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ONLY
LIMIT.



FORBIDDEN

Fruit

COVER FEATURE

PG. 20

Modeling by Megan Blair

Photography by Jessie Pfriem of JRD's

Boudie Babes - Boudoir, Fine Art And Creative Imagery

Makeup by Rachel Cahill-Beemon of Chibi Waifu Cosmetics

Jewelry custom made by Autumn Hollow Studio

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AYME'S TABLE | PG 12

This creamy curried butternut squash soup flavored with curry powder, cumin, and cayenne will surely warm you up on a cold day!



BEAUTY TALK | PG 6

As temperatures start to cool off and fall sets in, your skin needs to get acclimated. Just as the seasons change, so should your skincare routine. Your skin deserves some extra attention when transitioning to cooler weather. To guide you through, here are a few tips to ensure your skin is looking great during this seasonal change.



MUSIC TODAY | PG 8

Given the vastness of the African continent, its music is diverse, with regions and nations having many distinct musical traditions. African music includes the genres amapiano, Jùjú, Fuji, Highlife, Makossa, Kizomba, Afrobeat and others.



art
MEDIA

MODEL MAGIC PG 15

BEAUTY TALK

1. ADD A FACIAL MIST TO YOUR ROUTINE

Dry skin is the main culprit during the autumn/winter seasons. And, when the sun was shining, you may have not prioritized applying a facial mist to your routine. Your moisturizer and SPF just about got the job done. But, applying a facial mist this seasonal change could be your answer to dryness free-skin. Facial mists that contain hydrating ingredients like rose help balance your skin's PH and provide extra moisture to your skin. According to Jaimie Glick, M.D, a dermatologist at Marmur Medical Center, "humidifying mists may increase hydration levels with microdroplets of water that penetrate the areas between skin cells".

2. BRING A LIP BALM WITH YOU EVERYWHERE

Your lips are one of the most delicate areas of your skin. So, when you're commuting to work or chilling at home, you can notice your lips getting chapped, flaky and dry. This happens, as your lips don't have oil glands (meaning they can't produce their own moisture). Your role as the skincare enthusiast? Ensure that you're bringing lip balm with you everywhere. You'll be able to prevent chapped lips. Plus, flaky pouts with those glamorous-red holiday lips aren't the best duo.

3. Exfoliate

Skin cell buildup is one of the main causes of acne and breakouts, which is why exfoliation is an important element to skincare. Gentle exfoliation removes dead skin cells from the surface of the epidermis and relieves your body of dry, dull skin to free pores while leaving skin feeling clean and refreshed. However, exfoliating during the summer months can be tricky. Essie Button, beauty blogger says, "Exfoliating can be risky during summer when there's constant exposure to the summer sun, which is why the fall is one of the best times to remove dead skin cells, especially by using plant-based exfoliating products, more specifically, AHA-rich products. Alpha Hydroxy Acids (AHAs) help free the skin from congestion and are very effective exfoliants. Plus, this ingredient isn't too harsh on the skin." Another one of our favorite ways to exfoliate is by using citrus peels and repurposing them into a homemade body scrub, which leaves skin silky smooth. You can also try dry brushing, which allows moisturizers to better penetrate your skin, helps circulation and supports the lymphatic system.

4. Rest

After the carefree days of summer, you may not think to rest, but Gilliam says rest isn't only good for the body, but it's also good for the skin.

5. Load up on Vitamin C

Cooler weather usually has us reaching for our Vitamin C supplements, but don't forget your skin. Adding Vitamin C to your skincare routine boosts your skin's defenses and provides antioxidant support. Healthy skin provides a natural barrier, keeping in the good stuff and keeping out the bad stuff. Vitamin C can rejuvenate skin cells leaving you with a bright, clear complexion, while helping to create a healthy, strong skin barrier, but you can also use Vitamin C as an oral supplement too.

Quali 'ty KREATIONZ

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Music in AFRICA

Given the vastness of the African continent, its music is diverse, with regions and nations having many distinct musical traditions. African music includes the genres amapiano, Jùjú, Fuji, Highlife, Makossa, Kizomba, Afrobeat and others. African singers use a wide variety of sounds. The melodies are short, repeated over and over, and also include whistles and yodels which is peculiar to African style of music. Soloist often improvises new melodies while the chorus continues with the original melody creating a polyphonic structure. African popular music (also styled Afropop, Afro-pop or Afro pop), like African traditional music, is vast and varied. Most contemporary genres of African popular music build on cross-pollination with western popular music. Africa has made important contributions to the creation of music in many other parts of the world, most of the Americas, and particularly in genres such as jazz, rock and roll, blues, salsa, and samba. Westerners used to dismiss African music as primitive, but is now admired for its rhythmic richness and complexity. African music also helps in displaying the cultural interplay of music from different cultures, generations, genres, breaking conventional boundaries, and providing a new perspective of African Music.

Last year, Wizkid's 'Essence' was one of the biggest songs in America, not just only in Nigeria and it was on the billboard for 100 top ten. That was a big win for Africa as it earned the attention and interest of international labels and made them invest more in the African Music Industry. Nigerian singer, Damini Ebunoluwa Ogulu popularly known as Burna Boy has set a new record on global music streaming site, Spotify. The controversial artist is the first African to attain over 200 million streams with his album on Spotify. His African Giant album has over 200 million streams on the streaming platform.



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AYME'S TABLE

Curried Butternut Squash Soup

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion chopped (about 1 1/2 cups)
- 2 teaspoons kosher salt, divided
- 3 tablespoons red curry paste
- 2 tablespoons grated fresh ginger (from a 3-inch piece)
- 3 medium cloves garlic, minced (about 1 tablespoon)
- 4 cups lower-sodium vegetable broth
- 1 1/2 pounds butternut squash, cut into 1 1/2-inch cubes (from 2 [20-ounce] package)
- 1 15.5-ounce can unsweetened coconut milk, well stirred
- 1 12-ounce package silken tofu, drained
- 2 tablespoons fresh lime juice (from 1 or 2 limes)
- 6 tablespoons crushed salted peanuts
- Chopped fresh cilantro and crushed red pepper (optional), for serving



Directions

1. Heat oil in a large pot over medium. Add onion and 1/2 teaspoon salt; cook, stirring often, until onion starts to brown, 6 to 7 minutes.
2. Add curry paste, ginger, and garlic; cook, stirring, until fragrant, about 1 minute. Add broth and 1 teaspoon salt, scraping up browned bits from bottom of pot. Stir in squash. Bring to a simmer over medium-high. Cover and reduce heat to low; simmer until squash is tender, 12 to 15 minutes.
3. Remove from heat. Stir in coconut milk, tofu, lime juice, and remaining 1/2 teaspoon salt. Use an immersion blender to process until smooth. (Or transfer to a blender, cover with lid, and remove center piece. Place a towel over opening. Process until smooth.)
4. Serve sprinkled with peanuts, cilantro, and, if using, crushed red pepper.

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