

Relaxation Through Verse

Caribbean Nightingale: Growing up, Michaëlle Martial was no stranger to the stage as a youth in her homeland Haiti where she enjoyed singing and dancing at several events. She has most recently performed her poetry throughout Utah, in Atlanta, Georgia, and in Africa. She has been a guest Artist for Senator Bernie Sanders 2020 Campaign in Utah in addition to being interviewed on ABC's Good Morning Utah, PBS/KUED Verve, KRCL RadioActive. She has also appeared as a Guest Author and Women Advocate on Women's Voice in Ghana to share her poetry as well as her story of being a Domestic Violence Survivor.

Pepper Rose: Pepper Rose is a Salt Lake City local who enjoys playing music to connect communities.

Mel Soul & The Messenger: Mel Soul & The Messenger consists of The Messenger's 25 years of experience and Mel Soul's 8 years performing as a Singer and Songwriting. Mel Soul and The Messenger Musical Sound has spiritual meaning behind their music and their message nourishes THE SOUL

The Messenger: The Messenger is an African American model, actor, and musician who is continuing to improve his craft and career growth with performances in Utah and Los Angeles, California. His skills include body building, fitness training, runner, a motorcycle rider, musician and percussionist. His musical performances include, The Caribbean Christmas Concert for Audio West in Orem, Utah. He was a percussionist for the Kamas Valley Christmas Concert, and for a live performance on Good4Utah/CBS – Good Things Utah, CBS Good Utah4 in Salt Lake City with featured artist Marj Desius. He received his training from the Los Angeles City College School of Performing Arts, and most recently from the Michael Flynn Actors Workshop in Utah. collections, three plays and one collection of short stories to his credit.

Alexis Perno: Alexis Perno (they/them) is a freshman Communication major specializing in journalism at the University of Utah, but hailing from Tampa, Florida. With three years of journalism experience and a lifetime of creative writing under their belt, writing has been a passion for as long as Alexis can remember. Their past achievements include awards for their journalistic and creative pursuits at the local, state and national level along with three years of competitive spoken word poetry and a self-published poetry book, *False Gods and How They Burn*. Their mission is to encourage and guide others by exploring their own personal, creative and journalistic endeavors.

Currently, Alexis works as an editorial intern for SLUG Magazine, a freelance journalist for the Lassonde Entrepreneur Institute, and as the Executive Assistant of Sam(ira) Obeid, LLC. They are expanding their artistry in several ways, including ventures into collage, photography, screenwriting, playwriting and drag. To stay in touch with Alexis, you can follow their Instagram at @alexis.perno or view their LinkedIn at <https://www.linkedin.com/in/alexis-perno-2ba0181b8/>

Bens Corner:

Tribute to Benjamin Cabey-

There are people who come into our lives who make a lasting impact. Ben Cabey was one such person. He not only touched my life in a positive way, but he also touched the lives of many, including some of my fellow emerging artists in Utah.

Papa Ben, I am extremely grateful to have known and been coached by you in Performance Poetry and in Event Planning. Your support, your zest for life, your faith in us, as well as your story of recovery have inspired us all. Your poetry has uplifted us. Your music has soothed us. Your paintings have awakened our senses.

I think of you often, especially on your birthday, during my event preparations, and during Pride Month.

I love you always.