

Dear Queen Gabby



Queen Gabby
Female Advice Columnist

Queen Gabby is a former flight attendant for a major airline. She is a Slam poet and spoken word artist who hails from Chicago. Queen Gabby is one of the founding members of SoYes2Poetry who landed a position after dominating the Oakland poetry circuit with her provocative, opinionated poetry pieces.

She also coached San Jose's youth Brave New Voices poetry team to competitions in Berkeley, CA, and Chicago, IL.

She is working on her first novel and currently resides in the Bay.

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Q: Dear Queen Gabby,
How important is maintaining balance in your professional life? As a professional, how do you prioritize balance between work and personal life?

~ Over Overwhelmed!

A: Dear Over Overwhelmed!
It is very important. Sometimes our professional life

consumes us. Especially if you work full-time or have multiple jobs. We all know how easy it is to get wrapped up in doing more than what we were hired to do. Have you ever checked a work email while you were out with friends? If you answered "yes," you probably don't have a good balance.

Remember, your personal time is just as important as your professional time. Prioritize your life and who you are outside of work. Turn work off when you are not getting paid, even if you are salary. The company won't crash if you are not tuned in 24/7. Even if I look at emails, I do not respond to them on my days off or outside of normal business hours. I am also one of those people who use my PTO. There's no point in saving the hours unless you have vacation plans. Don't stress yourself out working for other people.

~ Queen Gabby

Q: Dear Queen Gabby,
I saw a video where the former Mayor of Menlo

Park asked you for your autograph—was that a spontaneous moment or something planned? And do people still ask for autographs these days?"

~ Serious Skeptic

A: Dear Serious Skeptic,

It was the first time in a long time that someone asked me for my autograph. I was asked a while back at a poetry show, but this was definitely unplanned. It just happened to be my birthday, and the former Mayor of Menlo Park, Cecilia Taylor realized I work in her city.

She is a fan of The SoulTown Magazine and had access to me. I was surprised, but she was super sweet and genuine, so I appreciated it. It's good to be liked, especially for the work you do.

I have a few favorite authors, and if I were to attend a book tour or run across them, I would ask for an autograph. I don't think this flattery is outdated; it's refreshing. It helped me realize that people read, enjoy what I write, and maybe even be inspired by what I write! I hope to sign many SoulTowns in the future. ☺

Editor's Note: The earliest forms of autograph collecting can be traced back to ancient Greece and Rome, where people preserved the signatures of philosophers, writers, and political leaders on documents, scrolls, and tablets. These weren't collected for celebrity status but for historical or scholarly importance.

In the 21st century, selfies have largely replaced autographs. Smartphones make it easier to capture a visual memory rather than a written one. Autographs are still collected, but they now carry more of a nostalgic or collector's appeal.

~ Queen Gabby ☺