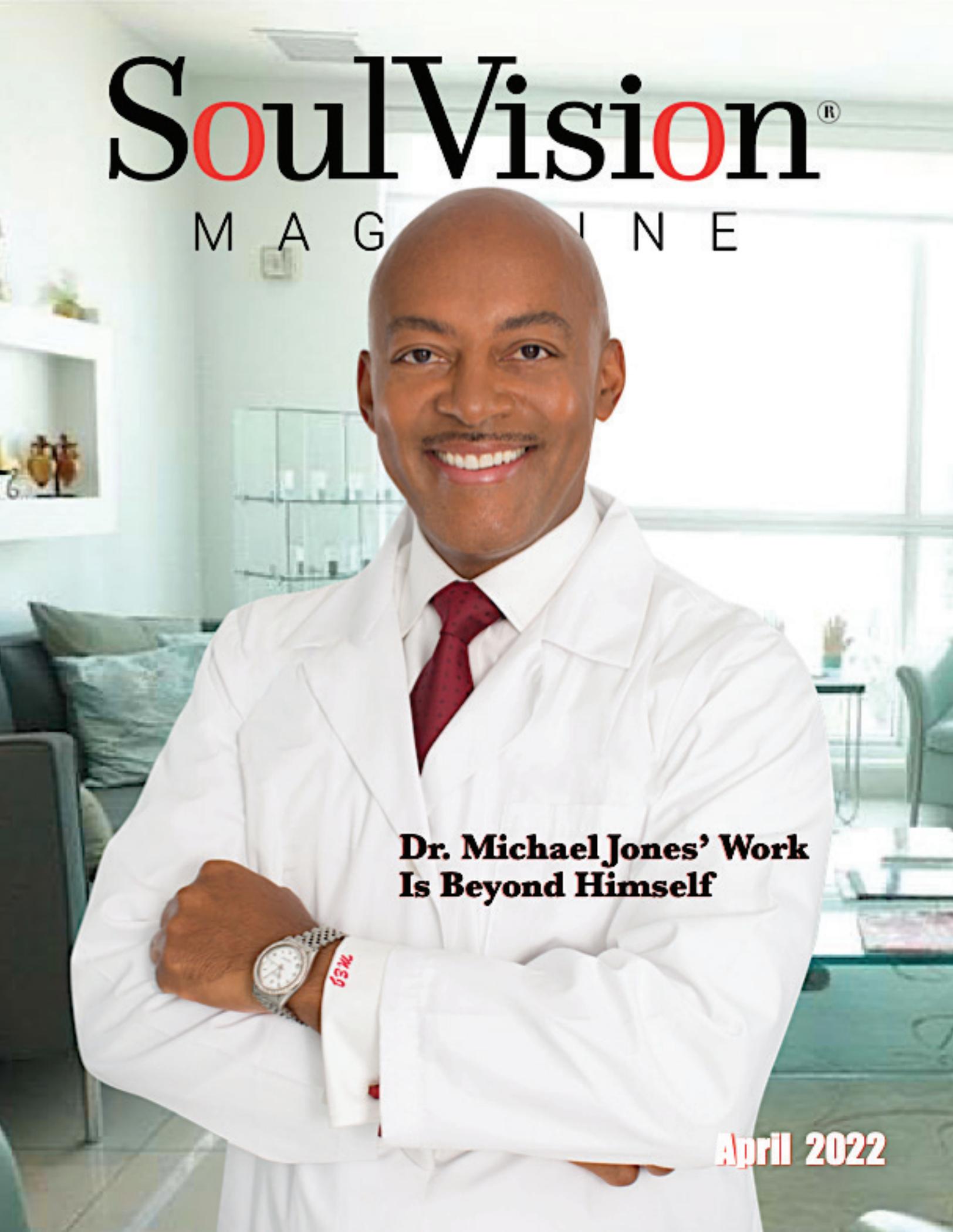


# SoulVision®

M A G A Z I N E

A full-page photograph of a man with a mustache, smiling broadly. He is wearing a white lab coat over a white dress shirt and a red patterned tie. He has his arms crossed and is wearing a silver watch on his left wrist. The background is a bright, modern interior with a glass display cabinet and a window.

**Dr. Michael Jones' Work  
Is Beyond Himself**

**April 2022**

EDITORS NOTE

# BK Fulton



*Photo courtesy of BK Fulton*

“I am reminded that in the face of evil or wrongdoing the brave must not despair.”

Springtime is here. The cherry blossoms in Washington, DC are in bloom. The pandemic is fading away. Around the world people are excited about returning to something that feels like normal. I’m excited too although I am still very worried about what is happening in Ukraine. Modern technology and media have made the world a much smaller place to traverse. We can flip on any news channel and be transported to events thousands of miles away. What’s more, common citizens through blogs, drones, and other Internet applications are setting up virtual desks to report on what’s happening in their corner of the planet. Many days, the news brings hope like the little Ukrainian girl singing for her homeland. On other days the news is grim like the loss of a mother and child who were the innocent victims of Russian bombings on their peaceful nation. I am reminded that in the face of evil or wrongdoing the brave must not despair. The courageous must stand up and speak truth to power. We hope this issue of SoulVision Magazine will inspire you to be courageous.

We feature the pioneering plastic surgeon – Dr. Michael Jones – who has invented a scar removal surgery with over 98% effectiveness. In this month’s issue, we also share with you stories on musical artists Karuna Shinsho, ONE, and Sidney Outlaw, and take a look at Emblem Olive’s high-quality products. Finally, we share with you a recipe from the viral Monica Singh, show the empowering work of Pretty Purposed, and celebrate the legacy of Dr. John A. Kenney, Sr. You get a new look when you have SoulVision!

“Modern technology and media have made the world a much smaller place to traverse.”

Follow BK Fulton on [Instagram](#) and [Twitter](#). To learn more about Soulidify Productions, visit their website [soulidify.com](http://soulidify.com) and follow them on [Facebook](#), [Instagram](#), and [Twitter](#).

# Dr. Michael Jones' Work Is Beyond Himself



*Photos courtesy of Dr. Michael Jones*

**| “Keep your eyes on the prize, but do it for the right reasons.”**

Dr. Michael Jones grew up in the suburb of Ashton, Maryland, where his family was the only Black family in a neighborhood of seventeen homes. As a teenager, Michael found diversity at Saint John’s College High School, a private Catholic school in Washington, DC. He remembers this time in his life as bittersweet. On the one hand, he was experiencing the wonders of adolescence in a big city. But on the other hand, there was rural farmland and simmering racial tensions. However, Dr. Michael Jones appreciates having both world experiences.

His father was a manager and executive for IBM. In the summers, Michael accompanied his father to work and learned the ins and outs of the business. “Those summers with my dad made me want to be an entrepreneurial and business-minded person,” Michael says. However, his true passion lay in medicine. He set his eyes on becoming a veterinarian, but he didn’t know anyone in his immediate family who was a doctor. “My only experience seeing doctors was when I went to the pediatrician or the dentist, but they were all white,” he recalls. “They didn’t take much interest in me or what I was doing in life.” But things changed when Michael had an appointment with a Black dermatologist. After learning Michael was interested in the medical field, the dermatologist invited Michael back to his office to show him around. “That was it for me,” Michael says. “I knew right then and there I wanted to care for people and as a Black man, I knew I could do that.”

## Dr. Michael Jones' Work Is Beyond Himself (continued)



After Michael graduated from Columbia University Vagelos College of Physicians and Surgeons and finished his residency, he worked as a surgical oncologist. Michael found the work difficult as he grew attached to his patients. He would spend hours with them, taking out tumors and putting them back together just to lose them later to a stubborn or recurring cancer. “I knew I had to pivot,” he says. “I had to do something more in line with my personality. I wanted to grow old with my patients. I wanted to know that I could give myself to them and make them happy to come back and see me again.” Hence, his pivot to plastic surgery. Michael believes he has found success doing what is best for his patients.

Michael is the owner of Lexington Plastic Surgeons, a plastic surgery practice with locations in New York City, New Jersey, Atlanta, Miami, Houston, Los Angeles, and Washington, DC. Expanding his business has come with its challenges. Specifically, the disparity between Black and white businesses' access to capital often creates a problem for minority-owned enterprises. This issue has stifled Black businesses for decades. “The expansions

didn't result from going to the bank,” Michael explains. “Every office opened because we saved enough money to open it. That is not the typical way white businesses grow. They will go to a bank or a private equity firm and boom! You will all of a sudden see their footprint expand. Unfortunately, that was not going to work for this business.”

“My only experience seeing doctors was when I went to the pediatrician or the dentist, but they were all white.”

Michael's first business was a laundromat in Washington, DC. He was still a student at Columbia and no one believed he could get a loan. He went to what may have been thirty different banks before one gave him a chance after he promised he would get his parents to cosign. “From then on, I learned how valuable it was to have good credit and how hard it was going to be to get access to capital,” Michael says. As Michael moves through life, he is careful to appreciate what he has. “I feel at any moment all of this could be taken away from me,” he explains. “It doesn't seem real that I can do what I do for so many people.”

Outside of Lexington Plastic Surgeons, Michael's new project centers around digitizing plastic and non-surgical treatments. “It came to light during COVID when home delivery became popular,” he says. Michael believes customers should have the choice and freedom to access these services at their convenience.



## *Dr. Michael Jones' Work Is Beyond Himself (continued)*

Michael is quick to shut down any rumor that says all doctors have a successful life full of riches and luxury. "Doctors don't make a whole lot of money these days," he admits. He says this because of the amount of money spent on medical school, the number of hours doctors have to put in caring for their patients, and the unequal revenue share between private practitioners, hospitals, and insurance companies. He instead advises those who would like to go through medical school to do so for the sake of altruism. "Do it because you enjoy caring for patients and making people happy," Michael says.

**"Every office opened because we saved enough money to open it."**

Michael remembers his time as a pre-med student at Columbia University and the difficulty he had in his first biology class. He was forced to drop the class in the middle of the semester. "It was like learning a new language," he explains. "If you hadn't taken Latin, which I did take in high school, you wouldn't have known the letters or the words." Once Michael tapped into what he already knew, he ended up taking the class again and he did well. "You are going to have failures and you have to learn from your mistakes. Don't give up," he says. "Keep your eyes on the prize, but do it for the right reasons." He emphasizes again: "Don't do it for the money."

Dr. Jones was relaxing in the backyard of his vacation home in Puerto Rico staring at the ocean during our interview. It's his place to recalibrate and chill. "When I think of energy, I think I am a fire sign," he reflects. "I have a lot of heat. I have a lot of passion. So I spend a lot of time trying to calm that chi down." Michael enjoys his yoga and takes time to play his trumpet. He loves to create jingles for his practice and his wife's business.

**"Two of the most important things in my life are my marriage and fatherhood."**

While in college, Michael opened a restaurant and jazz club where he once got on stage and played the trumpet with his idol Wynton Marsalis. Michael also played jazz clubs in DC and New York City to pay for college and medical school. As he has achieved his dream of expanding his practice, he still calls back to those days as a trumpeter. "Who knows, maybe that is the next chapter of my life: picking up my horn again and playing for a live audience," he says.



Michael is truly happy with his life. He has a purpose that is beyond him. "Two of the most important things in my life are my marriage and fatherhood," Michael says. "They give me the most sense of humility and stability. I believe I am grooming a legacy. After we are done, what we leave behind as a legacy is all that will exist."

*To learn more about Dr. Michael Jones, visit Lexington Plastic Surgeons' [website](#).*

MEDIA-MUSIC-STAGE

# Sidney Outlaw Sings the Words of His Ancestors



*Photo by Dave Wavy Anderson*

| “Black composers and stories are a part of the American story.”

In February 2022, opera singer Sidney Outlaw’s debut album *Lament* reached number 2 on the Billboard traditional classical album chart. The album’s title pays homage to Langston Hughes’ poem “Lament for Dark Peoples.” “This album flowed from a lecture that I gave last year at the James J. Whalen School of Music at Ithaca College, where I serve as an Assistant Professor of Voice in the Opera department,” Sidney explains. “The topic of the lecture was “The Legacy of Black Composers in Art Song & Opera.””

## *Sidney Outlaw Sings the Words of His Ancestors (continued)*



*In February 2022, Sidney's debut album Lament reached number 2 on the Billboard traditional classical album chart. Cover by Dave Wavy Anderson.*



*Photo by Dan Welch*

Sidney Outlaw discovered a history of Black composers that is mostly unknown to the public. “I am usually pretty up to date on my knowledge of composers and, in particular, Black composers and their work,” he says. “However, I am always searching for works and composers I might have missed. So, I took this opportunity to sit down and put on my ‘Henry Louis Gates, Jr.’ hat and see what I could find.” He discovered the work of composer Dorothy Rudd Moore who created *Fredrick Douglass*, an opera on the abolitionist’s life. He also became reacquainted with the poetry of Claude McKay. He performed these two composers’ work in *Lament*—“Frederick Douglass: 4th of July” and the “3 songs for Baritone op. 41” set of songs, respectively.

Sidney is particularly proud of bringing Harry T. Burleigh’s composition “The Five Songs of Laurence Hope” to a larger audience. “Many people only know him for writing and arranging spirituals, particularly the spiritual arrangement of ‘Deep River,’” Sidney says. “But Mr. Burleigh was also a great composer of classical art songs and wrote many of them.” Sidney worked closely with the Harry T. Burleigh Society in New York City and Burleigh historian Jean E. Snyder. Their work helped him get a better understanding of his life.

With *Lament*, Sidney set out to change the stereotypes and expectations surrounding classical music. “Many people think classical music is boring,” he says. “I believe the cause of this might be that so many people do not see themselves reflected in the classical music genre.” So Sidney decided to tell stories about the love, joy, hardships, and triumphs of Black people. “It is essential that people see these themes reflected and celebrated in classical music,” he says. “Black composers and stories are a part of the American story.”

*To learn more about Sidney Outlaw, visit his [website](#) and follow him on [Facebook](#) and [Instagram](#). To listen to Sidney Outlaw’s album *Lament*, click [here](#).*

# Karuna Shinsho: It Is Never Too Late



*Photos by Forrest MacCormack*

| “The only way to improve in anything you do is to continue to learn.”

Jazz singer Karuna Shinsho spent most of her adolescence and young adult life in Tokyo, Japan. She was born in Hawaii to Japanese parents. She insisted on returning to the United States for college, but her parents believed staying in Tokyo would help Karuna connect with her heritage. After graduating from the American School in Japan (ASIJ), she attended Sophia University in Tokyo, Japan, with a major in political science. She got her start at Japanese public broadcaster NHK in her junior year of college. Along the way, she earned a master’s degree in international affairs from Columbia University and worked for CNN International as an anchor and correspondent. Throughout her adult life, she traveled the world with her two children and diplomat ex-husband. While traveling the world, Karuna dedicated her time to her children as a full-time mom. But after her divorce, Karuna was forced to ask herself what she should do next. She began to sing and, in August 2021, she released her debut album *To Love Again*.

## *Karuna Shinsho: It Is Never Too Late (continued)*



She first fell in love with jazz after hearing Nancy Wilson in a jazz club in Tokyo while a student at Sophia University. On *To Love Again*, Karuna sings jazz standards and bossa nova classics in three different languages: English, Portuguese, and Japanese. “The album reflects the hope that it is never too late to do what you love,” Karuna says. “Music healed me at a difficult period in my life. It’s a privilege to be able to share it and positively impact people around the world.”

Karuna is a lifelong student. She lives her life by this philosophy. “The only way to improve in anything is to continue to learn,” she explains. “To be a better artist, I started studying piano for jazz and guitar for bossa nova. Someday I hope to play and sing at gigs.”

Her next project is a collaboration with her piano teacher. The project focuses on reinterpreting folk songs from Japan. “I thought it would be great to explore a part of my cultural heritage through music,” Karuna says. “I’m excited to see how we can reinterpret the traditional songs with jazz and other influences.”

To learn more about Karuna Shinsho, visit her [website](#) and follow her on [Facebook](#) and [Instagram](#). For bookings contact Kweisi Gharreau via [email](#) or [Instagram](#).



*On To Love Again, Karuna sings jazz standards and bossa nova classics in three different languages: English, Portuguese, and Japanese. Cover by Forrest MacCormack.*

# ONE: Messaging Through Rhyme



*Photo by Evon Pilgrim*

| “Love who you truly are.”

*Original Interviewer: Reeda Worden*

*Words by SoulVision Magazine*

Rapper ONE is an insightful visionary. “My style is quite simple,” he says. “It is intelligence that provokes intelligence.” Like many performers of his generation, ONE was influenced by Michael Jackson. He was infatuated with the showmanship of one of the greatest of all time. After seeing Michael, he knew he wanted to be in the industry. The name ONE was inspired by his mother. “She said I had to be ‘the one,’ different from everybody else,” he says. “At first, I didn’t embrace it, but then I realized that it is who I am.” After more than a decade of performing, ONE has created an alternative space for his conscious approach to hip hop.

## ONE: Messaging Through Rhyme (continued)

ONE is purposeful about the message within his music. He wants his fans to take away that they are good enough just as they are. “Be the best version of yourself,” he says to his fans. “Love yourself and be true to yourself. Because once you start trying to be like somebody else you lose who you truly are.” ONE is currently managed by Pilgrim Records in Richmond, Virginia. Pilgrim Records handles things like promotions and tour scheduling. ONE plans to do more touring, festival appearances, podcasts appearances, and interviews this year. ONE’s latest video is for his song “The One,” where he fights his way through a gang of adversaries to come out on top. The song works as a showcase of his skill as an MC and a reintroduction of ONE to a wider audience.

“My overall mission is to make hip hop and the entertainment industry a safe place for women.”

In some ways, ONE is filling a space that is neglected in the male-dominated world of mainstream hip hop. In his music videos for “Keep Your Head Up” and “Chivalry Ain’t Dead,” ONE details the experiences of women, lifting them up from bar to bar. “My overall mission is to make hip hop and the entertainment industry a safe place for women,” he says. “That is my overall mission. And I think the best way to go about doing that is to improve myself first and foremost. I have to be the beacon; the beacon of light. I gotta walk the walk and lead by example.”



*Photo by Wooden Panda Studios*

*To learn more about One, follow him on [Instagram](#). To learn more about Pilgrim Records, visit their [website](#).*

## Emblem Olive Oil: Real, Pure, & Flavorful



*Chasity Pritchett is the owner and founder of Emblem Olive Oil. Photo by Brandon Thomas.*

! “Get people excited to cook healthier home meals.”

Chasity Pritchett is the owner and founder of Emblem Olive Oil. Working out of Chesapeake, Virginia, Chasity was inspired to create Emblem Olive Oil after seeing that there was a need for an olive oil company that represented the Black and brown community. “I knew I wanted to give my customers real, pure, and flavorful olive oil, so the process from the beginning to the end had to be well-made and well-conserved,” Chasity says. From the location of the orchards to the packaging of each bottle, every step had to meet her high standards. Her products have no blended oils and have the highest level of polyphenols. The olives are farmed by a single family with a custom olive harvesting process. “We wanted to get people excited to cook healthier home meals, so we infused fresh produce, herbs, and spices in our olive oil to satisfy any palette.” Emblem Olive Oil is one of the very few olive oil companies operated and owned by a Black woman.

## *Emblem Olive Oil: Real, Pure, & Flavorful (continued)*



*Emblem Olive Oil's products have no blended oils and have the highest level of polyphenols. Photo courtesy of Emblem Olive Oil.*



*Photo by Dexter Cohen*

It was very important to Chasity to understand her customer base and their needs during this process. Accordingly, she started a free 12-week program called “Let’s Fight Back,” where she provides daily meal plans, support and encouragement for those who would like to take control of their health. “Our customers are lowering their cholesterol, stabilizing their blood pressure, and losing weight,” she proclaims. Chasity will continue to provide this information to the community and looks at herself as a voice for living a healthier lifestyle.

While the company is still growing, this past January Emblem Olive Oil launched in 63 Meijer Grocery stores. “We hope to become a household brand by continuing to provide fresh and flavorful US Olive Oil,” Chasity says.

*To learn more about Emblem Olive Oil, visit their [website](#) and follow them on [Facebook](#) and [Instagram](#).*

CHEF'S CORNER

# Monica Singh



*Photos courtesy of Monica Singh*

“Butter Chicken is a popular, rich, and flavorful dish from India that is a staple in restaurants and homes all over the world.

## Butter Chicken

**Course:** Lunch, Dinner

**Cuisine:** Indian

**Prep Time:** 20 minutes

**Cook Time:** 40 minutes

**Total Time:** 1 hour

**Serving Size:** 3-4 people

## Ingredients

- 2 pounds of boneless chicken

### For the Marinade

- 1/2 cup of yogurt
- 1/2 tsp of turmeric powder
- 1 tsp of salt
- 1 tsp of garam masala
- 1 tsp of Kashmiri red chili
- 1 tbsp of grated garlic
- 1 tbsp of grated ginger
- 2 tbsp of oil
- 2 tbsp of lemon juice
- 3 tbsp of ghee
- 1/2 tsp of cardamom powder
- 1/2 blade of mace
- 20-25 unsalted cashews
- 1 tbsp of grated ginger
- 1 tbsp of grated garlic
- 3/4 cup of chopped onions
- 4 cups of chopped tomatoes
- 1 tsp of salt
- 3 tbsp of butter
- 2 green chilis (de-seeded)
- 1 tbsp of sliced ginger
- Heavy cream to drizzle
- 1 tsp of Kasuri methi
- Honey to taste (optional)



## Monica Singh (continued)

### Preparation

1. Cut 2 pounds of boneless chicken into small square-like pieces. Keep aside while you make the marinade.
2. For the marinade combine the following in a large bowl: 1/2 cup of yogurt, 1/2 teaspoon of turmeric powder, 1 teaspoon each of salt, garam masala, Kashmiri red chili, 1 tablespoon of ginger and garlic each, 2 tablespoons of oil, and 2 tablespoons of lemon juice. Then mix the spices together and add the chicken.
3. Cover and store the bowl in the refrigerator for at least an hour; I prefer to keep mine marinated overnight.
4. When ready, place the chicken pieces on a baking sheet and broil on low for about 12 – 15 minutes. Next, flip the chicken pieces and broil on low for another 5-8 minutes (or till the chicken is cooked).
5. While the chicken broils, let's make the butter chicken curry! Add 3 tablespoons of ghee to a pan.
6. Then, add 1/2 teaspoon of cardamom powder, 1/2 blade of mace, a handful of cashews, and 1 tablespoon of grated ginger and garlic each. Stir.
7. Mix together and add 3/4 cup of onions. Stir. Now add 4 cups of tomatoes and 1 tsp of salt. Cook this for about 5 minutes. Next, cover and cook for about 12 minutes.
8. Then, add 1 teaspoon of Kashmiri red chili and cook for 2 more minutes. Switch off the heat and blend this mixture – I use a blender. Blend till it's a smooth paste. Then in the same pan, add 3 tablespoons of butter, 2 green chilis, and 1 tablespoon of finely sliced ginger.
9. Stir for a minute and then add the butter chicken curry. Finally, add the chicken. Mix well and drizzle some heavy cream along with 1 teaspoon of Kasuri methi. After mixing this together, switch off the heat and optionally add some honey. And that's it! My family loves this with garlic naan. You can also enjoy this dish with rice.

Find this recipe and more on Monica Singh's [TikTok](#), [Instagram](#), and [YouTube](#).

COMMUNITY

## Pretty Purposed: Surrounding Our Girls With Community Support



*Bianca Myrick is the founder and executive director of Pretty Purposed. Photos courtesy of Pretty Purposed.*

“Strengthening partnerships is key to sustainability and community impact.”

Pretty Purposed inspires schools and communities to empower young women and girls. “We support our girls and young women through our mentoring and enrichment programs,” says Bianca Myrick, the founder and executive director of Pretty Purposed. In addition to serving the Petersburg, community, Pretty Purposed has sites throughout central Virginia—Chesterfield, Dinwiddie, Sussex, Hopewell, and Colonial Heights.

## *Pretty Purposed: Surrounding Our Girls With Community Support (continued)*



Recently, Pretty Purposed collaborated with Voices for Virginia's Children on their inaugural Advocacy Cohort initiative, where their girls learned storytelling and advocacy skills. The girls took what they learned to the General Assembly for Advocacy Day and were allowed to speak to delegates and legislators about issues that impacted the youth. "We are excited about our girls using their voice, and we want them to know their voices and ideas are valued," Bianca says. Pretty Purposed is also developing their curriculum that centers around its values of self-esteem, community involvement, and health & wellness. For their curriculum, Bianca sought the feedback of her girls. The girls have a say in what should and shouldn't be in the curriculum. "We are piloting the curriculum now," Bianca says. "Once we incorporate all of the feedback, we hope to be able to scale it to communities interested in starting their own girls groups."



This spring, Pretty Purposed launched the *You Glow Girl Network* in collaboration with their strategic partners. The initiative improves the outcomes of young women and girls through a coalition of community leaders and organizations. Community leaders and organizations collaborate, share sources, obtain funding together, and mitigate the duplication of services. "Strengthening partnerships is key to sustainability and community impact," Bianca says. "Our goal is for this to be a true collaboration, not just us leading the efforts, so we have taken time to put some thought into it." Along with this new initiative, Pretty Purposed is launching an alumni project in the summer. The alumni initiative will support past participants seeking workforce development, preparation, and opportunities. Find out more about Pretty Purposed via the links below.

*To learn more about how you can support Pretty Purposed, visit their [website](#) and follow them on [Facebook](#), [Instagram](#), and [Twitter](#).*

*Pretty Purposed programs revolve around self-esteem, community involvement, and health & wellness.*

LEGENDS

## Dr. John A. Kenney, Sr.



*Photo courtesy of Linda Kenney Miller*

Dr. John A. Kenney, Sr. was a trailblazer for Black doctors. He graduated first in his class at Hampton Institute and received his MD from Leonard Medical School (Shaw University). He was the personal doctor of Booker T. Washington and George Washington Carver, and headed the newly established John A. Andrew Memorial Hospital at Tuskegee Institute in Tuskegee, Alabama.

After World War I, the Veterans Administration built a hospital in Tuskegee. Most of the veterans were Black, but the doctors at the hospital were all white. After Dr. Kenney fought for integration at the hospital, the KKK threatened his life and torched a cross in his yard before burning down his home. He and his family fled to Montclair, New Jersey. In New Jersey, Black doctors had to place their patients in the care of white doctors if they were admitted to a hospital. Dr. Kenney opened the Kenney Memorial Hospital in Newark, New Jersey, in

1927. Because the hospital was small staffed, Dr. Kenney did almost everything himself. Dr. Kenney eventually gave the hospital to the Booker T. Washington Medical Association. The hospital then became Newark Community Hospital. Dr. Kenney was head of medical staff and chief surgeon until 1939. His children followed in their father's footsteps. His son, Dr. John A. Kenney, Jr., is considered a pioneer in dermatology. Dr. Kenney, Sr., proved that Black doctors can do anything with the support of their community.

**“Our grandfather, who was the son of ex-slaves — if he can do what he did with nothing, what is our excuse?” – Linda Kenny Miller, granddaughter of Dr. John A. Kenney, Sr. (NPR, StoryCorps) – Dr. John A. Kenney, Sr.**