



SoulVision

M A G A Z I N E



June 2019



EDITORS NOTE

BK Fulton



“Don’t spend your time counting “likes” on IG and Facebook. What matters most are the days you make count as you use your quality time remaining.”

- BK Fulton

| “We are all really one race that shares the same rock.”

2019 marks the 400th anniversary of the arrival of enslaved Africans to America. Many scholars assert that long before 1619, African travelers explored the world as evidenced by writings, carvings, and artifacts found throughout the world. While our planet continues to get smaller with great advances in technology and the way we communicate via e-mail, text and other applications, we still find that human relations have not advanced as much as we would hope. Sure, there is substantial progress from what our ancestors faced long ago in this land. However, it is critically important that today’s truth seeker is exposed to all of the stories that teach us who we are and what it means to be a human being. After all, we are really one race that shares the same rock. Our collective interest represents our core strength. In this issue of SoulVision Magazine, we talk to some of the new storytellers and artists who are using their talents to lift as we all climb.

MOVIES

Erica Ash: Spirit of the Hummingbird



| “Do your best, let God do the rest.”

Every day, two hummingbirds dance around Erica Ash’s warm home. Her home office is bookended by two windows that respectively face both the front and back of her home. Erica looks out at her front window and sees one of the hummingbirds feeding off her banana tree. The other eagerly flutters at her back window—a glorious dance. Like these two hummingbirds, Erica isn’t occupied with the superficial aspects of life. She keeps moving forward, enjoying the blessings and simplicity God has given her the privilege to enjoy.

As an army brat, Erica traveled around the world. It was enough to make her think so much travel was a normal experience for everyone. Her perspective changed when her father settled out of the military into civilian life. Erica met people who hadn’t left their hometown nor the country since the day they were born. “I realized how special my childhood was, just being able to travel and take trips to different countries.” Because of travel, friendships were always a challenge. “Having moved every three years, maintaining friendships always seemed difficult. When my family got out of the military and I was able to interact with children who had basically lived in the same town their whole lives, I began to observe bonds and friendships that began for others as early as kindergarten. Even so, the grass always appears a little bit greener to a child. I really wouldn’t trade my traveling childhood-years for anything.”

Erica Ash: Spirit of the Hummingbird (continued)



“Do your best, let God do the rest,” is the motto Erica came up with on the spot during our interview. It perfectly explains Erica’s approach to life and her career. As she explains, too many people try to “push, press, and stress” for moments and experiences they think should happen. No matter how much you push and pull, what ends up happening, happens. She makes sure to point out, you should always work hard and try. But there is a point where one has to let go and let faith do the rest.

Being too serious takes the fun out of the spontaneous nature of life. Therefore, Erica doesn’t take herself too seriously. She thinks you should let your ego go because there is always someone who has done more or has more. “As soon as you think you’ve made it, you realize

“The grass always appears a little bit greener to a child. I really wouldn’t trade my traveling childhood-years for anything.”

there is more to reach, more to do like, ‘oh I just got into this country club but there are tiers in this country club and I’m just on the bottom tier. Or when you get your luxury car, you realize ‘oh my gosh, I’m just in the luxury car world. This isn’t the best luxury car. I don’t have a driver.’ You shouldn’t take yourself too seriously and you should learn to enjoy what you have at the moment.”

Even with all of her success, Erica still doesn’t believe she has made it. She doesn’t feel like “making it” is even a real thing. “I don’t think you ever really make it because it’s never about ‘making it.’ It’s about enjoying the lessons of the journey towards the goal. Realizing there is not an ‘it,’ could be seen as making it,” she says. “Getting on TV was a huge deal for me but if you blinked, you missed me. So, I needed to get on TV for longer. I then became a series regular but I still wasn’t number one. Then I become number one and I thought, ‘oh yeah, I made it.’ Only to realize the network isn’t doing so great. So, then I had to get on a better network. And on it goes. You can always make it and realize there is more. I’m still “making it” but I’m enjoying the journey. I always want to be in this space because I think once you stop learning and growing, you die. I’m not ready to die.”

For many actors, the fear of being typecast is real. While Erica embraces her comedy stage-roots and the “comedian mold,” she takes on dramatic roles too. “I don’t want to fully step out of the mold of being a comedian because that will always be my default. Comedy is something I will always fall back into and something I quite enjoy.” As Erica explains it, when you do great in a specific type of role, people will typecast you. They think it is how you will make the most money. However, Erica has embraced

Erica Ash: Spirit of the Hummingbird (continued)



the power of diversity. She started to turn down roles she felt were too similar. “If serious actors want to avoid being typecast then they may have to sacrifice a few paychecks until a role that explores their range of talents comes into the picture,” she says. This has paid off for Erica in the end. “I feel like allowing myself to turn roles down and wait for different roles has allowed me to be less typecast.”

When asked if there were any actors she would like to work with, Erica’s voice heightens with excitement. “I would really love to work with Jeffrey Wright. I think Jeffrey Wright is not only one of the most brilliant actors out there, but one of the most underappreciated and unsung,” she says. “He takes his craft very seriously. His focus and his commitment are just beautiful to watch. I could watch him

rake leaves and be impressed,” she laughs. “The first time I actually saw him was in the film, *Lackawanna Blues*. It was a small scene but was enough to make me wonder about this person because he was so focused and so committed to his character. I really appreciated that.”

“I don’t want to fully step out of the mold of being a comedian because that will always be my default.”

To the many young actors and actresses trying to make it in the industry, Erica suggests to “show up, but stop driving.” “I think a lot of young actors and actresses have in their heads exactly how their career should unfold, how things should be, and what roles they should get. ‘I’m gonna get this role and meet this person and then I’m going to be successful.’ They have it all planned out in their heads and when one little thing doesn’t work out, they get discouraged and quit. They just assume it’s never going to work out,” she explains. “You never know what the path is going to be, how you get in where you’re supposed to be, or exactly when it’s going to happen. Definitely show up to every opportunity that comes your way, that’s obviously reasonable and doesn’t compromise your integrity. However, don’t try to be like other actors. Don’t try to pattern your career after other actors. Don’t try to control so much. Show up, be your best and simply do your best.”

When Erica isn’t out working on set, she’s traveling the globe. “I love to travel. My favorite places usually have a beach where I can lay out and have a nap or some beautiful nature scene where I can take a nice walk. When I travel I’m not tempted to be on my phone. When I leave the country, somehow it triggers in my mind, I’m leaving it all behind. I can fully commit to relaxing,” she explains. Along with traveling, nature and massages keep her grounded and calm. “I love being outside in nature even if it’s just being at my house and walking around my neighborhood

Erica Ash: Spirit of the Hummingbird (continued)

or chilling in my robe in my living room or office, looking out at my trees,” she says. “It’s calming. Getting massages and getting my hair done and having someone touch my scalp calms and soothes me. I love a soothing touch.”



Erica Ash has plenty of projects in the pipeline and a few she’s currently starring in. She plays Veronica Greasley in *Legacies* on the CW and will star in *Family Reunion* on Netflix. She just finished the feature-length film, *Singleholic*. The film, which she executive produced (EP) and also stars in, was shot in Africa and will be screening at the Martha’s Vineyard Film Festival this year. This is her first film as an EP.

“I feel like my greatest achievements are the lessons I’m learning about myself and how I’m growing and changed spiritually.”

Erica says her greatest achievement has little to do with her career. Instead, her greatest achievement is the total person she is becoming. “I feel like my greatest achievements are the lessons I’m learning about myself and how I’m growing and changed spiritually. At this moment, I’m still in the process but I feel like a different person than when I started in the industry. My energy and outlook are different. My anxiety level has decreased,” she says. “I learned the power and the privilege of meditating and how it stabilizes you,” she says. “After I’ve done all of the things in my life God has for me to do, my greatest achievement will be the person I’ve become.”

INTERVIEW

Tobias Truvillion Has Arrived



Photography by Rayon Richards

| “Keep yourself centered and stay grounded.”

Tobias Truvillion Has Arrived (continued)

Tobias Truvillion is grateful for the progress he's made in his career. When Tobias is on screen, he is natural and charismatic. A standout in his role as Greg Jeffries in the upcoming romantic-comedy, *Love Dot Com*, Tobias started out on the stage at The National Black Theater of Harlem and trained under the auspices of the late great Tundé Samuels. On stage is where he garnered the prestigious AUDELCO Award, a theater award bestowed among some of the finest African American actors like Denzel Washington, Wesley Snipes, Ossie Davis, Ruby Dee, and other icons. He eventually ventured into the soap opera world where he played Vincent Jones on ABC *Daytime's One Life to Live*. Now, he's had roles in major television shows like *Empire* and will star alongside legends like Jill Scott, Malik Yoba, Anthony Mackie, Vince Vaughn, and young stars like Kristen Stewart and Zazie Beetz in upcoming projects. Tobias sat down with us to discuss his biggest inspirations growing up, the lessons he's learned so far in his career and his works on deck. After more than a decade into his career, it feels like Tobias Truvillion has arrived.

Where are you from and what was it like growing up there?

I'm originally from the Flushing, Queens area of New York City. We lived in a place called "The Ville." The Ville was this little pocket of black middle-class families. My grandfather, who was West Indian, arrived from Barbados. He met my grandmother who was from Virginia in New York. They eventually settled down in Flushing and had five children.

Flushing was a very competitive place growing up. There was a lot of style and a lot of swag. I think of people who grew up there. Julius Erving and Rap and Hip-Hop icons that like Big Daddy Kane and Salt-N-Pepa. It was a town that influenced a lot of people and culture. Unfortunately, it also took out a lot of people.

Growing up in the late 80s and early 90s, there was a sense of brotherhood in the culture. It was just a beautiful



Photography by Rayon Richards

time. We played sports. Everybody around the way was into either football or basketball. It's crazy to think about how long ago that was, where we are today, and remembering those who aren't with us anymore.

Who or what was your biggest inspiration growing up?

My biggest inspiration growing up was my football coach, Kenny Wolf. When you're a preteen, you are trying to figure out your place in the world. You aren't quite a teenager, but you're headed there.

Playing football was my number one passion. I was always a starter. Kenny would hold you responsible for your actions. I remember getting off the bus in Alley Pond Park for warm-ups. As a warm-up, you had to run laps around the park and come back and do calisthenics. After seeing

Tobias Truvillion Has Arrived (continued)

everyone get off and leave to run, me and a couple of the guys decided to stay back. We were like, “Ok, we’ll run over there when we do the calisthenics.” But little did we know, Kenny could see us from the bus stop. He comes running over to us and he looks at me and looks at the fellas and he says, “Guys, what are you doing over here?!? We’re a family. Toby (what people called me back then), you’re a starter. Come on! Get over here!” He was a solid, blue-collar kind of guy. Kenny was a great man.

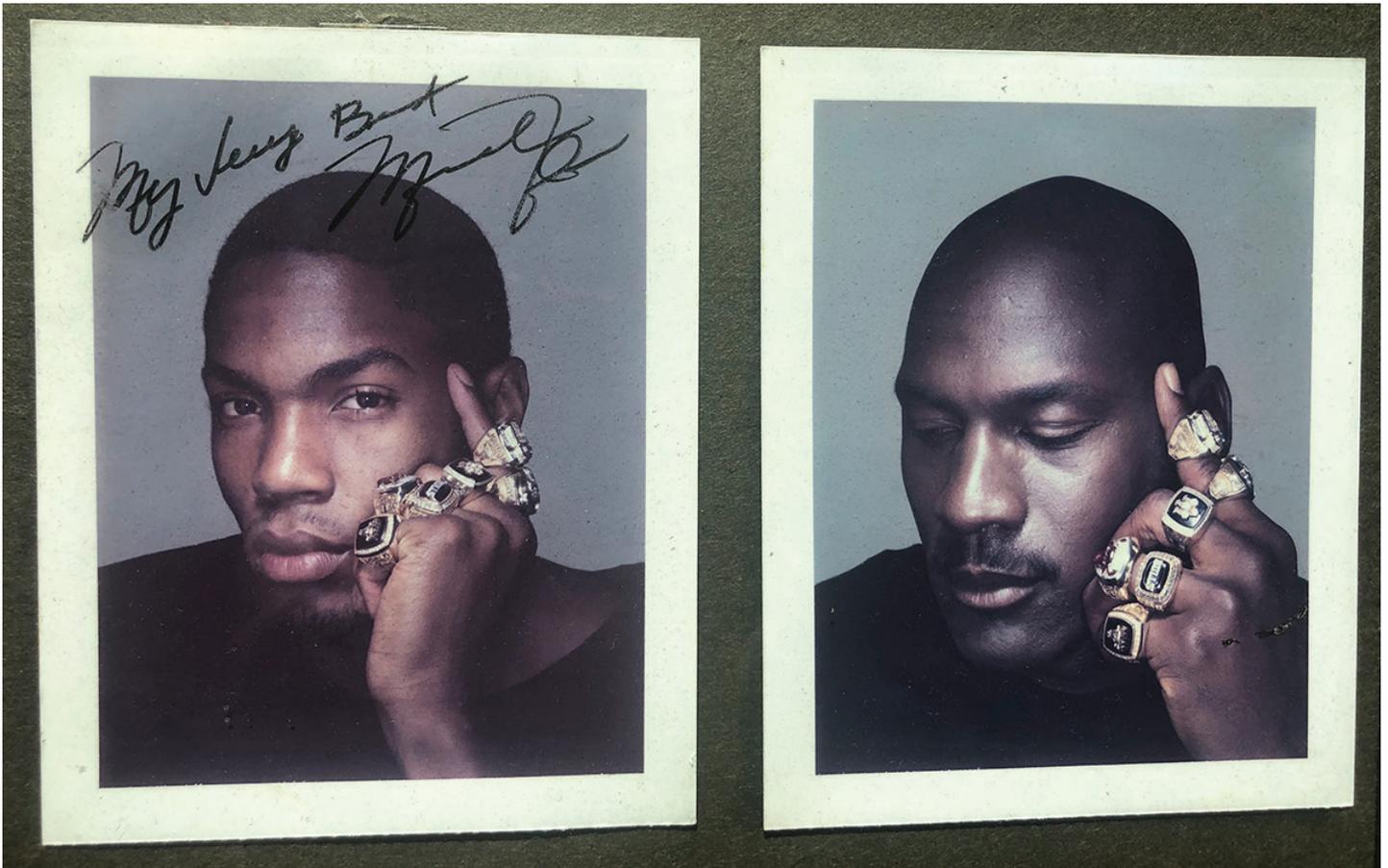
He also formed a great team and helped me to develop my character. That was really my first lesson about teamwork—setting yourself apart, but being selfless and a part of the team. I thought about him my entire life. Twenty-five years or so later, I saw his wife, Susan, face on Facebook. We reconnected. I could not wait to talk to him. I had tears in my eyes.

What has been the most important lesson you’ve learned so far in your career?

Two things were key for me. First, you can’t put yourself above the work. Second, you have to be who you are. It is important to know about your ancestry and family history and be involved in your community. At times, it feels like the media machine has been turned against us. It can be hard to find your way in this industry as an artist and as a man.

In this art, knowing who you are will protect you, as long as you keep God first and keep yourself centered. I really believe those are the things that give you the courage and strength to push through. Always check in with yourself.

When I was a youngster, I remember when the drug epidemic divided the community. Through culture and how we pulled together, we were able to push past that.



Signed stand-in photo for Michael Jordan’s “Six Rings” campaign. Compared side by side. Photography by Dan Winters.

Tobias Truvillion Has Arrived (continued)

Right now our culture still has a great influence on the economy and in this world. We also have some stuff to push through, especially self-doubt.

Do you feel like you have made it?

Absolutely not. I'm still growing as a man and in my career. I look at the early part of my career and compare it to today. I'm working on projects that are totally different. I'm always staying true to myself, learning to be more vulnerable, and more open to opportunities that allow me to continue to grow in my craft and as a human being. I have had a long career and I'm now getting into a space that allows me to be able to stretch a little bit more.

When you're playing supporting roles, you're placed in the story in a certain way and you try to put on your best performance. When you're in leading roles, you get to create a different kind of art. I am grateful to be in this place in my career. I'm getting leads.

Signed stand-in photo for Michael Jordan's "Six Rings" campaign. Compared side by side. Photography by Dan Winters.

What would you consider to be one of your greatest achievements?

One of my greatest achievements was when I was asked to host the Harry Belafonte, Martin Luther King Tribute Ceremony. As I strive to serve through philanthropic efforts in my community, it was an honor to contribute to this event as it acknowledged another amazing historical figure. It was one of the most humbling experiences for me. I also had an opportunity to recite the speech that he wrote for Dr. King, "Kind of Man."

I also had a chance to work with the GOAT of basketball, Michael Jordan. I was the stand-in model for Michael Jordan in one of his videos. It was for his sixth ring campaign. When you're a stand-in, they come in and adjust the lights so that when the stars come in they

only have to be there for less than fifteen minutes and can leave. The day before, they came up with all of these ideas. Mike comes in and I get the chance to wear all six of his rings and meet the greatest baller of all time. He signed one of my Polaroid's from the shoot. That was pretty cool.

What was the biggest challenge working in the film world compared to the soap opera world?

Soap operas are actually a good training ground because soaps move so fast. There is actually more work in a soap than there would be in a film. Soaps are more intense because there is a lot of dialogue and dramatic scenes that take time and energy. It's grueling. You can't mess up. You only get one or two takes. When you're in a film, you can stay with a character and build out the role for as long as it takes to get it right.

In *Love Dot Com*, you play the urban planner Greg Jeffries. What attracted you to the role? What lessons do you hope audiences will learn from your character?

There are things in my life that lead me into that moment. It was an opportunity to play a leading man and play alongside the beautiful and talented Brave Williams. I met some great people in Washington, D.C. I love D.C. That's what made me want to do the picture. I wanted to channel the vibe of the city with my role.

I think Greg was a good man. Just like in D.C., there are people in my city that are in politics and redevelopment. They are also supportive of the community. I lived that life. Playing Greg Jefferies was like being somebody I already knew. It was natural. It was familiar. It's a black love story and we have to do the work to change the way we are portrayed and what we portray on screen. Love Dot Come points out the importance of eating better, living right, and loving right. It all was authentic and that's cool to me.

Tobias Truvillion Has Arrived (continued)



Photography by Tinnetta Bell

You worked with Rodney Gilbert, Artistic Director of the Advantage Arts Program for Youth at the Dr. Marion A. Bolden Center. What has been the most rewarding experience you have had working with the youth in the program?

Putting people above yourself is part of our legacy. It's not that you have to know everything and be the best, but you do have to get in where you fit in. We have an obligation to each other. We're in a crazy world and I'm so happy that I'm blessed to do the work that I do and have an impact on the next generation. I hope my work and my story helps young artists believe that their dreams can come true.

What advice would you give to young actors trying to make it in the entertainment industry?

I think about Nipsey Hussle's message about never quitting—running the “marathon.” You have to endure a lot to

be in this game and you have to be able to give it up. What I mean by “give it up,” is that you have to give it up to God. You have to know who you are when you step into this industry. The movie machine can be very unforgiving. At the same time, it is a beautiful place where you can work and build your fortune. Did I mention it's a lot of work!? It's not a hobby. The industry is built on the labor of a lot of talented people that paid dues before you got here. So get in, do the work and make your dreams come true.

My favorite producer, Tundé Samuels, says, “You always hear me say I'm in the game, still playin'.” That's how you have to be. You've got to be in it and if you're in it, you have to pull your weight. No one owes you anything. You have to pull people up with you—lift as you climb.”

What projects are you currently working on?

Love Dot Com is releasing this summer. We love D.C.!

Tobias Truvillion Has Arrived (continued)



Photography by Tinetta Bell

First Wives Club is coming out on BET. That's going to be great. It's with Malik Yoba, Jill Scott, and Michelle Buteau. *Equal Standard* is an independent film I'm working on. *Against All Enemies* with Kristen Stewart and Anthony Mackie should be coming out this year. I just did a Christmas movie called *Holiday Heist*. I have a true crime series on TV One called *Love to Death* coming in the summer as well. In the very near future, I would like to produce projects of my own.

How do you relax when you are not working?

I love to cook. I'm on this new health tip. I make all kinds of food and now I'm on this vegan/vegetarian lifestyle, so my recipe book is expanding. I've always tried my best to live a healthy lifestyle—taking care of myself physically, mentally and spiritually. People don't know I also do a lot of photography in my free time.

But the best thing to do when I'm not working is to be still. When you are on and off the road in different cities and you have been working 16 hours a day for three or four months, you just want to chill at home. I'm going to sit back and mind my business. I get to listen to my classic soul on Saturdays while cleaning the house. If I don't do that, I will lose my mind. That's the main thing that helps me keep my sanity. Once I get my energy in order, I like to travel and see different cities on my own time. Traveling helps me replenish my thoughts and spirit so when I do the work, I can pour all of my energy and new experiences into it.

View Video at:

soulvisionmagazine.com/tobias-truvillion-has-arrived/

MOVIES

Kenn Michael: Renaissance Man



Photography by Kia LaBeija

| “Use the tools you are gifted, to create something new.”

Kenn Michael: Renaissance Man (continued)

Kenn Michael creates music and film with a purpose. If you grew up watching the motion picture *Boomerang*, you may recognize Kenn as one of the kids that worked with the character played by Halle Berry in an art class. He was creating then and continues to create now. Kenn first gained star-level recognition in the mid to late 90s when he starred as Michael Peterson in Robert Townsend's *The Parent 'Hood*. He's a New Yorker and his work takes from the eclectic nature of the city. "I was born in New York City. Throughout my childhood and teenage years, I lived in New York City; Hoboken, New Jersey; and Stamford, Connecticut," Kenn says. "Tri-state area represent!" Kenn works in various medium to take his art into uncharted territory. "My craft is wide-ranging: composer and musician, visual artist (filmmaker), and computer scientist (programmer and designer)," he says. "I love using both sides of my brain intensively to provide that perfect balance of art, science, and technology."

The TV shows he's developing deal with "energy, spirituality and human evolution." The music he's creating uses a new "software instrument" that will revolutionize the way music is produced. He built it himself. "It allows the composer or producer to use sacred frequencies and sacred geometry to augment the audible experiences with restorative qualities. It's healing music," he says. Kenn's beautifully arranged electronic music warrants the attention of music fans

"I'm excited about the film and tv content I have in the pipeline. I love watching things that not only inspire but introduce a new thought. Something that didn't quite exist as a concept in my mind until I saw it on screen."



outside of the genre, particularly classical music fans. On his [SoundCloud](#), he uses the hashtag #electrorchestral to explain his atypical sound. Take for example, "[wakenWhisperer](#)." The record is a journey into a thumping galactic pit of luscious strings and chords. His music has the ability to spark creativity and imagination. Kenn's ability to create this impression is nothing short of incredible.

Kenn has bigger ambitions for his instrument other than just music. "I want to turn my custom therapeutic sound instrument into multiple products and apps for consumers," he says. "I believe there is an emerging market in this space. Since it's a passion of mine, I want to contribute to that conversation."

Like many filmmakers and musicians, Kenn is inspired by what he sees and hears. "I'm excited about the film

Kenn Michael: Renaissance Man (continued)



and tv content I have in the pipeline. I love watching things that not only inspire but introduce a new thought. Something that didn't quite exist as a concept in my mind until I saw it on screen," he explains. "That's the kind of content I like to make as well. So, if that's what you like to watch, you're gonna love what I'm cooking up!" We're excited to see what he cooks up, indeed.

To learn more Kenn Michael, you can visit his website, kennmichael.com and follow him on Twitter and Instagram [@kennmichael](https://www.instagram.com/kennmichael).

MOVIES

DominiQue “MrsGiJane” Williams: Heading for the Bright Lights



| “Do what moves your spirit.”

DominiQue “MrsGiJane” Williams is a blossoming actress. She’s from Cincinnati, Ohio which she describes as a “fun little city full of wishers and dreamers that sometimes gets the opportunity to give their ambitions life.” The Isley Brothers, L.A. Reid, and Katt Williams all have roots in the city. DominiQue looks at herself as continuing

DominiQue “MrsGiJane” Williams: Heading for the Bright Lights(contiuned)

the lineage of stars who had ambitions beyond the city limits. They were headed for the bright lights! DominiQue admits that Cincinnati “is not known as a place where stars are born,” but she is definitely proud to call it home.

“I’m trying to give my audience the truest version of myself as the character that I am playing at the time. I embody that technique and truth into my artistic work.”

She does not describe her developing career as an actress as a learned skill or even work. “As an actress, I don’t categorize what I do as a craft. I am who I am,” she explains. “I am who I have been called to be. Acting embodies my persona.” Self-care is important to DominiQue. She’s always working on herself. She says that it is important for her “spiritual side” to be taken care of as well. This is how she performs her best when she’s on screen. “I am channeling my most inner emotions into the roles I play,” she explains. “I’m trying to give my audience the truest version of myself as the character that I am playing at the time. I embody that technique and truth into my artistic work.”

DominiQue Williams makes her debut on the big screen in Warner Bros’ *Shaft* (2019) with Samuel L. Jackson, Regina Lee Hall and a cameo by Richard Roundtree (the original Shaft). The new film is the fifth in the series and the sequel to the 2000’s film of the same name. It premieres at the [American Black Film Festival \(ABFF\)](#) this summer in Miami and will be in theaters nationwide



on June 14. She has a number of projects in the works but is playfully reluctant to share the details on those. She believes the suspense will keep the fans wanting more. “I could tell you more, but where’s the fun in that? I have to leave you with something to stay tuned for.” And just like that, we are left to guess the magnitude of her next projects. We have a feeling they’re going to be fantastic!

To learn more about DominiQue “MrsGiJane” Williams, follow her on IG [@mrsqijane](#).

Shannon Greenwood: Knocking Down the House



| “Live life on your own terms.”

Today’s workplace culture too often leaves workers feeling burnt out and/or unfulfilled. The stakes can be even higher when you’re a female leader in a challenging career. Shannon Siriano Greenwood is very familiar with this issue. After dealing with postpartum depression, Shannon had an awakening. She knew she had to make a life-changing decision and live her life “on her own terms.” She sold her very successful boutique cycle studio, Boho Cycle Studio (the most successful in her region) and started the foundation for her Rebelle brand—a conference and community that empowers women to be their own bosses. Shannon believes you can live a fulfilling and successful life while keeping your mental health and personal values under control. In other words, “you” are in charge!

Shannon Greenwood: Knocking Down the House (continued)



Shannon grew up in Annapolis, Maryland, and in adulthood, decided to put down roots in Richmond, Virginia. She is a self-described “community architect.” “I design and create community events, conferences, and experiences that connect people on a soul level,” she explains. “Rebelle Con and Rebelle Community are places for women to share what is bouncing around in their heads while being inspired and connected to one another.” This is how great businesses are formed—come up with an idea, share it with others, collaborate and see where it goes.

If a project doesn’t have any passion behind it, Shannon will not look at it twice. “Every project I participate in has to have soul to make it on my list. I am in the process of expanding our conference events and community chapters to cities across the country,” she says. “I know

Shannon Greenwood: Knocking Down the House (continued)

“I know there is a need for women to connect deeply and truly belong to each other.”

there is a need for women to connect deeply and truly belong to each other. We want them to think bigger, go after what they want, and take amazing care of themselves. We are making that happen, one event at a time.”

After growing a “community of women bosses” to 4,000, Shannon is preparing to dominate the world. “We are

building a nationwide (soon to be international) network of women who are breaking the old rules to define their own version of success. We have the power to ‘Rebelle!’” The old rules left us stressed and overworked. The new rules prioritize work-life balance. See your family and friends. Connect with your community. We are all in this together.

To learn more about Shannon Greenwood and her Rebelle brand, you can visit her website: shannonsiriano.com and follow her on Instagram [@ssiriano](https://www.instagram.com/ssiriano).

CHEF'S CORNER

Chef Dontrell Ham



“This easy shrimp and grits recipe will satisfy the entire family’s tastebuds.”

Ingredients

Creamy Grits

- 6 oz. yellow stone ground grits
- 6 oz. white stone ground grits
- 1 qt+1 ¼ cup water
- 10 oz. heavy cream
- 2 1/2 oz. butter, unsalted
- ½ oz. salt
- 1 tsp. black pepper

Smoked Tomato Gravy

- 3 tbsp. butter
- 2 oz. yellow onion
- ½ tbsp. garlic
- 1 1/2 tbsp. Old Bay
- 1 tsp. cayenne
- 1 sprig thyme (destem)
- 3 tbsp. flour
- 3 oz. white wine
- 2 cup chicken stock
- 1 tbsp. crystal hot sauce
- 1 tbsp. Worcestershire sauce
- 2 tbsp. lemon juice
- 2 each Bay leaf
- 10 oz. canned diced tomato (cold smoke for 30 min)

Completing the shrimp and grits plate

- 28 Shrimp (16/20 peeled, deveined) 7 per bowl
- 12 oz. poblanos, diced
- 12 oz. tasso ham, cubed ¼ in.
- 1 oz. garlic chopped
- 16 oz. tomato gravy
- 2 oz butter

Shrimp & Geechie Boy Grits

Course: Lunch

Cuisine: Southern

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Servings: 4 people



Chef Dontrell Ham (continued)

Preparation

Creamy Grits

1. Heat water and cream over medium-high heat until simmering over.
2. Mix grits and seasoning together, then whisk into liquids.
3. Continue to whisk occasionally for 5 minutes.
4. Turn heat down to medium-low and cook, stirring occasionally to prevent sticking for 20 minutes.
5. Add butter and continue to cook and stir for 15 minutes
6. Cook to your desired doneness.

Smoked Tomato Gravy

1. Cold smoke tomatoes for 30 minutes.
2. While tomatoes are smoking, melt butter and sweat onion and garlic until onion is translucent.
3. Add spices and cook for 5 minutes.
4. Add flour and cook for 5 minutes.
5. Deglaze with white wine and whisk in chicken stock, hot sauce, and Worcestershire.
6. Bring to a boil, then simmer for 15 minutes whisking continually.
7. Blend everything with a stick blender or place into a blender and puree until smooth.
8. Add half the smoked tomatoes and incorporate thoroughly.
9. Return to the pot and add the remaining tomatoes, lemon juice, and bay leaves.
10. Season to taste with salt and pepper. Set aside.

Completing the shrimp and grits plate

1. Render tasso in a ½ oz of oil.
2. Add poblanos and sauté until lightly caramelized.
3. Add shrimp and cook stirring to cook evenly for 4 minutes.
4. Add garlic and sauté for 2 minutes.
5. Cover with tomato gravy and simmer for 3 minutes.
6. Stir in butter to finish. Taste and adjust seasoning at the end.
7. Divide the grits evenly in 4 bowls and top with sauce and shrimp between each bowl.
8. Garnish with fresh chopped Italian parsley to finish.

Restaurant Information: *Chef Dontrell Ham is a Chef at [South City Kitchen](#). With two locations in Atlanta, Georgia (Midtown and Buckhead) and restaurants in Smyrna, Georgia (Vinings) and Alpharetta, Georgia (Avalon), you will have plenty of opportunities to check out their Southern cuisine in the Peach State.*

COMMUNITY

Second Stage Theater: Theater for Everyone



| “The performing arts should always be accessible and inclusive.”

Each month we highlight a community program that aligns with the values of SoulVision Magazine. We believe engaging with one’s community is critical to fostering positive change in the world.

For our June issue, we highlight Second Stage Theater, a theater company based in New York City. Second Stage Theater was created in 1979 “to produce ‘second stagings’ of contemporary American plays.” Second Stage then expanded to producing new plays from their own collective of playwrights. Through the years, Second Stage Theater has produced “genre-bending” solo performances, cutting-edge theatrical events, explosive new musicals, and world and New York premieres by America’s most distinguished playwrights. Second Stage Theater stands out from other theater companies by producing new American plays by living American playwrights. They are committed to supporting both “emerging and established” artists. With an emphasis on diversity and inclusiveness, Second Stage appeals to audiences of all backgrounds.

Second Stage Theater: Theater for Everyone (continued)



Their upcoming season features world premiere plays by Bess Wohl and Will Eno and a New York premiere by Pulitzer and Tony Winner, Tracy Letts. They will also put on a new production of *Take Me Out*, a modern classic by Richard Greenberg. You can find their productions at the two theaters they call home—the Hayes Theater on Broadway and the Tony Kiser Theater on West 43rd Street. Second Stage Theater continues to forge a new and exciting path for theater.

Second Stage Theater offers \$30 tickets to anyone 30 or under for all of their productions. To find out how you can give your support to Second Stage Theater, visit their website at <https://2st.com/>.

Second Stage Theater has successfully launched the careers of many directors, actors, playwrights, and artists. Their diverse range of premieres and new interpretations of American contemporary theater includes a 2015 Pulitzer Prize winner, *Between Riverside and Crazy*; and a 2012 Pulitzer winner, *Water by the Spoonful* by Quiara Alegria Hudes. Their production of *Dear Evan Hansen* was nominated nine times at the 71st Tony Awards, winning six which included the Tony for Best Musical. The theater has over 130 citations and awards.

Lola! Love



Lola! Love was born in the Bronx. She graduated from Hofstra University and is a licensed speech and language pathologist. She taught in the New York City public schools in grades K-12 as a speech therapist. She was also a language coordinator and director of an early language intervention program for parents, teachers, and principals. If that wasn't enough, she is a certified "law of attraction" life coach, speech coach, Reiki master, and entertainment consultant! She even toured the world with James Brown as one of his personal dancers! With over 30 years of experience in the entertainment industry as an actress, choreographer, talent manager, music producer, A&R director and recording artist, Lola! Love has paid her dues.

Lola! Love is different from most life coaches. She is a "high energy" life coach. The exclamation point in her name represents her positive nature and the smiles and excitement people can't help but show when they meet her. She teaches that the negative energy you extrude out into the world is preventing you from genuine human connection and Lola! wants to realign your energy levels. Her book, *Sweet Tips from Lola!'s Lips: Fifty-Two Ways to Raise Your Vibration and Live the Life You Choose*, encourages readers to use laughter to raise their "vibrational energy," becoming clutter-free, choosing your words wisely to those around you and the importance of setting realistic goals in your life. In summary, Lola! wants you to live your best life. "In order for you to do better, you must feel better," she says. Those in her coaching program must be one with themselves. When they follow the universal laws that she teaches, they are capable and ready to go after everything they want.

Lola! Love (continued)

Lola! Love's quote stresses the importance of self-belief and care. With the ability to channel high energy from within, we all have the power to move mountains.

To learn about Lola! Love, you can visit her website, www.lhbconsultcoach.com.

“When you feel, look and do good, everything you want flows to you with ease and grace.” –Lola! Love