

Chef Sasha The Boss

R&B / NEO-SOUL / SOUL / SPOKEN WORD



Chef Sasha The Boss

Sonya M. Stamps

Business owner / Writer / Artist / Vocalist
Chef / Baker / Entrepreneur / Author
Songwriter / Poet / Barbecue sauce maker
Sonya Stamps Publishing
ASCAP writer IPI: 1362318562
Publisher IPI: not yet received



Larry "Tha Volcano" Stamps Jr.

Business owner / Rapper / Producer
Volcanic Productions

"I love love."

Chef Sasha The Boss is the recording name of Sonya M. Stamps, an independent artist, songwriter, poet, author, chef, and business owner. Her music draws on R&B, neo-soul, soul, and spoken word, with love, faith, family, and personal growth at its center. She creates music with her husband and producer, Larry "Tha Volcano" Stamps Jr., through Volcanic Productions. Her creative work also includes Sonya Stamps Publishing, children's books, cooking, and projects in development including Little Bakers and Sasha's Kitchen Secrets.

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www.SonyaStamps.com

The story behind the music

"My what-ifs came true."

SONYA M. STAMPS

For Sonya M. Stamps, the story of Chef Sasha The Boss begins with a familiar face in a high-school lunchroom. She remembers Larry making beats with his mouth and rapping, and wanting to be near his table. She met him at 14; by 17, they were dating seriously and making music together. Those early memories remain part of how she tells their story.

As she grew older, Sonya began putting more of her heart into her writing and taking her music more seriously. Poetry was already part of her life. Her songs became a place to explore what she believes love should be, and the feelings she has when she looks at her husband and children. "I love love," she says.

Sonya and Larry have three children, ages 15, 10, and 4 as of September 2026. They have also experienced the loss of their twin daughters.

Today, she enjoys sharing the creative process with Larry "Tha Volcano" Stamps Jr. through Volcanic Productions. Looking back on her long-held feelings for him, Sonya describes the relationship in her own words: "My what-ifs came true." Their work together now reaches across music and other creative projects, with family close to the center of what they are building.

Books and projects

Sonya Stamps Publishing

Home to Sonya's work in books, poetry, and music, with new books being prepared for publication.

Little Bakers

A cartoon in development, part of the creative projects Sonya and Larry are building together.

Cooking

A chef who makes her own barbecue sauce, Sonya brings her love of food and family into her wider creative work.

Sasha's Kitchen Secrets

An ongoing creative project that Sonya is developing alongside her music, writing, and cooking work.

Larry "Tha Volcano" Stamps Jr.

ALSO KNOWN AS THE BIG BAD WOLF

BUSINESS OWNER / SONGWRITER / RAPPER / PRODUCER / ENGINEER

Larry "Tha Volcano" Stamps Jr., also known as The Big Bad Wolf, is a rapper, songwriter, producer, recording engineer, and business owner whose musical beginnings reach back to sixth grade. His cousins introduced him to Bone Thugs-N-Harmony, and he began studying the group's lyrics, delivery, and style. An experience performing at school pushed him to move beyond imitation and start writing his own lyrics. Practice and close study helped him develop a voice of his own.

The name Tha Volcano grew out of a school nickname. Classmates called him "the volcano," and the name stayed with him as he continued making music.

His production work began in high school, where he formed the rap group Fully Loaded. Starting as a freshman, he recruited fellow students across different lunch periods, looking for fast rappers and strong lyricists. Members gathered at his home to work on individual songs and group recordings, giving him a place to develop his production skills alongside other artists.

College studio courses later helped him strengthen his recording and engineering skills, particularly the clarity and presence of vocal recordings. He continued learning independently through YouTube, including studying the mastering techniques he had not reached in college.

Larry names Kanye West as his primary beat-making inspiration, alongside Timbaland and Pharrell. Bone Thugs-N-Harmony remains his favorite rap group, with Krayzie Bone a particular influence. Twista, Do or Die, and Crucial Conflict also helped shape his approach to rap. Harmonized vocals are part of his approach to every song, drawing on the cadence of Bone Thugs-N-Harmony. His style also shifts in pace, delivery, and character, moving from measured passages into rapid flows.

Today, he creates music with his wife, Sonya M. Stamps, the recording artist known as Chef Sasha The Boss, through Volcanic Productions. He recalls an early rap collaboration that brought them together on a song with Sonya's cousin and brother. Their shared work continues across music and the creative projects they are building together.

Business and publishing

SONYA M. STAMPS / LARRY STAMPS JR.

Sonya M. Stamps and Larry Stamps Jr. are business owners and ASCAP-affiliated songwriters. Their creative work includes Volkanic Productions and Sonya Stamps Publishing, alongside music, books, cooking, and projects in development.

Sonya M. Stamps / Chef Sasha The Boss

Business owner, songwriter, recording artist, author, poet, and chef. Her work includes Sonya Stamps Publishing. Sonya writes her released music, and her catalog also includes collaborations with Larry Stamps Jr.

Sonya - ASCAP writer IPI

1362318562

Sonya - publisher IPI

Not yet received.

Larry Stamps Jr. / Tha Volcano

Business owner, songwriter, rapper, producer, and recording engineer. Also known as The Big Bad Wolf; creates music through Volkanic Productions.

Larry - ASCAP writer and publishing

Larry has both a writer IPI and a publisher IPI with ASCAP. His writer registration is in his name, Larry Stamps Jr. His publishing registration is Volkanic Productions, registered in his name.

Public business contacts

Sonya: info@sonyastamps.com | Larry: thavolkano1@gmail.com

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thavolkano1@gmail.com

Website in preparation: www.VolkanicProductions.com

More stories to tell

SONYA M. STAMPS / SONYA STAMPS PUBLISHING

Alongside her music, Sonya is preparing new books for publication, including children's writing, a book about her childhood, a relationship book, and cookbooks. Her forthcoming work includes:

Benny the Period Bunny

An upcoming children's book.

The Chair at the Empty Table

An upcoming book by Sonya M. Stamps.

The Candy Lady

An upcoming book drawing on Sonya's childhood and the important people in her life, centered on her aunt, Chiller Leonard, known in the family as Aunt Mossey.

Also in development

Sonya is also working on a relationship book and new cookbooks. Publication dates will be announced.

www.SonyaStamps.com

Music and contact

SELECTED RELEASES

SINGLE / SEPTEMBER 12, 2026

SLOW BURN!!!!

A recent single from Chef Sasha The Boss.

[Spotify](#) [Apple Music](#)

ALBUM / SEPTEMBER 4, 2026

When The Love Is Real

A grown woman's love story, exploring connection, intimacy, and commitment.

[Spotify](#) [Apple Music](#)

ALBUM / JULY 29, 2026

Grown Woman Chronicles

Songs about love, vulnerability, faith, and personal growth.

[Spotify](#) [Apple Music](#)

SINGLE / 2026

Fever

Explore another chapter of Chef Sasha The Boss's music.

[Spotify](#) [Apple Music](#)

Listen and connect

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[Audiomack](#)

[Amazon Music](#)

[YouTube](#)

[Slaps](#)

[AllMusic](#)

PRESS AND COLLABORATION INQUIRIES

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The complete catalog

73 track listings across 72 distinct titles. Truth Over Ego's appears as both an album track and a single. Catalog checked against Apple Music and the artist's catalog file in September 2026.

Select a song title to open it on Apple Music.

Grown Woman Chronicles

13 ALBUM TRACKS

- 1. Truth Over Ego's
- 2. Love
- 3. Taurus
- 4. Ice Cream Diary
- 5. Falsetto
- 6. Freaks
- 7. Water
- 8. Ocean
- 9. Body Art
- 10. Tippy Toes
- 11. Time
- 12. Mental Manipulation
- 13. Hard

When The Love Is Real

12 ALBUM TRACKS

- 1. The Answer (Intro)
- 2. The Answer
- 3. Genuine
- 4. First Time
- 5. Needs Over Wants
- 6. Brown Sugar
- 7. I Can't Get Enough (Your Love)
- 8. Make You Sweat
- 9. Sex or Love (You Decide)
- 10. You're Mine, All Mine
- 11. Yesterday Don't Own Me
- 12. Understanding

Singles

ALPHABETICAL LIST / 1 OF 2

Select a song title to open it on Apple Music.

Addiction

2026-07-31

After Midnight

2026-08-09

Amusement Park

2026-08-15

Brown Skin

2026-08-03

Candy

2026-07-29

Close Mouths Don't Get Fed

2026-08-04

Close To You

2026-08-09

CONFIDENCE

2026-08-04

Covenant

2026-08-15

Desire

2026-08-09

Feed

2026-08-03

Fever

2026-09-09

Forbidden Fruit

2026-08-03

God Bless You

2026-08-08

Ground & Pound (Special Version)

2026-08-20

Heat

2026-08-03

Help

2026-08-03

Honesty

2026-08-03

Hours

2026-08-03

Hungry

2026-08-02

Imagine

2026-08-03

Let Me Down Easy

2026-08-01

Let The Music Play

2026-08-15

Love Jones

2026-08-03

Singles

ALPHABETICAL LIST / 2 OF 2

Select a song title to open it on Apple Music.

Make A Baby

2026-08-04

Moonlight

2026-08-03

Naked

2026-07-30

Nellie

2026-08-08

NO ACCESS

2026-08-20

Only For Us

2026-08-08

Open Minded

2026-08-03

Playground Remastered The Song

2026-08-23

Pleasure

2026-08-09

POP SHIT

2026-07-31

Real Recognized Real

2026-08-04

Say Yes

2026-08-03

Serve

2026-08-03

Slippery When Wet

2026-08-04

SLOW BURN!!!!

2026-09-12

Slow Dance

2026-08-15

Soul Ties

2026-08-15

Stains

2026-08-03

Symphony

2026-07-30

Track On Fire (feat. Larry Tha Volcano)

2026-08-01

Truth Over Ego's

2026-07-28

WOULD YOU MIND

2026-08-26

You Can't Break Me

2026-08-04

Zoo

2026-08-04