



MOMMA'S
HIP HOP
KITCHEN

In Her
Shoes!
Series

FREE!

7PM - 8PM ^{EST}

ONLINE STREAMING
ON ZOOM, FACEBOOK
AND YOUTUBE:

www.hostoscenter.org

www.mhkhk.org



DJ Likwuid
Turntables & Beyond

Thur, March 25, 2021 at 7 p.m. (EDT)
PROGRAM

MOMMA'S HIP HOP KITCHEN - "IN HER SHOES" SERIES



Navigating and surviving challenging shifts is at the core of every single artist that has graced the Momma's Hip Hop Kitchen's stage. Choosing to courageously face changes is in our DNA, and we pride ourselves in that truth. The Hip Hop Kitchen was created to hold space for our community's stories and its storytellers. For over a decade we've curated sacred, powerful, and super healing live, all women's hip hop showcases. In 2007, we set out to create a safe space that would allow for our individual and collective experiences to be heard and recognized. And even through the pandemic we will continue to provide a sacred healing space.

Join us as we abundantly flow with the new currents and move into a virtual interview series called "In Her Shoes". This monthly series is dedicated to sisters who have walked with us and nurtured our sisterhood for many, many years. We will highlight their journey in Hip Hop and learn about the steps they have taken to walk with confidence and grit.

Join us monthly live on Zoom, Facebook Live, and Youtube (or via recording) with our diverse lineup of interviewees who are a part of our women in hip hop community.

Come Walk a Mile... In Her Shoes

Love,
Lah Tere & Kathleen Adams
Lah Tere & Kathleen Adams



Hostos Community College / City University of New York
Thursday, March 25, 2021, 7:00 p.m. (EDT)
Zoom, Facebook Live, YouTube



Hosts

Kathleen Adams
Lah Tere

Special Guest

Likwuid

Momma's Hip Hop Kitchen Graphics
Toofly

Special Thanks to

Advocates for Youth
Michael Howard / Let's Talk Daily
Arianna Taxman

Visit Momma's Hip Hop Kitchen at

www.mhhk.org
[@HipHopKitchen](https://www.instagram.com/HipHopKitchen)

Visit Toofly at

www.tooflynyc.com
[@TOOFLY_NYC](https://www.instagram.com/TOOFLY_NYC)



DJ LIKWUID

Likwuid is a graduate of the Peter J Tobin School of Business at St. John's University. After receiving her MBA, Likwuid worked 10 years independently as a consultant for entertainment companies managing, booking and coordinating events with national acts such as Bobbito Garcia, Emayatzy E. Corinealdi, The Game, Cedric the Entertainer, Talib Kweli and Too \$hort and more. Likwuid moonlights as a local selector in NYC's budding Harlem arts scene as a dj, as well as contributes to youth empowerment through "edutainment" as a teaching artist. She has contributed to panels, festivals and presented workshops with organizations such as ComicCon, Brooklyn Hip Hop Festival, B.A.M., Columbia University, Eleanor Roosevelt School for Girls, Red Hook Initiative, Girls Inc of Westchester, Scribble Art/Bread & Yoga and more. She is currently the Senior Music Curator for audio fitness app Aaptiv and has assisted with music partnerships with artist such as Dua Lipa, Cardi B, Georgia Ku and more. She also spearheaded the launch for Aaptiv's BIPOC fitness/wellness inclusion initiative Aaptiv Amplified!

VISIT LIKWUID AT

<https://www.iamlikwuid.com/faymick>

IG: @Likwuid

Facebook: <https://www.facebook.com/likwuidity>

A graphic featuring a stylized illustration of a woman's face with brown skin, wearing a yellow crown and large hoop earrings. The face is set within a black circle. Above the circle is a blue cloud-like shape containing the text 'MOMMA'S HIP HOP KITCHEN' in pink. The background has a light blue textured wash.

MOMMA'S HIP HOP KITCHEN

Momma's Hip Hop Kitchen (MHHK) came to fruition through Kathleen Adams from Advocates for Youth and Lah Tere, to bring women of color activists together for an interactive community event. They were irritated with hip hop because it has dramatically changed in its 30 year evolution. Once a voice of the oppressed, commercialism and corporate America now make a mockery of the struggle of communities of color. These abusers use hip hop as a tool for violence, degradation of communities of color, and commit rampant violations against the feminine psyche and spirit. MHHK believes women of color are in a state of emergency. Where the face of women in hip hop was a powerful emcee promoting self respect and esteem, the public is now bombarded with provocative, lustful images and it is our responsibility to take this issue by force and reestablish what it means to be a woman in the culture of hip hop.

VISIT MOMMA'S HIP HOP KITCHEN

Email: Mhhk@Mhhk.org

www.MHHK.org

IG: [@HipHopKitchen](https://www.instagram.com/HipHopKitchen)

Facebook: <https://www.facebook.com/hiphopsoulfood>

KATHLEEN ADAMS

Kathleen Adams is an activist, feminist, producer, and entrepreneur. Kathleen is the co-founder of Momma's Hip Hop Kitchen: You can find Kathleen wearing many hats, from her impact on the advertising world through her work with strategic planning with global ad agencies (Hill Holliday Health) to co-owning Angel of Harlem, to volunteering in the community with The New York Junior League. Additionally, Kathleen serves as the co-chair of the steering committees for Apollo Young Patrons (The Apollo Theater), and the Harlem School of the Arts Associate Board.



LAH TERE



Lah Tere is a co-founder of Momma's Hip Hop Kitchen: Her life mantra is "You are who you've been waiting for!" Lah is an Afro-Antillian/Puerto Rican sister who grew up in Chicago's historic Boricua community of Humboldt Park. As an emcee, she uses hip-hop as a didactic tool as well as an emotional release technique for individual and communal healing. She has taught and performed in some of the poorest communities in Palestine, Guatemala City, Ireland, Dominican Republic, Puerto Rico, Africa and many more. Her most recent mission to the island of Puerto Rico this past December was as an Advisory Council member of the Hurricane Maria Community Relief and Recovery Fund.



The centerpiece of the campus of Hostos Community College of The City University of New York, the Hostos Center for the Arts & Culture is pledged to serve the cultural needs of the inner-city communities served by the College. The Center consists of a museum-grade art gallery, a 367-seat Repertory Theater, and a 900-seat Main Theater. The design for the Hostos Center is the work of the internationally renowned architectural firm of Gwathmey Siegel Associates who were honored by the New York City Arts Commission for the excellence of their design.

The Hostos Center presents artists of national and international renown. It also presents emerging and established local artists. The Center's Repertory Company has a number of outstanding productions to its credit, and has become an important voice in Spanish-language theater in the metropolitan area.

The Hostos Center for the Arts & Culture is a project of the Hostos Community College Foundation. The Center's programming is made possible by funding from government agencies, corporations and foundations, and the loyal support of its audiences.

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Hostos Center events are sponsored by the Hostos Community College Foundation with public funds from the National Endowment for the Arts, the New York City Department of Cultural Affairs, the Coalition of Theaters of Color, the New York State Office of Parks, Recreation and Historic Preservation, the Howard Gilman Foundation, the Office of New York State Assemblyman José Rivera, and the Office of New York City Councilmember Rafael Salamanca, Jr.

