

Created to Inspire, Inspired to Create

TEXAS INKED

DECEMBER 2020-2





The power of social media is real this week. We periodically throw up our "How to get our attention" story post on Instagram. One of the ways we suggest getting our attention is using our @ & #. We really do pay attention to the people using it. We notice you and may not get to share each and every one of your posts but, we will definitely show love when we can.

The gorgeous folks over at The Scarlet Barbell Club in New Caney, TX are a prime example. We noticed some tags coming through and shared them a couple times, but meeting them in person was a huge honor. Check out our day at The Scarlet Barbell Club (pg 7.) to see what we mean. Such amazing people with huge hearts and badass tattoos!

Since we are on the fitness side of things this week, let's get the dirt on juice cleanses. Health expert Strength Body Mind shares the truth behind those dirty dirty cleanses on page (8)!

The new year always brings promises of "getting healthy", "making more money", and "finding inner peace". There is nothing wrong with any of those, but sometimes it's hard to know who you can trust to get you the results you need. We are hooking you up with easy and trustworthy solutions to help make your resolution a reality!

Oh and for those of you who just want to eat some good food, you are not forgotten check out page (4) for some good eats out in San Antonio, TX. Smacks Chicken Shack!!! Just the name of it sounds good!

Thank you for all the support Texas Inked Family. We can't wait to see you all in the real world one day soon.



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



CAN YOU GUESS WHAT WE ARE EXCITED ABOUT?

Model: Rosie Marie

Photographer: Louie GianPaulo Villalon Ayuma



CHEF KEENEN HENDRICKS

Smacks Chicken Shack

Writer: Vulgar Vanity



The city of San Antonio has many popular destinations that people from all over Texas travel for. Some come for the Spurs, some come for the Riverwalk, some come for Six-Flags, and as of recently we've had an influx of people coming for Smacks Chicken Shack. Keenen Hendricks is the chef behind the infamous food truck that came to fruition after San Antonians got a taste of his culinary style at a pop up and demanded his return.

Smacks Chicken Shack, about to celebrate their first year in business, is the hot new food truck taking San Antonio by storm. Chef/Owner Keenen Hendricks began his journey 2.5 years ago with a pop up known as Smackerel where he debuted the unique recipe for his chicken sandwiches. Initially Keenen intended to have a rotating menu for each event; but returning customers continued to question him about the return of the chicken sandwich, and the advice from another local chef & restaurant owner (Chad Carey) solidified his decision to specialize on a specific concept. By popular demand, Chef Keenen rolled out his new menu that would later that year win him "San Antonio's Food Truck of the Year", despite still being a small pop up vendor. The success of Keenen's chicken sandwich was rapid; after six months of being a vendor at local pop up events he was able to get the food truck we now know of as non other than Smacks Chicken Shack.

Smacks Chicken Shack gathered popularity online because of their strong social media presence and Keene's presentation of his meals. The photography of the food caught people's eyes, but it was the unique menu that intrigued people, and created the hype around the new food truck. Menu items such as the peanut butter and jelly chicken sandwich, the HoodRat which is a chicken sandwich that has flaming hot Cheetos in it, and Neapolitan which is a chicken sandwich topped with powdered sugar and scoops of ice cream, blew up on social media as people posted about how excited they were to line up for the unique flavors. Keenen decided to keep the idea of a rotating menu from the Smackerel pop up over to the Smacks Chicken Shack; which in itself garners a sense of excitement for the customer who has to log in to their Instagram account to see what special menu item will be available for them throughout the week. The Nashville Hot continues to be their most popular menu item, but the peanut butter and jelly sandwich alongside the Cheesy Thai loaded fries have become best sellers joining the Lemon Pepper, Big Smack, and Hoodrat on the permanent menu. Chef Keenen emphasized that he deems his recipes unique because he refuses to create simple food, and prides himself on being recognized for having very flavorful and smothered items.

Presentation, flavor, and the buzz around town were enough to bring the success of the food truck to an all time high this year despite the pandemic. Chef/Owner Keenen Hendricks is incredibly active on social media as he has taken the personal responsibility of responding to customer reviews and handling the Instagram account for the food truck. Keenen stated he would never have the success he has if it was not for the loyal fan base surrounding his business.

“I’m already familiar with the Wednesday crowd and the Friday crowd. It’s so odd and endearing that people go out of their way to not only visit, but to also add my restaurant to their day or weekly routine.”

Keenen Hendicks

Keenen spoke about his previous work experience at high end establishments, and how he always felt that customer service should be a priority to anyone hoping to have a successful business. He told a story about a time a local eatery reached out to him in hopes of reposting their content to spread news of their establishment, to which he responded saying he would try their food if they tried his, and the sender immediately responded in awe that the owner of the business was taking time to personally respond to customers. He stated, “I realize that it’s uncommon for the owners of the establishment to respond personally, any typically it’s an intern or separate employment who runs social media accounts or businesses, but I like to be in control of the responses and hearing myself what customers have to say.” Customers were also pleasantly surprised with the transparency Keenen presented regarding the pandemic. Customer were able to log on to Instagram and where he showed his customers exactly what precaution the establishment was taking and answering questions about confirmed outbreaks. Needless to say Keenen and the entire team at Smacks Chicken Shack have created a family environment for their clientele. This level of hospitality has created a long list of return customers, a strong fan base, and local celebrities such as Spurs team members Lonnie Walker & Bryn Forbes frequent the establishment.

The overwhelming success of Keenen and his culinary skills have allowed him to continue expanding. Not only is Smacks Chicken Shack about to celebrate their one-year anniversary, but he has also launched a second food truck called Smothered as a separate food concept meant to play homage to his New Mexico roots. In addition to his success as a food truck vendor, he will be opening his restaurant first week of January in the New Year. The new restaurant will house all of Keenen’s unique recipes in addition to one burger called “The Beefy Boi” created by his Sous Chef and long time friend Andres Vega. Keenen hopes to continue to expand his business and hopes to one day have food trucks in locations nation wide including: Houston, TX, Portland, OR, Washington D.C., and Boulder, CO. Chef Hendricks reiterated that he is incredibly grateful to all the people who have visited his establishment, tried his food, shared their experiences, and allowed him the opportunity to achieve all the success he has garnered over his career.

Smacks Chicken Shack

711 Navarro St, San Antonio, Tx

Instagram Accounts:

[@SmackChickenShack](#)

[@SmotheredSA](#)

Model: Rosie Marie

Photographer: Louie GianPaulo Villalon Ayuma





Lets get the basics out of the way... The Scarlet Barbell Club is located in New Caney Texas, just a short drive north of Houston. The gym is owned by Powerlifters Quentin Bryan and Jess Laywell. You can also find their partners Kim Bryan and Yvette Laywell holding down the daily operations. This is one of the cleanest and friendliest gyms we have ever visited. After talking with Quentin and Kim it became very obvious why they are a success.

The Scarlet Barbell Club is open 24 hours a day and boast a \$30/monthly fee with no contract. It is no surprise they have over 900 members! Quentin and Kim treat everyone that walks through the door with respect. You can be any fitness level and they will welcome you the same.

The day we visited our 15 year old son accompanied us, he was interested in getting some tips to improve his strength and weight gain. Without a question Quentin took him under his wing. While the two of them worked out I was able to get some details on how the gym came about from Kim. The name "Scarlet" is in homage to Kim and Quentin's baby girl born very premature at 29 weeks. Scarlet was born May 13, 2016 (a Friday), fought as hard as she could, and lived 6 days. The loss of baby Scarlet, and finding out Kim would require IVF to conceive again, changed life as they knew it. The Bryan's sold everything they owned and moved in with family. Quentin continued to work with colleague and friend Jess Laywell. Jess, (has to be one of the best friends anyone could ever ask for) gave Quentin a call one night with a surprise.



Check out the artwork on these two:

Kim - Steven Compton, CK Tattoo, & Hitlistink. Quentin - CK Tattoo

Jess wired Quentin and Kim all the money he had made by selling his home. He wanted Quentin to follow through with his dreams of owning his own gym. 2 years and 900 members later I think we can agree, that leap of faith was well worth it!

After teaching my kid a couple valuable lessons in "trying a 38 year olds strength", Quentin joined us in the lobby, where we also met Maxx! Maxx is the Bryan's rainbow baby who had just woken from his nap. Kim had already ordered pizza knowing both her "dudes" would need some food. We got to spend some time playing ball and coloring before we had to take off. You may think its odd that I mention the pizza. It's not always easy to judge "strangers character", but when a 200lb powerlifter makes sure my 15 year old is full before he devours what's left of his own pizza... I feel safe in saying the Bryan's are badass genuine folks. Obviously their friends feel the same. We hope to get back one day soon and meet the other half of The Scarlet Barbell Family.



NEW CANEY, TEXAS

18790 Highway 59 N

thescarletbarbellclub@gmail.com

832.793.5105

Lobby Hours: 9AM-6PM

\$5 Day Pass



[@juangbodyart](https://www.instagram.com/juangbodyart)

**JUAN CARLOS
GARCIA**

**MAG TATTOO STUDIO
LEAGUE CITY, TX**



The Truth About Detox

By Stephanie Trevino, MBA, PHR, Certified Nutritionist

Drink this juice for 7 days and like magic you will lose 10 pounds. Juice cleanses are not new. They have been around for decades with promises of quick weight loss and pounds loss. What is the truth behind all these claims? Juices are the newest trend that promise long lasting result with minimal effort.

The truth is many of these juice diets restrict calories to an unhealthy amount. You are getting in 500 to 800 calories per day. Will you lose weight? The answer is No. You may drop a few pounds of water weight but the reduction in caloric intake to starvation levels will ultimately set you up for weight gain. Additionally, these diets promise things like mental clarity but the brain needs protein and fat to function.

Protein. This is my favorite component of any diet. It helps to facilitate muscle growth and provides long lasting fuel for those muscles. Juice diets lack protein. Lack of protein will lead to muscle loss. The claim that juice cleanse will free your body of toxins is also false. There is not a single scientific study that has proven juice cleanses free the body of toxins.

Clean Diet, Clean Body

1. Eat a well balanced diet.

Vegetables, fruits, whole grain, lean protein and healthy fats will keep your body running at an optimal level.

2. Eat to perform. Low calorie intake will make your body and mind weak. You will not be able to push hard during workouts and performance will start to suffer.

3. Avoid sugar. Sugar is a rising epidemic in our diets. These juices are loaded with hidden sugar. Read labels. A soda has about 28g sugar. If the juice you like has more, that is a bad sign.

4. Blood sugar levels should be maintained. Juice can cause a rapid spike in blood sugar. What goes up must come down, so you will feel a crash from the spike.

Juice cleanses may promise to be the answer to all your health and fitness needs. However, as with anything that it is a nutrition trend, you must look deeper into what you are doing to your body. Low caloric intake coupled with no protein, high sugar consumption and lack of healthy fats will lead to body starvation. This will set you up for weight gain and if done frequently may put your brain and health at risk.

Remember there is no quick fix to weight loss. This has to be a lifestyle choice. Do things that will benefit you in the long run. Quick deprivation diets are not the way.

If you have questions about this topic or anything related to health and fitness, drop me a line at strengthbodymind@gmail.com.

Stephanie Tapia, 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 and on [Facebook.com/StrengthBodyMind](https://www.facebook.com/StrengthBodyMind).

This Months

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