

TEXAS INKED

AUGUST 2020/2



"END" OF SUMMER
@ldmfitmodel

CREATED TO INSPIRE, INSPIRED TO CREATE

"End" of Summer & School Time

It's that time of the year again... Time for our kids to get the hell out of the house and out of our hair!

What am I saying, they are never leaving again. LOL!

I am secretly happy my son doesn't get to go back to his campus quite yet. You know because of reasons like Covid, and also, I just like having my kids around. My youngest son is turning 15 in a couple weeks. Maybe the fact I am out of the "kiddy" phase makes my job as a mom a little easier than some, or maybe I just raised some amazing kids. No matter the reason, I just loath the end of summer and back to school time. The one "bonus" about this time of year is the kids going back to school means fall is coming!

I don't think I was built for this Texas heat. I see some of y'all spending time in the yard with the dogs, going on walks in the woods, and even some doing yard work. I would melt. I am pretty sure I would melt at least, I don't stay out there long enough to know. If there isn't a pool or ocean close by, then I am going to be indoors with the AC. I can't even go on my midnight walks right now because it's too damn hot (not to mention the helicopter size mosquitos). I envy you ladies that can be outdoors in 100 degree temps and not be a puddle! Makeup and summer? Not a chance! So there are a couple pluses to the end of summer, a couple minuses too. Overall, I think we will be alright.

This week's issue is full of sizzle!

We have the sexy [@ldmfitmodel](#) on the cover. Her assets will also grace a couple pages. Enjoy that! We also have a protein filled muffin recipe to start your day off right. We are all going to need our strength when these kids ask for help on their math homework. As always we feature our artist of the week. This week we have Ruben 'jag' Mitchell AKA [@jaggumtats](#), we are super excited about that! Just a fun "end" of summer issue. I wish the best for you and yours this school year.

Everyone stay safe and healthy! ❤️



"END" OF SUMMER

[@ldmfitmodel](#)

@JAGGUMTATTS



"RUBEN 'JAG' MITCHELL"



For as long as I can remember being a artist was a dream of mine. I tapped into art at a young age and quickly discovered its what I want to do forever!! It allowed me to express myself in ways you can't really explain!! As a young one, I was always intrigued with tattoos!! I would always get tattoos out of the vending machines, stick them on, then not wash my arm for a week just so they would stay!!! I asked my mom multiple times to get into tattoo shops, and of course, she said "boy naw!! What do you want to go in there for??" I also got in trouble for staring at tattoos people had because I was so amazed by them!! I started tattooing out of the house at 16. By this point my mind was made up and I didn't wanna do anything else!!! So I never looked back and kept going!!! Went pro September 22, 2014 and was hired by Billy Jack Gunter at Artistic Encounter. Best life decision I've ever made was to become who I believed I was the whole time!!! An artist!!!

MUSIC MUSTS

to "quarantine and chill" to

Since the beginning of quarantine my son has been exploring my record collection, just like I did my parents collection when I was bored. I decided to put together a list of some of my favorite classics in no order. If you forgot about some of these you are welcome, if you didn't and you wanna add some suggestions? Hit us up!



The Roots - Things fall apart 1999

This whole album is amazing, if you have never heard of a "Progressive Rap Band" here you go make sure you listen to the track "You got me" Featuring Erykah Badu

Bone thugs n Harmony - E1999 1995

Instant classic if you forgot about this in your playlist rotation you're welcome. Key Bangers "Budsmokers only, 1st of the month, Mr Bill Collector"



Outkast - Aquemini 1996

Super chill, super gangsta, roll a blunt and enjoy the ride. especially to "Da art of storytellin" part 1&2, and my personal fav, "Spottieottiedopaliscious"

Method Man - Tical 1994

Wu-tang 4 life obviously right? But this album showed how dope, and deep "tical" could really take you. Key tracks "Tical", "Mr Sandman", "All I need"



Ugk Ridin - Dirty 1996

It's that Texas, Cadillac, Syrup Sippin Boys, from Port Arthur, Tx, Rap Legends, Texas legends, if you are from Texas, especially Houston you probably know this album front, back, and side to side. Key tracks "Murder, Diamonds against that wood".

Tribe Called Quest Anthology - Greatest hits Album (1999)

A lot of greatest hits albums just don't flow the way the music was intended to. Anthology does not suffer from this problem, and EVERY SONG IS A BANGER!



SHINEon

Boudoir

“How is it that posing in underwear makes women feel confident?” I get this question ALL THE DAMN TIME.

It's not about posing in your underwear that makes women feel confident and empowered. It's the fact that they feel so amazing that it doesn't matter what they have on. They could be completely naked. They are going to radiate beautiful energy because they have discovered part of themselves that deserves to shine.

My name is Julia and I am the owner of SHINEon Boudoir Photography in Houston, TX. When I started shooting boudoir 5 years ago, I knew that this was more than a hobby for me. The more I shot, the more I became obsessed with the transformation that I was seeing in the women I captured.

They let me in. They let me truly see them. They trusted me.

In return I showed them sides of themselves many had never seen before and it allowed them to respect their bodies as art.

I'm in the business of supporting women who want to step outside of their box and own who they are. Be brave, be sexy, be original. I'm here for It.



Banana Protein Muffins

2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon xanthan gum
1/2 teaspoon of salt (I never measure salt with a teaspoon....like garlic, I measure that bad boy with my heart)
1/2 teaspoon cinnamon
1 3/4-2 cups gluten free flour blend (I love the King Arthur brand)
2/3 cup coconut sugar
2-3 tablespoons unsweetened apple sauce
2 tablespoons coconut oil
2 teaspoons vanilla extract
3 medium mashed bananas
1 scoop vanilla protein powder (I use the Phormula-1 Vanilla Shake blend from 1st Phorm)
1/2 cup of walnuts or pecans (optional)

Instructions:

1. Preheat your oven to 375 degrees and line a muffin tin with paper muffin cups and lightly spray with a non-stick coconut oil based cooking spray to prevent muffin stickage.
2. Mash all your bananas until smooth with minimal clumps, and add in the oil, applesauce, and vanilla extract, mix well until combined, about 2 minutes.
3. Mix all dry ingredients together (with the exception of the nuts).
4. Add the dry ingredients to the wet ingredients a little at a time, scraping down the bowl between each addition. If the batter appears to be very wet, add an additional 1/3 cup of gluten free flour. If it looks too dry, I like adding a small amount of almond milk to thin out the mixture as needed.
5. Scoop the batter into your prepared muffin tin until about 3/4 of the way full.
6. Bake 22-26 minutes or until a toothpick tests clean from the middle of your biggest muffin. Let cool for 10 minutes, and enjoy!

Recipe provided by:

[Alicia @foxyfitnessfoodie](#)



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BRAND AMBASSADOR SEARCH

Dank Beards is a new facial grooming products company specializing in CBD-infused beard oils and beard balms. We're looking for creators from all walks of life!

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