

JUNE 2023

# URBAN X-PRESSIONS NEWSMAG

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## THE CORNY DADS PODCAST CHRONICLES - EMBRACING THE DOPE IN EVERYDAY PARENTING



## REAL HOUSEWIVES OF ATLANTA'S PHAEDRA PARKS CELEBRATES GRAND OPENING OF CHESTER'S PENN CAFE



# LETTER FROM THE PUBLISHER



What's up, my Urban People!  
I am incredibly excited to announce that I, Shelly Shell Williams, am now a bestselling author! My book, "Interview Your Way to Instagram Growth," is available on Amazon.com and has already received the #1 Best Seller in several categories.

As of June 5th, it was ranked:  
#1 in Media and Communications  
#1 in Podcasting and Webcasting  
#1 in Social Media  
#1 in Social Media for Business  
#1 in Communication Skills  
#1 New Release in multiple

categories  
This accomplishment is not mine alone; it is ours. It's a testament to our community and the power of the X-pressions we share.  
To continue our growth and success, we need your support for our sponsors, adver-

tisers, and columnists. We ask that you engage with us, become a member, and follow our journey on Instagram at @urbanxpressions.

Additionally, I encourage you to support the businesses that advertise with us. When you engage with these ads, let them know that Urban X-pressions directed you their way. Your support can significantly impact these businesses and help them flourish. To pick up the latest issue of Urban X-pressions, you'll find it at several Sunoco gas stations and Shoprite stores in Cheltenham, as well as Lotus Beauty Spa, Forman Mills, and TGI Fridays City Ave. Alternatively, you can download a copy directly from our website, urbanxpressions.com. I also invite you to become a member of Urban X-pressions. For a mere \$48 a year, you can contribute to the growth of our brand and enjoy access to our exclusive new offerings. As a bo-

nus, your membership fee is tax-deductible!

Lastly, I want to express my deepest gratitude for your continued support of Urban X-pressions. Please continue to follow us on Instagram at @urbanxpressions, and tune into Urbanxpressionsradio.com. We have big plans for the future, and we are thrilled to share our vision with you.

Let's continue to work together to strengthen our community.  
Warm regards,

Shelly Shell Williams  
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# REAL HOUSEWIVES OF ATLANTA'S PHAEDRA PARKS CELEBRATES GRAND OPENING OF CHESTER'S PENN CAFE



La Colombe coffee to kick-start your day, Penn Cafe offers a delightful array of healthier choices for residents. So why wait? Come in and indulge in an unforgettable culinary experience.

If you have any questions, feel free to reach out to the friendly staff via phone at (484) 357-1013 or send an email to [info@penn.cafe](mailto:info@penn.cafe). For business inquiries, you may also follow them on Instagram @penn.cafe

“We look forward to seeing you soon at Penn Cafe, where delicious food, inviting ambiance, and warm hospitality await. Bring your friends, bring your family, or just bring yourself and a good book - there's a spot waiting for you at Penn Cafe. Enjoy the taste of history, and become part of our growing community!”

A whiff of freshly brewed La Colombe coffee, paired with the anticipation of the grand opening of Penn Cafe, permeated the air on April 30th, 2023, in Chester, PA. Amidst the buzz of family, friends, and a roster of well-known personalities, the cafe began its journey in a historic building that stood vacant for over 30 years, now given a fresh lease on life.

The grand opening was nothing short of a vibrant and lively celebration, complete with the Chester High varsity girl's basketball team snapping pics with Real Housewives of Atlanta Star Phaedra Parks, lending the event an energetic and festive feel. The ceremonial ribbon was cut at precisely 2 pm, marking a significant moment in Chester's culinary and cultural landscape.

Penn Square Developer and Owner Ron Starr and Co-Owner Fiona Hew-wing, joined by Real Housewives of Atlanta's star, Phaedra Parks, Thadeus Kirkland, and other esteemed guests, officially ushered the attendees into the cozy and inviting space of Penn Cafe.

DJ Smoove offered the soundtrack to the grand

opening as attendees mingled, sipping their choice of lattes or teas, and exploring the unique menu options like Chicken & Waffles, Paninis, and Avocado Toast, the star of the day; Phaedra Parks graciously interacted with her fans. The TV personality charmed her audience. The meet and greet added a distinct charm to the afternoon, bringing the community together and setting a warm, convivial ambiance.

In the words of Shelly Shell Williams from Urban X-pressions NewsMag, "Glad to have had an opportunity to meet and interview Phaedra Parks at the grand opening of Penn Cafe. Her presence made the event truly special. Of course, we chatted about her favorite “warm drink” Phaedra said she likes to drink a Latte or Chai Tea with lots of Chai because she likes spicy things with a little bit of vanilla because she likes it a tad sweet. Phaedra is impressed with all that Ron Starr has done with the Penn Cafe.

What's your fave? Delicious coffees, or my fave, the smoothies. Penn Cafe offers incredible food options to pair with your beverage of choice.

The cafe, which focuses on promoting healthier food choices for residents, successfully generated enthusiasm amongst the city folks who left with promising reviews and vows to return. The charming brick-and-mortar structure that was built in 1889 witnessed a new chapter and the city of Chester, a new destination for food enthusiasts.

As the crowds of supporters dined, laughed, and enjoyed, on the grand opening day, the success of the event was clear. The rejuvenated building, once left vacant, now brimmed with laughter, stories, and the scent of fulfilling food, mirroring the spirit of community and connection that Penn Cafe intends to serve along with its menu. Chester, get ready; Penn Cafe is here to create memories, one cup at a time.

As we recount the grandeur and success of the grand opening of Penn Cafe, we invite you to experience this for yourself. Pay a visit and explore the blend of historic charm and modern culinary flair that is Penn Cafe.

Located at 420 Avenue of the States, Chester, PA 19013, the cafe is just a short drive away from the

bustling city center. They are open from 7:00 AM to 3:00 PM, Monday through Friday. Please note, however, that the cafe is closed on Saturdays and Sundays, allowing for a well-deserved break for the diligent staff.

Whether you're after a hearty meal of Chicken & Waffles, a quick Panini for lunch, or a cup of steaming

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# THE CORNY DADS PODCAST CHRONICLES - EMBRACING THE DOPE IN EVERYDAY PARENTING



## "The Corny Dads Podcast Chronicles - Embracing the Dope in Everyday Parenting"

**Corny Dads is a podcast hosted by Yogi Den (Dennis D. Davis), Oz (Osner J. Charles), Snug (C.J. Harris), and Chico (Alan P. Mentor), breaking all the dad stereotypes, bringing their unique parenting styles into the limelight. They're not just dads; they're a pack of superheroes raising their kids with love, laughter, and a generous dash of dad humor. Get ready to dive into the thrilling, fulfilling, and sometimes the hilariously corny world of modern fatherhood with your hosts, the fabulous four of the dad universe. Corny Dads airs on Urbanexpressionsradio.com every Sunday at 12n and is available on all podcast streaming platforms. Welcome aboard, folks, to the corniest, coolest, and most candid dadventures ever!**

**Shelly Shell:** What inspired you to start the Corny Dads podcast, what is your mis-

sion with the show, and in what ways do you think modern fatherhood has evolved over the years, and how do you showcase that on your podcast?

**Oz:** The inspiration for Corny Dads came from my son saying, "Dad, you're so Corny," which is the drop at the beginning of every episode. Inspiration was also pulled from conversations I would typically have with other dads/men in the community. All of the conversations felt impactful and/or helpful. During these conversations, I noticed the men put their pride and egos to the side and truly spoke from a pure and authentic space. We worked together to process situations and helped each other navigate fatherhood, manhood, and overall life. I personally needed this outlet because, during this time, I was personally going through so much in my life. I had so many questions, and I was in search of answers. I wanted to be a student and learn through the experience of others. I wanted to get an idea of their backstories and the glorious moments in their lives. I also wanted to know how they were able to

overcome the pain which led them to become who they are today... A Corny Dad.

Honestly, I don't think modern-day Fatherhood has really evolved much over the years. I truly believe the essence of being a father is still the same. For example, Clifford Huxtable (The Cosby Show 1984-1992) and Andre "Dre" Johnson (Black-ish 2014-2022) are the same characters. As Dads, they both professed, protected, and provided for their children and the overall nuclear family. They practice emotional intelligence, set boundaries, and also discipline their children when necessary. These are all the same things Corny Dads are doing globally.

However, we are in the digital age, where children are constantly bombarded with images, instructions, and influences from the world around them. There was a time when the father's primary role was to be the breadwinner of the family. He would spend most of his time out of the house and away from the daily activities of the children.

We are now seeing fathers take on an additional role as nurturers. With the adoption of the digital age, the flexibility of finding a balance between work and family has become a reality. You can see more fathers walking their children to school, coming to parent-teacher conferences, and being more involved in conversing with their children about their emotional, physical, and spiritual needs.

**Shelly Shell:** Can you share some examples of the "Corny stuff" you do for your kids and why you think it's important to do these things as a father?

**Yogi:** We think it's only right to define what "Corny" truly means as it relates to the Corny Dads. "Corny" pertains to an individual doing the things necessary for his child to thrive. It's going over, above, and beyond the call of duty to protect, provide and nurture the needs of the child.

**Example:** Oz is a self-proclaimed helicopter dad. We don't see that as a negative. A helicopter dad is a father that makes sure that his eyes are always on his son's progress educationally, emotionally, physically, and spiritually. He shows up to every parent-teacher conference, track meet, basketball game, and after-school activity his son is involved in, clocking his times, studying his movements, and participating in science projects. Even at practices, you can catch corny dad Oz on the sidelines screaming as if his son just won the presidential election. Spiritually, Oz also practices daily prayer and meditation with his son.

Corny Dad Snug is known

as the emotional supportive father. Although he is assertive and encourages his sons to be disciplined, he displays compassion and emotional support by way of frequent meditations, journaling, and or just providing space for them to share what's on their hearts and minds. Snug takes time to observe and understand what each one of his children's gifts and troubles may be. He finds creative ways for them to work through their issues that align directly with their gifts.

**Shelly Shell:** Dennis, you are a certified yoga instructor. How has your yoga practice impacted your role as a father, and how do you encourage other dads to explore mindfulness and self-care?

**Dennis:** There was a time in my life when I struggled with my identity. This consequently happened after my father passed away in 2005 from cancer. My identity was tied to his accomplishments, community role, and impact. When he died, I could no longer hide behind his work. I was forced to look at myself in the mirror to accept myself as weak, confused, and scared.

At the same time that I confronted myself as basically nothing, I found out my girlfriend was pregnant. Now confused, scared, and weak, I had to raise a child! Sometimes God forces us into the position where he needs us to be. Before I found the Asana Practice (Postures) of yoga. I unconsciously put some principles to use. I knew I had to let go of certain thoughts, behaviors, and cycles. I knew I had to find purpose (Dharma), a new strength inside of me, if I was going

to be able to raise this child. I had to let a force bigger than myself guide me.

It wasn't until later, I officially found the science of YOGA, or should I say, it found me again at one of the darkest and scariest times in my life. The day I will never forget. I took a heated YOGA class. I remember the anxiety, the fear, and the insecurities ramping up. The emotions that men are told we aren't supposed to have or supposed to feel. I felt all of them, and I stayed. By the end of the class, I was crying, sobbing, and releasing so much of what I had stored inside. The pain, guilt, resentment, and worthlessness were being released through each tear that dropped to that mat. I rose from that mat a different man than who I was when I sat down. Since then, I stopped drinking alcohol; I'm much more patient and aware, and in tune with the people around me. I am more courageous and fearless. I am walking in my purpose of helping anyone I can to be able to reach their higher selves and purpose. We need more men, more fathers with this clarity, strength, and purpose.

Shelly Shell: Oz, you are a mentor to many young people. How do you balance being a mentor with being a father, and how do you think mentoring can benefit other dads and families?

OZ: Balancing responsibilities can be challenging, but it's important to prioritize and manage time effectively. As a father and a mentor, it's important to set aside dedicated time for both roles and to communicate openly with those around you to ensure that everyone's needs are being met... Everything you just read is easier said than done. It's very difficult balancing the two. Not to mention, you have to manage your career and relationships with family, friends and other loved ones. This isn't a simple task at all. I commend all of the men who successfully balance all of these titles.

For those that do, I do have a question; when do you find time for you? That's something that I'm still struggling with. Through it all, I am clear my role as a father comes before everything and anything. I know the impact of not having my father fully present in my life had on me. Nurturing the relationship with my son is important because I am clear about the generational impact that it will have.

I would encourage any man that has the time and can be consistent, to mentor a child. You never know what your words or presence can do for that child. Mentoring can have many benefits for both the mentor and the mentee, including personal growth, improved communication skills, and a sense of fulfillment from helping others. For fathers and families, mentoring can provide opportunities for personal and family growth, as well as strengthen relationships and connections within the community. Mentoring can also provide positive role models for children and help them develop essential life skills.

Shelly Shell: CJ, you have a strong background in higher education. How do you think education and learning can play a role in modern fatherhood, and what advice do you have for dads who want to encourage their kids to value education?

CJ: Education and learning are crucial aspects of modern fatherhood, as they play a significant role in shaping my children's future. Fathers can help them achieve their full potential, both academically and personally.

I have to give credit to my ex-wife for my growth in the educational aspect of my boys' lives. If it wasn't for her, I'm not sure if I'd be as well versed in this aspect of parenting, and I'm still learning.

Here are some things that I learned from her that are applicable to modern-day

Father when it comes to education.

1. **Make it cool:** *As a father, you can inspire your child's curiosity and passion for learning by exposing them to different experiences and topics. Reading books, exploring museums and other cultural institutions, and engaging in hobbies and activities can all help develop your child's love of learning.*

2. **Be the example:** *Children learn by example, so if you value education, your child is more likely to as well. Continuously learning new skills and knowledge yourself shows your child the importance of education and how it can lead to personal and professional success. I love hearing my boys ask "How do you know so much?"*

3. **Promote critical thinking:** *Modern fatherhood requires fathers to help their children develop critical thinking skills. We live in a tech-driven society. It has its benefits, but it also has its flaws. One of our favorite movies to watch is Incredibles 2. The boys love the scene where Jack Jack fights the raccoon. The deeper premise of the movie that resonates with me is the "Screen Slaver". Even as adults, we at times become attached to the screen. The influence and perspectives of others at times seem to become ours unintentionally. So as fathers, if we dominate screen time, and use our voice to encourage their voices, and critical thinking can make a huge difference down the line. This means encouraging children to question, analyze, and think deeply about different concepts and ideas. You can do this by asking open-ended questions and challenging them to come up with creative solutions to problems and processing issues.*

4. **Teach life skills:** *Education is not just about academics. Fathers can also teach their children important life skills, such as financial literacy, time man-*

agement, and effective communication.

In terms of advice for dads who want to encourage their kids to value education and achievement.

1. **Start early:** *Introduce your child to books, educational toys, and games at a young age to foster a love of learning. Allow children to explore and grow safely.*

2. **Make it fun:** *Learning doesn't have to be boring. Try to find ways to make it fun and engaging for your child, such as through interactive activities, games, and real-world experiences.*

3. **Encourage independence:** *Allow your child to take ownership of their education by setting goals and making decisions about their learning. Support them in finding resources and developing study habits that work best for them.*

4. **Celebrate:** *Recognize and celebrate your child's academic achievements, whether big or small. This will motivate them to continue to value growth and strive for success.*

Shelly Shell: Alan, as a first-generation Haitian American, can you talk about how your cultural background has influenced your approach to fatherhood and how you balance your Haitian roots with modern fatherhood?

Alan: As a first-generation Haitian American, can you talk about how your cultural background has influenced your approach to fatherhood and how you balance your Haitian roots with modern fatherhood?

Growing up in a Haitian household is not for the faint of heart. A standard of excellence is imposed on you from a young age because of your parents' humble upbringing. Being a first-generation Haitian/American came with a lot of conflicting ideologies between Haitian and American

culture for myself and my siblings. I understood to a certain extent that everything that was being done for me and to me was for the greater good. At the time, I could not make sense of it all, but now, being a parent myself, I can recall all the teachings that my grandmother, mother, and villagers embedded in me. Haitian parents have a hard time communicating with their children because of cultural norms. Caribbean parents take a more authoritative stance when it comes to parenting. I am guilty of these parenting traits myself periodically. As a parent now myself, I do keep the core of my Haitian roots intact when it comes to parenting. I also understand how some of these teachings have affected me in a positive and negative way. I have made a conscious effort to communicate to my children why I am doing the things that I am doing and saying the things I am saying in hopes of them not only understanding my stance but also keeping lines of communication open between parent and child. You can find Corny Dads on all social media and streaming platforms. We highlight other corny dads in the community that are doing great things with their children and within the larger community. If you know a corny dad that you would like highlighted, please reach out to us at [info@cornydads.com](mailto:info@cornydads.com) or any of our social media platforms. We make sure our platform is available through every medium. Instagram, YouTube, TikTok, Facebook, Twitter, Apple Music, Spotify, Google Play, and iHeartRadio.

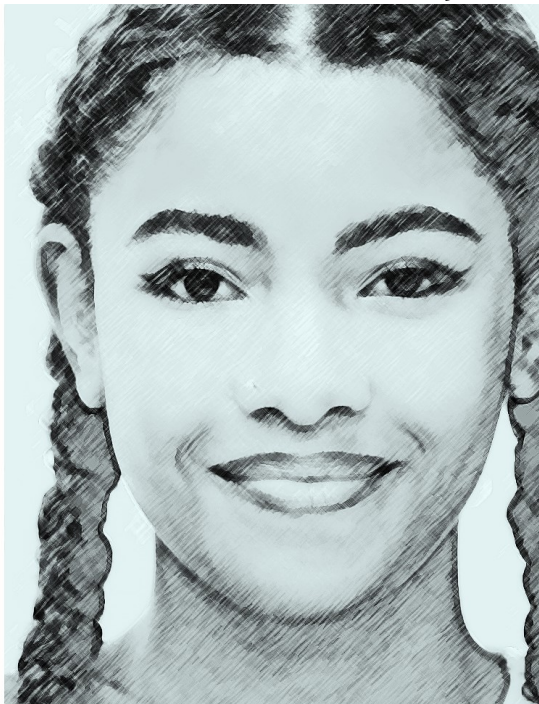


# WORD ON THE STREET

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## Q&A WITH THE NEW-LOOK

# PHILLY TEEN GROUP, PENNY CUPCAKE



PENNY  
CUPCAKE

NOELLE  
SMITH

JORDAN  
WEBBER

AYANA  
FERGUSON

The multi-talented young ladies discussed their new song, “Don’t Forget,” their award-winning T.V. show “The Kingfish,” and more!

**First, congratulations on the two awards for “The Kingfish”:** Best T.V. Show and Best Series. Were you surprised? What was it like when you heard the news?

**JORDAN WEBBER:** I was very surprised. This was my first award, so to be recognized is absolutely insane!

**NOELLE SMITH:** I

was really excited for everyone. It is amazing that the show and actors are being recognized for all their hard work. I’m excited for future episodes.

**AYANA FERGUSON:** When I heard the news, I was extremely happy, and I was also surprised because I wasn’t expecting “The Kingfish” to win two awards this soon.

**You girls are the leading actresses for the next episode of “The Kingfish” T.V. show, so how did you become Penny Cupcake, a singing group?**

**JORDAN:** Well, the

main premise of the second episode explains how and why Penny Cupcake was formed. All I can say without giving anything away is that we have to form a group in the show. And Tab (Executive Producer) thought it to be good to give us exposure as the group outside of the show.

**We LOVE your song “Don’t Forget”! Josephine Sincere is on there, too! Did you get to work with Josephine while recording the song? If so, how was it?**

**AYANA:** I did get to work with Josephine,

and it was really cool! She’s super sweet, and hearing her sing was amazing!

**JORDAN:** Unfortunately, I did not. But she is beyond a phenomenal singer.

**NOELLE:** Ayana and I got to work with Josephine at our recording session, and she helped a lot! She even gave us a few pointers, which helped calm me down some more.

**What was the most challenging part of recording the song?**

**JORDAN:** Staying consistent. That was a big part of it, which made it somewhat difficult to execute.

**NOELLE:** There was a specific way the song was meant to be sung, and at times it was a little hard, especially my second verse. I have always struggled with a lisp, so it was a challenge when it came to pronouncing certain words.

**Ayana and Noelle, you are the newest cast members of “The Kingfish,” stepping in for the previous female leads. I heard that there were hundreds of applicants. How did you each land your roles?**

**AYANA:** I originally auditioned for the Cupcake role, but I didn’t get the part. However, the casting director and Tab said I was great and told me that, If the pilot went well, I would be in the second episode. [*The pilot episode won two awards*]. So, here I am!

**NOELLE:** I met Tab at the NAACP ACT-SO event where he and some of the cast were promoting the “The Kingfish.” They asked questions about the show for prizes, and

when they got to the last question, I answered it correctly. The question was about the cost of X’s shoes, which were \$700. I explained to Tab that I enjoyed the first episode and wanted to join the cast. Then, I sang for him, and he thought I would be a good fit. I was first given a small role, playing myself, but later, I was offered the role of “Penny.”

Now, here we are!

**Jordan, as the lone remaining female lead from the first episode, how weird will it be working with two new actresses, Noelle and Ayana?**

**JORDAN:** They both seem like great, really sweet ladies, and I’m excited to work with them.

**Your male co-stars (Xavier Edwards, Britt Starghill, and Taylor Myrick) have gained lots of female fans. Jordan, what was it like working with them in the first episode? Ayana and Noelle, have you met them yet? If so, how do you think it will be working with them on episode 2?**

**JORDAN:** They were a very nice bunch; funny! And I’m glad to continue to work alongside them.

**NOELLE:** I have only met Xavier and Britt in person. I met Taylor at a Zoom rehearsal meeting. They seem really fun yet laid back. I think it will be fun to get to know them better and film with them, since we all have great energy.

**AYANA:** I did meet them, and they’re really nice. So, I believe that I will have a good time working with them.

**You begin filming “The Kingfish” in a couple of weeks. Are you more nervous or excited? Why?**

**NOELLE:** I am more

excited. I used to do theater at my other school, but it has been so long. So, you can also say I am a little nervous because it's been a while. But once I get into it, I'm sure I'll relax and get more comfortable.

**AYANA:** I'm more nervous because this is my first time filming for a show.

**JORDAN:** I'm excited for the most part. Now that school is out, I can't give this episode more of my focus.

**When will Penny Cupcake start doing promotional events? People want to see you!**

**NOELLE:** I am honestly ready now! If it's to perform the song live or go to meet & greet events and just talk about the music or the show, I'm fine with that, too. It all depends on what is offered to us and our schedule.

**You girls did a great job**

**with the song, and the YouTube video is so cute! When will "Don't Forget" be released?**

**AYANA:** I'm not sure of an exact date, but people can sign up on our website, [www.pennycupcake.com](http://www.pennycupcake.com), to be notified of everything we're doing.

**Any shoutouts?**

**JORDAN:** Shoutout to my mom, my family, all my other cast members, and to Tab for producing everything.

**AYANA:** I wanna give a shoutout to my family for

being so supportive. Because without them being there for me, I wouldn't be where I am today.

**NOELLE:** Yes, I want to give a shoutout to both Jordan and Ayana for being so kind, so accepting, and open to us as new members and for getting to know each other. And I want to shout out to the cast, Tab, and everyone behind the scenes because 'The Kingfish' would not be 'The Kingfish' without them. Also, a shout to my

family for being so open to me trying new things and taking me where I need to go—because I know they sometimes had to move things around to get me where I needed to be—and I'm just grateful for everyone involved and who has helped. Just THANK YOU!



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NewsMag Publisher and Coach

# BRAINS & BEAUTY A DAY OF AFFIRMATIONS HOSTED BY @TOYBOXDOLLZ



In a world that often tries to dictate standards of beauty and intelligence, a group of remarkable women has come together to challenge these norms and uplift each other. Calling themselves We are Brains & Beauty, this group of women gather for affirmation meetings, fostering a supportive and empowering environment. We are Brains & Beauty is more than just a name; it is a philosophy embraced by a diverse group of women seeking to shatter stereotypes and celebrate their unique qualities. The group recognizes that true beauty is not limited to physical appearances, but also encompasses intelligence, strength, resilience, and compassion. Through their affirmation meetings, they create a space where every woman feels valued and appreciated for who she is, irrespective of society's expectations.

Recently, a notable event hosted by the talented and influential Roxsana Diaz, known as @ToyBoxDollz on all social media platforms, took place, leaving a lasting impact on all who attended. The attendees varied in fields; the event hosted social workers, school principals, business owners, influencers, nurses, stylists/ make-up artists, a few of

@toyboxdollz former students accompanied by their parents, even a Chick-Fila executive director was in attendance. Roxsana has gained recognition for her remarkable talents as a school art teacher, her celebrity paintings, and her immense influence of over 1 million followers. Her passion for empowering others and encouraging self-expression has made her a role model for many. By hosting this event, she aimed to provide an unforgettable experience that would leave a lasting impact on all attendees. The event was made possible by the generous contributions of Old San Juan Restaurant, Art Can Heal Incorporated, and Johanna Vargas, who played a vital role in facilitating the gathering. The warm and welcoming ambiance of Old San Juan Restaurant set the stage for a memorable gathering. With their delectable cuisine and impeccable service, they provided an experience that perfectly complemented the positive energy of the event. This could not have happened without Johanna Vargas offering to host the event. When @Toyboxdollz invited her to the next affirmation luncheon Johanna just knew the importance of self-care and self-love and offered to host the event at Old San

Juan. This event also received sponsorship for supplies and giveaways from Art Can Heal Incorporated & STB Management.

During the gathering, these women from various backgrounds shared their experiences, challenges, and triumphs, fostering a sense of unity and sisterhood. Roxsana Diaz, with her charismatic presence, led the discussions, facilitating introspection, personal growth, and empowerment. The meeting incorporated affirmations, encouraging each woman to recognize her worth and embrace her individuality with pride. The women came together and

collaborated with each other to create a beautiful three canvas masterpiece. This piece will be auctioned off on-line and one hundred percent of the proceeds will be donated to Art Can Heal Incorporated to help purchase the "Complete the prompt:212 sketches" book. This book can then be donated to schools, crisis centers, or hospitals to help assist with art healing exercises.

As they said during the meeting "We are Brains & We are Beauty, this group of remarkable women, will continue to inspire and empower others through their affirmation meetings. The recent event, hosted by the talented and influential Roxsana Diaz, left a lasting impact on all attendees. The collaboration with Old San Juan Restaurant and Johanna Vargas added an extra layer of support and warmth to the gathering, creating an environment where women could thrive and celebrate their unique qualities. By coming together, these women are breaking barriers, embracing their inner and outer beauty, and setting an example for others

to follow. The We are Brains & Beauty affirmation meetings serve as a reminder that unity and support can create a transformative space for personal growth and empowerment.

For more inspiring events like the one hosted by Roxsana Diaz and the Brains & Beauty group, be sure to follow @toyboxdollz and @brainsandbeauty on Instagram. Stay connected to these empowering communities for updates on future gatherings and opportunities to be part of a supportive network. Additionally, if you find yourself in Camden, NJ, be sure to visit Old San Juan Restaurant located at 217 Marlton Ave, Camden NJ 08105, where you can experience their delightful cuisine and immerse yourself in a warm and welcoming atmosphere.



**Mindful Meditation Moments w/ Monie**

**60 Second DAILY MEDITATION**

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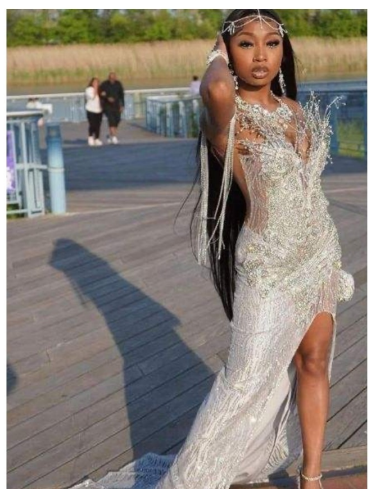
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# CLASSICALLY COUTURE'D BY DAHSAR



*Celebrity Designer Dahsar*

By Leesa Media @leesamedia

Prom season is officially down in the books for 2023! Philanthropist and celebrity

designer Rashad Calhoun [Dahsar by Rashad], better known as the [Prom Bully], has officially [styl'd] with class and perfection this

season. Since 2018, **Dahsar by Rashad** has gifted a [Dream Prom] to a deserving teen nominated by family or friends at no cost.

This year's winner was featured on Fox 29's [Good Day Philadelphia] with Shaynah Ferreira in February with an exclusive prom package and college setup for the first year. Rashad and his team work tirelessly to provide the red-carpet experience to all his clients. The unique designs and carefully selected fabrics, I call it a form of [artistry]. Basically, dubbed in my book as [prom-slay]. 2024 prom season bookings are officially open, and nominations are being accepted. Act fast as the slots are limited, who knows you may make the [ShadeRoom].

On top of being a designer, Rashad is multi-talented with several business ventures under his belt, most notably his beverage set-ups for upscale events which launched in 2022. [Couture Sips] provides an exquisite beverage vending experience for public, private, and upscale events. Boasting a very lavish display of cocktails or mocktails (alcoholic or non-alcoholic), Rashad uses several types of garnishes and dry ice fog for effects. Drink station tables are ec-

lectically decorated using assorted wine glasses and colors to fit your event's theme and color scheme. Catering to adult or children's events, Couture Sips will add eye-catching views, fun and beauty to any event.

[Dahsar by Rashad] publications include: 6abc, Fox29, PLITZS, Femi Magazine, Delco Times, Fashion Magazine NYC, The Hype Mag, Billie Blunt, EURWEB, ENSPIRE, Daily Times, BET, Yahoo Style, Hoops Hype, and the Daily Times. –

If you're feeling intrigued to learn more on this local celeb, follow him on Instagram @officiallydahsar

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# RISING RHYMES AND DREAMS: A GLIMPSE INTO THE LIFE OF 10-YEAR-OLD RAPPER ZAY MONEY



his rap dream since he was just six years old. So, Zay, you are 10 now, right?

**\*\*Zay:\*\*** That's right. My mom saw my talent and wanted to help me grow.

**\*\*Shelly Shell:\*\*** I see, she asked you if you really wanted to rap, and you said yes?

**\*\*Zay:\*\*** Yes, and that's when we started booking shows. She even planned this big party for me and my brothers.

**\*\*Shelly Shell:\*\*** So, why did you want to rap?

**\*\*Zay:\*\*** I was inspired by my siblings, who were rapping. It looked fun, so my mom encouraged me to try it.

**\*\*Shelly Shell:\*\*** You even created your own rap when you were six. Can you share it with us?

**\*\*Zay:\*\*** It was something like: "Zay being the baddest, only six on these classes. I'm the youngest and trying to swing the drum.

My mom, my dad wanted me to do a rap. So I was in the upper world, the youngest and trying to come up hard and martial. Only in first grade, the one and only superstar."

**\*\*Shelly Shell:\*\*** Amazing. So, Zay, your mom wants you to "blow up" in the rap scene. What does that mean for you?

**\*\*Zay:\*\*** To me, blowing up means being recognized. Like when people hear my song, they'll recognize me. They'll know me on YouTube, and when they see me, they'll say, "Oh, that's Zay Money."

**\*\*Shelly Shell:\*\*** Aside from rapping, how are you doing in school? What's your favorite subject?

**\*\*Zay:\*\*** I love school just as much as I love rapping. My favorite subject is Math.

**\*\*Shelly Shell:\*\*** What are your plans for the future, Zay?

**\*\*Zay:\*\*** I want to keep rapping, but I also want to act. I want to be in a movie

like some rappers are.

**\*\*Shelly Shell:\*\*** Who's your favorite rapper?

**\*\*Zay:\*\*** 2Rare and King Von.

**\*\*Shelly Shell:\*\*** Alright, Zay, thank you for sharing your story with us. Let's also meet your brother. What's your name?

**\*\*Zay's Brother:\*\*** My name is Jay Dance. I've been dancing since Zay started rapping. I also rap with him.

**\*\*Shelly Shell:\*\*** Would you still rap if you never made it to a big stage?

**\*\*Zay's Brother:\*\*** Yes, we want to keep doing it.

**\*\*Shelly Shell:\*\*** Zay and Jay Dance, thank you for your time. We'll be looking forward to seeing your bright future unfold. Keep sharing your talent with the world.

Follow @zaymoney.\_215

"In a dazzling display of youthful talent and resilience, parents of the charismatic Zay Money, DJ Smooth Rod and Lady Jai of Shadow Trax Media Arts, hosted the 'Zay and Friends Lit Summer Youth Fund-raiser Concert Tour'. This highly-anticipated event amplified the voices of the future, showcasing a vibrant array of performances from young violinists to a mesmerizing drum line. But the heartbeat of the event was Zay Money himself - a ten-year-old rap prodigy with

dreams as big as his beats. The gathering also spotlighted a fascinating science demonstration by Mike the Scientist, injecting a dose of knowledge and wonder and reminding everyone that learning and fun go hand in hand."

**\*\*Shelly Shell:\*\*** Hey, what's up everybody? This is Shelly Shell with Urban X-pressions Live, and today we're celebrating an up-and-coming artist, Zay. Live from the African American Museum for Zay Money & Friends Lit Summer Youth Concert. Zay's been living

## AN EVENING OF BLACK BRILLIANCE:

# CELEBRATING URBAN ELEGANCE AT THE ENTREPRENEUR AWARDS 2023



**Contributing Writer: - ShaQuita Beverly**

Concrete Moguls Magazine presented The Urban Elegance Entrepreneur Awards 2023, a formal attire event that took place at the Grand Luxe Ballroom in the East Oak Lane section of Philadelphia on Saturday, May 27, 2023.

The electrifying opening performance by Philly native Freedom Thinkers Academy Recording Artist and Honored Entrepreneur, Son Of The 215, set the tone for an evening of celebrating Black Excellence and Brilliance. The ceremo-

ny began with a certificate presentation honoring over 60 Black Entrepreneurs, Artists, and Organizations for exemplifying strength, courage, innovation, and perseverance throughout their Entrepreneur journey. Honorees from Philadelphia, Harrisburg, New Jersey, Delaware, New York, and Georgia filled the ballroom with grace and elegance. During the ceremony, Songstress and Honored Entrepreneur Olivia Bird delivered a breathtaking performance of her new single, and Philly's "Night Mayor" of music, DJ Ni, provided an exceptional playlist that kept the entire on the dancefloor.

The evening was topped off with networking, collaborations, and shopping with Honored Exhibitors.

It is essential that we continuously honor and support our Entrepreneurs. It takes a lot of courage to follow your dreams. Make sure you encourage, support, and congratulate our hard-working Entrepreneurs!! We are looking forward to the 2024 Urban Elegance Entrepreneur Awards.

Congratulations to all the honorees, and Happy Birthday to CEO **ShaQuita Beverly**

# “THE GREAT WEDDING BANQUET”- MATTHEW 22: 1-14

## LET US PRAY

Our Father, who Fills Heaven and Earth...  
How Excellent is Thy Name.

A New Day arrived again today, Hallelujah! The Sun, also rises at Your command, and gives light and heat to all. The just, as well as the unjust... All life is created by Your hand, and nothing exists without You. As the Parable of The Wedding Feast warns, “All are called, but few are chosen.” And, Jesus warns, “But of that day and hour no one knows... only the Father” (Mark 13:32). Few will accept Your invitation, even with the promise of eternal life. Dear Lord, open blinded eyes to see and ears to hear and believe Jesus is Your Son. Forgive our sins, in the Name of Jesus, for “All have sinned, and come short of the glory of God” (Romans 3:23). Open our Spiritual eyes to glimpse the absolute magnificence of who You are, and to appreciate the perfect love that describes You. In Jesus’ Name I pray... Amen.

good. And the wedding hall (The Church) will be among the chosen of God, for not all will believe. They never took the Wedding Garment of Righteousness by Faith. **God rejects those who reject His Son.** “Watch as well as Pray” Anna Mae Matthews

“Friend, how did you come in here without a wedding garment?” The King ordered him bound “and cast him into outer darkness; there will be weeping and gnashing of teeth.” **For many are called, but few are chosen.”**

Like all weddings, some just show up for the feasting and partying at the Banquet hall. Some lack appropriate dress, which also reveals their lack of commitment and respect for the King (God), His Son (Jesus), and this Joyous Wedding Feast. Be warned... don't attempt to come to the Feast of Heaven in your own righteousness rather than by faith in Christ's righteousness. All Israel has been invited, but only a few will accept and follow Jesus. And so they lose their place of privilege, to be replaced by both bad and good from the highways, The Church... Who are the Chosen? Not all those invited from the Highways

God expects a change... The appropriate dress for this momentous occasion is to clothe ourselves with Christ and Feast for eternity!

**The King is God, and the Son is Jesus. Jesus is explaining what The Kingdom of Heaven is like using a parable, a short story used to teach some truth or moral lesson. Jesus often taught using parables.**



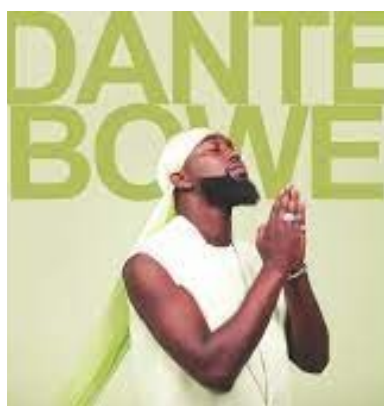
Contributing Writer: Minister Helen Williams

The month of June has traditionally been known as the time for Weddings. You know, “The perfect June Bride.” In the days of the bible, weddings were a very big affair; after all, it was for a lifetime. Wedding events were known to last for days or weeks. Even today, in some countries, weddings continue for weeks, according to their custom.

The Parable in Matthew begins with a father, The King, preparing for a lavish Wedding Banquet for his son. The King sends his servants out to the invited guests to tell them all is ready, but “they were not willing to come.” A second time the king sent for the invited guests to come, “See, I have prepared my dinner; my oxen and the fattened calf, ...and all things are ready,” but some made light

of it and then went their own way, while the others, seized the kings servants and killed them. The King, in his fury, sent out his armies to destroy them and burned up their city. The King said to his servants, “those who were invited were not worthy.” **“Therefore, go into the highways, and as many as you find, invite to the Wedding.”** The Kings servants gathered all they could find, both bad and

# DANTE BOWE TO RELEASE NEW SELF-TITLED ALBUM ON JULY 21



his's Maverick Music City projects. The project finds Bowe in a new light as he experiments with sounds, blending Gospel, Hip-hop, and R&B. On the young artists' third studio album, he is indeed versatile as he collaborates with Anthony B, Jekalyn Carr, Vic Mensa, and others.

Bowe is from Rockingham, North Carolina and attributes his love for music to his parents. He started singing after participating in a seventh-grade talent show and found it to be soothing to his soul. By the time he was eleven, his parents, whom he would discover were drug dealers, separated. At 16, Bowe dedicated his life to Christ and ultimately, his parents turned

their lives around and his mother became a Christian. He stated that it was the 2011 single "Free" by Kierra Sheard that gave him a spiritual awakening and change the trajectory of his life.

Over the last several years, Bowe has released multiple songs, including "Potter and Friend," "The Giant is Dead" featuring Travis Greene and in 2020, Bowe released "Champion off Bethel Music. In 2021, he released "Circles" and "Joyful," which became immediate hits. He also released well known hit "Wait on You" with Chandler Moore and Maverick City, that helped solidify his ranking on the Christian

charts. By 2022, Bowe and Maverick City parted ways for him to focus on developing more spiritually and personally.

Now, with his new project presenting a bold step towards pushing past barriers, Bowe believes this project represents his creative evolution. “Through soulful melodies, infectious beats, and deeply-rooted lyrics, I’ve crafted a sonic journey that bridges the gap between different musical worlds.”

Dante Bowe’s ascent continues to mesmerize many as he creates impactful music that connects with listeners and inspires them to rise to the occasion. Alongside the self-titled album announcement, Bowe

shares a single and offering from the new work, “Wind Me Up,” featuring Anthony B, which goes for adds on radio everywhere. It is an upbeat reggae tone with a dance groove that is the perfect summer song dedicated to the ladies. We wish Dante the best as he travels his musical path as a solo artist. All his previous singles are available on your favorite digital music outlets.

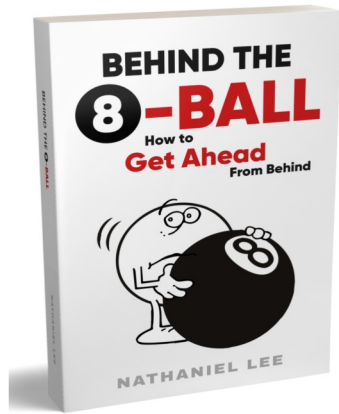
Connect with us on social media! Facebook: Sherri Y. Johnson and Supreme Gospel Ent. | Instagram/TikTok: @sherrisupremegospel -- until the next column, remain encouraged!!

Contributing Writer: Sherri Y. Johnson

Grammy Award-winning, multi-platinum-selling, and music chart-topping musician Dante Bowe announces his new self-titled album, out July 21 via his label he co-founded TRUE Music. Bowe is best known for his appearances on Bethel Mu-

# 'CRUSH THE EXCUSES' RETURNS!

Contributing Writer: Nathaniel Lee



As we approach the halfway point of 2023, we are given yet another opportunity to pull out those vision boards, plans, charts, and journals wherein we detailed our plans, goals, and agendas for the current year. The Summer season is symbolically noted as being a time of renewal and regeneration. The days are long, the night short, the weather hot, and hopes high. It is also a time of reflection, growth, and

renewal.

Last year, Shelly Shell Williams launched her 'Crush Excuses Move to Lose' fitness challenge. Although the Covid-19 Pandemic with the resulting 'social distance' mandates, prevented people from personally gathering in groups, participants nevertheless joined on social media and were challenged with the task of eating healthy and exercising a minimum of 30 minutes a day, 7 days a week for 30 days. Each day of the challenge, the "Crushers," as I call them, posted updates, tips, and motivated one another. Not only did they dive in deep, but they formed a supportive community that assisted one another as they did so.

Those who had knowledge to share posted them on the 'Crush The Excuses' page; others forwarded questions or asked for advice from others who were part of the

group. Those who had knowledge in a particular area or discovered relevant information during their journey contributed to the group.

I don't think anyone left the group the same as they did when they joined. One thing I do know is that I didn't.

The 'Crushers' exercised regularly, lost weight, gained muscle, ate healthier, achieved personal fitness goals, and made new connections. As part of the group, I regularly posted weekly tips and updates until the challenge ended. The commitment and dedication required to do so took me to a new level because it required me to research and share my results with my fellow 'Crushers.' As I did so, my knowledge expanded and with it, I grew.

After the challenge, members celebrated their ad-

vances with the members of their new community virtually.

That was then; this is now. If you are like me, you have seen advances during the challenge but have since lost some ground. Then there are those whose wellness issues aren't attached to their weight, their nutrition, or the amount of exercise they get but perhaps their psychological, emotional, or spiritual well-being. As human beings, we are not merely physical beings but living souls possessing a mind and spirit, which must also be nourished and cared for.

If this resonates with you, you'll be pleased to know that the 'Crush The Excuses Move to Lose' challenge is returning with a new initiative, a holistic wellness campaign created to improve not only your physical health but your overall fitness. During the 'Crush

*the Excuses, Holistic Wellness' Initiative, we will replicate the physical component of our first challenge but add to this mind and spirit wellness.*

Participants will be encouraged to rise to higher levels of themselves in all areas of their lives and will become a part of a supportive community that can be relied upon to aid and assist one another throughout this journey.

If you were a part of the former 'Crush the Excuses' challenge, I urge you to return. If you weren't, I encourage you to join us and begin what may be one of the most transformational undertakings of your life.

Email me at [nate-lee1008@live.com](mailto:nate-lee1008@live.com) for more details and the date for the upcoming 'Crush the Excuses Holistic Wellness Initiative.'

## UXNM: LEGACY ARTIST TO WATCH FEATURING CORINNE LANDAUER "DJ COCO"



Contributing Writer: Shamar Ridgeway & Urban X-pressions News-Mag

**Legacy: So, how long have you been DJing, and what inspired you to become a DJ?**

DJ Coco: I've been DJing off and on for about 13 years. I was a main stage DJ for a few years, but now I do mostly private events for community organizations. I'm originally a singer, I went to Laguardia High School (The Fame School) in New York City, and

have always been involved in music in some capacity, so I think DJing was a natural progression for me. The opportunity arose one day, and I seized it.

**Legacy: Do you feel that being a female DJ in a male-dominated business, you really have to prove yourself and show people that you are a good DJ, that you can really do this, and stand toe to toe with any of the men in your business?**

DJ Coco: It's my observation that people like to haze newbies in all industries, and they like to test or haze newbies coming into an already established group of people.

So a new DJ in a particular club circuit is absolutely going to face initial scrutiny. Just like a new teacher, a new officer, a new politician, or a new student would. assess your abilities

often, and when you are confident, stand on your work. I fully believe Proverbs 18:16 says, "A man's gift maketh room for him, and bringeth him before great men."

**Legacy: What are some of the good and bad things about being a female DJ?**

DJ Coco: Sometimes male people can be dismissive of your ability because they feel you're pretty, so you didn't have to work as hard as they had to, but I work hard, and I play hard. So that's just that. I love being able to play great non-low vibrational music that sets the tone for magical events.

**Legacy: What are you working on now, and what are your goals? I'm working on a new show with**

DJ Coco: Philly Wonderwoman to air on WJYN 98.5 FM breaking new

Philly music. Interested artists should go to [godjco.com](http://godjco.com) to submit new music. Clean songs only. I work with several non-profits through an organization I co-founded called The H.O.P.E. Alliance; HOPE stands for Helping Organizations Promote Equity, and we collectively fundraise and raise awareness about partner organizations. One of our partner organizations, Hands Across Philadelphia, led by Nicole Ross, is hosting a Global Summit of Women And Girls in October, so go to [hopeally.org](http://hopeally.org) to find out details as they unfold. And if you're interested in becoming a member, definitely go to our website, [hopeally.org](http://hopeally.org).

**Legacy: What do you want to accomplish as a DJ, and who are some of the DJs that inspire you?**

DJ Coco: My goal is to play sets of non-low vibra-

tional music. Shout out to all the DJs, but it's more the music that inspires me. I do, though, have an incredible list of women that I admire immensely, such as my Grandmother, Marion Lawrence Harris, whom I named my non-profit after, The Marion Lawrence Foundation. My best friend and amazing ally of women and Philly youth, Philly Wonderwoman. Labor Leaders, organizers, and activists like Linda Fields of PowerUp Foundation, Dr. Bernadine Ahonkhai of Coalition4Justice, Angelique Hinton of PA Youth Vote, and Kadida Kenner of New Pennsylvania Project, to name a few.



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