

OCTOBER 2020/2

# TEXAS INKED

CREATED TO INSPIRE, INSPIRED TO CREATE



Kaelyn Lynne  
Clamore Wolfmeyer

I am absolutely loving these Halloween themed issues! November is going to be a bitch of a month to get through after pouring my heart and soul into October.

The hardest part of having a publication is sourcing content. I wanted to take a little time and explain to everyone what we look for. We are not the magazine that requires those who submit have "X" amount of followers (we all know you can pay for those!), we keep an eye out for those that support our brand. Our #1 go to for the Mini Mag is Instagram. First we check the content that people tag us in, this is typically the photos you see us share on IG, but they also do a little more than that. Those photos & tags are the first thing we see in the morning and the last thing we see when we go to bed at night. If you think some of them don't stick with us then you are dead wrong. That 2 seconds that it takes for a tag could be the opportunity for 60+K people to see your work and possibly click your follow button. Yes we do this in hopes of making a living, just enough to pay the bills and maybe afford a couple little things in life. But, most of what we do is try to help others see that art is a necessity.

By you taking a couple seconds and tagging us is integral to us! You are not only showing your support for our little home grown brand, but you are also showing that you have the desire to be bigger than who you are. You show us that you have the drive to keep growing and know our platform is something that could possibly help. **THOSE ARE THE PEOPLE WE SUPPORT!** Sure we know some of you have more followers, but there is always room for more.

After we check for our @, we then move to our #, it's kinda a rinse and repeat on the #.

We have to comb through those and the move on the the email submissions.

That brings us to our Content Creators!!! These are the people who volunteer their time to help us grow. Without them, there would be no us. We find our content creators mostly through IG, we look for individuals that share a common passion for what they do. These are the people who don't mind running around all weekend long pondering how to use their talent for us. We have writers, photogs, models, sponsored artist, bands, dancers, the list can really go on and on. These are the few who have gone beyond just an @/# and actually given their time to us. We appreciate the shit out of these people. But, this group of people is also hard to come by. We often come across people that think this is easy, it is not, and we give our sincere THANK YOU to all of you whom have stuck by our side.

I guess the point of this rant is just to show it takes an army, and we could always use more hands. If you are interested in becoming part of our Texas Inked Family, please visit our website. We have a ton of valuable content there that can help not only you, but your shop or business too. [Here's a link to our resources tab](#) where you can find how to submit work, see our prices for shop photography, and check out our Direct Marketing page. Maybe while your there you can [check out our products](#) as well!

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.

DONATE





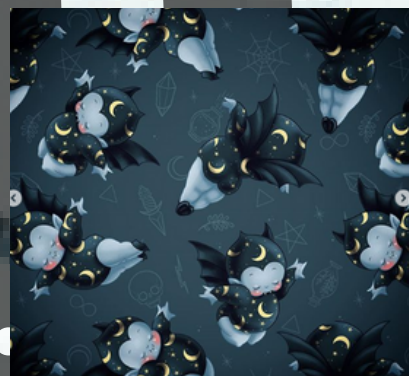


Model: Kaely Lynn

PHOTOGRAPHER: CLAMORE  
WOLFMEYER



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# The Missing Macro

**By Stephanie Trevino, MBA, PHR, Certified Nutritionist**

Macronutrients are the main sources of anything you eat. Macronutrients are the three things that give your body energy. These are protein, carbohydrates and fats. It is very easy to get carbs and fat in your diet but many miss the most important macro that is **protein**. It is easy to get caught up with general numbers and what you find online about how much protein you need. The most common number is 1g per kg of body weight but this is a very low estimate and more along the line with people that do not workout at all. If you are doing serious lifting you should be consuming **2.0g** that is double that general number.

So why do we need protein? It not only builds muscle but it repairs muscle. It aids in hair/nail growth, boost your immune system and increase red blood count production.

## How do I get protein in my diet?

1. **Meat = Protein.** Chicken, turkey, lean ham, red meats, tuna, fish, eggs and egg whites. Always remove the skin off meat.

**Smaller sources of protein.** You can also get protein from low fat cheese products, greek yogurts and cottage cheese.

**Supplemental Protein.** Whey Protein Powder is a very good quality of protein that is easily digestible. Look for Isolate brands this indicates the quality is high. If you have a lactose problem, try a plant based protein.

**Healthy Fats have protein.** Healthy fats are nuts & seeds and these do contain a small percentage of protein.

Protein is needed for your entire body! It creates flexibility and strength to all muscles, tendons and tissue. Protein will regulate hormones and initiate many good chemical reactions in your body. Drinking water? Protein ensures that the fluid is dispersed evenly. Protein creates special antibodies that are needed in fighting infections. It also acts as a transporter to your blood carrying oxygen, waste and nutrients. The body can use protein for energy and fuel.

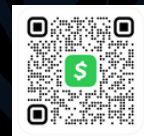
If you needed any more reason to eat protein try this, protein satisfies your appetite and keeps you from overeating. Ensure you have protein at every meal. If you have questions about this topic or anything related to health and fitness, drop me a line at [strengthbodymind@gmail.com](mailto:strengthbodymind@gmail.com).



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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. Her areas of expertise include physical fitness, nutrition, and mental and physical wellness. More information is available at [www.strengthbodymind.com](http://www.strengthbodymind.com) and on [Facebook.com/StrengthBodyMind](https://www.facebook.com/StrengthBodyMind).





The darkest souls are not those which choose to exist within the hell of the abyss, but those who chose to break free from the abyss and move silently among us

~ DR. SAMUEL LOOMIS (HALLOWEEN)

Model: Kaely Lynn

PHOTOGRAPHER: CLAMORE WOLFMEYER





# KAASH PAIGE

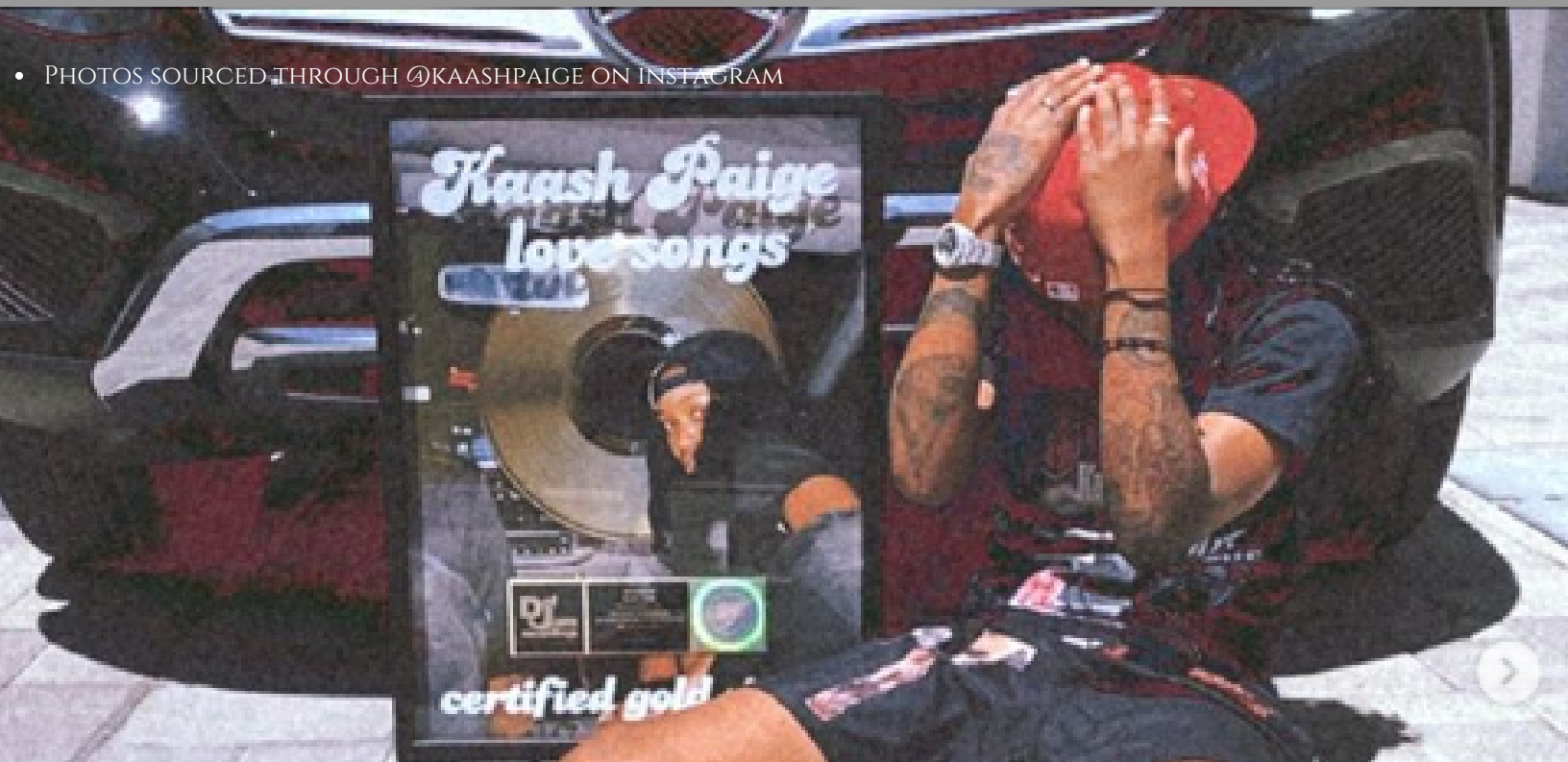
Written By: Stephanie Tacy

Dallas, Texas singer-songwriter Kaash Paige's career took off after her single "Love Songs," went viral on "Tik Tok". She released her debut project Parked Car Conversations in November 2019 which gained traction. The Roc Nation and Def Jam Recording's artist has since released her debut album, Teenage Fever in August of 2020. The 13-track album walks listeners through the ups and downs of various feelings of existence from relationships and love to drug use and depression. Teenage Fever juxtapositions lower vibrational tracks like "Ms. Lonely" and "London" with feelings of optimism in "Grammy Week" in which Paige states her desire and continued pursuit for success despite all the issues that have come with it. The album continues through the highs and lows Paige is feeling as both a teenager, a lover, and an artist in a sporadic order reminiscent of how our thought process moves. Standout tracks include "London," "Problems ft. Isaiah Rashad", "Fake Love ft.42 Dugg," and "Soul Ties." Throughout the album Paige shows her vulnerability as she touches on complex emotions in a way that makes you want to sing along. Overall the album gets a 3.75/5.



(more...)

• PHOTOS SOURCED THROUGH @KAASHPAIGE ON INSTAGRAM





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