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MAGAZINE FOR MEN OF COLOR

KRAVE

MAGAZINE

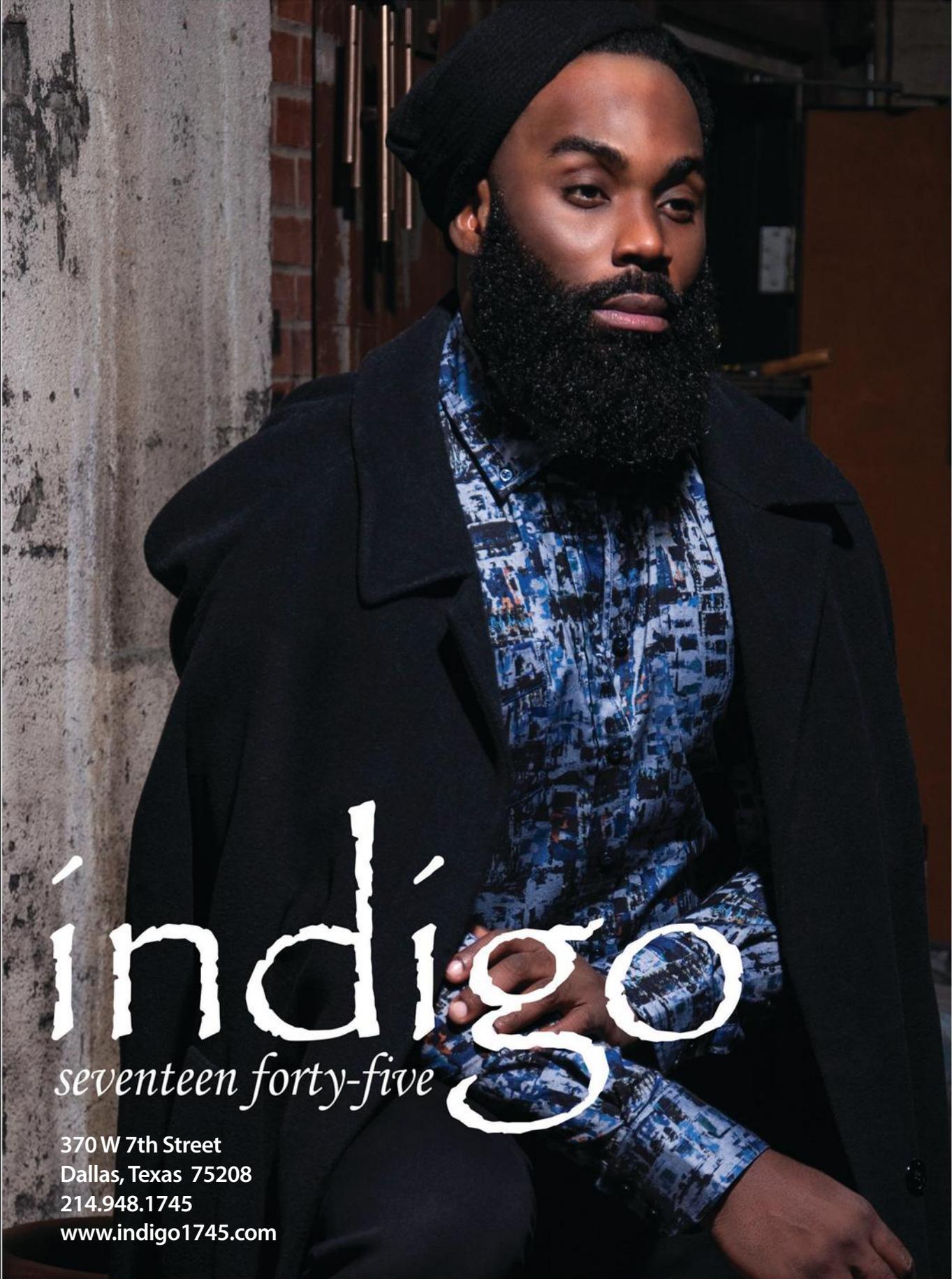
Own Fashion!

— THE WINTER ISSUE —

Tameka "TINY" *Harris*

THERE'S NOTHING SMALL
ABOUT "TINY'S" EMPIRE"





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KRAVE Kontents



GARY LAVARD

"I don't wait for opportunities; I create them." And he's been doing just that. Keeping a full plate seems to be the mantra of this Detroit native. Gary can be seen in the web series *About Him* and *Red Skin* as well in *Assistant Motives*, *Heartbreak* and in 2017 look for him on the big screen in *The Fast & Furious 8*.

Pants - Versace
Belt - Moschino
Vest - The Ivy Showroom
Photography: Carlos Jones
Styling: Frank Pompey



KOVER Tameka "Tiny" Harris
PHOTO Nathan Pearcy
STYLING Troy Clinton



DESTINATION
Your inner wild needs an escape plan. Experience winter in Jackson Hole Wyoming for the holidays.



WHIP APPEAL
The 2017 Porsche Panamera looks and drives like a four-door sports car and is new from the wheels up.



MAN OF STYLE
Actor/ Model Andre King is showing the world what it's really like Growing up Hip-Hop.

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Living LaVida

LaVida Harris is a Contributing Editor for KRAVE. LaVida's areas of expertise include relationships, travel and business. She is very passionate about health and wellness, and is an avid believer in educating people about issues that affect our community. She believes "knowledge is power", and she is dedicated to empowering her readers to live longer and healthier lives. LaVida's commitment to service fuels her efforts to highlight those in need through Krave Kares. Do you need

LaVida's help? Email her at: LaVida@kravemagazine.net

Attn: Living LaVida

PUBLISHER



WILL YOUNG

'Tis the season of giving and that's what KRAVE and WEIGHT2WEAR did thru our first annual Blanket Drive for the homeless in Dallas. We set a goal of 50 and we collected over 150 and that is a true blessing as well as a challenge to other organizations, to give back to the communities you collect money from. I'm speaking to the fitness organizations that host competitions throughout the Spring/Summer across the world and make alot of money from them, not only from the attendees (morning shows can start at \$20 and evening shows are as high as \$50), but the competitors as well. Set some of that money aside to give back to the non-fitness community and while you're at it, invite the community into the shows so they can be inspired and motivated to wanna live healthier lives, rather than keeping it inside the bodybuilding and fitness community. Go into the high schools and offer free passes to the students to come out and see their peers compete in the Teen class and let them become inspired. If I know one thing I know that of you show someone they have options in this life, it changes their lives. I know because I'm proof of that. In 2017 it's time to give back. Dump these dumb ass challenges and put your time to proper use. Happy New Year.



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CHRISTY LUXE

EDITOR IN CHIEF

Happy Holidays, Kravers. We're almost into a new year, and 2017 is sure to be the best year yet! Change is good, readers; without change, there would be no growth. This year is a year for growth... personally, professionally and financially.

We have many exciting things in store for you in the upcoming year. New faces will grace the pages, new eyes behind the lenses, and new creative juices flowing! Of course, we will still have the classic Krave feel that our vets have been serving up in the past, but we are known for finding talented, creative and inspiring people to work with, and next year will be the year of the Rookie. The only way for a rookie to become a vet is opportunity, and we intend to provide that for those who we feel have got next.

Which is why we're excited to name our new Model Ambassador for 2017, Karras Jordan! Karras will join the ranks of our 2015 Model Ambassador, Travis Cure, and will represent the KRAVE brand for the upcoming year. We are very excited to get behind this talented Model/Actor, and help him to push his brand to the next level. We're sure he'll rep us well!

New Year, New You, New Us, New Them!

Let's go Kravers...The future belongs to us!

FELICIA PEOPLES

ASSISTANT EDITOR IN CHIEF

The holiday season is my favorite time of year for multiple reasons. First of all, it is a time fraught with the joy inspired by love, family and giving. It truly brings out the best in most people regardless of their situation. And although, we over indulge on everything; food, alcohol, partying and shopping, it is also a time of generosity. It is a time that we give our financial resources, time and emotion more freely than usual because the season gives us permission to take a break from the practical to experience the magical. We take time off work to rejuvenate ourselves and our relationships with others and celebrate the season with all the fervor it deserves. We reflect on our lives and make decisions or resolutions to do better in the future. It is the perfect time to self-assess and take inventory of our hearts, finances, bodies and souls. We feel motivated and empowered as we plan to be our best selves in the New Year. So it was great timing to have a mogul, mom and boss like Tameka "Tiny" Harris as our Kover model this issue. Tiny epitomizes girl power from the way she took control of her body and did the work to transform herself to the fit and beautiful woman you see in her Krave photo shoot just a few months after giving birth. Additionally, to see how she manages family and career is an inspiration as well. From her new tequila to her continued presence in the television and entertainment industry, she exemplifies the hope and magic of the season that makes me love it so much. If she can do it, so can I; so can we all. So as I move closer and closer to the New Year, I look back on all the successful, inspiring and beautiful people who have graced our covers and pages this year and feel proud and inspired. It was a good year! But I always believe the best is yet to come.



KRAVE MAGAZINE & WEIGHT2WEAR "KOVER THE CITY" BLANKET DRIVE

Sometimes we forget how truly blessed we are in our lives but KRAVE Magazine and Team Weight2Wear wanted to share our blessing with those who are less fortunate and are in need of some help. Especially during the holiday season. So our Publisher Will Young, along with Reneigh Coffman, came up with the idea to host a blanket drive for Dallas homeless. This was done in a short period of time with no corporate sponsors, radio or television promotions. We just used 5 specially designed flyers circulated on our Facebook and Instagram pages. We set the goal to collect 50 blankets in two days to give to the North Texas Bridge Homeless Shelter. On December 17th the amazing staff at the Aloft Hotel allowed us to set up in their lobby as a drop off for anyone who saw the flyers and wanted to donate blankets. We had quite a few people come thru and the goal was exceeded. We collected a total of 150 blankets. We want to tell everyone who donated THANK YOU from the bottom of our hearts.

— KRAVE MAGAZINE & WEIGHT2WEAR —
IS GIVING WARMTH THIS SEASON, SO HELP US...

KOVER THE CITY



Many unfortunate people in our city are without a roof over their head as the cool weather returns to the DFW. Make a difference by donating a blanket and help keep someone warm this holiday season. Drop off your new or used blanket
December 17th & 18th between 10am-2pm at the Aloft Hotel.
1033 Young St. Dallas, TX 75202

KRAVE KRAVE FIT ELofT WEIGHT2WEAR THE BRIDGE





ON THE RISE

BOLANLE PACE

By Christy Luxe

From cutting-edge fashion to cutting up flowers: Bolanle Pace tells us how she walked away from Corporate America, planted her entrepreneurial seeds, added paper, and watched them bloom... all from the comfort of her own home.

Bolanle Pace is no stranger to creativity. As a child, she loved to read, watch old movies and sketch designs. She was a lover of the arts, a ballet dancer, and she showed an interest in fashion design at an early age. After having her second child, the mother of two decided to walk away from her career in luxury retail to become a stay-at-home mom. In doing so, she decided that she needed a hobby. Bolanle remembered seeing a beautiful paper flower wall in a display window and decided to create a small piece of art for her home. She posted her work on Facebook got such a great response, her good friend encouraged her to start her own business. Four short months after creating her first flower, her business was up and running. Not only has Bolanle been able to build her business from home while caring for her children, she just so happens to be married to a professionally trained fine artist and illustrator! Ahad Pace has illustrated two children's books, as well as several other pieces. They work together from their home studio, where they conceptualize and create daily. *"Our home definitely flows with creativity and love,"* says Bolanle. Pretty Paper and Blossoms designs event decor, 3-D wall art paper installations, centerpieces, accessories, and anything else you can put a flower on! When asked what the future holds for Bolanle, she told us, *"My future goals include having my own art show, to expand my product line, and traveling to design set decor for major fashion shows during New York Fashion Week and Paris Fashion Week."* We have absolutely no doubt that Pretty Paper and Blossoms is the future of set design. Her work can be seen on the cover of this issue of KRAVE featuring Tiny Harris. www.prettypaperblossoms.co
IG: [prettypaperblossoms](https://www.instagram.com/prettypaperblossoms)
Facebook.com/[prettypaperblossoms](https://www.facebook.com/prettypaperblossoms)
Etsy.com/[prettypaperblossoms](https://www.etsy.com/shop/prettypaperblossoms)



DEFINITION OF A MAN ON A MISSION

By Danielle C. Richardson

A true definition of an all-around renaissance man, international Urban Gospel artist Anthony Faulkner is just that. Wearing many titles; ranging from: recording artist, writer, owner of the nonprofit “Faulkner Foundation”, to professional accountant, and world traveller, Anthony indeed embodies the “doing it all” and “having it all” attitude.



Mentored by the legendary R&B artist, song writer and force behind “Rene & Angela” and Ronald Isley; Angela Winbush, Anthony has been recording professionally for over fifteen years. However, his first meeting with Angela Winbush as a youth in Los Angeles, CA pushed

him to pursue his recording career and set him on his way to reach heights yet to come. Anthony shares that Angela saw the gift and talent to be unleashed in Anthony and encouraged him to pursue his gift full steam ahead.

Anthony, a recent recipient of the PGM Awards in London for Best International Artist Award, has a string of hit singles and recently released his sophomore album “Guardian Angel”, Anthony teamed up with his mentor for a duet titled “Closer”, which has been topping the charts internationally, and is currently being considered for a Grammy nomination. His new single “You Are Amazing” is performing just as well on the charts. Guardian Angel features collaborations with Nikki Potts, George Tyler, Fabio Cary, “Saint Patrick”, Cooper Ssalli and G-Way, and “Drop Squad” on production. This album appeals to a range of audiences, with a message of “meeting people where they are”. When asked what does he want his fans and audience to get from his music; Anthony goes on with “*inspiring my listeners, my life experiences and to push through any challenges that you may be facing*”.

As an artist, Anthony firmly believes in putting out quality music with a message. As a lover of all music and genres, he does take issue with the lack of positive, thought provoking music many artist release. “International audiences / music scene has a more selective in the music and artist that make it to the masses”. As for artists that Anthony follow and listen to, Angela Winbush ... of course, Tweet, Lalah Hathaway and her legendary father Donnie Hathaway, Tank, The Isley Brothers, Clifton Ross, Kirk Carr, Beyonce and Marvin Gaye just to name a few.

With several irons in the fire and juggling several successful endeavors, what are the keys to doing it all it is simply “*be confident*” and “*have some form of an idea of what your call or purpose is, and believe in yourself*”.

With the same attitude and vigor that continues to push Anthony, 2017 is shaping up to be even more successful. Anthony is currently touring nationally and internationally with phenomenal reception of “*Guardian Angel*”, as well as refocusing his strategy with the Faulkner Foundation, which focuses on providing resources to communities in Africa and Mexico; to reach more populations in need.

Get your copy of “Guardian Angel” at:

afaulkner.com/purchase-music



Three best friends in the movie *That Awkward Moment*

It's true, friends may be good for your health! Aside from the cat that holds you down, or the childhood friend, or the ear to bend when things get rough, experts believe that your best friend is great for your health.

According to an article from MayoClinic.org, friends come with health benefits.

Friends can:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise.

Please note, none of the above mentioned benefits have anything to do with the quantity of friends, but is all about the quality. If we are defining friendships by the above we may have to take stock in the old question, "how many of us have them? More importantly, how many of us now how to be a great friend?

Do we allow our friends to hold us accountable? Do we receive honest feedback well? Being a great friend sometimes requires reciprocity. It is not uncommon for friends to be in different stages in their lives but what levels the playing field is mutual respect and honor for one another. When all parties value the friendship it creates a platform with many benefits.

For some, making friends is no easy task but for others, they have never met a stranger. No matter how you start your friendships,

MAKING HEALTHIER CHOICES? LOOK AT YOUR BEST FRIEND!

As the New Year approaches and we are assessing our life and our health, make sure to take a look at your friends.

By Coach Raychelle

nurturing and developing them can be the hardest part. Here are some tips that may be helpful in making sure that you are putting your best foot forward when nurturing your friendships:

- **Authenticity** – Be yourself. Who you are is perfect and trust that what you bring to the friendship table is enough.
- **Be Noncompetitive** – Showing support is not always for the bad that happens in the lives of our friends. Celebrate the good things too.
- **Honesty** – Make sure that you not just going along to get along. If you hold your tongue to keep the peace then you may need to re-evaluate that particular friendship.
- **Be Objective** – There is no place for judgment in real friendships. Sometimes you just have to agree to disagree and move on.
- **Establish Boundaries** – Establishing boundaries is a very big part of maintaining friendships. In the case of families or children, you definitely want to make sure that the boundaries are clear.
- **Be a Safe Place** – Keep secrets a secret. No gossiping allowed. There is nothing better than to know that your deepest secrets are kept confident. Even if it is not a huge secret, things discussed amongst friends should stay between the two of you. Friends make the world go around. It is never too late to meet new friends or breathe life into old friendships. Being a great friend is not rocket science. Whenever there is doubt about how you are showing up in your friendships the solution is simple. Ask yourself how you would feel if the shoe was on the other foot?

Deep Ellum Is Back and Better Than Ever!

This eclectic enclave, located just a few blocks east of downtown, is Dallas' hippest hood—boasting a thriving nightlife scene, delectable eateries, art galleries and one-of-a-kind shops.



FIRST DATE

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HAIRCUT

Testosterone Barbershop

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Of Kings And Queens

There's Nothing Small About Tiny's Empire

Tameka “Tiny” Harris is a wife, mother, and mogul who consistently proves that she has what it takes personally and professionally to be phenomenal at any endeavor she undertakes. This Georgia native has been a major player in the entertainment industry since 1992 when she was just 17 years old and a member of the highly successful female singing group, Xscape. Since that time, Tiny has only become better, smarter and more fierce. She is at the top of her game, building and expanding her own personal empire through her independent business endeavors as well as the family empire that she and husband, TI are building around their children with their hit reality TV show, “The Family Hustle.” At the time of her sexy photo shoot for her Krave Kover, she had just delivered her 3rd biological child, Heiress Diana Harris, in March and also launched her own tequila, Tiny’s Tequila.

Tiny’s longevity is directly attributed to her multifaceted talent, business acumen and hustle mentality. She has managed to reinvent herself and emerge with relevance and excitement to a new generation of fans who may or may not know her for her work with Xscape in the 90’s or her subsequent emergence as a Grammy award winning song writer. This new generation of fans most likely knows her as the star and executive producer of her first reality show, “*Tiny and Toya*” and more recently for “*The Family Hustle*” and a themed spin off featuring her hilarious best friend and stylist, “*Tiny and Shekinah’s Weave Trip*.” Tiny is a boss who has had her hands in many business endeavors that prove her to be an astute and prudent business woman, but her dip into the beverage industry is probably her dopest move yet. She has created a premium infused sipping tequila with great taste and minimal burn. Her first two infusions, Orange Blossom and Lime Light, have achieved the desired result of blending strong but sweet, something that many beverage connoisseurs can appreciate; especially women. Although Tiny is not specifically marketing her tequila to women, when she was featured in Food and Beverage Magazine earlier this year, she did specifically mention that she believes that her tequila will appeal to most women.

Through the successful management of her various businesses, marriage, and blended family, Tamika sends a strong and necessary message to women that the sky is the limit. Her energy, drive, resilience and sexiness make her the perfect person to end an awesome year of Krave Kovers.

Photography: Nathan Percy • Styling: Troy Clinton • Set Design: Bolanle Pace
Hair: Leatha Morgan • MUA: Erika La’ Pearl for La’ Pearl Artistry @erika_lapearl_mua



Dress: Duke n Duchess





Black Feather Body Suit:
Duke n Duchess
Shoes: *Christian Louboutin*
Headpiece: *Yoro Jewels*



Red Dress: *Halston*
Earrings: *Yoro Jewels*

Goddess Dress: *Duke n Duchess*
Headpiece & Earrings: *Yoro Jewels*





HOME FOR THE HOLIDAYS

Home of Kayin Malik-Macosay & Carlos Malik-Macosay



In 2015 home owners Kayin Malik-Macosay and Carlos Malik-Macosay purchased this amazing 1,326 sq. ft., three-story townhouse in the gated community in West Midtown, Atlanta Georgia. When asked what was the inspiration behind this beautiful decor, Kayin says *"contemporary decor with natural elements: earth tones, dark wood, etc. We like to bring all those elements together to create a unique but functional space."*

JACKSON HOLE, WYOMING

VACATION ISN'T JUST FOR BIKINIS AND SWIM TRUNKS. WARM UP YOUR WINTER BY THE FIREPLACE IN THE SCENIC CITY.

BY LAVIDA HARRIS

There are so many beautiful places across the globe to explore during the winter months if you enjoy the cold crisp air, snow and skiing. Jackson Hole Mountain Resort in Teton Village, Wyoming offers 2500 acres of the best skiing in North America. The winter season calendar is mid-November to early March with 30 degrees and below temperatures.

You can choose to stay slope side in Teton Village for winter convenience or downtown immersed in the hustle and bustle of a western resort town, both will deliver memorable experiences. Breathing mountain air all day will leave you ready for a deep sleep, and the bonus of Jackson Hole being located at just 6300 elevation ensures you will enjoy every minute while tucked up in any of their lodges.

The towering mountains of the Teton Range stretch 40 miles, and include eight mountains over 12,000 feet. Keep in mind, too, that Yellowstone National Park's South Entrance is only 90 minutes away, and another 45 minutes or so to reach Old Faithful. If you're looking for some serious, fast-paced family fun in Jackson Hole, try the Alpine Slide, where you slide down 2,500 feet of Snow King Mountain in a bobsled. For a calmer experience, enjoy the Bridger Gondola, which takes tram riders from the Teton Village to heights of 10,000 feet. Golf enthusiasts have access to some great golf with tee opportunities at Jackson Hole Golf & Tennis Club, a Robert Trent Jones Jr. design and Teton Pines Resort Golf Course, designed by Arnold Palmer.

The best time of year to visit Jackson Hole depends on what you want to do. Each season has something exclusive to offer. While some see the severe winter as a snowy paradise and exciting, others look forward to spring flowers and long days on the Snake River.

Optimistic locals are lucky to have time to explore the best of each season and probably wouldn't have it any other way. Ask two people who live there and they'll probably disagree on which season is best. If you know what to expect during the famously diverse seasons, you can plan to visit during the times you'll like best.

Spring time in Jackson Hole is indeed the least unstated and maybe hardest to appreciate. But make no mistake: mysterious spring is certainly spectacular, too. A confused mixture of summer-to-come and winter-just-finished, spring temperatures (35 to 70 degrees) and weather from April to June can flip madly between the two climates. This is a truly quiet time of year in Jackson Hole, at least until mid-May. Spring is so unpredictable and quiet there, it can actually be a great time to visit.



Stay in Slopeside Luxury this winter at the Teton Mountain Lodge & Spa when you vacation to one of many upscale lodges in Jackson Hole.

FORTY & FIT

ATLANTA DJ AND FITNESS COMPETITOR MICHAEL GREEN, SHOWS US THAT IT'S NEVER TOO LATE TO LIVE YOUR BEST LIFE THRU FITNESS.

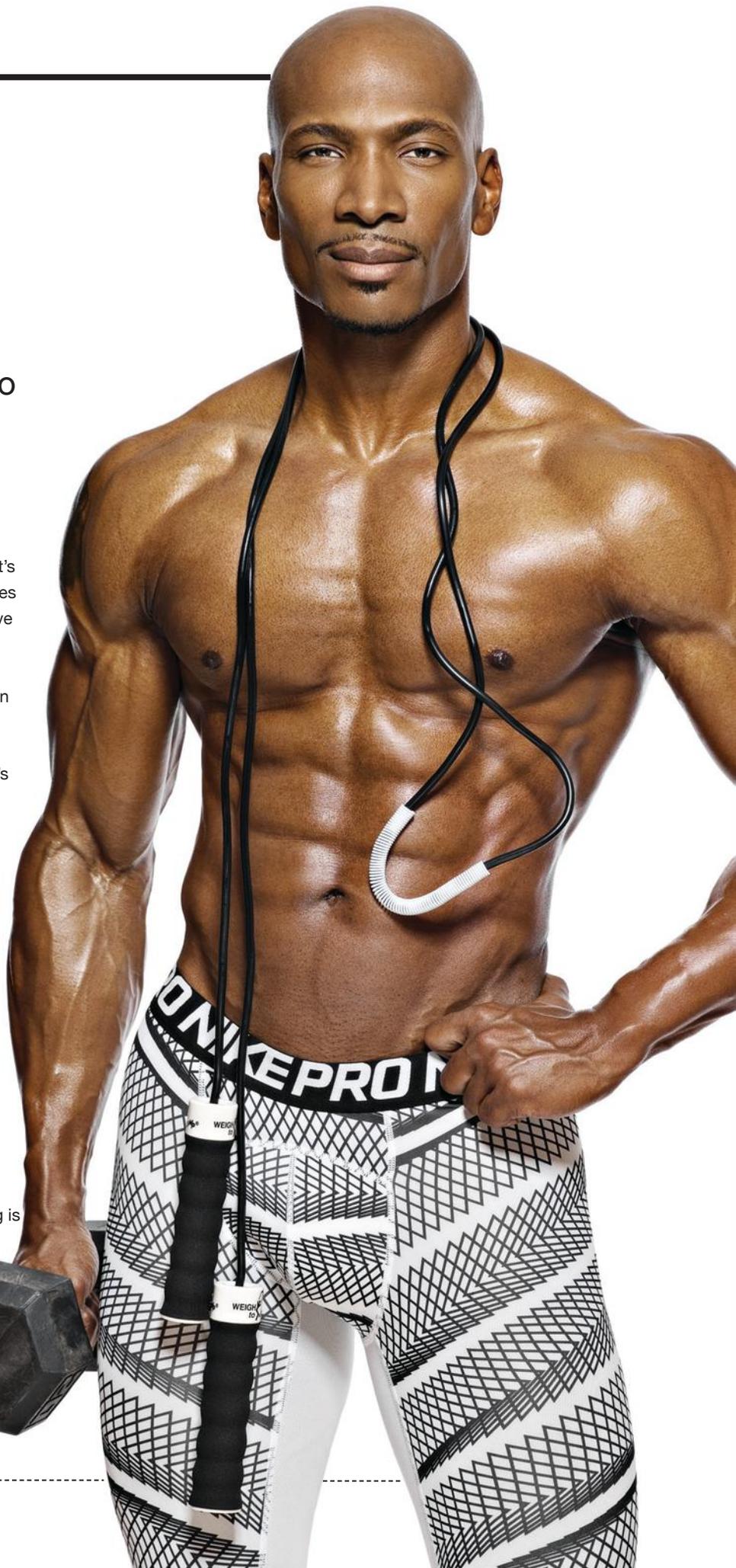
BY MICHAEL GREEN • PHOTO: MAYA GUEZ

Let's be honest. When you're in your forties you have reached middle-age. It's hard to admit, but it's true. You've likely spent the past couple of decades raising a family and building a career, and you have likely not made yourself a priority. After forty, the poor health and nutrition decisions may now be catching up with you. But with dedication, you can turn back the clock!

When you look in the mirror, what do you see? There is a version of you begging to come out. It's "The Me Inside". For a long time, when I looked at my reflection I saw this person deep inside of me who was a toned, fit and healthy version of me. But, I was content in my life and not very motivated to change. After my mother passed away, I found refuge in the gym; where, for a few hours, I could escape the pain and grief. Not only did the exercise help me with the grieving process, but I soon realized I was healthier and looked better.

There is no magic pill to take or program to follow that will give you the results you want. You have to first make up in your mind that it's important to you. Once you are determined, the next most important component is nutrition. You have to eat clean and stay well hydrated. Finally, there is the exercise component. Strength training is definitely necessary, but cardio will be what truly makes the difference.

So, just because you are in your forties, doesn't mean you are past your prime. It's time to make you a priority. Find "The Me Inside" and bring that healthier, leaner, sexier version of yourself out. It takes a little work, but it will all be worth it in the end!



A Man -with the- Plan

Allen Maldonado on dominating TV, movies, breaking into the tech world and much more.

By: Danielle C. Richardson

It's not hard to tell that Allen Maldonado is a man on a mission and is moving full steam ahead towards major success. 2016 proved to be his year, starring in three hugely popular shows ABC's *black-ish*; STARZ Network *Survivor's Remorse* and FX Network *You're the Worst* and developing the "Everybody Digital" App – Allen manages to stay on top of his game and multiple titles like it's no thing! On top of being in front of the camera and a behind the camera allstar – having his hand in writing and producing; the Los Angeles native is the founder on "DemoNerds", a two-week camp for kids that give them hands on experience with acting and producing short films. Here's a little glimpse into Allen's world.

How has your experience been on *Black-ish*? Tell us more about your character Curtis. It's been amazing. The first goal as an actor is to land a job, but to land a job that has a more family-like cast is the real dream job and that is what *Black-ish* has. From [black-ish Creator] Kenya Barris on down, the energy from the entire cast and crew is more like a family. The chemistry you see on-screen is organic, as we truly love working with each other and growing together.

What is it like working with Tracee Ellis Ross and Anthony Anderson? They are amazing and are a treasure to watch work. I've learned a lot just being on set watching Anthony's process and how he brings the entire cast together with his personality and work ethic. I'm happy the world is beginning to truly realize the amazing talents the both of them possess. The sky is the limit.

In your opinion, why do you think *Black-ish* is so popular? What do you hope audiences get from the show? I believe people see a family and not just a black family, which is important. People from all walks of life can relate to what they go through and how they feel. The writers do an incredible job laying the foundation for that while the actors bring it all home.

You also star in the extremely popular show "*Survivor's Remorse*", how has it been working in front of the camera and behind the scenes of "*Survivor's Remorse*"? It's been life-changing. The entire cast is special and deserves to be recognized come award season. They are truly an all-star cast of actors. Our show runner, Mike O'Malley, captains the ship and has been another true inspiration to me. I can't say enough of how great he is as a person and how that reflects on the show, the cast, the crew, and ultimately the writers. I feel he deserves more recognition for what he has built with *Survivor's Remorse*. It's another quality show about family where great writing and actors are at the forefront, and the skin color of the cast is an afterthought. That is all a testament to his incredible leadership; to be able to mold stories that are human first.

Tell us, how did you parlay into working behind the camera, with writing and producing? Do you ultimately want to transition to behind the camera? I started writing when I was 19. I was

continue to next page »



continued from previous page »

discovered and mentored by Micheal Kane, the writer who wrote “*All the Right Moves*” for Tom Cruise, among many other things. Even though acting was my focus, I would always write when I had the chance. It was when I met Kenya Barris that I really took my writing seriously. He became the example of what I wanted to be; the fact that he looked like me, sounded like me, and came from the same humble beginnings as me put the battery in my back with the crazy thought, “Hey, I can do that too!” With his guidance I have been able to make additions, rather than transitions, because it only adds to what I want to do as an actor.

What has been your most challenging role? I don’t believe I’ve met that role yet. I’ve had physical challenges preparing for roles, be it building muscle or dropping weight, but I have yet to have a role that has challenged my mind and I look forward to finding those roles.

How many years have you been in the entertainment industry? I’ve been in the game over 10 years now. My first major role was in *Friday After Next*. I was the kid fighting Ice Cube and Mike Epps with a pool stick.

Let’s chat about your “techie” endeavors. Tell us about the “Everybody Digital” App, it is a film streaming platform – can you go in depth about how it functions? Everybody Digital is the first and only film app dedicated to streaming a large catalog of short films and original programming. Nothing on the app will be over 20 minutes, so we’re basically becoming the short form version of “Netflix.” The app was created by a short filmmaker for short filmmakers to finally have a home for these films to live on after their festival runs are over. We launch January 2017.

What inspired you to create the Everybody Digital App? Who is the target audience? What systems can it be downloaded on? After having several films be successful in film festivals and collecting numerous awards along the way, I found it discouraging that there was no real place for the shorts to be viewed after completing their runs. I also found that the average consumer attending these film festivals tended to be involved with the production in some capacity, so I wanted to create a platform that will allow filmmakers to expose their films to a much larger market. Our target audience will be those who enjoy short form media content such as Snapchat, Instagram, and Facebook Live. We will cater to the growing market of consumers who enjoy watching entertainment in small doses. Everybody digital is set to launch

January 2017 and will be available on both Google Play and the Apple store.

How did you get involved with “DemoNerds” camp? Tell us more about your mentoring. It all started with a career day. I was introduced to a group of foster kids and fell in love with them, so I wanted to do something for them. I wasn’t sure what, but I couldn’t get them out of my head. While talking to my sister, Shanelle, she helped me decide to create an acting and film program for kids. That was the day *Demo Nerds Acting and Film* for kids was born; it was five years ago and the program has serviced hundreds of kids and created over 20 films. The program is a two-week camp. During the first week we focus on acting exercises and script reading. The second week the kids create and produce their own short film, then we conclude the program with a red carpet gala and have the kids dress in formal attire and get greeted on the red carpet by the press. The film they created is then screened in front of their family and friends in the community. The program isn’t built to create the next group of great actors, but to create the next group of great human beings.

How do you juggle the several “irons in the fire” – you act, write, produce and manage multiple business ventures? Lack of sleep [Lo!]. No, I love what I do. I used to work minimum wage and now I get to live out my dreams every day. If I didn’t have to sleep, I wouldn’t. I enjoy life too much and now I have the opportunity to create more opportunities, not just for myself, but for others. I believe I work hard every day to achieve these things and want to continue to expand my reach every day I have a chance to.

How and when do you relax and have quiet time? I recently began yoga and meditating. That has been life-changing. It may sound strange, but I find peace in my work. Work is often my escape and my relaxation is being focused and determined to achieve my goals.

What projects are on the horizon? What can your fans expect to see in 2017? I have several movies coming out next year. There’s *Where’s the Money* starring myself, King Bach, Kat Graham, Terry Crews, and Mike Epps; *Smartass* with Joey King; and *First Match* coming out on Netflix. Then there are the TV shows; *Survivor’s Remorse* season 4; *You’re the Worst* season 4; *Black-ish* season 3, and *Rosewood*. Upon the release of *Everybody Digital*, I can be seen in several short films and starring in the heavily anticipated original series *Who the Fuck Is Uncle Joe*. Keep your ears open, my voice will be featured on many projects including a Mountain Dew campaign.

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Signature

FASHION

WILD WINTER

Photographer: Carlos Jones

Stylist: Frank Pompey

Model/Actor: Gary Lavard





Suit: *Hugo Boss*
Fur: *The Ivy Showroom*

Coat: *Armani*
Necklace: *Stylist's own*





Coat: Armani
Jeans: Zara
Necklace: Stylist's own



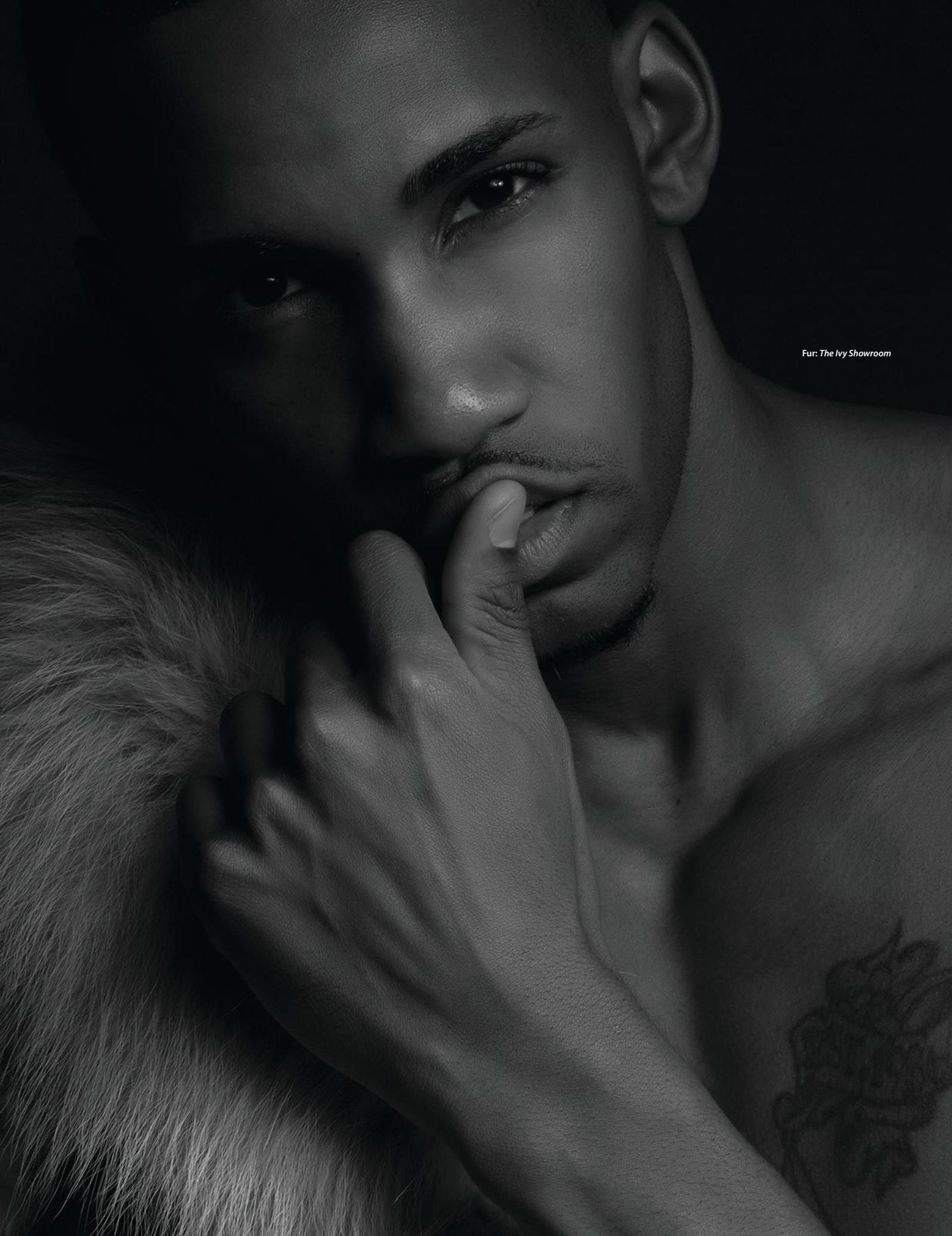
Pants: *Hugo Boss*
Fur: *The Ivy Showroom*



Fur Hat: *Stylist's own*
Necklace: *Moschino*
Coat: *Ralph Lauren*



Pants: Versace
Belt: Moschino
Vest : The Ivy Showroom



Fur: *The Ivy Showroom*



Man of Style

ANDRE KING

Photography by Kevin Goolsby

Born into a family of hip hop royalty, Andre King has built his brand as a popular model, host and influencer in the New York market. King has garnished personal relationships with top venue owners and managers such as Club Marquee, Catch, VIP Room and others. Along side of his booming night life as an influencer on all things social, King has represented top fashion brands on the runway during New York Fashion Week. As a budding taste-maker and leader of the Millennial generation, King's capacity to bridge any gap between brand knowledge and sales, coupled with his rolodex makes him unstoppable.

Describe your style? I would describe my style as chic and simple. I try to keep clean lines while mixing luxury with affordable items.

Who are your favorite designers?

My favorite designers are Tom Ford and Alexander Wang.

Whats your favorite piece of clothing?

My favorite piece of clothing has to be my white button up. It is something I think every man needs to keep on hand. It's the perfect base to an outfit.

What do you get complimented about the most? I often get complimented on my shoes.

Who are your style icons? My brother (Swizz) and Kanye West.

Who's the best dressed on the show besides yourself? Angela Simmons has great style.

continue to the next page »





“My style icons consist of my brother (Swizz) and Kanye West.”



WE tv's 'Growing Up Hip Hop' Season 2 Premiere Screening and After Party

continued from previous page »

How do you spoil yourself? I spoil myself by often visiting the spa and or buying a new pair of shoes.

Describe how you stay fit? I just keep an active lifestyle by working out daily and drinking lots of water. I make fitness apart of my daily routine so that it doesn't feel like a job.

What is the coolest thing about being a the little brother to the one of Hip Hops greatest producers? The endless amount of friends you get over the years.

How did you get into modeling? I decided to try out for *BET'S Rip The Runway*. I tried it, loved it and it became my passion. My career has not slowed down since.

How do you give back to the community? I try to give back anyway that I can. I mostly enjoy the times I get to go speak to at risk

youth. Other than speaking engagements, I attend several charity events throughout the year that assist with community development.

You have great skin, what are some of your favorite grooming products? I enjoy a good facial mask and or simply rubbing fresh aloe daily.

Whats the must-have cologne right now? Kailan and YSL currently.

Where do you like to vacation and why? One of the top vacation spots for me is Miami. It's quick and easy and a great place to visit in the states.

What has been the highlight of your career so far? My biggest moment was me coming out and living in my truth.

Do you feel personal style/appearance/grooming are connected to success and if so explain? Most definitely, the way you dress says a lot about who you are as an individual.

Whats the biggest mistake men make when it comes to good grooming? Having clean nails is a must. Men often forget about there hands.

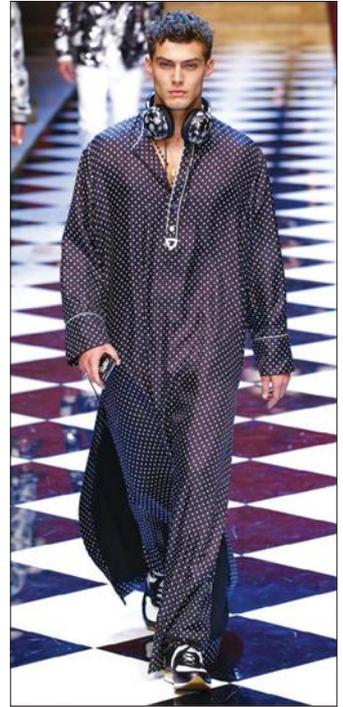
What can we expect from Andre King in 2017? I am currently working on my very own clothing line for spring of 2017. I'm also gearing up to walk in a few shows during New York fashion week. Shooting for season 3 of *Growing Up Hip Hop* will begin soon, so stay tuned.

How can our readers stay up to date with you? Follow me on Instagram and facebook @Andrekingbrand



BALMAIN MENSWEAR SPRING SUMMER 2017 PARIS

Let me explain. An anorak is not just a type of coat with a hood. It's also a colloquial terminology for someone who is a little bit obsessive about a specific thing. And it's safe to say that ever since he took over the helm of Balmain in 2011, aged just 24, Olivier Rousteing, with his subsequent Balmain army and later the Balmainia that came with his H&M collaboration, is one man who has spawned a fashion obsession for many. Are you a Balmainorak? Following a Spring/Summer 2017 collection that cemented the designer's cult status (he was inspired by a digital moodboard of all the exotic locations of his favourite Instagram folk), here's how to spot the signs.



DOLCE & GABBANA MENSWEAR SPRING SUMMER 2017

Designer duo Domenico Dolce and Stefano Gabbana presented a Dolce & Gabbana Spring 2017 Menswear collection that majored on a hard-to-resist medley of musical influence, featuring some finely designed new-silhouette pieces along side some of their greatest hits. As the male models walked the runway, close to a 100-look collection played out to a multi-genre ode to music and musicianship from years gone by. There were boom box bags paired with oversize street-sport shapes of linen and silk pants, tees, and sweats painted in faux-naïf nightclub vignettes, some sequined and patched with Dolce & Gabbana themed band patches. Evening Jackets played to that '50s swing band vibe. Patched black leather jackets had a hard rock edge, and multicolored leather bomber jackets with collegiate detail gave way to a softer rock sound. Rounding out the playlist was a series of polo-kaftan hybrids adapted from their Alta Moda collection done in leopard and tiger animal prints that became a new twist on a couple of old standards.



#POETICINJUSTICE SPRING/SUMMER'17

Who: Shaka King Menswear **When:** **Where:** Mens
 IG: @shakakingmenswear • shaka@shakakingny.com • Photos: Marcus Bennett

First it was Alton Sterling then Philando Castile....what???
 ...then my Instagram feed was on FLEEK...
 ...the boys in blue...Trayvon Martin...ban guns...Amerikkka...MLK...what's going on?...law enforcement...black lives matter...whites only...living just enough for the city...police robot ...driver's license... just because we're magic...explosion...Dallas...LA cops ...McDonalds...Emmitt Till... quotas... dashiki...stop killing us...Micah Johnson...separate but equal...make our country great again... Rodney King
 I...froze...dazed-numb-angry-confused-abandoned...so many emotions @one time!!!
 I watch Straight Outta Compton...I am inspired!
 ...days later, after I started this collection, I asked why?!!
 Then it became clear to me...*"I got sumthin' to say!"*



Style Matters

Black Hat: Reason
Black Leather Jacket: Reason
Grey Mock Neck Sweater: Black Kaviar
Black Jeans: Heritage America
Black Shoes: Models Own

(RED) (HOT!)

WE'RE GIVING
YOU THE HOTTEST
LOOKS YOU NEED
TO ROCK FOR
WINTER '17.

Philly Native Ross Kim (@King_Ross_) is taking social media and the party scene by storm. King is making quite a name for himself in the entertainment industry for hosting larger than life, star studded events and as a future mogul, he's following the path of one of the greatest, Sean Combs. KRAVE Magazine's top fashion stylist, Willie Johnson laced him with the 6 must-have looks for Winter '17 so he can also look the part of a Mogul in the making.

Photography: Eric Ganison

Styling: Willie Johnson

Hair: Hiram Parker

All the clothes were provided by
One Street Sales in Dallas Texas.

KRAVE
PRINT &
DIGITAL
EDITION

KRAVE





Show Your Print

You don't have to be a rock star to wear snakeskin. Pairing up snakeskin pieces with contrasting fabrics helps balance the look out and make you feel like a rock star instead.



Cream Ultrasuede Jogger:
Black Kaviar
Purple and Black Snake Print
Jacket: *Cote De Nuits*
Cream Shawl Collar Sweater:
Black Kaviar
Shoes: *Models Own*

Make a statement

Every man needs a staple piece in their closet. With winter right around the corner, here's your chance to be the center of attention by rocking this seasons trend...the uncommon coat. Designers have given their own twist to classic staples by tweaking the length with asymmetrical cuts or sleeve treatments from various materials.



Black Jacket: *Black Kaviar*
Black Jeans: *Heritage America*





Hello Moto

When it comes to outerwear, there are few things more iconic than the denim jacket. Pair that with the illest pair of jeans in your closet and a fitted tee and you're sure to be a icon in our stylish right. #theblackjamesdean



Biggie Smalls T-shirt:
Two Angle
Denim Moto Jacket: *Caliber*
Jeans: *Caliber*
Necklace: *Syd Justice Designs*
Shoes: *Models Own*



In the Trenches

There's a new breed of trench coats for men – -top layers that will make you stand out even if the rest of your outfit consists of jeans, a plain T-shirt or no shirt at all.



Tan Hoodie: *Black Kaviar*
Necklaces: *Syd Justice Designs*
Jeans: *Cote De Nuits*
Bracelets: *Syd Justice Designs*
Shoes: *Models Own*



Come Unzipped

What use to be a small detail is now making a big statement this season... The zipper. Not always functional as it decorative, the use of zippers on jackets and pants are reminiscent of the 80's parachute pants and *Beat It* jackets and we're all in.

• • •

Tupac Shakur T-shirt:
Two Angle
Red Jacket: *Cote De Nuits*
Acid Wash Jean: *Heritage America*
Shoes: *Models Own*

BRACKISH BOW TIES

Give your formalwear a swift kick in the collar with one of these Brackish Bow Ties. Made by hand for each individual order, they're crafted from real turkey or pheasant feathers, are fully adjustable, and arrive in a closed top wooden storage box. www.brackish.com



Roosevelt



Flintlock



Lynx



Guinea



Carew



Mantis



Austin Sunrise



McKinney



Green Pond

BACK TRACK

Look great at work, at the gym, traveling or even for a night on the town with these stylish backpacks. These are great for the modern man with particular fashion taste that want something stylish to carry their day-to-day essentials.



A. Jimmy Choo Cherry & Navy Fitzroy Backback, B. Giuseppe Zanotti Red Leather Backpack, C. Y-3 Black Ultra Backpack, D. Alexander McQueen Grey Croc-Embossed Leather Backpack

TOP 6

HOLIDAY KRAVINGS

If you're looking for the perfect gift to give your husband, brother, bestie or yourself we have you covered. These are the must-haves for any and every man of luxe.



HERMÈS
REVERSIBLE H BELT



GUCCI
TIGERS-PRINT GG SUPREME
BASEBALL HAT, DARK BROWN/BLACK



NIXON
WATCH SENTRY CHRONO
42 MM



CUFFLINKS INC.
STERLING SILVER BASEBALL GLOVE
CUFF LINKS



MASTER & DYNAMIC
MW60 WIRELESS OVER-EAR HEADPHONES,
BROWN/COGNAC



LOUIS VUITTON
CHRISTOPHER PM BACKPACK

The Many Hands of an
Renissance

MAN

DONTA MALONE

Interview: Romaro Spivey • Photography: Nathan Paul • Styling: Keith Manoy



“There are those who see a person’s style as success. Eye see a person’s style as a preface of the mind. It’s not what you wear, it’s how you wear it... and that “how” is YOU.”

Tell us a little about yourself. Well, a little bit about me. It’s tough to describe who I am. I call myself Poly Math (@Cuspthepolymath on Instagram), and the reason why is because it’s like saying I am Renaissance man or one who has many hands. That is how I would consider myself to be. Just from perception alone I am always different yet unique in my own way. If I describe my job that’s only a fraction of me; If I describe that I am an artist, that’s only a fraction of me. I am just me. I am who I am and I think that alone allows others to look at me and say this guy is this or this guy is that. Their impression of who I am is more beneficial than me describing myself alone.

What first got you interested in art? I didn’t really know I was an artist. I was a thinker when I was younger so I would always want to observe and study people. I was always that quiet child. Growing up I was always in my mind and it was there that I would create photographic images that I could translate onto paper. I think at that point, people labeled me as an artist and I was ok with that.

What is your medium of choice and why?
I don’t have a medium of choice. It’s free form.

So you never had any formal training as far as drawing?

I haven’t received any formal training though I did have a few classes in advertising design in high school. What I did was carry over what I developed over the years. I am a man with great photographic memory.

Do you feel like art is an energy, how do you describe it? Art is energy and we all possess the ability to be artistic, we just have to use the right-side of our brain but most people use the left-side, which possesses a more structured mentality versus the right side which is the more creative, visionary side. My strength is on the right-side, which is why I am an artist.

How much of you as a whole is art?

(Laughs) I am ART. I mean anything I touch, anything I think about, anything I speak is art.

How do you select your subject matter?

I don’t really select it. Basically whatever resonates with me at that time; and its usually something that I’ve seen prior; is what I translate onto paper in the form of art.

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Is there a particular artist who has influenced you? There is no influence per say by I am inspired by Salvador Dali. I like his art because he is a dreamer. His art is very surreal and has its own message. I believe that is what makes him great.

Do you have any rituals that you start before you begin creating your art? Yeah, I write a quote about whatever I am thinking at the time, I will write it on the canvas then I start the art. I try to draw in a way that will leave people wondering about who this this is, be it 10 or 20 years down the road.

So if you could be reborn, would you want to be the same person, would u want to be an artist again or something different? That is a great question. Yeah if I had to be the opportunity to be born again as an artist I would be. I believe that I am great; we all are in some form. I think what makes me great is that I look at myself as a student, and not a master because I am always learning, not just from myself but others. I come into every situation as a student.

So will u ever be a teacher? I am only a teacher when I am called. I say that because if a person asks me a question, that is my moment to teach.

What is your favorite piece that you have drawn and why? I am working on piece that is starting to be my favorite, it is the Universe. I started on the exterior on Universe and work my way in because what we perceive outwardly is actually in and that is my representation that though you may see yourself from this outside force that we created, the most important piece is on the inside. Look at the galaxy and some of these paintings other great artists have drawn, for the most part the light is within and it projects out.

How did you get to where you are today? We all play a part in our upbringing. Alone it takes effort from me and how I perceive things. The life that I have carried so far is just, more of going with the flow, being the wave of the ocean. I think that alone speaks volumes to who we are. I do not allow certain circumstances and situations to determine where I am in life. It's up to me and nobody else. To put my energy off on somebody else and say that you have paved this for me is absolutely great but I am looking at from an evolutionary perspective. Basically whatever you benefitted from it then, I am benefitting

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from it now. It is my duty to carry it forward to the next generation, which is me playing a part into the evolution we call life.

What is the main challenge you face when beginning

a piece? Starting is the main challenge. I think it's a conglomerate of everything you mentioned (picking up the brush or just figuring out what u want to put on the canvas). Sometimes I will just sit there and think so much into it that I won't even start. I recall my dad telling me, if it ever gets to a point wherever you are stagnant, just go with something and start. My dad would simply draw a line and tell me to create something with it. I did just that.

What is your ultimate goal with your art?

Art to me is an expression of creativity in its natural form. I see it as a healing and meditative process. When I get into my art nothing exists. It allows me to think in various ways, to go where ever I want to go. It is no different than reading or any other concept that we possess that is creative. It allows us to be free and just say, I may be silent but you are damn sure going to hear me through what it is I am doing. Keep in mind, you have to understand, the artists mind, I put this on a canvas and I am allowing you to interpret what this is but I am the only one who knows what it really means.

What do you like most about your career?

Outside of painting, the most rewarding thing is acknowledging the fact I can do it. I think that is the most rewarding. It was a time when this was a goal or an opportunity to get to. The fact that I can say I did, I am cool with that. There was at time I saw men jump out of nice cars, who dressed nice... and I remember that little dusty kid sitting on the porch looking who said I was going to grow up and bet that. I have done that.

In reference to a significant Number Can you tell us about a number that is important to you? What number reminds you of a very pivotal moment in your life?

Man that is tough. I was thinking about this the last time you told me. I can't (pauses), even if I tried,

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I can't think of a number that is significant to me.

Not even 1911? (laughs) I mean that is a great question. Not even that. I have never thought about it. Now if you would have asked me 10 years ago, I would have given that answer but where I am today my mind does not even think like that. I just kind of... (Pauses) What I can say is that and I still do it until this day, I write 35. I don't know why I write it. I really don't know. I just write 35 and I have been doing that since middle school and I write it on paper. I still don't know what the significance is. What would be interesting is this year I turn 35 so who knows. The fact that we are having this discussion and doing this interview could give it meaning.

I noticed you wrote Eye and not I. Is there any particular reason why?

I did that because I was speaking specifically to my third eye and how I think. When I speak Eye, that means that what I see in others; it is not the

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clothes they wear or the material styles that we have created and turned into something and said this is important. I am looking at the person. Honestly, you can define what a person is not just by the clothes they have or their style, but by trying to interpret their reasoning behind that specific style. It makes me want to know what type of mentality do they carry; what characteristics do they possess? That alone is what I find in it. I am one of those who want to know who you are and not what you are wearing. I just let myself be free.

In reference to shooting with photographer Nathan Paul

How did you enjoy shooting with photographer Nathan Paul?

I enjoyed it much but I think it was a lot of my own self-criticisms that kind of made me pull back a little bit.

Nate, do you think he held back?

Nate: I think we captured It (the photo shoot). He was a great experience.

Donta: Nate would sense my pull back moments and sense when I am not relaxed, which I way I did enjoy shooting with Nate because he is an artist. He would capture the moment. Some photographers are very standard and structured, you (Nate) on the other hand; are a visionary, and you know what you are looking for. That is a great thing. That is how you get the best shots.

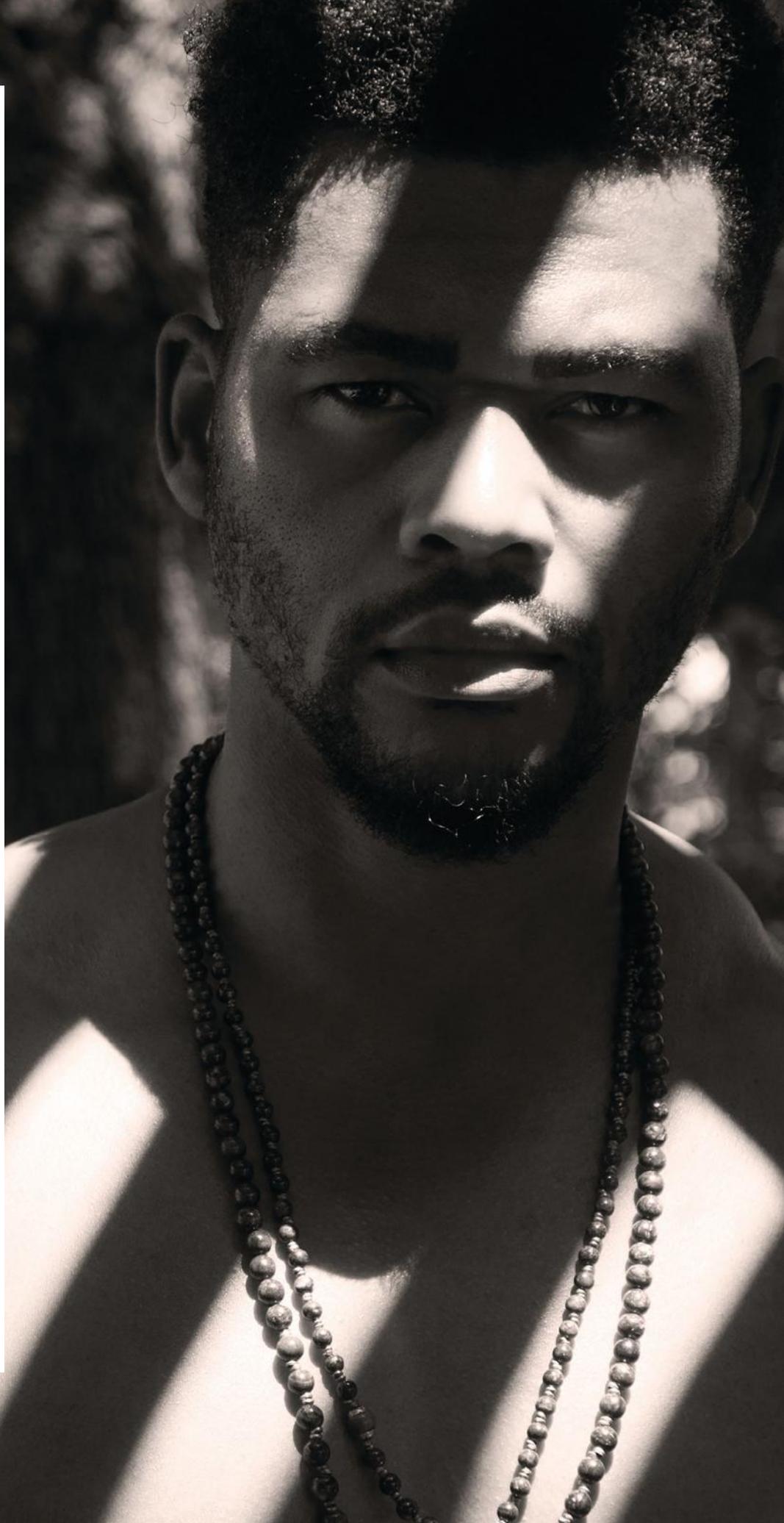
In reference to Social Media/ Instagram:

Nate: I noticed that you do not like everything on social media, particularly on Instagram. Why is that?

Donta: It's funny, I'll grow through and sift through stuff and if you don't stimulate my psyche and I don't feel it, I am not moved by it...and then it's funny because I will unfollow people, if they are doing just straight selfies, it's not creative enough, when I like something on Instagram, I can feel it and that is what I am looking for.

How can our readers find you?

Readers can follow me on Instagram @cuspthepolymath, they can also visit dmexpressions.net



SIGHTS & SOUNDS

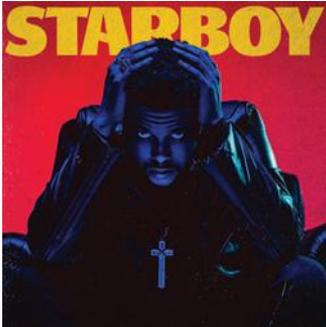
Finding the perfect date night movie is a delicate balance. You're not just trying to mesh two different tastes, you're trying to do so while still maintaining a makeout-friendly mood. Scary can seem like a good way to go (cuddling!), but if you tread into the Gore Zone, you might kill every last trace of romance with a metaphorical chainsaw. You might think that going uber-romantic is best, but really, you're just setting yourselves up for comparisons to unrealistic, fictional romantic leads. Funny is good, but you might want to avoid extreme gross out humor. Action and animation is actually always a good idea.

**AT HOME
MOVIE
NIGHT**



Give Netflix a break and build your own library of good movies, and you can't go wrong with these 4. Star Trek Beyond, The Secret Life of Pets, X-Men Apocalypse and Captain America Civil War.

**SOUND
BITE
TURN
UP!**



THE SOUND OF MUSIC. Whether you need something to get you pumped before your workout or to put you in chill model after, these 4 cd's are sure to get you right. Post Malone - *Stoney*, J. Cole - *4 Your Eyes Only*, The Weeknd - *Starboy* John Legend - *Darkness and Light*

KUTZ



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PHOTOS: FOTO PHRESH

5 Different Skin Types

By: Randy Reed aka Mister Fresh

Photo: Eric Ganison

We're all born with specific skin types based on our genetics and ethnicity. Forming a consistent skincare routine and finding products that deliver optimal results for specific skin types and conditions require a lot of discipline and patience. Our skin changes over time and can be impacted by changes in skincare habits, lifestyle, diet, and by internal and external factors. A good home-care regimen should include cleansing, toning, exfoliation and hydrating the skin. Knowing your skin type and following these tips will help enhance and improve your skin's appearance moving forward.



A. Kiehl's Facial Fuel Energizing Face Wash +Game Day B. Thayers Alcohol-Free Cucumber Witch Hazel Toner, C. Clarins Cleansing Milk, D. Image Skincare Vital C Hydrating Enzyme Masque, E. Lab Series Future Rescue Repair Serum

NORMAL SKIN

Good oil and water (H2O) balance

- Free of blemishes and maintains a radiant complexion
- May fluctuate between dry and combination at times
- Remedy:** Kiehl's Facial Fuel Energizing Face Wash +Game Day
- Moisturizer: Hydrator + SPF30
- Use a gentle cleanser that helps balance skin's pH and a moisturizer with SPF.

DRY SKIN

Lacks oil; texture feels rough and tight.

- External factors include sun damage which can lead to premature aging
- Avoid using gel cleansers.
- Remedy:** Clarins Cleansing Milk
- Not harsh and best if used at night
- Condition:** Dehydration is a lack of water and can be found in all skin types
- Skin can appear thin and flakey.
- External factors include coffee, alcohol, medications and over exfoliation.
- Remedy:** Thayers Alcohol-Free Cucumber Witch Hazel Toner

OILY SKIN

Excess oil production; skin surface appears thicker and sallow

- Skin is prone to blemishes due to clogged pores, oil and buildup of dead skin cells.
- Avoid over cleansing which may cause irritation.
- This type ages more slowly due to the protection provided by excess oil secretions.

Remedy: Image Skincare Vital C Hydrating Enzyme Masque
• Helps breakdown surface oil and prevents future breakouts

ACNE- PRONE SKIN

- Caused by genetics, bacteria, hormones, stress and food.
- Use products that have salicylic acid or benzyl peroxide
- 4 Grades of Acne (mild, moderate, inflamed and cystic)

Remedy: M-61 Brilliant Cleanse

COMBINATION SKIN

May need different care in specific areas; shiny skin

- T-zones may be oily (nose, forehead & chin); Outer areas are dry, flakey and dehydrated.
- Hydrate skin day and night to repair, rejuvenate and to lock in moisture.
- Remedy:** Lab Series Future Rescue Repair Serum
- Use products that absorb easily and protect from premature aging.



Randy Reed "Mister Fresh"

Known throughout the men's fashion and lifestyle industries as Mister Fresh, Randy Reed has been recognized globally as an arbiter of men's style and grooming. He began his career in menswear working with brands such as Calvin Klein, Michael Kors, Tommy Hilfinger and Van Heusen. Randy serves as a content creator and has contributed to men's grooming brands such as Clarisonic, Nivea Men, Lab Series and most recently began a new partnership with clinical skincare company Image Skincare. His site, lammisterfresh, focuses on proper grooming techniques and skincare regimens by highlighting the latest trends in the fast-growing men's grooming industry. Check out lammisterfresh.com



2017 PORSCHE PANAMERA 4 E-HYBRID

Porsche is offering plug-in hybrid power for their 2nd generation Panamera. The first 31 miles or so run on pure electric power, and then the 330 hp twin turbo V6 kicks in. Combined with the electric motor, the E-Hybrid has access to 462 hp and 516 lb-ft of torque, which is good for a top speed of 173 mph and a 0-62 mph time of 4.6 seconds. That power is channeled through a new 8-speed PDK transmission and drives all 4 wheels.

The 4-E Hybrid operates in a number of driver selected modes. The vehicle always starts in the E-Power mode, running on pure electric power from the liquid-cooled lithium ion battery. In addition, the Hybrid Auto mode combines the drive sources for maximum efficiency. The two performance modes are Sport and Sport Plus, with the latter needed to reach top speed.

Charging times are long compared to the newer electric cars, but adequate for a hybrid, given the vehicle's inherent flexibility. Full charges occur in 5.8 hours through a 230-V 10-A connection, and there is an optional 7.2 kW on-board charger with a 230-V 32-A connection to bring times down to 3.6 hours.





1974 - 2016

Hewitt Henderson

Happily Ever After

By LaVida Harris

Photo: Eric Ganison

*“The more you thank life,
the more life gives you to be
thankful for.”*

Toxic Shock Syndrome (TSS) is a rare, life-threatening complication of certain types of bacterial infections. Often toxic shock syndrome results from toxins produced by *Staphylococcus aureus* (staph) bacteria, but the condition may also be caused by toxins produced by group A streptococcus (strep) bacteria.

TSS historically has been associated primarily with the use of super-absorbent tampons. However, since manufacturers pulled certain types of tampons off the market, the incidence of toxic shock syndrome in menstruating women has declined. Toxic shock syndrome can affect men, children and post-menopausal women. Risk factors for toxic shock syndrome include skin wounds and surgery. It is potentially a fatal condition.

Possible signs and symptoms of toxic shock syndrome include: a sudden high fever, low blood pressure (hypotension), vomiting or diarrhea, a rash resembling a sunburn, particularly on your palms and soles, confusion, muscle aches, redness of your eyes, mouth and throat and headache.

Toxic shock syndrome can progress rapidly. Complications may include: shock, renal failure and death. Toxic shock syndrome can affect anyone. About half the cases of toxic shock syndrome occur in menstruating women; the rest occur in older women, men and children. Toxic shock syndrome has been associated with having cuts or burns on your skin, having had recent surgery, using contraceptive sponges, diaphragms or super-absorbent tampons, and having a viral infection, such as the flu or chickenpox.

Early diagnosis of Toxic Shock Syndrome can be treated with antibiotics to kill the *Staphylococcus Aurelius* bacteria and other medicines which help counteract the symptoms. Hewitt Henderson, a dear friend to the KRAVE family lived with this daily with a smile on his face in spite of any symptoms or issues he may have death with. Hewitt passed away on December 3, 2016. The entire KRAVE family was saddened by this news. We will miss his smile and encouraging spirit. Our sincere condolences to his wife, children and entire family.

WHEN THE SEASON IS OVER

BY GARTH VOISIN

When the seasons over the questions come, what's next on the agenda? What needs to be changed and what areas need a bit more work?

It's back to practice, back to preparation, back to focusing on being the best at what we set out to do. In life there are so many seasons, so many times that things have to come to an end, even if it's for a period and that's the time where most of our work has to get done, where practice and preparation make or break you for the next upcoming season.

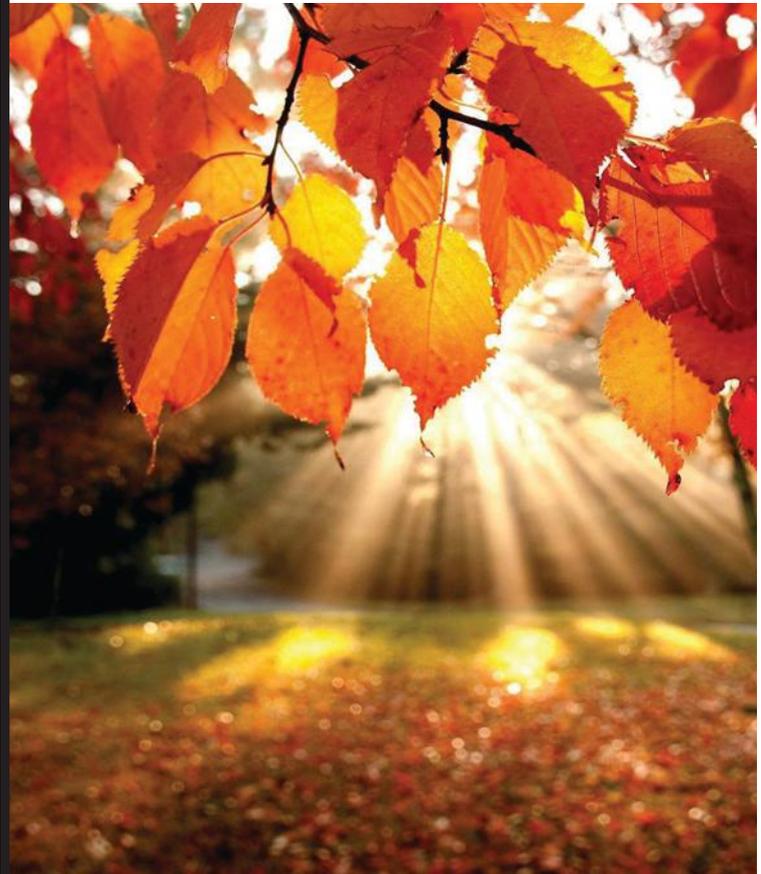
Reflecting on the past season is always a great way to know exactly what needs to be worked on in our own lives for us to become better. This journey we're all on has just that, seasons, times where it's one thing after the next, game after game, then there's the lull, the seemingly quiet time, where if you waste it, time slowly slips away then somehow creeps up on you, and then apparently, out of nowhere it's game time all over again.

We must understand the seasons before we can know how to and what to prepare for. Take note of the patterns that form before and after the seasons, know to yourself that in order for the greatness to show you must make the time to grow in your off season, work harder than anyone else and repeat the process over and over again until you get it right. When the seasons over I want to know that I did my best, that I gave it all that I had, that I prepared to the best of my ability, so the next time the season comes around the new me will be better than the past me.

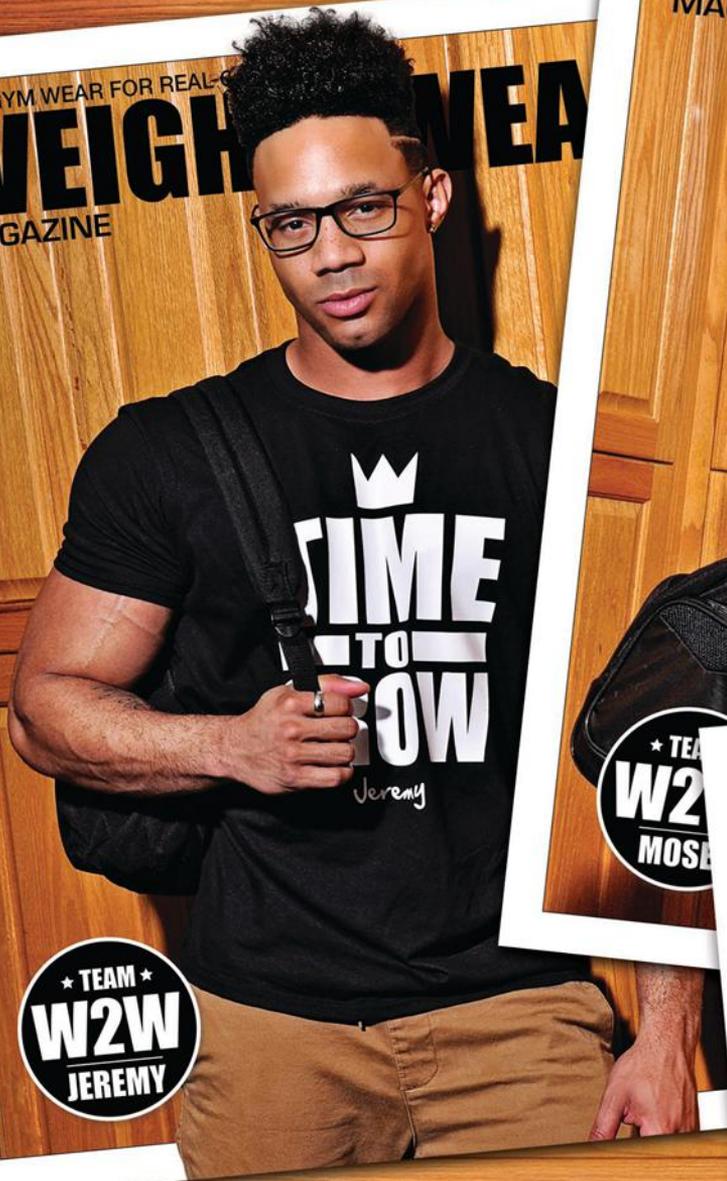
Most will say focus on your strengths and not your weaknesses; I say do both, with the same intensity and drive at becoming the best you possibly can be. I know you've heard it before, but if you fail to prepare, then prepare to fail, this stands true no matter what you're trying to accomplish on your own personal journey.

The Journey Continues...

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