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MICHAEL MATTHEWS

+ *Mikkie Tiquir'a. Shannon Howell. DJ Jamaal.
Nicole Huff. Geekset Podcast.*



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Yooooooo,

They say regret is one of the strongest emotions that people have when they are on their death beds or much past a certain point in their lives. Most often, they regret the things they didn't do over anything else. A lot of people feel like "there is always tomorrow" but unfortunately, that isn't the case.

F*** COVID-19, by the way.

In addition to that, people often get wrapped up in other people's mess and before they know it, a great deal of time has passed and their original plans may not have ever come to fruition. With that being said, time is life's most precious commodity. Be mindful of other's time as well as your own. As far as we know, we only get to do this life thing once.

Tyrone Davis

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WHO AM I AND WHAT I STAND FOR

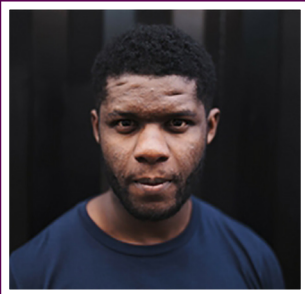


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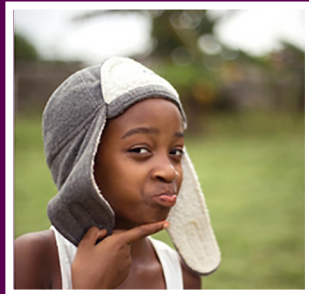
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CREATING YOUR-STORY IN BLACK RELATIONSHIPS

Words By Corletha Norman, LCSW

It's February. The innate practice of indulging in all things black history and romance begins. MLK, Malcolm X, Harriet Tubman, Madame C. J. Walker. Outfits, flowers, cards and dinner. So many hoping to be the next to achieve their own version of history through reaching a pinnacle within black love goals. You know, to finally be able to do it for the gram or update that status on Facebook. In so many circumstances, it all ends in ruin. We've all heard or even experienced the notion of getting out there too soon, or thinking they were ready when they weren't. While sometimes an excuse, it's the honest truth so often.

Too often people find themselves getting into romantic relationships while still carrying damaging baggage from relationships prior. I'm not speaking of past romantic relationships. I'm speaking of their lackluster, or completely absent, relationships with their parents. The definitions about self that the unhealed child carries into adulthood from the unhealed parental relationships wreak havoc. Those definitions create a dishonest concept of self that sets the stage for future difficulties in relationships; difficulties that simply challenge the belief in those definitions.

What can be done about this you say? Of course, my first recommendation is therapy. Some of these definitions can be deeply rooted and uncover other pains or traumas that are hidden under the surface. If you are the adult child, take the time to isolate your thoughts and definitions about yourself. Identify where they came from and challenge their validity. Choose to change those definitions and forgive yourself for ever holding them as your truth. Your parent(s) don't have to be involved in this, but can be if preferred. If you're the parent, accountability, apology, and affirmation.



CORLETHA NORMAN, 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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COMING TO THEATERS
+ STREAMING PLATFORMS.





MAKIN' NOISE

SHANNON HOWELL LOVE TRAIN

Words + Interview By Tyrone Davis

Meet Shannon Howell. Shannon is an R&B artist originally from Indianapolis, IN and has been singing since the age of 5. Now based in Atlanta, GA, she spoke to us about her 10-song project titled, "Love Train" which was released on Valentine's Day. All Aboard!

Explain the concept behind your project, "Love Train".

Love Train is my expression of falling in love too soon, breaking up and admitting my faults as well as embracing my curves and my sensuality and sexuality. It is me admitting that I like men with money and prestige and being unapologetic about it. *Love Train* is the ride of your life from the moment you meet someone to the day you walk away or stay....Your choice. It is the possibility of love taking you anywhere you want to go.

What is your first single?

My first single is the title track *Love Train* and the music was released on Valentine's Day. It is 10 songs of me pouring my heart and soul into my music. I have created a work that caters to love, making love, having fun and having what you want. It is my best work yet. I want people to feel every word that I wrote. My producer, Dwayne Kelly, produced all of the tracks. The tracks, oh my goodness. He helped me find my sound. I've worked with a lot of producers but this project is different, thanks to "DK".

Who/What inspires you?

What inspires me is the women in my family and a beautiful musically inclined mind. The women in my family are resilient. They never give up. I am the epitome of never giving up.

After all of these years, I am still here and I haven't given up on myself or my music. There is nothing more gratifying to me than to see and hear a person sing or play music from their hearts and souls.

What are some of your hobbies when you aren't creating music?

When I am not creating music, I like to watch the TV show *The Office* and *Frasier*. I know, so goofy. I am 100% a goof ball. I love to laugh.

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

One thing about me that no one knows is that I like to eat lemons and I put sugar salt and....Don't judge me....Kool-Aid poured over the lemon. I hope that people get me and really enjoy my interpretation of love.

"Love Train" is available on all digital platforms. Follow Shannon Howell on Instagram @rnbshannon.



PHOTOS BY MEL B.
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MAKIN' NOISE

DJ JAMAAL

ALLOW ME TO REINTRODUCE MYSELF

They say it's never too late to pursue your dreams and the term "better late than never" fits Indiana native, DJ Jamaal (fka DJ Sixx20) exceptionally well. A lover of music since childhood, DJ Jamaal has wanted to be a DJ since he first heard a DJ Melo Mix CD at the age of 17. However, due to "life" getting in the way, he is a late bloomer in the entertainment industry.

DJ Jamaal finally decided to chase his dream of becoming a DJ in 2010 and in a short period of time, he had become affiliates with various DJs and DJ coalitions, radio stations, media outlets and more who believe that "teamwork makes the dream work." Some of his mentors include DJ JTorcher (Kreation DJs), DJ Slam Roc & DJ Stanun (Str8 Slammin' DJs), DJ Bizz (Stackhouse DJs) and DJ Johnny O. (Nerve DJs), all of whom he still works with today.

As a up and coming DJ, DJ Jamaal's main goals are to make a name for himself and most importantly, break new records and discover new talent. He specializes in "blending" songs together, which is a style attributed to DJs from the Midwest. His favorite mixtape series of his own is entitled, "Superstar Status", which features all clean music.

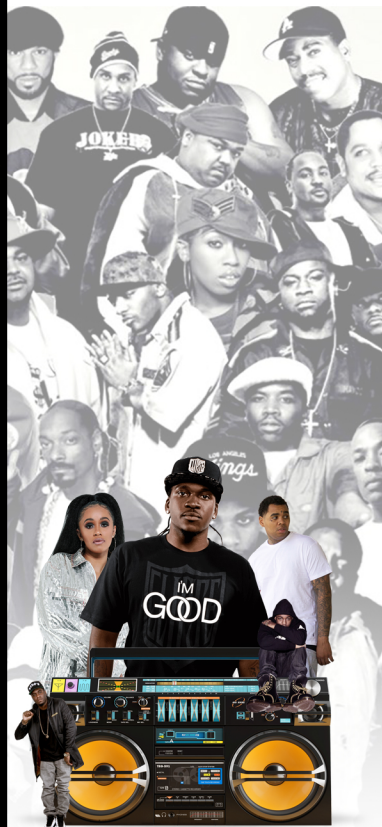
DJ Jamaal was working on branding his company, SIXX20 Entertainment under his old moniker, DJ Sixx20 and at the time could be seen playing at "Sunset Strip" in Indianapolis and also "On The Rox" in Seymour, Indiana.

Recently deciding to completely rebrand himself and his company, he is now operating under Grandville Entertainment, mixing both music and music videos and can be heard on Nerve DJs Radio as well as DJs United Radio.

Follow DJ Jamaal on IG @djamaal317 and on his website www.djjamaal317.com.



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NICOLE HUFF ALL THE THINGS

Words + Interview By Lucky Smith

Nicole Huff is a multi-talented actress who has excelled in everything from modeling, theatre, commercials voice-over acting and even Karate. She and I discussed acting, achieving a black belt in Karate, discipline, CBC's "Pretty Hard Cases" and more. Nicole can currently be seen starring as Paige Aquino in Netflix's "Tiny Pretty Things". Enjoy!

Tell us about Netflix's, "Tiny Pretty Things".

The show follows the world of these elite ballet students that attend the Archer School of Ballet in Chicago. It is full of drama and darkness and is steamy and intense. I play Paige Aquino and she is outgoing, loving, sassy and corks. She is an important role because she acts as a catalyst in the story because of what she goes through. We get to see her vulnerability and strength in the series.

In what ways is your character Paige similar and different to you as a person in real life?

I don't go through the challenge Paige goes through however, we are both passionate about our craft, loving and outgoing.

What was your most memorable moment on set?

My most memorable moment on set was filming the nightmare scene in episode 9. Being in that setting and working with Lauren Holly was incredible. It is a super well done scene.

"Tiny Pretty Things" is based on a novel of the same name by Sona Charaipotra and Dhonielle Clayton. Are you a reader? If so, what was your favorite book growing up?

I read the novel before filming to get an idea of the story and genre. I do love reading ever since I've grown up. I grew up listening to my parents read me Dr. Seuss and Robert Munsch books and I believe it helped me become a more creative person. I love *The Secret Garden* by Frances Hodgson Burnett and *The Great Gatsby* by F. Scott Fitzgerald.

What are your Top 5 Netflix shows or films of all time?

Maid in Manhattan, Mean Girls, The Notebook, Christmas with the Kranks and *Tiny Pretty Things*, of course!

In your opinion, what is the biggest misconception about the entertainment business?

Many people believe the industry is glamorous. There are glamorous moments however, many aren't always aware about how much work goes into creating a movie and show. Rejection in the industry is inevitable so every actor goes through it.

A great deal of the world has dealt with the COVID-19 pandemic in some form or fashion. How has it affected you personally and what steps have you taken to keep busy?

I've been watching a lot of movies at home. I sing and dance a lot around the house. I also remind myself to relax and not be so hard on myself. You don't always have to be busy and we are all trying to get through this together.

Other than acting, what are some other things you are involved in? Do you have a favorite?

Music and dance are my other focuses. I'm also in my last year of University and teach French to children on the side.

So, you once held the crown as Miss All Canadian?

I was a little girl when I held that crown. It felt amazing to wear a crown and receive my sash for Miss All Canadian, Best in Talent and Best in Public Speaking, I felt like a princess.

We see you've earned a black belt in Karate. Tell us about that experience overall. Also, how long did that take from when you started?

I learned my discipline, focus, confidence and self-defense from doing Karate. I had an amazing Kyoshi and great Senseis that taught me the different katas, how to spar and defend myself. I believe it took 4 years to achieve my black belt.

Being that you are a jack of all trades, which of your own do you believe you've mastered, if any? I'd say earning a black belt is a pretty great accomplishment, IMO.

I grew up doing so many activities like piano, figure skating, singing, gymnastics, karate, guitar, swimming and soccer. I've definitely owned acting and entertaining. I really put my focus into acting, singing and dancing.

Obviously, discipline is necessary to juggle multiple talents. Did Karate teach you any of that?

Absolutely. In order to come to the dojo prepared and to learn all the katas, you learn discipline. I believe it is the biggest skill you develop from Karate.

Are you into martial arts films at all? If so, what is your favorite of all time and why?

I love movies of all different genres! In terms of martial arts films I love *The Karate Kid (2010)*. Jackie Chan is sensational.

What has been your hardest moment to date and why?

Anytime I lost a loved one. I lost two of my grandmas and my aunt. Anyone who goes through that knows how devastating and heartbreaking it is.

How do you plan on celebrating your next birthday?

Virtual or with my family. My mom usually is extravagant with celebrations of my birthday. I had a big Sweet 16 and a big 18th birthday debut because it is a Filipino tradition. I am half Filipino, a quarter German and a quarter French.

CBC's "Pretty Hard Cases". What can you tell us about it?

It is hilarious and full of action. It follows Sam and Kelly on their journey as detectives. They deal with many cases and one of them being the situation around my character, Alina Taylor. She goes through her parents' nasty divorce and acts out and is interrogated about it.

Follow Nicole Huff on Instagram @nicolesamanthabuff, on Twitter @nicolebuff and Facebook: Nicole Huff.

PHOTO:
JOHN BREGAR



PHOTOS:
CURTIS MATTHEWS

MICHAEL MATTHEWS

DIGITALRADIOTRACKER

Words + Interview By Lucky Smith

They say the entertainment industry is small and everyone who is making significant moves of some kind will either come across each other at some point or another or they will have business relationships with some of the same people. Over the years, we've run into Michael Matthews, founder of DigitalRadioTracker several times in several different cities at various networking events. With a career spanning over 28 years, he and I spoke about quite a bit but for this piece, we've decided to focus specifically on his company and what he has to offer. Take notes because there is a lot of game being given here.

You've had a lengthy tenure in the entertainment industry.

What is the short version of that story?

It has been 28 years so I'm not sure about a short version but here it goes. I started off in the music industry as an artist manager. I did professional artist management for 25 years. During that time, I built a lot of relationships and decided to launch a marketing company called *Dominion Global Marketing*. After retiring from artist management, I focused on radio promotion for a while. As I saw technology changing the music industry, I went on to create the internet radio campaign taking the same model from Commercial FM promotion. A couple years later I was led to form the music monitoring company, *DigitalRadioTracker.com Inc.*

Tell us about your company, DigitalRadioTracker and explain how it came about.

It all started one day as I was talking to an associate. We started to notice that more and more of the songs that we were promoting were being played on digital radio. At the time, it was referred to as Internet Radio. As we began our research, we discovered that no one was really monitoring the activity of songs on digital streaming radio. As a record promoter, you always want to know what is going on with the songs you are promoting and be able to illustrate to your clients that you are working for them.

In talking to some of the main monitoring companies, we found out that they were not interested in monitoring airplay on digital radio as well as some small-market FM stations. These stations are known to support new and developing artists and are much easier to garner airplay from. Being that this was a void in the music industry, we thought if no one wants to do it, maybe we should try and develop something. What started off as an internal software to show our clients that their song was being played at various levels of radio, has now turned into a global monitoring company – *DigitalRadioTracker*.

What about your company makes it a game changer, especially for independent artists and record labels?

DRT is utilized by artists, publicists, managers, promoters, radio station programmers, DJs, music industry executives and more! The global airplay data that DRT collects is very useful to artists and record labels because they can use the information to book shows and tours, set-up interviews, sell merchandise or promote their songs to other radio stations to secure more airplay. Artists and record labels can also use the airplay information to assist in collecting royalties on their music and increase their fan base or they can use the data to develop promotional strategies and learn which markets to further promote and market their music.

Before now, there was no other monitoring source providing this level of analytics for new independent artists and record labels to be able to monetize their brand. *DigitalRadioTracker* is the only company in the world to provide a FREE artist/song/broadcaster searchable database to our users which contains over 45 million song titles. This has been an invaluable resource tool for independent artists. Other monitoring companies charge to access their database.

Explain your charting system.

DigitalRadioTracker compiles data to produce nine weekly song charts. These charts are DRT Global Top 200, Top 150 Independent, Top 25 International as well as Top 50 Pop, R&B/Hip-Hop, Country, Gospel/Inspirational, Adult Contemporary, and Rock. We have published these charts consistently for the last 9 years. The DRT Charts are a great measuring tool on the amount of airplay exposure a song is receiving on a global level. Unlike other industry charts that simply focus on airplay in the U.S.

DRT is compiling data globally and from all different classifications of radio stations. Although we mainly focus on digital streaming radio, we also monitor a vast array of Commercial FM, Satellite and College Radio stations around the world. This has enabled us to give independent artists and labels a louder voice as they are receiving global airplay and representation on DRT Charts.

The internet has become the Wild Wild West and has enabled anyone to call themselves an artist and/or record label. Often, a lot of artists do not have their paperwork in order when they are creating music. Name the top 5 things an artist must have to utilize your system the correct way and succeed.

The number one thing is making sure your music is tagged properly. If you are unsure what I mean by tagged, check out ID3 Tagging and make sure your MP3 is embedded properly with the correct artist name and song title. You would be surprised at the amount of music that is circulating as untagged MP3. Besides this, make sure your airplay detections are counted with DRT because it may be able to assist with royalty collection.

Another thing that labels and artists would want to do is make sure their songs are copyrighted and registered with Sound Exchange as well as performance right societies. If any music samples are used in the song, proper clearances will need to be done as well. Also, make sure your song is mixed and mastered professionally for radio. Lastly, make sure you have a proper DJ service-pack with all the different versions of your song ready for radio.

We would hope that along with having a passion for music, artists are also able to generate income, especially in the streaming age. How can working with you become mutually beneficial on the monetary side?

By utilizing the analytics within a DRT Report, artists can monetize the information by setting up interviews, booking shows or tours and exploring PR opportunities. Artists and

labels can also expand the promotion of their brands into other territories around the world. Artists can see a rise in royalties as they utilize DRT's analytics to promote their music to other radio stations. The artists that have been able to achieve chart recognition on the DRT Charts have seen an increase in streaming numbers on Apple Music and Spotify. Many individuals use the DRT Charts for new music discovery as well as a research tool. And lastly, several record labels have discovered talent by investigating which independent artists are gaining traction on the DRT Charts!

Has an artist ever gotten a record deal based on his/her work with you? How do you feel about record deals currently? Do artists even need them anymore?

Yes, there has been several over the years. Our most recent artist is Carson Lueders. He had seven singles on the DRT Charts and is now signed to Timbaland's Mosley Music and Def Jam



Recordings. We have seen his career grow over the last several years! In today's music climate, record deals are becoming a thing of the past. So many artists are choosing to remain independent and take their destiny into their own hands.

We are now living in a D.I.Y. society in the music industry. Whether you have a record deal or not, you must put forth your best effort when it comes to marketing and promotion to be successful. My recommendation is that an artist remain independent if possible and really build their brand first before entering into any major record deal.

For those who own internet radio stations, how can they become a part of your system and how does it benefit them?

We are delighted by the many requests we have received from stations wanting to join our community. DRT does not discriminate on the size of a radio station or how many listeners it has. We are about building a strong broadcasting community that represents a true voice as to what music is being played. If a radio station is interested in being monitored by DRT, they can simply register for a FREE DRT Account on our website. Once registered, login to our web portal and select a monitoring plan from our "Buy Packages" section. We will contact the station to complete the monitoring process and tracking will start within 48-72 hours.

Radio stations from any territory globally can sign up to be monitored by DRT. There are so many benefits to being a monitored station. Especially with Internet Radio, artists and labels want to know there is a third-party verification that their song is being played. Internet Radio is not regulated like Terrestrial FM because many stations receive donations and are doing promotional campaigns. The analytics DRT provides can help stations in securing sponsorships and advertisers. When a radio station appears on various artists DRT Reports, it can lead to additional promotional support for that station. Most importantly, being a part of a larger community of stations will lead to growth by increasing listenership and marketing opportunities for the stations.

To read our full interview with Michael Matthews, visit us at www.twenty4sevenmagazine.com.

To contact Michael Matthews, you can send him an email him at digitalradiotracker@comcast.net or contact him via Instagram/Facebook @DigitalRadioTracker and on Twitter @DRTRadioTracker.

KAYLA ARIANNE BEAUTY OF THE MONTH



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KAYLA ARIANNE IS A MODEL AND ACTRESS ORIGINALLY FROM THE BRONX, NYC (RAISED IN LONG ISLAND, NY).

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MIKKIE TIQUIR'A

THE AMERICAN DREAM

Words + Interview By Tyrone Davis

Mikkie Tiquir'a is an entrepreneur and owner of Atlanta-based Dream Body Studio where she specializes in weight loss, body sculpting and skin care. The 28-year-old and I discussed the services she offers, women and the pressure they face in reference to gaining and/or maintaining their beauty, entrepreneurship and more. Based on her background and all that she has accomplished, Mikkie has achieved the literal definition of, "The American Dream".

I've come across several estheticians over the years and they all have seemed to specialize in specific areas of the body, particularly the face. What all does an esthetician do exactly and what all do you cover being in that field?

Esthetics is the study of the skin. So, it is related to all things of the skin. However, I've drifted more to the body.

One of the most recent estheticians I've met stressed the importance of drinking a lot of water. We know that staying hydrated is important overall but how does it relate to body sculpting. Also, explain body sculpting.

Drinking water is a huge part of body sculpting. It is actually the key because once you liquefy fat with cavitation and laser lipo, you have to drink a lot of water to make sure you drain entirely out. Body sculpting non-surgical lipo uses radio frequency, vacuum therapy and ultrasound to tighten the skin to get rid of fat and manipulate the butt fat.

Tell us about Dream Body Studio.

We are an Atlanta-based full-body spa that helps clients sculpt, lose weight and achieve beautiful glowing skin.

You are currently selling a product as well. Elaborate on your Dream Body Studio Fat Burner Pills.

Our weight loss pills are about \$45 per jar. They are all-natural pills that help you lose weight. You won't have any jitters or any weird side effects. You lose weight naturally by curbing your appetite and they give you energy which is perfect for anyone who wants to work out but doesn't have the energy to do it. The pills also help with mental focus so when you take these pills you're able to focus on the task at hand. You have the energy for it and your appetite is suppressed so you're not craving food all day. And of course, that is how we gain weight. So, it works hand in hand together. The reason they are so great is that they are all-natural.

Weight loss pills have been marketed and sold for a very long time. How much have they changed over the last 20 years in reference to effectiveness, safety, etc.?

I believe they are definitely safer. In the beginning, they were kind of releasing anything in the market and people had bad side effects. You used to hear all the stories on the news in regards to weight loss pills. So yes they are safer, however many on the market out right now aren't natural. That is what sets us

apart. Our pills are all-natural. Anyone can take our pills (even diabetics) because they are a blend of different herbs that help them lose weight.

Break down liposuction itself and your approach to making it painless and inexpensive.

Liposuction is where you are pulling out fat cells. There are various procedures where there are tubes to remove fat cells and there are others where they can shoot water and pull out fat cells and also more advanced methods where they can tighten your skin at the same time so you can have a more curvy body. It's not really a weight loss procedure, it's more of sculpting... Similar to what we do but we are not going internally to pull it out.

What we offer at Dream Body Studio is non-surgical lipo cavitation so we're using ultrasound waves to burn the fat cells and sculpt your body. It is a sculpting probe that will actually sculpt at the same time while burning fat. We have the latest machine on the market which is the S-sculpt that uses radio-frequency to tighten your skin as well. So, we tighten your skin and use ultrasound to burn fat. Radiofrequency is currently used in surgery because it is so effective. So, as the doctors are pulling the fat out, they are using radiotherapy to remove the fat as they tighten the skin. Ours doesn't go that deep but right underneath the derma where the fat cells live.

Not too long ago, NYC DJ Funkmaster Flex posted a video of himself on social media getting liposuction and was made fun of because of it. One of the reasons was because he is a male and other reasons were because "he could have just worked out." Is it common for men to get lipo? Could he or anyone have "just worked out?"

Yes, it is extremely common. A lot of people do not talk about it. We do have men who come in for post lipo massages but of course, not as much as women. I've seen rappers get tummy tucks and lipo. They are realizing that it's not all about the designer but actually how your body looks. It's becoming very common. I do think some people have to get a procedure in order to achieve the body they want. If you have a stomach that overlaps and very much so hanging, you can not work that out. It will take a very long time and even if you will still have hanging skin, that's where liposuction and tummy tucks come in.

How did you end up working with people like Marlo Hampton, Ming Lee, Karen Civil, etc.?
Ming saw my business and loved it and now she is a regular client. I've always looked up to her. Marlo wanted to get some tightening here and there and she said she didn't mind promoting our business.

What kind of adjustments have you made in order to continue thriving in spite of the COVID-19 pandemic?

We started focusing more on our products and getting them into more homes. Our mini fat burner helps you sculpt from home instead of coming to the spa and of course, our weight loss pills kept us thriving as well.

While doing research on you and clicking various links, I came across a YouTube video of yours in reference to "vaginal tightening". Break that down.

I don't offer it at the moment. Due to COVID-19 we shut down a lot of services to keep things people need and where we don't have to be too personal. However, it's a procedure where we use radiofrequency to tighten the walls of the vagina. I had it done myself and it's a very good procedure, especially after childbirth.



Ok. I've been around the entertainment industry for a long time but as a man, there are some things I probably won't ever understand about women. I've learned a lot, especially working with women in the beauty related fields but overall, it seems like women are under a lot of pressure to gain and/or maintain their looks, almost to their detriment sometimes. Being someone who can relate to a lot of your clientele, what is your take on the woman's experience in relation to self-esteem and things of that nature?

I always tell people to work on your inner. You can get the biggest butt and the flattest stomach but if you don't have self-esteem or confidence in yourself nothing is going to change. You are going to have the same issues. I tell clients that all the time. The client will have an amazing body, not a flaw or a scar and they will still want to get more or ask about other services. Your inner has everything to do with your outer beauty.

Has there ever been a point in your career where you've thought, "This client is doing too much"? If so, elaborate.
Everyday. It kind of only happens when I'm not at the studio. Many people will come to see me or have me do their services so sometimes my team runs into some problems treating them.

Let's talk about you for a bit. Where are you from and how did you grow up?

I grew up on the eastside of Atlanta and attend school there as well. I left to move to Miami when I was 18. I didn't finish high school but I got my G.E.D. instead. While in Miami I was a waitress in order to pay for school.

Is your current field something you've wanted to get into since early on or did it come at a later time?

In 2014, I enrolled in esthetician school and I graduated in April of 2015. I am a person who loves money. When I saw

that body sculpting was extremely lucrative and that I would be working with the body even more, I knew it was for me. Before I went to school at age of 19, I had a liposuction procedure so I have always been interested in the body. There was no doubt in my mind this is what I'll be doing. I started out in Miami after school but I didn't really know anyone there but once I moved back to Atlanta I got my business off the ground.

How do you manage motherhood and entrepreneurship?

It is hard. I just try to find the balance between a social life, my business and my baby. Things could definitely be easier. I guess I struggle with being a young mom. I am 28 so I still want to go out. I still need a break. Then, I have to get up for work, then drop off the baby. It is not easy at all but I get it done.

What is your current dating status? Single? Married? Also, name 3 qualities you look for in a potential mate.

I am currently single and I prefer someone who is an entrepreneur, silly and a traveler.

What do you enjoy doing when you aren't working?

I like to go out to the club, hookah bar, spend time with my daughter and cook for my baby. I do enjoy traveling. That is something I would like to do more of. I just don't like leaving my daughter for long periods of time.

What other endeavors are you currently involved in?

I am focusing on franchising my business right now. I am also working on building a company called *Sweet Fire Seafood*. It will be a seafood truck. We figured instead of delivering food, a truck would be safer. I'm working on that on the side in between life.

What has been your most memorable career experience to date?

When people recognize me and students are eager to meet me. I'm a regular person but people are really taking notes and learning about who I am and what I offer.

Social media will make one believe that just anybody can build a 6 figure empire. In your experience, what ups and downs did you have to go through to get where you are today? Is it as easy as people make it seem?

You have to learn business first. I think one of the reasons I was able to become so huge was because I was one of the first to introduce body sculpting on a larger scale. So, I had the marketing down. However, the business side was definitely a learning process for me. You have to learn taxes and even if you don't do them yourself, you need to be able to trust that person. Entrepreneurs need to know about credit so they are not paying for everything out of pocket.

Lastly tell us something about yourself that most don't know.

I pray and meditate a lot. I also put my whole entire being into my business. I am sort of an introvert. People will reach out to me and sometimes I'm not so social. People will mistake that for being mean but it is the complete opposite.

Follow Mikkie Tiquir'a on Instagram @MikkieTiquira and follow her work @DreamBodyStudio.



CHECK ME OUT

GEEKSET PODCAST

MILWAUKEE, WI



You're receiving this in hopes introduce you to the Geekset Podcast – The only podcast that Blends Hip-Hop Culture and Geek Culture together in one place.

So why should you be interested in this podcast?

Well in every evolving realm of Geekdom, the Black Nerd (Blerds is what some people call us) are becoming more and more prominent in this space, and the line between what is in and what isn't is being curated by that of such. We have successfully been on the front steps of that movement being 4 members of the hip-hop community (Emcees, producers and an engineer) who all have accomplished so much as well as established nerds who are respected in that culture as well. Look into the field, there isn't anyone talking about both cultures the way we do.

So who is Geekset?

Young Deuces, Bacardi, Lib & Didge – 4 people that can go to a comic-con and be the coolest people there, cover all the event and that the community wants to be around and also can go to any hip-hop setting and be just as important. The name itself is inspired by one of the greatest rap groups ever, Dipset

and all of our covers are mixtape inspired and influenced.

Already covering major events such as Crunchy Roll Expo, C2E2, Wakanda-Con the Geekset crew has drawn the attention from Apple being highlighted in their "Black History Makers" section for the month of February, international and national Magazine interviews and respect amongst the whole podcast community.

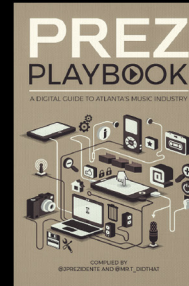
Not to mention their YouTube interview series "1 on 1 w/ Deuces" in which they interview other celebrity Geeks such as Van Lathan (Formerly TMZ), Jean Elie (HBO Insecure), Timothy DelaGhetto (MTV Wild'n Out), Mickey Factz (XXL Freshman) & More. They have successfully created a space where people can geek out like they couldn't do in other media platforms.



I know I gave you a whole lot, but this is truly an introduction – but don't take this random mail as confirmation, check us out, do whatever research you may desire and see what the hype is all about.

Contact Geekset:

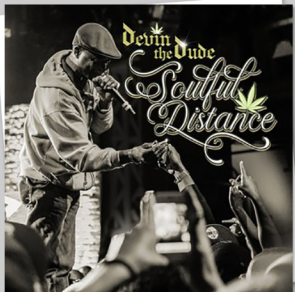
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