

Created to Inspire, Inspired to Create

# TEXAS INKED

November 2020/3

**BETTIE**  
*Haze*

PHOTOGRAPHER

BEWITCHED  
BOUDOIR

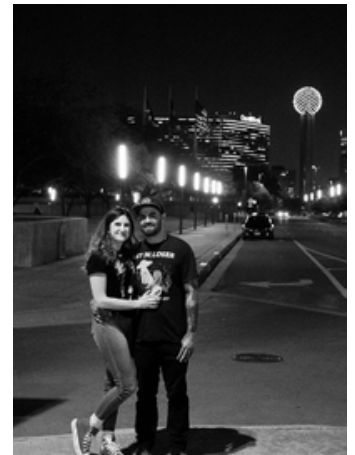
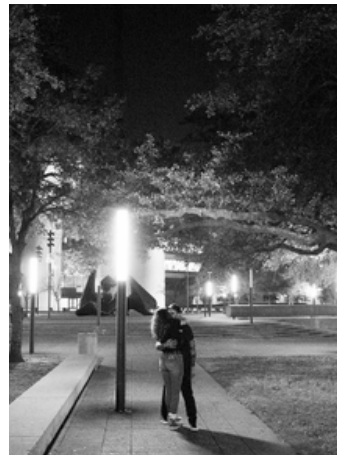


# Editors Note

It is always a blessing being able to travel, but it's even more fulfilling when you get to do it with your partner. We have been all over Texas in the past 72 hours, hitting Dallas, Houston, and Austin. Fall is always an amazing time to travel in Texas. The trees have all changed colors and the grass is a beautiful golden color. Add in the Texas sun and you have some amazing color combos going on, not to mention the "windows down" weather. Time just flies by when you are able to enjoy the weather and scenery.

This weeks works were mostly photography, but we were able to stop by Garden Seventeen in Austin who we featured in September 2020/5. We snagged a couple things while we were there, and found tons more that we need to add to our collection. While in Dallas we witnessed an engagement, congratulations to you two Emily & Thomas! It has just been a wonderful few days, and maybe even a glimpse into what life should look like. I am super hopeful that all this crazy Covid stuff is coming closer to an end and maybe just maybe all the hate that came in with the election is on the way out?!?!

Wishful thinking I imagine but I am manifesting the shit outta it! Thanksgiving and all the yummy food is right around the corner, we hope all of you have a safe warm place to be.



If you would like to make a donation to help us get through these tough times, we would greatly appreciate it. As many in 2020 Covid has had a terrible impact on our business, and we could use all the help we can get.

Thank you



MODEL:

**BETTIE HAZE**

Photographer: [Bewitched Boudoir](#)

Hair/Makeup: [Ruth Landa](#)



# Dealing With Opposition in Wellness

BY STEPHANIE TREVINO, MBA, PHR

*So you just started to live a healthier life. You are eating right, hitting the gym and it is giving you an immense sense of pride. You feel good, you look good and the confidence you are gaining is soaring. You may not notice, but people around you are taking notice. They notice the smile, the glow and the confidence that being healthy brings. Then one day, someone close to you, a family member, a best friend or even a spouse says something negative about your weight loss journey.*

## **The Compliment That Never Was**

For some reason, when people notice your weight loss, they feel entitled to give you their opinion, whether it is positive or negative. Many times, the negative comments are given as a backhanded compliment. For any woman that lifts weights, these backhanded compliments come in the form of a warning. "Do not get too big, do not get too skinny and do not lose your curves." If you are a mom, you may face additional opposition from family members that envision you spending hours at the gym and hours away from your children. In life, as in fitness, there will always be those that are there to tear you down. The only true way to be successful with any goal is to believe in your heart you are a success. It can be painful when negative comments come from those we love. Try to remember change is not easy for people. They may not understand and deep down, they may fear that your relationship will change.

## **Personal Fulfillment**

Personal fulfillment is derived from living a life with a purpose. We must have a passion for life and this includes loving ourselves, taking care of ourselves and surrounding ourselves with positive relationships. Once you develop a passion for health and fitness, your life begins to change. Aside from the obvious

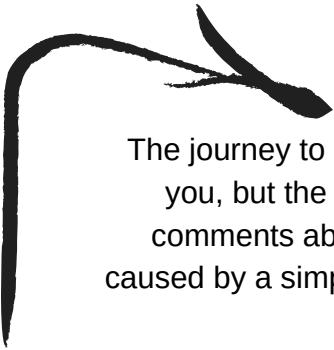
physical benefits, your mind transforms. The sky becomes the limit once you realize your own strength. If there are people in your life who constantly bring you down, you need to remove them from your life. Their negativity will affect your attitude and your motivation, therefore leading to a life that is unfulfilling. You must slowly detox negativity from your life, which can include people and environments.

Every day, just as you work on your body, you should exercise your mind. Read or watch something that inspires you or motivates you. This daily practice will motivate you to continue pursuing your goals, even when challenges arise. In fitness, as with anything else, consistency is key.



YOU'VE  
GOT THE  
POWER

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The journey to health is one that you will travel alone. People will support you or discourage you, but the work you do is yours and yours alone. Many times, people make negative comments about your newfound fitness passion out of concern, and this concern can be caused by a simple lack of understanding. In their mind, they are visualizing a starvation diet, a five-hour workout, the extremes of fitness.

***Here are some ways you can help them to understand:***

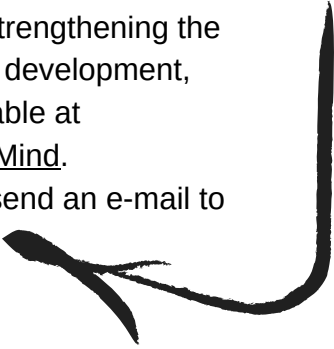
- **Share your story.** Help the people around you understand your reason for your wellness journey by explaining your goals and how you plan on achieving them.
- **Invite them to join.** Explain the benefits of fitness and encourage them to go to the gym with you or share ideas for healthy recipes.
- **Ignore them.** As much as you may try to explain, not everyone will get it, and that's ok. Stay focused on why you started this journey and do not let them deter you from your goals.
- **Cut ties.** If someone insists on making negative remarks and you've tried all of the above, sometimes the only resort is to cut ties. As much as it may hurt, it will allow you to live your life according to your goals. You can love someone, but sometimes it's best to love them from a distance.

***Always remember why you began this journey and understand that these are your goals, not anyone else's. This is your life and you have the power to make it what you wish.***



Stephanie Trevino, MBA, PHR 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. More information is available at [www.strengthbodymind.com](http://www.strengthbodymind.com) and on [Facebook.com/StrengthBodyMind](https://www.facebook.com/StrengthBodyMind).

If you'd like to see your health and fitness question answered in this column, send an e-mail to [strengthbodymind@gmail.com](mailto:strengthbodymind@gmail.com).





MODEL:

**BETTIE\_HAZE**

Photographer: [Bewitched Boudoir](#)

Hair/Makeup: [Ruth Landa](#)

# The Poe's at Moon Tattoo

BY: VULGAR.VANITY



The tattoo industry is notable for being male dominated and very individualistic. That does not exempt it from being like any other industry where artists, and even couples, have come together to join forces in creating art. Like any industry, you're bound to find yourself with couples that work together, and even couples that learn from one another. In Austin, Tx you'll find Moon Tattoo, a shop owned and operated by Tina Poe, who was introduced to the industry by her husband, David Poe.

The Poe's have been together for eleven years, married for six years, and have been in business together for the last four years. David has been an established artist in the field for the last eleven years and in that time he introduced, taught, and guided Tina through her journey as a tattoo artist. Prior to joining the tattoo industry Tina worked as a tech designer, manager, and illustrator where she was able to work with a lot of line work and color. Tina always wanted to be more creative and develop her artistic skills; she began to develop her own art style using line work and heavy black work.

See more about the Poe's on next page

# The Poe's at Moon Tattoo

CONT.

Moon Tattoo has been in business for four years under Tina's management; after six months of business they had enough clientele to add on an additional artist to the team. Since then the shop has been fully staffed with a total of six artists and an apprentice, all who match the style of the shop and who can bring the appropriate level of care to each client. The shop has its own style that can be recognized; you can book an artist from the shop a month in advance for any custom work, and they have flash art readily available for clients seeking to purchase their established pieces. Tina does not micromanage her artist and allows them their own availability to work with clients, while maintaining the shop closed Sunday-Monday. Covid-19 regulations have changed their regular protocol by implementing an appointment only restriction, but outside from that singular restriction they are still open for business and taking on new clients. They are currently not hiring any new artists, and they are trying to migrate towards being primarily flash art.

The Poe's reported that despite working in the same shop and spending their entire shift together they don't feel the environment has negatively affected their relationship.

David reported that he fully acknowledges the added obstacle his wife has faced gaining respect as the shop owner because she's a woman, and he has to constantly remind people that he works in her shop. As a couple they work the entire work shift together, but don't feel they actually get to spend that time together. They both agreed that despite working together, they're like any other couple that spends their days off together and debrief at home after work. The couple agreed that working in the shop together has not created an uncomfortable power dynamic and they are able to balance their work life with their love life. They look forward to future expansions and working in the field they love for as long as they can.

Tina can be found on Instagram as: [@TinaPoe](#)

David can be found on Instagram as: [@MrDavidPoe](#)

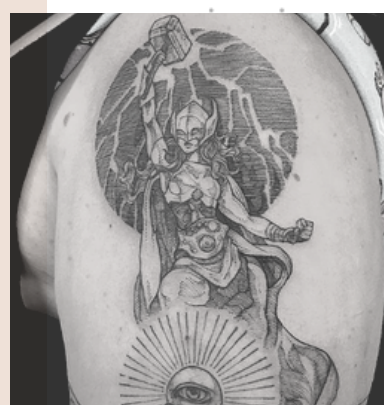
&

Moon Tattoo can be found on Instagram as:

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FALL  
FALL  
FALL



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