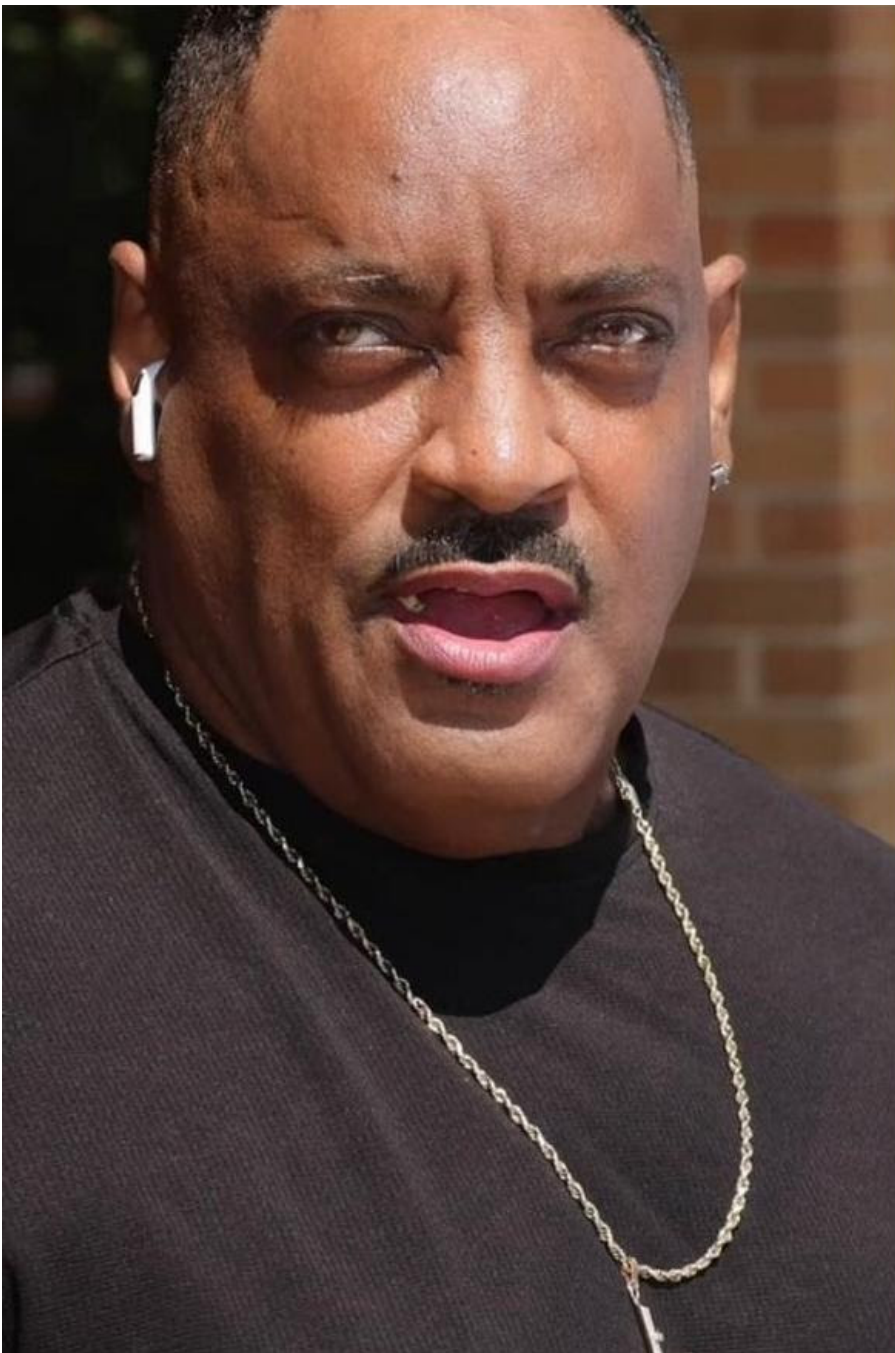


Former High-Ranking Member of the Gangster Disciples, Harold “Noonie G” Ward Says the Streets Support WNBA All-Star Player Angel Reese




Chicago, IL – Harold Ward aka “Noonie G,” is an urban legend

on the streets of Chicago. As a former high-ranking member of the Gangster Disciples, a Chicago area gang once reported to be one of the largest criminal organizations in the United States, Noonie G is highly respected as a reformed and seasoned OG. Once considered a prominent force of terror across the country, Ward has not only changed his life, but he also continues to positively impact society as an author, political figure, businessman, gang mediator, and role model.

As a community leader and longtime basketball fan, Noonie G feels compelled to take a public stance in support of Angel Reese, WNBA forward player for the Chicago Sky. With all the debates swirling around her performance, plays and position, Reese has been the center of controversy on issues covering not only the game but sexism and racism as well.

“As an OG street rep, I feel it’s important to publicly acknowledge Angel Reese as one of our all-time heroes. She is making us proud here in ‘the Chi.’ Her perseverance, defiance, and never quit attitude represent what it takes to survive not only the game but also life when it feels like everything is being thrown at you. The intense drama and threats being hurled at this young warrior are not to be taken lightly. But just as importantly, how she is inadvertently touching so many lives is incredible. She has not only ignited women’s basketball with her energy and showmanship, but she is also infusing our young people with pride and motivation. We want her to know that the community has her back. We are buying tickets to the game, hosting watch parties, and singing her praises in the barber and beauty shops. From the grandmas and the grandpas to the street soldiers in the hood, we want to say to her, ‘Don’t fold Queen, please know – we love you, no matter where you are we got our eyes on you, are hands over you and we got your back.’”

Ward's own personal story is an encouraging tale. The  former gang leader has dedicated his path toward making a way for others to follow. Larry Hoover, political prisoner and founder of the Gangster Disciples, hand-picked Noonie Ward to implement a new direction of change and betterment for the community at large, with "Growth and Development" becoming the new direction.

Utilizing the hip-hop community as his vehicle, he has garnered a list of noteworthy accomplishments to his credit over the years. He actively engages in the efforts and support of several hip-hop luminaries. As an author, Ward is preparing to release his third title, "Gangstanomics II: Prisonomics," with brief contributions from 50 Cent and Ye (Kanye West) along with a supporting song track release, "Money In My Hand" produced by Ye, featuring Trey Songz, Dwele, and Twista. Noonie's behind-the-scenes street maneuverings were also instrumental in the success of the Ye and Drake "Free Larry Hoover" benefit concert in Los Angeles.

Some of Ward's early accomplishments include working with President Barack Obama as an activist in Altgeld Gardens and organizing Chicago's first National Gang Summit for Peace attended by Russell Simmons, deceased NFL legend Jim Brown and Minister Louis Farrakhan. Determined to implement change, he has run for the political offices of City Alderman, State Representative, and Cook County Commissioner in Chicago.

Keep your ear to the streets with Harold "Noonie G" Ward at <http://nooniegward.com> .

Pro-Aging Influencer, Makeda Smith, Closes Women's History Month with Book Release, "Flying Over 50 at Any Age" and Coaching Portal, The Makeda Method

Flying Over 50 at Any Age,

A 30-Day Self Journal for Speeding Past Limitations



By Makeda Smith

Los Angeles – When veteran entertainment industry publicist Makeda Smith began pole dancing as a fitness hobby, over 12 years ago, she had no idea it would morph into a life-changing journey. The 63-year-old grandmother, who has received international notoriety for her dance flow movement practice, [Flying Over 50](#), has announced a brand expansion

during Women's History Month. Makeda is releasing her first book, "Flying Over 50 at Any Age, A 30-Day Self Journal for Speeding Past Limitations" on April 5, National Self Care Day. In addition, she has also launched an online wellness portal, [The Makeda Method](#), offering healing breathwork sessions, deep stretch yoga classes, and dance flow movement lessons, all targeted for maturing seniors.

"Flying Over 50 at Any Age, A 30-Day Self Journal for Speeding Past Limitations" is an encouraging guide for navigating through life's many holding patterns. The author offers daily motivation and wisdom through introspection about her life while prompting the reader to write and reflect on their own journey. By the end of the book, readers will hopefully find themselves renewed, invigorated, and ready to 'Fly Over 50,' soaring past societal and self-imposed speed limits.

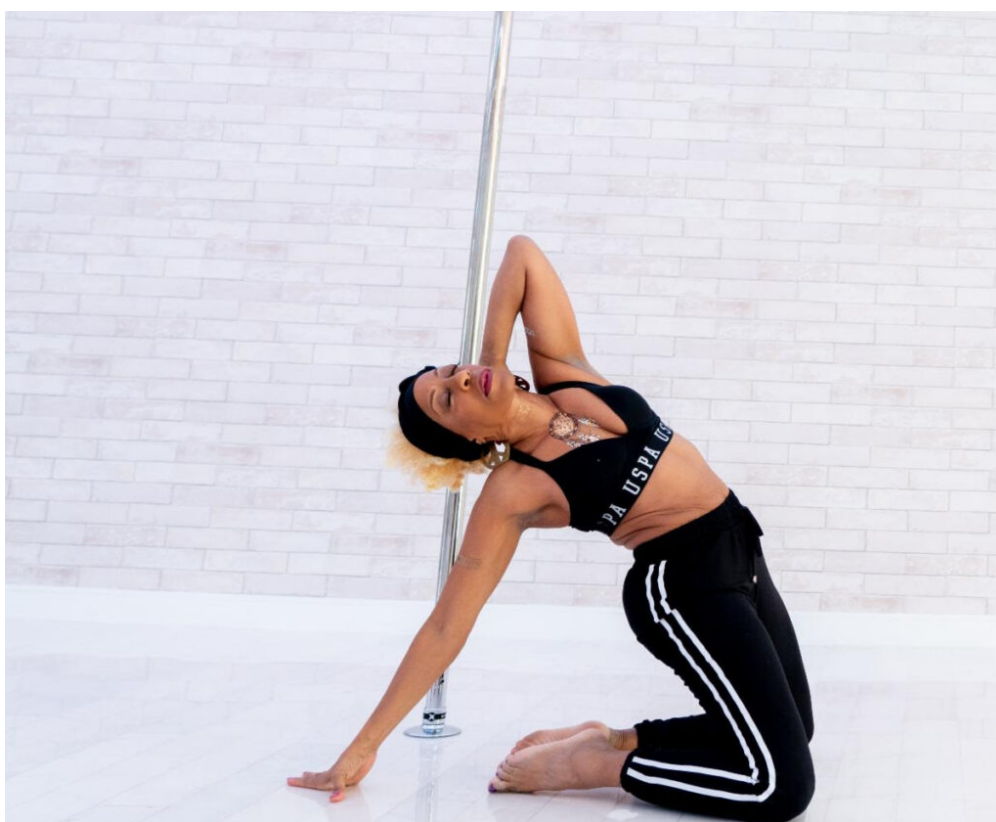
"When I turned 50 over a decade ago, I was at one of the lowest points in my life. The market had crashed, and I literally lost everything – but through it all, I found myself. I discovered that life doesn't end at 50, but it does take on new responsibility. Diving into fitness not only saved my life, but it also positioned me in the current pro-aging movement and garnered me the profound understanding that aging is one of the most powerful celebrations of living a long life," expresses Makeda. "My book, 'Flying Over 50 at Any Age' and my new wellness portal, The Makeda Method, are my support systems for adults who are being challenged with the many effects of what we call 'growing old.' Aging is a natural process, but the secret is mastering practices for mitigating the daily stress that comes with it."

'The Makeda Method' is a culmination of wellness offerings for everyone, all ages, but particularly for individuals struggling with the anxiety of aging. As a certified breath and stretch coach, Makeda created the online portal to help others establish their own personal routines for health and wellness. Layered with the grace of her private coaching,

breathwork is taught as a mindful tool for eliminating tension and unease, while deep stretch classes enhance flexibility and mobility in the body and work to calm the mind as well.

“Embracing senior citizenship can be overwhelming. That’s where finding a coach comes into play. A coach can guide you with the training and tools you need to initially get started and hold you accountable for your daily practice. Eventually it all becomes secondhand and then you are fine on your own. I’m still a busy publicist with my own PR agency, but coaching has always been a passion point for me. Now with the release of my book and wellness portal, I’m hoping to further spread the news that growing older is a divine blessing when approached with attentive self-care!” explains Makeda.

Secure your copy of “Flying Over 50 at Any Age, A 30-Day Self Journal for Speeding Past Limitations” on [Amazon.com](https://www.amazon.com) and check out The Makeda Method at www.themakedamethod.com.



Fashion & Beauty Photographer Matthew Jordan Smith Releases Aretha Cool: The Intimate Portraits



Beauty and fashion photographer Matthew Jordan Smith releases *Aretha Cool: The Intimate Portraits*. Smith's fourth book is his tribute to the Queen of Soul during Women's History Month. Smith is the author of *Sepia Dreams: A Celebration of Black Achievement Through Words and Images* (St. Martin's Publishing Group), *Lost and Found* (Filipacchi Publishing), and *Future American President: 50 States, 100 Families, Infinite Dreams* (Goff Books). The photographs were taken between 2005 and 2018, the last years of her life. Smith was the iconic

singer's favorite photographer and their rapport included conversations about photography, food, album titles, and plenty of laughter and jokes. Smith says,

"The first time I captured Aretha Franklin through my lens, I presented her with my maiden publication, Sepia Dreams: A Celebration of Black Achievement Through Words and Images, says Smith. "Her immediate response, laced with her iconic mix of humor and sincerity, 'Why am I not in this book?' It was then that I made a heartfelt promise to rectify this oversight in a future endeavor."

Aretha Cool: The Intimate Portraits has two distinct editions. The Limited Edition has 100 copies and includes all the same photos as the standard one but each book is signed, numbered, and packaged within a clamshell enclosure. This edition also has a signed and number 8 x 10 fine art print that collectors will appreciate.

Smith is no stranger to photographing larger-than-life figures including Queen Latifah, Oprah, Courtney B. Vance, Quincy Jones, George Lucas, Samuel L. Jackson, and many others.

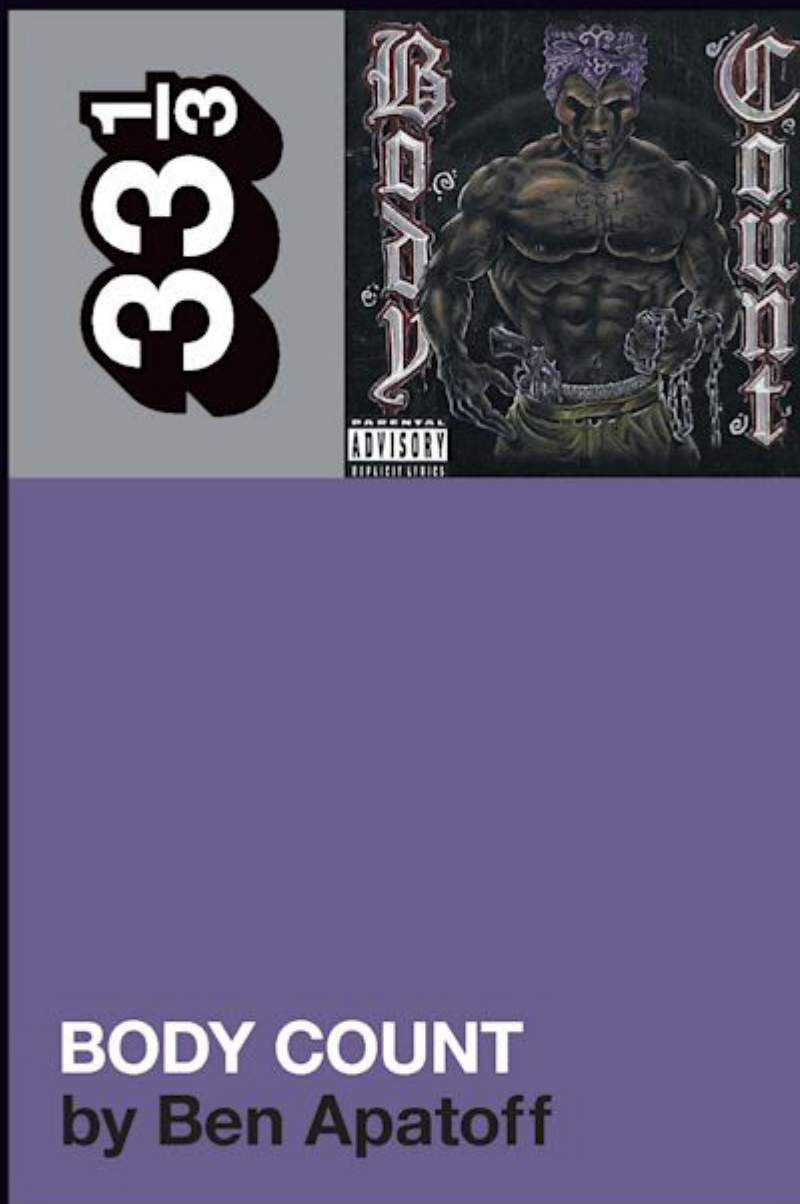
Aretha Cool: The Intimate Portraits will be available via [Amazon](#) on March 15th. For international purchases visit [ArethaCool.com](#).



Aretha Franklin and Matthew Jordan Smith



Ice-T's Body Count Gets First Book



B L O O M S B U R Y

Ben Apatoff has written the first book about Ice-T's heavy metal band Body Count. The book is part of the Bloomsbury 33 1/3 series that has published several titles chronicling noteworthy albums from pop artists across genres. Ice-T introduced his all-Black hardcore band in 1991 on his *O.G. Original Gangster* album and they performed at the first ever Lollapalooza that summer. Their debut album included the incendiary "Cop Killer" which was criticized by President George H.W. Bush and Vice-President Dan Quayle. Police organizations called for the boycott of Time Warner and Ice-T had the song removed from the album because he felt that the outrage had overshadowed the music.

Apatoff tells the story of a bunch of high school friends who got together and reclaimed rock and roll to tell stories from a Black perspective that was rarely if ever presented in mainstream media. The author conducted interviews with Ice-T, Ernie C, Sean E. Sean, Vincent Price, Ill Will, Juan of the Dead, Jello Biafra, Bobby Brooks, Max Cavalera, Dan Charnas, Doc Coyle, Heidi Siegmund Cuda, Chuck D, Laina Dawes, Ron DeLord, Corey Glover, Dave Halili, David Harleston, Gibby Haynes, Gary Holt, Howie Klein, Chris "Hot Rod" Long, Matt Mahurin, Bernard Matthews, Duff McKagan, Bob Merlis, Angelo Moore, Darlene Ortiz, Phyllis Pollack, Will Putney, Vernon Reid, Henry Rollins, Troy Staton, Steve Stewart, Jean-Claude Van Damme, Ulrich Wild, Juan Williams, Mark Zonder and more. *Body Count* will be released on September 7, 2023.

33¹/₃ On Ice-T's 1991 classic *O.G. Original Gangster*, he introduced his all-Black hardcore band Body Count, bringing lead guitarist Ernie C, rhythm guitarist D-Roc the Executioner, bassist Mooseman, and drummer Beatmaster V on the first-ever Lollapalooza tour that summer. The next year, Body Count's self-titled debut album made them the most incendiary band in the world, confronting white supremacy and police brutality with pulverizing songs that shattered musical boundaries. *Body Count's* rage and shock humor sparked nationwide protests and boycotts, including death threats, censure from the federal government, a spot on the FBI National Threat list, and a denunciation by the President of the United States. The album was removed from stores and remains banned to this day, but decades later Body Count is performing to their biggest audiences and greatest acclaim, pulling off one of the most remarkable comebacks in punk or metal history.

Drawn from years of research and dozens of new interviews, this is the story of a band of high school friends who revolutionized modern music, brought explosive live performances, and raised questions America's lawmakers didn't want to answer, overcoming some of the country's most powerful forces to reshape the world's cultural conversation.

Ben Apatoff is the author of *Metallica: The \$24.95 Book* (2021). He found the banned version of *Body Count* at a used record store in the '90s, and years later his copy of the album was scanned for the cover of this book.

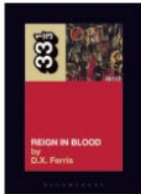
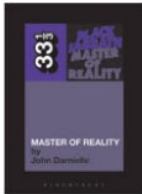
33¹/₃

BODY COUNT by Ben Apatoff

MUSIC

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