



TRACES OF MIKA

AN UNSCRIPTED AUDIO SERIES

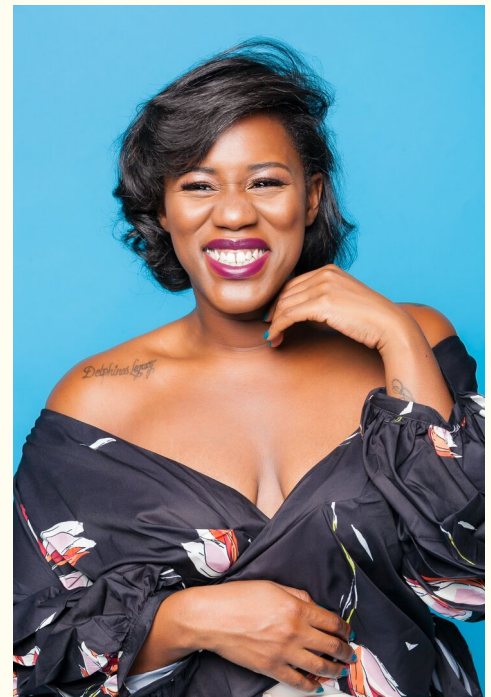
LOOK INSIDE

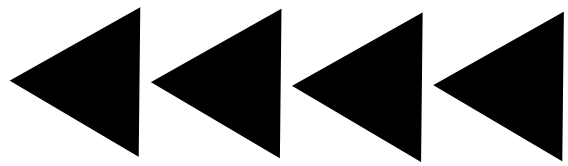
An Original Podcast Series

Based on true events, *Traces of Mika*, a podcast of unscripted conversations, that follows an ambitious writer from Texas who moved to Atlanta to make her dreams come true. Pursuing her dreams meant that she could have it all and she did....but at what cost?

Never kiss and tell. Never let them see you cry. Always be ten steps ahead of them.

Each conversation delivers original melodies, raw emotion, honesty, and sometimes unpopular opinions that behold gut-wrenching laughter and emotion that will make you laugh, cry, or frown a time or two.





INSIDE THE FIRST 3 EPISODES

EP.01

Who is Mika? Featuring
Legendary LaQuita

The first track of Traces of Mika had to be authentic, real and unedited. Simply because it was setting the tone for what to expect. For any person who values their energy and peace then you can often find yourself sitting alone, enjoying your own company. I'm no different. I actually enjoy being my own company only reconnecting with the world every once and a while.

EP.02

Conversations with my Ying
Featuring Legendary LaQuita

We talk about Hopes and Dreams in this episode from young Mika's POVs to my current day POVs. I may be harsh in my delivery because I don't believe in your dreams just staying a dream. I don't believe in just hoping for greatness. I actually go and try to achieve it. I am a very intentional person because life is short.

EP.03

My love language in
conversation with Vince Hicks

I sat down with Vince of the While Black Podcast to talk about love, dating and trying to find Mr. Right Now, for me. Notice I didn't say Mr. Right lol. Now hear me out because I am not all that hardcore like people may think I am. But love does make me feel vulnerable and I hate vulnerability and I have purposefully stayed out of that emotion for a few years now.

TRACK THE CONVERSATIONS

Track 1 - Who is Mika? Featuring Legendary LaQuita

Track 2 - 1 - Conversations with my Ying

Track 3 - My love language

Track 4 - The Around the Way Kinda Girl

Track 5 - Relationship Chatter with the homies

Track 6 - Raining in December: A conversation with My Daijah

Track 7 - Open letter to Mama

Track 8 - Depression is not just a state of mind

Track 9 - Sneak peek.....a look into Suga Hill

Track 10 - Young Mika Outro

FEATURING SKITS:

“Dating These Niggas” and “Young Mika circa 1997”

DREAMING OUT LOUD

DREAMING IS AN ACTION WORD TO ME. IT'S UP TO YOU TO MAKE WHAT YOU SEE IN YOUR HEAD YOUR REALITY.

“*Faith walking isn't easy folks, and nope I don't know how to tell you how to get to your goals but I surely can tell you what it takes to achieve them. And it's not a relationship, it's not money, it's not even a perfect execution plan. It's you! Your mind! Your energy! Your consistency!*”

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HOST A LISTENING PARTY

HOST YOUR OWN SILENT PARTY WITH TAMIKA
NEWHOUSE AND GO BEHIND THE SCENES OF
THE MAKING OF TRACES OF MIKA.

PRESS PLAY....

A black and white portrait of a woman with curly hair, looking slightly to the side. She has a tattoo on her shoulder. Her hand is visible at the bottom left, resting on her arm.

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NEWHOUSE

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