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Cover Feature...

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SHARIF D. KING is an on air talent, multi skilled journalist, with a digital-social first approach matched with a passion for A "Kool" story and a knack for Entertainment, Lifestyle & Culture, Sports, and much more! This is his first feature with AYME Magazine and we can not wait to share his "kool" story with you all.

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Vulnerability is so important these days. How many people you choose to be vulnerable with is up to you. The important part is having the right people to open up to.



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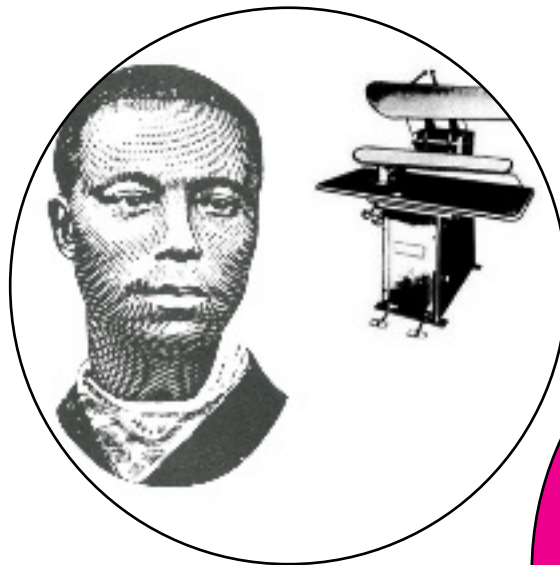
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Erin Carpenter, founder of Nude Barre, started her company with a mission and belief that everybody deserves to find their perfect hue. Her company creates access and representation by providing bodywear that matches people's skin tone.

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Pre-exposure prophylaxis (or PrEP) is medicine taken to prevent getting HIV. PrEP is highly effective for preventing HIV when taken as prescribed.



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Pre-exposure prophylaxis (or PrEP) is medicine taken to prevent getting HIV. PrEP is highly effective for preventing HIV when taken as prescribed.



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Queen Is The Title LLC | Handbag Launch

Queen Is The Title LLC, is a fashion company that designs upscale clothing, shoes, and accessories in the United States. Founded in 2016 by fashion designer Goldine Saintil, a graduate from the Art Institute, who created the brand while in college.

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queenisthetitle.com/shop

(A)Talk With Jane...

Vulnerability is so important these days. How many people you choose to be vulnerable with is up to you. The important part is having the right people to open up to. Also, sometimes you are very guarded and don't realize you aren't letting in the people who could help you. Nobody talks about the walls we build as we go through life. Many become so emotionally overwhelmed that they instead come off jaded. Then it becomes hard to form platonic and other relationships. You need to let the right people in. When was the last time you told someone something that was weighing your heart? When did you feel comfortable talking to someone and not feel like you shared too much or have guilt about it? If you really think about it, are you able to come up with an answer? Really look within. I think you need to be honest with yourself about what matters to you. As well as what you think you want to share with others. It could be something that happened in your childhood or something that just traumatized you. It could be your grief over someone you lost; it could be anything you deem worth it to ponder about. Sometimes all someone needs is a person to listen to them. When something weighs in your heart and you keep it in, you're just testing your mental health. You know you are doing better when you are able to talk about your feelings. What helps you get there is therapy and other coping techniques. When you are emotionally healthy, vulnerability comes with it. Putting your guard down and trusting someone with your feelings and deepest thoughts is a wonderful feeling. Don't be afraid to live your life with emotionally healthy feelings. Your life will be more meaningful and you'll be more happy.

Article By


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For more of Jane's work or
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www.janeswritingcorner.com

**Fashion
Forward...**





Queen Is The Title LLC, is a fashion company that designs upscale clothing, shoes, and accessories in the United States. Founded in 2016 by fashion designer Goldine Saintil, a graduate from the Art Institute, who created the brand while in college. The company's main focus is to design one of a kind women's wear that is the highest quality and affordable. The company distributes products through the online store, and some boutique stores. The goal is to become a brand that is well known worldwide by the year 2024.

The official release of the first handbag collection is now available for pre-order only at queenisthetitle.com/shop

BEAUTY.



Featuring
Nude Barre by Erin Carpenter

Source: forbes.com

..TALK..



Erin Carpenter, founder of Nude Barre, started her company with a mission and belief that everybody deserves to find their perfect hue. Her company creates access and representation by providing bodywear that matches people's skin tone. Nude Barre is a specialty line of eco friendly undergarments made in 16 shades of nude to match all skin tones. Durable enough for active women and stylish enough for everyday fashion. These high quality undergarments are fit for performance. The idea for Nude Barre surfaced during Carpenter's professional dance career. Required to wear nude undergarments, she had to dye her hosiery since beige was the standard color for nude back then. Once she left professional dancing, she began landing commercial spots. She took \$3,000 from her savings and launched Nude Barre in 2009. Initially, the company produced hosiery in different shades of nude. Over the years, Carpenter introduced new products to the line, such as bras, underwear and facemasks. Rather than name products after desserts or trees, she wanted the products to reflect the times of the day.

U = U
UNDETECTABLE
EQUALS
UNTRANSMITTABLE

(A)Life, Living with HIV

HIV is found in blood, semen (cum), pre-seminal fluid (pre-cum), vaginal fluid, rectal fluid, and breast milk. HIV spreads when one of these fluids from a person who has HIV enters the body of a person who does not. Some of the ways this can happen are through anal, oral, or vaginal sex, needles, syringes, or other injection equipment, pregnancy, childbirth, or breastfeeding, small amounts of blood spread during deep kissing or oral sex (extremely rare). According to the CDC, about 90% of new HIV infections result from sexual activity. That is why it is important to know your chances of getting HIV from different activities. Then you can make informed choices about protecting yourself. The fact is, HIV is most often spread during sex. The activities with the highest risk for HIV infection are: Receptive anal sex (bottoming), insertive anal sex (topping), receptive vaginal sex, insertive vaginal sex. You should also know that other factors can increase your chance of getting HIV: Having unprotected sex, having many sex partners, injection drug use, sexually transmitted infections (STIs). Some STI's make it easier for HIV to infect you. There are now more ways than ever to protect yourself and help stop the virus in today's world. Current research shows that taking HIV treatment every day after becoming HIV positive helps people get to and stay undetectable which prevents the spread of HIV to others through sex (*Talk to a healthcare provider*). HIV is still in the body, and being undetectable doesn't prevent other sexually transmitted infections. So stick with treatment, use condoms, and practice safer sex. An undetectable viral load is where antiretroviral treatment (ART) has reduced your HIV to such small quantities that it can no longer be detected by standard blood tests.

People living with HIV who have an undetectable viral load cannot pass HIV on through sex. Being undetectable does not mean your HIV is cured. Having an undetectable viral load does mean that there is not enough HIV in your body fluids to pass HIV on during sex. In other words, you are not infectious. For as long as your viral load stays undetectable, your chance of passing on HIV to a sexual partner is zero. People also become detectable when they stop taking their HIV medications or take them only partially. It may take between a week to several weeks after stopping HIV treatment for HIV to become detectable again, but people will see the levels of virus in their body go up to detectable levels and should get tested frequently. A person's viral load is considered "durably undetectable" when all viral load test results are undetectable for at least six months after their first undetectable test result. This means that most people will need to be on treatment for 7 to 12 months to have a durably undetectable viral load.



AWARENESS...

PEP & PREP

Source: helpstopthevirus.com

If you do not have HIV, you should know about post-exposure prophylaxis. PEP for short. It involves taking medicine *after* contact with HIV. Treatment must begin within 72 hours. PEP is only available from a healthcare provider, emergency room, urgent care clinic, or HIV clinic. It is not 100% effective. And follow-up HIV testing is required. If you think you have been exposed to HIV, you must see a healthcare provider or go to a clinic or emergency room right away. PEP involves a 4-week course of HIV treatment that helps prevent someone from HIV infection. PEP works by stopping the virus from replicating after recent exposure. The cells originally infected with HIV die naturally within a short period of time, reducing the likelihood for HIV to establish itself in the body. If you are taking PEP you could experience some unpleasant side-effects such as feeling sick, being sick, diarrhoea, tiredness, and generally feeling unwell. The drugs used in a course of PEP today are less likely to cause side-effects than those used in the past.



Pre-exposure prophylaxis (or PrEP) is medicine taken to prevent getting HIV. PrEP is highly effective for preventing HIV when taken as prescribed. PrEP reduces the risk of getting HIV from sex by about 99%. PrEP reduces the risk of getting HIV from injection drug use by at least 74%. For anal sex, it takes at least seven days of daily use for PrEP to reach full effectiveness. For vaginal sex, it takes at least twenty days of daily use. It isn't a pill you have to take forever. You get to decide when to start and stop PrEP. Just remember that if you don't take it regularly, you aren't as safe. Once you've started taking PrEP, you should stay on it for at least a month after you were last exposed to HIV. Some studies suggest that if you take PrEP every day, it reaches its maximum protection in blood at 20 days, in rectal tissue at about 7 days, and in vaginal tissues at about 20 days. Talk to your health care provider about when PrEP might be effective for you.



Education

Black Inventors

Source: biography.com



Thomas L. Jennings

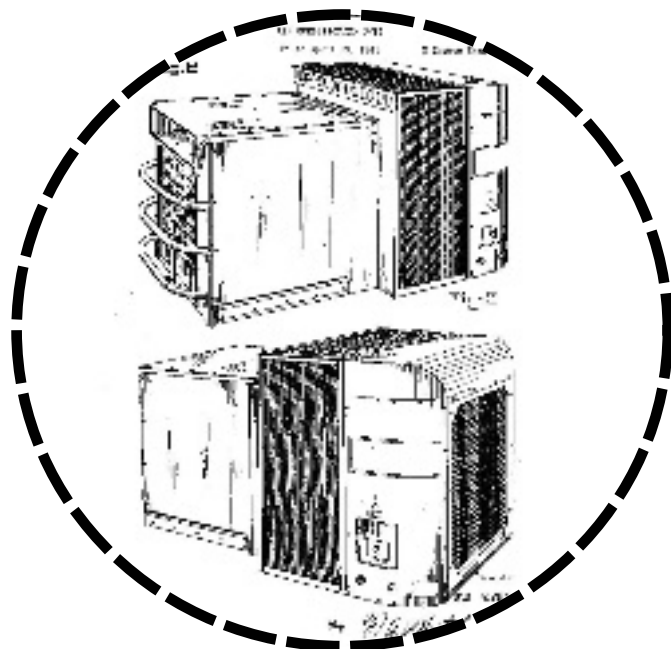
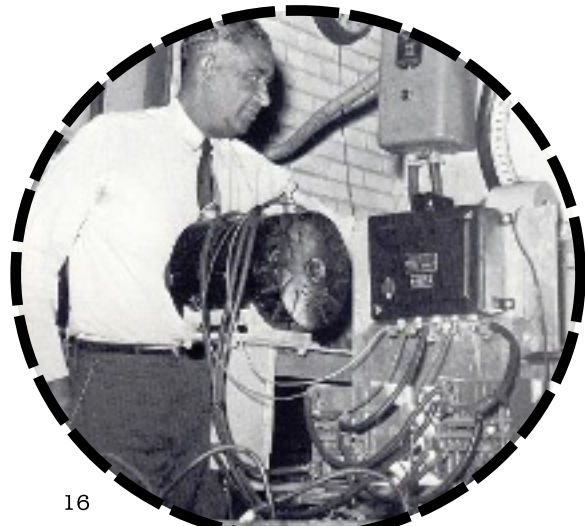
Dry Cleaning

The aforementioned first African American U.S. patent recipient was working as a tailor and businessman in New York City when he invented a process for dry-cleaning delicate clothing known as “dry-scouring.” Jennings applied for a patent in 1820 and received his history-making approval the following year. With the money he earned from his invention, the formerly enslaved person both donated to abolitionist causes and even reportedly freed his still-enslaved family members.

Frederick McKinley

Automatic Refrigeration

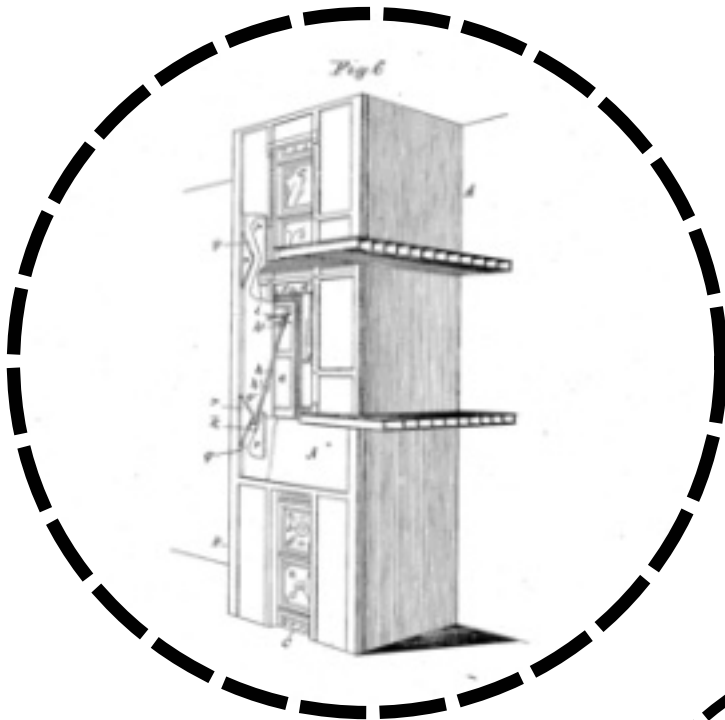
Before Frederick McKinley Jones developed the automatic refrigeration equipment used in long-haul trucks transporting perishables in the late 1940s, the only way to keep food cold en route to delivery destinations was by using ice. Thanks to his invention, grocery stores were able to buy and sell products (many of which you probably purchase regularly) from far distances without the risk of them spoiling during transport. Jones’ technology was also used to transport blood during World War II.



Alexander Miles

Automatic Elevator Doors

Anyone who's ridden modern elevators has Alexander Miles to thank for the stair alternative's automatic doors. Prior to his design's 1867 patent, riders had to manually open and close two sets of doors when entering and exiting elevator cars. If a passenger happened to forget to close one of the doors, subsequent elevator riders risked a potentially fatal fall down the elevator shaft. Because, as the adage goes, necessity is the mother of invention, Miles created a mechanism that forced both elevator doors to close simultaneously, thus preventing dangerous accidents.





COVER FEATURE

S D K

SHARIF D. KING

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Meet Sharif D. King



BROADCASTER | JOURNALIST | CONTENT CREATOR | ORATOR | VOICE-OVER TALENT|ACTOR.



SHARIF is a triple threat on air talent, multi skilled journalist, with a digital-social first approach matched with a passion for A "Kool Story" and a knack for Entertainment, Lifestyle, Culture and Sports!

He is also a Broadcaster, Journalist, and Orator with proven success in storytelling, writing, shooting, and editing. Expert in digital content creation with exceptional ability to connect with others via personality driven content. Over 10 years of on-air experience in radio, television and digital platforms with the ability to thrive under deadline pressure.

