

SoulVision®

MAGAZINE



Eric Darius:
THE SAX
SAGE of
SAGIDARIUS

August 2020

EDITORS NOTE

BK Fulton



Photo by Queon “Q” Martin

“No man is perfect and fate does not call upon us at a moment of our own choosing.”

We lost the pioneering civil rights activist C.T. Vivian and the great champion for justice John Lewis on the same day in July. The two men were friends. We were set to run Rev. Vivian’s quote in our *Living Legends* section of SoulVision Magazine. We decided to run it anyway as well as a quote from John Lewis. Additionally, we are changing the name of the Living Legends section to *“Legends”* in honor of these civil rights icons. Here we will honor those past and present who are champions for justice and examples of being the best versions of ourselves. In this issue, we also shine a spotlight on music genius Eric Darius, who uses his talent and new record label to change lives. The phenomenal artistry of Steve Prince is also showcased in this issue along with newcomer Josh Mervin, who is making waves with his nexus between sports, art and culture. Last, Tiffany Jana tells us what we need to know to get our minds right and Chef Onwauchi shows us what to do to get our hunger satisfied. There is a lot of love in our August issue.

BK Fulton – August 2020 (continued)

Remember, the path to where we are today is full of flawed characters: LBJ, even though a Southern Dixiecrat, led the charge for much-needed civil rights and voting rights legislation in the 60s; Hugo Black, although a Klan sympathizer, joined the Supreme Court majority in Brown v. Board of Education (1954); and Abraham Lincoln, although he would debate Douglass to the end on the inferiority of the enslaved, pushed for the Emancipation Proclamation that freed them (1863). No man is perfect and fate does not call upon us at a moment of our own choosing. I pray that when we get our moment, flaws and all, we step up into the role God has blessed us to undertake. The sickness of racism and bigotry cannot sustain the constant antibiotic drip of united citizens operating in the cause of justice and righteousness. It may take longer than any of us desire, but I am optimistic that as each of us brings our best selves to the fight for what is right, we can make this world a better place. In other words, I love you . . . flaws and all.

Check out this new Hidden Beach music from the Grammy Award-winning artist BeBe Winans. Proceeds will be donated to Black Lives Matter and Bryan Stevenson’s Equal Justice Initiative. [Click here](#) to view video.

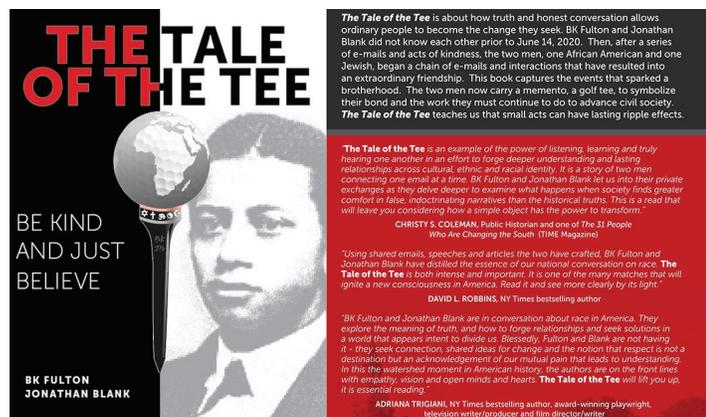
The Tale of the Tee, co-authored by BK Fulton and Jonathan Blank, will be available to purchase at online bookstores early this month.



Co-authors BK Fulton (right) and Jonathan Blank.
Photo by Queon “Q” Martin.

“The sickness of racism and bigotry cannot sustain the constant antibiotic drip of united citizens operating in the cause of justice and righteousness.”

Follow BK Fulton on [Instagram](#) and [Twitter](#). To learn more about Soulidify Productions, visit their website [soulidify.com](#) and follow them on [Facebook](#), [Instagram](#), and [Twitter](#).



The Tale of the Tee (front and back cover).

CELEBRITY

Eric Darius: The Sax Sage of SagiDarius



Photo by Aric Thompson

| “Know what you will and won’t tolerate.”

Saxophonist Eric Darius knew he had to work harder than everyone else to become a great musician. He grew up inspired by the saxophone greats before him: John Coltrane, David Sanborn, Grover Washington, Jr., and Cannonball Adderley, among others. His upbringing in Tampa, Florida, was essential in developing his musical growth. He studied at the Howard W. Blake High School of the Arts in Tampa, Florida, and went on to study music at the University of South Florida. Before he reached the age of 18, he was well on his way to stardom.

Eric considers his father to be a guiding force in his life. At the age of 11, his father became his manager and was by his side 24/7. Eric grew up in a family of musicians. His Haitian father plays bass, his Jamaican mother plays piano and sings, his younger sister plays clarinet and sings, and his older brother plays the trumpet and drums. Both of his parents inspired a young Eric to follow his dreams and stay true to himself. Some musicians wait for what feels like an eternity to find some success, but at 17 everything began to make sense for Darius after he heard one of his songs on the radio and was overjoyed. However, it wasn’t until 2008 that he felt “validated.” In that year, he got his first

Eric Darius: The Sax Sage of SagiDarius (continued)

number 1 song on the Smooth Jazz Billboard chart with his single “Goin’ All Out,” released under the legendary jazz label Blue Note. “That was the point where all of my hard work had paid off, and I knew my work was being appreciated around the world,” Eric says.



Eric Darius hosting the San Diego Smooth Jazz Festival in San Diego, California. Photo by Eric Darius.

While he has achieved many milestones and wins throughout his career, Eric considers starting his own record label, SagiDarius Music, his greatest achievement so far. “I’ve been making music since I was 12 years old,” he says. “But starting my own label a year ago is the ultimate achievement for me from a career standpoint and something I can now call my own.”

Eric Darius has shared the stage with many music legends such as Prince, Babyface, and Mary J. Blige, to name a few. “One thing was consistent, they were always pushing themselves constantly,” he recalls. “Their standard of excellence was on such a level that I had never experienced before.” For Eric, being excellent wasn’t from just a performative standpoint, but from a business perspective as well. He continues to aim higher. One day, Eric would like to work with Stevie Wonder. “He’s one of the guys who truly influenced me and inspired me as a musician and as a songwriter,” he says.

“My ultimate goal is to make music that is relevant to all of the generations and bring people together.”

When asked if his music inspiration comes organically or externally, Eric says it’s a little bit of both. “As a musician, music has always been organic,” he explains. “I grew up listening to R&B, hip-hop, jazz, rock, reggae, soul, and funk; so, my music is not just jazz.” Eric has stayed true to his style even when record labels and management teams tried to pull him in different directions. His artistic vision has always stayed intact. It’s important for him to continue to evolve and push what he can do musically. He works with no boundaries or genre labels. “At the end of the day, it is just music,” he says. “My ultimate goal is to make music that is relevant to all of the generations and bring people together.”



Photo by Francis Cole Cameron

Eric pays it forward with his talents and gifts. His music education program, On a Mission in the Schools, exposes youth to the wonders of musical expression. He teaches his students the 5 Ps: practice, patience, persistence, perseverance, and prayer. “These 5 Ps have truly guided me throughout my life,” he says. “Not just from a musical standpoint but from a life standpoint.” Eric tells his

Eric Darius: The Sax Sage of SagiDarius (continued)

students that there is nothing wrong with imitating the masters of their instruments. In fact, he encourages it. He recommends using the creativity of others as a blueprint to eventually innovate and take on their own style and embrace their individuality as musicians. “At one point everyone, even those outside of music like athletes and entertainers, has had someone they looked up to and studied to better themselves, incorporate their style and made it their own.”

By choice, Eric Darius doesn’t take much time to rest. He says he always had a strong work ethic. In high school, he played basketball, ran track, and was part of the marching band, the jazz band, and wind ensemble. “I was doing over 100 shows a year as a 14-year-old in addition to writing and creating my own music,” he says. “So fast-forward to today and not much has changed.” Eric is busy building a musical empire, as well as creating music on his own. He plans to release a new album in 2021. His new single, “Summer Feelin’ (featuring Paul Jackson, Jr.),” was recently released on July 24. It’s a must-have, feel-good song to carry you through the summer. He got married three years ago and while he is always working, he understands the importance of building a healthy relationship with his wife. Eric and his wife have made a pact to go on vacations periodically to decompress, recharge, and reflect.

Eric says cooking is therapeutic for him. This has become even more apparent to him during this time where we are encouraged to stay in as much as possible. “It is something that I’ve been doing more of these days, so that’s been fun,” he says. Eric is usually in the gym about 4 or 5 times a week and maintains a healthy diet. He tries to stay active, whether that means golf or basketball, but he’s okay with working out at home too. He jokes that since the pandemic, he has been at home the longest he’s ever been. “I remember the first week, I was like, *this is cool*,” he recalls. “I get a little bit of down-time. Fast-forward to the second week and I’m like, *now*



Eric Darius live at the Seabreeze Jazz Festival in Panama City Beach, Florida. Photo by Jim Clark.

what? By the third week, I completely immersed myself in my work, working on my business and music. So, I’m back into that constant workflow.”

To keep up with his fans, Eric puts together concerts every Saturday on his Facebook page [@OfficialEricDarius](#). “It is one way that I like to connect with my fans and keep uplifting spirits and performing every single week for free,” he says. “I believe God has given me this gift to share with people and so I use it to inspire others in this difficult time.”

As if he’s not busy enough, Eric continues to work with his nonprofit that gives instruments to underserved kids. He is also looking to sign new talent to his label. He’s not looking for any style in particular so send him your best stuff if you think you have what it takes. “I’m simply

Eric Darius: The Sax Sage of SagiDarius (continued)



Photo by Eric Curtis

looking for people with talent who need an outlet and are looking for that opportunity,” he says. With a nation in the midst of radical change, it is easy to imagine there are plenty of musicians who have a lot to say. Eric Darius is giving them the platform to express themselves freely.

To learn more about Eric Darius and his music, visit ericdarius.com and follow his [Facebook](#), [Instagram](#), and [Twitter](#).

BUSINESS

Kwame Onwuachi's Ascension to Excellence



Photos by Scott Suchman

| “Grit and hard work pay off.”

Long before the James Beard Foundation named Kwame Onwuachi “Rising Star Chef of the Year,” Kwame was a child living with his mother and sister in a one-bedroom apartment in the Bronx. He worked alongside his mother and sister as his mother opened a catering service in their apartment. She instilled in him a sense of entrepreneurship and a passion for food. After misbehaving in school, Kwame’s mother sent him to live with family in Ibusa, Nigeria. He thought it would be for just one summer. He stayed there for two years. His mother didn’t want him to return home until he learned respect. Kwame’s experience in Ibusa was fruitful. Through his connection with his grandfather, he began to appreciate his heritage. He returned to New York City with a better sense of who he was.

Kwame Onwuachi's Ascension to Excellence (continued)



Unfortunately, after Kwame returned to New York City, he became a product of his environment. He lost a sense of who he was. In his teenage years, he joined a gang and after enrolling at the University of Bridgeport in Bridgeport, Connecticut, was kicked out for selling drugs. It was in his early 20s that he turned his life around and graduated from the Culinary Institute of America. With stints at Per Se and Eleven Madison Park on his resume, he opened his own restaurant, the Shaw Bijou, in Washington, D.C. With mixed reviews and an expensive menu, it failed to make a profit and was forced to close. In a way, it was a blessing in disguise. He was awarded the opportunity to become the executive chef of Kith/Kin, an Afro-Caribbean restaurant located in The Wharf in Washington, D.C. There, he designed the menu around his ancestry and the African diaspora. While he initially felt overwhelmed with the position, he successfully ran the restaurant for four years. It became one of the best in D.C.

In 2019, Kwame wrote *Notes from a Young Black Chef: A Memoir* about his love of food and overcoming his personal struggles. Now, Kwame has made the decision to leave Kith/Kin. He plans to continue his family's tradition of entrepreneurship and become the chef of his own restaurant once again. Right now he says he's taking time to work on himself. "It is important to take care of your mental health, especially during these times," he says.

"It is important to take care of your mental health, especially during these times."

At 30, Kwame has had great success and desires to do so much more. "I'm blessed," he admits. "I want to continue to be happy and take care of my family." For Kwame, burning out is not an option. The flames of passion con

To learn more about Chef Kwame Onwuachi, follow him on [Facebook](#), [Instagram](#), and [Twitter](#). Purchase his memoir [here](#).

Steve Prince: Sowing Seeds for a New Generation



Photo by Corey Miller Photography

| “Great art is honest and true.”

Steve Prince is an artist from New Orleans who studied fine arts and marketing at Xavier University of Louisiana. “My artistic voice and craft are steeped in the rich rue of New Orleans culture and musical traditions,” Steve says. “The kaleidoscopic colors of houses, the Mardi Gras parades, the sound of jazz lingering in the air like a thick fog, and the southern hospitality shaped my aesthetic and philosophy as a black man in America.” Steve is a deliberate and extensive researcher and continues to educate himself on the human condition.

He believes having a strong understanding of drawing and design is important to create at the highest level. “I layer my works with symbolism, metaphors, Biblical references, historical information, and oral traditions that offer my audience multiple narratives to decipher and ponder their agency,” he says. His work is simply not social commentary, it is much more personal. “I believe the artist is society’s truthsayer, and I am attempting to create honest work that hopefully will speak to generations,” he says.

His latest piece, *Sow*, is a large linoleum cut tribute to his great-grandmother, grandmother, mother, and his oldest sister. The 3’ x 7’ piece shows a woman sewing together a patchwork quilt. Her child is sitting at her feet. The images on the quilt tell the history of a people—Marian Anderson singing on the steps of the Lincoln Memorial, the Little Rock 9, the Loving couple of Virginia, the birth of hip hop, and the “remnants” of Jim Crow. The work is stunning.

Steve Prince: Sowing Seeds for a New Generation (continued)



Sow by Steve Prince

“On one of the patches, a woman stands with arms outstretched suggesting ‘to go.’ Under her dress there are many legs” Steve explains. “This is inspired by my



Photo by Corey Miller Photography

great-grandmother. As the story goes, my great-grandmother escaped indentured servitude by walking to freedom with her two children hidden underneath her hoop skirt. One of those children was my grandmother, who birthed my mother, who in turn birthed my sister. Four generations of quilters; improvisational survivors.” A church burns in the background as four spirits ascend. A girl appears to wave her hands outside of the burning church. She survived to tell the story. “The mother is not just simply teaching her daughter how to sew,” Steve explains. “She is teaching her the importance of ‘sowing’ seeds for another generation.”

Along with his drawings, Steve is working with the Leah Glenn Dance Theatre on *Nine*. *Nine* is a “commemorative multi-media performance” of the nine African-American teenagers that integrated Central High School in Little Rock, Arkansas, in 1957. He hopes the project will begin its tour in the spring of 2021.

You can purchase Steve Prince’s art at shopbaiaonline.com. To learn more about Steve Prince, follow him on [Facebook](#) and [Twitter](#).

MOVIES

Josh Merwin: The Sports World and Film World Meet



Photos by Josh Merwin

| “Look within yourself to tell the story that makes a difference.”

Josh Merwin is a creative photographer and filmmaker from Houston, Texas. He attended the University of Colorado and currently resides in New York City, where he has lived for 14 years. “I’ve got southern hospitality, with a love of outdoors, mixed in with a sprinkle of that NYC can-do attitude,” he says. Josh uses his creative talents to create “unique sports imagery.” His work has appeared in *ESPN The Magazine*, *Sports Illustrated*, and the *New York Times*. He recently got into filmmaking as well. He recalls a photo essay project he completed in 2006 for a University of Texas baseball player who needed and received an organ transplant. The project became a feature-length documentary titled *A Gift For Life*. Josh hopes the film will greatly benefit organ donors.

Josh Merwin: The Sports World and Film World Meet (continued)

In June 2021, he will launch the Houston International Sports Film Festival (HISFF). The festival will give filmmakers a platform to tell their stories and launch their careers. “Being an independent filmmaker can be incredibly rewarding, but it is important that you look within yourself and channel the drive needed to tell a story that makes a difference in the world,” he says. “I know what it takes to scratch and claw your way to just finishing a film, let alone getting it out into the world.”



Photo by Rachel Laukat Green

With the HISFF, Josh will provide an opportunity to engage with sports and art in new and exciting ways. He hopes the experience will teach the younger generation to treat everyone equally and that their dreams have no limits. Josh believes sports and music are both tools for change. The festival will include content that celebrates athlete and music activists who paved the way and broke

barriers for current and future activist entertainers to speak up and act out against injustice. “This will allow us to also focus on the effects music and culture have had on sports and vice versa,” he adds.

Josh plans to move from New York City to Houston in the near future. “My family and I have spent 14 wonderful years in New York City and we have now decided to move back to Houston to launch the HISFF and to be closer to our extended family in Texas,” he says. “We’ve been able to make incredible progress the past few months in a very difficult situation and I plan to hit the ground running with the festival once we are settled in Houston.” Leading up to the festival, he plans to create a virtual weekly interview series with actors, athletes, and creatives in the sports and entertainment world.

He says he is currently taking submissions for the festival and will create a short film competition for college-aged filmmakers. Young filmmakers will be prompted to create short films on the first black athletes (in a specific sport) at their university. “We think these will be very powerful films and will allow the passionate collegiate fandom to take a step back and look at how it has dealt with race and equality in the past and present,” he says.

To learn more about Josh Merwin and the Houston International Sports Film Festival, visit joshmerwin.com and follow his [Instagram](#).

Dr. Tiffany Jana: Diversity Innovator



Photos by Rashad Hawkins

| “There is power in diversity.”

Dr. Tiffany Jana is the person companies call upon to teach diversity to their current workforce. Although born in Texas, near the border of Mexico, Dr. Jana grew up between Germany and New York. “I speak Spanish and German,” Dr. Jana explains. Growing up around the cultures of New York and Germany, Dr. Jana learned how to be very direct and purposeful in life.

Dr. Jana identifies as a diversity innovator, awareness artist, pleasure activist, and regenerative culture creator. “I liberate hearts and minds with joy, art, and logic,” Dr. Jana says. Dr. Jana’s company, TMI Consulting Inc., the first diversity-focused B Corporation of its kind.

Dr. Tiffany Jana: Diversity Innovator (continued)



Photo by Rachel Laukat Green

Dr. Jana and TMI's latest creation, [LoomTheCultureMap.com](https://loomtheculturemap.com), is a software service platform that measures, maps, and improves organizational culture using digital technology. Loom has been 10 years in the making. "We are using technology and data analytics to calculate diversity's return on investment (ROI) and accountability in a historically unprecedented manner," Jana says.

Recently, Dr. Jana co-authored *Subtle Acts of Exclusion* with Michael Baran. The book speaks on office microaggressions that can contribute to a hostile work environment for minorities. Readers will gain practical advice to prevent and address the issue of microaggressions in the workplace. *Forbes* recently recognized two of Dr. Jana's books in a recent article on must-read books about inclusivity.

"I liberate hearts and minds with joy, art, and logic."

Dr. Jana has published five books that include three best sellers. Dr. Jana's books mostly fall under the social sciences, but now Dr. Jana is pivoting into the graphic novel space. The upcoming graphic novel series will tackle racism, justice, equity, and inclusion from an Afrofuturism perspective. Dr. Jana says the first book is done and is currently looking for a publisher and distributor. As Dr. Jana sees it, we are better and stronger when we accept and celebrate everyone's individuality.

To learn more about Dr. Tiffany Jana, follow their [LinkedIn](#) and [Instagram](#). To learn more about TMI Consulting Inc., visit tmiconsultinginc.com and follow their [Facebook](#), [Instagram](#), and [Twitter](#).

CHEF'S CORNER

Chef Kwame Onwuachi



Photo by Rey Lopez

“This is a simple shrimp dish that my family enjoys whenever we get together!”



Photo courtesy of Chef Kwame Onwuachi by Latika Lee

Creole Garlic Shrimp

Course: Lunch or Dinner

Cuisine: Creole

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Serving Size: Feeds 4

Ingredients

- 1 stick of butter, salted
- 20 cloves garlic, chopped
- 2 lbs of shrimp, peel on
- 10 sprigs of thyme, fresh
- 5 bay leaves, fresh
- 1 tbsp of Creole seasoning
- 2 tbsp Worcestershire sauce
- 2 lemons, juiced
- 1 bunch of parsley, chopped
- Salt (as needed)

Preparation

1. In a large saute pan, add butter on medium high heat.
2. Add garlic and saute for 5 minutes, until fragrant.
3. Add shrimp, thyme, bay leaf, Creole seasoning, and Worcestershire sauce.
4. Cook for 8 minutes, flipping constantly or until cooked.
5. Finish with lemon juice, chopped parsley, and salt.
6. Serve with French bread.

To learn more about Chef Kwame Onwuachi, follow him on [Facebook](#), [Instagram](#), and [Twitter](#). Purchase his memoir [here](#).

COMMUNITY

Podium RVA: Empowering Youth Through the Written Word



Photos courtesy of Podium RVA

“Every young person should have the opportunity to have their voice heard.”

Each month we highlight a community program that aligns with the values of SoulVision Magazine. We believe engaging with one’s community is critical to fostering positive change in the world.

Podium RVA serves and empowers youth (ages 10-19) in the greater Richmond area to become “confident and capable writers and communicators with the skills necessary to succeed in college, career, and life.” Podium envisions a community where all Richmond youth have access to college application and essay expertise, career and college readiness programs, and mentoring. “We envision a Richmond where education and opportunity are offered, elevated, and attainable by all,” Development Director Joni Albrecht says.

Podium RVA: Empowering Youth Through the Written Word (continued)

Podium’s mentors meet weekly with students for a year of workshops, focused on honing their writing skills. Mentors prepare their students to contribute to Podium’s Annual Youth Literary Journal and quarterly zines. Students will also be able to contribute to Podium’s soon-to-be launched area-wide digital magazine. In the past, Podium has showcased their student’s work to the Richmond community through hosted virtual and in-person sessions.



Podium is partnering with NextUP, a collaborative community initiative, on a new writing and communications program. The program aims to close the high school readiness gap of eighth-graders in Richmond Public Schools. “Our theme this year is ‘Step. Write. Up.’ When students take the risk to step up to the podium and use the power of writing and expression to share what’s on their minds, they will experience an uplifting transformation,” Joni says.

To promote educational equity in the city, Podium is building “a scholarship and sustainability campaign” called The Pedestal Fund. Podium will officially announce The Pedestal Fund at their annual gala, the RVA Celebrity

“We envision a Richmond where education and opportunity are offered, elevated, and attainable by all.”

Dish. The gala will take place on October 1, 2020, at The Diamond in Richmond, Virginia. Podium will be “dishing” Soulidify CEO and Chairman BK Fulton, Squirrels Baseball Manager Todd “Parney” Parnell, longtime Richmond preschool teacher Anne F. Waldruff, and Virginia state Senator Jennifer McClellan. The event will be experienced in-person and remotely.

Podium is also proud to announce a generous inaugural endowed gift from their longtime supporters Robert and Anne Waldruff. The gift will establish the Anne F. Waldruff Excellence in Education Scholarship. “The scholarship will be the first of many opportunities to help Richmond youth pursue their dream of higher education and workforce readiness,” Joni says.

Ultimately, Podium RVA wants every youth in the city of Richmond to live with the expectation that they will achieve greatness. “We picture a Richmond known for restoration and progress, where ‘at-risk’ youth are embraced as ‘at-opportunity’ youth and are empowered to achieve their full potential,” Joni says. “We see these students as living monuments to a city that helped them dream bigger, go further, and reach higher.”

To learn more about Podium RVA, you can visit podiumrva.org and follow them on [Facebook](#), [Instagram](#), and [Twitter](#).

LIVING LEGENDS

C.T. Vivian & John Lewis



C.T. Vivian and John Lewis. Photos by David Goldman/AP; Marco Grob/Trunk Archive.

In the span of 24 hours, America lost two civil rights heroes: C.T. Vivian and John Lewis. In our newly renamed “Legends” section, SoulVision Magazine celebrates the two icons.

C.T. Vivian

Cordy Tindell “C.T.” Vivian dedicated his life to fighting for civil rights. He was a leader in the civil rights movement and a close friend to Martin Luther King, Jr. Martin Luther King appointed Vivian as the national director of affiliates for the Southern Christian Leadership Conference (SCLC) in 1963. Like King, C.T. championed nonviolence as a strategy to have the movement’s demands heard and its needs met. He organized vital demonstrations in Birmingham and Selma, Alabama, and St. Augustine, Florida. His work was pivotal in the passage of the Civil Rights Bill of 1964 and the Voting Rights Act of 1965. Vivian famously confronted Sheriff Jim Clark, who barred

C.T. Vivian & John Lewis (continued)

black people from registering to vote, on the courthouse steps in Selma, Alabama. After King's assassination, he continued to serve in the SCLC and became the organization's interim president in 2012. In August 2013, President Obama awarded Vivian the Presidential Medal of Freedom. Vivian passed away in mid-July from natural causes. He was 95. C.T. Vivian's courage, hard work, and dedication show us what can be accomplished when we stand up for our collective freedom.

**“Thinking Of The Things
We’ve Shared, Reminiscing
About The Past, I Wonder
Why We Treasure Most, The
Things That Never Last!”
– William A. Fields**