

NOVEMBER 2023

SBLINC MAG



THE GREAT TRANSITION FROM SALON TO SUITE

Check out how I
went from 750 Sq
Feet to 150 in less
than 48hours

THE FEMALE LIBIDO

Yes Brandi our
Medical Editor is
back and dropping a
bombshell ...

AUTUMN ALLURE

Your Ultimate Fall
Makeup & Skincare
Trends

TAILORING YOUR CLIENTELE

Discover Three
Essential
Tactics for
Shaping Your
Clientele

STAPLE WARDROBE PIECES

For Stress-Free
Holiday Gatherings



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sharp beauty lounge inc.



Editorial Director
Medical Expert Editor
MUA & Guest Self Care Editor
Foodie & Vegan Editor
Our Traveling Self Care Editor
Plus Size Editor & Influencer
Expert Barber & Barbering Editor

Chevon Sharp Langston
Brandi Fletcher
Kym Oubre
Johnell Allen
Catherine Garcia
Amber Brame
Charles "Professor" Owens

SUPPLY LOCATION

20700 Avalon Blvd Unit 100 Suite 24 Carson CA 90746
323.577.3316 | info@sharpbeautylounge.com

The Editor's Letter

Cheers To New Beginnings & Ideas

If you checked out last months issue than you know I am going through a major transition within my business that consist of my Beauty Supply & Beauty Salon.

The transition has been a wild roller coaster ride. I have been excited for a second and then cried the next. But what I will say is the a new veil has been opened for me and I am learning what took 8 years in just a few short weeks.

Sometimes God gives us an accumulative test, something tells me that's what this is. I can only hope I pass with flying colors.

I want to touch on a few things regarding downsizing in away that removes the anxiety, embarrassment and any other negative emotion that may come up for you while you transition.

1. Whatever the size you are still moving forward.
2. Dotting all your "i's" & crossing all your "t's" is key. The size doesn't matter when it comes to the details.
3. Celebrate it is a huge task to move, shift and maneuver a business. It is worth celebrating.

I will go more in depth in the issue and cover some of the major keys that I'm doing to make this as smooth and successful of a move as possible.



I said this in the last issues but it deserves to be said again.

This is the BEAUTY of being a BEAUTY professional. There are endless possibilities and opportunities. Cheers to whats next....

To follow along on my journey join my monthly membership.

BECOME A MEMBER



Let's do this!

Advertisement Opportunities

We're excited to announce that our platform is now open to advertising opportunities from brands and other entities. As we continue to grow, we believe in fostering partnerships that benefit both our platform and our advertising partners.

Joining forces with us means joining a movement that is dedicated to providing valuable content and experiences to our audience. We invite interested parties to contact us to explore how we can collaborate to achieve mutual success.

www.sharpbeautylounge.com



UNDERSTANDING & ADDRESSING

Female Sexual Dysfunction

Brandi Fletcher PA-C



Brandi Fletcher
PA-C

This month, we will discuss sexual dysfunction in females. Sexual problems are common in females. In the United States, approximately 40 percent of females have sexual concerns, and 12 percent are suffering from this condition.

Female sexual dysfunction can occur at any stage of life. Sexual dysfunction in women might include pain during sex, not becoming aroused or excited during sex, not having an orgasm during sex, or not wanting to have sex (often referred to as "low desire" or "low libido").

Now I know this is something we avoid speaking on but let's go!



TO UNDERSTAND SEXUAL DYSFUNCTION

LET'S EXPLORE WHAT NORMAL SEXUAL FUNCTION LOOKS LIKE.

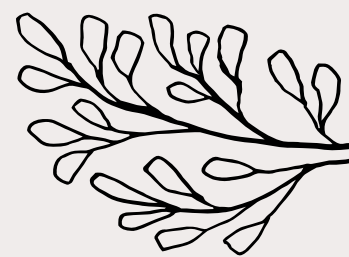
Sexual function and responses involve the mind (thoughts and emotions) and the body (including the nervous, circulatory, and hormonal systems). Sexual response includes desire (also called interest or libido), arousal, orgasm, and resolution. Desire is the urge or wish to engage in or continue sexual activity. Sexual interest or desire may be triggered by thoughts, words, sights, smells, or touch. Arousal has an emotional element—sexual excitement that is felt and thought about. It also has a physical element—an increase in blood flow to the genital area. In women, the increased blood flow causes the clitoris and vaginal walls to swell; this is called engorgement.



The increased blood flow

Also causes vaginal secretions that provide lubrication to increase.

During this process genital tingling and throbbing are typically reported by younger women. As women age, the genital blood flow from sexual stimuli decreases, but lubrication in response to sexual stimuli may not. Orgasm is the peak or climax of sexual excitement. Just before orgasm, muscle tension throughout the body increases. As orgasm begins, the muscles around the vagina contract rhythmically. The hormones released at orgasm may contribute to the sense of well-being, relaxation, or fatigue that follows, known as resolution.



Symptoms

Symptoms vary depending on the type of sexual dysfunction you're experiencing, which can include:

- Inability to achieve an orgasm
- Inadequate vaginal lubrication before and during intercourse
- Inability to relax the vaginal muscles enough to allow intercourse
- Lack of interest in or desire for sex
- Inability to become aroused
- Pain with intercourse

Risk Factors

Some risk factors may increase your risk of sexual dysfunction:

- Depression or anxiety
- Heart and blood vessel disease
- Neurological conditions, such as spinal cord injury or multiple sclerosis
- Gynecological conditions such as vulvovaginal atrophy, infections
- Certain medications, such as antidepressants or high blood pressure medications
- Emotional or psychological stress, especially regarding your relations with your partner
- A history of sexual abuse

Treatment



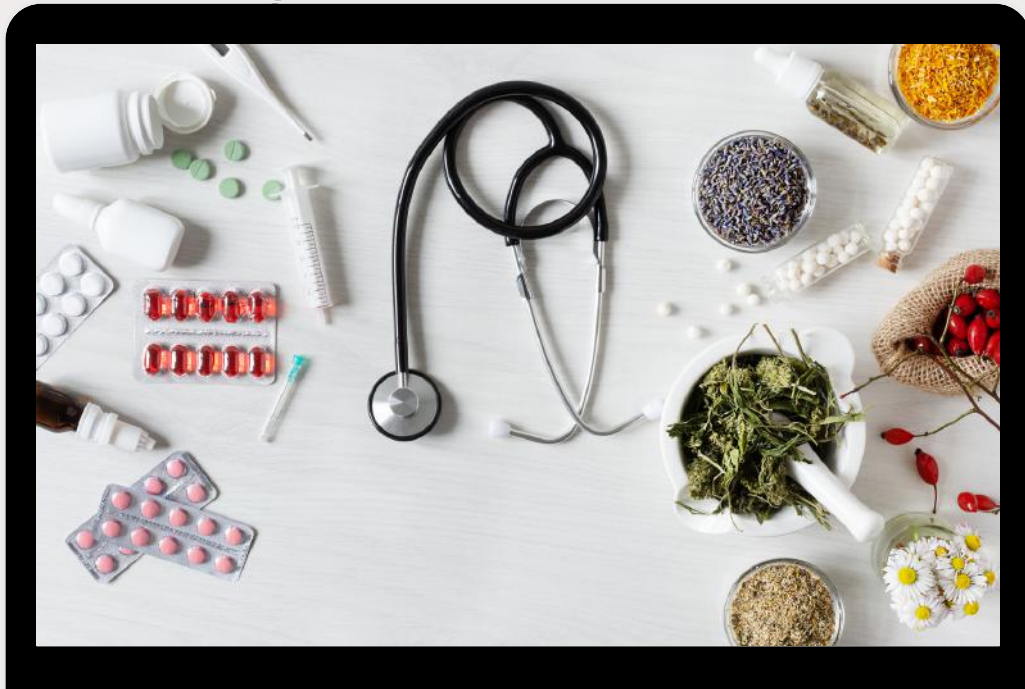
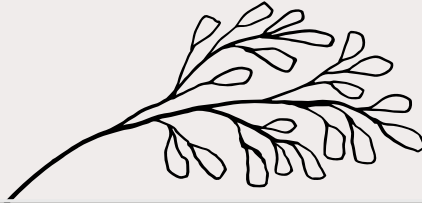
Nonmedical Treatment Options

- Open communication with your partner.
- Practice healthy lifestyle habits, limit alcohol intake, and engage in regular physical activity.
- Seek counseling.
- Use a lubricant.
- Try a device to arouse the clitoris.



Medical Treatment Options

- Localized estrogen therapy, which may come in the form of a vaginal ring, cream, or tablet. This therapy benefits sexual functions by improving vaginal tone and elasticity, increasing vaginal blood flow, and enhancing lubrication.
- Antidepressant (Flibanserin) as a treatment for low sexual desire in premenopausal women.
- An injection (Vyleesi) as a treatment for low sexual desire in premenopausal women. This is an injection you administer to yourself before anticipated sexual activity.



Medical treatment may also include some off-label treatments that are not approved by the FDA or medications that have little to no benefit.

Alternative Medicine

- Meditation
- Acupuncture
- Yoga

If you are suffering from sexual dysfunction, reach out to your medical provider for an evaluation and to discuss your best treatment options.

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Female sexual dysfunction - Symptoms and causes - Mayo Clinic

Overview of sexual dysfunction in females: Management - UpToDate

<https://www.merckmanuals.com/home/women-s-health-issues/sexual-function-and-dysfunction-in-women/overview-of-sexual-function-and-dysfunction-in-women>

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THE GREAT TRANSITION

FROM SALON TO SUITE

What I've learned thus far...

Coach Chevron



I'm Coach Chevon

Welcome

If this is your very first time encountering me or our magazine, last month I announced the ending of an era. After 8 years the doors to my salon & beauty supply closed. I kinda thought I would be slow to move forward due to the anxiety and dramatic change that was, is and is still taking place. To put it into perspective I went from 750 square feet to 150 Square feet.



But the strength of the *Lord*

has been my portion and I am flowing in creativity and ingenuity with my suite setup and product display. I'm looking forward to the reveal be sure to follow me on Instagram @everythingchevon and be sure to become a subscriber to the magazine to keep up with this new chapter

Chevon Langston



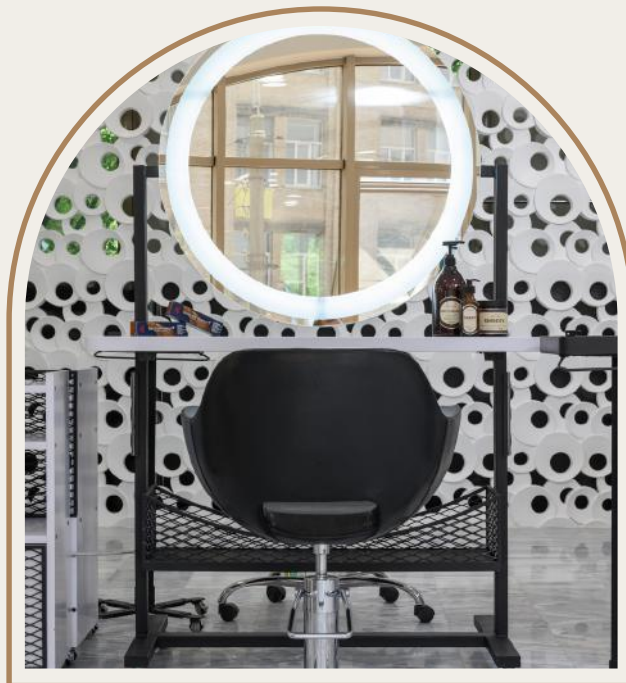
SIZE DOES MATTER



*when you are faced with an obstacle of size
and space the best way to challenge
yourself is by envisioning and thinking
outside the box!*



What I've learned In my first Month



Salon suites do have community, I keep my suite door open and I'm en route to the restroom so I see the majority of suite owners and their clients as they go to use the powder rooms. I've gotten to know the majority of those who work in the suite facility and have exchanged numbers with them. If you are in a suite and you aren't familiar with your neighbors I **STRONGLY** encourage you to exchange cards at the bare minimum.

Complete Your Business Profiles on all platforms

I've had clients and my stylists or braiders follow me and find me with ease because I updated all my details via text announcement, email confirmations from my booking site, Yelp, Google Business, Facebook, Instagram and my business website.

One thing I would have done differently was the updating of my business cards because I have now fallen into the holiday printing rush and they have been delayed on the delivery side. I suggest once you agree to the terms for your new business address order updated flyers, business cards etc.

Now one thing that has happened and I will keep you all posted on the remedy is the pin on Google maps for the salon suites is wrong and some shipments and clients have skipped past my instructions and followed Google maps.

I submitted to Google that this is incorrect but I am not aware of how long it will take and if they will fix it. I've submitted a ticket and I will follow up.



Pinterest Is a treasure trove for ideas

In 6 Figure Stylist Society I reference and use Pinterest to get ideas and to turn on my creativity. This has been a priceless asset to me right now in this season, to be honest the suite feels like I'm in the bathroom of my old salon because it's about the size maybe smaller. While I'm in it working especially while I'm still ironing out the wrinkles of the layout I get a little claustrophobic.

Pinterest gives me the imaginary space to move things around while I may be unable to in the physical. I've created a Pinterest pin called "Suite Life" where all the pins that have birthed ideas in me is located.

If you know me or have taken a course with me then you are aware that I strive to do all things in pure excellence. Well, this adventure is messy and I have allowed the process of all that it is and wants to teach me.

*Your
Timing is
Perfect, Give
Yourself a
Little Time*



The last few details before the reveal...

01

Wall mounted ring lights

The floor space is limited BUT the wall space is much larger with that what can be mounted to the wall is going up! One of the main space savers is going to be my ring lights some of the other items with wall mounts will be the broom and swifer too LOL, hooded dryers and potentially if space permits a steamer.

02

Signage

The signage on the window and the hours of operation, earlier I discussed the community within the facility one of the ways you communicate with your fellow suite owners is by having signage. Clients get lost, stylist send clients to purchase from me and keep in mind as beauty professionals have their own schedules to remember so more than likely they won't recall your hours.





Become a Member of my Membership Group for Hairstylists

This is your formal invitation to what I've nicknamed SharpFlix, It is a monthly membership where we will be getting into all the details and behind the scenes of my beauty business and more. The suite will be revealed to the membership group before anywhere else.

One things I want to drive home to those of you who are in a transition within your business be it on the upside or the downsizing side seize the moment to go with the natural flow his is a place of learning and growing.

BECOME A MEMBER



TAILORING YOUR CLIENTELE

Three Essential Tactics for Shaping Your
Clientele

By Charles “Professor” Ownes
sblincmag.com

"The Professor"



WELCOME

I challenge you to begin your "New Year's Resolutions" now Explore expert insights and strategies with me for barbers like myself and stylists to effectively shape and grow your clientele, whether you're a seasoned professional or just starting out.

Lets get into it...

3 KEYS



IT'S THE PROFESSOR

With another perspective on how to improve your business. This article is geared more towards veteran stylists and barbers but can also be beneficial to new and up-and-coming practitioners.

I am addressing the three different ways to tailor your clientele to achieve a desirable outlook. I understand that when you're just starting out and trying to build a client base, there are circumstances that are more tolerable than they would be as a veteran.

I'm also aware that certain standards should be established from the beginning to avoid headaches in the future.

01

LOCATION

02

PRICE POINT

03

SETTING STANDARDS

LOCATION



THE SINGLE MOST IMPORTANT ASPECT OF TAILORING YOUR CLIENTELE IS LOCATION

I'm sure you've heard this philosophy applied to many industries, but this one equation in the hair business can shape your career.

When I initially obtained my license and was ready to work as a professional, the first area I worked in was the Crenshaw district. For those unfamiliar, the Crenshaw district is one of the largest African American communities in Los Angeles County.

This was both helpful and debilitating to my growth as a barber.

The advantages of working in that environment were instant acceptance from the community and the volume of customers due to traffic.

The disadvantages were the price point at which services were set because of the over saturation of shops in such close proximity to each other and the lack of diversification due to demographics.

When I relocated to the South Bay region, that instantly increased my value because of the rise in the average income per household and fewer options, which inherently increases demand. That one tweak was the difference in making below-average to making above-average income early in my career.



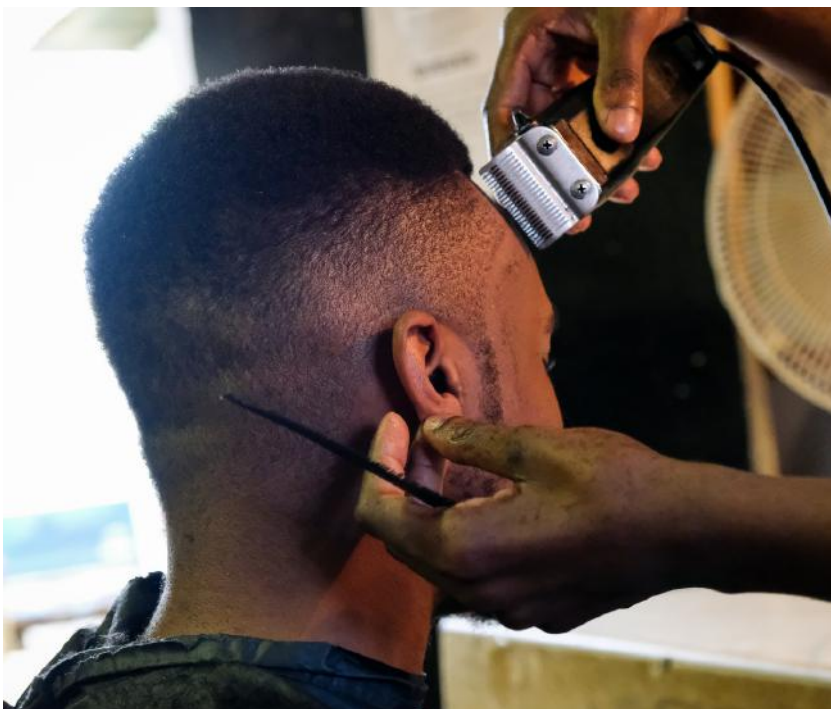
The second and simpler way to shape a clientele is setting your price point.

If anyone argues that there is a better way to target an audience other than the value at which you determine your services are worth, I will beg to differ.

Regardless of hours behind the chair or location, this one factor will determine who chooses your services to a large degree.

Although you may not want to discourage anyone from using your services, setting your price point above the going rate in your area will automatically filter out a percentage of people without much discussion.

Whereas, setting your price point below the going rate may encourage more customers to try your services. There are plenty of elements that can go into selecting prices besides location and the going rate. Your knowledge, skill level, and the type of products used should all be considered when making a final decision on pricing. This is important because all barbers and stylists are not created equal, and customers should be made aware of that..





THE LAST AND EASIEST SUGGESTION TO SHAPE YOUR CLIENTELE

Is just setting standards. This is something that should be established early but doesn't necessarily have to be set in stone because, over time, standards can and will most likely change.

For example, as a new practitioner, you may be more open to taking walk-ins and/or children as clients. Whereas, a seasoned veteran may be more reluctant and opt to switch to appointments and adults only.

The busier you become, you may also tighten up your standards when it comes to late and no-call-no-show clients. All of these suggestions and regulations are ultimately to make your job as stress-free as possible and to extend the longevity of your career.

Hope this was helpful and translates into prosperity.

Till next month

The Professor

AUTUMN ALLURE



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FALL MAKEUP & SKINCARE ESSENTIALS

BY PRO MUA KYM NICOLE



IT'S TIME TO GET COZY!

Fall makeup is all about embracing the season's comfy yet glamorous vibes. Before we get into how to stay glam and gorgeous, let's talk about caring for your skin this season.



Kym Nicole



Before we get into...

How to stay glam and gorgeous, let's talk about caring for your skin this season.

As the weather gets cooler and drier, it's time to adjust your skincare and makeup routines.

To keep your skin healthy, supple, and hydrated, start incorporating more gentle and moisture-based cleansers, hydrating serums, heavier moisturizing creams, and facial oils into your routine.

QUESTIONS?

IG: @KYMMYIZABEAUTY

EMAIL: INFO@THEGLAMPRECINCT.COM



Great options are...

DERMALOGICA INTENSIVE MOISTURE
CLEANSER (PICTURED ON PREVIOUS PAGE)



Image MD Restoring Power-C Serum, Kiehl's Ultra Facial Cream, and Algenist Advanced Anti-Aging Repairing Oil. You should also consider exfoliating 2 to 3 times a week to remove dry, dead skin cells.

Exfoliating can improve the texture and appearance of your skin, as well as unclog pores and prevent breakouts. It can also aid in the absorption of skincare products, allowing them to penetrate deeper.



Be gentle when exfoliating...

And do not overdo it, as too much exfoliation can damage the skin. Be careful to avoid exfoliators that have large, hard, or sharp jagged particles.

A great gentle exfoliating scrub is SkinCeuticals Micro-Exfoliating Scrub.



Be sure to reapply your sunscreen every hour and a half.

Don't forget your sunscreen!

Protect your skin from the sun's harmful UV rays by using a sunscreen with at least SPF 30.

Black Girl Sunscreen is a wonderful option and is formulated to blend into any skin tone.

Even on cloudy days, sunscreen is extremely important. My rule is, if you can see the light the sun creates, the sun can see you.





FALL IS THE PERFECT SZN

To experiment
with...

Eyeshadows that reflect the warm, cozy, vibrant shades of the changing leaves. Warm, rich shades such as orange, deep browns, plums, burgundy, coppers, and golds look beautiful on all skin tones. For sultry & smokey eyes Reach for plums & deep burgundies.

FOR A MORE SUBTLE
LOOK

try warm
neutrals like...

Gold, copper, and bronzes with a bit of orange, or go for glam and create dimension with a pop of shimmer or glitter. If you're feeling bold, incorporate red or deep green shades into some of your eyeshadow looks. The Glam Precinct has the perfect eyeshadow palette to introduce you to fall. The Natasha Denona palette in Yucca is also a great choice.



When using Blush



RICH, EARTHY TONES LIKE

Burnt oranges, deep reds, berries, and coppery browns can add a beautiful touch of warmth and depth to your cheeks. These shades work best for deeper skin tones but can be easily applied to fairer skin tones with a lighter hand. MAC blushes are my favorite.

My staples are Raizin, Love Joy, Love Thing, and Devil. You can also use warm peaches to bring a natural warmth to the cheeks and use gold or bronzy highlighter to create a radiant glow.





Let's talk lips!

FALL IS THE IDEAL TIME TO PLAY AROUND
WITH DEEPER LIP SHADES.

Tones such as plum, burgundy, browns, and deep reds can instantly elevate your makeup game. Matte finishes will polish your look and give it a more sophisticated feel.

If you crave a bit of shine, try sheer lip gloss shades. My favorite lip gloss to wear alone or over a lipstick is Mac's Love Child. It gives the perfect amount of shine.

Info@theglamprecinct.com

www.theglamprecinct.com

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



WHEN PUTTING TOGETHER YOUR MAKEUP LOOKS,

Don't be afraid to mix & match

When putting together your makeup looks, don't be afraid to mix and match shades and textures to create looks that complement your personal style. There are plenty of ways to embrace the season.

Whether it's a new haircut or simply switching up your nail polish or challenging yourself to use lipstick as blush, don't be afraid to try something new and have fun with your beauty looks this fall. With these tips and products, you'll be sure to look and feel your best all season long.

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November | 2023

settling in BELIZE

Issue 12

Joe



Experience the
challenges & joys

of settling in a new country and
witness the heartwarming moments
when I introduced my mom to my
Belizean home

AS MY MOM'S

Plane

Touched down at Philip S.W. Goldson International Airport, the adventure began. The warm tropical breeze welcomed her to this enchanting country.

As mentioned in previous articles, I was born and raised in Dangriga, Belize. Mom decided she wanted to begin her journey in Griga. I checked into Pals on the beach hours before her arrival.

CATHERINE
garcla

SELF CARE EDITOR



**SHE GREETED
ME WITH OPEN
ARMS, AND THE
SHENANIGANS
BEGAN.**





This would be my mother's very first time actually staying in Hopkins village. I was overjoyed with excitement to show her around. I called my favorite golf cart rental, and we were off to Hamanasi resort. We shared a few cocktails and then headed over to Jaguar reef for their wood-fired pizza and more cocktails. We then ended the night at the big dock rooftop before we drove back home. The very next day we simply rested in the village. I showed my mom a few local spots that I enjoy, and we spent the day at sea. While Belize is known for its adventurous pursuits, it also offers plenty of opportunities for relaxation.

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**WHILE BELIZE IS
KNOWN FOR ITS
ADVENTUROUS
PURSUITS, IT ALSO
OFFERS PLENTY OF
OPPORTUNITIES FOR
RELAXATION.**



ON THE THIRD *day*



We headed to Punta Gorda. I've never been to Punta Gorda, and I was ecstatic.

My grandfather, the late Reginald Roches, was raised in PG. My mom talked about going there as a child and how long the journey was. PG was a three-hour bus ride, however, it was scenic.

I saw so many Mayan villages, and PG is in southern Belize, and the ride was along the Caribbean coast. The sea was so clear and breathtaking. We stayed at a beautiful boutique hotel. My absolute favorite part was the outside pool shower; I felt as if I was in a jungle oasis.

I had the privilege of meeting my grandfather's niece who looks so much like him. I am so blessed to have had him in my life.

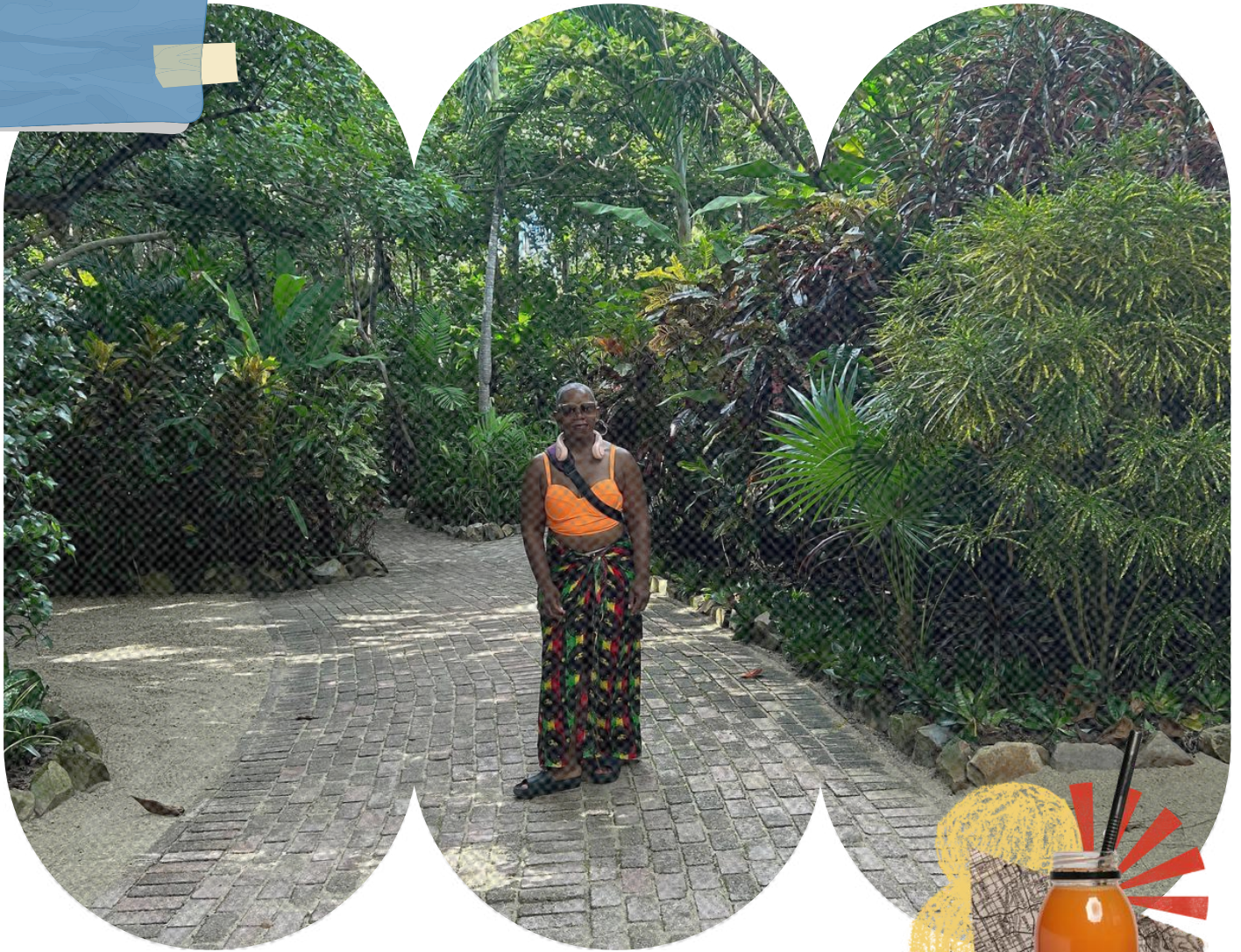
After PG, we were headed to beautiful Placencia. I have mixed feelings and emotions about Placencia. Next door to Placencia is a beautiful town called Seine Bight, and it's predominantly Garifuna people. As the years have gone on, the people of Seine Bight have sold their land for little to nothing to the people of Placencia. Placencia would be considered gentrified.



**IT'S A VERY BEAUTIFUL PLACE; HOWEVER, IT HAS
LOST ITS GARIFUNA CULTURE.**

Mom and I visited a few French wine shops,
purchased some jewelry. We also stayed at a
beachfront hotel that was absolutely breathtaking.
She truly enjoyed Placencia, and before I knew it,
day seven was upon us, and it was time for her
departure to Los Angeles International Airport.





MY MOMS VISIT *to Belize*

Was an unforgettable journey
filled with breathtaking natural
beauty, rich cultural experiences,
and cherished moments together.

This vibrant COUNTRY

With its friendly people and captivating landscapes, left an indelible mark on her. Belize proved an ideal destination for creating lasting memories.

It's a place where adventure and relaxation coexist, where history and culture thrive, and where the warmth of the people matches the tropical climate.

Our journey in Belize will forever hold a special place in my heart, a testament to the beauty of this Central American jewel and the power of travel to bring us closer together.



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STAPLE

A warm, cozy scene featuring a lit candle in the center, surrounded by greenery and small warm lights. The background is softly blurred, showing more lights and foliage. The foreground has a checkered tablecloth.

WARDROBE

PIECES FOR STRESS-FREE HOLIDAY GATHERINGS

UNCOVER

THE MUST-HAVE ITEMS THAT WILL MAKE HOLIDAY GATHERINGS A BREEZE. BUILD A VERSATILE WARDROBE THAT ENSURES YOU'RE ALWAYS READY FOR ANY EVENT.

With the holidays fast approaching, we will soon be thrown into party after party and gathering after gathering. Believe it or not, as outgoing as I seem, I do have some social anxiety. For me, as shallow as it may sound, my anxiety increases if I'm not comfortable in what I'm wearing or if I feel underdressed.

Now, the diva in me could care less about being overdressed (lol). But it seems like when I get a last-minute invite to a casual gathering, all the clothing in my closet might as well be potato sacks. In the past year, I have acquired a few staple items that have made last-minute outfit ideas about 50% easier for me.

Amber Denise

The Digital Girl



SO HERE ARE A FEW IDEAS

for staple pieces to always have in your closet for any last-minute invite, sporadic date night, or Thanksgiving gathering.



**ALWAYS
HAVE**

A GOOD

**PAIR OF
JEANS**

Now, I am not a daily jean wearer! I don't find them nearly as comfortable as most people do, and I don't think I ever will. However, a good pair of jeans that fit perfectly can elevate an outfit. It is also a good middle ground when you aren't sure what your plans are because they can be dressed up or made to look very casual.



I WAS LUCKY ENOUGH TO SNAG A PAIR OF AMERICAN EAGLE JEANS DURING THEIR SIZE EXPANSION IN 2020. I'M GUESSING THE SIZE EXPANSION WAS NOT SUCCESSFUL BECAUSE THEY WENT BACK TO ONLY SELLING UP TO A SIZE 20 (WHICH CAN FIT UP TO A 22 IN THE NEXT-LEVEL STRETCH FIT). IF THAT IS IN YOUR SIZE RANGE, THEN I RECOMMEND AMERICAN EAGLE JEANS.

But don't worry! If that is not your size range, I have some great options for you. Torrid has always had great jeans, but they have upped the ante with their Bombshell skinny and Luxe skinny Jeans. You can also try Bloomchic as they have a lot of options in denim and go up to a size 32. A more high-end brand with amazing quality is Universal Standard.



SECOND ON MY LIST...

WOULD BE A NICE THIN TURTLENECK.

A NICE FITTED TURTLENECK CAN BE USED IN SO MANY WAYS. IT CAN MAKE A CASUAL SKIRT APPEAR DRESSY, AND IT CAN MAKE WORK PANTS SEEM TRENDY. GETTING ONE WITH A THINNER MATERIAL ALLOWS YOU TO HAVE THE LOOK WITHOUT GETTING TOO HOT IN SOCIAL GATHERINGS. IT'S A QUICK WAY TO LOOK PUT TOGETHER. INEXPENSIVE OPTIONS CAN BE FOUND ON FASHION NOVA AND SHEIN.



I WOULD INVEST IN A NICE BLAZER...

FOR ALL THE SAME REASONS AS ABOVE, BLAZERS CAN BE WORN IN BOTH CASUAL AND BUSINESS SETTINGS AND CAN BE STYLED FOR GATHERINGS, BARS, OR LOUNGES. THE BEST PLACES TO BUY AMAZING BLAZERS ARE TORRID, ELOQUII, AND ASOS.

MY LAST AND BONUS



The top of my list is comfortable clear or neutral shoes – This has saved me so many times with last-minute outfits because I know they will match any color combo, and I can wear them for longer periods of time when I'm not sure of the venue or how much walking there would be. Both ASOS and Torrid sell wide-width shoes and carry this style.

HAPPY HOLIDAYS AND I WILL BE BACK
FOR OUR DECEMBER TO REMEMBER
ISSUE.

Amber Denise

2023

ISSUE 12

FLAVORS OF GRATITUDE

The Vegan twist on the holiday classics



By: Johnell Allen

VEGAN FOODIE

A quick word from Johnell AKA Jah...



It's the most wonderful time of the year – the holiday season. As we know, these upcoming holidays call for the food everyone is eagerly anticipating, so I will get straight to it!

We're covering 4 classics with my vegan twist don't worry you won't feel cheated these recipies are hearty, flavorful and delicious!

First up everyone's favorite Everyone's Favorite: Mac 'n' Cheese

Ingredients:

Elbow Pasta (Gluten-free options available)

Daiya Shredded Cheese (Any flavor - I use cheddar and Monterey, maybe pepper jack for a little flair). I recommend at least 4-5 packs of cheese (the creamier, the better).

Vegan Butter (I recommend the Earth Balance brand - any kind; personally, I use the one in the red container)

Your favorite seasonings (season as you would with "regular" mac)
Seasoning suggestions: **Himalayan salt, Garlic Powder, Onion Powder, Everyday Seasoning (some may substitute Lawry's or Tony's, or Old Bay), Black Pepper**

Preparations:

In a pot, bring your water to a boil over medium heat, and add salt so the pasta won't stick. Once your water is boiling, add in your pasta (if you use gluten-free pasta, do not cook for more than 20 minutes because the pasta may tear; regular pasta should be cooked as labeled). Once your pasta is done cooking and reaches a soft texture, strain the water and add vegan butter to melt. Once your butter is incorporated into the pasta, reduce the heat to medium-low and gradually add in your Daiya Cheese Shred packs. Add them gradually so you can gauge how much you need based on the forming texture as you stir in the cheese to melt. Once you've added in your packs and achieved the desired cheese consistency, add in your seasonings according to your taste. I highly suggest adding seasonings gradually since I don't use measurements. Instead, I rely on taste-testing to ensure the food meets the desired expectation.



CAN I GET TO THE YAMS...

Honestly, I use canned yams and enhance them, so... Your choice is between canned yams or raw yams (cook them as you normally would).



Ingredients:

Canned yams or raw yams (cook them as you normally would). Vegan Butter (I use Earth Balance from the red container). Cinnamon Sugar mixture. Vanilla Extract.

Preparations:

I pour my yams into a pot and add vegan butter until they are fully cooked. Once they are done, I gradually add the sweeteners, which include a mixture of cinnamon sugar and vanilla extract, taste-testing to my liking. Once I've reached the desired taste, I'm done. Follow the same steps for raw yams (starting from scratch) after your yams reach your desired texture.



When it comes to greens, I use Glory canned greens and season them with my favorite seasonings, adjusting to my liking, honestly!

Preparations:

I pour about 2 cans of Glory greens into a pot over medium-low heat.

my favorite seasonings to taste.

You may add vegetable broth if needed. Chopped onion (optional). Chopped marinated artichoke (optional).

Cook for approximately 15 minutes.



Last but not least...



BLACK EYED PEAS

Ingredients:

Bag of Black Eyed Peas. 1 jug of Vegetable Broth. Your favorite seasonings. Better Than Bouillon veggie base. Onion (optional).

Preparations:

Some people soak them overnight, while others don't; you choose! Bring equal amounts of water and vegetable broth to a boil and add salt. Clean the black-eyed peas before boiling. Once cleaned, add them to the boiling water. Watch for about 20 minutes. Once the black-eyed peas are nearly done cooking, add the seasonings. Let the black-eyed peas simmer with the heat off after adding the seasonings. Let them sit for about 20 minutes, and you're done.