

SoulVision®

M A G A Z I N E

**Adriana Trigiani's
Hope for Humanity.**

May 2020

BK Fulton



Photo by Queon “Q” Martin

| “. . . explore the little things in life and the big ones too.”

Our May issue is dedicated to those who inspire. We feature Tai Babilonia, Kelcey Mawema, Rolonda Wright, Daphne Maxwell Reid and other creators whose work lifts us. We also were fortunate to spend this month with the amazing Adriana Trigiani – author, director, historian . . . and renaissance woman! Adriana graces our May cover because she is an example of the best of us and yet she remains as humble as her origins. Big Stone Gap, also the name of her first movie, is Adriana’s hometown where she grew up with grace and the support of her family. It was there that she explored the little things in life and the big ones too. Reading and learning were the driving forces behind her creativity. She thought she was going to be a poet until telling stories as an author became her passion. I was so moved by our interview with Adriana, that I wrote a poem in her honor (see below). Thank you, Adriana and all of our guests for this issue of SoulVision Magazine. You get a new look when you have SoulVision.

BK Fulton - May 2020 (continued)

A Light of the World

Raised right and beautiful too . . .
the world is better because of you!

Keep on doing the things that you do;
don't let the naysayers say when you're through.

Make them learn as much as you teach . . .
you are changing our nation and the world is in reach!

Remember the babies; it's about them not us.
Their eyes will keep twinkling when they hear "truth"
they can trust.

Last, but not least . . . don't take no crap!
Because a light of the world is from Big Stone Gap!

“Even with all the madness in the
world, we should continue to smile.”

CELEBRITY

Adriana Trigiani's Hope for Humanity



Photo courtesy of Adriana Trigiani

| “Expose yourself to what is beautiful about this world.”

Adriana Trigiani is a proud Italian American, prolific fiction writer, screenwriter, director, playwright, and former TV writer and producer. She’s from Big Stone Gap, Virginia, located in the region where Virginia meets with four states: North Carolina, Tennessee, West Virginia, and Kentucky. She calls her hometown the “enchanted part” of the mountainous region. “I’m a very proud Appalachian,” she says.

Early on in her writing career, Adriana worked on *A Different World*, a popular sitcom that aired for six seasons in the late 80s and early 90s. This is where she learned three lessons as a young writer: make your deadline, be persistent and have a message. “You got to know who you are and what you’re writing about,” she explains. “You have to have a sense of clarity about your message and that leads to excellence.” Because Adriana has lent her talents to film and television, she understands who is “king” in each medium. The writer is king in television while the director is king in film.

Adriana Trigiani's Hope for Humanity (continued)

Giving insight into her creative process, Adriana Trigiani sees herself as a writer who takes it day by day. “There are people who will create one thing that is perfect,” she says. “Then there are people like me who are workaday journeymen who have to keep working at it to get better.” She finds it impossible to be sitting at a desk writing a novel for long periods of time. She says she may come up with an idea or do research for long periods of time, but once she starts to write, it is off to the races. “I could not be entertained by something for 10 years on a daily basis,” she says. “I could not be engaged in that because I would be focusing on one thing for too long.”



Photo by Timothy Stephenson

Writing and directing the film *Big Stone Gap*, based on her novel of the same name, holds a special place in her heart. “We filmed in my hometown. I’m not going to tell you for one second that it was easy,” she says. “It was very hard but joyful.” She admits working with a crew and different personalities were part of that difficulty. Sometimes you just don’t get along. But Adriana knows how to stay focused on what’s important. “You can’t let them get to you. You just have to roll over them and keep it moving,” she says jokingly. “You continue to work with

the people you love and stop working with the people you don’t.” She understands all working relationships aren’t equal. “Learn to work with people who will appreciate your gifts,” she says. “Maybe I didn’t?”

Even though Adriana lives in New York City now, she still finds similarities between the big city and the place she grew up. “I lived here most of my life,” she says. “The neighborhoods are like small towns.” Even though there are similarities, Big Stone Gap has an edge over New York City for Adriana. “I always said that if you want to understand street smarts, then come to Big Stone Gap, don’t come to New York City,” she asserts. “They are sharp as tacks where I’m from and they know what they are talking about.” With that being said, she does appreciate the diversity of New York City. “There is every color, nationality, and gender. We got it and we flaunt it,” Adriana says proudly.

“I would argue in the United States of America, we still have not had that watershed moment for black people and other people of color.”

Back when Adriana was a theater major at Saint Mary’s College in South Bend, Indiana, she learned what it takes to put on a production. Anything can happen and you must know what avenues to take to keep it going. She applies this early lesson to her directing. “I got excellent training but all training does is reinforce what you might do,” Adriana says. Adriana explains the perspective you must have when creating a film. “You have to have a very visual sense of the world,” she explains. In order to be successful, you also have to be flexible. “Yes, it’s all about experience but it has to do with your flexibility as a creator. You can’t get calcified in your thought process ever. You have to be open and you have to listen to your audience.”

Adriana Trigiani's Hope for Humanity (continued)

Adriana also focuses on the business side of the entertainment industry and how you must be on your p's and q's. "You have to know when people are playing you. That's on the money side," she says. You also have to be resourceful. "You are going to have to figure out why a certain costume didn't show up on set or where to find the money if the person raising the money cannot find it," she says.

While xenophobia, racial bias, diversity and inclusion, in general, come up in our discussion surrounding media and America, Adriana is also reminded of the prejudice and discrimination Italian-Americans experienced in the first half of the 20th century. She acknowledges Italians who migrated to America were not always welcomed, especially before World War II (WWII). "Prior to WWII, no white person ate spaghetti above 14th Street in New York City," she says. "Nobody mingled with the Italians. The Italians were persona non grata. We were associated with crime and this and that." Things soon changed when Italian Americans began to be more visible in the media after WWII. Beacons like Sophia Loren, the Italian haircut and the rise of people and groups like Vic Damone, Frankie Valli, the Four Seasons, and Dion and the Belmonts helped to change minds about Italians in America.

Adriana also gives credit to the draft during WWII for ushering in a newfound acceptance of Italians. "All of these young men—the rich, poor, and the in-between . . . had to go fight," she says. "You had Christians, Jews, and Muslims fighting for a united cause." As they were stationed in Italy and began to eat the food, the threat of the Italian-American began to dwindle. "When they returned, they were busting over to 14th street to go to Little Italy to eat. It became a thing," she says. Italian culture was now mainstream. She reminds us of the canned spaghetti and meatballs called Chef Boyardee created by Hector Boiardi becoming a popular choice for supper in American homes. She says this moment has yet to happen for other ethnic groups, particularly black people. "I would argue in the United States of America, we still have not had that watershed moment for black people and other people of color." But she believes that moment is coming soon.

Adriana reflects more about identity and race. She recalls attending Diahann Carroll's memorial service. She heard Lenny Kravitz give his speech honoring her and talking about her being like family. But what stood out for Adriana was how he mentioned his mother and the influence she had over him. His speech made her think about identity and being proud of who you are. She says in order to be proud of who you are, you have to be proud of what you have accomplished. For people of color to be liberated, their accomplishments must be addressed by those in power. But with that acknowledgment comes a sense of responsibility for past wrongs. "It is a consequence to tell people the truth about our history," she explains. "We got to tell the stories. That's important and they have to be repeated and they have to be in our school books."



Adriana Trigiani with Christina Geist. Photo courtesy of Adriana Trigiani.

“Learn to work with people who will appreciate your gifts.”

Adriana Trigiani's Hope for Humanity (continued)

Adriana has a few creators and writers that she really admires and would love to work with. Writer/actress/producer Lena Waithe is the first person that comes to mind. “She has a new show called *Twenties* on BET. A beautiful woman of color named Susan Fales-Hill is her show-runner,” she says. “Lena Waithe is just putting a lot of great product out there.” She also mentions the novelist Lauren Groff (*Fates and Furies*) and poet Ben Lerner. “I think he’s terrific,” she says. She also mentions Jean Kwok (*Searching for Sylvie Lee: A Novel*—a mystery identity novel). “She grew up in Brooklyn, worked in a factory and went to school at the same time. I think she’s fantastic,” she says. Nodding to our previous discussion about diversity she says, “There’s some color up in there.”

For young writers, she suggests to simply start putting pen to paper. “How do you do it? Write something every day and what will emerge is the kind of writing you will be doing,” she says. “Maybe you like to research and write about what you have found. Maybe you’re a non-fiction writer or a poet. If the pages are filled with dialogue, then you may be the next great playwright. Now get into the theater!”

“Things will never be the same. It will be an adjustment, but change does not always mean misfortune.”

Her message for parents is simple as well: Expose your children to culture and the arts. “For your children who you think are creative, take them to museums, shows, and to plays. It doesn’t matter what they see specifically, just take them,” she says. “Let them see the world on the stage. Take them to concerts and expose them to all kinds of music even if they think they hate it. It’s nothing like taking a kid to opera. They will be either mesmerized or bored, but there will be something.”

She says all of these art forms are available in communities, you just have to look. She also mentions the importance of reading and taking children to the library. “Make reading a pleasurable experience for kids. Let them read actual books,” she says. “Take away that iPad for a little bit.” She emphasizes children who read or who

are read to are more successful in adulthood. She also says we must reexamine the accessibility of thought-provoking literature, journalism, and new ideas. “You turn off man, woman, and child when you try to get them to do something that’s drudgery. We got to bring them in the best way we can,” she suggests. Adriana will be directing a film written by and starring Kathie Lee Gifford. Craig Ferguson will also star. She also is finishing a new book to be released next year. She says she’s looking forward to the fall season and the possibility of change. “I’m looking forward to this ongoing change of life where we are learning and growing and doing what needs to be



Adriana Trigiani with Kathie Lee Gifford (left) and Hoda Kotb (right). Photo courtesy of Adriana Trigiani.

done to make the world a better place,” she says. “I don’t think it is time for doom and gloom. I think it is time for action.” We conducted this interview before COVID-19. As we work our way through this global pandemic, her words are more prescient than ever. “Things will never be the same. It will be an adjustment, but change does not always mean misfortune.” Adriana’s words ring more urgent now than when they were first uttered to SoulVision Magazine a few months ago. We must take action to change our world for the better. We have the power to make change a good thing. Thank you, Adriana, for doing your part.

To learn more about Adriana Trigiani and her projects, you can visit her website adrianatrigiani.com and follow her on [Facebook](#), [Instagram](#), and [Twitter](#).

SPORTS

Tai Babilonia: Upholding the Legacy of Black Figure Skaters



Photo by Michael Sparks Keegan

| “Our history is your history.”

Tai Babilonia is one of the most successful skaters in figure skating history. Tai has always had the drive to be successful. “I was an overly driven little kid, so figure skating and the hard work that it entailed was the perfect outlet for me,” Tai says. Her sanctuary was the ice. “I was and still am today happiest on my frozen stage. It’s my safe place,” she says. “I was blessed and so lucky to have a family that supported my passion.”

She made history with her skating partner Randy Gardner when they were the second U.S. pair team ever to become World Pair Champions at the World Figure Skating Championships in 1979 (the first were Carol and Peter Kennedy who won the title in 1950). They had a working partnership like no other. As they jumped and spiraled on the frozen stage, the medals and accolades continued to be awarded. They were five-time U.S. Pair Champions and qualified for the Winter Olympics in 1976 and 1980. In 1991, the pair was inducted into the U.S. Figure Skating Hall of Fame. With a fruitful and groundbreaking career, Tai says it is time to tell her story in her own words. She has been hard at work writing her memoir. “I am thankful for the support and encouragement from family and friends,” she says. “I’m now finally ready to commit to telling my personal and sometimes, very revealing story.”

Tai Babilonia: Upholding the Legacy of Black Figure Skaters (continued)

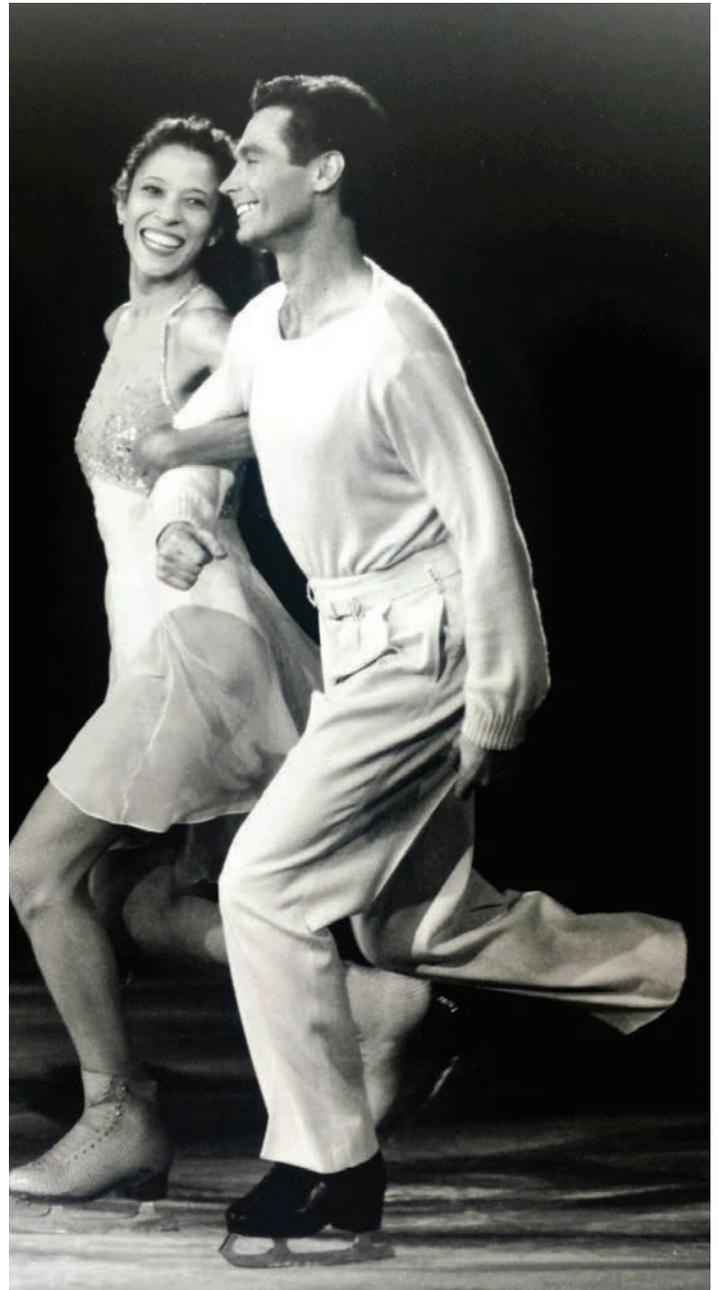


Photo by Michael Sparks Keegan

Tai has also partnered with Atoy Wilson to bring the story of black skating pioneer Mabel Fairbanks to the masses. Mabel Fairbanks is the first and only African-American skating coach to be inducted into the U.S. Figure Skating Hall of Fame. She coached and fought for skaters of color to have the same opportunities as their white counterparts. In addition to Tai and Wilson, her past protégés included Richard Ewell and Michelle McCladdie. Mabel was also a mentor to Scott Hamilton, Debi Thomas, Rudy Galindo, and Kristi Yamaguchi.

As executor of the Mabel Fairbanks estate, Wilson has a responsibility to share her story. She was Wilson's first coach and in 1965 was responsible for breaking down the color barrier and making skating history by getting him into the prestigious Los Angeles Skating Club. He was the first black member of the club and went on to compete in the U.S. Figure Skating Championships, where he became the first black figure skater to win a national championship in 1966. He was 14.

“I made her a promise that we would share her incredible story of strength and perseverance that led to paving the way for minorities to compete and flourish in the sport of figure skating.”



Tai Babilonia and her skate partner Randy Gardner at the 1997 “Champions on Ice” tour. Photo courtesy of Tai Babilonia.

Tai Babilonia: Upholding the Legacy of Black Figure Skaters (continued)

Before Fairbanks passed away in 2001, Tai promised that she would share her story with the world. “I made her a promise that we would share her incredible story of strength and perseverance that led to paving the way for minorities to compete and flourish in the sport of figure skating,” she explains. The plan is to tell her story as an original limited series for television. The working title is *Black Ice: The Mabel Fairbanks Story*. Tai is forever grateful and indebted to Fairbanks for her over 50-year career as a figure skater. She is the woman responsible for pairing Tai and Randy together in 1968. “She fought hard for her students. Now we fight for her,” she says. But Fairbanks’ legacy will not go in vain. In fact, Atoy and Tai have been in talks with Damion Thomas, the curator of sports at The Smithsonian NMAAHC to expose a new generation to her glass-shattering legacy. The museum is interested in featuring photos and memorabilia from her estate.



Tai Babilonia with Mabel Fairbanks in Nashville, Tennessee, the day after Fairbanks’ historic induction into the U.S. Figure Skating Hall of Fame. Photo courtesy of Tai Babilonia.

Tai Babilonia continues the legacy of her mentor by supporting minority athletes and skaters. She works with Ready, Set, Gold!, a non-profit health and fitness program that matches Southern California Olympians and Paralympian athletes with schools in Los Angeles. “We emphasize the importance of goal setting and self-discipline while encouraging students to achieve their goals,” she says.

Tai also lends a helping hand to other causes she cares about. She volunteers with the Hollywood Food Coalition (HFC). The HFC gives hot meals to the homeless and hungry in Hollywood. “Hollywood has a special place in my heart because it’s where my father was stationed when he served with the LAPD and it’s where I was born,” she explains. “The homeless situation here is so sad and heartbreaking.”



Tai Babilonia with Joel Savary, founder of Diversity Ice. Tai was his guest at the Diversity Ice Foundation fundraiser in January 2019. Photo courtesy of Tai Babilonia.

In January 2019, Tai was invited by Joel Savary, the executive director and founder of Diversity Ice, to be a guest at their Diversity Ice Foundation fundraiser. The organization provides scholarships, mentorships, and networking opportunities for minorities in figure skating nationwide. “Being associated with Diversity Ice has given me the chance to share the Mabel Fairbanks legacy with future skaters of color,” she says. “I will continue to support and help create new and meaningful opportunities for the next generation of skaters.” The time to celebrate people of color’s contributions to figure skating is now. Tai Babilonia is creating a space for their stories to be heard, respected, and revered.

To learn more about Tai Babilonia, you can follow her on [Instagram](#) and [Twitter](#). To learn more about the organizations mentioned in this article, visit their websites at the links below:

Ready, Set, Gold!: readyssetgold.net

Hollywood Food Coalition: hofoco.org

Diversify Ice: diversifyice.org

MOVIES

Kelcey Mawema: One to Watch



Photo by Sundae Image

| “Don’t count yourself out.”

Kelcey Mawema is a rising actress. She is part of a new and diverse talent pool of actors and actresses who will make strides this decade. She was born in Bulawayo, Zimbabwe, and moved to Canada when she was a year old. “I’m so, very Canadian,” she says jokingly. She describes her talent for acting as “the gift that keeps on giving.” She sometimes finds it hard to leave characters behind when she has to take on a new role. “A handful of the characters I portray hold a special place in my heart because they’re essentially a part of me,” she says. “Leaving these roles can be extremely bittersweet, but within time you can fall in love with a completely different character and apply the knowledge you learned from the previous role to your new one.”

Kelcey Mawema: One to Watch (continued)



Photo by Karolina Turek

Kelcey starred in the Netflix hit *To All the Boys I've Loved Before* and its sequel *To All the Boys: P.S. I Still Love You*. She played the role of Emily Nussbaum. It's never been a better time for young performers. Streaming services are now banking on young talent to cater to increasingly younger demographics. Movies and TV shows centered around the lives of teenagers deal with aspects of identity and the complications of growing up—sometimes humorously, depending on the genre. Even if we are past that time in our lives, we can still see ourselves in these characters. Kelcey fits perfectly in this world.

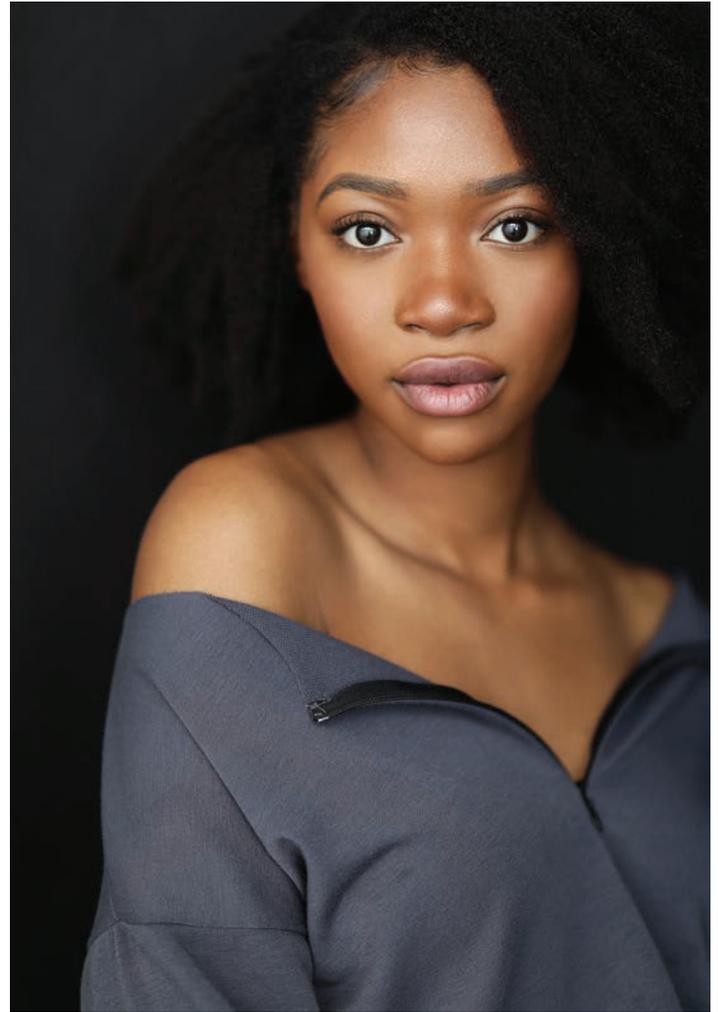


Photo by Karolina Turek

For Kelcey, the offers keep rolling in. She had a blast working on a couple of Netflix movies that will come out next year. Kelcey will also star alongside *Stranger Things*' Finn Wolfhard in the short film *Rules for Werewolves*. "It follows a group of teenage misfits fighting for their survival by leaning into their wild side," she explains. Continuing to push herself, she will have a new role on an unnamed project. "I can't go into great detail," she explains. "But I recently landed a recurring role in a new series coming to a streaming service near you." In no time, Kelcey will be right where she wants to be: at the top.

To learn more about Kelcey Mawema, you can follow her on [Instagram](#) and [Twitter](#).

MOVIES

Rolonda Wright: Pro-Aging Advocate



Photo by Brian L. Christian

| “Ageism is discriminating against our future selves.”

“Rooted in Texas and bloomed into a Georgia peach.” This is how Rolonda Wright describes her geographical journey. She was born in Dallas, Texas, and raised in Lubbock, Texas. In 1993, she moved to Atlanta, Georgia, to find a more kindred community. “One of the many things I love about Atlanta is its thriving film and television industry,” she says. As a child, she was surrounded by singers. She knew she wanted to entertain. “I have always had this burning desire to entertain before an audience,” she says. It wasn’t until the age of 40 that she seriously pursued a career in acting.

Rolonda Wright: Pro-Aging Advocate (continued)

Of course, it wasn't easy. Rolonda is aware that the industry prioritizes the next new young talent; someone they can mold rather than someone who has already lived a life. Going into her passion, Rolonda assumed opportunities for her would be scarce, however, she also believed that there would be less competition for the roles she would be auditioning for.



Photo by Damon Thomas

She studied under Nevaina Rhodes and Kristen Shaw for 18 months. Rolonda learned the business of films and the basics of acting. She learned the Meisner and Stanislavski techniques. "While developing my craft, I realized just how disconnected I was with my emotions," she says. "The techniques gave me the ability to connect with my intuition and articulate my feelings without any reservations." Through her training, she learned how to take on her fear of public speaking and apply what she learned to her daily life.

After her training, she decided to take a break. At the time, she couldn't deal with the ageism that she experienced in the business. "That has been extremely difficult for me to accept," she says. "Eight years ago, I stepped away from the film industry to focus primarily on my real-estate business and self-development."

"I want my blog to be a lifestyle guide for fearless living and loving an ageless life without any regrets or limitations."

Now at the age of 52, Rolonda feels more confident to pursue all of her talents. Currently, she is studying under the actor Cedric Pendleton. She is comfortable with who she is. "My sabbatical allowed me to view life through a different lens," she explains. "It was an opportunity for me to mature and accept my true authentic self without the pressure to be perfect."

She has realized that with age comes experience and wisdom. "I have developed a balanced perspective on aging by gaining more confidence in who I am as a mature, seasoned woman living under my own terms," she says. She now wants to address the lack of generational diversity in media and "unrealistic assumptions" that force women, particularly black women over the age of 50, to look for work outside of film and television.

Rolonda Wright: Pro-Aging Advocate (continued)



Photo by Brian L. Christian

“I want to be a part of a movement that delivers quality content to neglected consumers who deserve authentic representation,” she says. “Now is the time to highlight the positive attributes of aging.” She is now a pro-aging advocate and is working towards launching a new blog that fights against ageism. “I want my blog to be a lifestyle guide for fearless living and loving an ageless life without any regrets or limitations,” Rolonda says. “Ageism is discriminating against our future selves.”

To learn more about Rolonda Wright, you can follow her on [Facebook](#), [Instagram](#), and [Twitter](#).

BUSINESS

Sophia Maroon's Dress It Up Dressing Promotes Healthy Eating



Sophia Maroon, founder and CEO of Dress It Up Dressing. Photo by Victoria Milko.

| “Eating healthy doesn’t have to be difficult.”

Sophia Maroon has lived and traveled all over the world, taking in the culture around her. “My mother is British and my father was Lebanese, so just growing up in that house was a cultural experience” she explains. She grew up in Washington, DC. For college, she moved to the UK and lived there for a bit before moving back to the Manhattan neighborhood of New York City. “I still have close ties there,” she says. “Eventually I made my way back to DC to be closer to my parents after the birth of my first child. I now live with my family in Chevy Chase, Maryland.”

As a mother of three, Sophia realized how hard it was to cook and enjoy a good meal. “I have always loved to cook, but my life can be messy and chaotic,” she says. Sophia would fix salads and other meals with her mother’s salad dressing recipe. The added richness made her feel like she was cooking a gourmet meal, even if it was just a simple salad. Sophia wanted others to be just as empowered, so she created Dress It Up Dressing. “Dress It Up Dressing is a line of salad dressings based on the dressings my mother made, using simple, all-natural ingredients that are so delicious that they can elevate any meal,” she says. “I love the inherent beauty of natural products, and my craft, such as it is, lies in letting that natural beauty speak.”

Sophia Maroon's Dress It Up Dressing Promotes Healthy Eating (continued)



Photo by Stephen Davis

In February, Sophia launched single serving salad dressing packets for people on the go. They were placed on the salad bars at Whole Foods Market stores all across the Mid-Atlantic region. “That has obviously been paused now that everyone is staying in,” she says. “But, these circumstances have provided an opportunity for us to shift our distribution.”

Sophia explains that with everyone being ordered to stay home, there was no longer a market for their packets in grocery stores. But schools needed to figure out how to take care of children who depended on the school system for food. “We saw an opportunity to help,” she says. “Today our packets are included in the thousands of prepared meals that are provided by the DC Central Kitchen and other organizations to school children and people in need throughout the region.”

They are also donating to organizations that are helping people who are falling on hard times or serving on the front lines of the pandemic. “While this is a time of crisis, it is also a time of coming together, and it feels like a gift to be able to help in some way,” Sophia says. “We’ll all get back to our active lives eventually, and there will be a market again for my packets to sell. Right now is a time to help.”

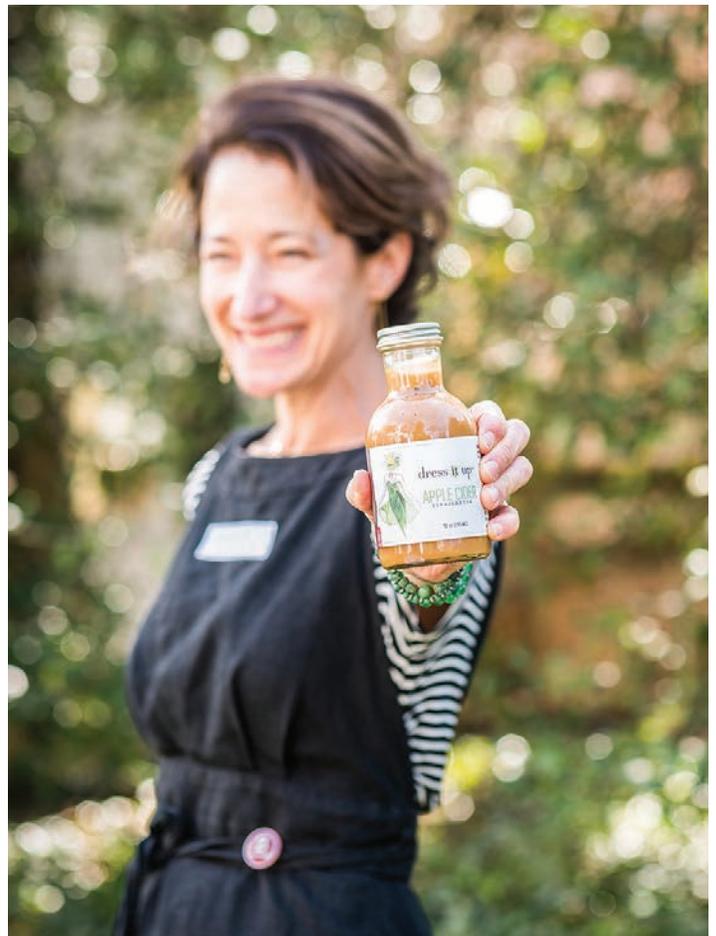


Photo by Rey Lopez

Safe at home, Sophia has been doing what she loves most: cooking meals and creating new recipes for her customers to enjoy. “I have recipes coming out of my ears,” she says jokingly. For her business, the plan is to now focus on improving their website, increasing their online presence, and selling their products on Amazon. “Before the pandemic really hit we were devoting so much time and resources to in-store sales that we did not have the bandwidth to work

Sophia Maroon's Dress It Up Dressing Promotes Healthy Eating (continued)

“While this is a time of crisis, it is also a time of coming together, and it feels like a gift to be able to help in some way.”

on our online plan,” Sophia explains. “Now, we are able to shift resources so we can retool our website and engage more on social media.”

In the midst of the global pandemic, Dress It Up Dressing is continuing to work with local partners to get healthy and nutritious food into people’s hands. “We’re working with the Mid-Atlantic Food Resilience and Access Coalition (MAFRAC) who are helping to keep local farmers in business while also feeding people,” Sophia says. “MAFRAC deserves to be commended and supported in every way.”

Sophia Maroon is hopeful for the near future. She will be happy when all of us can start seeing each other face to face. “Once we’re through this time, we will be excited to get back into stores and see people’s beautiful faces in real life,” she says. “Zoom is great for staying in touch now, but humans are herd animals, and nothing beats face to face!”

To learn more about Sophia Maroon and Dress It Up Dressing, you can go to their website dressitupdressing.com and follow them on Facebook, Instagram, and Twitter.

CHEF'S CORNER

Chef Lynn Painter



Photo by Dab Studio

“A scrumptious vegan dish for curry lovers.”

Chickpea Curry

Course: Lunch or Dinner

Cuisine: Indian

Prep Time: 40-45 minutes

(includes 15-20 minutes for regular rice)

Cook Time: 60 minutes

Total Time: 1 hour and 5 minutes

Serving Size: 4-5 people

Ingredients

- 1 can of coconut cream
- 1 cup of rice (wild)/quinoa 1 cup
- 2 cans of chickpea/garbanzo beans
- 1 can of fire roasted diced tomatoes
- diced peppers (preferred amount and type – green, red, yellow, orange)
- diced onion (preferred amount and type – white, red, sweet)
- 1/2 tsp garlic powder
- 1 tbsp vegan butter
- 1 tsp curry seasoning
- black powder, to taste
- 2 cups vegetable broth

Preparation

1. On medium to high heat, melt vegan butter in pan and add diced peppers and onions.
2. Stir peppers and onions until slightly caramelized.
3. Add 1 can of diced fire roasted tomatoes and continue to stir for 5 minutes.
4. Add can of coconut cream. Stir until it is creamy.
5. Add curry seasoning, garlic powder and black pepper to taste.
6. Add chickpeas and stir.

Note: Rice/quinoa cooked in vegetable broth can be prepared in a rice cooker or stovetop.



Photo by Latika Lee

Recipe courtesy of Chef Lynn Painter and JayRon from Comedy in the Kitchen. Chef Lynn Painter's Chickpea Curry recipe was featured on *Beyond the Plate RVA's Season 1, Episode 4*. To learn more about Chef Lynn Painter, you can follow him on [Instagram](#) and subscribe to his [YouTube channel](#).

COMMUNITY

REAL LIFE Is Giving Our Most Vulnerable a New Beginning



REAL LIFE group on their way to a town hall meeting on opioids. Photo courtesy of REAL LIFE.

| “Support those on the margins of our society.”

Dr. Sarah Scarbrough is the founder of REAL LIFE, an organization that prioritizes the needs and challenges of men and women who want to make a productive life for themselves after incarceration, homelessness, or substance use. “We help people reach their full potential by helping them overcome barriers so they can reach a thriving life,” she says.

The origins of REAL LIFE began in Richmond, Virginia, at the Richmond City Jail. Dr. Scarbrough was the program director in the Richmond City Jail from 2013-2017. She led the REAL (Recovery from Everyday Addictive Lifestyles) Program that prepared participants for success outside of the jail gates. Dr. Scarbrough and her staff noticed how newly released citizens would call for continuous support. She decided to create REAL LIFE to support those who are prone to falling into addiction, homelessness, or other social and behavioral issues.

REAL LIFE Is Giving Our Most Vulnerable a New Beginning (continued)



Photo by Stephen Davis

The great work of REAL LIFE has not gone unnoticed. Grammy-winning artist, Todd “Speech” Thomas, a member of the hip hop group Arrested Development, wanted to bring more awareness to the flaws of our criminal justice system. In a recording studio within the jail, Speech worked with four men on an album. The experience is documented in the full-length music documentary 16 Bars. “We are working on a ‘prison tour’ for 16 Bars, that will allow offenders in our country an opportunity to watch the documentary,” she says. Dr. Scarbrough and the filmmakers have tested the screening in a few Virginia prisons and have used these opportunities to discuss what is needed to prepare for re-entry. “It was very effective in preparing for re-entry and showing the harsh reality of obstacles faced upon release,” Dr. Scarbrough says.



Inmates from the WAITT Program at VA Peninsula Regional Jail, where REAL LIFE administers programming.

Photo by Sara Mahayni.

Due to COVID-19, the expansion of REAL LIFE to the East End of Richmond has been delayed. Coined “REAL LIFE East,” the program will help those dealing with homelessness, substance abuse, and other social issues in an area that has unfortunately been a hotbed for crime.

In the near future, REAL LIFE will open an additional female recovery transitional house. The program currently operates one female and two male houses. “Today, we only house about 10% of the overall Lifers (clients) that we work with,” she explains. “But the need for structured, sober, and transitional housing is critical to our Lifers’ success and we would like to be in the position to be able to provide housing to a few more.” With REAL LIFE, those on the margins have a realistic opportunity to live a fulfilling life. Everyone deserves a second chance.

To find out how you can give your support to REAL LIFE, visit their website reallifeprogram.org and follow REAL LIFE on [Facebook](#) or [Instagram](#).

LIVING LEGENDS

Daphne Maxwell Reid



Photo by Tim Reid

Daphne Maxwell Reid is a champion for uplifting people of color. Mostly known for her role as Aunt Viv from the hit sitcom *The Fresh Prince of Bel-Air*, Daphne has done so much more. She is a photographer, designer, and actress. Born and raised in the Amsterdam Houses, a low-income housing project in Manhattan, her parents prioritized education. She attended The Bronx High School of Science where she received a rigorous education that challenged her as a student. It all paid off when she received a scholarship to Northwestern University. Daphne was 1 of 36 black students at Northwestern University in 1966. She became Northwestern's first black homecoming queen. She was also the first African-American woman to appear on the cover of *Glamour* magazine (1969). In 1970, she received her degree in interior design and architecture from Northwestern.

After moving to Chicago, Daphne did modeling and commercials before moving to Los Angeles to work in the television industry. She guest-starred on *Hill Street Blues*, *WKRP in Cincinnati*, and *Simon and Simon*. It wasn't until *Frank's Place* that Daphne was cast in a leading role. She played alongside her husband, Tim Reid, as Hanna Griffin. This laid the groundwork for her casting in *The Fresh Prince*. Daphne continues to act to this day. Last year, she played Miz Lucy in the box office hit *Harriet*.

Daphne Maxwell Reid (continued)

As a young actress and model, she created her own outfits. She learned how to sew from her mother. Today, she has her own clothing line, Daphne Style, specializing in colorful Chinese silk brocades toppers and linen swing coats.

In 1997, Daphne and Tim opened New Millennium Studios in Petersburg, Virginia. For nearly 20 years, they brought film and other media business to Virginia and created diverse and positive stories of people of color. It was Virginia's first full-service film studio and one of the first in the nation to be owned and operated

by African Americans. In 2012, Steven Spielberg used the studio to shoot *Lincoln*. After selling the studio in 2015, they opened a full-service creative space in the Manchester neighborhood of Richmond, Virginia. The current studio is designed to accommodate the needs of today's filmmakers and creatives.

As we deal with COVID-19, Daphne Maxwell Reid encourages us to come together as a community, and pass down the traditions we may have forgotten or no longer practice with regularity...

“These extraordinary times of pandemic, lockdown, and uncertainty present an opportunity for all of us to rally our inner “mother wit”. We need to get together, metaphorically, as a community to shore up our families with healthy home-prepared meals, while teaching our children the skills we learned from our parents and grandparents. We need to share our knowledge about the responsibility we have to ourselves, our families, and our communities. Home-based opportunities abound. It's time to remember how to sew, how to cook, and how to clean our surroundings. We have the time to learn or refresh some skills that may have passed by our consciousness in years gone by. We are responsible for ensuring that our communities return to being the havens of prosperity that will benefit us all. We have done it time and time again. We certainly have the time! It's time...again.”
– **Daphne Maxwell Reid**