

# TWENTY SEVEN

ENTERTAINMENT WEEKLY MAGAZINE

ISSUE #46  
2018



## LINDSEY MORGAN

+ Ian Verdun. Brittany Nicole.  
Richard Ryan & Jackie Nova. Janine The Machine.  
Courtney Henggeler. Michael James Shaw. Dannie. K. Horus.

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Also, to stay up to date with news, new interviews, event footage and photos, etc., be sure to log in to [www.twenty4sevenmagazine.com](http://www.twenty4sevenmagazine.com) and follow us on all social media platforms. Thanks in Advance.

P.S. Twenty4Seven Magazine: The Mixtape Vol. 2 is coming soon!

Tyrone Davis



**TWENTY4SEVEN**  
ENTERTAINMENT EVERLASTING MAGAZINE

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A FILM BY JASON POLLOCK



# stranger fruit.

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# TROUBLE.

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# MEET THE ARTIST

## BRITTANY NICOLE

PHOTOGRAPHER



PHOTO:  
TY MOORE

The following is an excerpt from a Q&A with photographer, Brittany Nicole. Interview By: Tyrone Davis

**Your IG Post, "What you see/What you DON'T see" is what initially caught my attention. Elaborate for us.** Basically, at the time of that post, I had been around many females and males in the industry in Atlanta. I always noticed how many people are so consumed in a "look" and keeping up a mirage of what life looks like that folks seemed to be losing themselves just to "keep up". I think social media has a way of making us feel like if we're not living a certain lifestyle, you aren't "making it" or you're unsuccessful. I was never one to brag or boast about my accomplishments but I also think it is super important to remain human. Everyone is so caught up appearing to be happy all the time. There is nothing wrong with posting the tears, the heartbreaks, the discouragements and the struggle!

I would always get compliments from my family and friends on social media about how "well" I was doing and folks feeling intimidated by what seemed to be my new found success. I had to take a moment and realize what I was posting wasn't necessary that "real". I mean yes, the sets were very much real and existed, the work and pictures were very dear to me and I loved sharing the growth but at the end of the day I was coming home to an average room with average things. When I moved to ATL, all I had was what could fit in my car at the time. That was it. I also had a makeup-artist/creative director, Freddie L. Young (@freddielyoung) that motivated me to want

more for myself and saw something in me to make me believe in myself as well. He essentially created, "Brittany Nicole". I felt it was important to show that it is okay to not have the top notch things. It is okay to channel your funds to other outlets that will in turn help you down the line. I wanted to spread a message that the material things we get caught up in aren't things we should live by and that if little ol' me could make rounds onto sets, then so can anyone. I just wanted a real heart to heart moment to show that everyone isn't out here flexin' on the gram and it is okay!

**I became a photographer out of necessity, but initially learned while taking classes in pursuit of a BFA in graphic design. What made you choose photography specifically and have you learned any other areas of multi-media while attending?**

I always had an interest in photography. Every set I was on, I always had my camera with me to document my journey. I loved taking pictures of food before it was even cool to do for Instagram. I don't know. There is just something about freezing life within a frame that I just can't let go.

**What did you learn about photographers and shooting that you may not have known prior to becoming one?**

Patience! I always told myself I would never shoot people, only product, nature or behind-the-scenes documentary type of photography. But, when a young makeup-artist named Scott Chanel (@scottxchanel) challenged me to step out of my comfort zone, I was really shocked at the results. It started my interest and will to photograph people and I learned patience is the key. The moment folks step on the set, some do tend to freeze up, mostly with wanting posing direction, but ultimately they are the client paying for images. I believe it is important to bring the client out of their shell and just learning who the client is will help on set. The best photos are the off-guard ones.

**Why is it important that photographers as well as models, artists, entrepreneurs etc. that need their photos taken learn what "DPI" means?**

I think DPI/PPI is important to know for printing. You never want to give a client a low resolution photo that they can't print out for themselves. The overly pixelated quality won't look good once printed and for portfolio purposes, you need to have high-res photos. In a world that is so internet based, I think sometimes it is easy to cut corners because you think "Oh, these photos are only for Instagram anyway" so I can see how the DPI/PPI conversation gets lost. However, I still believe 300 DPI should still be the standard, regardless.

**Choose one and explain why:**

A) "Auto" or "Manual"

Manual Always!! That sets apart those who know what they're doing versus those who are just doing this for money/way to meet girls (Yes, SHADE). You can control everything in manual. From the way the light will frame a person, the focus and what you want to be the talking piece, to the shadows you need to give it that wow factor. ISO, Shutter Speed, Aperture are your 3 key ingredients!

For full interview, visit [www.twenty4sevenmagazine.com](http://www.twenty4sevenmagazine.com).

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## SUFFERING IN SILENCE

BY CORLETHA NORMAN BEY, MSW, LCSW

Suffering in silence. What does it mean? So often I hear individuals being told "you know you shouldn't suffer in silence right?" When an individual is faced with a stressor of any sort they generally fight, take flight, or freeze in the situation. Grief, trauma, and everyday challenges (ie divorce, job loss, homelessness, etc) are generally biologically coded as stress to the average human brain. The brain does not differentiate between someone holding a gun to your head versus the instability caused by wage garnishment for example. Stress is just that, stress.

Suffering in silence: not speaking out about your struggles or hardships with those closest to you while you carry on in your daily life as if nothing is wrong. When someone notices that small change in your daily presentation, they inquire about your well-being. You deny that there is anything wrong, or minimize what is actually going on. We mute our own voice. How can you let yourself go through some of your deepest days without having a voice? An outlet or release of some sort? Why are we alright with hurting, crying, carrying anger, and shoulding (shoulda, woulda, coulda,) ourselves to death? Why are we alright with suffering in silence?

I realized over the years of being a Social Worker that some people have a voice but are afraid to use it. Some don't understand its application while others are afraid of its power. In this case, they are alright with using their voice to help others, but won't apply it to themselves. The same compassion that they have for others can be applied to them by themselves and others. On the other hand, some are afraid of possibly changing the state of their relationships. By asserting that they too are important and deserving of the same support that they give out, some may turn their backs due to the changed roles in the relationship. When you bring yourself to a place of understanding your own worth and importance, lost relationships won't be a hindrance. Breaking your silence is the most powerful, healing and loving thing that you can do for yourself. Release the weight with a trusted friend, family member, or therapist that can support you through your circumstance.

If you would like to read the full article, please check out my blog at [www.bonhomielc.com](http://www.bonhomielc.com).



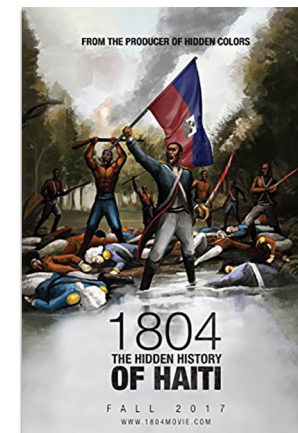
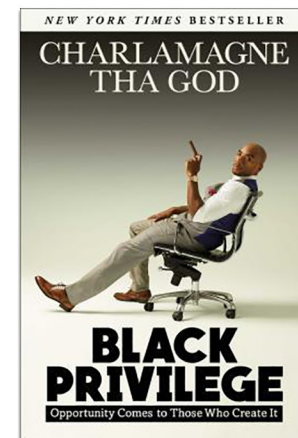
CORLETHA NORMAN BEY, MSW, LCSW

is Owner and Clinical Director of Bonhomie, LLC. She has over ten years of experience in the world of social work. This includes mental health therapy, intensive in home therapy for high risk, foster and DFCS/DCBS clients, family and individual therapy, couples therapy, trauma focused therapy, juvenile justice intervention, case management, advocacy, and mentorship.

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## IGNORANCE IS BLISS.

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## RICHARD RYAN & JACKIE NOVA: A DYNAMIC DUO

Words + Interview By: Krystal Luster

*"The Art of Deception" stars, Richard Ryan and Jackie Nova took a moment to discuss their upcoming film (released this summer), conducting business in Hollywood and their adornment for one another. Not only did the two show-off their acting skills in the film, they also played major roles putting the film together as a whole. The following is an excerpt from each of their interviews.*

**Tell us about you and how you came to make a name for yourself as an actor, producer, and director.**

**Richard Ryan:** I grew up in El Dorado Hills, California, right outside of Sacramento. I've always had a knack for creating, entertaining, fitness and playing sports. I moved to Los Angeles about 10 years ago where I began acting professionally and attending the Aaron Speiser Acting Studio. It was then where I developed a deep urge to make movies and better understand the whole process. I wanted to create opportunities not only for myself but for others as well. This thought process dove me to write, produce, direct, act and edit a short film, which inspired me to develop Ox Films for a way to brand my movies, then to market them. Fast forward 10 years and I've done that with 13 short films and 3 feature films.

**What is a producer's role when making a film? How does it differ from a director's role?**

**R.R.:** To be quite simple, I would say a producer is more responsible for all of the logistics, the financing and hiring in the various departments. His or her responsibility starts for the most part from the movie's concept and takes it through completion then distribution and making money. A producer brings all the pieces together.

A director is responsible for the creative choices that cover each department, including the final say on what actors to hire, and makes sure the actors delivers on camera as he or she sees fit. They may also have a say in whom to hire in the creative departments. In my opinion, the director should create each shot in the movie and has an obligation to execute and get all the shots that are needed.

**Did you set out different life goals, or was your passion always in film?**

**R.R.:** Through out my childhood I had several passions. Ultimately I figured out a way to combine all of my talents and put them to use doing something I thoroughly enjoy. Being in movies is definitely a profession where you can get a taste of every other profession. Setting goals and achieving them has always been a thrill for me. Each goal I set, I make sure from a professional standpoint, it points in the direction of being a very successful actor and filmmaker. I have a lot of ideas that I would like to contribute to society so it can also increase the happiness and well-being of others, not just ideas with movies, but viewpoints on other subjects.

**Tell us what "Art of Deception" is about and your involvement with the movie.**

**R.R.:** *Art of Deception* is a story-driven action suspense thriller that involves a fight for love and world dominance that has a subject of government conspiracy, which a lot of people are fascinated with. I wrote the treatment for this movie about 6 years ago. I am the lead actor, producer, director, co-writer and editor of the movie. I have also supervised all of the post-production. Jackie and I coordinated all of the pre-production together.

**How were you able to put together such a project as well as you did? How well did you and Jackie work together?**

**R.R.:** I just took my knowledge of the film-making process and put forward my best effort. This movie in particular took on new challenges that I had to take on and learn how to maneuver around so we could still get the best result. This project was my biggest, yet so many new and unexpected situations arose. My and Jackie's ambition and along with a wonderful and loyal team around us helped make this movie what it is.

It was a blast having my sweetheart Jackie by my side, and I would take every chance I can get to work with her. She's a strong, and intelligent true professional that is extremely dedicated and multi-

talented, and has an incredible range. She's a beautiful all around person and it's a pleasure and a privilege to work with her. She has definitely contributed to my growth as a professional and as a person. Jackie has always had very good ideas. We had our challenges that we had to work through, but we knew we had to finish our movie and springboard it into a huge monstrous success, which is our goal, and we feel that it will be achieved.

**Is it an experience you would enjoy reliving?**

**R.R.:** If I relived this experience, I would do some things differently, and it would be much easier because of what I know now. I am motivated to get an opportunity to make another movie with my new team and what I know now. We owe it not only to ourselves, but to everyone who believed in us and touched this movie in one way or another. I want 'Art of Deception' to springboard my other movies so they can be successful as well, and for more doors to open as a result. There is definitely a lot riding on the success of this film.

**Any last words?**

**R.R.:** Thank you to my family and friends for all the help and support, and those who ever believed in me and stayed in my corner. I am truly blessed to have an incredible and smart family that values and believes in what I do, who inspires me, and is always there. I am also blessed to have inspirational and true friends that show support and encouragement.

Being successful is a team sport. If you have a vision and a desire to achieve a goal, go after it with full force and let no one and nothing stop you. Be honest with yourself and others in your pursuit so you can get the best results. Never get discouraged. Only allow the opinions and thoughts of others make you a better person so that you may gain clarity on the task at hand. Thank you for reading.

**Give us a little insight on your background. What was life like growing up?**

**Jackie Nova:** I am an American Dominican Latina born in NYC, raised in NJ. I've been a part of Performing School of Arts since I was in grade school, and I have always been a part of dance, theater and music. What surely sparked my interest was this "aha moment" when my parents took me to see my aunt "Belkis Concepción-Las Chicas del Can" perform with her band and she pulled me up on stage to perform with them. From that moment, I knew I was an entertainer. The feeling was exhilarating, which is how I feel whenever I'm on set as an actress. The first producer I ever auditioned for was Mr. Bill Cosby, and I was a kid, and he was nice to me. He picked me and another girl from our Performing School of Arts. Cosby said, "She's got it."

**How long have you been apart of the Hollywood dynamic?**

**J.N.:** I've been a part of this industry for close to 8 years now. I moved to Southern California, and I'll never move back East. I've done lots of national commercial spots in Spanish and a few in English. My passion is in film; preferably where you can travel and shoot with incredible actors/filmmakers. I love the art of acting and becoming different characters on television and commercials as well. I love being part of the Hollywood lifestyle.

**How were you and Richard Ryan introduced?**

**J.N.:** Richard Ryan and I met during a TV pilot shoot a little over 6 years ago. We fell in love after working together on a short film that we produced and starred in called 'Ruse'. We fell more in love, with the fact that we work so great together,

doing what we love which is acting, creating, film-making, improve and music so it was a "no-brainer" to green light 'Art of Deception'.

**How did you find the balance between acting and producing your action film "Art of Deception"?**

**J.N.:** I found the balance by being super focused and multi-tasking. During production is where Richard and I had to be mostly focused. For the most part, I felt at ease. Richard has about 10 years of experience as a filmmaker with his other features and shorts under Ox Films, so I always felt balanced, even when we ran into challenges. We are lucky that we put together such an elite team. It was always a balancing act when having double duties on set; in fact in any job for that matter. We love the thrill and excitement!

**Was it difficult giving enough time to properly fulfill each position as actress/actor, producer/director?**

**J.N.:** It didn't feel difficult being an actress as well as producing because we were always properly prepared. It was exhilarating from the pre-production phase, through the production phase, and through post-production. In my opinion the post-production phase was the most difficult, but we have overcome that challenge. We have a complete and elite team now because of our perseverance.

**There are some intense fighting sequences, how much time were you allotted for your scenes? Did you perform your own stunts?**

**J.N.:** Because we are all athletic, we were able to perform our own stunts. We were allotted about 30 minutes or so for our fight scenes. Richard, Daniel Joo and myself, collaborated on the various choreography throughout the movie.

**What did you enjoy most about working on this film and why?**

**J.N.:** What I enjoyed the most about working on 'Art of Deception' was the production phase, shooting on set, especially while doing my scenes because transforming into my character gives me pleasure and brings me joy. I love the gift of giving our audience a special experience while they watch our movie. However, being in charge as a producer behind the scenes is also fulfilling and exciting!!

**Where was "Art of Deception" filmed?**

**J.N.:** We filmed predominantly throughout Northern California, in Sacramento, El Dorado Hills and Cameron Park. We also shot in the beautiful South Lake Tahoe, where Richard has been going consistently for New Year's since he was born. While in Tahoe, we stayed at the Tahoe Seasons. It was fun to visit his family and friends while we filmed in the Los Angeles area since that is his hometown.

**What other works have you produced and/or acted in?**

**J.N.:** I was excited to have co-starred on *Everybody Hates Chris* opposite Terri Crews and also co-starred on *Insecure*. I'm also a comedian and I've done stand-up comedy at the Haha Café, Comedy Store and Improve with Groundlings and LA Connections. I worked with Dane Cook, Jamie Foxx and Andrew Dice Clay as well. Check out IMDB for all reels.

**To read the full interviews with Richard Ryan and Jackie Nova, visit [www.twenty4sevenmagazine.com](http://www.twenty4sevenmagazine.com).**

**Contact Richard Ryan and Jackie Nova at 916.768.7748 or at [www.oxfilms.us](http://www.oxfilms.us).**

**Photo credits: Richard Ryan, Kelvin Nova**

# JANINE THE MACHINE

IN THE FLESH

WORDS + INTERVIEW BY: KRYSTAL LUSTER

*When you're capable of doing it all, there's no other way to think of yourself other than as something mechanical. However, Janine The Machine is all heart, body and soul. She may vibrate on a higher frequency, but that hasn't kept her from being down-to-earth and in tune with her artistry and those who have a similar passion for her craft. Learn more about the Summer-loving Leo and be sure to add/follow her social media.*

## How would you describe growing up in Detroit?

I'm so proud to be from Detroit. It is a city like no other. I was born in the city but grew up right outside in Southfield, MI. You can actually see my old house in my "High Places" video. Growing up there really helped me develop a dope work ethic. We have that hustler's mentality. That go-getter spirit.

## Detroit has a rich history, especially in music. Who are your "Top 5" from Detroit?

Anita Baker, Eminem, Big Sean, J. Dilla and I'll leave the last spot open because it's a tie between a few people.

## What is the meaning behind your stage name?

I write my own songs, engineer my own sessions, direct my own videos and whatever else needs to be done. I'm involved in the creative process on every level. I'm a machine! I'm super involved every step of the way and I'm very blessed to work with a team that believes in me enough to help bring my creative vision to life.

## How would you describe your sound?

International. I've been to so many dope places in the world that inspire me like Tokyo, Dubai, Mumbai, Kingston and Milan. I like combining different sounds from different places.

## What does your EP, "High Places" mean to you?

"High Places" is all about empowerment. I want people to turn on my music and get inspired to go after that dream they have, leave that cheating boyfriend, or take that risk they've been afraid to take. It's all about elevating and operating at your highest frequency.

## Tell us about your singles, "Mañana" and "No Chill".

"Mañana" is one of my favorite songs from the project. It's all about getting lost in the vibe and living in the magic of the moment. It's produced by Pierre Medor & Tricky Stewart. We have such a great chemistry and the record was super easy to make.

"No Chill" is my anthem for all the dope women who know their worth and refuse to take shit from anybody. It's about women sticking together and not settling for less than we deserve. If you're a lying, cheating, fuckboy with no chill, keep it pushing!

## What is the "No Chill Challenge"?

Before I released 'No Chill', I played it for a bunch of my friends. The crazy thing is, every time I played it, one of my friends wanted to tell me their personal fuckboy story. I finally got the idea to record them and give girls a platform to speak their truth. It's all in good fun and it's pretty hilarious.

## What was it like working with songwriter/producer Tricky Stewart?

Tricky is a musical genius. He's been in the game so long and has worked with so many amazing artists that he just gets it. Besides being a great producer, he's also a great person which

makes him super fun to work with.

## How do you differ from other artists in the industry?

I try not to compare myself too much. I think everyone has special gifts that make them unique. That's the beautiful thing about life. No one can do you better than you. I'm always focused on being the best version of myself.

## Were you ever intimidated pursuing a career in music?

No. I believe we all have a special calling in life. Music is mine.

## How have the Spice Girls and TLC inspired your own artistry?

Both groups represent girl power and I'm all about that.

## Do you have a favorite member of each group? If so, who?

Scary Spice is my favorite Spice Girl, of course. She was the wild and outspoken one in the group which I can totally relate to. In reference to TLC, Left Eye was such a huge inspiration to me as a kid for similar reasons. She had a crazy style and was never afraid to say what was on her mind. I loved that.

## How do you most enjoy spending your free time?

Traveling, meditating, doing yoga....anything that helps me relax and stay grounded.

## How often do you meditate?

I try to meditate every single morning. It's how I stay tapped in.

## Tell us about crystals and why you use them.

I love crystals. I started collecting them a few years ago. I have different ones for different reasons, but right now I'm really into my amethyst (it help keeps me calm) and citrine, which I keep in the studio for creativity.

## Have you completed 10,000 hours working towards your craft? If so, do you consider yourself a "master"?

I'm a huge fan of Malcolm Gladwell so I love that reference. I'm always learning and adding to my skill set.

## Explain why Jim Carrey is #BaeAF.

First of all, I'm a huge Jim Carrey fan just based on his work but I follow him on twitter and recently he's just been so woke! He's been tweeting about a lot of things that most celebrities would never touch on. That type of authenticity is everything.

## What is a guilty pleasure of yours?

Hot Cheetos, although I really don't feel that guilty after eating them. They're so worth it.

## Tell us something about yourself most don't know.

I used to have a fear of escalators. I actually just got over it in the past year. I always thought the edges were going to eat my feet.

## How can you be reached via social media?

I'm most active on Twitter and Instagram @Janinelamachine. I'm also on live.me: Janine The Machine.

## Any last words?

Yes! Check out my new EP "High Places." It's out everywhere! Also, follow me on Twitter and IG @janinelamachine.

PHOTO:  
REUBEN CHAPMAN

# COURTNEY HENGGELE

## PROVING THEM WRONG

WORDS +  
INTERVIEW BY:  
KRYSTAL LUSTER

PHOTO:  
ROWAN DALY

HAIR:  
RICARDO FERRISE

MAKE UP:  
PIRCILLA PAE

STYLIST:  
WILFORD LENOV



*Mother, actress and master of wit, Courtney Henggeler is a jack-of-all-trades. Courtney stars in the YouTube Red series, “Cobra Kai” as Amanda LaRusso; wife of the original karate kid, Daniel LaRusso (played by Ralph Macchio). This has been a busy year for the actress as she has also returned on screen for the season finale of, “The Big Bang Theory”. When Courtney isn’t working she enjoys being home with her family.*

**Did you feel your parents weren’t as supportive in the beginning of you acting/wanting to act?**

I feel like my parents were always very supportive of my creative side but my mom had concerns about how I would handle the rejection side of the business. I would do anything to protect my son from feeling the turmoil this business can put you through. So, as much as I begged and pleaded that they allow me to audition for *Star Search*, they refused to allow me anywhere near anything other than the school play. Once I decided to major in Theater, they knew this wasn’t a kooky phase I was going to grow out of.

**Do you believe children are pushed into stardom too soon?**

Oh, I don’t know. Every child and situation is so unique. I will say that as much as I wanted to be an actor when I was young, I am very grateful for not achieving any sort of success early on. When you’re young, you’re not a whole person yet. You have too many things yet to experience; heartache, confidence, getting your confidence knocked out of you, finding your way back to having your confidence, etc. I’m not saying it’s not possible to have those experiences while still enjoying a career while you’re young but this business can give you a warped sense of reality. For me, it was much better for my development that I was kept far away from that.

**Do you remember your first acting gig and how you felt?**

It was a McDonald’s commercial and you would have thought I won an Oscar. My agent called me and I broke down into an uncontrollable fit of sobbing for over 30 minutes.

**Tell us about the YouTube Red series, “Cobra Kai” and your character Amanda LaRusso.**

It’s just such a great show. We really focus on Johnny’s story and how although his life hasn’t turned out the way he expected, he’s not going down without a fight. He’s callus, he’s bitter and he’s so goddamn entertaining. Meanwhile, Daniel’s life has gone brilliantly. My character, Amanda is Daniel’s partner and voice of reason when things start to get a little wild. We’ve been married for 20 years, we have 2 wonderful kids and a successful car empire. But, it’s the return of Cobra Kai that fuel something in Daniel and Johnny both which of course leads to a lot of fun for the viewers.

**Are you a fan of the original film series (The Karate Kid) which Cobra Kai is based on? If so, which order would you rank the first 3 films?**

Of course! My husband and I will still watch the original on any given Thursday night. I don’t think I’m alone in saying 1 is the best, then 2 followed by 3 but I’d love to hear someone tell me something different!

**Was there a moment of nostalgia being on the same set as the original actors, Ralph Macchio and William Zabka?**

It was more surreal than anything. I found myself just staring creepily at Ralph at times. Obviously, he’s immune to aging but he’s not the kid he was back in 1984. I was meeting present day Ralph Macchio and that’s how I got to know him. He’s an accomplished grown man with a lovely family but then my husband will throw on the OG Karate Kid and I swoon a little for the 1984 Ralph. He was just so adorable!

**What type of anticipation from fans have you seen so far and what has stood out to you most?**

I think as excited as most fans are for this new version of *The Karate Kid*, they are also very wary, as I would be as well. You are taking from something that has stood the test of time for 30 years! It’s a classic and iconic film that everyone has their own special attachment to. You just hope and pray that this doesn’t diminish what they’ve built up in their head. Overall,

the response has been incredible!

**Tell us about your time on CBS’s, “The Big Bang Theory” and your role as Missy Cooper. Were you at all hesitant about jumping back into character for the season finale?**

I was beyond thrilled when I heard that they were bringing back Missy, then I promptly became nauseous, considering the last time I was in “TBBT” was 10 years ago. It was my first substantial acting job and I was so green back then. However, it ended up being such a wonderful week. Everyone involved in that show are just the best of the best, kind and funny. I feel so lucky to get to go back and play with them.

**What about you time on CBS’s “Mom” and your role as Claudia. What are the similarities between you and this character? How are you different?**

Ah, poor Cloud-ia. I’m not sure we have a lot in common but she was sure fun to play! *Mom* was another one of those really great sets to work on. Allison, Anna and the entire cast is just out of this world talented and so kind. It’s always fun to go to work where everyone is so warm and fun to play with, especially when you get to play someone so ridiculous as Claudia.

**I personally love old movies. What are your favorites?**

I love Bette Davis films, even the weird ones she made in the 80’s. *All About Eve* is such a classic. Also, I will lose an entire day if I see that *Gone with the Wind* is on. That is one epically long and awesome movie.

**Tell us about your home-life. What do you enjoy most about being at home with your family?**

I have a 15 month old who keeps me very, very busy. He’s a bundle of curiosity wrapped in a death wish. There is nothing he won’t climb or shove in his mouth, including my 14 year old cat. I feel so fortunate that I have a schedule that allows me to spend my days making sure he doesn’t eat a case of dog food or otherwise poison himself but what I enjoy most is when my husband comes home in the evening. We give the little kamikaze a bath and he’s so pooped from trying to kill himself, he just snuggles on us while we read to him about baby goats, tap dancing gerbils or whatever else the kids are reading these days.

**What is your favorite food dish to prepare and/or eat?**

Oh, man. I love to cook but my favorite dishes I always want someone else to make for me. I could eat carne asada tacos from Cactus Taqueria every day and there are times where I do. I also love a good crispy rice and steak tar tar! I will never trust myself enough to prepare a raw meat feast but you can bet your aunt Sally I will pay someone else to.

**So, is it safe to say Thanksgiving is your favorite holiday?**

It’s up there but alas, Christmas has my heart. Thanksgiving has almost everything you need like yummy food, fall-tactic smells, pie, etc. but Christmas wins because it has Johnny Mathis and when presented with pilgrims vs. JM, it’s a hard yes for Johnny.

**Lastly, any advice to kids/young adults wanting to pursue an acting career but don’t have the full support of parents/family? How were you able to keep your dream alive?**

I think I’m just too damn stubborn. I’ve been fortunate enough that my parents have always been supportive (of my creative side) but this business is the opposite of supportive. It was years of people telling me that I couldn’t that fueled me to prove them wrong. I don’t know if that is healthy but it’s what keeps me going. If you don’t have support from your family you have to find it somewhere else like a class, a kick-ball team, etc. I don’t care where it is as long as it’s anywhere where you have people you respect and trust to trust and respect you. Don’t be too hard on your parents if they don’t understand your need to become an actor. As a parent myself, this business scares the ever living crap out of me. Why would we want the loves of our lives be subjected to rejection and heartbreak daily?

**Follow Courtney on Twitter @HenggelerCourt and on Instagram @courtneyhenggeler.**



PHOTOS:  
MARIO BARBERIO

# LINDSEY MORGAN

## KEEPIN' IT "100"

WORDS + INTERVIEW BY: KRYSTAL LUSTER

*If you're at all familiar with The CW's "The 100", then you're probably aware of Lindsey Morgan. Lindsey has played the ever-evolving bad-ass mechanic Raven Reyes on the hit show since it's first season and it looks like she'll continue on. Outside of her success as an actress, Lindsey enjoys the more leisure side of life often indulging in books and possibly catching a few zzz's. Be on the lookout for more of Ms. Morgan's appearances in the near future as she is continually working!*

**Tell us about your home life before you were introduced to the industry.**

I had a very suburban childhood. I grew up in Houston, Texas with virtually zero ties or knowledge about the film industry. I think I was a normal kid. I was a pretty high achiever from debate team to swimming to journalism to drama club. I had a lot of interests but a lot of things I was just good at. There was nothing I was great at. I think that variety of interests made me realize I need to find something that can encompass all my interests and acting was the only thing that did that for me.

**What was it about acting that captured your interest?**

The idea of transformation has always fascinated me about acting. The idea that I can start the day as one person in one life and in one world and end it somewhere else as a character made it seem like my life would always be exciting and interesting. Acting feels like it's never mastered, which can be frustrating but also means an infinite ability to be creative and to continually learn and evolve. I love that.

**Have you ever forgotten your lines?**

Of course! It happens here and there. I may miss a line or skip it by accident. I try not to. I don't like changing the lines of the writer or their intent.

**Tell us some film projects you're currently involved with.** I just signed on to an indie that shoots this June but I'm not sure what more I can say until it is announced. But, a film that I am very proud of "Summertime", just premiered at the Tribeca Film Festival so I'm excited to see where it goes next.

**How was your character Raven Reyes introduced on The CW's hit show, "The 100"?**

Raven was introduced in the second episode in a very iconic way. Full of fire and sass with shit to do. If you haven't seen it it's on YouTube.

**How has Raven changed over the series?**

You really see Raven evolve over the last five seasons. You see her grow up and mature. She came out of the gate, guns blazing. She was very strong and very naively sure of herself but then her strength and her self assurance was tested over and over again. I feel like we as people all of have pillars of strength inside of us, what we can depend on, what gives us strength, what catches us when we fall and most of her pillars were taken away from her; Finn, her love, her friends, the physical strength in herself, the use of her body, her mind, her brilliance, her purpose and her value. She's

been repeatedly tested in a various ways and she has failed and succeeded, broken down and rebuilt sometimes stronger, sometimes not and I love that. I love her humanity and constant evolution.

**What do you look forward to the most this season?**

This season is all about character evolution. It's been six years since the end of Season 4 and six years is a very long time for changes to occur. Some of your favorite characters are going to change, for the better or the worse, and you'll have to watch how it all plays out.





PHOTOS:  
MARIO BARBERIO

***Are you currently reading any books?***

I just finished *The Red Queen* by Victoria Aveyard. My PA at a Comic Con I was doing in Melbourne gave me the book as a gift because I am the lead fan cast for the role of Mare Barrow. It turns out Victoria was also a guest at the same Con. I had no idea and basically devoured the book in three days. I am ready to start the next one.

***What is a song you listen to on repeat?***

I listen to a ton of music but right now I can't stop listening to Cardi B's "I Like It".

***Being from Houston, who is your favorite artist from there?***

Beyoncé, obviously.

***Who would you enjoy working with if given the opportunity to do so?***

My acting idols are Meryl Streep and Daniel Day Lewis.

***How do you feel about the portrayal of women in Hollywood versus how men are portrayed in Hollywood?***

I think it's mostly unfair. From the archetypes women have been portrayed as for centuries to the pay gap between men and women. It just feels like for some unknown reason it was just decided in Hollywood women would be deemed as "lesser" but in reality all the women I know are strong, fierce, capable and had to endure unfair disadvantages to progress in society and life that men never had to, all with the expectation of having perfect makeup. It reminds me of that famous quote said about Ginger Rogers and Fred Astaire in the 1930's, "Ginger Rogers did everything that Fred Astaire did. She just did it backwards and in high heels." I feel that is how women are portrayed and made to feel in the industry when compared to men.

***What are your thoughts on the ongoing allegations coming out about some of the industry's "big names"?***

It's shocking and heartbreaking. I feel for the victims and can completely sympathize and empathize on why they would stay quiet and how it could be such an epidemic because so many people were afraid of being black balled. That's a very real thing. I feel like that kind of behavior will not be

condoned or hidden anymore because everyone is taking it very seriously and I am very glad about it. It feels like there is finally some security in the industry and I thank the fearless victims for standing up and creating that for the rest of us.

***What is a guilty pleasure of yours?***

Sometimes, if I am super busy and I finally have a free day, I will sleep as long as I humanly can, which can be about 14 hours. Then, I'll just spend the rest of the day lying around with my eyes closed, not even watching TV or looking at my phone. Just lying, doing absolutely nothing.

***You recently had a birthday. How did/do you plan on celebrating?***

I haven't begun to think about it! Maybe skydiving?

***What do your hobbies include?***

I really love being active so anything that has to do with exploring or traveling or experiencing something new, I'm all in!

***Lastly, what's the best piece of advice you've been given?***

Believe in yourself.

Follow Lindsey Morgan on Twitter + IG @linzzmorgan.





HOMETOWN:  
COLUMBUS, OH

MEASUREMENTS:  
37-31-45

OVER THE PAST 5 YEARS, AL'TEE HAS BEEN TRAVELING AS A FILM, PRINT AND RUNWAY MODEL. IN THE NEAR FUTURE, SHE PLANS TO GET INTO ACTING, WHICH HAS ALWAYS BEEN A PASSION OF HERS.

PHOTO: DEMETRIUS LAMONT  
HAIR/JEWELRY: SCHEZIREE JONES  
MAKEUP: TRUGLAM  
SHOOT COORDINATOR:  
JAMEZ ALOHA  
CREATIVE DIRECTOR:  
DOLPHIN BLACK STUDIOS

AL'TEE CONTACT:  
FACEBOOK: AL'TEE HARRIS  
INSTAGRAM: @ALTEE\_H  
TWITTER: @MSAQUALITY



## TWEET DAT!

**@EmperorIra:** Y'all don't like rap. Y'all just like Drake

**@iamwandasykes:** It's time to call a muthafucker, a muthafucker. And yeah, I'm talking about that muthafucker! #ImpeachTrump

**@\_JustDenver:** Azealia Banks always has a problem with everyone but herself.

**@A\_kamara6:** I KNOW THANOS BIG BLOCK HEAD ASS DID NOT KILL THE BLACK PANTHER JUST TO SIT ON A DAMM BENCH ON THE TOP OF A GRASSY KNOLL.... I NEED ANSWERS

**@jonathanmaster:** Artists, don't spend all of your time trying to get attention from an A&R/ label while you ignore your fans/the people who put energy into your career. Doesn't matter if its 10 or 100 fans, that is what you have & they matter most. Turn 100 into 10,000 & let the A&R come to you.

**@tariqnasheed:** Rachel Dolezal just got charged with felony welfare fraud. Now she is about to take out them braids, and show up to court like:  
"I'm white again!"

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## THE BARBERSHOP



### #BOYCOTTNFL

**@marclamonhill:** The new NFL policy is not a compromise. The players wanted to assert their right to peaceful protest. The league didn't. The league has made it against the rules to do so. And no, staying in the locker room isn't the same thing.

**@Bigsmoot\_94:** Freedom of speech does not exist for NFL players now, we get fined for protesting for something we believe in, FINE ME!!!! You can't change my opinion, and can't stop my protest I have a right as an American to protest when I feel there is injustice in this country.

**@Travon:** The NFL is 80% black. Imagine if they all sat out a Sunday or two...

**@harikondabolu:** The NFL making players stand during the national anthem makes "the land of the free" part very ironic.

**@67jewelCDH:** In its misguided attempt to protect its product, the NFL is destroying its product. They obviously don't understand that the majority of Americans actually understand that thousands of men and women have died for the right to stand or kneel for whatever they believe in.

**@OMGkee:** .@NFL Your ratings dropped because of the people who stopped watching after y'all blacklisted Colin Kaepernick. There's WAY more people in the county who appreciate what being an American means, and RIGHTS that come with that, than people who don't. Y'all bet on the wrong horse.

**@JamColley:** scrap the nfl and add a second basketball season every year.

## MAN, LISTEN...

THE BOY THANOS IS A BEAST. THAT IS ALL.





PHOTO:  
BREANNA NICHILLE

# MICHAEL JAMES SHAW STANDING WITH THANOS

WORDS + INTERVIEW BY: KRYSTAL LUSTER

**A talented individual on and off screen, Michael James Shaw discusses the importance of diversity in Hollywood, being a part of “The Black Order” in Marvel’s “Avengers: Infinity War,” and sheds light on his personal and professional passions.**

**Where are you from originally and how was life growing up?**

I’m originally from a small town in Central Florida called Ocala. It was great growing up there. Although, it’s mostly wetland and forest I was exposed to lots of art and culture as a kid and had great impact. My parents John and Rogenia Shaw, made sure I had a well-rounded experience and supported me in all my interests growing up even if they didn’t quite understand what I was going after. They recognized my passion and drive and stood behind me.

**When did you begin pursuing acting as a career?**

Growing up I excelled at lots of things. I used to draw and for a while I wanted to be a penciller for comics and had a fascination with animation. I also played baseball, did track and field (mostly field) and played football. In middle school I started exploring music, which lead to singing in the church choir then ending up doing a musical at the community theater.

**What did getting the role of Marcellus in 2016’s mini-series “Roots” mean to you?**

I remember that time pretty vividly. I was on a roll. I had shot a film with Todd Solondz, booked CBS’s *Limitless* and *Roots* came shortly after. It was the icing on the cake. It was a gift to work with such great talent (made more than a few lifelong friends on that set) and to play a free man of color in the re-imagining of this iconic American story. It was a perspective I was not familiar with but needed to be added to the American narrative. I’m so grateful and forever humbled by my *Roots* experience.

**Tell us about your role in the Marvel film, “Avengers: Infinity War.”**

In *Avengers: Infinity War* I play Corvus Glaive; an immortal general in Thanos’s army, The Black Order. He wields a blade that can cut through atoms and it’s also what keeps him immortal. He is also married to Proxima Midnight of The Black Order.

**How exciting was it to be in the company of so many other talented individuals?**

Very exciting and so humbling. At first you don’t know what to expect so I was pretty anxious but after the first day on set I let all that go. It was one of the most supportive and generous process I’ve ever been a part of.

**Were you ever into the Marvel Comic series as a child/teen? If so, who was/is your favorite Marvel character and why?**

I was a total geek for the X-Men. I religiously watched the Saturday morning cartoon, still have a collection of over 100 action figures, the command center and blackbird jet in

my parent’s garage. I was really into Spider-Man as well but Venom was my favorite back then.

**Having also worked on NBC’s DC Comics series “Constantine” as Papa Midnite, what do you think is the most different about Marvel and DC?**

I guess the biggest difference is that DC tends to be darker, grittier and more dangerous, especially the world of *Constantine*, but I think *Avengers: Infinity War* will help bring all those elements to forefront along the classic comedic timing Marvel does so well.

**How do you typically prepare for a role and/or audition?** Repetition. Repetition. Repetition. Then, forget about the lines and respond.

**Who are some of your favorite actors/actresses?**

I’m really digging Evan Rachel Wood in *Westworld* at the moment but Javier Bardem is definitely my top. He’s got a tremendous range and a great ability to transform, which can be difficult for men with stature. I really admire his work.

**What can you tell us about the upcoming CBS action series “Blood & Treasure” (2019)?**

*Blood and Treasure* is a classic action adventure series. Imagine if *Indiana Jones* and *Oceans 11* had a baby. I play an arms dealer, funny enough, named “Shaw” who is not quite what he seems. I’m excited to start shooting this summer in Canada.

**What are you currently working on as far as writing?**

A couple of things and both are adaptations. One is a retelling of Strindberg’s *Miss Julie* and the other is a Greek tragedy reset in the Maroon and Geechee cultures of the south. I enjoy stories that deconstruct social systems.

**How important is black representation in Hollywood?**

It’s important to have representation of all cultures in Hollywood. Not just the majority. I think every child; white, black, brown, and everything in between should have a hero that looks like them to look up to and be inspired by. Movies like *Moana* and *Coco* are so important. Our healing as a nation begins with the youth and they’re ability to understand perspectives outside of their own.

**Are you currently binge watching any shows?**

A few: *The Path*, *Chewing Gum* and HBO’s *Barry*. It’s brilliant.

**What else do you have in-store for 2018?**

I’m currently writing an album. Music is my most personal expression. So while I’m shooting ‘Blood and Treasure’ this year, expect to hear from me soon in the music world.

**You can follow Michael James Shaw on Instagram and Twitter @MJSBawNuff.**



PHOTO:  
BOBBY QUILLARD

# IAN VERDUN

## IN-DEPTH VIEWS, "SIREN" AND "DRAG"

WORDS + INTERVIEW BY: KRYSTAL LUSTER

*A man of many words, Ian Verdun gets deep on a range of topics that are sure to spark the interests of anyone willing to go beyond the surface. Find out more about this talented actor, writer and gamer in this all inclusive interview!*

**What is life like in LA and how long have you been there?**

I love life in LA, though as a native I'm pretty biased. I've been in the Southern California area pretty much my whole life, though I moved around a lot. We weren't rich and we got our fair share of eviction notices. I've also lived in Texas, New York and even England while I was studying theater. But, "La La Land" is home. I really couldn't imagine living anywhere else.

**What was your nickname as a kid? Does anyone still refer to you by that name?**

I didn't have any nicknames as a kid, but in college everyone called me "Mickey" because my middle name is McShane. If you ever hear anyone calling me by that name, they probably know me from my college days.

**In your adolescent years, were you the teaser or the teased?**

I was never a bully as a kid. I was quite the opposite. I never could tolerate bullying and in fact, the only fight I remember having was because I was being bullied. Kids would try to intimidate me all the time. I was an artsy kid and I suppose they thought I'd be an easy target. They were wrong, of course. I always had a sense of standing my ground and not allowing myself to be defined by anyone's terms other than my own. I had also been on the football team since I was 7 and wasn't opposed to throwing a punch (in defense) if one came my way. Kids eventually learned not to pick on me. I was more trouble than it was worth.

**What are your thoughts on bullying? Do you think it is kids "just having fun" or something more severe?**

Now, I'm not a behavioral psychologist or anything but it seems to me that most bullying (at varying ages) stems from some deep insecurity that spurs you to preemptively deflect negative attention by singling out seemingly weaker targets. It seems to be endemic of human behavior. It's not like it's a new phenomenon.

What has made things worse in recent years is the rise of social media and the tools available to facilitate bullying. Harassment is something that now extends beyond school walls and intimate circles. It follows you everywhere through your internet presence. I think as always, it's important to teach kids to stand up to bullies, stand their ground and know thyself. I'm also an advocate for making verification mandatory for all users of social media, not just celebrities and other media or political elite.

I'm a staunch supporter of free speech, even if I find what you're saying wholly repugnant, but I think that people need to be held accountable for their words. Just as much as I would if I was spouting off at the mouth in the middle of Times Square, I'd be held immediately accountable for my statements. This whole age of anonymous internet bullying needs to end. It's having real world, geopolitical repercussions now. I'm not claiming by any means that that alone will end bullying in society, but it can at least help steer our public discourse back toward some semblance of civility. People will think twice about what they say publicly when everyone can see who you are. Say what you will, just be prepared to deal

with the repercussions of what you've said.

**What about acting sparked your interests?**

I've been interested in the arts for as long as I can remember; drawing, dancing, singing, writing, etc. You name it and I was into it. I started getting into school plays in junior high and just fell in love with the craft. From then on, I got involved in every school musical and theater class I could, all while balancing time on the football field. My whole adolescence was basically the first few seasons of, "Glee". From there, I went into theater training at college and took extra courses in New York and Oxford before starting the uphill climb to turn it all into a real career. But, I guess what I loved about the theater initially was the emotional freedom. Society comes down harshly on men when we exhibit any emotion outside of anger and a reserved, manly, slightly contented happiness. The theater afforded me a place to fully embrace the tapestry of human emotion without society's knee jerk reaction of telling you to bottle it up and be a man. Of course, there's the performative aspect, which I really do love as well, but I really enjoy mining the human experience so far as I know it at the age of 32. The beauty about the art, any art, is your expression of it changes and evolves as you grow. I'll be discovering characters and emotions long into my older years, should I be so blessed. To me that's an exciting prospect for a lifelong career.

**Tell us about Freeform's SciFi thriller, "Siren".**

Certainly! Siren is a story about what happens to a town known for it's legend of once being a home to mermaids, when mermaids actually start showing up. Whose known that the legends were true? Who reacts violently? What are humans' intentions? Do they pose a threat? It's just a fun, dark way to look at the mythology and it's so cool to see people so surprised by it. People weren't expecting to like it as much as they do, which is fantastic!

**Your character, Xander McClure is a regular, correct?**

Oh yeah, he is. Xander gets swept up pretty heavily in all the mer-madness.

**Did you contribute to any of the writing or production in "Siren"? If not, is that a possibility?**

I don't, haha. We have a pretty awesome creator, show-runner and writer's room and they haven't let us down yet but they're always open to ideas we have about our characters, which is awesome. As for me writing on the show, I've never asked about it but writing on a deadline in a writer's room is a very different thing from writing whenever I'm creatively inspired to do so with no restrictions or advertisers to consider. It's kind of intimidating to be honest.

**Are you currently writing or producing anything?**

I am! I'm actually working on new pilot that I've been developing for years. As well as ramping things back up for my web series.



PHOTO:  
BOBBY QUILLARD

### ***Tell us about your self-written show, "Life's a Drag".***

That's the web series I was just talking about! "Life's a Drag" is my baby. It's the story of an actor in LA who is having the crappiest day, only to find out he's getting evicted as well. His makeup artist girlfriend and their costume designer neighbor hatch a plan to enter him into an amateur drag competition for a cash prize and it turns out he's great at it and might have a little taste for the "Drag Life". It's a fun story with some really poignant moments. I've already written the whole first season. We just have to get more funding to finish! We already got some great traction in the festival world and have won some awards, but now it's about taking the next step. If anyone wants to check it out it's on YouTube for all to see.

### ***How did you come up with the concept?***

I wrote the pilot in 3 days after having the worst year of my life up to that point. I had always been a fan of Drag (RuPaul's Drag Race is my jam) but had never done it myself and I thought it would be a fun way to take this moment I was having and to write something cathartic while poking fun at myself. It really started out as something therapeutic, but when I sent the script to a friend of mine, (actor and creator Sebastian La Cause) he offered to direct, shoot and edit. It really took on a life of its own.

### ***Do you enjoy writing/producing your own work over acting in the work of someone else? Which is more challenging?***

I love doing both, actually. They just allow me to access different parts of my creativity. When you're playing a role, you're really giving flesh to a character that was born in someone else's imagination but it becomes an intimate part of you. You become a part of a vision by adding your own talents to a world you're creating. It's electric and so much fun. Meanwhile, creating a world and watching it all come together as other artists start to give something that was in your head life is absolutely indescribable. It's all at once exhilarating, terrifying and humbling. They both have their challenges, but it's definitely more exhausting juggling all the hats of a creator and producer. As an actor, I may have some long days and some challenging scenes but once we're done shooting I go home and rest. There's nothing quite as daunting as making something yourself and seeing it through, which is what makes it so rewarding in the end. I plan to work both sides of it for my whole career.

### ***Were you ever interested in pursuing another career?***

When I was a little kid, I really wanted to be a comic book artist and writer. I would pour over comics and trading cards and I was a huge fan of Marvel and Top Cow, specifically anything by Michael Turner (who was a penciller and comic creator who died in 2008). I was dead-set on going into comics before the acting bug got me.

***So, you'd definitely choose Marvel over DC?***

Yes. Marvel, easy. All of my favorite characters growing up were Marvel, and though both stem from a time that was more monochromatic as far as representation goes, Marvel properties (like X-Men specifically) have always had more diversity in terms of race, nationality and gender. The world felt large and complex. Good and evil were less clearly defined and it looked at how characters intentions were often at odds with their actions. There was tons of moral gray which made for great story arcs. They've really pushed the envelope over the decades with challenging themes of power dynamics, human nature, racism and tribalism all within an action packed narrative that includes every nation and creed on earth. What's not to love?

### ***What did you think about "Black Panther"?***

I actually had the chance to go to the premiere! I took my brother who flew up from Texas to see it with me. It was the first time he'd ever been to anything like that. The energy of the night was electric even before we had the chance to see the film. You could tell that everyone just knew it was a special moment. I loved the film, what it represented, what it accomplished, the doors it opened and the Hollywood conventions that it shattered, which is all aside from the fact that it was well written, acted, shot, directed and produced movie. I'll definitely be buying the Blu-ray.

### ***How do you spend your downtime?***

I'm a huge nerd so I'm big on video games. I will spend whole weekends absolutely engrossed in a good game. I was just glued to the TV playing "God of War" for a solid three days. Other than that, books, drawing, writing, hiking and beach days. I'm pretty easily entertained.

### ***What is something that makes you smile uncontrollably?***

Utterly inappropriate jokes.

### ***Who influences you to be better?***

My family, hands down.

### ***What goals have you set for yourself to complete by the end of 2018?***

Shooting the second season of "Siren" is pretty high on the list. I also want to finish and sell the pilot I'm working on now, plus continue my work on "Life's a Drag", and I've never done a movie before and that's definitely something I want to check off the bucket list this year!

### ***Any last words?***

"If you can't love yourself, how in the hell are you gonna love somebody else? Can I get an amen up in here?" Thanks, RuPaul.

***Follow Ian Verdun on Instagram and Twitter @IanVerdun.***



# CHECK ME OUT

## DANNIE KEEP ON



Hailing from King & Queen County Virginia, Dannie is a driven, passionate and charismatic artist with a unique approach to her blend of hip-hop, soul and R&B. Her music is not just about entertainment: Dannie is passionate about portraying her thoughts, hopes and dreams and is going for a truly authentic and emotional approach. Her songs are all about connecting with the listeners through thought-provoking lyrics, uplifting melodies and unforgettable vocal performances, echoing the greatness of artists such as Teena Marie, Jill Scott, Beyonce and Michael Jackson, just to name a few.

Dannie's breakout single, "Keep On" is an introspective R&B record produced by Dae One (XCVI Recordings). The emotional lyrics speak to the soul as Dannie expresses how tired she is of her boyfriend's lies, which is why she is moving on to a new life without him. Her smooth vocals over the dope golden era beat transports you to a legendary time when R&B reigned supreme.

Follow Dannie on Twitter and Instagram  
@Iamrealdannie.

## K. HORUS ALL ON YOU



"I mean what can I say, ever since the age of six I've had a passion for music. I can say that I have an addiction to music. Now that I've grown up, 19 now, I am pursuing my dream to becoming a branded R&B artist. I have spent countless hours on what I love the most. The inspiration all started from my Dad who was a great musician. Fortunately, he was my role model and I wanted to follow right in his footsteps. I trained myself to play multiple instruments. As you can see! Throughout the years I worked on perfecting my craft. I haven't really mastered all of them however, I was very successful teaching myself how to play these instruments!" - K. Horus

Follow K. Horus on Twitter @Kvng\_Horus and on Instagram @k.horuss.

## MIX PICKS



**PUSHA-T**  
**DAYTONA**  
VIRGINIA BEACH, VA



**KEVIN GATES**  
**CHAINED TO THE CITY (EP)**  
BATON ROUGE, LA



**TOO SHORT**  
**THE SEX TAPE**  
OAKLAND, CA



## MENTALLY HEALING TOWARD CONTENTMENT

Greetings and welcome to Bonhomie, L.L.C where it is our mission to create space for personal growth by mentally healing toward contentment. With over 10 years of Social Work experience in multiple states and environments, we help you to achieve this through:

- Identifying the problem(s) and all contributing factors to the visible symptoms.
- Planning the sequence of your care; actions to take and your desired results.
- Utilize therapeutic techniques that best assist you in reaching your desired outcome.
- Go with you to places you haven't been to learn and know yourself more intimately.

CORLETHA NORMAN BEY,  
MSW, LCSW



## WHAT WE DO

At Bonhomie LLC, we provide individual, family, and couples therapy to those 12 and older, (with some exceptions). We provide these therapies surrounding:

Trauma/PTSD, difficulties in teen years, men's issues, women's issues, cultural issues, adjustment, divorce/custody/family issues, spiritual concerns, life transitions, and more.

# TWENTY4SEVEN

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# IAN VERDUN

+ Lindsey Morgan. Brittany Nicole.

Richard Ryan & Jackie Nova. Janine The Machine.

Courtney Henggeler. Michael James Shaw. Dannie. K. Horus.

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