

OCTOBER 2020/3

# TEXAS UNKED

*Krystal Marie*

PHOTOGRAPHER: SHINEON BOUDOIR

CREATED TO INSPIRE, INSPIRED TO CREATE

# NOTES FROM THE EDITOR



I'm Late! Never what anyone wants to hear , right? LOL

But really, I am a day late. I have a good reason though! My birthday!!! I was whisked around from plant store to plant store, fed a couple times, and was way too busy being spoiled to work. I know you are all on the edge of your seats just waiting to get to the good stuff, so I won't take much of your time, but let me tell you about my big day.

I recently became a plant enthusiast. Before about 5 months ago, I would literally kill anything that was supposed to be green. My MIL would gift me easy plants like Aloe, or Snake Plants, dead... All of them!

For some reason though, I can now not only keep them alive, but create new life with them. So the hubby took me on a little day date, and I got to pick out a couple amazing plants! check out the photos below. My oldest son bought me a huge dinner and a piece of cheesecake to finish it off. Spending the day with all my boys is always amazing, but yesterday was just perfectly splendid! Hopefully you can all forgive me.

Okay, Okay... On to this weeks issue.

This week we have a really special interview with our "Queen of Halloween" Focus Megan! Megan is Halloween wrapped in the body of a lady. I am pretty sure she sleeps in a coffin, if she sleeps at all. So you will definitely want to check that out, and see what tips and tricks she has to make this Halloween the spookiest one yet. Stephanie Tacy brings us some music entertainment, featuring Jake Lloyd. You can find Jake in Austin, or on Spotify whichever is easiest for you. And finally... Some of the sexiest images of Krystal Marie to hit the net! These images were saved for a special issue, and I think you will agree, they couldn't come at a better time.

So enjoy the week, get out and spend some time in nature, pick up a plant and enjoy the weather as fall begins to take over. We are only a little over a week away form Halloween! I hope you have your costume picked out and those full size candy bars ready for the kids, they have had one hell of a year.



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





*Krystal Marie*

PHOTOGRAPHER: SHINEON BOUDOIR



# Guide to Spooky Things

w/ Texas Inked Resident Spooky Girl: FocusMeganFocus

*Here at Texas Inked we value our readers, and want to make sure everyone has the best tips and tricks for a fun, safe, and successful spooky season. Covid-19 shouldn't stop you and your family from celebrating the season as the air gets cooler, the nights get longer, and Halloween approaches. We reached out to our very own spooky girl for all your spooky needs this October. Read below to see what FocusMeganFocus has to say!*

Megan has been creating "spooky" content for over 8 years; she is taking a trip to Salem this year for her birthday, and plans her content 6 months in advance to prepare for the season. Megan uses her Instagram as her main platform to display her modeling, curves, and sense of fashion, but you can always navigate to her TikTok for exclusive creepy content. Megan stated the most rewarding aspect of creating for her is self-expression. Her art does a great job of displaying a juxtaposition of beauty in darkness which she feels is the epitome of who she is. She holds her art to a very high standard and is constantly trying to outdo herself. Megan replicates looks from characters we all know and love, but she also creates custom creepy characters she generates from her own artistry.

**Megan has occupied her creepy nature to compile a few lists including movies, activities, creators, and tips (costumes/décor) to keep you and your family company this October! Merry Spooky Season, stay safe!**

## Costume Tips

"If you are wanting to take your costume up a notch from the average and generic costume, I suggest finding or making the costume yourself. Often times mass-produced Halloween stores sell mediocre quality costumes for an outrageous price. You'll be surprised at how easy it is to make it yourself, and better than what the store has to offer. Ben Nye is the go-to for quality costume makeup; they also have a range of props and prosthetics you can play with for fun, creepy looks."



"I love October because it's not about who can buy the most impressive & expensive gifts. It's a chance to get creative & be any character you want to be; you can make it your own. And spooky season isn't just one day like Christmas (barf). Anyone born with a spooky soul and an obsession for the creepier things in life knows the importance of October & why it's so precious." ~Megan

## Megan's SPOOKY List

### CONTENT CREATORS:

Glam & Gore on Youtube

(She has a ghost hunting series + does creepy SFX makeup looks)

Shane Dawson on Youtube

(his conspiracy videos are a fun spooky watch)

@dxrkart on IG

### PODCASTS:

Full Body Chills

Scare You to Sleep

Spooked

**BONUS:** Dark Tourists on Netflix



# Artist Spotlight: Jake Lloyd

By: Stephanie Tacy

As the music industry takes on a new identity with performances now reserved for live streams and social media, I wanted to take the opportunity to share one of many local artists out there who deserves their chance in the spotlight. Artist Spotlight: Jake Lloyd Jake LLOYD is an Independent musician based in Austin, TX. His sound merges genres effortlessly providing a unique blend of Alternative, R&B/Soul, Rap, and Rock. We sat down with Lloyd to discuss what he has been doing to stay creative during the downtime from live performances, how virtual shows compare to live ones, inspirations, dream collaborations, and upcoming projects. Check out or Q&A below. Jake also has a new project dropping in late October/early November so be on the lookout for that!

**Q: If you could describe your sound in one term, what would it be?**

A: "Alternative R&B"

**Q: How does being raised in Austin, TX affect your music and sound?**

A: "It just being a right of passage. Everybody does, I don't care what kind of music you do. You have to go through your 6th Street, downtown, live music circuit. So I feel like that has contributed to my stage presence, which has contributed to confidence, which goes to the way I write."

**Q: What's your favorite song of the ones you've released and why?**

"I think my favorite song right now is probably "Crossroading."  
"Crossroading" really just is kind of like an eye-opening song for a lot of the people on the scene to kind of see like, "Okay, well maybe what we thought this guy does, he does a little bit more."

It helps show the range and that's been my mission statement since I started doing the music is trying not to get pigeon-holed and show my abilities and I feel like this song really highlighted that."

**Q: If you could go back in time to before your music career, what advice would you give to yourself?**

A: "My advice for music would be put some money away. There's a lot that you have to do in this that you need money for that I guess I didn't really think about as a kid. And as a kid, you're just, "I see this. This is my passion. This is what I want to do." But you don't really think about the business end and all the intricate things that go on to make a career in music. "

**Q: What do you do outside of music that contributes to your musicality?**

A: "I'm a big movie buff so a lot of the movies that I watch kind of help

shape the stories That I tell in music.

I'm also a dad so I spend a lot of time with my kids. Some of the times when I approach songs, I think about family and different stories. I like telling stories in my music."

**Q: How have you been staying creative this quarantine?**

A: "Man, honestly, I think I've been more creative. I think I've been more creative in this quarantine probably than I even was before the quarantine. I think that's partly because it's forced me to be. The music has not slowed down for me during the quarantine, not one bit so just being a participant, I think, is what's kind of helped me stay creative."

**Continued on next page**

# Artist Spotlight: Jake Lloyd (Cont.)

**Q:** I noticed that you have had the opportunity to perform in a couple of virtual shows, how do they compare for you as an artist to a live audience?

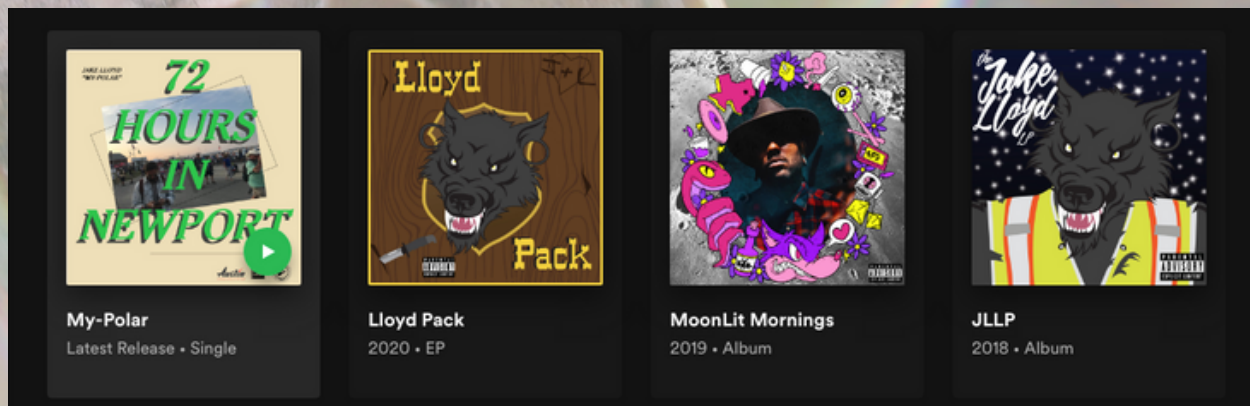
**A:** "I feel like it's a little less nerve-racking. I guess there's just as many things that could go wrong on the live stream because you got the computer involved and the internet connection, but it just feels more relaxed for me. I hear a lot of artists-- and I too miss being in front of the crowd sometimes but I guess that's the introverted part of me coming out. It hasn't been like, damn, I really miss the crowds. I mean, I do but it feels safe, I guess. Obviously, it's a little bit harder to get in the groove sometimes because you don't have the feedback of the crowd and you don't really have their energy. But for me, it's been like, okay, I get to just really do my thing."

**Q:** Who is your dream collaboration with?

**A:** "I could say Prince, but I think I would be so just blown away, not even-- I wouldn't even want to be on the same record as Prince because I don't think I even hold that candle. But something I think that I could really make happen and wouldn't feel too intimidated is probably Anderson .Paak. Sometimes I liken myself to that guy a lot. He's super dope and his range and musical style is something I really look up to. So AP would be dope."

**Q:** Who's in your top 5?

**A:** "Missy Elliott, Temptations, Prince, Michael Jackson, and Lil Wayne"



## Links:

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

Apple Music: [JakeLloyd](https://music.apple.com/artist/jake-lloyd/1441144444)

Spotify: [Jake Lloyd](https://open.spotify.com/artist/1441144444)

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# End of Year Eating

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

Anyone that works in fitness will tell you that the last two months of the year are slow months for us. Couple holidays with family gatherings and extra expenses this is the time most people let excuses consume them. I cannot eat healthy with all these parties, or I need to save money to pay for gifts for people I barely know. Whatever the reason do not allow excuses to consume you and ruin your healthy habits.

Don't get me wrong—I believe that holidays are special occasions, times to eat and be merry. Choose wisely and do not allow yourself to go crazy and gain the dreaded 10 to 15 pounds, most do during the holidays.

Be smart. Choose wisely. Do not allow one holiday meal or event through your whole day off. Pick the most important events to indulge and really focus on what you are eating and do not eat just to eat.

## Tips and Tricks for Holiday Eating

- 1. Stay focused during the day.** We make the mistake of not eating all day to allow “room” for a big meal. This is a mistake! When you are hungry your body will crave all sorts of foods you would not normally eat. Stop. Think about what you are eating. Eat a well balanced breakfast and lunch before you go to the event.
- 2. Ensure that the next meal you eat after a cheat is a healthy one.** When we eat something that is out of the norm for us we usually feel guilty afterward. The guilt leads us to seek out more “bad” food, which in turn leads to more guilt and so on, with the cycle continuing for days, weeks or even months. After indulging in a special treat, immediately get back to your regular eating plan. The hardest healthy meal is the one right after a cheat meal.
- 3. Plan before you attend.** Find out what kind of food will be at the event you are attending. Plan around the menu and load up on vegetables and lean protein options. Try to limit high-fat and fried foods so you keep the overall calories under control.
- 4. Leave the table.** When you are finished eating, walk away. Spend time socializing and enjoying the company of friends and family. If you stay close to the food you will keep on eating.

Holidays are times to be spent in the company of loved ones. But the urge to also indulge in food is at an all-time high. By planning ahead and staying focused, you will be able to maintain your fitness during this challenging time. Snack and eat wisely, choose small portions so you can try a bit of everything, eat slowly, and stop when you are full.

Go out and celebrate. Enjoy the people you love. Remember, 'Tis the Season of more than just food.

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)

**SPECIAL BONUS**

### 90 DAYS 90 DOLLARS

Stay fit through the holidays  
Lose the quarantine weight  
90 days of workouts  
90 days of meal plans fit for your needs

November 1 - February 1



Sign-up/Pay Now

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).



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