

'WAFFLE HOUSE HERO' JAMES SHAW JR. ON THE MOMENTS THAT SHAPED HIM

BLACK PANTHER ISN'T OUR ONLY HERO.

Covers

By TEAM CASSIUS | 08.07.18

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A lot of people talk crap about what they *think* they'd do in certain situations, but [James Shaw Jr.](#), aka the Waffle House Hero, actually did it. When a white male domestic terrorist named Travis Reinking attacked a group of innocent people in a Nashville area Waffle House last April, [Shaw](#) sprung into action. He tackled and disarmed Reinking — likely saving the lives of many in the restaurant.

"I'm not a hero. I'm just a regular person," said [James Shaw Jr.](#) during our exclusive cover shoot at the [Fairlane Hotel Penthouse](#) in Nashville, TN. "I think anybody could've did what I did if they're just pushed in that kind of cage and you have to either react or you're going to, you know, fold."



Source: Jeff Kravitz / Getty

Shaw proves that you don't need the power of the [Black Panther](#)... but there are *some* things you do need. So what makes a man courageous af? We asked the [2018 CASSIUS Change-Makers honoree](#) and [cover star](#) to share the moments that helped hone his will of steel, allowing him to take control in the midst of a life and death situation. From standout moments as member of Alpa Phi Alpa fraternity to sage advice from his dad, the Nashville native breaks down those hometown memories that shaped him into the man he is today.

Watch his journey up top and check out his CASSIUS cover below.



Source: Photographed by Robbie Klein / iDne Creative Services

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