

The Legendary SUGA-T BIO 2020

HIP HOP MATRIARCH

The Legendary Suga-T is originally from Vallejo, CA and helped founded and expand her successful family record label “Sick Wid It Records,” serving as an executive and developed as an artist. Over the past thirty years she has stayed in her own lane, although she was originally branded with (brothers E-40, D-Shot and cousin B-Legit) as “The Click,” showcasing her catchy phrases; writing numerous hooks of song and rap which have become urban anthems such as Hurricane, One Love, Sprinkle Me and Ooh, Ooh, Ooh. Initially, the group released street anthems such as Captain Save Em, Dusted & Disgusted, Lace Me Up and Wolf Tickets. However, Suga-T always represented a form of consciousness releasing a song titled, Billy Bad which was a social conscious message (addressing black on black crime) to the underground that established a loyal fan base and imputed a healthy balance that she felt was necessary for the communities to help prevent violence. Suga-T is admired as “The First Lady” of her group “The Click,” and helped them build a national underground following that enabled them to sale over 500,000 units independently far before the social media era. Furthermore, this positioned Suga-T and The Click as highly respected musical figures and trend setters, with an enormous and constant following beginning in 1984 that many have modeled after today. The Click’s & Suga-T has collectively sold over 20 million copies during their beginning under grounds years and later added 7 years with Jive Records from albums, soundtracks, features, and solo projects with music in rotation in media outlets all over the world today. Suga-T has received many awards, including an honoring as a West Coast Hip Hop Pioneer of all time endorsed by VH1 Honors & Queen Latifah, Legend Award, Humanitarian Award and Best Rapper Award, Woman Business Of The Decade, Best Film Producer Diversity Award, along with many others. Suga-T can be considered one of the Godmothers of Hip Hop continuing to build her own individual following. She celebrates 20 albums and over 30 years still counting as astute business women, community and entertainment veteran that has wore many hats behind the scene and in front, while overcoming many obstacles.

The Legendary Suga-T is still holding it down and heading Northern California’s female hip-hop empowerment movement. This triple threat is currently setting up for a release of her latest Hip Hop Album TRUTH “The Rapademic” as a way to share her over thirty year experience of the good, bad and ugly. She is also in the process of presenting a new HOUSE album brand to the world where she showcases soulful house, dance, EDM, gospel and hip all in one where listeners will get a well rounded experience and experience her powerful songwriting abilities and staying power movement. She has a soundtrack inspired by her latest YOUR Perfume book and she hope that other artist will diversify their messages to create more healthy music, positive messages and compelling stories without being afraid. She will continue to create music that reaches the soul, expressing to her fans growth and innovation, while telling her life story, and

-serving as a role model to other artists, leaders and women hoping they will eventually diversify their styles and messaging and not be afraid to try! Suga-T’s followers are also familiar with her acting abilities as she co-starred in D-Shots movie Obstacles, MTV’s Lyricist Lounge Show and Brian Hooks Maliboodie. In actuality, the world needs a resilient and compelling voice to challenge today’s issues. When referring to her latest album TRUTH “The Rapademic,” it will set out truth that the hip-hop game needs a voice that doesn’t only sale drugs, alcohol, violence and sex in their music, but that isn’t scared to present realness, brokenness and love to balance it all out! She hopes to change the narrative of what female Hip Hop and Hip Hop music in general has become with a narrow messages that does not present good character. Her new podcast and tv show The Suga-T Show will be a great complimenting platform to bring the spice and balance in the listeners lives, giving them a sugarush without getting them sick. This is why The Game Needs Suga-T, a West Coast pioneer, Hip Hop Matriarch, female Don, and a true Hip-Hop Mom. For more information and bookings: Contact: at 888 436 0574, www.suga-t.com or hiphopmomproductions@yahoo.com; **Follow:** @Suga-T

SUGA-T STORY “The Rapademic”

Suga-T is a native of Vallejo, CA, SF, Bay Area Icon. Being raised with five brothers kept her full of life and willing to take chances. She teen parented two children and is now a grandparent of six. She faced many life and career challenges, from teen parenting, making young choices, domestic violence, violent behavior, gun violence, alcoholism, low self-esteem along with music male chauvinism and more. She has had some very unique experiences, one including starting her first business at eight years old with her grandfather and driving her own care at twelve years old to junior high school. Suga-T’s challenges became a gateway to her transformation as an over comer, while motivating her to gain her own independence in the Music Industry as an Executive Producer and Founder of Sprinkle Me Social Enterprise. After getting enough strength to leave an abusive relationship, while attempting to reinvent her brand, she risked her music career, and went back to school to complete an AA in Business, BA in Psychology, Double Masters In Organizational Management and Masters in Supply Chain Management and is currently working on a Doctrine.

Today she is a well-known and well respected national artist, executive producer, actress, mentor, author, social entrepreneur, speaker, song writer and transformation coach that has worked under the radar in a very humble way. She is also known for many multi-platinum and gold selling hits like Sprinkle Me, Hurricane, Captain Save Em’ , Unbreakable Me, Woman Diamond and more. For over 30 years and 20 albums layer, she is still well-known and well respected as a national influencer and admired for creating hit songs that created a path in the underground music scene, shortly branching them into a successful joint venture with Jive

Records making one of the biggest record deals in history at that time. Here multi-talented skills has allowed her to maintain working as an artist, executive producer, actress, mentor, author, social entrepreneur, speaker, songwriter and transformation coach. She holds a body of work that includes multi-platinum and gold selling hits like Sprinkle Me, Hurricane, Captain Save Em' , Unbreakable Me, Woman Diamond and more.

This strong but sweet icon is a social entrepreneur mogul, that also started a fragrance, beauty and wellness production division, during a domestic violence relationship during a re-invention to becoming a better role-model, and more spiritually, personally and professionally developed. Her fragrance division produces beauty, fragrance, wellness and spa collections, and is inspired after her and her brother E-40's Multi-platinum Hit Song "Sprinkle Me" which is a Guinness Book friendly item as the biggest brother and sister duet ever in history. Products can be purchased at www.sprinkleme.biz. She donates proceeds and products towards various causes that encourage women and girls to reach their highest potential, while empowering parents of children with Autism through her charity division, WORK It Well www.theworkitproject.org .. This beacon of knowledge and wisdom, is also the owner of an online school that started in 2016, "Sprinkle Me School of Music & Vision, serving businesses and individuals, while serving as a dynamic speaker, coach and instructor, hosting a variety of talks, one called BOSS Up To A New Scent, empowering others with tools to re-invent themselves, along with sharing inspiring tips that help others better navigate through challenge times. She has written two books "YOUR Perfume," a female empowerment guide, and BOSS Up BAYB, an entrepreneurship and leadership guide, while working on her third release. She stands by the model; that knowledge is power... Suga-T serves as an activist against ageism and promotes community wellness, female and economic empowerment. Her passion and expertise is to empower others with the tools to be healthy, wealthy, safe and inspired.