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SMOOCHES WOMAN MAGAZINE

FALL INTO  
FASHION

CURVYNISTA  
BREAKING  
BARRIERS

MAXINE CAIN

7

Foods  
For  
Healthy  
Boobs

THE RUNWAY WAY:  
MODEL CONFRONTS  
MENTAL HEALTH

*Kim Baker*  
**BECOMING A  
GLAMAZON  
BEAUTY**

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FALL 2020



# SMOOCHES WOMAN MAGAZINE

## THE LIFESTYLE MAGAZINE FOR THE CURVY WOMAN

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## *It's Time to Get Selfish:* **A NOTE FROM THE EDITOR**



**CHANTE M. BRADLEY**  
(Founder & Editor-in-Chief)

**S**elfishness often comes with a negative connotation. That is why so many women live their entire lives putting everyone else's needs before their own. Just like so many other women, I found myself doing the same thing.

Whether I realized it at the time or not, many of my life decisions and moves have largely been influenced by someone else's opinion, and or how it would affect someone else's life.

When we are younger, our decisions are mostly influenced by the adults in our lives, our parents, teachers, and or our mentors. We find ourselves joining organizations, sport teams and going to certain schools to appease them before ourselves.

As we grow older; many of us found ourselves in relationships, platonic, romantic, and even marriages that we sacrifice our own happiness, to keep the others satisfied. We can even find ourselves putting our own dreams on hold, to allow others the opportunity to accomplish their dreams and goals first.

Most women know exactly what I am talking about. How many times have you found yourself saying? I will work on my passion after the kids or my husband accomplish theirs first. Always sacrificing our own needs and wants over others.

There comes a point in our lives when we need to be more selfish when it comes to taking care of ourselves.

Not in a vain or irresponsible way at all, but to ensure our own happiness and mental and physical well-being. As women, we must realize that we must stop being a super woman to everyone else but ourselves. We must realize how important we are and work hard to save ourselves, live out our dreams and start putting our own happiness before others.

This does not mean that we are not a good wife, mother, daughter, sister, or friend. It just means that we are also important and that our happiness and well-being should matter most!!

If this year has not taught me anything else; it has taught me to LIVE, LOVE AND LAUGH every day and stop putting off my happiness and dreams off until tomorrow, because tomorrow is not promised.

And I plan to do just that!

*Chante M. Bradley*  
Editor-in-Chief



# Maxine Cain

Photography by Nick F. Nelson



# Curvynista Breaking *Barriers*

By Alisa Boykin

MAXINE CAIN



**B**y 7 a.m. on most days, Maxine Cain is seated in the home office of her condo with a cup of coffee, overlooking the Buckhead skyline – dreaming up a way to expand her vision to create more diversity in Science, Technology, Engineering and Math (STEM).

Before the COVID-19 pandemic, she was a highly sought-after speaker and panelist for events and conferences in Atlanta and beyond. Her schedule was filled with hosting film premieres, speaking for crowds at arenas and hotels, and sitting on panel events. The pandemic may have flipped the world on its head, but Cain hasn't missed a beat.

She is a strategist who promotes diversity and inclusion for women and girls as CEO and founder of STEM Atlanta Women. Cain has more than 20 years in senior human resources and is known to break barriers with innovative approaches to business.

Since the inception of her organization, Cain has reached over 266,000 people and served nearly 7,500 students nationally and internationally, while also building online commu-

nities with more than 20,000 followers. Cain has reached countless audiences across 48 states and 72 countries by appearing on countless radio and internet broadcasts.

The Decatur native juggles family and business in her role as a prominent Atlanta philanthropist and influencer who is changing the way women business leaders and entrepreneurs, live, work, and play, through her work in STEM industries.

Cain breaks figurative and literal barriers. She recently broke ground on a new 3500-square-foot STEM Innovation Center in Atlanta's Summerhill community, scheduled to open in July 2021. The new building will be linked to an expansive network, with programs that will impact disenfranchised populations, while offering them a brighter future in the new digital era. This will be accomplished with several of Cain's collaborative community and educational partnerships.

It's no wonder that Cain is an award-winning business mogul, making a global impact in the heart of Atlanta, Georgia.

She now conducts national conferences via video on Zoom. Her new normal, she explained, includes starting her day with team conference calls and writing work proposals for organizations. She is constantly consulting her digital rolodex of clients on developing and building their business strategies.

When asked her keys to success, she said that Curvynista's everywhere should "walk in your purpose."

"...Remember you are talented for a purpose. Therefore, you are called according to His purpose and not your talent," she said.

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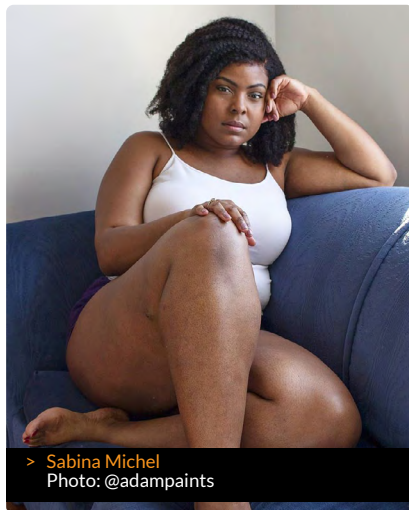
# The Runway Way: Models confront depression, suicide costing lives in the fashion industry

EMMA MEDEIROS

WITH THE GLITZ, GLAMOUR AND SEEMING PERFECTION, SOME MAY WONDER HOW A FASHION MODEL COULD BE DEPRESSED.

**H**owever, models know first hand that the fashion industry is not nearly as perfect as it appears. Several models recently opened up to their social media followings and in interviews about their painful pasts with depression and surviving suicide attempts, in an effort to help other people who may be ashamed to confront their mental health challenges or to seek professional help because of societal and industry pressures for models to project perfection.

When suicide rates in the fashion industry were compared to those rates in other occupations by the Centers for Disease Control and Prevention (CDC), the fashion industry ranked seventh. Statistics show that people in the fashion industry are 25% more likely to experience mental health conditions. Since the COVID-19 pandemic struck, symptoms of anxiety and depressive disorders across the nation have increased, according to data from the CDC.



> Sabina Michel  
Photo: @adampaints

**Sabina Michel knows first hand the crushing pressures of the fashion industry.**

"As a model, people look up to you and think that you have everything together, that you have beauty, so life is just peachy for you," said Michel, an NYC-based plus-size model, actress and suicide prevention advocate, who once attempted suicide. Michel is not a certified mental health professional but is a spokeswoman for suicide prevention.

"They think you don't have real struggles or real problems but the problems I and others went through are very real," she said.

The relentless pressure is not just on women. Male models are not exempt from the pressure to stay fit or look a certain way. Further, some men wrestle with the burden to live up to stereotypical ideas of masculinity, or what it means to be a man.



> Nick Darden  
Photo: @j.chunnphotography  
Styled by: @ajaythestyleologist  
Blazer: @destinationxl  
Watch: @invictawatch

"Men are taught to be tough and not show emotions and if you do, you are weak," said Nick Darden, a big-and-tall model, actor, and podcast host. Adding to the stress, some people believe mental health conditions aren't real conditions because there's no blood test, X-ray, or MRI to diagnose the conditions.

At the same time, seeking help can be shameful, or seen as taboo.

“

They think you don't have real struggles or real problems but the problems I and others went through are very real.

”





Big-and-tall model Chris Perez said mental health challenges can show itself in a variety of ways, not always how it's popularly depicted in media, movies and television.

"Many folks think you are either 'normal' or belong in a psychiatric facility, and that there is no in-between," Perez said.

Though a majority of people with mental health conditions don't need hospitalization, mental health struggles are vast, much more common than many realize.

Talking to others in similar situations can also be helpful. Perez joined group therapy and saw such success that he was inspired to launch his own with close friends and colleagues.

Michel agreed, saying to build and lean on skills from therapy to create habits to address mental health challenges.



If you or someone you know is experiencing suicidal thoughts, speak up.

Call 9-1-1 for a safety check or the National Suicide Hotline at (800) 273-8255.

For more information about Medeiros Fashion PR, contact [emma@medeirosfashionpr.com](mailto:emma@medeirosfashionpr.com)

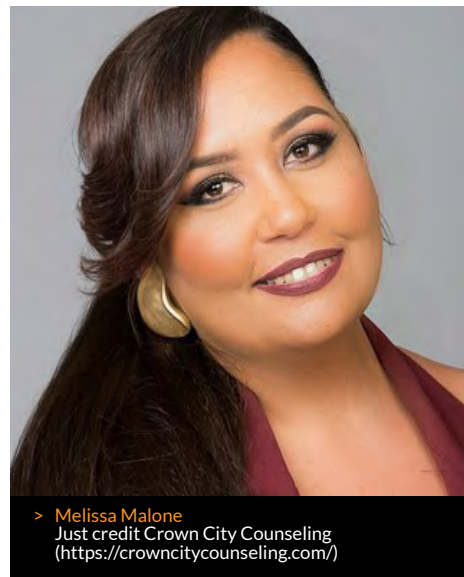


"Talk to someone. Girls night, drinking wine, and venting to your friends may be therapeutic for the moment but what about after they leave?" Michel said. "In therapy, you can learn the tools to feel better not just for one night but the rest of your life."

Since building a strong support network is crucial to overcoming any problem, patients are usually encouraged to invite their friends and family into their sessions at some point, which can bust the myth that only "crazy" people go to therapy. Family and friends are also strongly urged to be vigilant for signs of depression or suicidal ideation in their family and friends, such as talking about wanting to die, feeling hopeless or having no purpose. Caregivers should also look for increased anxiety, sleeping, use of alcohol or drugs, agitation, or extreme mood swings.



Many folks think you are either 'normal' or belong in a psychiatric facility, and that there is no in-between.



Model and Licensed Marriage and Family Therapist Melissa Malone of Crown City Counseling in Pasadena, California, revealed that there are many, many viable treatment options available, both for those with and without insurance. A simple referral from a primary care physician, a quick call to the local Department of Mental Health office, or a brief visit to the Department of Social Services will be the first step on the road to recovery.

Since the isolation created by pandemic increased depression and other mental health challenges, it's even more important to stay positive. Both Malone and Michel recommended to stay as connected as possible to family and friends via video, get regular exercise to release mood-lifting endorphins, and avoid staying in bed all day by having a daily routine, including lots of self-care.

Aside from personal responsibility, multiple models and experts agreed that the fashion industry should acknowledge its role in fostering environments that negatively impact mental health, and also grasp the magnitude of its responsibility to its workers.

While there are many fashion events that focus on self-care, it's almost always about physical well-being; depression, suicide and mental illness have rarely been discussed.

"The only way to better support those suffering with mental health is to normalize it and give it a voice," Malone said. "We can fight this together, but it takes a village."

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# EXCLUSIVE

AN EDITOR'S EXCLUSIVE



PHOTOGRAPHY BY **JAMES WEBER**



# EXCLUSIVE

AN EDITOR'S EXCLUSIVE

## BECOMING A GLAMAZON

KIM BAKER

**S**mooches Woman Magazine Editor-in-Chief sat down with the CEO of Glamazon Beauty Cosmetics Kim Baker to talk about how she elevated from Model to Make-up Artist to now the founder and CEO of Glamazon Beauty Cosmetics and how she successfully re-invented herself in the fashion and glamor industry.

**SWM:**

Let us start by you telling our readers who Kim Baker is.

**BAKER:**

I am a mother, a daughter, and a divorcee. I have 2 children and 4 grandchildren; I am the Founder and Owner of Glamazon Beauty Cosmetics. I was a former plus size model and considered a pioneer in the plus size modeling industry and movement. As a plus size model and pioneer in the industry, my goal was to create an atmosphere of acceptance for women to feel confident and beautiful in every shape and size. I was the first black plus size model for Wilhelmina Modeling Agency in 1992 and have been titled by Full Figured Fashion Week to be a Plus Size Legend.

**SWM:**

We all know that this world is going through some monumental changes at this time we wanted to get your thoughts on some of these important topics.

What are your thoughts on Covid 19 and how has it affected you personally?

**BAKER:**

I think Covid 19 is a manmade disease, something that was created by man that backfired. That might sound too political or too harsh for some people, but I have never seen something that God created that would be like this. Yes, I believe that scientist conger it up and that it got out of hand. Just think about it, have there been anything in the history of the world like this? Something that has affecting the entire world at the same time.

I have per-

sonally lost 12 friends: including one of my best friends. We almost lost my daughter's grandmother, but by the grace of God she survived. Just like everyone else, it affected me financially, but I praise God that I have my health and my immediate family has been Covid free.

**SWM:**

What are your thoughts about the state of racial unrest and the Black Lives Matter Movement?

**BAKER:**

I saw a picture on social media that depicted a scene from 55 years ago, where people were holding signs about protesting police brutality. It is hard to believe that all these years later we are still going through the same thing. Nobody should have

to plead for their God given rights. I feel there is a lot of evil people in this world and I do not understand how people can confess with their mouths that they serve and worship God but do ungodly acts. It has gotten to a point where conversations, singing and dancing is not going to give us the results that we need. I feel other methods must be taken for it to be clear that we are not playing. We should not be still having conversations about the same thing for the last 55 years and beyond. What is it about us that make us so threaten?

**SWM:**

With the state of the world now, how important do you feel this 2020 election is?



**BAKER:**

This election is so important. It is a matter of life and death. To date, 212,000 Americans have been taken off the face of the earth for negligence, for not warning people or making sure people wear masks. Dr. Fauci clearly stated a way to protect ourselves is to wear a mask and our president goes against him, so voting is crucial. Our president recently diagnosed with Covid 19, but he is not following quarantine guidelines and still doing things. It's something to be said about a man who is diagnosed with Covid 19 and yet does not take the proper measures to keep those around him safe, a man that is known to grab a woman by the genitals, cheat on his wife with a porn star and lie on his taxes and yet some people don't have a problem with that.

**SWM:**

So, how did you get started in the industry as a Plus Size Model?

**BAKER:**

I started out as a straight size model, and I was introduced to the industry by Mario Van Peebles and his girlfriend Angela Alvarado. They introduced me to Bethann Hardison, who was my first real fashion agent. I began modeling for well-known brands such as Bill Blass. I always had big boobs and struggled to be a size 2/4; my natural curves allowed me to comfortably be a size 6/8. Years of dieting got hard and took a toll on my body. I was forced to take a hiatus to handle some personal issues; and during that break one day, while walking down the street, I was stopped by a woman named Pat Twist. She told me I should be a plus size model and took me to her agency. There I saw images of plus size models on the wall and in magazines. She told me that Wilhelmina was starting a plus size model division. So, I went there, and Susan Georgette

hired me on the spot and the rest is history. I started going to publications like Vogue and Marie Claire to show my portfolio and they did not know what a plus size model was. It is then that I made a conscious effort to go around with friends such as Emme Arosen to make people aware and to advocate for plus size models.

**SWM:**

Do you feel the modeling industry has changed?

**BAKER:**

Yes, the industry has changed, for one it does not pay as much as it used to. I remember shooting for corporations like Sears and making \$7500-\$10,000 for the day. Today's models do not know what it is to get paid that type of salary.

**SWM:**

Do you feel the Plus Size Fashion Industry has made any strides since you were a Plus Size Model?

**BAKER:**

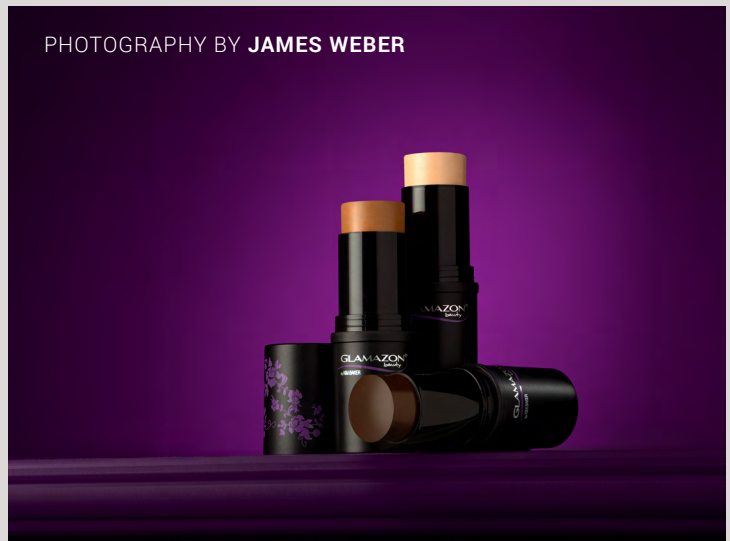
I still feel there is a white out in the industry, the world constantly talks about Ashley Graham but there are so many other models of color that is just as dope and attractive that deserve their accolades as well.

**SWM:**

How did modeling transition into becoming a well-known & celebrity makeup artist in the industry?

**BAKER:**

I wanted to go in a different direction because I realized that everything was about how I looked. So, I wanted to do something else. I started doing make up on friends and other people and loved how it made their self-esteem and confident rise and I loved seeing that change and wanted to be a part of it. I started working at the makeup counter and there I met Sam Fine, who also worked there. I then



became a national artist for Bobby Brown Cosmetics and started traveling all around the country making women feel good. And that is when I knew I wanted to do more than doing something that was just about me, I wanted to empower women. I began to elevate as a makeup artist and my first celebrity client was Tom Cruise, I worked with him for the movie Mission Impossible 2.

**SWM:**

What inspired you to create your own cosmetic line?

**BAKER:**

I feel whenever you do something in life, the goal should be to graduate. For example, with modeling, who wants to be model their whole life. I wanted to elevate and own something, create a legacy and something that I can leave to my daughters. As a makeup artist, I did not see a lot of options that spoke to women of color, not just black women but also Latino, Indian and Afro Latino. I wanted to create a line that not only spoke to women of color but give them high performance and affordable luxury. And, since my great aunt always called me an amazon, I started using the word Glamazon and trademarked it. I trademarked it long before RuPaul started using it. He used it but I owned the trademark.

Everyone wanted me to sue him, but I would not because he was a black man striving to do something and I do not get down like. I am all about my folks and I am not willing to do something to bring them down.

**SWM:**

What makes Glamazon Beauty different from all the other cosmetic lines in the marketplace?

**BAKER:**

We are a celebrity makeup artist lead skin conscious beauty brand that is formulated and customized by me. I did not walk into a factory and say let me see what you got; no, I paid to formulate my own product.

**SWM:**

Where do you see Glamazon Beauty 5 years from now?

I see Glamazon Beauty being a global beauty brand and we are getting there. We are getting calls from all over the world, so we are on our way!

Kim Baker "Special thanks go to my mother June Baker, who worked three jobs to pay for my portfolio which started me on my way".





PHOTOGRAPHY BY **JAMES WEBER**



**SMOOCHES WOMAN MAGAZINE SUPPORTS**

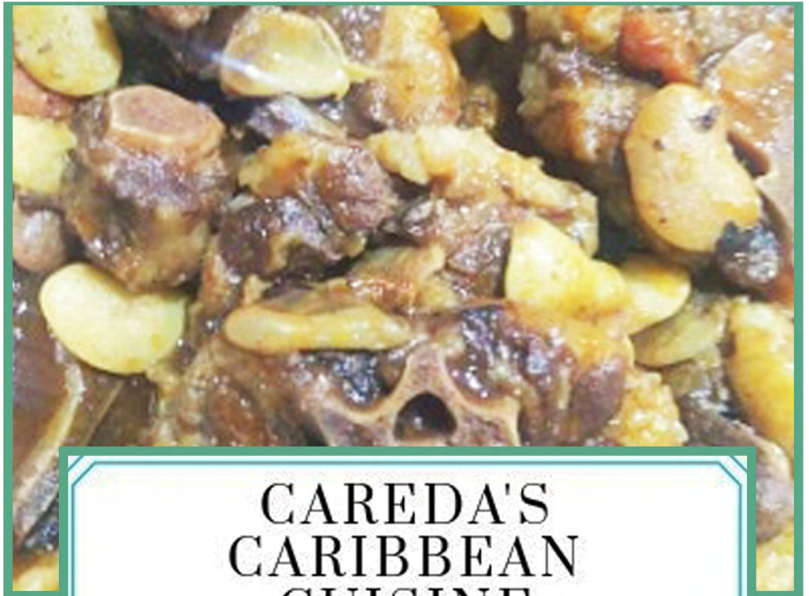


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# Foods for Healthy Boobs:

## 7 FOODS TO INCREASE TO BREAST HEALTH

By Kemia Adrian



No relationship between a woman and her boobs is neutral. In many cultures, the female breasts are a symbol of beauty, motherhood, and vitality. Some women like them, others hate them, and some try to ignore them altogether.

COVID-19 has changed the world and how we live each day. Because of that, it's critical to maintain a healthy diet that gives your immune system an extra boost. In honor of Breast Cancer Awareness Month in October, we put together a list of foods that promote overall health and help lowers the risk of breast cancer.



### 1 CITRUS FRUITS

Nutrients found in citrus fruits such as oranges, grapefruits, lemons, limes and tangerines provide antioxidant, anti-cancer, and anti-inflammatory effects. Research, such as that on [healthline.com](https://www.healthline.com), has linked a high intake of citrus to a 10% reduction in breast cancer risk.

### 2 LEAFY GREEN VEGETABLES

Kale, mustard greens, spinach, and chard are just a few of the leafy green vegetables that may offer cancer-preventative properties. They're excellent sources of fiber and, in some cases, antioxidants.

### 3 FATTY FISH

Fatty fish, including salmon, sardines and mackerel are known for their impressive health benefits. Research shows that eating more fatty fish and less refined oils and processed foods may help reduce your risk of breast cancer. The National Institute of Health said Omega-3 from fish is associated with a lower risk of breast cancer, as well.

### 4 BERRIES

Regularly enjoying berries may lower your risk of certain cancers. A research publication found antioxidants in berries have been found to protect against cellular damage, as well as the development and spread of cancer cells in the skin, bladder, lungs, esophagus, and breasts.







## 5 PEACHES, APPLES, AND PEARS

Fruits — specifically peaches, apples and pears — have been shown to safeguard against breast cancer. Research on [healthline.com](https://www.healthline.com) showed that those who consumed at least two servings of peaches per week had up to a 41% reduced risk of developing breast cancer.

## 6 BEANS

Beans are loaded with fiber, vitamins, and minerals. Specifically, their high fiber content may protect against breast cancer. Healthline said a study of 2,571 women found that high bean intake reduced breast cancer risk by up to 20%, compared with low bean intake.

## 7 CRUCIFEROUS VEGETABLES

Cruciferous vegetables, such as cauliflower, cabbage, and broccoli, are a great addition to your arsenal of cancer-fighting foods. Broccoli in particular has a sizeable amount of sulforaphane that helps boost the body's enzymes and flushes out cancer. Studies also suggest that women with breast cancer who eat a lot of cruciferous veggies may be more likely to live longer and if they go into remission are less likely to have their cancer come back.

Lifestyle plays a critical role in overall health. By making healthy choices each day such as staying active and reducing intake of sugar, fried and processed foods and fast foods, you can help lower your risk for breast cancer and build a stronger relationship with your body, which will thank you on the other side of the pandemic.



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**2020**



# Fall into Fashion:

## A PLUS-SIZE FASHION INFLUENCER TALKS FASHION DURING THE PANDEMIC



BY: LATONYA SPATES

**O**n a stroll in the thick of night, you can feel the crisp breeze brush your cheeks. It's fall. The warm cardigan you just pulled from the back of your closet keeps you feeling snug. Leaves crunch beneath your knee-high boots. The sun fades in the distance and you begin to smell the flavor of fall.

Many people love fall, especially as a symbol of change. Change happens in real-time, from the trees outside to our wardrobes indoors. Although this year will be an unprecedented fall, with the COVID-19 pandemic still in full swing, and many social distancing and quarantining, many still desire a way to stay fashionable and fly.

The pandemic has led to the shutdown of many small businesses and operations. One thing it hasn't changed is Rasheedah Nicole Williams' passion and drive to make a name in modeling. Williams is a brand ambassador for fashion and clothing brands including My Beautiful Fluff and Beauty Rules Clothing. Williams said her journey wasn't always easy, as the modeling industry is very competitive. People weren't always quick to embrace or help her when she entered the modeling industry, so these days she is quick to answer the call of an upcoming model to point them in the right direction. We sat down with Williams, a plus-size model and brand ambassador to talk about modeling, fall and fashion in the time of coronavirus.

**What has been your greatest challenge during this pandemic, being a model and influencer?**

**RNW:** Life feels so different, like we are in the movie I Am Legend. I haven't been able to do any major photoshoots or shopping. Many photographers don't want to travel on location. I was blessed to do a couple of quarantine photo shoots.

**How was the quarantine photoshoot different than it would have been in the times before COVID-19?**

**RNW:** COVID-19 forced models to become more creative because we weren't always able to travel to the location. More make-up artists and hairstylists felt up to the challenge of acting as a stand-in photographer in some cases. All you need is a good camera phone and you're good to go. A wonderful one-stop shop.

**How has fashion shifted since the pandemic?**

**RNW:** COVID-19 brought a lot of creativity to our

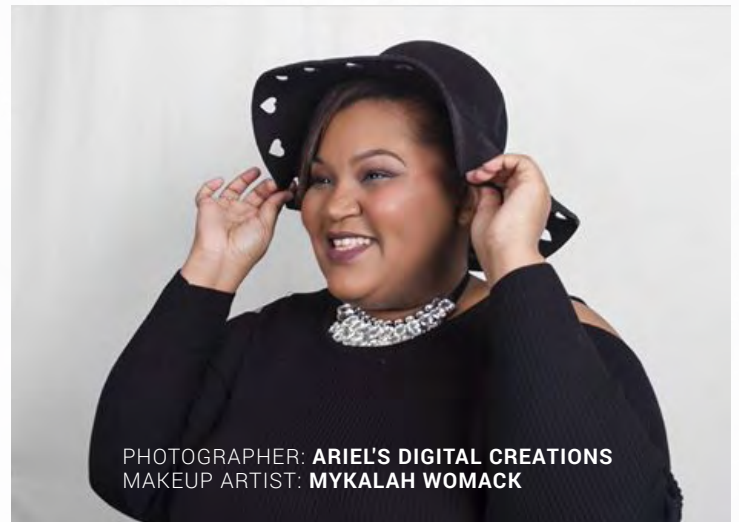
wardrobes. More people are doing online shopping and supporting small-business owners. People are making even more of a fashion statement because you don't see everyone wearing the same t-shirt from Rue 21. It feels more personal and you can even accentuate each style with a custom-designed mask.

**What have been your go-to brands or websites to shop?**

**RNW:** Fall screams trendy fashion. Since I am curvy, I absolutely love Ashley Stewart, Curvy Sense and My Beautiful Fluff. Their styles definitely compliment my full-figured frame without looking like a curtain in a living room window or showing too much muffin top. They are also very affordable.

**What is your favorite thing about fall?**

**RNW:** The fresh new styles. Style has come a long way for the plus-size woman, or women in general since back in the day. What you are



PHOTOGRAPHER: ARIEL'S DIGITAL CREATIONS  
MAKEUP ARTIST: MYKALAH WOMACK





# Rasheedah Nicole Williams

PHOTOGRAPHER: **ARIEL'S DIGITAL CREATIONS**  
MAKEUP ARTIST: **MYKALAH WOMACK**



PHOTOGRAPHER: **ARIEL'S DIGITAL CREATIONS**  
MAKEUP ARTIST: **MYKALAH WOMACK**



wearing showcases your inner creativity and vibe that illuminates on the outside.

### ***What is your go-to Fall style and why?***

**RNW:** I absolutely adore leggings, T-shirt dresses, and knee-high boots. They are so comfortable and flirty. Also, sweater dresses are cozy and fun as well. They keep you warm and you can always add a belt to spice it up a little bit.

### ***What is your favorite aspect of fall?***

**RNW:** I love everything about fall! The sights, smells, and foods. When you start to get notifications from your favorite stores that their new products have rolled out, it is so hard to keep that credit card from burning a hole in your pocket. In my downtime, I love to read, research, and learn more about people who have different walks of life. I also enjoy talking to boutique owners about what's hot and fashion-forward this season. Being in the know keeps me ready and able to mentor my fellow model colleagues. But at the end of the day, cuddling up on the couch with a great book and some hot chocolate in my onesie is the absolute best.

### ***With many people still at home and quarantining or socially distancing how will this affect fall fashion?***

**RNW:** When it comes to shopping centers and department stores, they may lack a little foot traffic because more people are shopping online in order to feel safer. It's quicker and easier too. I mean, who doesn't like to have their goodies delivered right to their front door? The only flipside is that you have to know exactly what size you wear. Dressing rooms most definitely will not be available at major shopping centers or online. Most of the time what you see is what you get. When in doubt just go with your gut instinct and adjust your size with the style. The fabric, texture, and stretchy fiber can definitely make a difference.

### ***What are some must-haves for your fall closet, as a curvy woman?***

**RNW:** Who doesn't like a warm, fuzzy peacoat? They come in so many fabulous colors and go wonderful with my knee-high boots. Beautiful trendy scarves and a nice pair of jeans from Ashley Stewart just makes my day.





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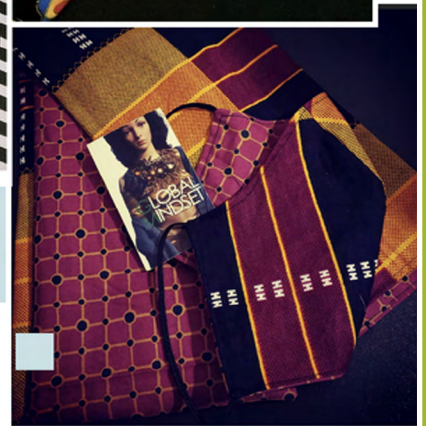
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# PERSONALITY TEST

## AN INSECURE SEASON:

Fall is here, a new season, but what does that mean for you?

### Take our Personality Quiz

By: Deja Bradley

Issa Rae's hit show 'Insecure' airing on HBO has been a favorite for Black millennials since its premiere in 2016. The show focuses on the experiences of Issa and Molly, two Black women and their years-long best friendship. As the show seasons progress, the audience is taken deeper into their lives and given a better picture of them navigating their late 20s. The show allows viewers to watch how these women navigate personal struggles, their platonic and romantic relationships and struggles within the African-American community.

When season 4 premiered in April, the show caused an uproar among fans on social media. Issa and Molly drifted apart, changed as people and each settled into their respective new life seasons. Up to that point, the duo was a beacon for authentic, unbreakable Black girl bonds. The evolution of them as friends and individuals this season came fast, much like the new fall season. We've created a quiz, for you to find out which character (and season) you most relate to right now. Are you Molly? Or Issa? Find out now:

#### 1. What's your role in your friend group?

- a. The funny friend. I always make the group laugh, regardless of the situation.
- b. The needy friend. I always need help, and lowkey my life is always in shambles, but my girls aren't judging.
- c. The friend with their life together. I have it all: great job, great house and financial support for the group.

#### 2. You and your bestie plan to do lunch.

**When you arrive, you see your friend brought her co-worker, without your knowledge. What is your reaction?**

- a. Join and say hi! I'm always down to make a new friend and eat a good meal.
- b. Sit down, but make the lunch awkward. I don't even know this girl.
- c. Tell my friend we can reschedule. I don't want to be here.

**3. Your friend is drowning with an event, so she calls you to save the day. You can get it done. But she's been acting weird lately. What do you do?**

- a. Help my friend out, even though she has been getting on my nerves lately.
- b. Sis can find someone else. If we aren't good then I can't help.
- c. I'm calling another friend for advice.

**4. So who doesn't love a little good mess every now and then? How do you handle messy situations in your friend group?**

- a. I AM the mess. I will admit that, but don't judge me because I am working on myself.
- b. I call it how I see it. Honesty is how I show my love -- even if it's brutal.
- c. I'm just here to mind the business that pays me.

**5. You decide to hop back into the dating world. You have been here before, but this time it's a little different. It goes something like this...**

- a. I decided to date out of my comfort zone. It's different, but it's working.
- b. I decide to rekindle an old flame with an ex. He was a good man, maybe it was just the wrong time?
- c. I am forever for the streets.

**6. You and your bestie fall out. No one likes awkward situations, but how would you handle the situation?**

- a. I crack jokes. It'll make me more comfortable and if they're laughing, they aren't mad, right?
- b. I'm not saying anything until my friend says something first. Being the bigger person is exhausting.
- c. I will break the ice, but I will not be the first to bring up the problem. At least I care enough to bring it up.

**7. No one cares more about you than you. With that, what is your ideal form of self-care?**

- a. Stay home in the comfiest pajamas I can find and watch my favorite tv shows.
- b. Visiting my therapist is the highlight of my week.
- c. Drink, drink, and drink some more. A margarita is my best friend. Did somebody say tequila shots?

**Scoring:**

- 1. A-0, b-2, c-3,
- 2. A-2, b-3, c-0
- 3. A-1, b-2, c-0
- 4. A-3, b-4, c-1
- 5. A-3, b-4, c-1
- 6. A-1, B-3, C-2
- 7. A-3, B-3, C-1

**0-10 points**

It's your Issa Season:

It seems like you are in a full-blown Issa season. Issa is learning more about herself each day and always finding new ways to maximize her full potential. During this Issa season, you are focused on being happy; happy with work, friendships and relationships. You are beginning to do things without the approval of others and finding things and people that make you happy. You are open to cultivating new relationships with people and looking at the world more optimistically. With that, this is your season of change. Yes, this season can feel uncomfortable, but it is definitely needed.

**11-16 points**

It's your Molly Season:

Looks like you are full-out embodying Molly. Molly doesn't pull punches and isn't taking crap from anyone, not even her closest friend Issa or from her relationship. Molly is becoming more straightforward, which can be a blessing and a curse. Even though Molly is having some trouble in her platonic relationships, her love life is looking up. She might have finally found a boo that she can keep around. Molly is in a constant state of working on herself, which includes returning to therapy. But she's still working on applying the therapy lessons to her life. Though Molly has her flaws, she's a good friend, just sometimes a little needy.



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