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# EXPRESS YOURSELF!™ TEEN RADIO

WHERE TEENS TALK AND THE WORLD LISTENS



**Express Yourself!**  
**Sunday at 3 PM Pacific**  
**June 07th 2016: Sleep and Walking Dead Star, IronE**

What do zombies, hiphop, and sleep have in common? Hosts Asya and Brigitte were thrilled to welcome star of The Blind Side and The Walking Dead, IronE Singleton to Express Yourself!™ to share his inspirational rising, his message for teens, and a sneak preview of his new album, Hip Hopcrisy, a sixteen-track musical compilation infused with messages of hope, humor, and crafted life reflections. Health Heals reporter joins hosts Asya and Brigitte to discuss the importance of sleep from evidence and science based sources and Book Smart Reporter, Maria Wong, goes into depth on the role of sleep in

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## Featured Guest



### IronE Singleton

Born and raised in Atlanta, GA, IronE Singleton's story embodies everything about the lives of many inner-city youth growing up in low-income housing projects. Fatherless and having lost his mother to HIV/AIDS when he was a senior in high school and watched his brother spend most of his life in Georgia's prison system, IronE fought to have a different life. The "irony" of his story is that, while all the odds were stacked against him, IronE Singleton overcame his troubled childhood to attend the University of Georgia on academic and football scholarships. Singleton wrote, directed and performed a critically acclaimed One Man Stage production entitled Blindsided by the Walking Dead as well

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