

CREATED TO INSPIRE, INSPIRED TO CREATE

TEXAS INKED

FEBRUARY 2021 || ISSUE 4

Jackie

MRAZEK

BY: SAVANNAH B. PHOTOGRAPHY



Editors Note

Well that was a week, huh? Texas weather likes to throw curve balls sometimes, and what can we say; we ain't the best at catching them bitches! This has nothing to do with the comprehension of the amazing folks that live here, but more to do with the lack of infrastructure strength. Yeah I said it, our infrastructure is weak A.F. We knew it already and the point was hammered home last week. Our home as well as millions of others in the state were left without electric, water, and heat. We were able to make the best of it, but others we not so lucky. For those who were hit harder than us, for those that lost family and/or friends, we send our love and positive vibes. Here's hoping those than run Texas saw the mess they caused, and are now moving in the direction of change. What just happened to us was an injustice, it was unfair, and should never happen again!

TEXANS DESERVE BETTER!!!

In this weeks issue we continue to welcome back San Antonio photographer Savannah B. Photography. We have had the opportunity to watch Savannah grow her craft and hone in on her style. We absolutly love having her back! Keep an eye out for more of her work in future issues.



DONATIONS

IT LOOKS LIKE CONVENTIONS WILL BE PUSHED JUST A LITTLE LONGER... WE NEED YOUR HELP TO MAKE IT THROUGH!

WE ARE WORKING OUR BUTTS OFF TRYING TO GET BACK ON TRACK! THANK YOU TO THOSE WHO HAVE ALREADY DONATED. IF YOU ARE ABLE, AND WOULD LIKE TO SUPPORT A TEXAS PUBLICATION, PLEASE DONATE.

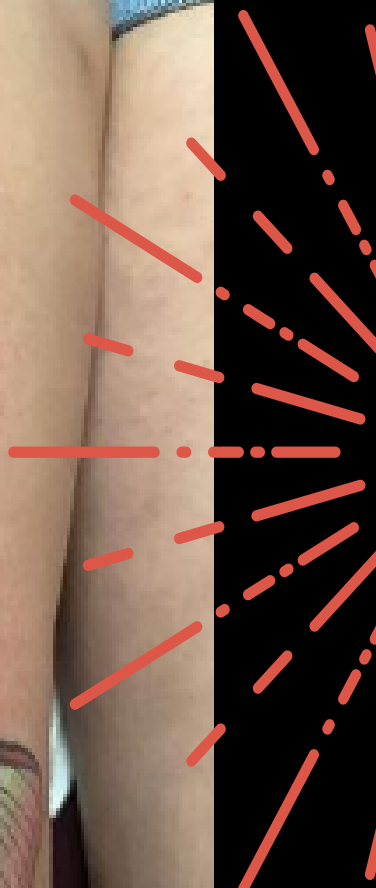
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Thank you!

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of the week

STRENGTH, becoming... BODY, MIND.

Stephanie Trevino

When Stephanie walks into a room the energy level is raised to "MAX". Stephanie Trevino is the owner of Strength, Body, Mind, and also our staff writer specializing in health & fitness. Stephanie doesn't just preach it, she backs that shit up. You can find Stephanie training clients, cooking up meal plans, or kicking ass as a pro jiu jitsu athlete. She is so inspirational, we couldn't hide her behind the scene, we needed to bring her to life for you.

I was going to have her interviewed and do a write up, the professional way... But, I really didn't have to. Stephanie is super easy to talk to, she is an open book, and proud of her story.

I was never an athlete or anything and fitness really saved me from some dark times. Young mom, drugs, partying, no direction...

I was even in college and still doing all that, but it was not until I started bodybuilding that I had for the first time a clear purpose.

I had a reason to stop partying and drinking, it saved my life.

For the first time I saw what really mattered.

obviously life is not a fairy tale and even after I escaped all that, I met

a man (I was with a female for 5 year, I am openly bisexual and have been since 15) I thought it was my prince charming. He had a great job, good looking, and he took care of me. But, after I got pregnant it all changed. The next few years it was pretty bad.

"ACTUALLY, I AM PRETTY OPEN ABOUT IT BECAUSE I FEEL LIKE IT MADE ME WHO I AM TODAY".

He had always been verbally abusive, calling me "Bitch", "Slut", you name it but it got physical more than I like to admit. We didn't agree on a lot of things.

The more I was out in the public and doing fitness stuff the more jealous and controlling he got. One day I decided to leave, actually he pushed me

in front of my daughter, and I knew that was it.

my life had been threatened so much that I knew if I didn't leave one of us would

die. I left while he was at work. I was a single mom with 2 kids, working lots of long hours and getting lots of therapy.

Healing and learning to love myself honestly came about 2017 when I really found myself.

Keep Reading 

PERSONAL FACTS

- 37 years old.
- First person in my immediate family go to and graduate from college.
- Currently working on my PHD.
- Previously weighed close to 200 pounds.
- Worked in healthcare before I left to open my own business in 2012.
- Pro bodybuilder.
- Pro Jiu Jitsu athlete.
 - Ran an all women team of competitors
 - Started an all women BJJ group in Houston.
- Competed in "Super Fights" overseas.
- Currently teaching/training kids.

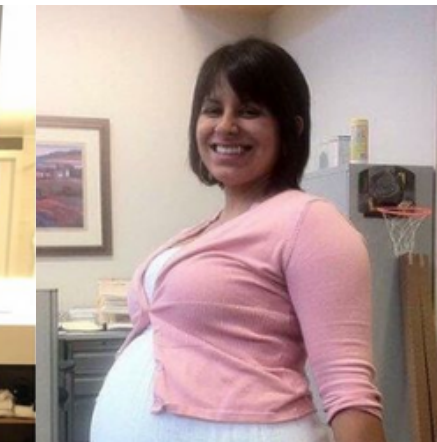
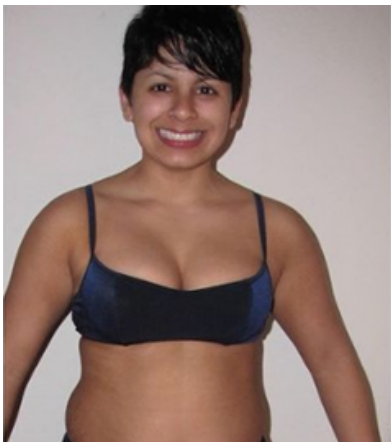


PROFESSIONAL BIO

Stephanie Trevino, MBA, PHR, is the owner of Strength of Body and Mind, LLC (SBM), a professional consultancy dedicated to providing overall wellness in all aspects of life – personal, professional, and familial. At SBM, Stephanie combines her passion for helping others with her expertise to transform individuals and families into stronger, healthier, and more vibrant beings.

After competing in the Texas NPC for several years, Stephanie earned her IFBB pro card in 2016. Over the past four years, she has grown a team of more than 100 athletes, boasting six additional IFBB pros with many more in the making. Aside from professional bodybuilding, Stephanie provides tailored nutrition and wellness programs to hundreds of additional clients, ranging from CrossFit athletes and professional MMA fighters to first responders, teachers, moms and dads. Her written health and wellness contributions have been published in local and national publications, online and in various podcasts. She is a successful fitness model with photography featured on every platform of print and online media.

Stephanie holds a Masters of Business Administration from Texas Woman's University and is a certified trainer licensed through the HR Certification Institute. She is currently pursuing her PhD in Psychology and continues to grow her business and team in the world of health, wellness, sports and bodybuilding. She is a certified CrossFit L1 Trainer, nutritionist, and mental coach. To contact Stephanie, please email strengthbodymind@gmail.com





Jackie

MRAZEK

BY: SAVANNAH B. PHOTOGRAPHY





AUSTIN, TX
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INSTAGRAM
WEBSITE
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TEDDY THE LEGACY

By: Stephanie Tacy



DOMINIQUE WOODSON OTHERWISE KNOWN AS "TEDDY THE LEGACY" IS AN AUSTIN, TX BASED R&B/HIPHOP ARTIST. WE CAUGHT UP WITH TEDDY THE LEGACY TO DISCUSS HIS LATEST PROJECT, SEVEN, HIS DREAM COLLABORATIONS, AND MORE.

Q: How did you come up with your artist name, TeddytheLegacy?

A: "...I've always been Teddy. I got that name from a girl in high school. She just started calling me Teddy. You know, I'm a chubby person. But then I couldn't just go by Teddy because there were a lot of Teddys popping up everywhere. So TeddytheLegacy was actually my username on Twitter, and I was just like, "Fuck it, I'm just gonna go by TeddytheLegacy now." You can't copyright just Teddy."

Q: What got you into making music?

A: "My brother Myke, Myke Mayssa, rest in peace. We started rapping in high school-- sophomore year. Junior year we made a little group that were rapping and he's the one that really showed me how to mix, master, and everything, and showed me how to be our own label without having to need nobody. So we were recording music out of a spare room and shit. That's how it's always been from here on out. I really don't record in big studios. But I started rapping 10 years ago, really."

Q: So in all of your projects, you're responsible for doing all of the production all the way around?

A: "Yeah, everything but the beats. I make beats too-- on a few projects, I'll make a beat here and there. But yeah, pretty much everything, I'm mostly mixing and mastering all by myself, and then I just get beats from the homies."

Q: How would you describe your sound to someone who has never heard your music?

A: "I'd say eclectic, unorthodox, pretty much. And versatile, really. I can step in any vibe and just go head on with it. I'd say I'm like a unicorn, I guess. I can really adapt to anything. So I really don't like to box myself in and say I'm just a rapper, or any of that. I want to say I'm an artist, because I make more than just rap music."

Q: What was your inspiration behind your most recent project, Seven?

A: "Ah, Seven. That was just kind of like an anniversary project, just how long I've been in. It was my seventh solo project, so I just named it Seven because of that. And if you listen to the beginning of the intro, I put in past intros from my past projects just to sum it up, like, "This is where we came from, and this is where we're going," and just to show my growth and how far I think I have adapted to my own sound, and showing where I'm going, too. I put in little bits and pieces of newer sounds that people haven't heard from me in that."

Q: So what is coming next?

A: "I can't say that. We're working on a lot. Me personally, I've just been brainstorming and thinking, what do I want to do next, how I want to present it to the world, and what I just want to tap in more. I will say, I am trying to get into more of an alternative route and just venturing off into different sounds and shit like that."

Q: Out of all the songs you've released so far, which one's your favorite?

A: "My whole catalog? Damn. I would say "Aries", because that's one of my biggest ones. It's on all streaming platforms now, but it started on SoundCloud, and that hit, like, 20K out of nowhere. That was one of my biggest songs. I was like, "Oh, shit--" I felt famous when that shit happened. But I'll say recently, on Seven-- I'll say "Anemic", that's my favorite. I love Anemic. I've been playing that shit all day. I can't wait to perform it."

Q: How do you deal with writer's block?

A: "Don't force it. I'm not a forcer. Don't get me wrong, all the people that's in the studio 24/7, that's their prerogative, but if I'm not feeling it, I'm just not even going to try to do it. I'mma take some time and just try and experience life a little bit more. Because that's where my inspiration come from, just my life experiences"

Q: Who's your dream collab with?

A: "My dream collab would undoubtedly be Frank Ocean. That's my boy right there. That man is a genius. I've been rocking with him since the beginning, O-F days. So yeah, Frank Ocean. I've got plenty of them though. I'd be a headass to say Drake but that's one of my top rappers, it's got to be Drake. That man is one of a kind. Underground-wise, if we want to take it there-- let me see. I'd say UnoTheActivist. That's my boy right there. He's been going at it full hard."

Q: If a toy company made an action figure of you, what accessory would you come with?

A: "Just me as a action figure? It'd have to come with a yellow hat. That's my signature color, yellow so it has to come with a yellow hat."

Q: Who's in your personal top five?

A: "My personal top five. Gonna start from five. So I would say-- because I grew up on down south music, so I'm gonna say Texas-wise, my top five, because that's all I listen to, that's all my pop's played growing up. I'm gonna say Big Pokey, number five. Big Hawk, number four. Z-Ro's number three. Fat Pat number two, for sure. And Mr. 3.2"

Q: What's a question you've always wanted to be asked in an interview? And then answer it.

A: "I always wanted to be asked crazy shit, some off-the-wall shit, like fucking, "Stranded on the island, you got two albums, what would you bring?" I like shit like that. And I would bring-- I gotta think of albums that have, like, every emotion possible. So it would be-- Section.80 is one, for sure, even though it's not a album, it's a mixtape. And then the other one would be-- I'd say Blonde."





Jackie

MRAZEK

BY: SAVANNAH B. PHOTOGRAPHY

THIS MONTH'S
FEATURED
PRODUCT



TEXAS INKED "HUBBY" TEE
\$29.00+ S/H

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The Bella + Canvas t-shirt feels soft and light, with just the right amount of stretch. It's comfortable and the unisex cut is flattering for both men and women. We can't compliment this shirt enough – it's one of our crowd favorites. And it's sure to be your next favorite too! 100% combed and ring-spun cotton

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