

No need for voicemail
for we have already
spoken face to face
and yet the stones
I mean rocks are starting to cry
out

I don't need to sacrifice what I
love
Because Love has already died
for me
So that my soul can stand on the
foundation
of this cornerstone and be free

He said
Upon this rock

I build my church
that rock is me
but I keep falling into the cracks
of
my own reality
though my flesh profits
nothing my spirit is on E

Gasping for air
How can we
I mean I
when I house the prince of peace

My mind is supposed to be
Whole and clothed
This earthly power stone
I mean flesh won't let me rest
And just when I think I'm
Getting high with God
the enemy sends his best

Then I remember I have power
and dominion
over this mess so I object
that defense must rest Rule and
abide
And step to the side
for I have already communed
with my Captain and he's told
me
He has avenged me

No longer am I webbed up
with spiders man
I didn't lose my spark with Tony
Stark
For I house the true light
that brings day to night times

I'm talking something bigger
than moonshines and speakeas-
ies
His speech is easy to cover me

the lost, saved, serving,
weary and needy

I NEED MY SPACE to run
at my own pace
no need to be swift
I need my Mindset to shift
so I won't be sifted as wheat
Because what I see
Is getting ready to see me

I gotta hulk this
FOCUS
be an ant and a giant
clever enough to gather in the
right season
so when reality grows cold
I won't spoil with the soil
but I'll be seated to be fed
For I'm led by the true Godhead
In dust, I was formed
and as dust, I shall leave

EMPTY

For what I have received,
Has caused me to conceive
inhale, exhale
we have no choice but to
Give birth to what this earth
needs

Sight no longer cloudy
it's my destiny to stand
with the king

Not alone
but with all you's and all the Me's
So let's pick up your pieces and
time to Reach...

CONTENTS

EDITOR'S CORNER

02) TREVI BOOKER PERSHAY

POETRY CORNER

03) REACH - LADY GENESIS

MEET THE C.O.B.S. TEAM

06) MEMBERS OF THE COBS

FEATURED STORY

08) ASHEQUKA LACEY

QUEEN'S COURT

10) JEANNINE A. COOK

THANKSGIVING SPECIAL - TOP BLACK FEMALE CHEFS

12) CHEF KAMILAH MARSTO
12) CHEF PAULETTE JOHNSON
ELLIOTT
13) CHEF JUDY ANDERSON
13) CHEF MELANO LOVE

KING'S COURT

14) DARRELL ALSTON

FASHION CORNER

16) STEVIE EDWARDS

WOMEN'S WERK

20) SHENEQUA OLIVER WRIGHT

SPECIAL EDITION - HEALTHCARE PROFESSIONALS

22) CARL ALLAMBY
22) LATRICE A. PELISSIER
23) NERLINE SAINT ELME
23) ALYSSA COLLANTES

ARTIST'S CORNER

24) NESHA AKA (DAVOICE)

BEAUTY TALK

26) TINIKA THOMAS

AUTHOR'S CORNER

28) PASTOR SHAQUAN JORDAN

WOMEN INNOVATORS

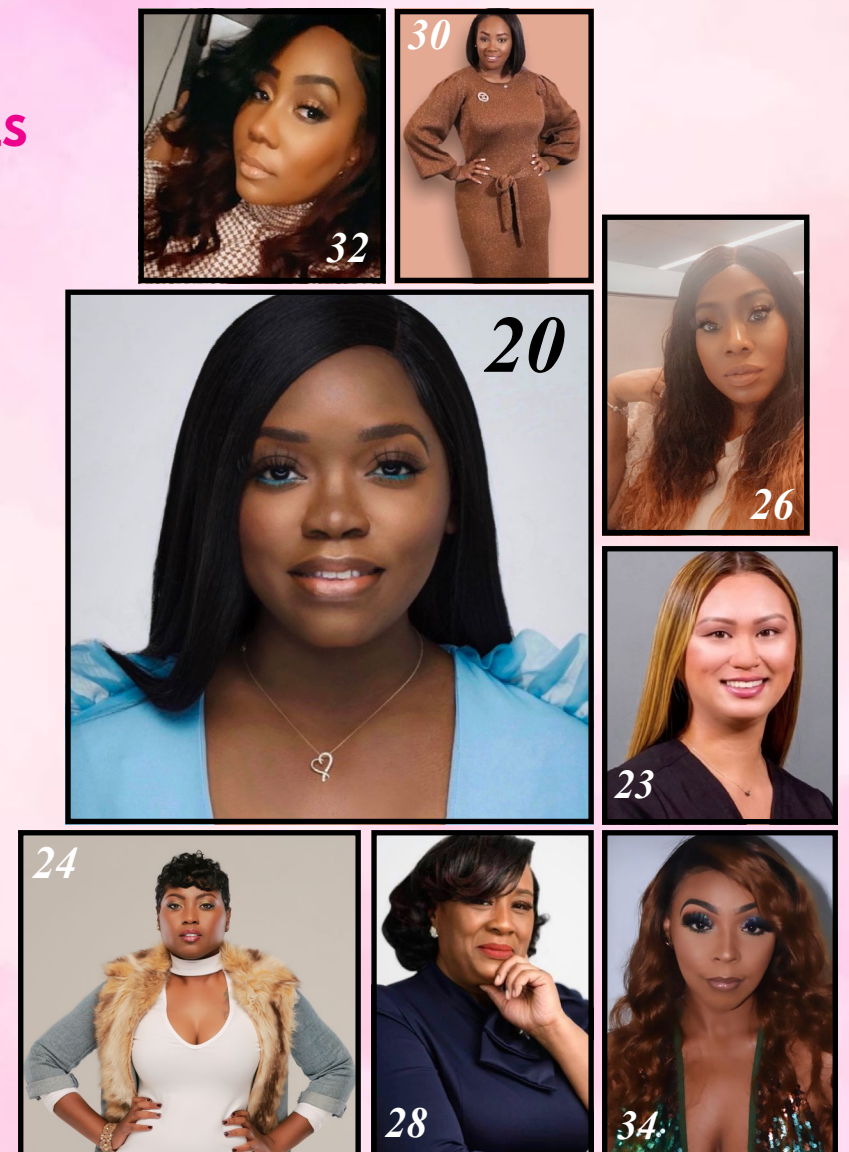
30) STAR-ASIA TALIAFERRO

HAIR CORNER

32) NISHA PERSHAY

FIT CORNER

34) ARIELLE PERSHAY



MEET THE C.O.B.S. TEAM



Trevi Booker Pershay - Editor-N-Chief

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

CONTACT: IG – trevipershayproductions.

EMAIL: pdmperformingart17@gmail.com or trevipershayproductions@gmail.com

Tinika Thomas - Co-Editor-N-Chief/Beauty Editor

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

CONTACT: IG – tinikashay

EMAIL: Tinika.thomas@pdmperformingarts.com or shaybeautyconsultant@gmail.com



Arielle Pershay - Fitness Editor

Arielle Pershay wears many hats, she is CEO & Founder of Astar Dance Movement – which she choreography dances for weddings parties, dance competitions, music videos, and private parties. Arielle is the Artistic Director of PDM Performing Arts as well as a Music writer for Trevi Pershay Productions theater and movies soundtrack.

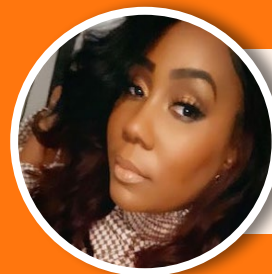
CONTACT: EMAIL: pershayarielle@gmail.com , IG: astardancemovement

Abdullah Khan Aka gxfmentor606 - Designing & Magazine Layout Director

Abdullah Khan is Computer Engineer, Adobe Certified Graphics Designer, TOP-RATED Freelancer, Designing and Magazine Layout Director of C.O.B.S. – Circle of Boss Sisters, Founder and CEO of Software House, worked with Multinational Companies i.e. Adobe, McDonalds, Forbes and now Providing Services all over the world.

CONTACT: FB: Abdullah Graphics , IG: @abdullahgraphics

EMAIL: abdullahkhan6063048@gmail.com or gxfmentor606@gmail.com



Rodnisha “Nisha” Pershay - Hair Editor

Nisha Pershay specializes in taking care of weaves; therefore, you will have them for a long time. She is CEO & Founder of The Traveling Salon 2. Nisha holds down a full-time job with an investment company as well as she is Sound & Stage Manager for Trevi Pershay Productions Inc.

CONTACT: IG: nishadahairweavekill , EMAIL: rodnishapershay1@gmail.com

Rosemarie Berghout - Newsletter Editor

A native of Brooklyn, NY, Rosemarie Berghout is the Chief Executive Officer of Fresh Grounds Inc., a non-profit organization that provides community resources throughout metro Atlanta. Rosemarie is also the co-founder of R&R Exp. Productions, providing entertainment platforms for local artists in Atlanta, GA. as well as providing a social networking vehicle for an array of spotlight and fundraising events. With a passion for creativity and expressive writing, Rosemarie created her first newsletter publication for her home church in Brooklyn, NY and after relocating to Dacula, GA., she continued publishing newsletters for a local church in Atlanta, GA. as well as providing other social media and event publications for various professional clientele.

CONTACT: FB: Rosemarie Berghout , EMAIL: rosemarie.berghout@gmail.com



Call 917.602.1364

Email:

events@yesdesserts.nyc

IG@yesdesserts

www.yesdesserts.nyc

HOLIDAY DESSERT MENU



OPEN HOURS

Monday- Saturday

11 a.m.-7 p.m.

*10% Holiday Discount November 1, 2022-December 12, 2022



Desserts

Cakelettes

\$30 HALF/\$60 DZ

Coquito Poundcake (chocolate, coconut, dulce de leche, red velvet) & 24K carrot

Cupcakes

Mini Cupcakes \$36+ DZ

(2 dozen minimum)

Customized Cupcakes \$42 DZ

Libation Infused \$12+ PER DZ

Customized/Speciality Cakes

STARTS @ \$45

Cake sizes are 6 inch- 10 inch

Libation Infused Add on starts at \$12 per cake

Holiday Specials



Cookies

Sugar w/o Frosting \$25 DZ

Sugar w/ Frosting \$36 DZ

Chocolate, Gingerbread, Red

Velvet, Sugar & Other Flavors

Cookies \$30 DZ

Banana Pudding, Chocolate Chip, Oatmeal Raisin, 24K Carrot, S'mores, Oreo Delight, Red Velvet & Coconut

Bars/Brownies

Bars

Strawberry Shortcake \$35 HALF DZ/

Cheesecake Crumb \$65 DZ

Sweet Potato

\$36 HALF DZ/

Marshmallow

\$70 DZ

Brownies

6 Layer Red Velvet \$27 HALF DZ/ \$54 DZ

Banana Pudding \$33 HALF DZ/\$66 DZ

Hennessy Turtle \$42 HALF DZ/\$84 DZ

Dipped Desserts

Oreos \$18 HALF DZ/\$36 DZ

Popcorn \$21+ HALF /\$42 DZ

Strawberries \$24 HALF DZ/\$45 DZ

Hot Cocoa Balls \$25 HALF DZ/\$50 DZ

Rice Krispy \$33 HALF DZ/\$66 DZ

Waffle Cones \$36 HALF /\$72 DZ

Apples \$48 HALF DZ/\$96 DZ

Libation Infused Add On \$12+ DZ



Call Us

917.602.1364



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



ASHEQUKA LACEY

MEET FOUNDER/CEO FOR INSPIRING JREAMS PUBLISHING LLC

C.O.B.S. MAGAZINE:

Welcome to C.O.B.S Magazine. We have the pleasure of speaking to Ohio native and serial entrepreneur Ashequka Lacey. Ashequka is passionate about helping people pursue their dream and reach their goals no matter what trials, circumstances, or challenges they may face. She is about her business and walking in her purpose. Please can you start by telling us a little about yourself?

ASHEQUKA LACEY:

Sure. I'm from Columbus, OH and I have 2 sons a 12-year-old and 3 year old. My first book was written about them. I have published 2 children's books. I feel like I'm walking in my purpose every day. I started both of my businesses and published a book in 2020. I'm also a special

needs Mom to a special boy.

C.O.B.S. MAGAZINE:

Can you tell us about your business? What stimulated your ideas to start a new business venture in an already existing business? What sets you apart? What is the goal of the business?

ASHEQUKA LACEY:

My publishing company is called Inspiring Jreams Publishing and I am a book coach. I help my clients take their ideas and turn them into reality. I offer different publishing packages and offer author services such as editing, illustrations, beta reading, and more. I started my own publishing company because when I started my journey to writing my first book I didn't know what to do

or where to look. I wanted to create a one-stop shop for my clients. I'm very passionate about helping people get to the next level and accomplish their goals. My biggest goal is to be a distributor of books as well. People will be able to come to me and not only publish a book and get coaching but I'll be able to print their book as well.

C.O.B.S. MAGAZINE:

How do you make a book successful when there are millions of books published every year just in the United States alone?

ASHEQUKA LACEY:

To make a book successful you focus on your target audience. Your target audience is what helps you become successful. As a self-

published author, you do have to work harder and make sure you have a marketing strategy and great content.

C.O.B.S. MAGAZINE:

What should beginner authors think about? What's the first step a would-be-author should take to get published?

ASHEQUKA LACEY:

The first thing to think about is what story are you going to tell. Who do you want the story to impact? To get published on the traditional route there are several steps. I'm a self-published author so it's different. And to be self-published all you need is your idea, the resources, and discipline.

C.O.B.S. MAGAZINE:

You are not only a book coach and offer author services but you are an author yourself who has published two children's books. Can you tell us about these books and are the books related to your real-life experiences?

ASHEQUKA LACEY:

Jakobi and Me is my first book which is about my children. The story is from the perspective of my oldest son Ameir talking about my youngest son Jakobi's diagnosis. He talks about his experiences of being a sibling of someone with special needs. My second book is called The Little Girl with The BIG Name. It's about a little girl that goes through a series of events of people mispronouncing her name and because of this she just wants to be given a smaller name. In the end, her mother affirms to her how special her name is.

C.O.B.S. MAGAZINE:

Every entrepreneur has a secret to their success. Can you give us three ingredients that have made your business successful? What are you proud of so far with the success of your business? What is your take on the ways to achieve long-term success?

ASHEQUKA LACEY:

My three secrets are very simple:

- I pray most importantly
 - I believe in myself
 - I'm just proud that I kept going
- This isn't easy but it's worth it. It's my purpose and I'm so proud of myself

for never giving up. To achieve long-term success I believe you have to always remember why you started and don't get caught up in the success of now but stay humble. Also, enjoy life and the fruits of your labor. Grinding day in and day out will have you burnt out.

C.O.B.S. MAGAZINE:

You are also a business owner of an all-natural skincare line. Can you tell us about this business and who it catered to? What was the reason for you starting up this skincare line?

ASHEQUKA LACEY:

Yes. I have a skincare line called Baby Bays Natural's it is all natural and everything is made by me. This product is for babies and young children who suffer from eczema, dry skin, and sensitive skin. I started my skincare line because my youngest son had really bad eczema and the steroids that his doctor prescribed only made it worse. I used my resources and I also found a chemist to help me make a formula. I started selling my products once I saw how well my son's skin looked after using the product.

C.O.B.S. MAGAZINE:

As a serial entrepreneur what adjustments have you made to your personal and professional life to juggle these two roles? What advice can you offer to other serial entrepreneurs trying to balance family and work life?

ASHEQUKA LACEY:

Whew! This is a jammed packed answer for me. I wear multiple hats daily and if I'm being honest it comes very naturally to me. I'm a very organized person so it's very easy for me to multitask. I also create a checklist based on priority and as my day goes I mark off what I've completed. I think the best advice I can give anyone would be to rest. Rest plays an essential role in my success. I allow my body and mind to just relax. I do not do anything but enjoy my family and binge-watch a show I haven't seen in a while.

C.O.B.S. MAGAZINE:

Here at COBS Magazine, we love to share daily affirmations. What is the daily affirmation that has kept you

sustained and encouraged?

ASHEQUKA LACEY:

THREE simple words. YOU GOT THIS!!

C.O.B.S. MAGAZINE:

Thank you for taking the time to share your journey with our readers. What are your plans for future projects? Can you share your website and social media platforms for our readers to follow you? We wish you continuous success.

ASHEQUKA LACEY:

You're welcome! I plan on coaching more clients and maybe coming out with another book. I have an author event coming Spring of 2023 called the AuthorPROneur Expo. As far as my Baby Bays Natural's line I'll be adding some exciting products to the brand in 2023. You can purchase my book and set up a consultation for book coaching at inspiringjreams.com. You can purchase the skincare line at jakobiandmebook.com. You can follow me on Instagram @babybaysnaturals and @inspiringjreams. Thank you for allowing me to share my story with you all.



JEANNINE A. COOK

MEET FOUNDER/CEO OF IDA'S BOOKSHOP



C.O.B.S. MAGAZINE:

Welcome to Queen's Court. We are elated to have writer, educator, and strategist Jeannine A. Cook. For the last 10 years, Jeannine has worked as a trusted writer for several startups, corporations, non-profits, influencers, and now herself. We will be talking to her about selling books, engaging communities, traveling the world, and her recognition. Can you please give us a little background about your upbringing?

JEANNINE A. COOK:

I consider myself to be mixed in every way. My mother is from a small island in the Caribbean, Trinidad, and my father is from Brooklyn. When I was small family would refer to us as coconuts and others called us Yankees. When I was about 4 or 5 we moved to Hampton, Virginia from the projects in New York. When I was still in elementary school my mother lost her vision completely and my dad was commuting to work in New York while we lived in Virginia. I think partially the stress of this led to him developing a terminal illness. Both of my parents were differently-abled growing up yet they were both avid readers and thinkers. I call my dad an armchair historian and my mom was a theological scholar. She continued her studies even after she went blind having us read to her and write for her so she could finish. She was also a former educator and librarian. I think their love for knowledge transferred to me and my sisters for sure.

C.O.B.S. MAGAZINE:

Can you tell us about Ida's Bookshop? Where did the name derive from? What kinds of books are you selling? What makes you stand out from

other bookshops?

JEANNINE A. COOK:

I think I answered a bit above. Ida's is my second bookstore. We opened it officially about 18 months ago. If she was a baby she'd just be learning to walk and talk. The bookshop is named after Ida B. Wells who is a historical heroine who spent most of her life railing against unjust aspects of the legal system and state-sanctioned lynching. She was a self-taught writer and educator who used the power of her pen to speak to heads of state both here and abroad. Our bookshop's mission celebrates women authors, artists, and activists but to the exclusion of anyone else as we have a wide variety of books and the ability to order anything. Our bookshop is an immersive experience when you walk in and you're in the middle of a book. Currently, the design is like *The Color Purple* by Alice Walker but, we change it quarterly to a new design. We also host musical acts and poets and a Whiskey Writers Club. Our bookshop is just as much a community organizing hub as it is a store.

C.O.B.S. MAGAZINE:

Before Ida's Bookshop you opened up another bookshop in Fishtown right before the pandemic. It is said that Fishtown has been known as one of the most racist part of the city. Can you tell us the name of the bookshop? How did it feel as a Black woman to open up this bookshop in a town like Fishtown? What was the most challenging part?

JEANNINE A. COOK:

Yes, before Ida's I opened a bookshop named Harriett's after my guiding light historic heroine Harriett Tubman.

I opened up Harriett's because it was a place where I needed for myself to heal. It also fulfilled a need I saw in the city where less than 2% of businesses are owned by folks who identify as black women. I believe spaces like ours, like the Colored Girls Museum, Franny Lou's Porch, Trunc, French Toast Bites, and Freedom Apothecary have the amazing ability to transform neighborhoods and restore social pain points. You are talking about institutions that don't have to reform themselves from the ills of systematic racism, you are talking about spaces that care about community from deep within. You are talking about the spaces that have made it their mission to be a beacon of light. The most challenging part is all of the things you don't know when you begin. All of the red tape, certificates, fees, and licenses and how the state feels comfortable attempting to take from us while it has yet to repair the harm inflicted on our ancestors. Then some folks believe we don't have the right to be in certain neighborhoods because those neighborhoods have historically looked one way or got away with certain levels of bs because they were homogenous. Having to teach folks who are accustomed to being bullies not to mess with you.

C.O.B.S. MAGAZINE:

In November of 2021 you hosted a very special event for a well-known actor. Can you share who the actor was? How was the overall experience of hosting their event?

JEANNINE A. COOK:

Yes, we hosted the book launch for Will Smith. It was a very powerful experience to have someone of his notoriety say he wanted to support

our work and launch with us. We redid our shop completely for his book launch. We covered it in all white and spoke to the theme in his book about having a blank canvas. We also hosted a women's hip-hop concert out front with a Dj, graffiti artists, and dancers. It was live!

C.O.B.S. MAGAZINE:

Funding an organization takes a lot of blood, sweat, and tears. Self-financing is the way most entrepreneurs start up their companies. How difficult is the process to continue to generate funding to handle the overhead?

JEANNINE A. COOK:

It is the job and the job is to do well while doing good. It's the best job in the world to be able to do this under the guiding light of my ancestors. To be able to share stories with generations and to stand for literacy in this way. It's not an easy job but it's far easier than the work Harriett and Ida had to do for our people.

C.O.B.S. MAGAZINE:

In your opinion how much do consumers count on physical bookstores when they can go online and order millions of books without having to go out? What purpose do you find physical bookstores serve within the communities? What does the future look like for independent bookstores like yours?

JEANNINE A. COOK:

I think that stories have always been and will always be central to the human experience. I do think especially after being quarantined people have a newfound respect for public spaces and for the opportunity to gather. I also recognize that in many ways bookshops act as secular sanctuaries where folks can fellowship, have dialogue, disagree, question, and express themselves. These experiences are ultimately the perfect antithesis to loneliness which, is one of the leading causes of many issues in our society. What independent bookshops offer to a neighborhood is far different than what a chain offers. The experience is customized and community-focused. I think folks know that bookshops serve many purposes directly and indirectly because there is a desire to ban books, ban ideas, and ban empathy as it grows across

the nations.

C.O.B.S. MAGAZINE:

You are leading the change to create a federal holiday for Harriett Tubman. Can you share how that process is going? Why is it important for individuals to recognize her contributions?

JEANNINE A. COOK:

The process is slow and a bit annoying. What it is teaching me is that our government and civic engagement have purposefully become overly complicated, cumbersome, and not at all people-friendly. It was nice for the bill to get accepted into Congress, but I recently learned that many many, many bills get shuffled around Congress for decades. Take reparations for instance, or even the fact that the first antilynching bill was just signed almost 200 years after Ida campaigned for that. I realize that there is so much effort and money put into the "get out the vote" effort. The average citizens have no idea how our government works, how much decisions are made on money, and not the will of the people. Why aren't the millions of dollars spent on elections spent on educating the public on how policy gets made or how a law gets passed or even more importantly how to get rid of laws that are no longer necessary? It's like a big game that the very wealthy people are running that game with their money and it's kind of disgusting. If I was very wealthy it would be very easy to buy our way into a federal holiday. So it is teaching me what NOT to do when it comes time to create a new system of government because we are watching the current one slowly fizzle out. Folks need to recognize Harriett's contributions not so much because Harriett needs it, but because we get to be reminded that the same spirit that Harriett possessed is possible in our current time. That same spirit of defying the odds, honoring your fellow human, endearing sisterhood, of putting your all into your community is possible and it is needed. This woman said, "Give me liberty or give me death". You don't hear folks having that kind of conviction about freedom anymore, but Harriett was a human, anything she did we all could do. She was a master strategist and in many

ways, that's what we need more of.

C.O.B.S. MAGAZINE:

You had the opportunity to facilitate art and social workshops with youth from 15 countries around the world. What were some of the countries you visited and what was your end goal for presenting these workshops?

JEANNINE A. COOK:

I co-developed a curriculum for the American Friends Service Committee on racism, colonialism, and imperialism. I was sent to Nairobi and the UK where on my own I developed curriculum in South Africa, France, and Trinidad. I was a part of a team tasked with ensuring youth had tools to dismantle and subvert those -isms through storytelling.

C.O.B.S. MAGAZINE:

What continues to be your daily driving force? Where do you see yourself in the next five years? Can you please share your website information and can you please provide your social media platforms? We wish you continuous success.

JEANNINE A. COOK:

My driving force is curiosity. I am very interested in how things work and what to do when things don't work. I am also driven by creativity. I love making and challenging myself along with those around me to do what others say cannot be done. Finally, I am driven by those who came before me. I see myself on the spectrum of freedom and that I am only doing my part on that spectrum. That spirit which traveled through Harriett, and before Harriett in her mother, and before her mother in Queen Nanny, and before Queen Nanny in Nefertiti, and before her in Isis which I am a part of that tradition. In the next five years, I see myself continuing to do what I've always done, telling stories, bringing people together, standing up for what I believe in, building spaces that are aesthetically stimulating, studying, writing, and creating something or another. You can find me on all social media platforms such as Harriett's and Ida's Bookshop. Thank you! Ase.



STEW TURKEY WINGS

By: Chef Kamillah Marston

KAMMAR ROYAL CUISINE

As the holidays approach a lot of us are preparing in our hearts and minds what to make for our family gatherings and meals. Most importantly we want to prepare something for everyone and have tasty foods ready for them to enjoy. I personally don't care to have a 30lb bird on the table, so I make things a lot simpler for my loved ones with some drop off the bones, stewed turkey wings and it's always a hit! Let me share my recipe with you.

STEW TURKEY WINGS

- 2 pks of chopped wings for stewing (add more if desired and follow the recipe to taste)
- 3 tbsp Mediterranean Honey Lime Spice Blend (From Kammar Royal Cuisine Spice Line)
- 1/2 cup mango coconut sauce
- 2 tbsp black pepper
- 2 tbsp Lawry's seasoning salt (add as desired for taste)
- 1 1/2 tbsp accent
- 1 1/2 dried thyme
- 1 1/2 dried rosemary
- 2 tbsp sweet soy sauce
- 3 jalapenos chopped
- 2 onions chopped
- 1 1/2 pimento seeds
- 2 tbsp fresh thyme
- 1 scotch bonnet pepper (if desired for added flavor, just added to pot after browning meat)
- 6 cloves of garlic chopped
- 1 bundle of scallion cut into 4 quarters

Brown meat in vegetable oil. Make sure the oil covers the bottom of the pan. Heat the oil and place seasoned pieces of meat in. Cover with a lid and let them brown, turning periodically until browned evenly. DO NOT DISCARD THE SEASONING THE MEAT WAS IN (save for the end). Remove meat from pan and drain oil. Put meat back into the pan with chopped onions, scallions, fresh thyme, and jalapenos along with seasonings from meat left in the container used to season meat. Add a little water to cover the meat about halfway. Cover, bring to a boil then reduce heat and cook until tender.



Yield
8-10 people
Prep time
40 minutes
Cook time
1 hour

INGREDIENTS

2 LG. Brioche or white bread
Cut in cubes
1 cup pecans or walnuts chopped
2 oz Raisins
2 oz chunk pineapple chopped
2 oz Maraschino cherries chopped
1 cup heavy cream
1/2 cup milk
1 cup butter
2 eggs beaten
4 oz brown sugar
2oz white sugar
1/4 salt
1 tsp cinnamon
1/2 tsp nutmeg
1 tsp pure Vanilla extract
Glaze
1 cup powdered sugar
2 oz water

PAULIE'S BREAD PUDDING

By: Chef Paulette Johnson Elliott

PAULIE'S LOVE CATERING

This Bread pudding recipe is very special to me. Its spices make it nourish, rich and known as the comfort food of deserts with bold fruity flavors.

Bread pudding historians trace this desert back to the 12th century, as cooks then, looked for economical, frugal ways to salvage and save money using leftover bread instead of letting it go to waste. In the 13th century England, bread pudding was known as a poor man's dish, but as this desert surfaced the south, the southerners began to add their own style to enhance this dish. In my travels, I've found New Orleans style was most satisfying. Paulie's love had to take it up another notch.

This classy beautiful old fashion desert that brings wonderful memories and joy to my childhood. Follow my recipe and bake it and as it bakes, the smell your home as it fills with spices and joy (as if it was a smell) I have put my own spin on this desert adding my own style based on the history of great cooking in my home.

INSTRUCTIONS

In a large bowl, combine milk, heavy cream, and beaten eggs. Stir then add brown and white sugar, butter, salt, cinnamon, nutmeg, and vanilla and fruit, with a plastic spatula, fold in combining then add bread cubes fold in and place in the fridge 15 min till the custard soak into the bread. Preheat oven to 450 degrees. Grease a large baking dish with butter and pour bread mixture in, put bread pudding mixture into the oven and bake 1 hour or until golden brown. Place the baking sheet under in case any drippings. You will smell the sweet aroma throughout your home indicating it's ready! Optional
Take powdered sugar and add 2 oz water stir until smooth and drizzle over bread pudding for added sweetness, I prefer it plain. Enjoy



BASE CUSTARD RECIPE

By: Chef Judy Anderson

Base Custard Recipe

4 cups whole milk
1 tablespoon of vanilla extract
1 teaspoon of butter
4 large eggs
½ cup of white sugar
3 tablespoons of cornstarch

1. Cook and stir milk, vanilla and butter over medium heat until it starts to simmer
2. Remove from heat and set aside
3. Whisk together eggs, sugar and cornstarch until the sugar dissolves
4. Set the saucepan back over low heat. Slowly pour in egg mixture while whisking. Cook until mixture thickens (5-10 minutes)
5. Strain mixture and cover with parchment paper. Let it cool in the walk-in

Whipped Cream Recipe

1 quart of whipped cream
2 teaspoons of vanilla extract

1. Combine both ingredients in stand mixer whip on high speed until it forms stiff peaks

Assembling the banana pudding

Cooled Custard Mixture
Whipped Cream
4 Bananas Sliced
Vanilla wafers

1. Fold whipped cream into custard mixture 1 cup at a time. Mix gently until smooth and fluffy. Be careful not to over mix.
2. Line up individual cups. Cover the bottom with whipped custard mixture, then layer with sliced bananas and wafers. Cover with whipped custard and repeat.
3. Cover each banana pudding with 1 wafer as garnish



SOUTHERN BAKED MAC & CHEESE

By: Chef Melano Love

LOVE IS FINE AND SOUL NYC LLC

INGREDIENTS:

8 oz Pepper Jack Cheese
8 oz Sharp Cheddar Cheese
8 oz Mozzarella Cheese
8 oz Gouda Cheese
1 cup Heavy Cream
64 Oz Chicken Stock/Broth
1/2 Cream Cheese
1 tablespoon of Garlic Powder
1 teaspoon of Salt
Minced Parsley (Garnish)
Paprika (Garnish)
32 oz Elbow Macaroni Noodles
1 cup Sour Cream

DIRECTIONS:

1. In a pot add chicken broth/stock and bring to a boil and add noodles and cook till al dente.
2. Drain noodles and add to the baking pan & season with salt, and garlic powder.
3. Add sour cream, heavy cream & cream cheese and mix thoroughly until noodles are covered.
4. Place a cup of cheddar cheese to the side and mix in the rest of the pepper jack, gouda, mozzarella, and cheddar cheese in with the noodles, mix thoroughly and flatten.
5. Spread the rest of the cheddar cheese on top of the noodles and garnish with parsley and paprika.
6. Cover the pan tightly with aluminum foil & bake at 350 for 25 minutes or until the top of the cheese is fully melted.
7. For a golden crust top place under broiler on low for 2-3 minutes. Let it cool & enjoy.

DARRELL ALSTON

MEET CEO Bungee Občeni Designs

FROM PRISON TO DESIGNER OF A LUXURY BRAND

WRITTEN BY TREVI BOOKER PERSHAY



When I read this article about this Black King, I thought to myself I must share this article with our readers. I am an avid promoter of black empowerment and I inspire my readers with stories of triumph and overcoming adversity. Some so many black men are incarcerated; however, we are not informed of their success stories in life after imprisonment.

Meet Philadelphia-based Darrell Alston whose success story reads like the story of Joseph in the bible. I have heard many sermons such as From the Pit to the Palace, From the Pit to Your Purpose or Delayed but Not Denied that illustrated Joseph's (in the bible) success from the bottom to top.

Darnell Alston spent much of his 2000s in prison serving a sentence for selling cocaine, crack, and marijuana. After his third conviction, that is when Darnell decided that it was time to turn his life around. Darnell shares his testimony with writer Melissa Jacobs of Mainline Today. Darrell grew up in Paoli the urban side middle class of Philly where he was reared by a great family. Darrell shared that he started Bungee while he was incarcerated. He made a business plan after reading books his mother sent him while locked up. Darelle shared that he taught himself how to draw and sketched his sneaker ideas. Just in case his sneaker idea didn't pan out Darrell had a backup plan and obtain his barber's license. He worked two jobs and save money until he was able to get a sneaker made. Darrell was a rap artist, but he expressed that music wasn't paying the bills and he thought to sell drugs to further his music career.

In 2018, the year the Eagles won the Super Bowl he designed Eagles sneakers and had them manufactured. Darrell packed up his car with the sneakers and went to the official pep rally outside the stadium where he sold out his sneakers. However, he did not have an official license for the Eagles, however, he used the money he made to build his brand as well as find investors to help him finance the company.

The name Bungee Občeni was inspired by Alston viewing his life as a "bungee cord" and finding a unique way to stand out by spelling apparel in Czechoslovakian (oblečeni). Darrell opens his storefront in Philadelphia and the CEO of Foot Locker, Richard A. Johnson reached out to Austin thereafter, Darrell's sneaker collection was added to the footlocker website and retail stores. Austin has reached even bigger heights as he unveils his collection of sneakers and apparel to the public on October 15 at Neiman Marcus at Kins of Prussia in PA.

Now, this kind of story makes you believe that anything is possible. I was so inspired by reading the articles from Black Enterprise as well as Media Line I had to share this with our viewership. Nothing is too hard or impossible for God. Darrell went from a dream to make it a reality and he believed in his vision.

Darrell said in a Black Enterprise Magazine interview "To have one of the foremost luxury retailers in the world reach out to not only sell his products but to dedicate an entire window for him which left him absolutely speechless". Lastly, Darrell said, "this accomplishment is proof that with hard work, people can change their lives and achieve their goals, no matter how lofty those goals are".

Congratulations Darrell we celebrate your success!

Credit/Resources

Black Enterprise, Author: Eric Moody (2022, October 8th)

<https://www.blackenterprise.com/from-prison-to-neiman-marcus-philadelphia-based-designer-discusses-life-transformation-as-luxury-brand-ceo/>

Mainline Today, Author Melissa Jacobs (2021, September 8th)

<https://mainlinetoday.com/life-style/beauty-shopping/darrell-alston-bungee-sneakers-paoli/>



RHYTHM AND BLUES OR JUST THE BLUES? LET'S TALK!

Written by: Earl O'Brien Jr, MHC

PSYCHOTHERAPIST AND AUTHOR OF LIFE BEHIND WORDS



Has it ever occurred to you that when you see the term seasonal affective disorder, the acronym SAD appears? No? Let's delve further into this subject. It has been identified as a form of depression known as seasonal major depressive disorder. SAD is characterized by mood changes and symptoms comparable to those of depression. The symptoms typically manifest in autumn and winter, when there is less sunlight, and improve with the arrival of spring. The symptoms can be distressing and overpowering, and they can interfere with normal functioning. However, SAD is treatable.

The indications and symptoms often last between four and five months per year

the following are examples of how it can manifest in a person.

- Feeling sad or exhibiting depressive symptoms
- Loss of interest or pleasure in formerly appreciated activities
- Changes in eating behavior, including consuming more carbohydrates, eating less, or not eating at all.
- Changes in sleep patterns; typically insomnia (not sleeping at all) or hypersomnia (sleeping excessively)
- Loss of energy or increased fatigue despite increased sleep hours
- Increase in purposeless physical activity or slowed movements or speech
- Feeling worthless or guilty
- Difficulty thinking, concentrating, or inability to make decisions
- And thoughts of death or suicidal ideation.

Researchers have discovered that persons with SAD may have an imbalance of serotonin, a mood-regulating brain chemical. In addition, their bodies produce excessive melatonin, a hormone that governs sleep, and insufficient vitamin D. Light therapy is the primary treatment for seasonal affective disorder. SAD is more common among women than men. Now, I mentioned that light therapy is one way that this can be treated. Here are some strategies to prepare for seasonal affective disorder.

1. Plan a vacation

if you can, try going somewhere outside of the fall and winter. This gives you something to be hopeful for as well as the opportunity to go somewhere with a much warmer climate.

2. Find a therapist

it is never too early or too late to seek therapy for your seasonal affective disorder (SAD). Having that clinical care can begin the process of exploring those feelings of depression and can make the transition from fall into winter easier. Brighten the comfort of your home- as previously stated light therapy can help diminish symptoms of Seasonal Affective Disorder (SAD). There are several ways to increase the amount of light in your home; open your windows, add lamps to rooms that are darker than others, and invest in a lightbox for your desk; this can help you to imagine that brighter days are still in your life.

If you or someone you know feel their depression is severe or are experiencing suicidal thoughts, consult a doctor immediately or seek help at the closest emergency room.

STEVIE EDWARDS

MEET CEO/FOUNDER OF STEVIE EDWARDS DESIGNS

C.O.B.S. MAGAZINE:

Welcome to COBS Magazine Fashion Corner. We are delighted to be speaking with Chicago-native fashion designer Stevie Edwards. Stevie is recognized as the "New It Designer of this Era" who is bringing sexiness back to fashion. We will be discussing his journey to becoming the accomplished designer he is today. Can you give our readers a back-story about yourself?

STEVIE EDWARDS:

I was born and raised on the south side of Chicago and I had big dreams. I remember being in the 8th grade and I was taking a home economics class. It was in this class that I fell in love with sewing. I attended Dunbar Vocational High School where I majored in tailoring. My interest in fashion continued to be peaked and I attended the Ray-Vogue College of Design where I received my Bachelor's in Fashion Design.

C.O.B.S. MAGAZINE:

How did you end up becoming a fashion designer? As a fashion designer, how would you define your role in society?

STEVIE EDWARDS:

After receiving my Bachelor's in Fashion Design I was discovered by the late great Eunice Johnson (Ebony/Jet) who purchased my evening gowns. My gowns would be part of her International Fashion Fair Show which traveled around the world. Her purchase opened doors for me because I began to get recognized for my designs. This led to me having an appearance on the Oprah Winfrey show where I was recognized for my designs. My role in society is to stay true to what I do and that is being a real authentic designer.



C.O.B.S. MAGAZINE:

Can you please tell us about your clothing line Stevie Edwards? What was the inspiration behind your designs? Who is your targeted audience? What is the statement you want your clothes to make to the average consumer? What makes your designs different?

STEVIE EDWARDS:

I would describe my clothing line as trendy, sexy, and classic altogether.

er. My one-of-a-kind pieces are designed for you to wear now or later. My targeted audience is that fashion-forward person who wants style, classic, and quality pieces. My designs are different because every item is sketched, cut, and made by me.....no sweatshop.

C.O.B.S. MAGAZINE:

Your designs have graced the bod-

ies of some elite celebrities. Can you drop some names? Out of those designs you created which one was your favorite piece and why?

STEVIE EDWARDS:

My clothes have been seen on Diana Ross, Jody Watley, Lisa Raye, Tiffany Haddish, Claudia Jordan, Terisa Griffin, and Billie Woodruff, just to name a few. My favorite designs were the ones I did for The Boss Ms. Diana Ross. I will never forget the day I received the call from Ms. Diana Ross requesting for me to design her gowns for her tour.

C.O.B.S. MAGAZINE:

You made history as the first black local designer from the Southside of Chicago to be featured in a high-profile fashion magazine. Can you share the name of the magazine and what did this feature mean to you?

STEVIE EDWARDS:

Yes that was October Vogue 2020 issue, that feature meant everything to me to have a full-page fashion ad editorial in a magazine I only dreamed of being in. Vogue mag-

azine labeled me as the new "It Designer" I have also had the pleasure of being featured in a full-page editorial in Women Wear Daily. I had a feature ad in GQ's Dec/Jan issue and also a full spread in Harper's Bazaar's March 2021 Issue. I was blessed to be the first black designer locally to have my collections to be featured in full-page ads nationally. There has not been a Black Designer seen in any of these high fashion magazines displaying their collections or even receiving this much press since the 80s with Black Designers such as Willi Smith, Patrick Kelly, and Stephen Burrows.

C.O.B.S. MAGAZINE:

It's been a turmoil two years for a lot of us, especially those in the creative industry. With inflation looming how do you stay motivated, encouraged, and creative during such difficult times?

STEVIE EDWARDS:

Actually during those two years my business grew drastically. I am guessing this happen because people were home just shopping online.

During the pandemic, I made over 15,000 designer masks and I sold them for \$15 each right when the lockdown started happening. I felt during this time I was winning.

C.O.B.S. MAGAZINE:

What aspects, if any, of the fashion industry would like to change?

STEVIE EDWARDS:

I would love to see more individuals support our Black designers because they matter.

C.O.B.S. MAGAZINE:

On your journey what have been your greatest challenges? What have been your greatest victorious moments? What have you learned from those moments that continuously help you today?

STEVIE EDWARDS:

Just keep grinding, never underestimate me, and I stay true to my craft without trying to compromise to stay relevant to the new culture.

C.O.B.S. MAGAZINE:

With over 30 years in the fashion industry do you have any plans of



SHOP ONLINE AT STEVIEEDWARDS.COM
S/S21 LOGO COLLECTION

Stevie Edwards
CHICAGO



slowing down? Can you give our readers any insight into what you are designing for the 2023 upcoming year?

STEVIE EDWARDS:

There is no slowing down in this profession. The older you are the better you are because you've experienced the different genres of the fashion world. Like myself, from starting in the '70s until now I can bring that all together when I'm inspired to design a new collection as opposed to the newbies who were 80's babies with

no fashion history.

C.O.B.S. MAGAZINE:

Do you have any words of encouragement or advice for people who are wanting to start a brand or work in the fashion industry? Lastly, can you please share your clothing website and all your social media platforms for our readers to connect with you? We wish you continued success in your future endeavors.

STEVIE EDWARDS:

Do you know Fashion History? It is important to know the shoulders of the Black designers that you stand on that were before you such as Patrick Kelly, Willi Smith, etc. You can purchase my designs on my website www.stevieedwards.com. You can follow me on my social media platforms:
Instagram: @stevietheDesigner
Twitter: @stevieedwards
FB: Stevie Edwards



SPEAKS TO WOMEN

"UpRising Entrepreneurs" in the local Black and Hispanic Communities.

Our women went from weeping to winning, from the grind to the get it and from the struggle to their strengths..... in finding their purpose.

We are Queens!!!! Period!!!

We encourage local Black and Brown businesses to advertise with us by requesting our special advertising packages - email us at cobsmagazine@gmail.com for further information

GOT A STORY??????

Please email us if you're interested in sharing your story with us. We are looking for CEOs, Authors, Artists, Fashion, and testimonials. Connect with us at cobsmagazine@gmail.com



SHENEQUA OLIVER WRIGHT

MEET FOUNDER/ CEO OF MANIFEST WOMEN AND CLEAN WRIGHT LLC



C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Women's Werk. We are excited to be speaking to Brooklyn native Shenequa Oliver Wright. Shenequa's passion has always been to encourage and help women that needed it and she helped to the best of her ability. She has created a platform to give the tools that women need to reach their life goals. Can you please share the story of the woman behind the brand?

SHENEQUA O. WRIGHT:

The woman behind the brand is a woman who is manifesting, with the help of God. While helping other women and men to do the same. It's also for me to fulfill all the things God has for me, I had to learn to trust God and walk in obedience.

C.O.B.S. MAGAZINE:

Can you tell us about your company Manifest Women? Where did the name thrive? What was your purpose to start your company? What is the difference you envi-

sioned making when you started your company?

SHENEQUA O. WRIGHT:

The word Manifest came from a biblical definition. One day, I was at my last job, and I was listening to a sermon by Bishop T.D. Jakes. He was preaching about Manifest. I said wow, Manifest Women. The first thing I did was pray and then I looked up the meaning. As I looked up the meaning, I'm like "wow, I love it". Manifest Women. Then everything else began to come together, M for motivation, A for abundance, N for Noble, I for inspire, F for the fulfillment, E for empowering, and T for the team.

C.O.B.S. MAGAZINE:

What according to you makes for an inspiring leader? How do you integrate the same into your leadership?

SHENEQUA O. WRIGHT:

What makes me an inspiring leader is my ability to move, teach, build and inspire individuals to accomplish their goals. My role is to also help

others become leaders as well. To continue the cycle of successful leaders.

C.O.B.S. MAGAZINE:

What have you sacrificed personally and/or professionally at each stage of your career and what lessons did this provide?

SHENEQUA O. WRIGHT:

Wow, I love that question. I didn't sacrifice anything, but I was more so being obedient to God when it comes to Manifest WMN. It reminds me of the scriptures. Taken from 1 Samuel 15:22 "Obedient is better than sacrifice."

C.O.B.S. MAGAZINE:

Your vision started from a women empowerment that you did in 2019 who are the women that have empowered and inspired you?

SHENEQUA O. WRIGHT:

That's an easy one, my mother! My mother is a prime example of a Godly woman. She inspired me, to always be me. That's one thing I

commend my mom. When I wouldn't want to do certain things, she would push me. She wouldn't allow me to give up because she was the first one to see the gift in me. She knew there was more required of me than I thought of myself.

C.O.B.S. MAGAZINE:

What has been your greatest success story with any women that you have helped? Are those success stories what keep you inspired to continue to seek ways to give back and grow?

SHENEQUA O. WRIGHT:

To God be the glory, I do have a lot of success stories. I keep all the messages and videos that have been forwarded to me. Whenever I feel a little discouraged, I read them, and God reminds me why I can't give up

C.O.B.S. MAGAZINE:

In your bio, you mentioned being an owner of another company. Can you tell us about this company? What made you want to take ownership of another company outside of Manifest WMN?

SHENEQUA O. WRIGHT:

Clean Wright LLC was given to me by my father. Clean Wright LLC is a cleaning company specializing in Post Construction cleaning with both residential and commercial properties. The reason why I took the company over was that I am very busi-

ness savvy. I'm thankful for this because it puts me in a position to help others with job opportunities and to help our community.

C.O.B.S. MAGAZINE:

In your opinion how can women become more powerful? Do you feel that our society feels uncomfortable about strong women? Please finish this sentence women who manifest....?

SHENEQUA O. WRIGHT:

I believe we're powerful because God says that we are. Each one of us just has to trust and believe that. We must continue to walk in our purpose. Once we start doing what we are called to do, the power that is within will manifest. In my opinion, whether our society feels uncomfortable about strong women or not, I know when God calls us to do something in the world, nothing can stop us. Not even society! Women who manifest will always thrive. And will never give up with the help of God

C.O.B.S. MAGAZINE:

Do you have any "life hacks" that you can share with upcoming or current entrepreneurs? What is something that helps you maximize your time and balance your personal and professional life?

SHENEQUA O. WRIGHT:

One thing that I always do is pray first. The second thing

I do is identify my "Why". Above all, I always tell entrepreneurs to consult with God first before jumping into anything. Then ask me why and when I get the answer that I need, I go ahead.

C.O.B.S. MAGAZINE:

Can you share a daily affirmation that you make applicable to your daily life? Where do you see your company continually evolving in the next couple of years? Please share your website where your services can be found, as well as, your social media platforms so we to continue to follow your journey. We wish you continuous success.

SHENEQUA O. WRIGHT:

Never give up, don't look back, and just keep going. If you get tired, rest but don't stop! The daily affirmation I use and I would encourage others to stand by is taken from 1 Peter 2:9 (King James Version) 9 "But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light;" Web: Manifestwmn.com Web: www.cleanwrightco.com IG: Manifestwmn IG: Cleanwrightco

CELEBRATING BLACK EXCELLENCE HEALTHCARE PROFESSIONALS

EDITOR: TREVI BOOKER PERSHAY

COBS Magazine is one of those publication that appreciates and supports Black Excellence The media only portrays images around the violence and negativity in our black communities. However, there is beauty in this evil world. For our November issue, our focus and is place the spotlight on celebrating the Black Professional Healthcare men and woman who are making a difference in their communities

FROM MECHANIC TO PHYSICIAN

After 25 years as an auto shop owner, an east Cleveland native headed to medical school at the age of 40. It's amazing how some of us put an age-date limit on the goal of success for our purpose. However, this is not the case for Carl Allamby.

Imagine spending 25 years in a business but it's not your divine purpose. Have you ever spent your time working years for someone and knew that there is more for you? God does not want us to be comfortable or to settle because we adjust to the consistency of what works. Just because it works does not mean it is your divine purpose.

At the age of 51, Carl Allamby is now an attending physician at the Cleveland Clinic. What I truly love about the story of Carl Allamby was that he always wanted to be a doctor, however, obstacles growing up prevented him from doing so. Nevertheless, Carl did not stop dreaming it took 25 years to pursue his dream. Carl said in his interview with Spetrumnews1 article "All those ideas of becoming a physician when I was younger kind of came back to me". Carl's story has attracted international media attention and his message is that you are never too late to prove who you were meant to be.

COBS Magazine is happy to celebrate Dr. Carl Allamby a black man who never allowed his dreams to flatline.



CARL ALLAMBY, MD
CLEVELAND CLINIC –
CLEVELAND OHIO
HOSPITAL:
HILLCREST HOSPITAL – CENTER FOR
EMERGENCY EAST

BEAUTY, BRAINS, AND A HEART TO HELP OTHERS

Dr. Latrice is a powerhouse woman who loves the Lord, her husband, and two adorable children. Latrice Pelissier is a Doctoral prepared Nurse Practitioner in Family Health. She started her nursing career 18 years ago and worked in various specialties. Which include intense care units, home care, and hospital administration. Her commitment to ensuring high-quality health care prompted her to advance her career and became a Nurse Practitioner in Family Health. She graduated with honors in 2014 and later obtained her Doctorate degree in 2020.

Dr. Latrice is passionate about communication in healthcare, the use of evidence-based guidelines, and patient/family education. She has helped develop protocols and provided education to various members of the healthcare team and patients and their families. She currently works in an inpatient department of Geriatrics and Palliative Care. She was awarded the Advance Practice Nurse from New York Presbyterian/Queens in 2018. In addition, she was awarded the Making a Difference Award by Pershay Dance Ministry in 2019.

Dr. Latrice's goal in the upcoming years is to offer her expertise in the community setting. To aid patients and families faced with navigating the healthcare system. In addition, to offer mentorship to future nurses and nurse practitioners.



LATRICE A. PELISSIER, DNP, FNP – BC
QUEENS, NEW YORK
HOSPITAL: NEW YORK
PRESBYTERIAN/QUEENS
NURSE PRACTITIONER DIVISION OF
GERIATRICS AND PALLIATIVE CARE

WORLD CHANGER

Nerline Saint Elme, RN, BSN is a Nurse Manager for Northwell Health based at The Orzac Center for Rehabilitation Valley Stream, NY. Nerline has overseen patient care in community health centers, home health care, and rehabilitation centers for the last 10 years. In 2021, after more than 7 years as a community health nurse in underserved populations, Nerline joined Northwell Health as a staff nurse. Within a year Nerline was promoted to the position of Patient Care Nurse Manager. In this current role, Nerline is responsible for creating safe, healthy environments that support the work of the healthcare team and contribute to patient engagement. Some of her managerial responsibilities are to oversee patient care, make management and budgetary decisions, set work schedules, coordinate, and attend meetings, and make personnel decisions.

Nerline is currently pursuing her MSN with a Nursing Education specialization at Capella University. Her goal is to shape the future of nursing as a nurse educator and mentor. Especially black nurses. She is committed to promoting diversity in health care providers. There is a lack of representation in the industry which has caused systemic issues. We have seen how the COVID-19 pandemic has disproportionately affected Black Americans these last 3 years. Now more than ever we need more Black nurses.



NERLINE SAINT ELME, RN, BSN
HOSPITAL: THE ORZAC CENTER FOR
REHABILITATION VALLEY STREAM NY
NURSE MANAGER: NORTHWELL
HEALTH



ALYSSA COLLANTES, RVS, RCS
RVS- REGISTERED VASCULAR
SONOGRAPHER
RCS- REGISTERED CARDIAC
SONOGRAPHER
UNIVERSAL ULTRASOUND NEW
JERSEY

MAKING A DIFFERENCE

Alyssa Collantes is a Cardiovascular Sonographer. She uses ultrasound wave technology to help physicians diagnose cardiac and vascular problems. These images give cardiologists and vascular specialists a detailed look inside the heart and the vessels of the body to aid in diagnosing, as well as treatment plans. Sonography is a great tool to examine the inside of the body that is safe, noninvasive, and does not use radiation.

Alyssa shares that although being a sonographer has its challenges, the work we do is very rewarding. Not only for ourselves, but most importantly the patients we encounter daily. Often, patients come into the office experiencing pain or discomfort and after treatments, their pain subsides or disappears. Our goal is to aid physicians in improving the patient's quality of life.

In my spare time, I enjoy crocheting and spending quality time with my family.

REFERENCES

Author, Marshall, Micaela (2022, August 23rd) Spectrumnews1.com (Ohio) Article: From Mechanic to Physician: One Doctor says it's never too late to achieve your dreams
<https://spectrumnews1.com/oh/columbus/news/2022/08/12/from-mechanic-to-physician--one-doctor-says-it-s-never-too-late-to-achieve-your-dreams>

NESHA AKA (DAVOICE)

MEET MUSIC ARTIST



C.O.B.S. MAGAZINE:

Welcome to C.O.B.S. Magazine Artist's Corner. We are excited for the opportunity to interview South Carolina native Nesha aka DaVoice. Nesha is no stranger when it comes to the music scene. She has been a fixture on the R&B scene since the age of 12. Nesha wants to bring some rawness and urban flavor to the table. Her soulful voice has been moving people across the states. We will be discussing her journey in becoming the artist that you are today. Can you give us your backstory?

NESHA:

I began my journey at the age of 8 years old signing in my father's band, Romantic Funk. I learned how to command a stage and learn how to gain the audience's attention. I recorded my first record at the age of 10 and by the time I was 12, I was singing



for senators, and large engagements. I was also introduced to A&R executive Cheryl Butler, of then Qwest Records (Quincy Jones) who signed me on as a member of an all-girl group REIGN. The group later disbanded after two years, then I began recording with Vincent Herbert of Blackground Records. My journey with Vincent was about 2 years until I later decided that I wanted to take a break from music. In 2009, I signed with C&E Entertainment and Charlotte, NC producer Krazyfigz to begin working on my first single "Voodoo". Also, during this time, I linked up with Celebrity DJ, DJ Skillz to create "Love Chronicles Vol 1". This body of work opened a lot of doors for me along with my single "Voodoo". This journey has not been easy as there were a lot of long days and nights working on lyrics and music. I am glad to say that it has made me the artist I am today.

C.O.B.S. MAGAZINE:

Once you discovered your love for music is that moment you knew you wanted to become an artist? Are there any artists you are inspired by?

NESHA:

I discovered I wanted to be a singer when I was 8 years old. I grew a love for music, as my father who was a musician would always play old-school RNB and Gospel around the house. I loved the different melodies and how the music made me feel. The moment I knew I wanted to be an artist was the first time I saw Patti Labelle in concert when I was 10 years old. My influences are Patti Labelle, Aretha Franklin, and Mary J Blige.

C.O.B.S. MAGAZINE:

In 1993 you moved to New York where you were placed in an all-girls group.

Can you elaborate on your experiences with being part of an all-girls group?

NESHA:

I traveled back and forth to New York from 1993-1999 during this time, I was with a girl group for two years, the group was called "REIGN". Which was way before Yummy's Group "Rain". The experience was one of a lifetime. We built a sisterhood and wrote some amazing songs together. When I was a part of this all-girl group it taught me to write from all perspectives in three-part harmony. The group taught me patience and learning how to move together as one unit. I am still in contact with my ex-band members to this day.

C.O.B.S. MAGAZINE:

You had the opportunity to work extensively with Vincent Herbert of Black Ground Records (former Label of R&B singer Aaliyah) amid that tragedy hit. Can you discuss what happened? How did that change the course of your career?

NESHA:

Working with Vincent was amazing as he pulled things out of me that I never knew existed. He showed me how to write what I felt and how to think of lyrics on the spot. Vincent challenged me as an artist and helped me to understand you must always be ready to sing. My journey with Vincent was short-lived as my management at the time wanted to go in a different direction that would best benefit me as an artist.

C.O.B.S. MAGAZINE:

You went on a 10-year hiatus from the music scene. Can you explain what happens during that time? What makes the comeback so important?

NESHA:

Taking a break from music for me was necessary, as I had so many things going on in my life during this time such as losing my mother and the birth of my son. These events gave me more to sing about, as life has its ups and downs. I think the comeback is even stronger and meaningful when you have been through some things in life. The comeback becomes more personal, and you have something to prove.

C.O.B.S. MAGAZINE:

The community tends to hate beautiful female artists. Have you experienced that type of hate and how do you deal with it? Do you ever get the wrong type of attention? How do you handle the negative energy that comes with being an artist?

NESHA:

I have experienced things such as this, as going into venues and other artists staring you down for no reason. I have experienced other artists saying mean things about me, as I was not pretty enough or that I was too stuck up. I feel that being a woman in this industry is hard period. I use those negative comments as fuel to keep going even harder. I have had my videos on YouTube blocked, negative comments on my YouTube page, and have had some say that I can't sing. Those comments only gave me more ammunition to keep going even harder. I have experienced receiving the wrong attention from fans, as several of my videos are very eye-catching, and more men were sharing their admiration of the videos. I have learned to deal with negative energy by not placing myself in those environments, I keep myself grounded with positive individuals and energy.

C.O.B.S. MAGAZINE:

You are no stranger to the stage and performing at different venues. Can you name-drop some of the artists that you open-up for? What did you learn from sharing the stage with such great artists?

NESHA:

I have opened-up for Fantasia, Anthony Hamilton, Ginuwine, Tank, and Carl Thomas just to name a few. Each time I open-up for any artist I learn something different, such as what could have been done differently to make my show more appealing. Each artist has different show openers, and I was able to keep the attention of

the crowd no matter the size. I have learned that you must learn how to work for a crowd no matter if it's only 1 person in the audience they still deserve a good show.

C.O.B.S. MAGAZINE:

Where do you see the R&B genre going, and what are your thoughts on current trends in the music industry?

NESHA:

The state of the R&B genre is going more underground, as many R&B artists have gone more in the pop or hip-hop direction. R&B is not dead it's just underground; we still have an artist who provides soulful music, and it's just called something different now. I think that the more artist taps into the soulful sounds and begin talking about the love we will see more people talking about R&B again. There are so many awesome underground R&B artists out like Snoh Aalegra, Giveion, and Ari Lennox who are still making great music that does not receive the recognition that it deserves.

C.O.B.S. MAGAZINE:

Can you share with our readers the value of strength it takes to be a female artist? What are you currently in the studio working on? Can you

discuss any future projects?

NESHA:

The value of strength is the main ingredient to becoming a great female artist. You must have the strength to endure a lot of this, as you must have tough skin in this business. You must have the understanding that everyone will not like you, as you must love yourself and your craft. I am currently preparing to release my new single "Butterflies" on October 28, 2022, as well as preparing to release my EP in 2023.

C.O.B.S. MAGAZINE:

Can you please share where your music is available for purchase as well as your social media platforms for our readers to stay connected with you and your journey? We wish you continuous success.

NESHA:

Everyone can find my music on my website www.nesha4ever.com, Apple Music- Nesha DaVoice, Pandora- Nesha DaVoice, Spotify- Nesha DaVoice, Facebook and Twitter @ Neshadavoice

Thank you so much for having me on your platform!



TINIKA THOMAS

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

2022 THANKSGIVING MAKEUP LOOKS THAT WILL WOULD PAIR WELL WITH YOUR FAVORITE DISHES....



The holiday season is most individuals' favorite time of year. Why? It gives us a good reason to wear the most sophisticated makeup looks. Those makeup looks include glitters, sparkles, shimmers, and shines. All rules can be broken when trying to create that perfect holiday look. You can keep casual at Friendsgiving to gather with the entire family. I say let your makeup bring that drama with the colors associated with Thanksgiving like orange, yellow, brown, red, and green. Everyone's idea of holiday looks will differ amongst individuals but, that just gives you more room to play with the warmer tones. I'm going to give you a few looks that are inspired by Thanksgiving staples like sweet potato pies and cranberry sauce.

1. ORANGE-INSPIRED LOOKS:

Bright and vibrant oranges are fun colors that burst with youthfulness, energy, and happiness. The color orange is said to inspire creativity and uplift people's moods. The color orange for Thanksgiving represents fallen leaves and pumpkins.



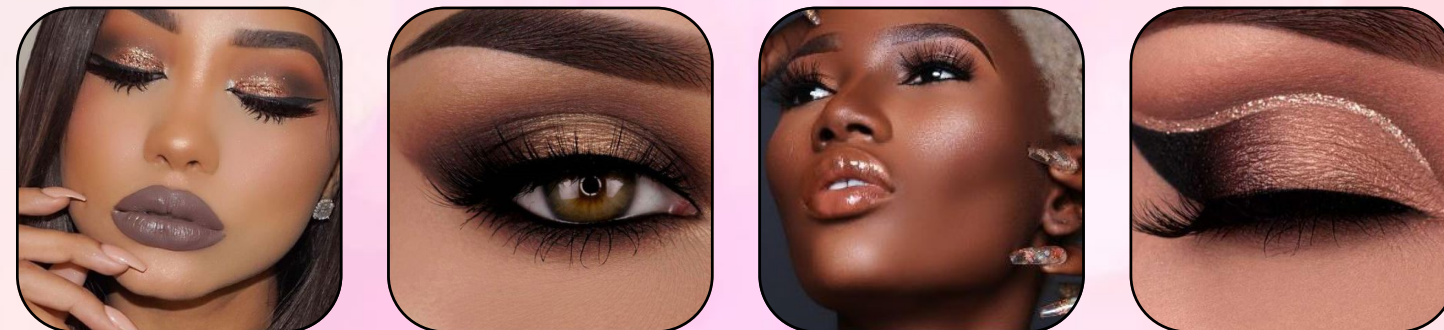
2. YELLOW INSPIRED LOOKS:

The color yellow represents happiness, youthfulness, hope, spontaneity, and positivity. It's another color that grabs your attention. It's also another warm color that can you make you feel upbeat and bright. The color yellow for Thanksgiving represents corn.



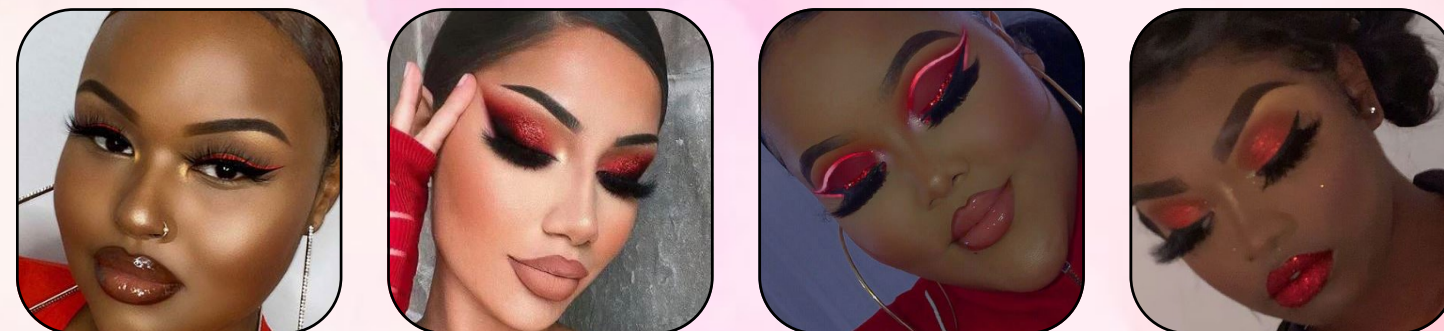
3. BROWN-INSPIRED LOOKS:

The key characteristics associated with brown are a sense of strength and reliability. Brown is seen as a solid color often associated with resilience, dependability, security, and safety. The color brown for Thanksgiving represents the turkey stuffed with the stuffing that we adore.



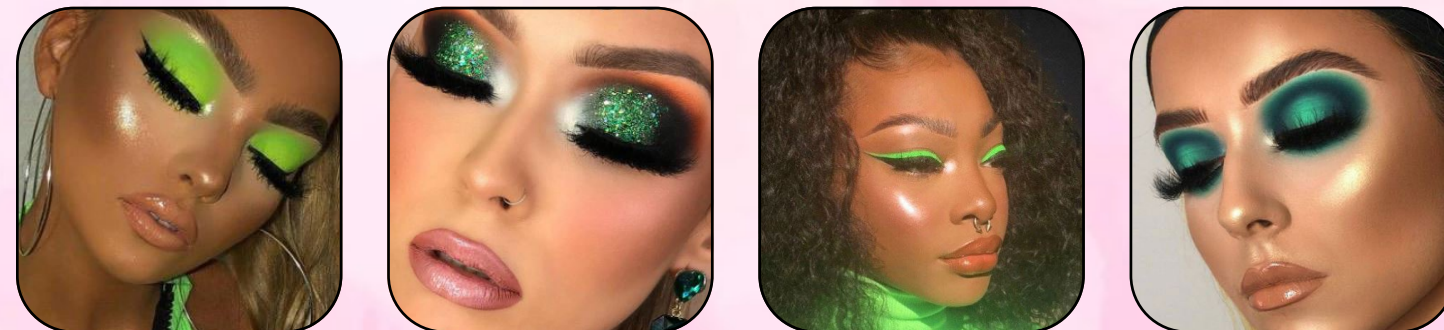
4. RED-INSPIRED LOOKS:

The color red has a range of symbolic meanings through different cultures. Some of those characteristics include life, health, vigor, war, courage, anger, love, and religious fervor. The common thread between all the characteristics is that these require passion. The color red for Thanksgiving represents cranberries.



5. GREEN-INSPIRED LOOKS:

The color green has a strong association with nature. Green is often described as a refreshing and tranquil color. The color green is also associated with money, luck, health, and envy. The color green for Thanksgiving represents the string beans and collard greens.



WISHING ALL MY BEAUTIES A BLESSED AND SAFE THANKSGIVING HOLIDAY.

PASTOR SHAQUAN JORDAN

MEET AUTHOR OF LESSONS LEARNED ALONG THE WAY

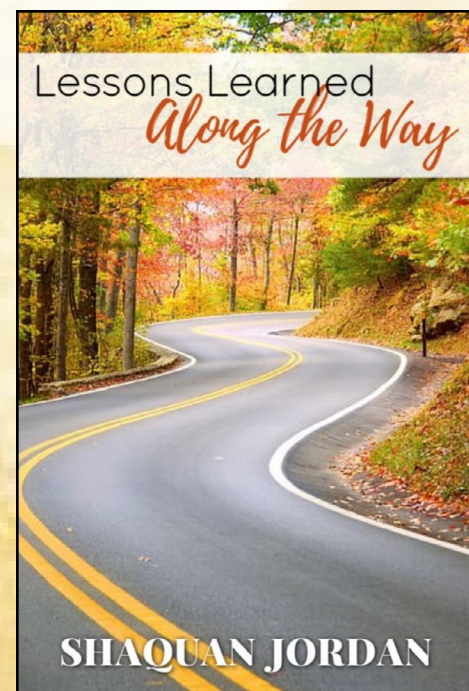


C.O.B.S. MAGAZINE:

Welcome to the Author's Corner of COBS Magazine. It is our pleasure to be speaking to prayer warrior, intercessor, and author Pastor Shaquan Jordan. She has been called "for such as time as this" to intercede on behalf of the body of Christ with a specific emphasis on hurting women. We are excited to learn about your journey in becoming an author but, first can you give us a little background about yourself?

PASTOR SHAQUAN JORDAN:

Sure, I am a sister, a friend, an aunt, a leader, a mother, and a brand-new author! I have four young adult children who, besides Jesus are the light of my life. I love people



and want to help wherever I can. I am proud to say that I am happy and content with life however, that wasn't always the case. I am looking forward to the unfolding God has in store because I know this is not it!

C.O.B.S. MAGAZINE:

Can you tell us about your book? What inspired you to write this book? What was the message you wanted to share with your readers?

PASTOR SHAQUAN JORDAN:

My book is composed of 10 life lessons God allowed me to learn and inspired me to put it all down on paper, to inspire someone else. The message that I want to share with my readers and the takeaway is to learn from me. Why take a test that you already have the answers to? If at all possible, take what I have learned and apply it to your life wherever it fits to avoid heartache. If it's not possible, then like God helped me to learn as I went, I am positive he will do the same for you.

C.O.B.S. MAGAZINE:

During your experiences what is the most important lesson you have learned and why?

PASTOR SHAQUAN JORDAN:

I don't talk about this in detail in this book, but I will do so in the next one. To answer the question, the most important lesson I have learned is to just be me. God created me to be me. It's in that authenticity,

that the anointing power and resilience lies will flow. God can't bless, use, anoint, elevate, etc. who we pretend to be, therefore, I have learned to be comfortable in my skin. I own who God has called me to be, that's with his help, and I can be the best version of Shaquan.

C.O.B.S. MAGAZINE:

You were called to ministry in 2010 in your opinion, what unique contributions or lessons do you women offer to the Kingdom and the body of Christ that men do not?

PASTOR SHAQUAN JORDAN:

This is a great question! The one thing or the lesson I would offer to the women of God would be to remain in your femininity. We don't have to act, look, or behave like a man to be considered powerful, remaining in our femininity is powerful! Just like us as women can't teach masculinity (even if you are a single mother), a man can't teach femininity. That is what I would offer.

C.O.B.S. MAGAZINE:

What was the hardest part of this process having to share what you have been through even down to feeling overwhelmed by emotions?

PASTOR SHAQUAN JORDAN:

I would have to say the hardest part was staying on track and not using my book as a means to bash anyone or to rehash my negative experiences in a way that

would leave a negative taste in the mouths of my readers. I wanted to be able to discuss the lessons learned in a way that would be beneficial to my readers and be an asset or add to their lives rather than be a liability. I believe that my book has done that.

C.O.B.S. MAGAZINE:

You specifically emphasize interceding for hurting women. A woman who hurts can have different variations of the level of hurt that she has been through. Does your book provide advice on how to heal and move on from the unimaginable pain and suffering that some women have experienced?

PASTOR SHAQUAN JORDAN:

My book discusses the lessons I have learned along the way. Some of those lessons were painful; for example, the lesson that asks the question: Am I the Common Denominator? This was personal and painful in that I had to realize that it wasn't everyone else, but that it was me. I was the cause of what I was going through. It takes a mature person who although hurting, to even ask the hard question is it me? Through my experiences, I realized that I was the cause of some of the hurt I was going through, but with therapy, which I certainly support, lots of prayers, and talking to God, my heart was healed, and my emotions were put back in tack. I don't claim to have all the answers for everyone, but I do know what worked for me. I can only suggest, trying what I have done to get to their place of healing and if that doesn't work, please do the work that is necessary to get to your healing place. Being healed is not just for you, but for those around you and for those you are called to.

C.O.B.S. MAGAZINE:

Is it hard to maintain focus with all that has been going on in the past couple of years? Have you found

any rituals or habits that work, well for you? What does your daily writing practice or schedule look like if you have one?

PASTOR SHAQUAN JORDAN:

Like everyone, these past two years have been unlike anything I have ever experienced in my life! The entire world was shut down and we were all shut in. It was scary at times, and I felt unsure of the future, but what it did do was keep me focused! I remember hearing my Bishop say, don't let this shutdown be for anything. God has slowed the world down to give you a chance to catch up. Do what you have put off during this time. That is when I found the draft of my book, dusted it off, and began to write again. It was my habit to write and rewrite as much as I could when I could, and I did. Then the other ritual I had and still have is prayer. Prayer is my lifeline. It's the thing that helps me make sense of it all and if things don't make sense, I make sense once I have been in the presence of the Lord. I pray I work, I cater to my family, and I do ministry whether at church, on the phone, or even at work. That is my schedule.

C.O.B.S. MAGAZINE:

As an author do you feel literature overall is a healing entity in itself? What is the best advice you can give to other authors looking to write about their lessons learned?

PASTOR SHAQUAN JORDAN:

Literature can be healing, but not all literature is good for the soul and spirit. I would advise any new author looking to write about their lessons learned to think it through and be sure you can speak to the lessons. I tried to write this book years ago and I couldn't because I hadn't passed and learned many of the lessons just yet. Lastly, I would say be sure that you have something to say and not be driven by the need to just say something. You want to make sure that you have substance and can add rather than subtract from

This short book contains 10 life lessons that I have learned along the way. These lessons have been my experience, but since I know I am not the only one, my intention is for every reader to find a few lessons they can relate to. At the end of every lesson, there is space for you to jot down your own thoughts about what was learned, as well as any ideas you'd like to apply to your own lives. No two lives are the same but we can certainly learn from each other. With this in mind, it is my ultimate hope that you will find answers to some of your questions as well as some kind of resolve, simply based off of what I have been through. If I have already experienced the pain, unless it's absolutely necessary for your process, then why should you have to repeat the cycle? I have already been there and have the book to prove it! Happy reading...



someone's life. Your readers should walk away feeling empowered and like they have learned something.

C.O.B.S. MAGAZINE:

What are you looking forward to for the remainder of this year and 2023? Can you share where your books are available for purchase, and your social media platforms for our readers to continue to follow? We wish you continuous success!

PASTOR SHAQUAN JORDAN:

I try not to limit God to what I want so I will just say that I am looking forward to whatever God has in store for me. I honestly believe that this is my time and my turn. God is on my side, and I will see the manifestation of what that means before the year is out and into 2023. I am just that crazy to BELIEVE GOD! My book can be purchased on Amazon or if you'd like an autographed copy, you can email us at Mondesire.kfes@yahoo.com and we will make sure you receive your copy. I can be found on Facebook (Shaquan Jordan) and IG (waringintercessor). Thank you for this opportunity.

STAR-ASIA TALIAFERRO

MEET FOUNDER OF BRINGING BACK THE ESSENCE OF OUR YOUNG LADIES (BEOYL)



C.O.B.S. MAGAZINE:

Welcome to Women Innovators. We have to pleasure to be speaking to New York native Star-Asia Taliaferro. Star-Asia has been nicknamed the “Young modern say Oprah” and undoubtedly she is well on her way to being just that type of person and even more. Star-Asia plays no games when it comes to making her mark. Can you please give an introduction to yourself?

STAR-ASIA TALIAFERRO:

Hello everyone! My name is Star-Asia Taliaferro I am from Queens, NY. I am a daughter, granddaughter, sister, auntie, and friend. I carry many titles but those are the ones that hold the most weight. I am the CEO and founder of a few businesses but the one that is dear to my heart is my non-profit BEOYL which stands for Bringing back the Essence of Our Young Ladies.

C.O.B.S. MAGAZINE:

Can you please tell us about BEOYL? When and why did you decide to start your organization? What are your organization's mission and vision? How did some of your first-hand experiences help you build a strong foundation for your organization?

STAR-ASIA TALIAFERRO:

BEOYL is an award-winning, faith-based, non-denominational, youth development and leadership program dedicated to “Transforming the world . . . one child, one family, one community at a time”. BEOYL

offers a variety of preventative programs and enrichment activities designed to build confidence, character, and leadership amongst girls of all ages. I started BEOYL back in 2017 because I saw that many of our young ladies were being role modeled by people they saw on the tv and in the media. Through conversation, I saw that our young girls didn't realize they had some dope women in their communities that had so much to offer them that was life-changing and that's when BEOYL was birthed. Our mission is to train girls to be effective leaders, caring citizens, being self-aware of themselves, and their communities. Our vision is to be a world-class organization that builds girls' confidence and character by using their voices and talents to make the world a better place. Through the B.E.O.Y.L program, we are on a mission to empower, inspire, and transform the lives of thousands of young women and girls who often face significant challenges at home, school, and workplaces. Our goal is to develop a generation of assertive, visionary, and bold women who can be counted as leaders in promoting social, economic, and political progress. I often say I am the poster child for it takes a village. I had a village of some dope women around me. My village stayed on me to be better go for better and never settle for less. I take it as a God Honored duty to be that same woman to young girls across the tri-state as my village was for me.

C.O.B.S. MAGAZINE:

Funding an organization takes a lot of blood, sweat, and tears, especially as a non-profit organization. How much of a role does self-financing play? How difficult is the process to continue to generate funding to handle the overhead? Does your organization depend on outside funding?

STAR-ASIA TALIAFERRO:

Self Financing plays about 85% of the role in any of the work I do. I apply for grants and funding and don't receive it. I see the same organizations get funding every year from the same people and some of them have gotten complacent with getting the funding but not doing the work. The process is tedious but the work must still get done. My organization does not depend on outside funding. I would love the resources of outside funding so that more work can get done. Currently, I am the sole funder for my organization.

C.O.B.S. MAGAZINE:

What have been some of the biggest roadblocks you've faced in the process of female entrepreneurship? Did you have moments of doubt? How did you keep yourself encouraged?

STAR-ASIA TALIAFERRO:

The biggest roadblock is locking in funding. Also, going up against male-dominated organizations. I am human of course I will doubt myself sometimes but I combat that with the why questions. Why I

started this organization? Why do I need to continue it? Despite the NOs and lack of funding the work had to continue because lives are being, saved. These young girls are being transformed and opportunities are being given.

C.O.B.S. MAGAZINE:

You are the CEO and Founder of another company. Can you tell us about that company? What are this company's vision and purpose?

STAR-ASIA TALIAFERRO:

I have a few companies the Become Business Consulting and Branding Agency whose mission and vision are to help bring our clients dreams to reality, as well as, always having them on the favorable side of their target audience. I also am one of the Founders of SneakHer Finds which is a sneaker concierge experience. I am a 20+ year sneakerhead. I love sneakers and have about 15yrs of sneaker industry experience last but not least I have the Become Aromatherapy Candle. I love candles and always state that out of all senses smell is the one that you will never forget.

C.O.B.S. MAGAZINE:

What is the percentage of young women who first enter your program who understand their worth and find value in themselves? What are the negative effects that social media plays when they are trying to navigate from young womanhood to adulthood?

STAR-ASIA TALIAFERRO:

I serve the population of young girls ages 8-18. I must say about 90% of the young ladies are aware of themselves. They have a strong sense of confidence in themselves and their values. Social media plays a huge role to a degree and had them with a false sense of who they are supposed to be. Through empowerment workshops and open chats, our young ladies began to see the reality of things.

They have realized they have the power to be who they desire to be without having to show off their bodies and do things that are degrading to get ahead.

C.O.B.S. MAGAZINE:

Can you share one of the young ladies' success stories that have been achieved through your program? Why was this story so memorable?

STAR-ASIA TALIAFERRO:

One of the success stories I am glad to share is the reason why BEOYL had to start when it did. My first young lady was a 14yr old junior high schooler. She was what society would deem a troubled kid. She was fighting and going through major issues at home. I used to be called into schools to do an intervention with these types of students because I once was one. If I didn't have the village I had my life would have turned out a different way. When I met the young scholar I immediately saw myself. This young lady with my mentoring graduated junior high school on time. She had some rough patches in high school but, through it, she graduated on time with her regent's diploma and is attending college here in NY. It's memorable for me because she was me and it is my daily reminder that the work is needed and necessary.

C.O.B.S. MAGAZINE:

You have to be an example of being a great leader leading these young women. What are 5 leadership traits that you make applicable within your organization?

STAR-ASIA TALIAFERRO:

A leader should always be a student-first teacher. Also, be integrable and fearless to be of service to your community and people. Most of all are confident in yourself enough to know that you can lead.

C.O.B.S. MAGAZINE:

What changes would like to see

within your community that will assist parents in helping these young women to keep building their confidence and embracing who they are?

STAR-ASIA TALIAFERRO:

I will like to see more of our community stakeholders in politics and CBOs partner with the smaller organizations that are doing groundbreaking work. I will like to see parents more active in their female children's lives. Also, be a village and community to other parents, and understand that it takes a village to raise a child.

C.O.B.S. MAGAZINE:

What continues to be your daily driving force? Where do you see your organizations in the next five years? Can you please share your website for people to further read about your organization and are interested in donating to the cause? Can you please provide your social media platforms? We wish you continuous success.

STAR-ASIA TALIAFERRO:

What continues to be my driving force is knowing that I have generations of young girls looking at me as a role model. I see my organization doing transformative work across the globe with young girls and their mothers in the next 5yrs. Yes, please visit my website @ www.beoyl.org. Please follow us on IG @B.E.O.Y.L Thank You for having me.



NISHA PERSHAY

"NISHA'S TIPS FOR FACE-FRAMING HAIRSTYLES"

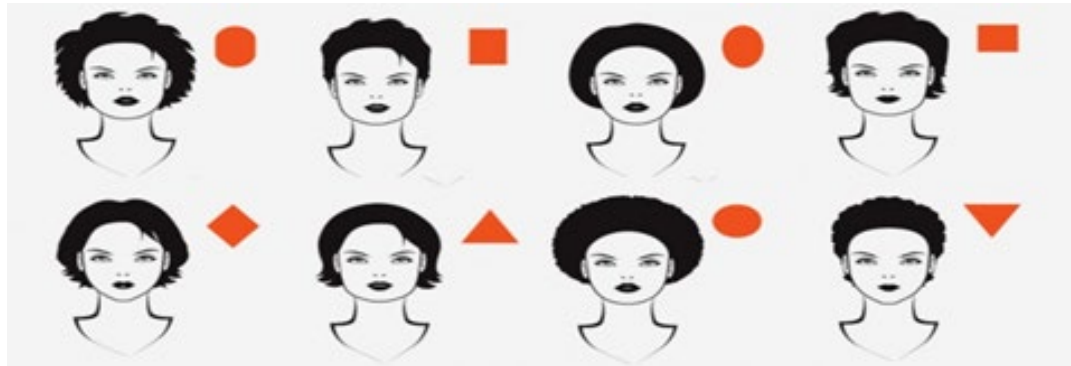


With so many unique and bold hairstyles out there in the world, I find that most women tend to be scared to attempt different hairstyles because they feel that they cannot achieve the same look. A lot of those women don't realize "the style doesn't make you, but you can make the style". The trick to making a hairstyle work is all about face framing! Face framing is important because this creates a variety of layers, cuts, and shapes that are strategically placed around the face to help accentuate or soften your features. I will give you some tips and tricks to consider some of the trendiest styles that will help you better understand and give you a bolder look for the fall.

What are the new trending styles? Well, there are so many styles to be bold and daring but these fall trends will keep you stylish but also budget. You can rock these styles such as Sleek ponytails, shadow roots, modern mullets, 90's layer cuts, finger waves, headband hairstyles, flat twists, braids, and face-framing styles. Some of these styles you can kindly do at home and style to your liking.

Haircuts hairstyles are known for a great face-framing 101 kick-off and most women tend to go from long to short or completely just decide to go all the way with the big chop. In hair school, we were taught about finding styles that work for different face types. Here are some face-framing styles to consider that can fit different face shapes and be as creative as you like.

HERE'S A FACE CHART – IN ORDER TO DEFINE A STYLE FOR YOU, YOU MUST KNOW YOUR FACE FRAME!



DIAMOND FACE SHAPE HAIRSTYLE/ ROUND FACE SHAPE HAIRSTYLE

A narrow forehead, high cheekbones, and a tapering chin characterize a diamond face shape. What style can pop a diamond shape frame? A short crop cut will open your face and highlight your cheekbones, the same goes for a pixie cut or long-length hair with side bangs and layers or a nice straight ponytail.



RECTANGULAR FACE SHAPE HAIRSTYLE/ OVAL SHAPE HAIRSTYLE

An oblong face shape is longer than it is wide. The forehead, cheekbones, and jawline are almost the same size too. Therefore, this face shape is also called the long face shape. The ideal hairstyles for oblong faces aim to shorten the length of the face mostly with the help of bangs and layers. Try a long-layered cut is a classic choice for square face shapes, as it offers movement but concentrates the style towards the ends so it will still elongate the face. Soft, flowing hairdos that tend to round off the sharp angular cuts are ideal for square faces since they impart a touch of delicacy



TRIANGLE FACE FRAME HAIRSTYLE/HEART-SHAPED FACE FRAME

This is not as common as their round, oval, or heart-shaped counterparts. Women with this distinctive shape have a face that's generally narrow at the forehead and wide at the jawline. Sometimes referred to as a pear shape, a triangle-shaped face is the exact opposite of a heart-shaped face but with some unique styling it will pop and bring out the beauty in every way. These are the go-to styles for this type of structure such as Bangs on Triangle Face, Soft Jawline Styles for a Triangle Face Shape, and Chin-Grazing Layers



ARIELLE PERSHAY

Tricks & Tips to Stay Fit By Arielle Pershay



Hello beautiful people! Tis the season to be jolly because Thanksgiving is right around the corner!

I am so excited to bring some fun tips and tricks for Thanksgiving dinner. Let's not worry about eliminating your favorite food to stay fit. Eat your pies with a smile. This article is all bout the yummy Thanksgiving food we serve or eat every year with our loved ones. Now I am not going to lie it will take some type of discipline depending on your weight goal. However, you can enjoy the food you love with no worries about setting yourself back. Below I am going to break down some of the yummy foods we eat and what benefits they have. How does that sound? Knowing you can eat your baked mac & cheese with a cheesy smile.

I did add in some of the different food calories for our knowledge.

Are you ready? Let's eat!

BAKED CHICKEN

I personally love baked chicken, especially roasted chicken. This yummy food is rich in protein. According to Google, baked chicken helps with weight management and reduces the chances of heart disease. Chicken contains the amino acids tryptophan, which has been linked to higher serotonin which googles says that's called the "feel good hormone" in our brains. **Calories 207.**

Wow, 207 calories are amazing for a whole chicken, although you are not eating a whole chicken by yourself, which means you reduce those calories way down. You can eat 3 plates of chicken and not have to worry about messing up your diet.



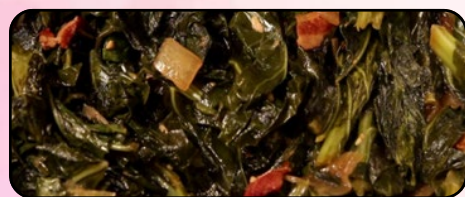
BAKED TURKEY OR FRIED TURKEY

Another yummy protein! Let's break down some google facts starting with baked turkey. Turkey has a few of the same benefits as chicken such as its rich in protein, however, it is low in fat and richer protein than chicken. Turkey is lean meat and a good choice for those looking to reduce their fat intake. Winning already! Turkey is also rich in vitamins and minerals. This yummy turkey has B complex vitamins niacin, B6, and B12, essential nutrient choline. **Calories 135** (baked, roasted). We are already on a good start this thanksgiving.

FRIED TURKEY

Okay I know seeing fried gets a little scary, but let's check in with google facts on frying or deep-frying Turkey. The benefits are still the same of course, but check this out, according to google unless you eat the skin, there is little difference in calories and fat between the roasted and fried turkey if the turkey is cooked with a healthy fat such as peanut oil canola oil. **Calories 190**

How amazing is that! I am guessing you should add peanut oil or canola oil to the shopping list.



This Photo by Unknown Author is licensed under CC BY

SOUTHERN COLLARD GREENS

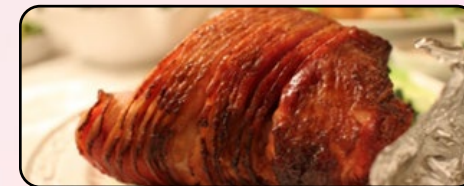
Who doesn't love some good ole southern collard greens? I know I do! Collard greens have an excellent source of vitamins A & C, and calcium, and a rich source of vitamin K, iron, vitamin B-6, and magnesium, they also contain thiamin, niacin, pantothenic acid, choline, folate, and dietary fiber. Calories typically are 11 calories, however adding different meats, etc. will bring it up to **40 calories.**

We are already on a good path for this thanksgiving.

VEGETABLES

It is so important to add vegetables as a side dish. Let's get our google facts on the benefits. A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower the risk of eye and digestive problems, and have a positive effect on blood sugar, which can keep your appetite in check. **Calories 59.**

It is very important to include vegetables in your diet. There are so many ways you can make them. Get creative!



This Photo by Unknown Author is licensed under CC BY-ND

ROASTED HAM

Yum, Yum! Ham (according to www.bbcgoodfood.com) is rich in protein, it's a lean source of protein, Ham supplies essential amino acids needed for growth, and lower in saturated fat than beef or lamb, has Vitamin B, a good source of minerals, rich in energizing nutrients, however, regularly eating processed meat like ham may increase your risk of certain cancers. Let's not make this an everyday choice, but for the sake of the holidays, eat it up. **Calories 177**

BAKED MACARONI & CHEESE

Okay, I must be honest mac & cheese is high in calories, however, pasta is made from grain, one of the basic food groups in a healthy diet that also can include vegetables, fruits, fish, and poultry. It's a good of energy and can give you fiber if it's made from whole grain, can help with stomach problems, and can lower cholesterol. (www.webmd.com) Mac & cheese is also considered a good snack to eat if you are on a diet. **Calories 300-500.** (Depending on what you add).

Let's not trip over calories, you are still doing good! Eat it, you deserve it!



This Photo by Unknown Author is licensed under CC BY-SA-NC

POTATO SALAD

Yes, Yummy potato salad! According to www.duluthnewtribune.com potato salad is packed with vitamins and minerals such as vitamins B, folate, fiber, vitamins C, and potassium. Potassium helps reduce blood pressure, and the fiber found in potatoes can help lower cholesterol. Potatoes also contain niacin, a vitamin that converts food into fuel and improves overall circulation. **Calories 357.**

All those amazing benefits for a yummy salad. Let's keep this going!



This Photo by Unknown Author is licensed under CC BY-NC-ND

BAKED CANDY YAMS

Another one of my favorites. I love the way my mom makes candy yams.

Candy Yams are a great source of fiber, potassium, manganese, copper, and antioxidants. Yams are linked to various health benefits and may boost brain health, reduce inflammation, and improve blood sugar control. A great vegetable to include in your diet in both sweet and savory dishes. (www.healthline.com). **Calories 425** a serving. Not bad at all! Plus, we are getting some great benefits.



This Photo by Unknown Author is licensed under CC BY



This Photo by Unknown Author is licensed under CC BY

SWEET POTATO PIE

Who doesn't love that yummy, warm, sweet taste with every bite? I know I do.

According to www.millicanpecan.com. The benefits of consuming sweet potatoes in the right quantities can enhance brain function, support the immune system, and manage diabetes. (So cool). This makes sweet potato pies a healthy choice to consume essential nutrients that are important for a healthy diet. **Calories 198.**

I am sure the next time you eat sweet potato pie, you will be happy knowing that all those great benefits are in your system. I think I will eat 3 slices with no shame. How about you?

PUMPKIN PIE

I honestly never taste pumpkin pie, so I am adding it to my try list. However, let us dive into some google facts (www.healthyeating.sfgate.com). A serving of pumpkin pie provides 67 percent of the recommended daily amount for vitamin A, 15 percent for vitamin K and 7 percent for vitamin E. Vitamins A, E, and K, promote healthy skin, and mucous membranes, night vision, blood clotting, and bone and tooth development. **Calories 323.**

I know what I will be choosing this thanksgiving for my desert.

A good tip for enjoying thanksgiving food is to enjoy it, be mindful, and drink at least 2 bottles of water throughout the night.

I understand that some of our goals of losing weight or working out are usually after the holidays, however, you can still eat the foods and desserts you love, and still be mindful of your diet.

I hope you enjoyed my tips & tricks to stay fit, remember beauty starts within, so if you are healthy on the inside, you are already glowing on the outside. Enjoy your Thanksgiving!



A DIFFERENT TYPE OF CHURCH GIRL

**NOW AVAILABLE
ON AMAZON.**

“

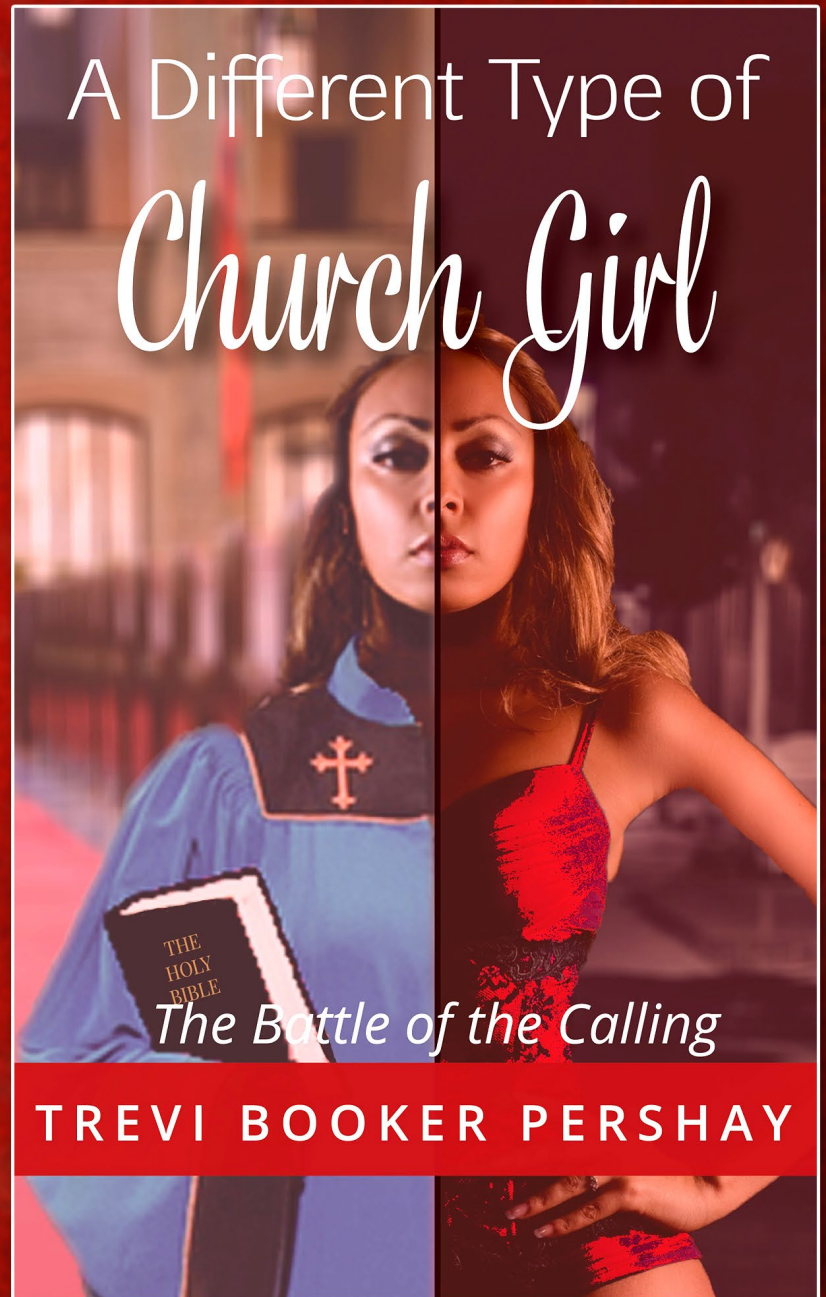
TENNIELLE JONES

*"THIS BOOK IS ABSOLUTELY POWERFUL!
PAINTS A STORY THAT IS SO RELATABLE
ON ANY LEVEL ! JAW DROPPING AND YOU
WONT WANT TO PUT THE BOOK DOWN
OR FOR IT TO END!! A MUST READ"*

RACHEL BALDWIN

*"I read this book in one sitting...that's how
good it was! I just could not put it down! It
was more of a short story to me....but it was
soooo full!
I loved everything about this book, but most
of all I loved the JESUS in this book!!!! Awe-
some job! U knocked it out the park! Will
definitely be on the lookout for more books
by this author!"*

”



FOR SIGNED COPIES EMAIL: TREVIPERSHAYCEO@GMAIL.COM