

# HE IS

E MAGAZINE



## ROGER ORTEGA

*as he talks his love for music,  
being a creative, and more.*

HE IS THE SPOTLIGHT  
HE TRAVELS

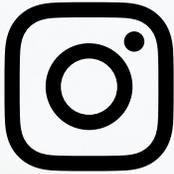


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**EDITOR-  
IN-CHIEF**



hello  
SEPTEMBER

Welcome to September! Fall is coming but before it's official we are still going to bring the heat! Enjoy the read bro!

Xx,

Ciara Horton-Stevenson

Creator



HE TRAVELS

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## THE BERKSHIRES

For decades, the Berkshires in western Massachusetts has drawn authors, artists, and other aspiring creatives, thanks to its rich cultural offerings and natural beauty in the form of rugged mountains, clear-blue lakes and rivers, and lush forests.



## HANCOCK SHAKER VILLAGE

Hancock Shaker Village is a living history museum committed to bringing the Shaker story to life and preserving it for future generations. Called the "City of Peace" by the Shakers who lived here for 179 years until 1960, this community was the third of 19 major Shaker Villages located in New York, New England, Kentucky, Ohio and Indiana.

### FOOD/DRINK TO TRY

#### Smokey Divas

Grab a plate of ribs, barbecue chicken, or smoked brisket, plus her legendary sides like macaroni and cheese and collard greens with smoked turkey.



**HE IS  
HEALTHY**



## **NATIONAL RECOVERY MONTH**

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**It's an opportunity for people who have struggled with addiction to mark how far they've come and for the the community to celebrate the commitment to sobriety. September equals Sobriety!**

# TIPS

## STAY SOBER

- **IDENTIFY YOUR PERSONAL TRIGGERS**
- **RECOGNIZE RELAPSE WARNING SIGNS**
- **AVOID OLD ROUTINES AND HABITS**
- **BUILD HEALTHY RELATIONSHIPS**
- **GET SUPPORT**



# HE'S IN THE NEWS

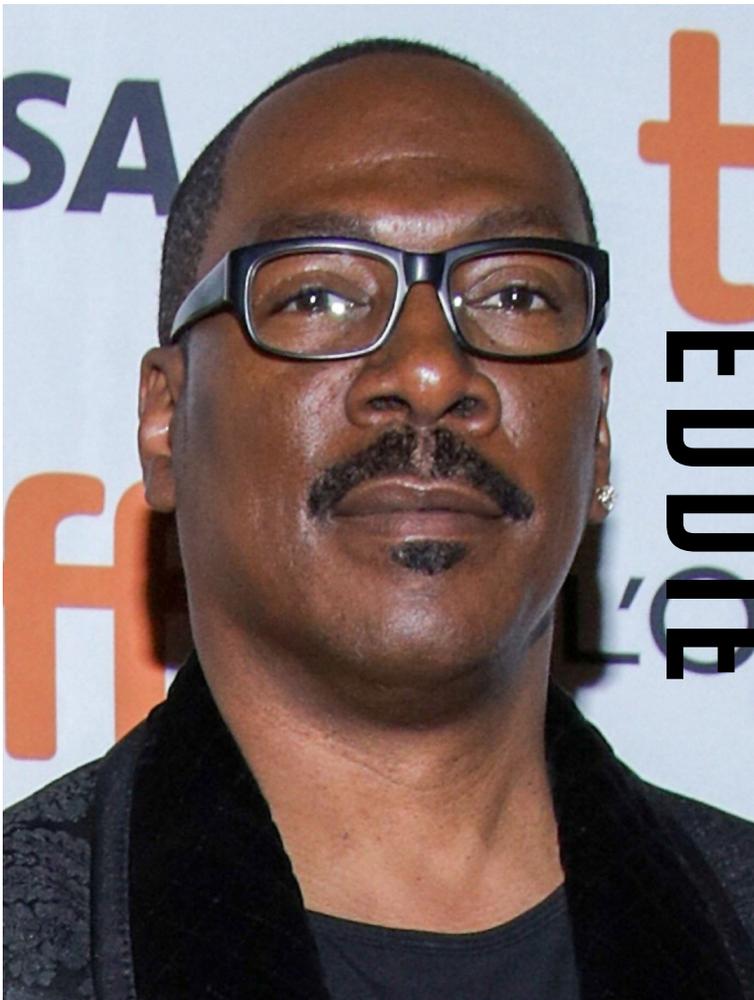
GIVING YOU THE LATEST  
CELEBRITY NEWS IN  
SEPTEMBER!



## COLMAN DOMINGO

Colman Domingo won his first-ever Emmy statue for his moving performance on *Euphoria* as a recovering addict leading a teen girl (2x Emmy-winner Zendaya) through her struggles with addiction. It was a history-making moment, as Domingo is only the second the second openly queer Black man to take home an Emmy in an acting category.

**COLMAN**



**EDDIE**

## EDDIE MURPHY

Eddie Murphy has signed on for another iteration of his classic 80's comedy franchise, and he's bringing actress Taylour Paige along for the ride. Production on the film is reportedly already underway. Though no word has yet been released on when audiences can expect to see it in their home theaters, the film is anticipated some time in 2023.

# He Is The Spotlight

MARIO  
REYES

*Originally, from Co-Op City in the Bronx, NY, Mario Reyes is of Puerto Rican descent, raised by varying elements of New York Culture. Also a six year Air Force Intelligence veteran, he has used his unique perspective to address societal injustices along with highlighting virtues of manhood and fatherhood.*

*Mario's first contribution to the world of literature in his book "A Son with No Father is a Book with No Author", partnered with a workbook to mend breakdowns in communication and relationships. This body of work also has a musical Score currently in consideration for a Grammy. Mario also created two workshops for the community; Poetry to the People, children's poetry workshop and Kingdom Son, father/son healing workshops.*





### 1. Who is Mario outside of your bio?

Bio's are unfair snapshots of titles and accomplishments. The real "Mario" doesn't even reference himself as such; I refer to myself as Anthony in thought. There wouldn't be a bio worth reading if it wasn't for the idealism of Anthony. This has allowed me to be a visible choirboy. Large in size and bigger in heart. Most of my interactions that make impacts on the community aren't documented anywhere online but are imprinted in many people's minds. I care. That's my bottom line. So all my talent, resources, and time goes into caring for someone in some capacity. Talent wise I am an enigma for some. I have been a technologist since 99', real estate investor since 04, artist since 93', activist while enlisted and poet my whole life. Altogether, its safe to say there is no definition for my disposition.

### 2. It seems like poetry is finally getting the recognition that it's deserved. Why do you think this is?

The crowds are always there in person; it's a disconnected algorithm that makes it look otherwise. So from a recognition standpoint I feel the obscurity of poetry has allowed it to be one of the safest places to create honestly. There wasn't an ulterior motive in the form of praise and recognition. Personally I feel that poets are deserving of that freedom. Now that the Grammys have a separate award for Spoken Word Poetry many people will create with the submission in mind. Great for the consumer but spoken word to me is better experienced. Maybe enough people have had a great energy exchange in person - they feel like we are finally "deserving".

### 3. Sometimes it can be challenging to be a creative. What is something you do to keep your mind together?

"When people ask me where I'm going, I say to a waterfall, so I can get closer to myself before I share my world with all of y'all." In order to maintain creativity it is important to disconnect from praise and criticisms alike and stay grounded. No better way than going to the source. If you want to SEE a poem, watch the ways the bees kiss a flower. If you want to understand consistency feel how smooth a rock is underwater. Allowing your mind to receive beauty where most of us take it for granted allows you to appreciate how elemental your creativity is in comparison, this is a healthy form of humility.

### 4. Communication is key. Why did you decide to write your book "A Son with No Father is a Book with No Author"?

I titled my book "A Son with No Father is a Book with No Author" firstly because it is a sucker punch that makes people pause. That title sparks conversation and reflection. Secondly, it forces the reader to participate in a metaphor if they want to or not. In reading an actual "book" you now understand how I chose to "author" my son, and can now appreciate the smallest exchanges that create the core memories he'll source one day. That will be his very own table of contents.

### 5. What's next for Mario?

I finally feel like the world is my oyster. Only problem is that I'm allergic to shellfish. All jokes aside, I'm finally in a place to step into my purpose. I've recently completed my first play entitled "Redefinition of Manhood". It is my return to stage plays since I was 16 years old and it took 41 years of experience and self actualization to compose the lyrics and dialogue found within the play. I'm also writing a book based on my daughter - Hurricane HER; how my daughter destroyed my misogyny. Very hard to look at life through ignorant lenses when you have a baby girl becoming the better version of you. Lastly, I'm focused on serving the community through my nonprofit organization - Manifest Destiny INC by bringing art programs to underserved communities we hope to teach them healthy means of expressions and how to monetize their own arts. Thus allowing them to control both the narratives and the numbers of this worlds most important commodity - Black Art.

Keep up with Mario:

IG – @iampapicasso

FB – Papi Picasso Poetry

Twitter – @papipicassoet

Website: [www.papipicassopoetry.com](http://www.papipicassopoetry.com)

# ROGER ORTEGA

We're talking more with this artist about his music and what's next!

+KCG+

# Bio

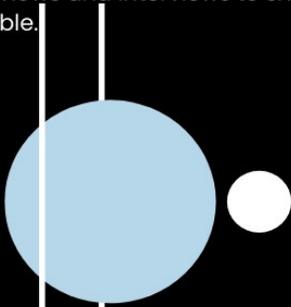
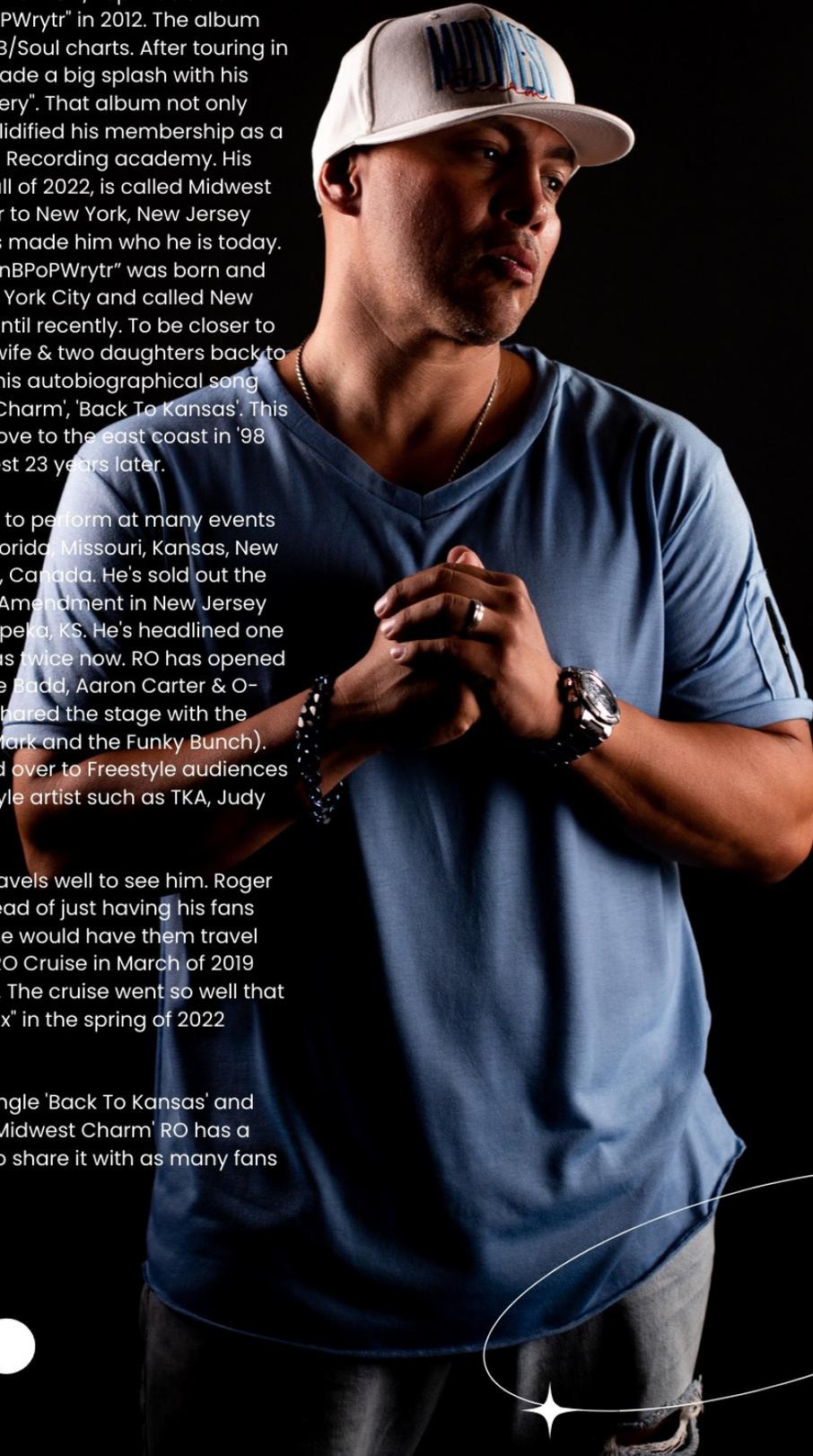
## ROGER ORTEGA

Roger Ortega is Spotify verified, independent recording artist and voting member of The National Recording Academy which grants him the opportunity to vote for The Grammys. Showcasing his love for R&B/Pop music he released his first album "RnBPoPWrytr" in 2012. The album reached #62 on the iTunes R&B/Soul charts. After touring in support of "RnBPoPWrytr" RO made a big splash with his sophomore follow up, "The Lottery". That album not only reached #8 on iTunes but it solidified his membership as a voting member of the National Recording academy. His upcoming album, due in the fall of 2022, is called Midwest Charm. He says it's a love letter to New York, New Jersey and Kansas. All of these places made him who he is today. Roger also known as "RO" or "RnBPoPWrytr" was born and raised in Kansas, made in New York City and called New Jersey his home for 23 years; until recently. To be closer to family, he recently moved his wife & two daughters back to Kansas. With this move came his autobiographical song and first single off of 'Midwest Charm', 'Back To Kansas'. This song covers his life from his move to the east coast in '98 to his move back to the midwest 23 years later.

Roger has had the opportunity to perform at many events in New York City, New Jersey, Florida, Missouri, Kansas, New Mexico, Illinois and Toronto, ON, Canada. He's sold out the Cutting Room in NYC, The 18th Amendment in New Jersey and the 6th Ave Ballroom in Topeka, KS. He's headlined one of the largest festivals in Kansas twice now. RO has opened for acts such as Jay Z, Color Me Badd, Aaron Carter & O-Town to name a few and has shared the stage with the Funky Bunch (formerly Marky Mark and the Funky Bunch). Roger's music has also crossed over to Freestyle audiences as well, performing with Freestyle artist such as TKA, Judy Torres & George Lamond.

RO has a loyal fan base that travels well to see him. Roger took that to the next level. Instead of just having his fans travel to see him, he decided he would have them travel with him. He had his first ever RO Cruise in March of 2019 aboard the Norwegian Escape. The cruise went so well that he's doing RO Cruise 2 "Re-Deux" in the spring of 2022 which will set sail from Miami.

With the release of his latest single 'Back To Kansas' and the highly anticipated album 'Midwest Charm' RO has a host of shows and interviews to share it with as many fans as possible.



# The Interview ✨ ✨

**ROGER ORTEGA**

1. Being an artist today looks different from years passed due to the pandemic. How have you been able to adapt to the changes?

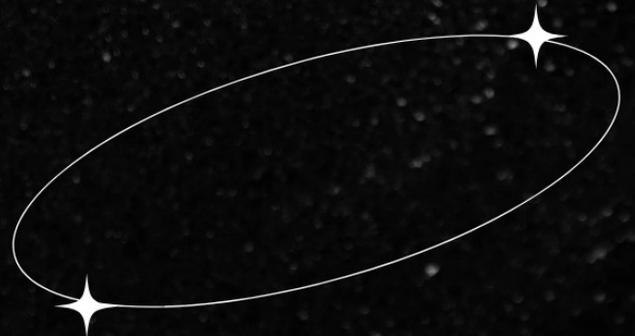
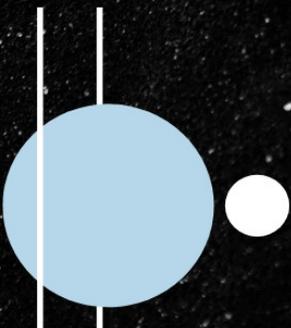
I utilized the tools available to stay at the forefront of my RoRo's minds. Zoom, Streamyard, Facebook Live etc allowed me to create events with and for my fans to let them know I didn't forget about them.

2. Longevity is something we don't see anymore in the music industry. What's been your secret?

Being me. I've tried to jump on music trends and my RoRos see that it's just not me. If my songs can be a true reflection of my personality then they appreciate that and show much more love.

3. It can be hard to lead a family and chase your dreams. How do you find balance?

I have to thank my gorgeous wife for that. I get lost in my work. And I mean LOST FOR HOURS. She'll come and gently nudge me to spend some time with our girls. I want to, but I really get lost doing what I love.



# The Interview

## ROGER ORTEGA

4. What is one gem that you can offer upcoming artist?

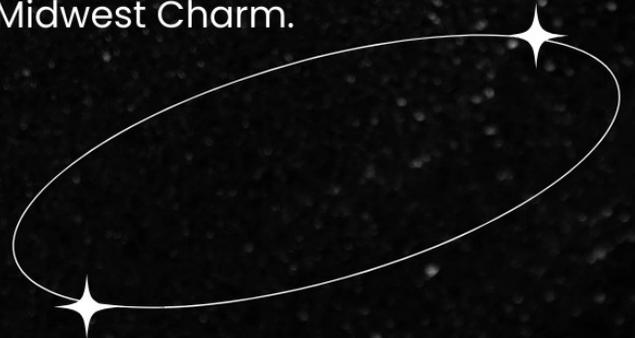
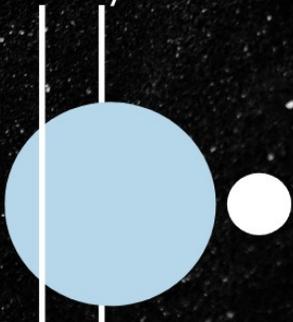
It's hard to do it all by yourself. Find a real one who will help promote & support you. A good friend who has your back can truly help you get to the next level to where you may be able to acquire management or an agent.

5. You have a new album about to drop. Tell us more about it.

Midwest Charm is an R&B/Pop love letter to New York, New Jersey, Kansas & my wife. These were my influences over the last 23 years. I was born & raised in Kansas, made in New York City and made New Jersey my home. I took my "midwest charm" to the east coast in 1998 and I brought my "east coast" hustle back to Kansas when I moved "Back To Kansas" a couple of months ago. The "Exclusive Edition" of Midwest Charm will only be available at [RogerOrtega.com](http://RogerOrtega.com) and will feature 3 to 5 songs that won't make it to normal streaming platforms. Eventually it will be on those streaming services but if you want it first and you want the extra songs you have to purchase it at [RogerOrtega.com](http://RogerOrtega.com)

6. What is next for Roger?

I'll be pushing this album for a while. My team and I are having trouble deciding on what songs will be singles because so many of them can be. The album is THAT good! Shows, music videos, remixes etc are all on the table, but I'm also looking to create some business outside the music industry. For now though, it's all about that Midwest Charm.



# The Interview

"It's hard to do it all by yourself. Find a real one who will help promote & support you. A good friend who has your back can truly help you get to the next level to where you may be able to acquire management or an agent."

*Roger Ortega*

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# Beverly K. Johnson

Health Coach & Speaker

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Coach Beverly K. Johnson



hello@coachbeverlyjohnson.com

# Beverly K. Johnson

He Is E Magazine

Health Coach & Speaker



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contact*

Beverly K. Johnson is a health & wellness coach who partners with her clients to develop strategies to demolish old habits & embrace a healthy, whole lifestyle.



imbeverlyjohnson



Coach Beverly K. Johnson

hello@coachbeverlyjohnson.com

# He Is The Spotlight

REGINALD  
SHERARD

*After searching for hats to fit his head, style and personality he sought to understand how hats were made. He sought a millinery in Washington, DC who showed him in one session how hats are made. Determined to learn the art of hat making, he began to research online and studied more about the craftsmanship and its culture.*

*In his research, he discovered the rich history of creatives and artisans known as milliners, a person who makes and designs hats. His love for hats turned into a passion where he then turned it into a business. Being a serial entrepreneur, he realized that he could make a living by doing something he loved. He named his business Nathan Mason Hats, after the names of his sons, Nathaniel, Jordan and RJ Mason.*

*He wanted to create something that he could pass onto his children if they so choose to become hat makers. Reginald describes his hat making style as a combination of "modern and classic" as he uses both vintage and 3D printed tools to bring the imagination of the customer to life.*



**1. Who is Reginald outside of your bio?**

I am a father to five wonderful children and a G Pop to four grandchildren. I enjoy spending time with my family. I'm also someone who sees the greatness in people and try to push them into being the best versions of themselves.

**2. Hat making is something we hardly hear about. How did you get started?**

In my youth I always wore some sort of hat and as I got older I started wearing fedoras but I struggled finding them in my size and in the colors I desired. So while living in DC I went to a hatmaker who taught me the art of hat making. From there I started making my own hats but as I would wear them out people would inquire about them and some even bought them off my head if they could fit it. It didn't take me long to realize that there was a need for custom fitted hats for people with head sizes like me and people with lots of hair like braids. I started making them in my home basement and gained customers through word of mouth, and sending pictures to family and friends telling them what I offer.

**3. What is something you do to practice self care?**

I practice self care in different ways. Sometimes I'll take a day to unplug from social media and go have a massage or go to lunch by myself. Other times I will take a couple of days and stay in a hotel just reading, researching and resting.

**4. Any advice for upcoming hat makers?**

Get a mentor who's doing what you're doing and in some cases you may have to pay for that mentor's time. I'd also say research and study the history and culture of hat making. Learn the lingo and verbiage. There are some real hat lovers out there who may not be hat makers but hat wearers and they have a lot of knowledge about hat so when you come across them you want to be able to speak intelligently about hats.

**5. What's next for Reginald?**

I'm looking to form partnerships that will help bring more exposure to the Nathan Mason Brand. I plan to offer hat making classes for those that would like to learn how to make hats. Additinally, I'll be doing more pop-up shop hat making and design in a city near you.



**Learn more about Reginald:**

**FB: @nathanmasonhats**

**FB:@nathanmasonhats**

**[www.Nathanmasonhats.com](http://www.Nathanmasonhats.com)**

# HE COOKS!

## CRACKED SHRIMP WITH PINEAPPLE- HABANERO RELISH

CHECK OUT  
THE RECIPE  
OF THE  
MONTH



## Ingredients

- 2 pounds peeled and deveined tail-on raw large shrimp
- Vegetable oil, for frying
- 2 cups all-purpose flour (about 8 1/2 ounces)
- 2 tablespoons cornstarch
- 1 teaspoon paprika
- 1 1/2 teaspoons kosher salt, divided, plus more to taste
- 1 teaspoon black pepper, divided
- 2 large eggs
- 1/2 cup evaporated milk
- 1/2 teaspoon finely chopped fresh flat-leaf parsley, plus more for garnish
- Pineapple-Habanero Relish
- Lemon wedges, for serving

## Directions

1. Place shrimp on their sides on a cutting board. Holding shrimp by the tail and using a rolling pin or meat mallet, tap each shrimp lightly until slightly flattened (about 3/8 inch thick), 3 to 5 times.
2. Pour oil to a depth of 1/4 inch in a large cast-iron skillet, and heat over medium-high until hot but not smoking.
3. Meanwhile, whisk together flour, cornstarch, paprika, 1 teaspoon salt, and 1/2 teaspoon pepper in a shallow dish. Whisk together eggs in a large bowl until frothy; whisk in evaporated milk, parsley, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper.
4. Working in batches, dip shrimp in egg mixture, allowing excess to drip off. Dredge in flour mixture; shake off excess. Add to hot oil, without crowding, and fry until golden and crisp, about 1 minute per side. (Adjust heat between batches to maintain temperature as needed.) Drain on a wire rack set inside a rimmed baking sheet; sprinkle with salt to taste.
5. Transfer shrimp to a large serving platter. Garnish with parsley, and serve with relish and lemon wedges for squeezing.

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# He Is The Spotlight

VAIRRUN  
STRICKLAND

*Vairrun Strickland is an actor and mental health advocate. With the influence of Eddie Murphy his desire to pursue acting started at a young age. The Chicago native attended the HBCU Alabama A&M university and majored in urban planning with a minor in telecommunications. In addition to acting he is also the owner of Vegacy Properties a home sharing business in Chicago.*

*After working 13 years as a firefighter, Variunn decided to pursue acting but yet still serve within his community by volunteering through his fraternity Phi Beta Sigma Fraternity Inc, U.N.I.A and African Communities League division 401 Chicago.*





**1. Who is Vairrun outside of your bio?**

The man that I am outside of my bio can be defined as FREE. Transitioning from 13 years in the Fire service to my own business in the home sharing market has freed me from a lot of elements of life that were stressful. I'm no longer stressed out about being thrown into life and death situations constantly as a firefighter. Being able to make my own schedule has afforded me the freedom to relax more, travel the world, spend time with family, fully participate in hobbies that I enjoy, and provide self care.

**2. It's usually hard for men to talk about their mental health. How do you take care of your mental health?**

I view my mental health the same as my physical health. Speaking with a therapist regularly is a common practice just like exercising in the gym. In therapy I have a safe space to unpack and discuss any and everything that's bothering me. In the gym I'm able to channel stress through a good workout and leave it all at the gym. Keeping only a select few peaceful and drama free people in my circle is a huge positive contributor to my mental health.

**3. What advice do you have for men who are ashamed to talk about their mental health?**

Any man struggling to discuss their mental health, I would tell them that we all need help sometimes dealing with life, and that talking to a doctor doesn't mean that they're crazy. In my opinion, trying to deal with the stresses of life alone, when there are resources available to help, is a little crazy to me.

**4. How do you find balance?**

Balance for me is making sure that I spend an even amount of time working, having fun, and resting. I never understood working 9 to 5 all year round and having limited time to enjoy everything you've worked so hard for.

**5. What's next for Vairrun?**

The next thing for me is purchasing some land abroad to build myself a sanctuary during the Chicago winter months. I'm not even sure where. All I know is that the location will be where it's warm all year round. I'm definitely focused on accomplishing that goal in the near future.



**Follow Vairrun:**

**IG: @Vairrun**

**FB: Vairrun Strickland**

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# He Is The Spotlight

DJ ANDRE 905

*DJ super-star, DJ Andre 905 drops hot new single, "Best Life" available now on all music platforms. The popular Canadian DJ has teamed up with recording artists Primo Green and Young Cake for this summer's hit release. The single has a dancehall/ summertime vibe & DJ Andre promises you'll be rolling down the windows, singing in your car, on the beach and on your patios all summer long. The long-awaited release follows Andre 905's previous hit singles, 'Wasn't Me' featuring Young Cake and recording artist Phab and "Paper Cut" featuring Louisiana's Lil Huncho. Following the lock down of the pandemic and regaining our freedoms, the hot single promotes getting out, looking ahead, and enjoying our "Best Life." DJ Andre 905 has been the official DJ for the Raptors 905 (Toronto Raptors NBA G-League team) since the team's inception. A proud Canadian, the super DJ is also a constant advocate of his home city, Mississauga. The seasoned DJ promotes Canadian artists and the diverse international music scene at clubs, concerts, radio stations and arenas. The talented DJ has also been a Radio DJ on Vibe 105.5 FM for the past 3 years. Always serious about his work and having the perceptive talent to put out the right music at the right time, DJ Andre 905 has earned the respect of his peers.*



*You're "Best Life" happens Now. Get it today on all music platforms!*

1. Who is DJ Andre outside of your bio?

DJ Andre 905 is a producer, DJ, husband, entrepreneur, and hardworking individual who loves his family, music, sports, and his community.

2. As an artist, what inspires you to continue to create dope music?

I am inspired by my family, friends, community, and other artists who have created incredible music.

3. We're able to move around a little more considering Covid-19. What is something that you've looked forward to doing?

I look forward to travelling, deejaying more, and meeting more people.

4. What advice do you have for an upcoming artist?

Just love this music game. Work hard and remember to establish relationships. The game is 90 percent business and 10 percent talent.

5. What's next for DJ Andre?

More music and production. I have a single called "Outside" with the Toronto Collective Stay Out Late that is dropping on August 22nd, 2022. Other than that, expect more music and more production for different artists.

**FOLLOW DJ Andre 905 :**

**INSTAGRAM: @djandre905**

**FACEBOOK: @djandre905**

**TWITTER: @DJAndre905**

**SPOTIFY: [playlist/37i9dQZF1E4vPPaH3YwreP](https://open.spotify.com/playlist/37i9dQZF1E4vPPaH3YwreP)**

**Listen to "Best Life"**

**<https://open.spotify.com/track/0k1gnIBAB6GX2JUHbPymr6?si=71c0df0fbd3480c>**





**We still have  
time to enjoy a  
reset and  
hopefully this  
edition gives  
you that much.  
It's never too  
late to start it to  
do whatever  
you want to do  
and need to do.  
Stay up bro!**

**Best,**

**Ciara**

**FINAL  
THOUGHTS**

