



**MEEK MILL POWERHOUSE 2010 - PICTORIAL TRIBUTE TO URBAN X-PRESSIONS**

**DARNIECE BRAGG OF WALK IN THEM SHOES LAUNCHES HER BOOK – SHIFTED TO SPEAK ON SUCCESS**

**SYDIA BAGLEY - BET'S TRAP QUEEN: LOCKED DOWN LOVE WITH GUEST MS. JADE**





# EATIBLE DELIGHTS CATERING

BECAUSE EVEN "YOUR" TASTE BUDS...  
**DESERVE PAMPERING.**



**EATIBLE DELIGHTS  
CATERING**

Labor Day Cookouts? Birthday Party? Bar Mitzvah?  
Thanksgiving day Dinners? Let EATIBLE DELIGHTS CATERING  
cater your next event. We also cater Corporate Lunches,  
Banquets, Wedding Receptions, Continental and Corporate  
Breakfasts, Box Lunches, Graduation and Anniversary  
Parties, Wedding Receptions and Formal Dinners!!!

EATIBLEDELIGHTSCATERING



Halloween, Thanksgiving, Christmas, Formal Dinners,  
Anniversaries and Office Parties.

**1540 E. WADSWORTH AVE.  
PHILADELPHIA, PA. 19150  
WWW.EATIBLEDELIGHTS.COM**



# EATIBLE DELIGHTS CATERING

Call today! (215) 236-3900



# LETTER FROM THE PUBLISHER

What's up my Urban People!

I hope this letter finds you well. I am excited to announce the launch of our monthly newsmag, internet radio station, and membership platform, all under the Urban X-pressions brand.

As the Executive Producer of Urban X-pressions, I have a deep connection to the brand and its history. I started my journey with the company as an intern and have worked hard to become a respected voice in the urban media landscape.

Our goal with these new initiatives is to expand upon the content and reach of Urban X-pressions, and provide our readers with even more opportunities to engage with our brand. Our monthly newsmag will feature articles and content covering a wide range of topics, from current events to culture and lifestyle. Our internet radio station will provide a platform for up-and-coming artists and DJs to showcase their talents. And our membership platform will offer exclusive access to special content and events.

For those who have followed Urban X-pressions over the years, I invite you to become a member today. For just \$1.48 a month, you can support our brand and have access to all of our exciting new offerings. Go to [UrbanXpressions.com](http://UrbanXpressions.com)

Thank you for your continued support of Urban X-pressions. I look forward to connecting with you and sharing our vision for the future.

Best regards, Shelly Shell Williams #PhillysOprah Executive Producer of Urban X-pressions



## TAKE "THE KINGFISH" QUIZ



## WIN \$\$\$ / T-SHIRTS

After watching "The Kingfish," log onto the website [www.KINGFISHSHOW.com](http://www.KINGFISHSHOW.com) and take the quiz. If you correctly answers the questions, your name will be entered into a hat. Winners will be selected weekly!

Watch it here: [Youtube.com/@kingfishshow](https://www.youtube.com/@kingfishshow)





# FRESH NEW FACES



"A GREAT PIECE OF WORK!"





# THE KINGFISH INVADES PHILLY

"The Kingfish" is a T.V. series pilot about three high-school friends in Philadelphia and their Saturday adventures. It is not what it appears to be and is unpredictable, leading to unexpected outcomes. It does not contain the usual themes of violence, sex, drugs, profanity, and a "One last big score" plot.

Kingfish is thought-provoking and different. I thought that I could figure out the plots of most shows and, at times, could finish the lines. It was great to experience new perspectives and be challenged to think in new ways.

Take a moment and get to know the creator and Executive Producer of The King Fish, Tab Edwards.

Shelly Shell: Can you tell us about the concept behind "The Kingfish"?

Tab Edwards: The concept of this adventure-comedy is that every Saturday, three smart-but-cool high-school teenage friends, Bobby, Flip, and X, venture into different parts of inner-city Philadelphia on a quest for something enjoyable. Along the way, they are confronted with a series of sticky situations and threatening challenges that they must use their cleverness and savvy to escape. The difference here is that their adventures do NOT involve sex, drugs, alcohol, violence, guns, or even profanity, while still being engaging and funny. Not every show about Black teens in the inner-city has to be triffin' to be interesting.

Shelly Shell: What inspired you to write this series, Tab?

Tab Edwards: Frankly, my son and his two school-mates. They are all aspiring actors, and—as you and I know all too well, Shelley, from our days in the music business—new artists have to have their work seen or heard. So, I decided to put

together a short, 5-minute promo clip featuring the guys acting that they could use for promotion. That promo clip eventually turned into a whole TV series idea; The Kingfish.

Shelly Shell: Kingfish features an all-Philly cast. Will the entire series be filmed in Philly and feature a Philly cast?

Tab Edwards: Yes, the entire series will be filmed in Philly. However, the cast will consist mainly of Philly folks and people from New Jersey and the surrounding Philly area if they are best for a specific role. I tried to assemble an all-Philly cast, but some of the best talents came from New Jersey. The challenge we had when casting "Kingfish" was that we could not find people! I was shocked.

Shelly Shell: How would you describe the main character in "The Kingfish"?

Tab Edwards: Actually, there is not one main character, but three main characters: Flip (played by Britt Starghill), Bobby (Taylor Myrick), and X (Xavier Edwards). Flip is a genius, but he is not a goofy nerd; he's just a typical teenager who happens to be super bright. Bobby is the mature, level-headed, suave guy, and X is the guy who is dialed into the latest trends, styles, sneaker culture, and gaming. All three characters are very smart but also cool.

Shelly Shell: What can audiences expect from this new series in terms of tone and style?

Tab Edwards: The series is written to let viewers have good clean fun without all the cringy stereotypes. It's an opportunity for young people to see positive representations of themselves in a group of characters—including the female actors—that they would want to hang out with. Plus, it is a

show that grownups will also enjoy; feedback so far has been great, with nearly every adult saying how it was refreshing to sit through an urban show that didn't feed into our community's most unfortunate stereotypes. While many shows do an excellent job of incorporating the sad realities of inner-city life into imaginative storytelling, we chose to present a different side of the story.

Shelly Shell: Can you talk about the casting process for this series and what you were looking for in each role?

Tab Edwards: Uggh! We were looking for actors with real-life personalities like the characters we wanted them to play. We started with people we know—primarily non-actors—to fill many roles. We couldn't fill all key roles, so we placed an actor call on the entertainment website Back Stage. We received about 400 applications for the role of "Cupcake," 200 for the role of "Bobby," and about 40 for the role of "Kingfish." We narrowed the list down, auditioned three ladies and four guys, and were able to cast for "Bobby," "Lucy" (played by McKayla McKelvie), "Kingfish" (Ronald Shaer), "Penny" (Ariel Sole. Her part in the show is based on real-life. It's funny), and the most challenging role to cast, "Cupcake" (Jordan Webber). She was perfect for the role. Then, Ital Tha Ruffian agreed to make an appearance, and Omar Long and Keron Morton jumped in days before filming to save us. Thank you!

Shelly Shell: How does "The Kingfish" stand out from other shows in the same genre?

Tab Edwards: No sex or sexual innuendo, no drugs, no twerking (Black folks love twerking on TV, don't we?), no weed, no guns, no actual profanity, no vio-

lence, and no gender-based stereotypes.

Shelly Shell: What were some of the challenges you faced while writing and producing "The Kingfish"?

Tab Edwards: The writing part was pretty easy, probably because I've written 13 books and hundreds of songs over the years. Here's a bit of song trivia: I wrote, produced, and recorded the first two songs Grammy Award-winning singer Jazmine Sullivan ever recorded. Check out YouTube. As for the challenges in producing the show, there were a few major ones. I won't go into detail, but suffice it to say that I learned what to look out for with the next episode. Thanks to Joshua Black, who produced the opening credits scene and helped improve the project.

Shelly Shell: Can you give us a sneak peek into any upcoming storylines or plot twists in the series?

Tab Edwards: Come on, Shell! I can't give away any of the twists. However, in Episode 2, we learn a lot more about each character; the guys go on another North Philly adventure, get into a sticky situation and somehow figure out how to wiggle their way out of it. That's all I can say without giving away the many surprises and twists. But here's some news: The next episode will be a 1-hour show as opposed to the half-hour duration like Episode 1.

Shelly Shell: What message do you hope to convey to audiences through "The Kingfish"?

Tab Edwards: First, that shows can still be good without being negative. Also, teenagers can still be cool, popular, attractive, street-smart, and have fun while being good students.

Shelly Shell: Does the show address current social

and political issues?

Tab Edwards: People might not pick up on this—although one reviewer surprisingly did—but in Episode 1, we comment on social issues in the community without explicitly doing so. So, yes, we will offer social commentary in some form. Political? Stay tuned.

Shelly Shell: How does the musical score contribute to the atmosphere of "The Kingfish"?

Tab Edwards: As a former music guy (I used to own Kixx Records), the music and score were almost as important to me as the story because I believe the music should support the story's mood. The music and underlying score were either songs by Kixx Records' artists (Ital Tha Ruffian, RuggedNess, Black Key, Prophet, and Josephine Sincere) or music we created specifically for the show. I also wanted to do things differently. For example, during the big chase scene, we do not use that traditional, lame dun-dun-dun-dun chase music. Instead, we used the instrumental track from Josephine's song "Jane" as the chase music. Much cooler! That song, by the way, which features Ruggedness (rapping!) and Drk Stackz (who plays the bodyguard in the film), was also featured in an episode of an MTV TV series "Made."

Shelly Shell: What do you have in store for the future series of "The Kingfish"?

Tab Edwards: Ha, ha! Who knows? But I can say that it will be fun, different, and full of surprises.

<https://www.kingfishshow.com/#THESHOW>

# WORD ON THE STREET

## DARNIECE BRAGG OF WALK IN THEM SHOES LAUNCHES HER BOOK – SHIFTED TO SPEAK ON SUCCESS



*Certified Christian Life Coach, Darniece Bragg, continues to expand her reach as she releases a new book titled “Shifted To Speak On Success” as a guide for self-development* Darniece Bragg, CCLC, has again reiterated her commitment to empowering people, especially ladies, to aspire to greatness, as the public speaker and life coach recently released a book titled *Shifted To Speak On Success*. The confidence and clarity coach has built a reputation over the years for empowering women and young girls in Philadelphia and across the globe

through workshops and other platforms, with the goal of developing the next generation of problem-solvers. *“I’m a motivational and inspirational speaker, a Confidence and Clarity Coach who empowers women all around the world. It’s my passion, my assignment here on earth.” – Darniece Bragg. “The book is a guide to inspire people to look at themselves, work on themselves, and pursue their passion no matter what.”*

The level of uncertainty globally is one of the factors that continue to hinder millions of people in different

parts of the world from achieving their life goals. Over the years, several resources have been developed by experts in the field of life coaching to motivate people to act in pursuit of their goals. However, the seeming abstractness of such resources has made the efforts less effective. Consequently, Darniece is looking to change this narrative with the release of *Shifted To Speak On Success* as a relatable guide with easy-to-implement yet effective tips.

Darniece personifies the process of self-motivation, leveraging her years of experience working with

women across age groups to create a comprehensive guide for all categories of individuals. As an author, Darniece has mastered the craft of releasing impactful books, with her works centered on building women up. The women empowerment advocate is known for teaching female entrepreneurship, using every platform available to tell stories of women-owned businesses that started from scratch and have grown to dominate their respective industries.

### About Darniece Bragg

Darniece Bragg, CCLC, has described Steve Harvey, a

radio personality on Philadelphia WDAS Radio, as her inspiration. According to her, Steve inspired her to start her first organization, Walk In Them Shoes, LLC, an empowerment firm that offers one-on-one coaching, courses, and group coaching, as well as products like inspirational shirts and mugs. Darniece Bragg also runs another company- Black Woman About Business. She is building a community of entrepreneur women of color who are following their dreams. This community aims to help other women to bridge the gap in being a one-lady show, as there is ample space to connect to support, learn, teach, and mentor other entrepreneurs.

To learn more about *Shifted To Speak On Success* and other projects from Darniece Bragg, CCLC, visit – <https://www.walkintheshoesllc.com/>. The advocacy continues across social media, including Facebook and Instagram.

### Media Contact

**Company Name:** Walk In Them Shoes, LLC

**Contact Person:** Darniece Bragg, CCLC (Certified Christian Life Coach)

**Email:** Send Email

**Phone:** +1 267-632-6281

**Country:** United States

**Website:** <https://www.walkintheshoesllc.com/>



# WORD ON THE STREET

## "BET'S TRAP QUEEN AND PHILLY NATIVE



2019, is a force to be reckoned with. Not only is she a brilliant personality and a dedicated mother, but she is also a leader in her community.

At the age of 19, Bagley went to prison for armed bank robbery, but she has since turned her life around and become an inspiration to many. She explains that she was chasing money and a lifestyle at the time but has since found true success through her businesses and her efforts to empower others.

Locked Down Love: The Trap Queen Weekend is an annual event that recognizes the triumph and resilience of men and women who have overcome the adversity of incarceration. This event is dedicated to honoring those who have returned to society and evolved into better versions of themselves.

The event was hosted by the stars of the hit show American Gangster Trap Queen and was a three-day celebration of hope and inspiration. The weekend began with a meet and greet with the stars and, the next day red carpet award ceremony, where individuals were recognized for their remarkable achievements since returning to society.

Honorees included: Rashae Nixon, Ronald Johnson, Raheem Whitaker, Inga Nykole, Michelle Simmons,

Rasheeda Bagwell, Dawan Williams, Rickey Duncan, Hasan Freeman, Isiah Morgan, and Haneef Mayes.

@mr.\_pacman1982  
@astrattonllc  
@yardoutfitness  
@customquickcarsink  
@np\_shae @backon\_deck  
@standwhat\_udo  
@sakinahdawson  
@shujamoore  
@april4haircare  
@mr.\_nomo  
@childhoodlostisme  
@hayaaboutique1  
@moonie\_spot18  
@partyhopperspartyrentals  
@auntie\_bosstatus  
@lonettwilliams  
@shontel\_greene

### Message from Sydia Bagley

There aren't enough words to express my gratitude for my village, and I just wanted to take the time out to thank my sponsors who contributed to locked-down love in one way or another. Not a second of your time or a penny of your dollar went unnoticed or unappreciated. You guys are extremely amazing. I just couldn't let the day go without shouting at the top of my lungs.

Thank you @teefinancials @themanlycure @\_bizarrebroids @rides4women @therealmsjade @guidelinegirlsconsulting @cannabis\_noire @why\_not\_prosper

@astrattonllc  
@nomo\_foundation  
@diagnosticcarenow  
@woodlynacademy\_est2016  
@worksmartilc @statotoni @sademoohmom  
@reform  
@haneef.yatta you guys are simply amazing and I appreciate you all. And a huge shout out to my guy @phillyceleb my girl @za\_mula @rashidcee.photography @pqradiol.comlive and @inhouseproduction16

The event was open to everyone, regardless of whether they have been incarcerated or not. It is a privilege to be able to award such deserving individuals and to witness the unifying power of those who have faced similar struggles. It was great to witness the love in the room and to see catch up with my friends Kel'li Sherrene and Zarinah Lomax and a special guest appearance by Ms. Jade. We had a chance to catch up and celebrate the amazing men and women that were awarded for their triumphant transformations and dedication to the community.

In conclusion, Locked Down Love: The Trap Queen Weekend was both inspiring and entertaining. Glad to have had a chance to be a part of this powerful celebration of hope and resilience.



### Sydia Bagley Honors Men and Women That Excelled After Incarceration at Her Signature Event 'Locked Down Love (The Trap Queen Weekend)'

lives after facing the challenges of incarceration. Bagley, who rose to fame through her appearance on the hit show "American Gangster: Trap Queens" in

**Congratulations to Dawan Williams, Rickey Duncan, Rashae Nixon, Ronald Johnson, Raheem Whitaker, Inga Nykole, Michelle Simmons, Rasheeda Bagwell, Hasan Freeman, Isiah Morgan, and Haneef Mayes.**

Philadelphia's own Sydia Bagley, a serial entrepreneur, author, and owner of the Locked Down Love organization, Sy's Palace and Sys Palace Seamoss Gold, hosted her annual red carpet event, "Locked Down Love (The Trap Queen Weekend)" in recognition of men and women who have made positive changes in their





# LOVING MY HEALTH

## TRACY PARSON LAUNCHED HER BOARD GAME BOTCHED SKOTCH AT THE LOVING MY HEALTH FITNESS EXPO!



of hearing the whistle blow, signaling the start of gym class or the playground? You recall the thrill of the chase, the adrenaline rush as you ran, jumped, and played with all your might. The memories are etched in your mind like a warm and comforting hug, reminding you of simpler times when all you had to worry about was outrunning the other kids.

That's how I would describe Botched Skotch, it is a walk down memory lane, taking you back to those carefree days filled with pure joy, and they continue to bring a smile to your face, no matter how many years have passed. Tracy Parson created Botched Skotch, which is a board game version of Hop Scotch to bring back a rush of memories from your childhood and to get the kids up and active again.

Botched Skotch was the perfect feature of the Loving My Health Expo, which God inspired. To celebrate our birthday, Tracy and I are birthday twins; we wanted to give the gift of health and knowledge to the community.

The Loving My Health Health and Fitness Expo was a great success! Thank you to everyone who participated and helped make this event such a huge success. This event brought together fitness enthusiasts, health experts, and community members to promote healthy lifestyles and to help educate people on how to maintain a healthy and active lifestyle.

Loving My Health featured a health panel with Jermaine Millhouse, Mainstream Marketing Supreme Da Rezerehta', Funk-Hip Hop Artist, Karen Darlene Montgomery, Philly Model Guild, Tien Sydnor-Campbell, BodyMind Consulting, LLC, Samantha T.

**Shelly Shell Williams Kicked Off the New Year and celebrated her birthday with a Free Health & Fitness Expo - Loving My Health.** Urban Xpressions, in conjunction with TraPar Entertainment, hosted a free day of fitness on January 21, 2023, with a Health & Wellness Panel, Philly Girls Jump, Zumba, Basketball, and New Sensational Game Botched Skotch.

**Inspiration for Loving My Health**

Loving My Health was divinely inspired by Shelly Shell Williams' healthy living journey while observing the various health issues of close family and friends over the years. Some health issues could have been averted had simple lifestyle changes been applied. Hence, it's time to CRUSH excuses and make some hard yet positive modifications. People from all backgrounds share with Shelly Shell just how much her personal journey inspires them to keep pressing

forward. Therefore, she believes teaching those she has inspired in the past, inspiring in the present, and will inspire in the future is part of a larger mission to accomplish a healthy mindset. When God led me to create Loving My Health, I wasn't sure of the plan, but my mom, Finely Recreation Center, Tracy Parson, and Dr. Khadija instantly got on board.

The Loving My Health (Health & Fitness Expo) was all about fitness and fun

interactive activities for the entire family. Loving My Health was held at **Finley Recreation Center, 7701 Mansfield Ave, Philadelphia, PA 19150**; the community enjoyed a day filled with exciting health and fitness challenges, games, and more. Thank you to Fletch A. and the entire team at Finley Recreation Center for an excellent facility, and thank you to Aetna for providing the music of DJ Rod and to Family Printing for providing the official Loving My Health T-Shirts.

What is Botched Skotch? Remember the excitement



Mitchell, Anytime Fitness Owner & Operator, Kennesha Wood, BSN, RN Owner of FitNKurvy Health & Fitness, LLC. Jae Barnes, Silk CoCoon Beauty Bar and Dr. Paul Hokins, N.D.

Thank you to Tanisha of Philly Girls Jump, Lexi Live Podcast, Angelique Marshall, Jasmine Chosen Vessels Candles, Mindkee, Izzily Waistbands, Sadina Davis, Create the Look, Sherri Johnson, Supreme Gospel Entertainment, Dr. Khadija Douglass, Infinite Wellness, Kennesha Gill,

Pray and Go to Therapy, Oak Street Health, and Aetna. Also, thank you to the media partners, Leesa Media, Pastor Gary Moore Live, Ed Long, and Brother Marcus, Uptown Standard, Jon McKay mayoral candidate, MonieondaScene, Katrice Bailey, Lashawn Elise, Matthew Miller, and so many more.

In addition, the expo provided a platform for local health and fitness organizations to share their message and promote their initiatives

to a wider audience. This helped to raise awareness of the important work that these organizations do, and it also provided them with an opportunity to connect with potential partners and volunteers.

The turnout for this event was tremendous, and we were thrilled to see so many people engaged and motivated to take control of their health. We hope that this event has inspired everyone to continue their pursuit of a healthier lifestyle and to

make a positive impact on their own health and well-being.

Finally, we would like to extend our gratitude to all of our sponsors, volunteers, and participants who helped to make this event a reality. Your support and dedication to promoting healthy lifestyles in our community is truly inspiring, and we are grateful for all that you do.

Until next time watch Single On a Saturday Night every Wednesday at 10:30

pm. Watch Live: Phillycam.org/watch | Xfinity 66/966 | Fios TV 29/30 | on I fame tv on Roku | Apple T.V. and Whomagtv.com. Follow @motivationmondaynetwork and connect to the winner's circle by texting the word MIX to 42828

## LOVING MY HEALTH

# THE BRAIN BEHIND BODYMIND PHILOSOPHY



Disability Advocate and Author, Tien Sydnor-Campbell has studied the bodymind connections for over 25 years as a Massage Therapist, Massage Instructor / School Director (author

of Deep Tissue Student Manual) and finally as a trauma-informed, body-centered psychotherapist before being medically-retired due to Autoimmune Rheumatoid Arthritis. While going through diagnosis and

treatment, Tien used every tool at her disposal and employed the same bodymind strategies she continues to teach others; with the ultimate goal being "to live a life you love and love the life you live," especially

after being given a chronic illness diagnosis. Feedback on the impact of her work from students, clients, and colleagues internationally brought the book *It's Healing Time For The BodyMind of Black Womxn to life. The diagnosis of Autoimmune Rheumatoid Disease ignited a fire to bring more attention and information to the disabled Black community (and women, in particular) who needed to have some basic information at their fingertips. All of her continued work as an advocate, author and speaker are designed to help all womxn (X is used to be inclusive of all femmes). Tien's mantra and goal is for everyone to know and understand that "Our Bodies Are a Source Of Truth, Sometimes The Truth Hurts And We Need Help!"*

Tien was a featured panelist for the **Loving My Health Expo**, and she spoke about her book, coping with several serious health conditions, the effect of trauma in the body and it's correlation to mental health/wellness. Tien also touched on a few subjects like repeating negative experiences, memories being stored in the body, and treating your body & mind as a unit, rather than as separate entities. Although medically-retired, Tien continues to be a vocal advo-

cate, featured speaker, and workshop facilitator. On occasion, Tien offers consulting services to individuals and businesses across the globe. If you're in the Philadelphia & vicinity, you can find her leading a guided meditation class and running a pain management coaching group at the Black Lotus Holistic Health Collective on Sunday's. Tien has a personal goal of adding Certified Trauma-informed Yoga Instructor (specifically for disabled body's) to her skillset. If there is one thing that you can be sure she will tell you it is this: Listen to your body and give yourself grace like you would anyone else you care about.

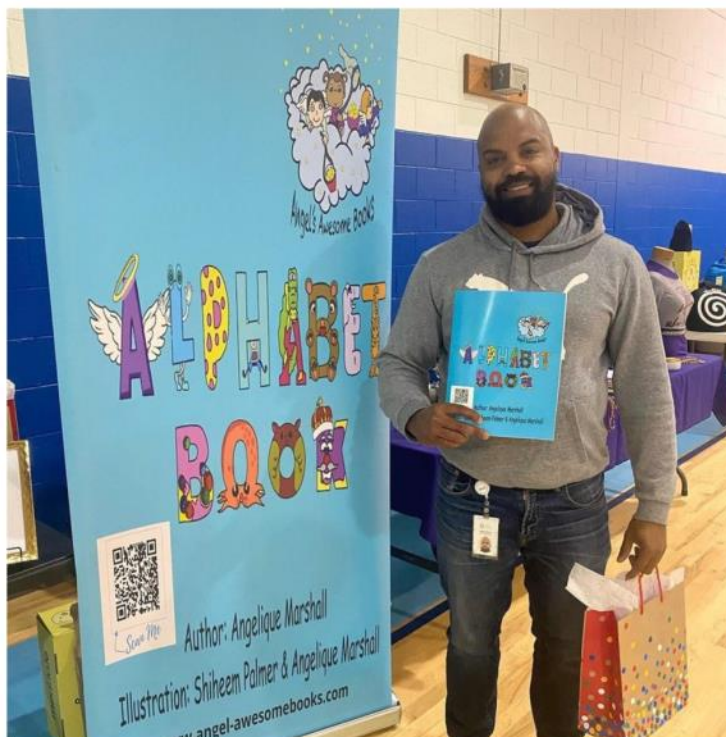
Follow her work on FB or IG @bodymindphilosophy

--  
Leesa Media LLC  
[leesamedia.net](http://leesamedia.net)



## LOVING MY HEALTH

# MEET ANGELIQUE MARSHALL, FILM PRODUCER, MENTAL HEALTH ADVOCATE & AUTHOR.



*ductions]. Lique Productions specializes in producing independent films, music videos, commercials, theatre productions, and now augmented reality children books.*

A natural visionary, Angelique always had a knack for combining her love of film with her passion for helping people. Combining her two passions led her to the entrepreneurial world, which provided an opportunity to help children with their mental health needs, learning disabilities, and telling stories using augmented reality or AR. Her first book is the **[Alphabet Book]**, an augmented reality children's storybook that brings the alphabet letters to life with sound effects and narration. For children, AR stories are exciting for many different reasons. First, it's fun to interact with the characters on the pages through the use of AR. Second, connecting to characters through their visual and auditory senses makes learning engaging and easier for children. Angelique's goal is to empower children to succeed in school, live happy, healthy lives, and appreciate the beauty of reading.

For more information on the alphabet book, bookings or general inquiries, visit the website below.

Website: <https://angels-awesomebooks.com/>

Instagram:  
@angelsawesomebooks  
By Leesa @leesamedia

So I've stumbled upon yet another gem in our small business world. Meet Angelique Marshall, film producer, mental health advocate & author. I ran into Angelique while she was vending at the **[Loving My Health Expo]** hosted by Shelly Shell Williams. Her table was an automatic magnet to browse & shop! We chatted for a while about her **Augmented Reality Alphabet** book and upcoming events.

The interactive book is used with an app (available on Google Play & the App Store) which brings the al-

phabet letters to life with sound effects and narration. Children absolutely love it! I can tell you first hand, it was a hit at the event! Several event-goers came up to her table while we chatted, inquiring about the book and to make a purchase.

Angelique says her journey in publishing a book had its ups and downs, but she ended with saying, "For me, the most rewarding aspect of being a creative artist is bringing something from an idea to reality. Being able to merge my gifts together to support families, and enter-

tain them as well as teach them." Let me tell you; "I felt THAT!" It's hard to go from an idea to reality especially when you're doing it on your own. I believe we have a best seller on our hands with an entire series to come! So before you go, read her story below. Angelique's book was featured on a segment of **6ABC** news and Philadelphia's **Fox 29** highlighting local authors. She also featured in a few online magazine publications. Angelique plans to do a few book signings around the tri-state as the pandemic played a major role in slow-

ing book tours down. Don't forget to follow her on social media, tell her Leesa sent you! You'll be seeing and hearing a lot more from her very soon!

### About the Author

Angel's Awesome Books was founded by Angelique Marshall, who holds a **Master's Degree** in mental health counseling. Angelique has serviced children in the mental/behavioral health and early intervention field for over 20 years. She is also the founder of the successful film production company **[Lique Pro-**



X-PRESSIONS, INC

# PRAYER IS A GIFT

BY HELEN WILLIAMS



## PRAYER – What a Gift!

By Helen Williams

With a word or just a thought, is to be in Your Presence. The Presence of the Most High God is guaranteed by His Word.

*“And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.” (Isaiah 65:24)*

The prayers of the saints are heard and answered by God. HE knows the desires/pleadings of our hearts before we speak them in prayer. God’s answer speeds on its way before we call. He re-

sponds to our cry while we are calling, and His answer will always be delivered in HIS way, in HIS time, and for HIS eternal praise and our eternal benefit. Prayer starts with God. It’s His idea. God is the instigator, implementer, and inspiration of prayer.

**“Prayer Starts With God”**  
by: **Lloyd John Ogilvie (Isaiah 65:24; 1 John 5:12-15; Romans 8:26-30)**

I believe God led me to this “Revolutionary thought” (his words) written by Lloyd John Ogilvie. A Christian for over

thirty-five years, he credits the verses above with a complete change to his prayer life. He states, “The heavy baggage of believing that I had to get God’s attention and that He would listen and respond if I said the right words...” And, “Prayer became burdensome and laborious. Often I was reluctant to pray...” “Then one day,” said Ogilvie, “It happened on a combination of scriptures, which exploded the tight, constricted, and limited view of prayer I had held. Simply stated, it is this: Prayer starts with God. The desire to pray is the result of God’s great-

er desire to talk with us. He has something to say when we feel the urge to pray. Our responsibility is to listen.”

I have taken many liberties with Ogilvie’s teaching, bordering on plagiarism, mixing his “Revolutionary thoughts” with my own in the body of this article. I have experienced some/much of his dilemma in regard to prayer, and find the referenced scriptures, when placed side by side, helpful, as well as the article. My intention is to spend more time prayerfully testing his “Revolutionary thought.” In the meantime:

Lord, I’m thanking You for this day that You have made, a day that we haven’t seen before and will not see again. I’m grateful for each new day, along with its brand-new mercies. We’re told to rejoice in all things, for this is the will of God in Christ Jesus concerning us. Being steadfast and without ceasing in prayer. As we walk by faith, not by sight, hope does not disappoint us because the love of God has been poured out into our hearts by the Holy Spirit, who was giv-

en to us by our Father. Lord, I’m asking for abundant blessings as the Urban X-pression’s team prepares for this new venture. Direct their endeavors to a plentiful harvest for Your glory, that Your kingdom expand 30, 60, 100 fold. Holy Spirit, as you continue to guide us in our prayers, we thank You for reminding us of our need for confession and repentance of sins. If we confess our sins, Jesus is faithful and just to forgive us our sins and cleanse us, just as if we never sinned. In the name of Jesus, I ask and pray all things, nevertheless, not my will but, Thy perfect will be done. Amen.

*“The one concern of the devil is to keep Christians from praying. He fears nothing from prayerless studies, prayerless work, prayless religion. He laughs at our toil, mocks at our wisdom, but trembles*

*when we pray.” (Samuel Chadwick, “Back to the Bible,” 1959).*



# REMINISCE, I REMINISCE: CELEBRATING URBAN X-PRESSIONS



## “You can’t front on Urban X-pressions; they hold you down when you ain’t got no cable” Meek Mill – Powerhouse 2010

As we celebrate Black History Month, it's important to look back on the trailblazing achievements of those who paved the way for future generations. One such trailblazer is Urban X-pressions, the longest-running video show in Philadelphia broadcast history.

Established in 1992, Urban X-pressions was a beacon of light in a time when technology was far less advanced, and indie content

producers struggled to get their material seen by the masses. Despite these challenges, the show was able to introduce major artists and help make them stars, thanks in large part to its airing on WGTW TV 48, owned by Dorothy Brunson, the first African American woman in the nation to own a TV and radio station.

Every Saturday from 11 pm to 1 am, Urban X-pressions was the only live video show on a black-owned

public broadcast station. It was accessible to anyone, regardless of whether they had cable. This made it a lifeline for people in prisons, who could view the show. Despite facing tough competition from Saturday Night Live, the show was able to keep its ratings up and maintain its audience, reaching millions every week.

In this monthly column, we will pay tribute to Urban X-pressions and its impact on

music and entertainment. This month, we remember Meek Mill's performance at Powerhouse 2010. Thanks to the generosity of Charlie Mack, Urban X-pressions was able to run a contest for its viewers to attend the concert and meet Meek Mill, DJ Drama, Lloyd, and Bobby V backstage. The winners of the contest, Anissa and John, went on to conduct interviews with the artists, creating unforgettable memories that still live on today.

To relive the magic of Urban X-pressions and see the video from that historic concert, visit [Urbanxpressions.com](http://Urbanxpressions.com) and become a member. Let's continue to celebrate the legacy of this pioneering show and all those who made it possible.





# THE NEW VOICES OF THE PHILLY MUSIC SCENE

Philadelphia has always been known as a musical city. From the early days of Gamble & Huff to the Grammy award-winning rap duo The Fresh Prince and DJ Jazzy Jeff. Our city has produced award-winning artists like The Roots, Jill Scott, KINDRED THE FAMILY SOUL, FLO-

ETRY, Eve, MUSIQ SOULCHILD, Jasmin Sullivan, and a long list of others.

On the rap scene, artists like Meek Mill, Lil Uzi, Yazz, State Property, Major Fig-gaz, and Cassidy are all from the city.

Now there's a new generation of Philly artists that are making noise in the music industry.

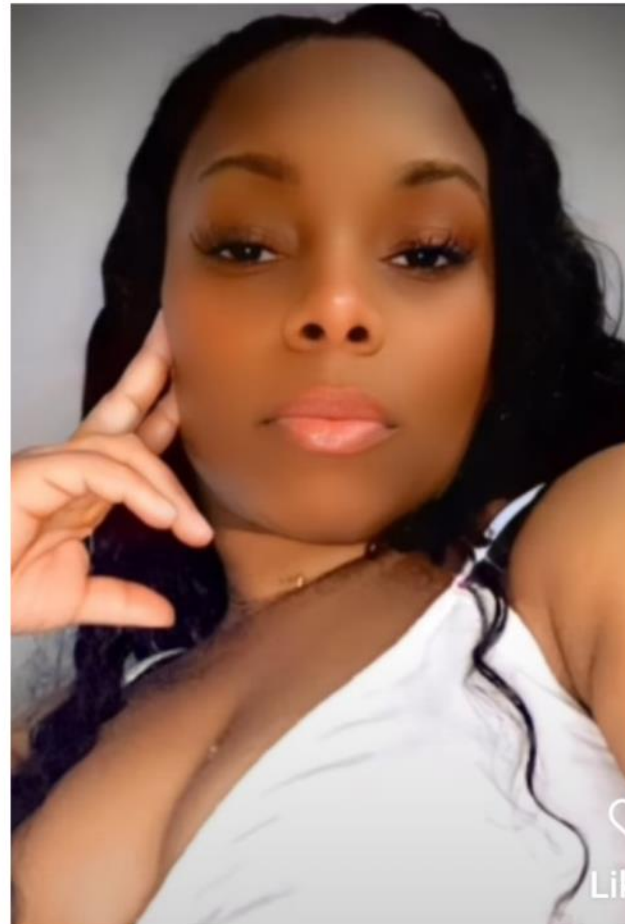
They come from all over the city. North, west, southwest, and Uptown. Artists like Dell-P, RJ PAYNE, MEC MONROE, SON OF THE 215, SUZANN CHRISTINE, ROCKY, IMAGE

DAVOICE, RA CERTIFIED, DEEJAY THE SINGER, COREY WIMS, REEZY, MAYIA SINGH, and so many more.

We are a city that loves our music and the artists that represent our hometown. From the legends like Pattie Labelle, Stylistics, and Ted-

dy Pendergrass to the new wave upcoming artist Philly is and will always be the vibe when it comes to making music.

Contributing Writer: Jimmy DaSaint





# MOVIES, MUSIC, MAKING MONEY

## FROM FEDERAL PRISON TO CREATOR: THE TRANSFORMATIVE JOURNEY OF FILMMAKER, AUTHOR JIMMY DASAIN'T MAKING DREAMS COME TRUE

By Jimmy and Shelly Shell Williams

The definition of a Saint is kind, and if you ask anyone, they will say Jimmy is that guy. He looks out for Philly, making sure he gets people a part in his movies, promotes their business, or shares his knowledge.

After being released from federal prison in 2010, Jimmy Dasaint has been on a serious mission. While in-

carcerated, he began writing novels and became one of the first federal inmates to receive a three-book publishing deal.

So far, Jimmy has written and published 30 novels. Including the bestselling urban classic Black Scarface, Co-written by Former L.A. drug kingpin Freeway Rick Ross. (Soon to be a tv series). In 2012 Jimmy Dasaint and his team ( Plex, Tiona,

Sonya ) started The Philly hip-hop awards. It's been the longest-running award show in Philadelphia.

Now Jimmy is on a new mission. By writing, directing, and distributing feature films. In 2017 he wrote and directed his first film, THE TRAP. featuring an all-Philly cast and soundtrack. A film dedicated to his slain younger brother.

In the following years, Jim-

my released the films THE KARMA EFFECT, YOU ONLY LIVE ONCE, BROKEN TRUST, NOBODY'S SON, and his award-winning Documentary AMERICAN HUSTLER.

This April 8th, Jimmy Dasaint will be producing the second annual Philly Urban films Awards, Showcasing the urban film community. He will also be releasing his two latest films, STICK

UP BOY and the comedy SATURDAY featuring Red Snapperrr, Mally Cobain, and a long list of top local comedians.

Just like all his films, the cast and soundtrack will be all Philly natives. Follow this talented man as he continues to climb to the top of the film world while carrying Philly on his back. @jimmydasaint1



# UXNM: LEGACY ARTIST TO WATCH - BRII CREATIVE

## EMERGING ARTIST SPOTLIGHT BY SHAMAR RIDGEWAY

### Spotlight on Brii Creative

Legacy: Who is your inspiration in the music business?

My favorite artists are Drake and Beyonce, but overall, I just love great music. I love beats; I love that feeling I get when I hear them, no matter the genre.

Legacy: What are you working on?

I am currently working on an EP that I am super excited about. Everyone will get a preview of it with my new single, "You Want Me"

Legacy: What are your goals as an artist for 2023?

By the end of this year, I want to feature my two favorite artists, Drake and Beyonce. I want to be the artist to bring real rapping back without exposing myself.

Follow @brii.creative





# SUPREME GOSPEL ENTERTAINMENT

# SUPREME GOSPEL ENTERTAINMENT & MARKETING —INSPIRES & EMPOWERS



By Sherri Y. Johnson

Supreme Gospel Entertainment & Marketing —Inspires & Empowers

Philadelphia-based Supreme Gospel Entertainment & Marketing (SGEM) is proud to partner with Urban X-pressions to bring great entertainment news, community news, inspiring articles, and more to a broad and diverse audience.

SGEM has been a pillar in the community and an active member of the Gospel music industry since 1998 as a 501 (c) (3) entity.

Over the years, SGEM has traveled the country covering events including but not limited to the Stellar Awards, Gospel Music Workshop of America and NBA All-Star Weekend. SGEM has worked with national recording artists and campaigns ranging from Stellar Award-winning Ricky Dillard to Philly's own Tamika Patton and The Bishop's Choir, Darius Twyman, Donnie McClurkin and CeCe Winans.

SGEM has also coordinated national outreaches where thousands of children received school

supplies, toys and clothing to food giveaways at partner shelters and churches for underserved communities. SGEM partnerships include Create the Look Staffing, Single of a Saturday Night TV, Indie Go Inspire, Esther Productions, Gospel Highway 11, Merge Music Group, Jemison & Associates, and others that produce shows, promote artists and market clients.

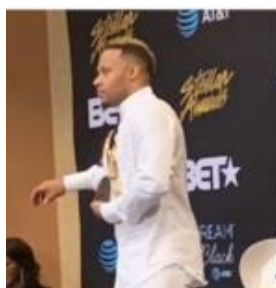
This spring and summer, SGEM will cover award shows, confer-

ences, seminars, church festivals and youth events and much more. SGEM will serve as a bridge that connects the reader with not only entertaining stories but ones that are hope filled and empowerment based.

As the year progresses, SGEM articles will continue to uplift, motivate and encourage the reader through engaging features. Whether it is a recording artist coming into the city or our team going to a different city to

cover events, our readers—you will get the very best!

SGEM is elated to join, what will become, one of the most dominant media conglomerates ever established. Connect with us on social media! Facebook: Supreme Gospel Ent. | TikTok/Instagram: @sherrisupremegospel—until the next column, remain encouraged!





## SINGLE ON SATURDAY: RELATIONSHIP TALK

# 5 SIGNS YOU ARE BEING GHOSTED AND HOW TO DEAL WITH IT

## My Next Relationship 🤪...

## I'm NOT Putting No Cute Contact

## Name. Imma Put "We Finna See" 😂

**Lack of Communication:** If someone you were previously in contact with suddenly stops responding to your messages, calls, or emails, it could be a sign that they're ghosting you.  
**Plans Canceled Repeatedly:** If they continuously cancel plans with you without giving a proper explanation, they may be avoiding you.  
**No Response to Attempts to Reach Out:** If you reach out to the person multiple times and receive no response, it could indicate that they're intentionally avoiding you.  
**Their Social Media Presence Drops:** If they stop liking or commenting on your

posts, or if they become less active on social media altogether, it could be a sign that they're ghosting you.  
**Avoiding In-Person Interactions:** If they suddenly avoid in-person interactions with you, such as not showing up for a scheduled meeting, it could indicate that they're trying to end the relationship by ghosting you.  
**Ghosted? Here's how to recover**  
People "ghost" or suddenly stop responding to communication in relationships for various reasons, such as fear of confrontation, lack of interest, or being overwhelmed by personal issues.

Being ghosted can be hurtful, and it's normal to feel a range of emotions such as confusion, anger, and sadness. To handle being ghosted, it can be helpful to:  
**Allow yourself to process your emotions:** Acknowledge your feelings and give yourself time to heal.  
**Reach out to trusted friends and family:** Talking to someone you trust can help you feel less isolated and provide a different perspective.  
**Try to understand the situation:** If possible, try to gain insight into why the person may have chosen to ghost

you. Keep in mind, however, that you may never get a clear answer.  
**Focus on self-care:** Engage in activities that bring you joy and help you feel good about yourself.  
**Consider moving on:** Sometimes, the best way to heal from being ghosted is to let go and move forward. Remember, being ghosted does not reflect your worth as a person and there are plenty of opportunities for new, healthy relationships in the future.  
"Singles, come join us for a day of fun and laughter! Put aside the pressure of finding a relationship and just enjoy

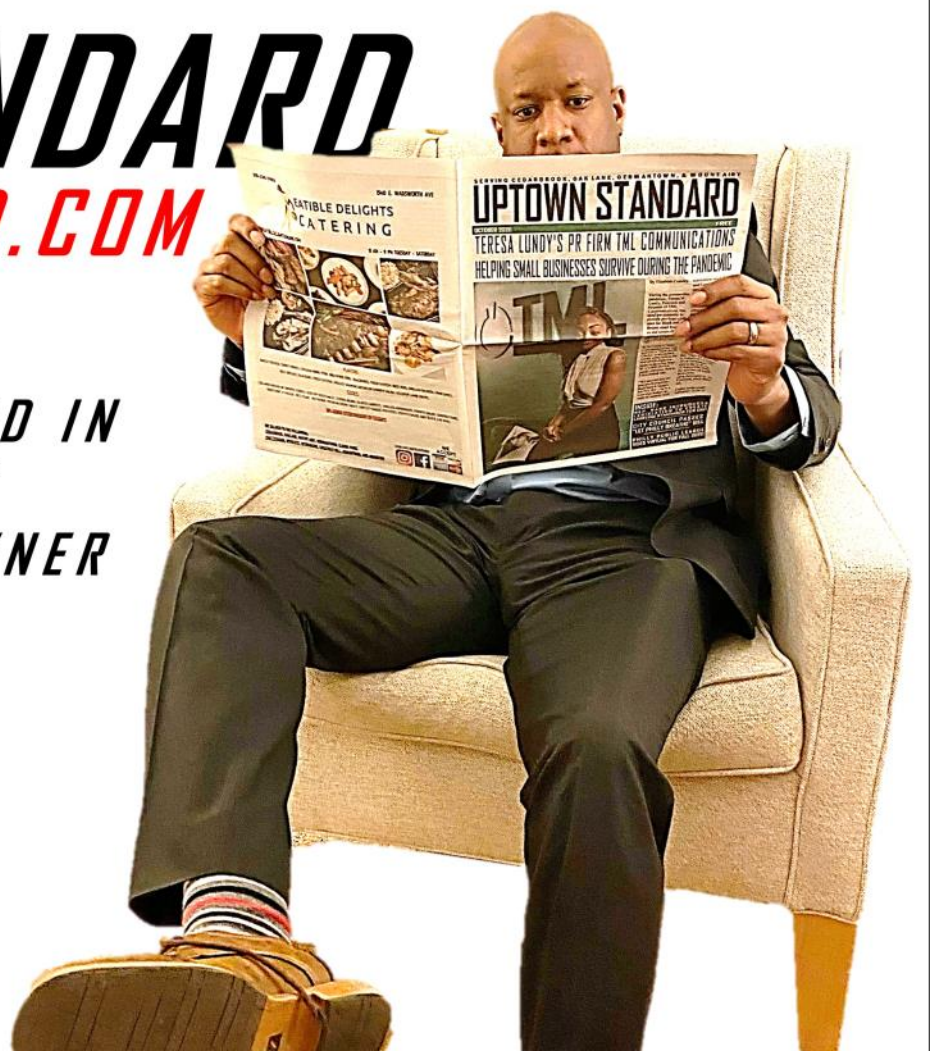
being single. Every 4<sup>th</sup> Saturday, we host Single On Saturday – S.O.S. a dating discussion where you can let loose and sing your heart out at our karaoke day party. No expectations, just good vibes and a chance to connect with like-minded individuals. So grab your friends, sharpen your vocals, and let's have some fun!" Live TV Taping of Single On Saturday, Every 4<sup>th</sup> Saturday at Miller's Ale House, Columbus Blvd. Philadelphia PA. Text the word MIX to 42828 to join our list.

# UPTOWN STANDARD

[WWW.UPTOWNSTANDARD.COM](http://WWW.UPTOWNSTANDARD.COM)

*WE ARE SETTING A NEW STANDARD IN BRINGING YOU LOCAL NEWS THAT MATTERS" - JAMES WILLIAMS, OWNER*

UPTOWNSTANDARD





## MOTIVATION MONDAY

# METAMORPHOSIS: THE PRACTICE OF CHANGE



Nathaniel Lee

At the end of every year, millions of people make resolutions for the upcoming year to make fundamental changes to their lives for the better. Most of those resolutions involve healthier living. Regardless of who you are, what you do, or where you do it, there's one thing we all have in common – we all want better for ourselves, that's right, ALL OF US.

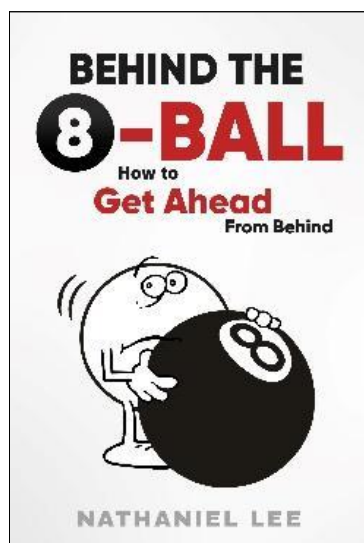
In January, those millions of well-intentioned people will lace up those walking shoes and hit the trails, start healthy diets, sign up for new classes and professional development courses, and then – poof! By March, more than 80 percent of them will have abandoned those goals, resolutions, and objectives and returned to their former ways. Why? Because behavior is learned and we learn through reinforced practice. Who we are, what we eat, and how we respond to life circumstances are all learned behaviors. Simply deciding one day that you'll change tomorrow probably isn't enough to make real significant changes a reality. It's not that we don't want to change or that we are just too weak, no, it's deeper than that, it's a habit and habits don't just die on their own, they must be killed.

Much of who we are have been imprinted in our personalities by age 6. After that, we spent years, for some of us many years, liv-

ing and behaving the way we live and behave and have formed very strong habits which have now become subconscious norms. We don't even have to think about them anymore, under the right circumstances and conditions, or as we say in the business, "triggers" we react automatically in the way we have been accustomed to responding over the course of our lives.

If you think you are simply going to up and change those thoughts, behaviors, and habits by just deciding to do so one day, you probably have another think coming.

But it can be done, I know because I did it and so can you.



How you might ask? And if you didn't ask, you should have because that's a good question. By using the same principles that created these habits and norms in the first place.

Habits are formed by persistently practicing behaviors that become automatic over time. What you do consistently over time becomes a virtually permanent part of who you are. Some people eat the way they eat because they have always eaten that way and now it's simply a part of who they are. It's no longer a choice as much as it is a compulsion strengthened by years of practice. People who instantly react to emotional or psychologi-

cal triggers do so even when they consciously wish to stop doing so because of these ingrained habits which have become a part of their automatic subconscious responses which are activated under specific circumstances or conditions.

The key is to replace the old habits we desire to change with the new habits we desire to replace them with. Easier said than done but they can be done, nonetheless. The trick is to learn the new habit, behavior, mindset, or reaction the same way you first learned the old ones – persistently practicing the desired behavior!

That means you are going to have to keep trying them over and over again. The old you won't just die, it won't just give in, they are going to have to be starved through neglect and forced to concede. So too the new you won't just come to life and become part of your everyday behavior or character, they are going to have to be fed, nourished, and strengthened through time, effort, and persistent practice. In time, and in some cases, lots of time, they form your new character.

It's hard to grow in contaminated soil. The seeds of change you plant must be nurtured in the right environment and there are very practical ways to create such an environment. That will be our next topic.

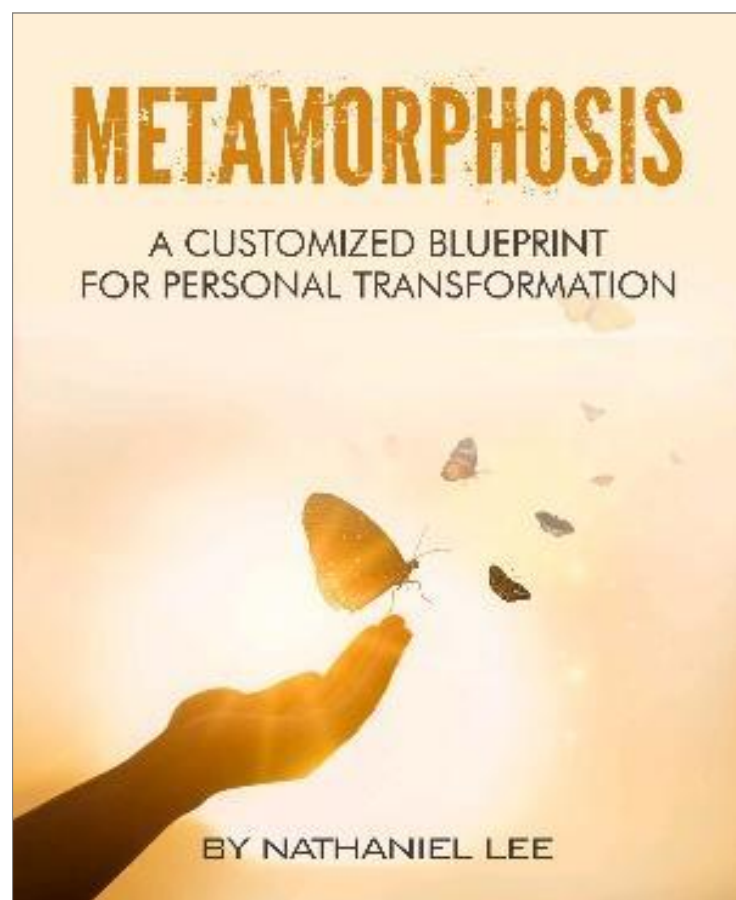
In the meantime, understand how our behaviors and personalities are formed and use this knowledge to create new behaviors and a transformed personality. A good step might be to get a copy of my book, *'Metamorphosis, A Customized Blueprint for Personal Transformation'* where this topic isn't only discussed but the readers are guided through the process of creating their own transformation.

Here are some tips to consider for practical application because it's not what you know but what you do:

1. Once you've decided what changes you would like to make, set up your environment to support your efforts. Post positive affirmations around your home, get rid of the things in your home or office that seem to deter you or interfere with your efforts and replace them with things that support and encourage them.
2. Create a supportive community. You are more likely to succeed if you have others helping you along the way. Find or create a community of people who can help you, guide you, encourage you. Join groups, organizations, or institutions that can reinforce your fight for transformation and be there for you when things get tough.
3. Let go. You can't get ahead looking back. Let go of your past and the things of your past.
- 4.
- 5.
- 6.

Tough to do? You bet. However, you are going to have to commit yourself to the path you are determined to take and be done with the past you are trying to leave. You cannot have both the past and the future and you can only have the future you want by committing to doing what it takes in the present.

And for those who are struggling and need a little encouragement getting through challenges, setbacks, and conditions that are not ideal for the lives they seek to create, I suggest reading my book *'Behind the 8-Ball, How to Get Ahead From Behind'* both are available on Amazon.





**CREATE THE LOOK BEAUTY DIRECTORY**



**Coming Spring  
2023**

**SO WHY AREN'T  
YOU IN THE BOOK?**

- Salons
- Barbershops
- Licensed & Student  
Stylist
- Licensed Barbers
- Massage Therapist
- Nail Techs
- Make Up Artist
- Estheticians
- Cosmetology Schools
- Product Companies
- Dentist
- Hair Stores & much more

**FOR MORE INFORMATION**

**TO GET YOUR BUSINESS LISTED  
IN THE CTL DIRECTORY**

**(215)868-2121**

**info@createthelookagency.com**

