



SoulVision

M A G A Z I N E

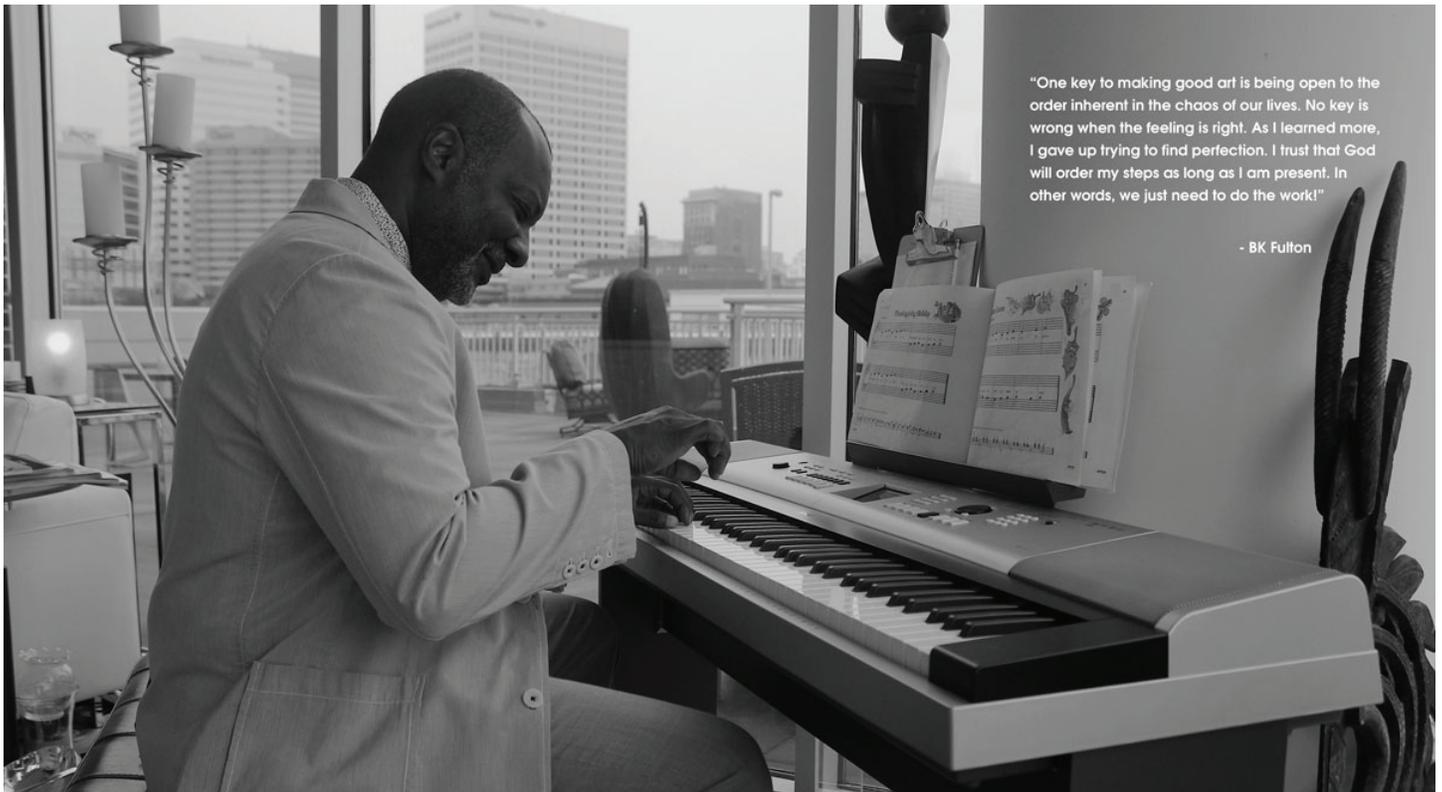


December 2018/January 2019



EDITORS NOTE

BK Fulton



| “Each day is a gift. What you do with it is your gift back.”

In his condo, overlooking the financial district of Downtown Richmond on one side and the James River on the other, BK Fulton is restless; he’s wrestling with an idea, a vision that will serve as an extension of **Soulidify Productions** where he serves as founding chairman and CEO. Fragments are beginning to take shape as tangible ideas. He walks back and forth and then he stops and looks out at his patio. He feels the ancestors are laughing at him with love as he realizes that it’s up to him to tell the stories that have not been told. “SoulVision,” he utters and that was it. In less than a week, he finds a founding editor, web developers and designers, lawyers to protect the name and a band of contributing authors. In a world where black and brown people are too often thought of as less than, BK created SoulVision to exemplify the positive energy inherent in urban communities worldwide.

BK doesn’t shy away from making it known that Soulidify Productions is the first independent film company in cinema history to produce and release four feature-length films in its first year. Produced by a mostly unknown team of diverse industry insiders and creatives, these films include Charniece Fox’s *Love Dot Com*, Menelek Lumumba’s *I Angry Black Man*, and Wes Miller’s *River Runs Red* and *Atone*. With respectable offers from major movie producers in the film and paid TV business, there is only one way to go but up for Soulidify Productions.

Known for his positive outlook on life, BK believes that “God blesses us all to turn our dreams and ideas into their tangible equivalents; we must have the faith, be willing to do the work and expect the outcomes.” With a team of talented folks behind him, BK has the recipe for phenomenal success.

INTERVIEW

Vivica A. Fox: The Best of the Best



| “Never take. Always give.”

The all-around mega-talented, Vivica A. Fox, or “Angie” Fox to those who’ve known her since her days in Indianapolis, is kind, motivating and straightforward in her approach to life. She is an entrepreneur and in a more urban vernacular, she is a bona fide “hustler.” All one has to do to appreciate her talent is take note of her bestselling memoir, *Every Day I’m Hustling*. With her own syndicated talk show, “Face the Truth,” and various media projects with Lifetime network, Ms. Fox has entertainment industry longevity that most people can only dream of.

Vivica A. Fox: The Best of the Best (continued)

For our inaugural issue of SoulVision Magazine, we sat down with Ms. Fox to discuss her early years at home and in her career, her inspirations, and her hopes for 2019 and beyond. She provides an uncut look at what needs to be done to succeed in the entertainment industry and in life.

Vivica, thank you so much for agreeing to spend some time with us for our inaugural issue of SoulVision Magazine. It's going to highlight you, Debra Martin Chase, Quincy Jones and a few others. We have a few questions we would like to ask. Our aim is to help people appreciate your journey to become Vivica A. Fox. Let's start off with your life at home as a child.

Well first of all, I want to say congratulations to you guys on starting up this magazine and I think that it is a wonderful platform to celebrate African Americans that are doing so well and it's amazing that two of the people that you mentioned are people that I know and have had the wonderful opportunity of working with. Debra Martin Chase—we did the series *Missing* together. I've known her for many, many years and she's just an awesome lady. Quincy Jones—I've known him forever. I always see him at events and he's just always an amazing, energy force when you see him. So, I'm glad that I'm in good company for your inaugural issue.

Becoming Vivica A. Fox started years ago when I left home at seventeen. I remember in my senior year of high school, everyone was saying what they were going to do. Some were going to get married. Some were going to college. I had decided that I was going to go to California and I was going to become a movie star!

My nickname was "Angie"—that is what the A is for 'cause growing up no one could pronounce "Vivica." I used to be called Vivika, Vivicha—all kinds of stuff but not Vivica; so I always made people comfortable and was just like, "Call me Angie." It was all good. I had a wonderful childhood growing up in Indianapolis, Indiana.

I had a beautiful Christian momma that raised four kids, basically by herself. Our father was in our life but my mother did most of the raising. We spent the summers with our Dad. I lived across the street from Breeding Tabernacle Church, so we were always in church, which made my momma happy. I graduated from Arlington High School. I am the youngest child of four. I have an older sister Alicia "Sugie" Williams, two brothers—Marvin Fox and William Fox, and I was the baby girl. I played sports: basketball, volleyball, track and I was a cheerleader. So, I've always been a Type A personality.



Vivica A. Fox: The Best of the Best (continued)

Can you still hoop a little bit?

Oh yes! Are you kidding me? Child, I can still do a cartwheel, the splits and jump up and shoot a jump shot on you!

When you were growing up, who or what was your biggest inspiration?

I was in love with Michael Jackson. I thought Michael Jackson was just the cat's meow. Michael and Diana Ross; I always said what a huge influence they were on me. I remember going to see them in my teenage years and had never seen such dynamic and amazing African-American talent. Diana Ross—I've never seen a black woman with hair and nails and one that changed clothes six times. Michael Jackson—just a dynamic performer so I was just like, "Where do they live?" I would also say that my late Aunt, Madame King, is a major inspiration. She was one of the first and few African-American females that owned her own beauty salon on the South Side of Chicago. She was the first one to cut my hair and put me in a fashion show. So those three people were an inspiration but I would say Madame King was my biggest inspiration. I was bit by the entertainment bug early.

Thinking back to that young actress as you were coming along, what was the most important lesson you think you learned on the road to becoming Vivica Fox?

For me it would be learning to get out of my own way. It was the biggest lesson that I had to learn. You have to realize where you are in your life and your chapter, not to force things. This generation nowadays is so used to this "insta-fame" that they have no idea that building a career that has longevity takes time. You have to realize that what is for you will be for you. You have to work towards it and know that when it's your turn, that it's your turn. So for me, I used to be so impatient and I wanted everything to happen so fast. Trust me, it can't



happen too fast because life goes by even quicker. My biggest life lesson was learning to get out of my own way and I always pass that on to young talent who ask me, "How did you make it?" I say, "I had to learn how to get out of my own way. Just learn to know my place, play my position and stay in my lane."

Very well said. As you think about your television roles your movie roles, do you have a favorite character that you've played?

Vivica A. Fox: The Best of the Best (continued)

Gosh, I've been blessed to be in a lot of films. One of my favorite roles was Frankie—everyone loves Frankie from *Set It Off*. *Set It Off* has become such a classic film that everyone is like, “Why did they kill y'all! Y'all could have done a sequel!” But some things need to just be a classic and there doesn't need to be a sequel. I also have to say Shanté from *Two Can Play That Game* because I'll never forget that night getting out of the limousine at the Premiere and looking up at the marquee and seeing “Two Can Play That Game Starring Vivica A. Fox.” I was like, (astonished) “Wow!” So if I could pick my top two, it would be Frankie from *Set It Off* and Shanté from *Two Can Play That Game*.

Is there a particular formula or some kind of criteria that you use to make your decision about what roles to choose versus what roles not to choose?

Let's talk about my passion. How much I come through and how much I'm dedicated. There are two people who are really responsible for that. The first person would be my very first acting coach, Sheila Wills. Sheila and I met during the soap opera *Generations*, and that was my very first acting role.

She was on the show and I remember she came to me and said, “You know, you're very talented but you got to learn to sharpen your chops” and I was just kinda like, “Wow!” This can be a business where people will just let you fall on your face so they can look good and make you look like an amateur. She did not let that happen. When the show ended she became my acting coach. She was really instrumental in me getting a lot of roles. She would say things like, “You have got to understand that when you go into a room, you think you're cute. There are going to be ten other cute girls just as cute as you and they think they are cute too. So you got to show up prepared, look the part, act the part and leave no room for doubt that no one else should get this part.” And so, I would get to a point when I was going for a lot of roles and I would get really close and it would be given to a

bigger name and she was like, “Vivica just stay ready because when that role is right for you and if you're not ready, you can't blame anyone but yourself.” She would always tell me to work out, take care of myself, have a good attitude, be prepared, be professional. I commend her for that.

Then my passion, once I really started acting regularly, was amplified when I worked with F. Gary Gray, who was the director of *Set It Off*. Gary was one of the most serious, professional directors I've ever worked with. In rehearsals, he wanted you to be on time. He wanted you to be dedicated. I remember one time we came back from lunch—Me, Jada, and Queen Latifah. We would be 3 to 4 minutes late and he would look at us like, “Y'all think I'm playing with y'all. Y'all better respect this now.”

Really?

Oh yeah. He was like, “People think they are going to come to the movie and laugh at y'all because it's four girls supposedly robbing banks. So they think, ‘Oh wow, let me go see this, it's going to be wack.’”

People walked out of that movie theater in tears and it's because he was so dedicated from rehearsals to when we wrapped the film. I could really say my work ethic came from my first acting coach, Sheila Wills and one of my amazing directors, F. Gary Gray.

Wow. You know what, I often tell the team, you gotta do the work and then the magic happens. God shows up and I think that even your career really exemplifies that. In addition to the modeling, the acting, you've also been an entrepreneur. You've got beauty products. You have a TV show. Is being an entrepreneur as fun as acting?

What drives me crazy is that when you meet people and they say, “Oh, I want to be an actor.” and you say to them, “What are you doing to become an actor? Are you

Vivica A. Fox: The Best of the Best (continued)

taking drama classes? Are you studying? What are you doing?” We make it look so effortless that people just think, “Oh, I can do that!” Not realizing that you gotta hit marks, gotta have a good memory, you gotta cry on cue, there’s a whole lot of different dynamics: love scenes; all kinds of stuff that’s really uncomfortable but it’s an art form. I always tell people as you said, do the work. Learn to be a triple threat—learn to sing, act and dance—because you never know what the role may require. You have to do the work. And just know that it doesn’t happen overnight. A lot of people say, “Oh such and such was an overnight sensation. Well, most of the time that’s many a long night that it took to become that overnight sensation.”

You have a recurring role on *Empire*, a hit TV show with an all time high rating called “Face the Truth,” you have a wonderful book—*Every Day I’m Hustling*. How do you balance all of that?

In my book, I share the secrets of my success and also with “Face the Truth,” I’m helping people live their best lives. I am so blessed to have this amazing chapter that’s happening in my life right now and that’s because I have built my “dream squad.” You have got to have people that look out for you. I have an excellent publicist, BJ Coleman, who looks and finds opportunities for me. He’s the reason I got my book deal for *Every Day I’m Hustling*. He would say, “Hey, time for you to do a book” and I would say, “Wait, I got some more living to do.” He would then say, “Nope, we’re going to do a motivational memoir. You are a woman in your 50’s that’s having an amazing resurgence in your career. Share those secrets of your success. Let folk know that you understand how hard it is to achieve success, but more importantly, how hard it is to maintain success for as long as you have a shot.”

My business partner, Lita Richardson, who is my entertainment lawyer and best friend, always saw opportunities for me. When I started green lighting movies back to back to back, she would say, “Nope,

now we’re going to get a producer credit” and I would ask, “Well, how can we do that?” and she would say, “Because your name is green lighting movies so that means you now get a producer credit and another check” which was magic to my ears.

My wonderful agent, Sheila Legette, is always out there hustling: looking for roles for me, looking for opportunities for me. My executive assistant, Darren Bond, who is also a savvy business partner is on the team. He is someone that I’ve known for over twenty years and is always out there looking for gigs. You want people on your team that are not takers. You want people that are contributing to your career and not just sitting there waiting to get paid and just like, “Well, what we doing today?” like, “Na, well what are you doing to help us do something today? Help me and we all win!”

Well, I’m going to combine these next two questions because I think you’re touching on something really inspiring and I love the idea of building a “dream squad.” There are times when we all need to take a break and relax. But what I also hear coming out is some faith in action. How do you relax when you’re not “working” and where does your faith come in?

Wow, I definitely had to learn that because I recently had been working just so much that I got a little sick and that was the Lord telling me, “Slow it down now. Go on and rest now. I know you’re working.” But I’ve always been a Type A personality and you gotta strike while the iron is hot but you’ve also have to find that balance of when to take time off or rejuvenate and take care of yourself. I always tell people, when you start working a lot, there is nothing wrong with saying “no.” Everything is not for you and you got to learn when it’s like, “Nope. I need time off . . .” because people will run you into the ground and then when they’ve received what they wanted from you and you’re over there tired and worn out then what do you do? So, you’ve gotta learn sometimes to say “no.”

Vivica A. Fox: The Best of the Best (continued)

My time off for me is going to the spa, sleeping, taking some vacations with the family—going to Jamaica. I’ve celebrated my birthday at Montego Bay, Jamaica about four or five years in a row. Next, I want to go to Europe and take other trips. So, you’ve got to learn to balance that out and have some fun time and some work time. If not, you’re just going to run out of gas.

Faith—My mom raised us in church. I’m always so grateful. I know I’m a blessed child of God. The reason why all of these blessings are coming upon me right now is because I’m not just a taker. I give back. I support my community. I always put God first and I help others. So you’ve got to find the balance in that as well. Don’t just be a taker from your community. Contribute back into your community and support others.

Wow, Vivica those words are powerful! This interview is going to be a blessing to a lot of people. I totally agree with what you are saying. When we give back and work together, there is nothing we can’t do. Anyone from the outside looking in, would say “she’s got it all.” Is there anything missing right now for Vivica Fox?

Honestly, right now I’m so fulfilled in this wonderful place that I’m at. I’ve got six beautiful godchildren. I’ve kind of created my own extended family that I enjoy. The next chapter—something that I may look for in life again—is probably to direct in the future and then to possibly fall in love again. But I don’t feel less of a woman because I don’t have them right now. I’ve directed a video before and I’ve been married before and I’ve done love before, but I’m taking the time to do me and I’m really happy right now. I’ve got a wonderful extended family with friends and life and my career is great. So right now all the seeds that I’ve planted are all blossoming and have created this wonderful floral bouquet of success—I’m taking the time to smell and enjoy all these fragrances.

There you go and they smell good. You got a bouquet

going! I have one last official question for the interview: Is there any advice you want to give to the next generation of actors and actresses or would—be authors and entrepreneurs? Anything you want to tell them about becoming who God has blessed them to be?

Yes. I love to tell people that are wanting to become the next Vivica A. Fox or the next Barack Obama or Michelle Obama to become successful—we’ve been saying it the whole interview—you have to do the work. You have to make good choices. Please know that the choices that you



Vivica A. Fox: The Best of the Best (continued)

make today affect your tomorrow and your future. Make good choices. Do the work. Get your education. Be good to people. Try to be kind to others and know that if you really want to build a career, it takes time. There are no shortcuts to success. Do the work so that when all of it happens you can claim it all; that you did it. Do you.

Credits

Makeup Artist:

Nordia Cameron-Cunningham

[@nordia_ffaceit](#)

Hairstylist:

Micah Cook

[@micahmiami](#)

Stylist:

Toni Lowe

[@toniposh](#)

Photographer:

Zavier Deangelo

[@Zavierdeangelo](#)

CELEBRITY

Debra Martin Chase: The Face of Hollywood



| “You learn by experience.”

Debra Martin Chase is an influential and powerful force in the film industry. She has been responsible for producing some of the most well-known films that speak to an entire generation of young women and people of color. If you’ve seen *Sparkle*, *The Princess Diaries*, *Cheetah Girls*, *Sisterhood of the Traveling Pants*, *Just Wright*, and Rodgers and Hammerstein’s *Cinderella* then you are familiar with her vision of female power and diversity in film and television. It is rare to have access to the people behind the scenes—producers, writers, directors, and executives—that make the movie magic happen. Ms. Chase—the first African-American female producer to have a deal at a major studio—is passionate in her reflections as a Hollywood executive and pioneer.

Debra and her team recently completed principal photography for *Harriet*, the Focus Features biopic on Harriet Tubman. She travels from coast to coast, living in NY and LA. When asked why she wanted to be in the film and television industry, she says, “I got into this business because growing up as a child devouring film and television, I never saw people who looked like me. So, one of my incentives for getting into the business was to put people on screen who looked like me, both from an ethnic and female standpoint.”

She wants young women of color to see themselves in her work and say to themselves, “I can be anything. I can be the princess. I can be the CEO. I can be whatever I want to be.”

Debra Martin Chase: The Face of Hollywood (continued)

Chase was born into a family who valued education and hard work. She earned her J.D. from Harvard Law School. Her mother was a professor at the City College of Chicago and her Dad was a sergeant for the LAPD. Her uncle is a lawyer and her aunts have masters degrees from Northwestern University. Her late grandmother was a part of the Great Migration from New Orleans to Chicago. She passed away twenty-six days before her one-hundredth birthday “with her mind and spirit sharp until the very end.” Her grandmother’s grace and spirit continue to be positive influences on her life.

Her parents divorced by the time she was twelve. Even though Debra and her two younger siblings lived with their mother, their dad continued to be a positive force in their lives. His immense passion for television and film set in motion young Debra Martin’s love for all things cinema. A typical discussion at most family’s dinner table would be about current events or politics. In the Martin household, her dad would lead a lively discussion about film and television.

As Chase looks back on her childhood, she says, “Two of the most important lessons I learned from my parents were that they never put limits on me and they supported me in taking risks. They always let me know that I could do anything that I wanted to do. The sky was the limit.” She continues explaining why her parents’ approval was pivotal in making her who she is today. “I was a lawyer at a big law firm, and it’s a very secure route to take and I was doing very well, but I would say to myself, ‘This is not my destiny; this is not what I’m supposed to be doing.’ So a few years into practicing law, I completely rebooted and started over in film and television, not without questions of course, but at the end of the day, my parents supported me because they knew it was important for me to be happy.”

When Chase made the change from a big law firm in New York City to Columbia Pictures, her purpose in life became more clear. I was in a two-year executive development program at Columbia that was designed to bring people from different disciplines into the movie business in order

to create more well-rounded executives. I met the chairman of the studio, Frank Price—one of the last of the old-guard studio bosses—at a studio luncheon. A few months later, he brought me on to be his executive assistant, and that was really my big break in the business.

Price became my mentor. Because he wanted me to learn the business, I accompanied him to all of his meetings, read scripts for him, handled special issues and at the end of the day, he would let me ask questions about any of the decisions he made during the day....” She formed Martin Chase Productions after working for Columbia Pictures, running Denzel Washington’s Mundy Lane Entertainment and Whitney Houston’s Brown House Productions.

All work and no play wouldn’t be much fun. Chase feels blessed to have plenty of friends and family to share the fruits of her success. “I live in NY and LA, so I’m a big consumer of arts and culture.” She supports the arts by sitting on the boards of the NYC Ballet, Second Stage Theater, and Mount Holyoke College, her alma mater. As a filmmaker, she believes in the importance of knowing what’s going on in all mediums of culture and the arts. She is also a traveler. Last year she went on a safari in Botswana and Zimbabwe. When she travels, she says, “It is important to see both the similarities with and differences from people around the world. As a human being, knowing what people are thinking and feeling is important.”

In the age of social media, there have never been more opportunities for young creatives to showcase their work to the right people. Chase agrees with this observation but emphasized that you have to “...get training, learn how to write a script, learn how to use a camera—get your basic skills, then do the work because you learn by experience. You learn by trial and error; and if you’re not doing the work, no one will see your work or bring you into their environment.”

Ms. Chase’s advice calls to mind a quote from the late poet laureate, Maya Angelou — “Nothing will work unless you do.”

LIVING LEGENDS

Quincy Jones



Photograph by Art Streiber

Each month we will celebrate a living legend. We kick off this celebration of greatness in our inaugural issue with Quincy Jones, a global icon. “Q” has worked with other entertainment greats from Sarah Vaughan and Frank Sinatra, to Michael Jackson and countless others. He continues to inspire veteran artists and new comers with his outpouring of music and his generosity as an ambassador for humanity. He has never stopped lifting as he climbs. We thank him for reaching out as we embark on our maiden voyage of SoulVision Magazine. We also congratulate him on the extraordinary documentary “Quincy” about his life and works that is currently streaming on Netflix. Thank you for your lifetime of dedication to humanity and speaking to all of us with your beautiful music and expressions of love.

“Congratulations on your achievements! *Quincy* is not just about me, It’s about US . . . The collective is always greater than the individual. UBUNTU – I am because we are.” – Quincy D. Jones

MOVIES

Wes' Faith in Film



| “Believe the work that you do will change lives.”

Wes Miller’s interest in film was ignited on the day he received a Pixel 2000 camcorder. He would go out with his friend from across the street and shoot black and white movies. The sky was the limit in who they could be in their films. With a law degree from Washburn University in hand, Wes became a civil rights lawyer. His visual art often centers around what happens when our justice system does not help those who it was created to protect.

His latest film, a vigilante thriller titled *Rivers Run Red*, continues this trend. River tells a story of a judge whose unarmed son is killed by a police officer on the day he was to start his class at the police academy. *River Runs Red* is an intense and thought-provoking film. In this film, Wes captures what can happen when justice is denied. The film stars Taye Diggs, George Lopez, John Cusack and Luke Hemsworth. In October, *River Runs Red* premiered and won best dramatic film at the 10th annual [Downtown Los Angeles Film Festival](#). The film was released in theaters on November 9, 2018 and is now available on [iTunes](#) and video on demand.

Faith is a theme flowing throughout Wes Miller’s work. His first feature film was called *Prayer Never Fails*, a legal drama with strong faith centric themes that centered around a high school basketball coach who was fired after praying with one of his players who had trouble at home. *Atone*, Wes’ second film, is about a former special ops soldier who has to rescue her daughter from hijackers at the largest church in America. *Atone* is more action than the former, but showcases Miller’s versatility as a director.

There is no stopping for Wes. He is currently working with [Soulidify Productions](#) on a Western biopic about Bass Reeves, the first black deputy U.S. Marshal, titled *Hell on the Border*. The film stars Ron Perlman, Frank Grillo and David Gyasi as Bass Reeves.

To learn more about Wes Miller, you can follow him on Instagram [@iamwesmiller](#).

MOVIES

Charneice Fox: Woman of All Trades



| “Your talent doesn’t have to be limited to one medium.”

Charneice Fox has many titles: screenwriter, playwright, published poet, children’s book author, and director of film and theater. This is no surprise when you are the goddaughter of the prolific poet and activist, Gil Scott-Heron.

A mother of five who cares deeply about her community and inspiring young people, Charneice’s work has been featured on CNN, BET, and NPR. In 2018 she wrote and directed her first-feature film, *Love Dot Com* (LDC), executive produced by **Soulidify Productions**. It’s a relatable and humorous love story, told through the female lens. *Love Dot Com* isn’t afraid to touch on pressing issues that affect inner-city communities like gentrification, food deserts, and healthy eating. These issues are rarely talked about on film. LDC captures these serious issues with entertaining wit on the foibles of today’s dating scene online and off.

Charneice Fox: Woman of All Trades (continued)

In an interview with **Shadow and Act**, Charneice reflects on her career and where she wants to go as a filmmaker:

“...I ultimately want to be in a writers’ room. I would like to produce another documentary focusing on the history of black coal miners (my family is from West Virginia). I would also like to direct another feature film and finish up my MFA in creative writing.”

Currently, she is producing a web series with a collective of DC-based artists titled, *CAPACITY*. The series centers around the idea of “how humans manage the capacity to love one another.”

Charneice continues her advocacy for healthy eating with her new children’s cookbook series, *Taste Buddies*. The first book in the series, *The Bread Monster*, follows the quirky adventures of Nigel. Disappointed that he can’t go on a trip with his dad and brother due to him being short, Nigel has a fanciful plan involving dough to make up for this shortcoming. Charneice believes *The Bread Monster*’s lessons surrounding family, food and self-acceptance can be appreciated by the whole family.

*You can order *The Bread Monster* [here](#). To learn more about Charneice Fox, you can visit her website: charneicefox.com and follow her on Instagram [@crichfox](#) and [@lovedotcomthemovie](#).*

MOVIES

Menelek Lumumba: Rising Auteur



| “Push the discussion. Change the status quo.”

A Denver, Colorado native, Menelek Lumumba is a new filmmaker on the rise. Menelek studied English and Film Studies at Colorado College. He went on to study Cinema for just one year at Howard University. Here, he met Hans Charles, most famous for his award-winning cinematography in the Oscar-nominated documentary, *13th*. Menelek and Hans would later work with each other on various projects. Menelek is passionate about his craft. His first feature length film, *1 Angry Black Man* has received praise wherever it is shown. It has won best narrative feature at the [Baltimore International Black Film Festival](#), the Gary National Black Film Festival and honorable mention for Best Narrative Feature at the [Urban World Film Festival](#)—largest multicultural film festival in the nation.

1 Angry Black Man is a relevant and thought-provoking film that illustrates current conditions on college campuses and the often uncomfortable but necessary discourse that can happen in a classroom. The film portrays a tangible finesse with nuance and emotional depth of a seasoned director. Menelek set out to capture the feeling of today’s youth after originally writing a treatment centered around a class of high school seniors. The majority of the film takes place in a single classroom, adding to the tension of the subject matter.

Menelek Lumumba: Rising Auteur (continued)

There are many great director-cinematographer duos in mainstream and indie cinema. The spark created by duos like Steven Spielberg and Janusz Kamiński, Steve McQueen and Sean Bobbitt, Paul Anderson and Robert Elswit, among others, give audiences distinct visual styles that perfectly fall in line with the themes of their stories. Menelek has this spark with Hans Charles. Because of their dynamic relationship, Menelek and Hans were able to create the feel of what it means to be a young black man in America during a time of crisis. *1 Angry Black Man* powerfully conveys the isolation one feels when you realize the people you thought of as allies in your fight for freedom don't really understand your struggle.

To learn more about Menelek Lumumba, you can listen to his podcast with [Hans Charles, Back of the Theater](#) and follow him on Instagram [@mumba50](#) and Twitter [@mumba50](#).

CHEF'S CORNER

Chef MaMusu



“Keli-Willy is a mouthwatering vegetarian meal. You can also add chicken and fish to this entrée if you enjoy meat.”

Keli-Willy

(Sweet fried plantain and vegetable medley)

Ingredients

- 2 ripe yellow plantains
- 1 lb of fresh frozen mixed vegetables (peas, corn, carrots, etc)
- 1 onion
- 1 yellow, green, and red bell pepper
- Teaspoon of ground ginger, cayenne pepper, parsley, and basil
- 1/4 spoon of sea salt

Preparation

1. Dice 2 plantains
2. Preheat vegetable oil (1 cup) 350 degrees
3. Fry plantains till golden brown and set aside
4. Steam mixed vegetables until soft, then drain and set aside
5. Dice peppers and onions
6. Fry peppers and onions until golden brown (soft texture)
7. Add parsley, basil, sea salt, ground ginger, cayenne pepper, and plantain (all remaining ingredients) in pan with onions and peppers
8. Stir well and cook on low heat (250 degrees) for 10 minutes



COMMUNITY

Life's Interpretation: Youth Empowerment



| “Help youth showcase their unique talents.”

Each month we will highlight a community program that aligns with the values of SoulVision. We believe engaging with one’s community is critical to fostering positive change in the world. For our inaugural issue, we highlight **Life’s Interpretation, LLC**, a nonprofit youth engagement program based in Richmond, VA. Life’s Interpretation provides workshops, classes and client based services in music, media, marketing and film. Students at all skill levels are invited to participate. The program allows youth to express themselves through the visual and audio arts. In other words, it’s cool and encourages young people to share their talents as they work on building a better village for all of us.

To get involved, email lifesinterpretation@gmail.com or visit lifesinterpretation.com to learn more.

