

The M Man.


Living one day at a time

Vol. 1 Issue 2
Free edition

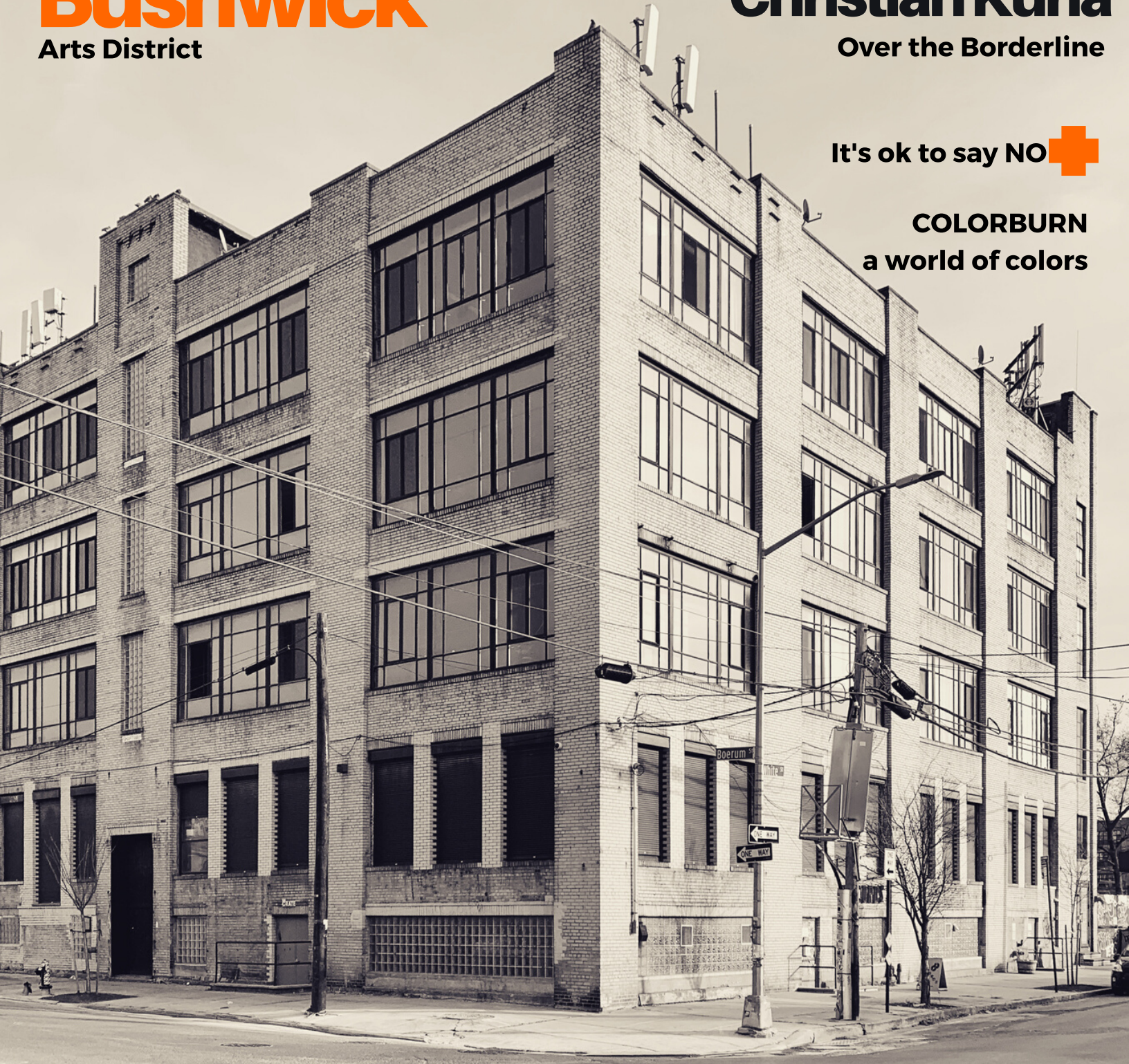


Bushwick
Arts District

Christian Kuria
Over the Borderline

It's ok to say NO 

COLORBURN
a world of colors



The M Man

CONTENTS

pg.5

WORLD

Bushwick, the arts district.

pg.16

REAL PEOPLE

Dj P-izzy

pg.24

TECH

COLORBURN

pg.13

MUSIC

Christian Kuria

pg.19

MINDFULNESS

It's OK to say NO.

The M Man.



Editor's Note

After the release of the first issue of The M Man I received many positive comments about the magazine.

I was really surprised by the positive feedback; it's good to know that someone in another part of the world is reading your work.

Many years ago I learned how to speak my mind and say NO. It was really tough for me, but at the same time it was a relief to know that I was able to place myself first over others need. It was my way to discover what i really needed and what I really wanted for my life.

In this issue you'll find some information about the power of saying NO. If you like art, you'll be pleased to read the article about Bushwick, the artistic neighborhood located in Brooklyn. And if you're a photo addict like me, you'll love what we have for you about a really cool app to give a twist of color to your photos.

During these uncertain times it's good to surround us with positive vibes and positive content.

That's the mission of The M Man, bring positive content no matter if you're reading this in NYC or in Helsinki.



 [mr.teco](https://www.instagram.com/mr.teco)

Ricardo Teco Adame
Editor-in-chief



BUSHWICK

MY LOVE

BY THE M MAN

Photos by Ricardo Teco Adame

As you may know I love NYC, not only because you can get the best pizza in the world, but also because it has a magical vibe.

Most of the people that go to NYC used to stay in Manhattan and a few are willing to stay in Brooklyn.

One of my favorite places in Brooklyn is 'Bushwick', a colorful and very artistic neighborhood.

You can find amazing street art everywhere, old warehouses were transformed into pieces of street art.

Each block has its own personality, each corner has something special, it really has a unique way to capture art.

THERE'S AMAZING STREET ART EVERYWHERE.

I'm sure you have heard about The Bushwick Collective which is located in Bushwick Brooklyn, just off of Flushing Avenue.





Photo credit: Ricardo Teco Adame

HIPSTER HEAVEN

While some naysayers may turn down their thumbs and cry out that graffiti and street art is mere vandalism, others feel differently about the artwork gracing the walls in Bushwick.

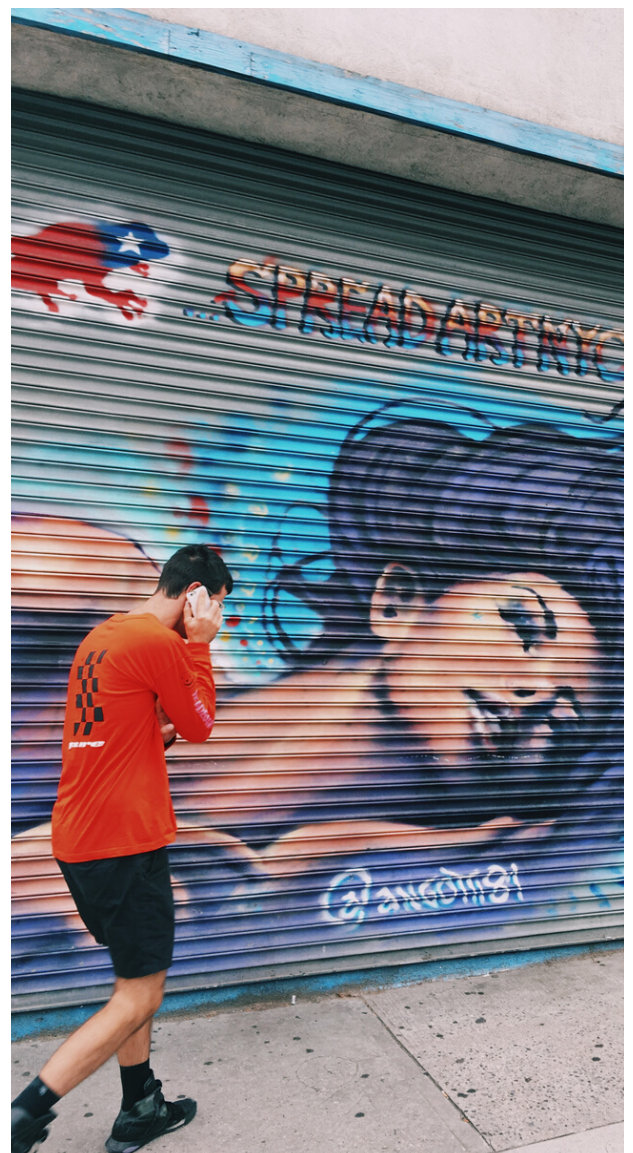
You can walk by yourself or you can take a guided 'pay what you wish' tour to understand the artwork of each street.

The highlight of the tour is the outdoor street gallery known as the Bushwick Collective, which begins on Jefferson Street and continues on Troutman Street towards Saint Nicholas Avenue.

The curator of the collective is Joseph Ficalora, a Native of Bushwick and Brooklyn.

After losing his parents, Joseph is now learning to heal from his years of growing up in a dirty and crime-ridden neighborhood by transforming the neighborhood and the walls of Bushwick into a safe & hip outdoor gallery. He has learned to wrangle the permits needed to legally display hundred of artist's work.

It's hipster heaven in Bushwick, so when you finish your tour, be sure to stick around and check out some of the local hot spots.







RECORD STORES

One of my favorite spots is **Superior Elevation Records**, a record store located in the heart of Bushwick.

I've found really rare and hard to find records for \$10 USD or less. The staff is really cool, they're always open to assist you if you need help.

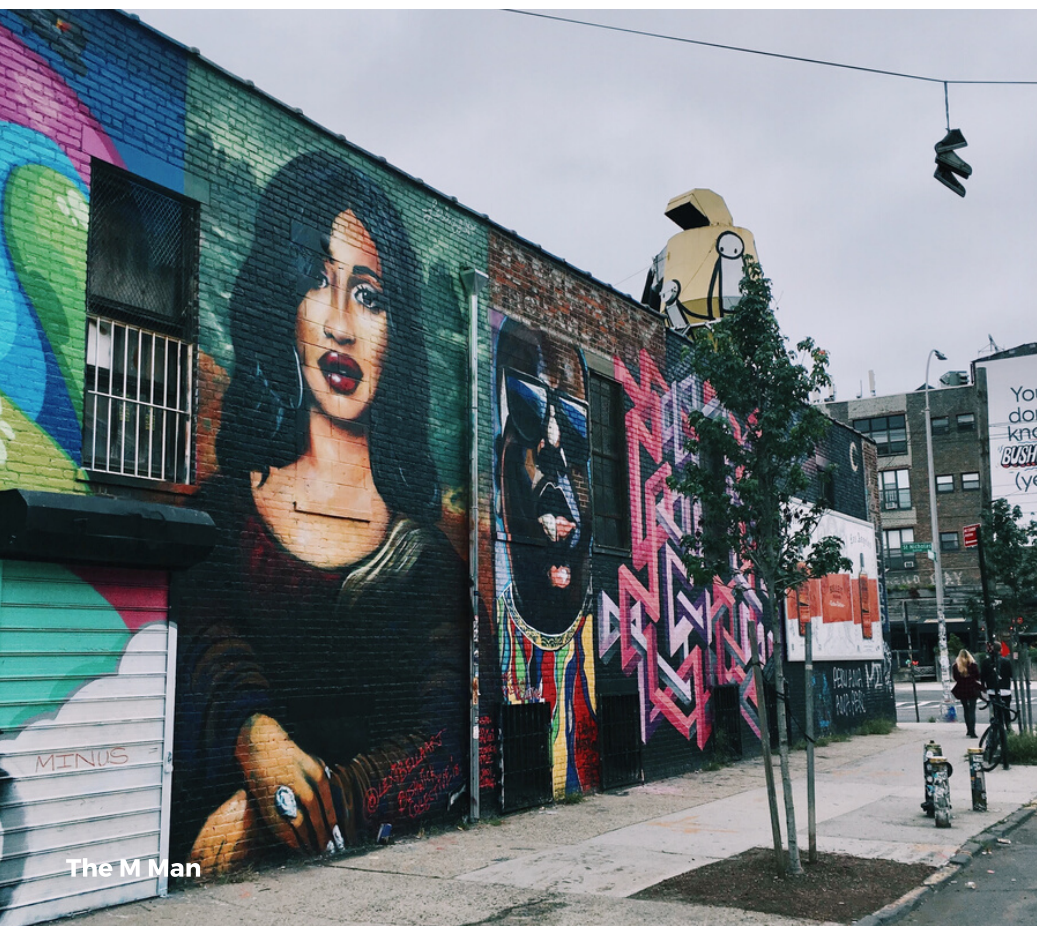
From Funky records to tribal sounds, Superior Elevation has become one of the best stores in New York City.

There's another record store just a few blocks away from Superior Elevation Records.

Human Records it's the heaven for a vinyl collector.

This small store has a big selection of records in mint condition. If you're lucky enough you'll find limited editions, promos and picture disc for only \$30 USD. One really good thing about Bushwick is that is cheaper than Manhattan.

If you're visiting NYC make sure to spend some time in these two record stores.



IF YOU'RE VISITING NYC MAKE SURE TO SPENT SOME TIME IN THESE TWO RECORD STORES.





RESTAURANTS

If you're hungry while visiting this artistic neighborhood you'll be pleased to know that a few blocks away from Bushwick collective there are two of my favorite restaurants in the whole city.

Arepera Guaucuco is a Venezuelan restaurant where you can find typical food from that southern country.

My favorite dish is 'Empanada pabellon', it's a typical empanada filled with shredded beef, black beans, white salty cheese & sweet plantains...mesmerizing! My other favorite place is Roberta's, best known for his famous wood fired pizza.

But pizza is not the only good food at Roberta's, the salads and the brunch are just amazing.

During quarantine the restaurant offers a delivery service, and the good news is that they're selling their famous pizza in a frozen bag for those who love to cook at home.

If you have passion for gardening, you must know that Roberta's offers a private tour of his garden.

If you want to book a tour, you just need to send a email to garden@robertaspizza.com

According to City-Data, Bushwick has approximately 85,000 inhabitants in the area of 1.305 square miles.

Roughly 70 percent of Bushwick's population is Hispanic. The black population comprises about 20 percent. The rest is Asian, white, or mixed race.

Its cultural mix and amazing street art has made Bushwick a unique and vibrant neighborhood.

Above
Bushwick

**70 percent of
Bushwick's
population is
Hispanic. The black
population
comprises about 20
percent.
The rest is Asian,
white, or mixed
race.**





CHRISTIAN KURIA

A DOPE RISING STAR

by The M Man
Photos courtesy of Christian Kuria

I recently discovered Christian Kuria, a singer and instrumentalist from San Francisco California.

Christian released his first musical project in 2018, and he's been releasing music since then.

Kuria was first recognized by the masses after he uploaded a cover of Khalid's "Young Dumb & Broke" in 2017.

He's building an incredible R&B career, starting with the release of his amazing debut EP, Yearlong.

'Vain' is the open title of his debut EP; the song is a great way to introduce us to Christian's smooth and elegant world.

The second song is 'When you're lonely', a song about love, that kind of love that comes from loneliness.

'In your hand' is the smoothest song of the EP, it's a soft musical journey that takes you to the moon and beyond.

His newest EP 'Bordeline' is now available, and it's FIRE!

'Vain' is the open title of his debut EP, the song is a great way to introduce us to Christian's smooth and elegant world.



"That's what I try to convey in my music... that soulful sound that makes people feel something"

Clean and smooth from start to finish; Borderline features seven R&B tunes, all written by Christian and co-produced by him and Jack Dine.

Not only the music and the lyrics are impeccable, Christian's voice is smooth, elegant and sexy at the same time.

'Borderline' was released under Arimé, a record label, creative agency and management company founded in 2018.

You will notice that each song sounds so unique and crisp, the quality is just beyond perfection.

I can describe Borderline as an intimate experience; it's like an intimate conversation with a lover, with a friend or with ourselves.

We can hear Christian's vulnerability in many of his songs. It's really difficult to pick a favorite song because all of them are great.

In an interview Christian said **"That's what I try to convey in my music... that soulful sound that makes people feel something"**.

In these times where music can sound generic, it's really refreshing to find new artists who are trying to sound different.

As a music lover I'm really grateful to know that there's a new generation of young and talented people who are creating music with amazing quality.

Some of Christian's musical influences are John Mayer
Marvin Gaye, Ray Charles, Daniel Caesar & the amazing Jorja Smith.

Christian comes from a musical family. They were involved in church music, Some of his uncles are full-time musicians. They're teachers; they're writers, his mom was a pianist, and his dad sings.



"For my whole life, I devoted all of my time to music, and I've always been in love with music."

In a crazy world where love and popularity are measured with likes and comments, it's really refreshing to find artists like Christian who is trying to make honest and real music.

Christian started the promotion of Borderline releasing each song as a different project.

'Too good' was the first song released a year ago as a single followed by 'Bitter Pill'.

The soulful downtempo arrangement speaks of working through relationship issues and features an incredible solo by Braxton Cook.

No matter if you're in Helsinki, Mexico or NYC, Christian's music will take you to a smooth and elegant journey.

I'm pretty sure that Christian's mission is to share his musical talent with the whole world; it was meant to be.

"I'm very easily influenced by creative people, and just creative energy in general"

Follow Christian Kuria on social media

 <https://www.instagram.com/christiankuria/>

 <https://www.facebook.com/christiankuriamusic/>

 <https://www.youtube.com/user/thefollowersband>



DJ P-IZZY

by The M Man
Photos courtesy of DJ P-IZZY



I met **Dj P-izzy** last summer on a cruise ship in Sweden and after talking for a few minutes i knew he was a really dope guy.

His real name is **Pape Saliou Pouye** a.k.a Dj P-izzy, he was born in Dakar, Senegal West side Africa.

Senegal is well known for the Lake Retba, or as many people called it 'Lac Rose', is Senegal's very own Dead Sea.

Situated 29 kilometers north-east of Dakar, this shallow lake is so named because its remarkably high salt content turns the water varying shades of pink.

I had a little talk with Pape trying to know more about his passion for music and travel.



**"I've
always
been really
passionated
about
music.**

**Once I
moved to
Barcelona,
I really put
my interest
and passion
to work"**

LIVING IN FINLAND

Finland is a nice place, very clean and green, especially in the summer.

Finland is so beautiful and people come out of their houses.

Finland is so much fun in the summer!

Finnish people are mostly well educated and civilised.

There are many very nice restaurants in Finland and if you really want to have a great time, there are "Down by the Laituri"- and "RuisRock" Festivals in Turku by the summer time. Taking a cruise to Stockholm, Sweden, is also always fun!

BECOMING A DJ

Since I was young and still living in Senegal, I've always been really passionate about music.

And grew up seeing my uncle doing Dj in there. Once I moved to Barcelona, Spain, I really put my interest and passion to work.

Being Dj and a producer have always been what I really wanted to do I my life. I had my vision, and started making it to reality.

INSPIRATION

My family inspire me. I get my strength from them. I do it all for them. I try to be a better version of me every single day. I am grateful for everything that I have.

QUARANTINE LIFE

Now that all the restaurants are closed and can't work as a Dj, I got another job to work for the time being.

Time out of work I spend at home with my wife and children and at my home studio.

POLYGLOT

I like travelling, love seeing the world and meeting different kinds of people.

I think it's the best way to learn about other cultures and languages. I speak fluent French, English, Spanish, Finnish and Wolof, which is my native tribal language.

THE FUTURE, ¿WHAT'S NEXT FOR YOU?

Raising my children (we have a new comer in June) and working hard to make my business rise and grow.

Making a lot of international stuff also, travel and educate myself.

“I like traveling, love seeing the world and meeting different kinds of people.”

FOLLOW DJ P-IZZY ON SOCIAL MEDIA





IT'S OK TO SAY NO

WRITTEN BY THE M MAN

When was the last time you said “no” to someone you knew? I bet you really have to think about that.

I used to say “yes” to almost everything because I didn't want to be perceived as a bad person.

I was trying to please everyone but me, and it was a mess.

Your life would be so much easier if you could just say “no” more often—**so why can't you?**

During our lives we've been trained mentally to say yes, to say yes to our parents, to say yes to our teachers, to say yes to our boss.

There is nothing bad about to say YES, but only when you mean it.

The quarantine is giving us the opportunity to say NO again.

We now have more time to think about what we really want and what we don't want in our life.

I made a list of 20 things you should say NO for a happier life.

Are you ready?

20 THINGS TO SAY NO

PROCRASTINATION

Stop thinking, start doing!
We have more time during
this quarantine to work on
our personal projects.

PERFECTION

It will never be perfect,
we'll never have the
enough money to start our
business, it will never be
the perfect time to make a
change, so don't waste
time on perfection.

BAD QUALITY FOOD

There's nothing wrong on
eating junk food, but we
have to be aware of what
we eat.
Remember, our food is our
fuel and we want to be
healthy and happy.

THE NEWS

These days the media
is really awful. We hear
so much bad news
about everything and
everywhere.

Turn off the news and
listen to some good
music.

EXCUSES

Don't make an excuse, just
start.
It's NOW or NEVER!



COMPARING TO OTHERS

Remember that you're
unique and special.

BAD RELATIONSHIPS

Remember LOVE feels
good, so if you're not having
a good time with your
partner just say goodbye!



SOCIAL MEDIA

If you're feeling anxious
because of Social Media,
just delete the app.
SOME detox is cool!

20 THINGS TO SAY NO



TOXIC PEOPLE

They're not bad persons;
they're negative.

Keep positive people in
your circle.

ROUTINE

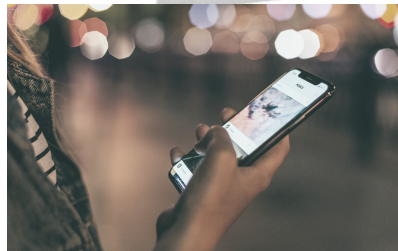
We're not robots to do the
same things everyday.
Find a new hobby, a new tv
show.
Write, read a new book or
exercise at home.

UNCLEAN SPACE

Your physical space
represents your mental
space.
Clean your closet, get rid of
the old stuff!

POOR SLEEPING

Try to rest and charge
your battery. It's fun to
watch tv till midnight
but remember that you
need to rest.



YOUR CELLPHONE

Start your first cellphone
detox!



FAMILY

You love them, but
sometimes you have to say
NO to them.

BAD MUSIC

Music can heal our souls,
but sometimes can be a
nightmare.
Be careful of what to listen
to.



GOSSIP

Focus your mind and
energy only in you and the
ones that you love.

20 THINGS TO **SAY NO**



OUTSIDE NOISE

Focus your attention to your inner voice. It will lead you to a nice place.

OTHER'S OPINION

It's good to hear other's opinion only when they want to help. Just listen to positive people.

BAD VIBES

If you're not feeling it, just leave.

SMALL MIND

You have everything to do whatever you want. Stop thinking that you can't.

Stop the self-sabotaging!

COLORBURN

i'm always on the search of cool apps to edit my photos. Sometimes it's really difficult to find a good one, specially nowadays.

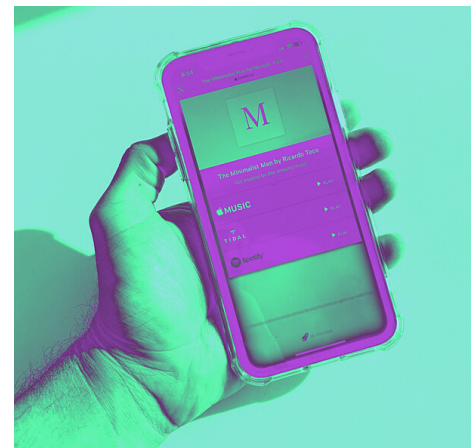
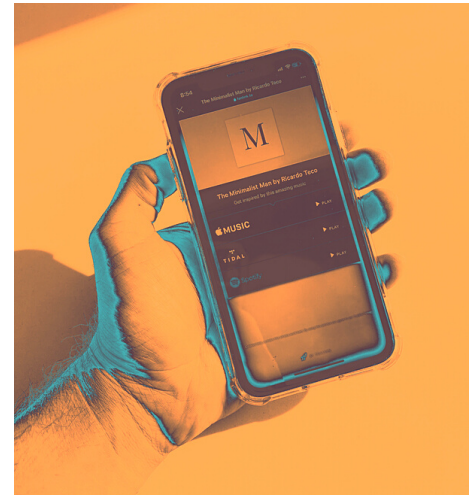
After many downloads of not so cool apps I've found COLORBURN, a pretty cool app that allows you to edit your photos in a really edgy way.

The app has more than 1,000 filters that you can use to edit your photos. I think it's the only app that has so many filters, not even VSCO.

The filters are organized by styles, so you can find 'Mystery', 'Retro' and even 'Rainbow' filters.



Photo edited with COLORBURN



Photos edited with COLORBURN

COLORBUN HAS 1,000 FILTERS TO CHOOSE FROM

Created by the dedicated team of photographers, designers and developers who invested 2 years of hard work. More to be added in the future. Updates will be free.

Colorburn makes it easy and fun to turn your favorite moments into cool-looking memories. Its ingenious interface puts a screen full of vibrant filters across your images, letting you quickly cycle through them to find the right look.

The results make any picture an eye-popping work of art, handy image-editing tools and a library of funny picture frames help too,” writes Apple.

This app is fully optimized for the iPad Pro and offers a filter extension so you can edit your images right within the context of iOS’s Photos app.

You can save your best filters into a Favorites section for faster access, use cropping patterns and frames to make the images prettier and share on Instagram and other social media platforms such as Facebook, Twitter, Flickr, Tumblr and Dropbox.

The split photography feature allows you to take multiple images and merge them into one image with grid filters (tap the icon “3:4” to enter this mode).



Photo edited with COLORBURN

For a quick and easy time-lapse selfie, simply press and hold the camera button. Front flash can enhance your photo effect.

You can also edit your picture by cropping or adding funky frames before you share them on social media.

Colorburn works best when you use the camera system in the app to take your photos, because doing so offers a chance to see the effect live on your camera screen and tweak it or select a different effect.

With the right filters applied, you can use framing, cropping and other tools to apply those finishing touches to your creation.

The app is localized in English, French, German, Italian, Japanese, Portuguese, Russian, Simplified Chinese, Spanish and Traditional Chinese.

Colorburn has 80 new designed grid filters to apply multiple filters to one picture.

The App Support multi-shoot and merge to one picture with grid filters.

You can also make a contrast between front and rear camera.

Just tap the icon "3:4" to entry the split photography mode. Use cropping patterns and frames to make your photo outstanding.

Colorburn is an amazing app for those who love art and photography.

DOWNLOAD COLORBURN



THE MINIMALIST MAN

OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>



Photo by Ricardo Teco Adame
Location Brooklyn

www.theminimalistm.com

The M Man.

Living one day at a time