

SHOTZ

AUGUST 2023

SHOTZMAGAZINE.NET

MAGAZINE

**SHOTZ
AROUND
TOWN**

**SHOTZ
SLAB
OF THE
MONTH**

**SHOTZ
WHATS HOTT
WITH DOC**

INSIDE THIS ISSUE

ARTIST SPOTLIGHT

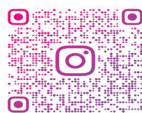
SHOTZ HEALTH ALERT

**SHOTZ MODEL OF THE
MONTH**

GET TO KNOW BATON ROUGE, LOUISIANA ARTIST

BOXX THE HUNGRY GENIUS

"Blame It On The DJ"



@DIDDYOFMYCITYSHOTZ

WHERE URBAN COVERAGE IS DONE RIGHT

SHOTZ MAGAZINE .NET

“WHERE URBAN COVERAGE IS DONE RIGHT”



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SHOTZURBANMAGAZINE



SHOTZMAGTV



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SHOTZURBANMAG

CATCH US ON ALL SOCIAL MEDIA PLATFORMS

Sistas Addressing Trauma

Podcast

11 AM

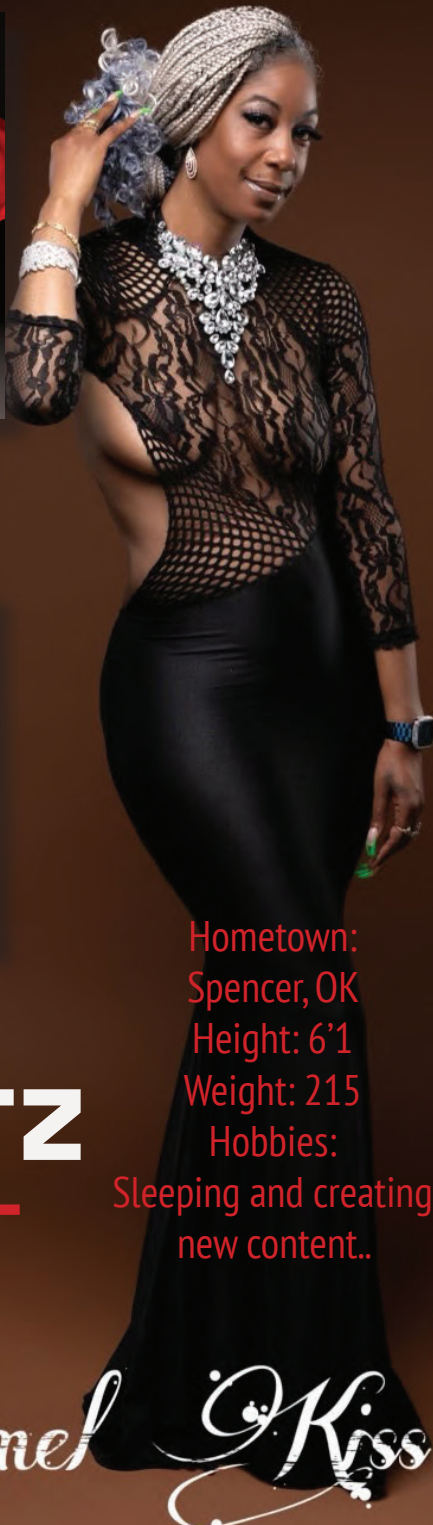
Live



Diclora Blair
**& Special
Guests**



**Tune in on
Facebook
& Youtube**



KARMEL KISS



KARMELKISSTHIS



KARMELKISSTHIS



Hometown:

Spencer, OK

Height: 6'1

Weight: 215

Hobbies:

Sleeping and creating new content..

SHOTZ
MODEL
of the
MONTH

Karmel Kiss



SHOTZ WHATS HOTT WITH DOC





Date	Preseason (TV)	Central Time
SAT, AUG. 12	JACKSONVILLE JAGUARS (CBS 11)	4:00 PM
Sat, Aug. 19	@ Seattle Seahawks (CBS 11)	9:00 pm
SAT, AUG. 26	LAS VEGAS RAIDERS (CBS 11)	7:00 PM

Date	Regular Season (TV)	Central Time
Sun, Sept. 10	@ New York Giants (NBC)	7:20 pm
SUN, SEPT. 17	NEW YORK JETS (CBS)	3:25 PM
Sun, Sept. 24	@ Arizona Cardinals (FOX)	3:25 pm
SUN, OCT. 1	NEW ENGLAND PATRIOTS (FOX)	3:25 PM
Sun, Oct. 8	@ San Francisco 49ers (NBC)	7:20 pm
Mon, Oct. 16	@ Los Angeles Chargers (ESPN)	7:15 pm
	BYE	
SUN, OCT. 29	LOS ANGELES RAMS (FOX)	12:00 PM
Sun, Nov. 5	@ Philadelphia Eagles (FOX)	3:25 pm
SUN, NOV. 12	NEW YORK GIANTS (FOX)	3:25 PM
Sun, Nov. 19	@ Carolina Panthers (FOX)	12:00 pm
THUR, NOV. 23	WASHINGTON COMMANDERS (CBS)	3:30 PM
THUR, NOV. 30	SEATTLE SEAHAWKS (PRIME)	7:15 PM
SUN, DEC. 10	PHILADELPHIA EAGLES (NBC)	7:20 PM
Sun, Dec. 17	@ Buffalo Bills (FOX)	3:25 pm
Sun, Dec. 24	@ Miami Dolphins (FOX)	3:25 PM
SAT, DEC. 30	DETROIT LIONS (ESPN/ABC)	7:15 PM
Sat/Sun, Jan. 6/7	@ Washington Commanders (TBD)	TBD

Home games in **BOLD**. Game times and television broadcasts are subject to change.

All Dallas Cowboys games can be heard locally in English (105.3 FM The Fan) and Spanish (La Grande 107.5 FM) and across the southwest on the Dallas Cowboys Radio Network.

SHOTZ MEDICAL ALERT



BLACK MENTAL HEALTH RESOURCES

Black Lives Matter. Black Mental Health Matters.

We stand in solidarity with the Black community. As allies, we are present and listening. We see and acknowledge your pain, fear, anger, and anxiety.

See below for specific mental health support & resources for the Black community at this time.

For immediate text support, reach out to **The Crisis Text Line** by texting COALITION to 741741 to connect with a Crisis Counselor for free 24/7. You can also call **National Suicide Prevention Lifeline** at 1-800-273-8255. It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe. Nacional de Prevención del Suicidio 1-888-628-9454

AAKOMA Project

The AAKOMA Project is helping diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

[Click here](#) to learn more.

Black Emotional and Mental Health Collective (BEAM)

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing.

[Click here](#) for more information on finding black virtual therapists.

Black Girls Smile

Black Girls Smile's mission is to empower young American women to take ownership of their mental health and stability.

[Click here](#) for more information and resources.

Black Mental Health Alliance

Black Mental Health Alliance's mission is to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.

[Click here](#) for more information and resources.

Black Mental Wellness

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

[Click here](#) to learn more.

The Boris Lawrence Henson Foundation (BLHF)

BLHF's vision is to eradicate the stigma around mental health issues in the African-American community.

[Click here](#) to learn more.



Heart Disease and Mental Health Among Black Women

- Stressful life events — such as the death of a spouse or other family members, divorce, abuse, job loss or financial problems — are linked to **HIGHER INCIDENTS** of heart attack, stroke and other types of cardiovascular disease in Black women.¹
- Disparities in mental health are due to **STRUCTURAL RACISM** and conditions in which people are born and live called **SOCIAL DETERMINANTS OF HEALTH**.²
- Women are at least **TWICE AS LIKELY** to experience an episode of major depression as men³ and **FEW AFRICAN AMERICANS** receive any form of depression treatment.⁴
- Rates of mental health among Black people in the U.S. are similar to other groups. But **SIGNIFICANT DISPARITIES** among Black people exist in mental health services.⁵

Barriers to quality care include:

- Stigma associated with mental illness
- Distrust of the health care sector
- Lack of providers from diverse backgrounds
- Lack of insurance, underinsurance



ONLY 1 IN 3 BLACK PEOPLE in America who need mental health services receives it.⁶



reclaimyourrhythm.heart.org

¹ Mental Health, Culture, Race, and Ethnicity | NCBJ Bookshelf (nih.gov)

² Health Affairs (pubmed.ncbi.nlm.nih.gov) | Health Affairs (pubmed.ncbi.nlm.nih.gov) | Health Affairs (pubmed.ncbi.nlm.nih.gov)

³ Depression | Data Briefs | February 2018 (nih.gov)

⁴ Prevalence and Distribution of Major Depressive Disorder in African Americans, Caribbean Blacks, and Hispanic Whites: Results From the National Survey of American Life | Psychiatry (nih.gov)

⁵ Phelan A, et al. "Black Americans" Chapter in Disparities in Psychiatric Care, Race and Ethnic Disparities, Washington DC: US Department of Health and Human Services, 2015.

⁶ Mental Health, Culture, Race, and Ethnicity | NCBJ Bookshelf (nih.gov)

⁷ Mental Health, Culture, Race, and Ethnicity | NCBJ Bookshelf (nih.gov)

SHOTZ KITCHEN



SnoopDoggs OG Fried Bologna Sandwich

SERVES 1

- 3 slices bologna
- 1 Tbsp unsalted butter
- 2 slices white bread
- 1 tsp yellow mustard
- 3 slices American cheese
- Barbecue potato chips, as many as you want

Place the bologna on a cutting board and cut one slit from the middle to the edge of each slice.

In a medium skillet over medium heat, melt the butter. Swirl the skillet to cover the bottom completely. When the skillet is hot and the foam has subsided, add the bread. Lightly toast for about 2 minutes per side, or until golden. Transfer to a cutting board and spread the mustard on one slice of bread.

Return the skillet to the heat and add the bologna in a single layer. Cook for 2 to 3 minutes, or until the edges are golden and crisp. Flip the bologna and top each slice with the American cheese. Cook for 2 to 3 minutes more, or until the cheese starts to melt.

Place the fried bologna and cheese on the toasted bread slice without mustard and top with as many chips as you and your sandwich can handle.

Close the sandwich, placing the other bread slice, mustard-side down, on top. Go to town.



CIGAR CLUB
EXOTIC - LUXURY - LIFESTYLE

Freaky Nik

Friday s

\$20 Entry

30 & UP

Come Shoot Pool with V-Cut Cigar Girl

Mystique

DOORS OPEN 4PM
HAND ROLLED CIGARS
COMPLIMENTARY COCKTAILS
FREE POOL

CIGAR CLUB
EXOTIC - LUXURY - LIFESTYLE

THIS COULD BE YOU!
NOW HIRING CIGAR GIRLS

ALL APPLICANTS
Must be energetic
Sexy
Have a great attitude
Be a team player
Be able to work in a structured environment
Follow rules

Come make money in a fun and safe environment, with grown men and grown women.

Big Smoke CIGAR CLUB
EXOTIC - LUXURY - LIFESTYLE

NOW HIRING

V Cut Cigar Girls

Our Big Smoke V Cut Girls are the essence of the ultimate cigar lounge experience. They are the beautiful faces that represent the Big Smoke brand and the reason our guest/member consistently come back for more. Equal parts friendly, engaging and attentive, our V Cut Cigar Girls ensure every guest/member feels like an aficionado.



WHERE URBAN COVERAGE IS DONE RIGHT

Q. What's your artist name and where are you from?

A. My Artist name is Boxx The Hungry Genius and I'm from Baton Rouge, Louisiana.

Q. Who first inspired you to make music?

A. It was a combination of artist that inspired me to make music. I first started in a group so it was successful local groups in my city at the time by the name of The Ville Boyz and The YGz. When I became a solo artist, Louisiana legends Boosie and Max Minelli was my foundation and then it ventured out to worldwide artist such as Dipset, The Game, Fabolous, and The Hotboys.

Q. Which famous musicians do you admire?

A. I admire James Brown. He was the hardest working man in show business. He understood the music business, he was a rebel and never was afraid to bet on himself. He performed, created music and did business with the same passion. I am the James Brown of hip hop. On the creative side I admire Jermaine Dupri. He not only ran a label but his ink pen is crazy. He wrote massive hits and albums for singers and rappers and he makes beats. I aspire to be at his level of penmanship. My songwriting is getting more immaculate day by day.

Q. What is the best advice you've been given pertaining to your craft?

A. The best advice I've been given pertaining to my craft was by two people. Legendary Baton Rouge producer Shonta On The Track told me years ago that I needed to go learn the music business. He said good writers like me never make any money because we focus on dope songs and not the business. I became a business man that very day! And rising producer EQ told me once I found out how to make my incredible lyricism more conversational on beats I would grab people's attention. I did that and me and him gave the streets my first hit during the pandemic called "Make Em Move" ft. DJ B Real. The more I GROW through, the more I write. I love the sound of a fire new beat, me creating an idea from scratch, developing a song out of thin air and going to the studio and manifesting it to life. That's crazy! The more I live life the more material I have to write about. All my music is based on my life therefore I create from an authentic place.

Q. What is one message you would give to your fans?

A. That's a great question. Caught me off guard with that one. One message I would give to my fans is no one is coming to save you nor feel sorry for you! Work and Evolve! Believe in Yourself, Better Yourself, and Bet on Yourself.

Q. If you could change anything about the industry, what would it be?

A. If I could change one thing about the industry it is PEOPLE TAKING ADVANTAGE OF STARVING ARTIST!!!! It's easy to tell artists to take care of their business but we come into this not knowing a business even exists! I hate it with a passion and it makes my blood boil! We come in ignorant and young and they use us and kick us to the curb! That's why I created Hungry Boy Coaching University to educate artist on the business and teach them how to eat off their art! NO ARTIST WILL STARVE ON MY WATCH!

Q. What hip-hop albums did you grow up listening to and whom did you look up to (rapper) from your state?

A. I always looked up to Boosie the most from my state. He gave me the courage lyrically to write heartfelt songs. When I was growing up, he stayed across the street from my auntie, so when I would stay at her house every summer, he would buzz more and more as I saw him, and as I did open mics as a new artist, he would pack out venues down south. So he would always be my imaginary bar I would set for myself as I grinded. Hip hop albums were Will Smith Willenium, then it evolved to TI's urban legend, The Game's Documentary and 50 cent's Get Rich Or Die Trying.

Q. How do you stay motivated and inspired to make music?

A. I stay motivated and inspired to make music because it's literally all I think about every day since I was 13 years old. Music is therapy for me, the more I GROW through, the more I write. I love the sound of a fire new beat, me creating an idea from scratch, developing a song out of thin air and going to the studio and manifesting it to life. That's crazy! The more I live life the more material I have to write about. All my music is based on my life therefore I create from an authentic place.

Q. What do you do in your free time (outside music)?

A. In my free time outside of music, I raise my incredible son CJ. He's a 14 year old student athlete and he means the world to me. Outside of him I'm constantly grinding and building my brands and multiple businesses (Life insurance company, record label and clothing line.)

Q. What is something that people would be surprised to know about you?

A. Something that people would be surprised to know about me is I'm a licensed life insurance agent in my state and I teach financial literacy outside of music. So on the same day I may be doing a financial seminar in a suit and at night I may be hanging at the bar giving you the best performance you've ever seen in your life! I'm not a renaissance man, I'M A RENAISSANCE REBEL!



Boxx_Hungry



Christopher Kelson



Boxx_Hungry



Boxx_The_Hungry_Genius

SHOTZ MAGAZINE SLABZ OF THE MONTH

Ej ERMA J
PHOTOGRAPHY





Sweet Treats by Blair

PRICE LIST

Treats

- Cinnamon Roll Toast Bites Cake
- Choc. Oreo Cheesecake Cake
- Peach Cobbler Cinna. Cake
- Strawberry Cake
- Red Velvet Cake
- Coffee Cake
- Banana Pudding Cookies
- Strawberry Cookies

Mini Cake Prices

One	\$ 6.00
Three	\$ 18.00
Six	\$ 36.00
Dozen	\$ 65.00

Cookie Prices

Three	\$ 8.00
Half Dozen	\$ 16.00
Dozen	\$ 34.00

How to order -

Text 214 - 256 - 0687 with all order details (order 2 days in advance please)

Pay 50% of order when placing order (delivery/meet up fee included)

Let me know either delivery or meet up

Once order is ready you will receive text

Accept Cashapp & Apple Pay Only
Delivery/Meet up fee varies on location
Non refundable orders once placed

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Sweet Treats by Blair

Cookies Dippers

Weekend Sale!

Flavors- Strawberry, Red Velvet, Banana Pudding, Cinnamon Toast, Lemon

Accept Cashapp \$naetapin2 & Apple Pay 2142560687

Meet in Downtown at Chase Tower

Contact me 214-256-0687

\$8 Only



*5ct cookies
w/dip*



Sha'Carri Richardson has been a woman on a mission at the 2023 U.S. Track and Field Championships in Eugene, Oregon.

Her impressive performances at the event continued Saturday (8 July) during the opening round heats of the women's 200m, where the 23-year-old put up the fastest time across all four heats, a 21.61. Running in the third heat, Tamara Clark, who was fourth in the women's 100m a day ago, ran a 22.05, the second fastest time of the day.

Tokyo 2020 200m bronze medallist Gabby Thomas returned to Hayward Field for the first time since an injury hampered her efforts at last year's nationals. Healthy in 2023, she was the winner of the first heat (22.28) and third fastest overall.

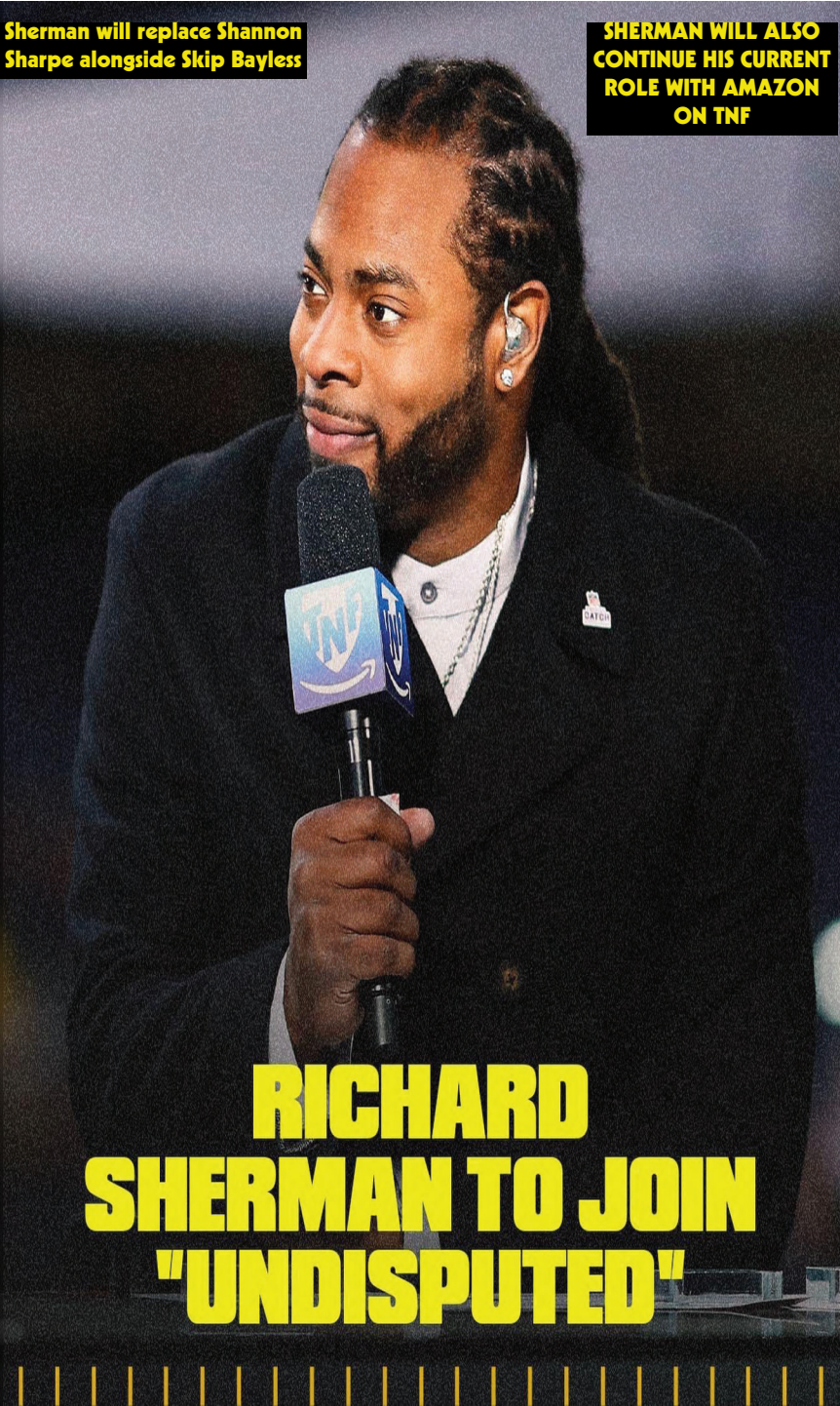
"Last time I was here, I was injured and last time I was in this mixed zone talking to you, I was crying because of my injury, but I've come a long way since then," said Thomas afterward. "I finished that season pretty strong, even just coming back from that injury that year was really healthy for me.

"This year, we've learned a lot," she continued. "I've been a little bit more conservative in my training and my race schedule, just giving me that opportunity to come out here and have the chance to win."

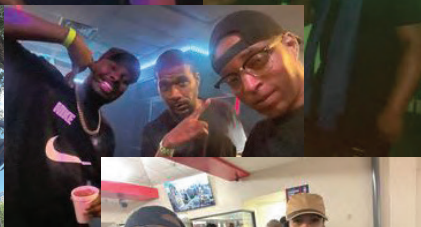
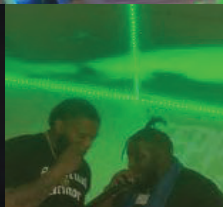
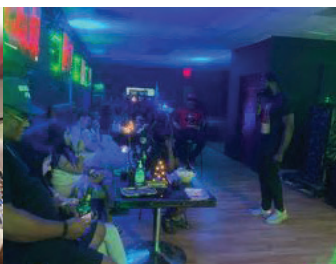
Richardson: "I'm not back, I'm better."

Sherman will replace Shannon Sharpe alongside Skip Bayless

SHERMAN WILL ALSO CONTINUE HIS CURRENT ROLE WITH AMAZON ON TNF



**RICHARD
SHERMAN TO JOIN
"UNDISPUTED"**





SHOTZ

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Ad deadline is the 13th of every month.
(unless stated otherwise)
Acceptable Format PDF

- * Adobe InDesign
- * Adobe Photoshop
- * Adobe Illustrator

(no Microsoft Publisher, Word, or Powerpoint)

Colors

All colors must be CMYK or grayscale. No RGB, spot (Pantone), Lab, or Index Color.

Do not use rich black or any kind of text.

Do not set white objects to overprint

Images

Images should have an effective resolution of 300 dpi.

72 dpi images, or images downloaded from a website, are of unacceptable quality for magazine printing.

PSD, TIFF, and EPS format files are preferable to JPG.

Use or scale your images as close to the actual reproduction size as possible; a 20% margin plus or minus is optional.