

# TEXAS INKED

FEATURED MODEL

Megan

@MEGANINKED





# EDITOR'S NOTE



We hope you enjoy this weeks issue.

Thank you to the staff involved in the content creation. We are always looking for additions to the team. If you are interested in writing, photographing, or advertising, hit us up

[info@texasinked.com](mailto:info@texasinked.com)

**Please, please, please donate if you are able! We are running out of time on our bills. The state of Texas opening means we are expected to be making ample money again, but without conventions thats near impossible.**

## Donations

We are so close to pulling through...

With a little more help from our followers we have faith we will go on! Please help us with a donation or a purchase.

Ad Space is always available!

Link to our [shop/donations](#)

**We can feel the love & we love YOU more!!!**



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*Artist of the Week*

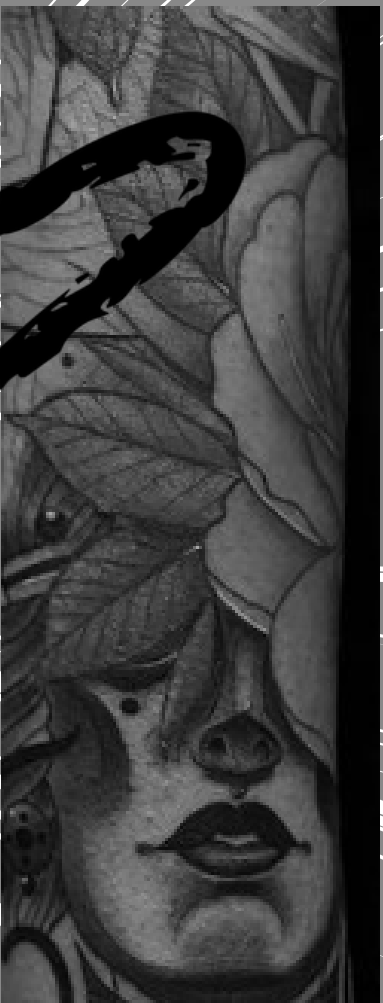
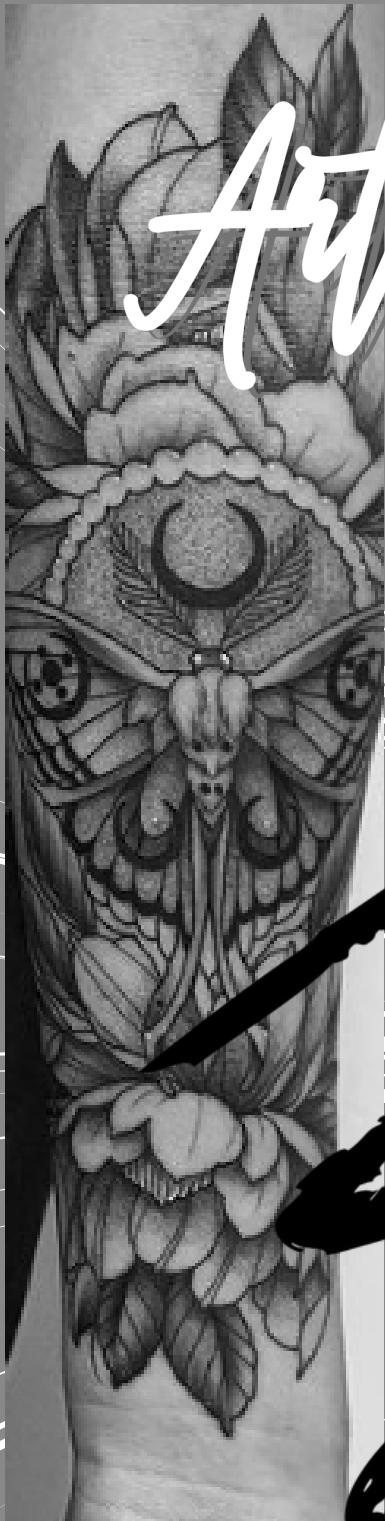
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# Artist of the Week

LOS ANGELES BORN AND HOUSTON RAISED, ASMIR IS A HOUSTON TATTOO ARTIST THAT CURRENTLY SPECIALIZES IN BLACK WORK AND GEOMETRIC DESIGNS. FOLLOWING A FEW PERSONAL ROUGH PATCHES, HE BEGAN TATTOOING AROUND THE AGE OF 23, AND HAS CONSISTENTLY IMPROVED HIS WORK AND CULTIVATED HIS OWN PERSONAL STYLE FOR THE PAST 4 YEARS. "I CAN TAKE WHAT I SEE IN MY MIND, AND BRING IT TO LIFE. THAT'S WHAT I LOVE TO DO." WITH 4 YEARS UNDER HIS BELT HE HAS ALREADY COME A VERY LONG WAY, AND PLANS TO CONTINUE TO GROW AND FURTHER DEVELOP HIS TATTOOING SKILLS. HE CURRENTLY WORKS OUT OF STUDIO-A IN HOUSTON, TEXAS ALONGSIDE OTHER VERY TALENTED AND ACCOMPLISHED ARTISTS. THIS STUDIO IS BY APPOINTMENT ONLY AND BOOKING INFORMATION CAN BE FOUND ON INSTAGRAM @ASMIR.TATTOOS.

WRITER: AMBER LYNN



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# the backspace

Written & Photographed By: [Stephanie Tacy](#)

In 2010, Native Austin Chef and Restaurateur, [Shawn Cirkiel](#), opened the first Neapolitan Pizzeria in Austin, Texas called [The Backspace](#). The original location is nestled behind American restaurant, Parkside, off of East 6th street and San Jacinto Blvd. In July of 2020 The Backspace opened its [second location](#) off of Anderson and with it came expanded seating and an expanded menu.

While the San Jacinto location provides a more candle-lit date night vibe, the Anderson location provides a modern spacious neighborhood feel. To make the experience even sweeter, happy hour is offered everyday from 4-6pm which includes ½ priced cocktails, beer, wine by the glass, and antipasti. On Wednesdays they also offer ½ priced "bubbles".

The menu sticks to an Italian theme offering its infamous Neapolitan Pizza, pasta, paninis, and contori. Fresh, simple ingredients are combined together to create decadent flavor. A majority of ingredients are sourced as local as possible and



everything from dough to sauces are made in house. The restaurant remains open for dine in and take out experiences that will both leave you wanting more.





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*Dylan  
Jonze*



# DRINK IS SMART

HOW MANY TIMES HAVE YOU HEARD A FITNESS PERSON SAY YOU MUST STOP DRINKING TO LOSE WEIGHT? WHAT ABOUT BEING SOCIAL, GOING OUT OR JUST UNWINDING AT NIGHT?

I am not that fitness person! In fact I believe that in moderation drinking can help you feel like you are not on a restriction plan.

- Good Times to Drink – celebrations! Birthdays, weddings or a Friday night after a long week. We all have reasons to celebrate this is a good reason to pour a glass.
- Consumption and Moderation - Know what you are drinking and make smart choices.
  - 1 oz vodka or whiskey = 70 calories
  - 5 oz wine = 110 calories
  - 12 oz light beer = 90-120 calories
  - 12 oz beer = 150 calories
  - 1 martini = 160 calories
  - 8 oz margarita = 350-450 calories

As you can see above there are smarter choices when it comes to alcohol. Below you will find some other smart moves when it comes to having drinks:

- Hydrate! Drink plenty of water before, during and after to avoid hangovers.
- Eat a healthy meal before you drink. Hunger + Heavy drinking is an easy way to pack on unwanted pounds.
- Know your limits, some things make take longer to hit your blood stream so take it slow and be smart.

I am not that fitness person that says you can never drink. You can, if you are wise and calculated about your approach to drinking. There may be times you say no to booze but like with food, finding balance is key to a sustainable way to eat and drink.

More information is available at [www.strengthbodymind.com](http://www.strengthbodymind.com) and on Instagram at [StrengthBodyMind](https://www.instagram.com/StrengthBodyMind)

If you have questions about this topic or anything related to health and fitness, drop me a line at [stephanie@strengthbodymind.com](mailto:stephanie@strengthbodymind.com)

STEPHANIE TREVINO, IS A CERTIFIED NUTRITIONIST AND LIFE COACH. SHE IS THE FOUNDER AND OWNER OF STRENGTH OF BODY AND MIND, A FULL-SERVICE CONSULTANCY DEDICATED TO STRENGTHENING THE BODY AND MIND THROUGH COACHING IN ALL ASPECTS OF LIFE INCLUDING PROFESSIONAL DEVELOPMENT, PHYSICAL AND MENTAL HEALTH AND WELLNESS. HER AREAS OF EXPERTISE INCLUDE PHYSICAL FITNESS, NUTRITION, AND MENTAL AND PHYSICAL WELLNESS.

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THIS MONTHS

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PRODUCT



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**\$29.00+ S/H**

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Let us help you reach the Texas Arts Community...

## *2021 Price List*

**FULL PAGE MONTHLY**

\$500

**HALF PAGE MONTHLY**

\$300

*\*Additional fees apply for ad design, 4 weeks = 1 month*

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