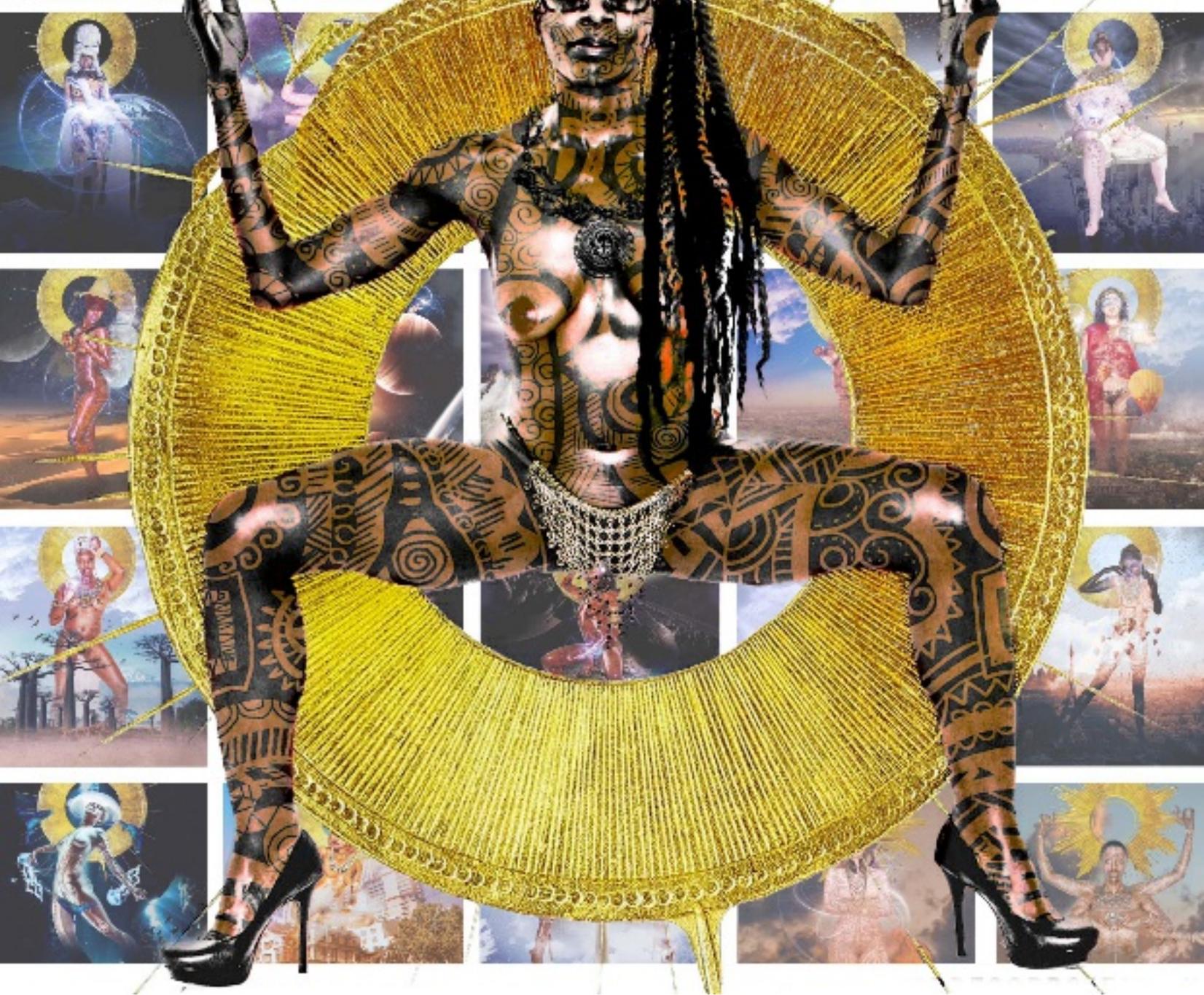




# 4TH OF JULY

# G O D D E S S P R O J E C T





## **COVER FEATURE**

*Pages 16-20*

David Larry, husband of Kristie Larry and father of 5, is an artist from Los Angeles, based in Kansas City tearing shit up with his uninhibited mixing of the sacred and the profane. He is either loved and praised or ostracized and criticized by groups of creative people because of his nonconforming ways. David was given a full grant to study at the San Francisco Art Institute, where he gained local attention from articles written about him and being highlighted in several shows. He was on the rise to fame and hailed as a genius. In standard Larry tradition, not following the rules, they found out he never graduated high school and like Moses, they struck his name from the books. Never giving up, David ventured back to LA and soon found himself the head printer at the most prestigious printing company in Los Angeles at the time. A few years later, David discovered the digital world and it was love at first sight. David put his time and energy into learning and upgrading his skills in this space. He was known as the “Photoshop God.” He started as a Junior Production Artist and ended as Creative Director, back when black people were excluded. David has worked as an in-house designer for large corporations, at agencies and as a freelancer. His combined learnings from these three worlds have given him the experience and confidence to work with amazing clients from around the globe including Disney, Lionsgate, Paramount, MGM as well as start up businesses and amazing individuals. When he’s not designing, you’ll find him at home with the family or working out with his wife (@kristielatray). His focus these days is on creating his own images. You can find him on instagram @fancystarpeople.



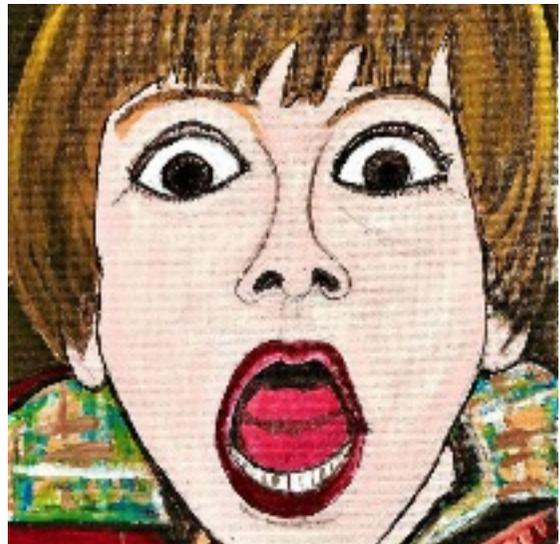
## Healing Stones With Crystal

Watermelon Tourmaline is known to boost the immune system and treat symptoms of hyperactivity. It can also be beneficial in treating heart disorders. Its healing energies can help with easing the symptoms of hysteria and paranoia. It can eliminate the tension in the body, remove blockages, and boost physical energy. Crystal Hamlin shares more about this stone on page 6.



## (A) Talk With Jane

What if you could be the character of your favorite movie or just like your favorite person? Join the conversation with Writer Jane Verdel as she reveals who she would be if given the chance! This is a fun article and definitely a great conversational piece. Read more on page 10.



## Arts Explorer

Artist Floyd Bingo art work from his latest works of art! Find more of his work and descriptions of his point of view at [www.FloydBingoArt.com](http://www.FloydBingoArt.com) pages 8 & 11



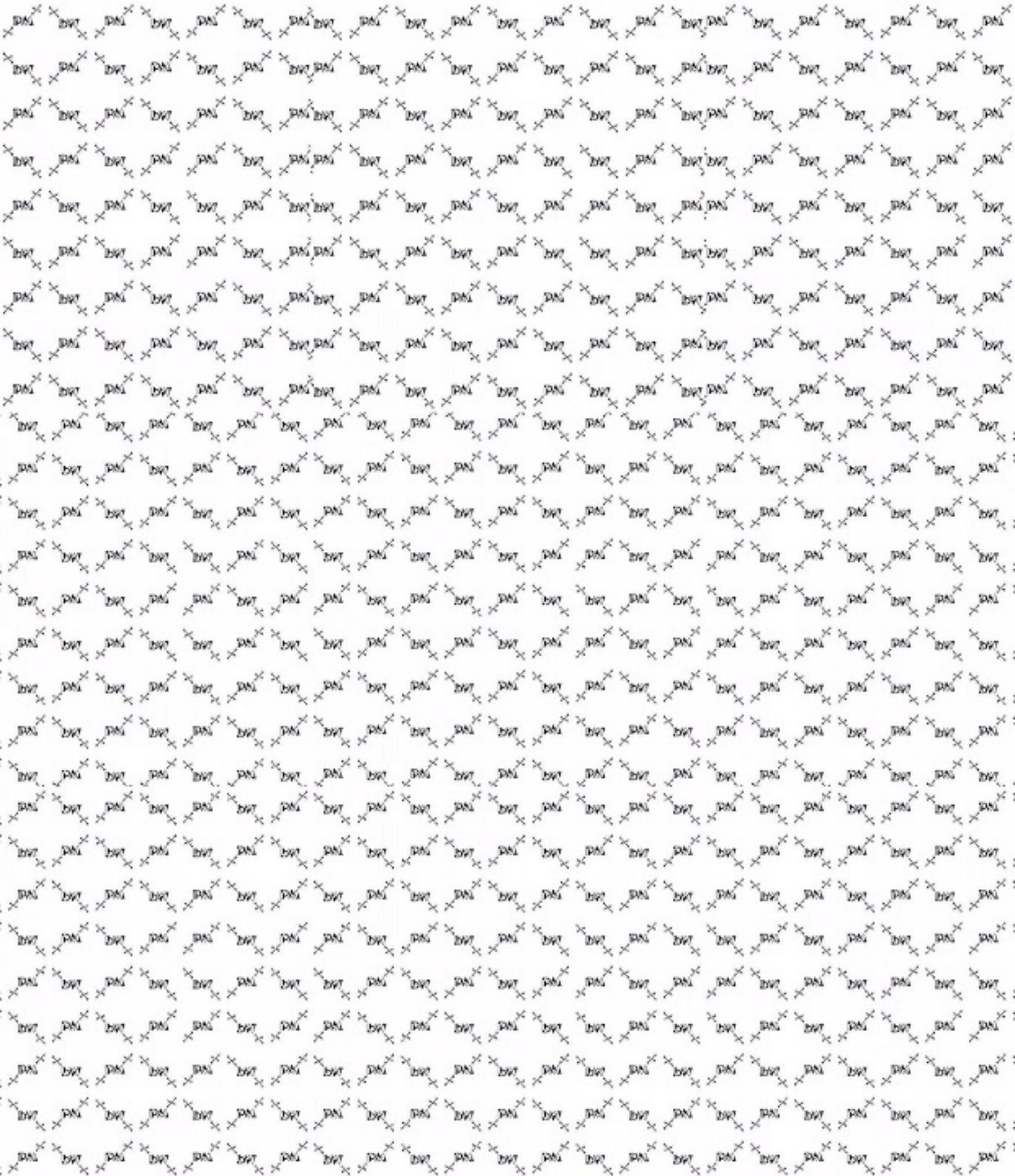
## Health

It is important for us all to pay attention to how we view our bodies! Take a look at these 7 steps to help with how you feel about your body shape and image. Read more on page 7.

## Fashion Forward

A foundation garment is an undergarment designed to impermanently alter the wearer's body shape, to achieve what some view as a more fashionable figure. The function of a foundation garment is not to enhance a bodily feature but to make it look more presentable. Read more on page 9.





## Artist Spotlight

We love to share Artist and their work! This month we share D&D ArtsyDesigns!  
Textile prints and information about getting a logo created!! Read more on page 13.

## Healing Stones With Crystal

### Watermelon Tourmaline

Hi everyone and hello summer! The month of picnics, lake trips, and fireworks is upon us and this month I want to talk about Tourmaline, but not just any old Tourmaline, I want to bite into one of the juiciest and most delicious healing crystals around...Watermelon Tourmaline! Tourmaline is a fascinating crystal formed in cavities and fractures during hydrothermal activity, although the different types of Tourmaline all share a common crystal structure, they vary a lot in chemical composition...in fact Tourmaline has more colors and color combos than any other mineral group! Tourmaline in general is wonderful at cleansing, and transforming dense/dark energy into a higher/lighter vibration, it grounds spiritual energy by forming a protective shield around the body, and balances all the chakras. One of my favorite things about Tourmaline is that it helps to balance the hemispheres of the brain which helps turn negative thought patterns into positive ones.

Watermelon Tourmaline (pink folded into green) is fabulous at activating the heart chakra, joining it with your higher self and encouraging love, tenderness, and friendship. It's also a wonderful teaching stone that instills patience, tact, and diplomacy, it helps you to understand the situations you find yourself in and to express your intentions clearly. Watermelon Tourmaline isn't just gorgeous...although it IS gorgeous, yet is so much more, it can relieve depression, remove fear, and promote inner security, as well as treating emotional dysfunction by releasing old pain.

Another great thing about it is that Watermelon Tourmaline is beneficial to relationships, and helps you find the joy in everyday life. As far as physical healing goes it dissolves any resistance to being whole and healthy again, encourages regeneration of nerves, and even improves hand eye coordination! So this July be sure to release old habits, form new positive habits, and wear some luscious succulent juicy Watermelon Tourmaline.

15% of all my monthly sales go to different charitable organizations, to keep up with that follow me at [www.instagram.com/carlys.haven.jewelry](https://www.instagram.com/carlys.haven.jewelry)

AYME reader use coupon code AYMEMAG at [www.etsy.com/shop/CarlysHaven](https://www.etsy.com/shop/CarlysHaven)  
Or find me at [www.goimagine.com/carlys-haven-jewelry](https://www.goimagine.com/carlys-haven-jewelry)

Have a wonderful summer everyone!

Article & Photos By  
Crystal Hamlin



## Health

### 7 Tips for Building a Better Body Image as an Adult

1. **Show some appreciation. A good place to start is to refocus your self-talk:** *Self-talk is something you do naturally throughout your waking hours. People are becoming more aware that positive self-talk is a powerful tool for increasing your self-confidence and curbing negative emotions. People who can master positive self-talk are thought to be more confident, motivated, and productive.*

2. **Record the positives:** *Positive thinking is very beneficial for our mental health primarily because it eliminates any form of paranoia and negative thoughts that can cause depression and stress. The process is actually a domino effect in terms of our overall health. Those who think positively feel happier and more content with their lives.*

3. **Create little reminders:** *Self-awareness is also a key element of a very interesting virtuous cycle for greater confidence. Being more clear about where we are strong helps boost confidence because it helps us focus more energy on doing what we're good at, which increases our overall sense of confidence.*

4. **Commit to doing things that make you feel good:** *When you only commit to the people and things that are truly important to you, your career, or your company, the results are that your relationships will improve, you will be more successful in achieving your goals, and you'll have more time to enjoy your journey. Your commitment does not end with the decision!*

5. **Occupy your mind:** *You can also try distracting yourself! Try to listen to music, go for a walk, imagine a positive memory, call a friend. "Switching to another task where you can get absorbed in something more efficacious helps build self-esteem and give you a realistic positive reappraisal." he says.*

6. **Don't fear the mirror:** *All you need is a mirror. You stand straight in front of it, with your head up and shoulders back. You look into your eyes, breathe deeply and start repeating powerful affirmations out loud. This practice has a huge impact on many areas of your life if done daily.*

7. **Shut down the comparison game:** *No matter how well you're doing, comparing yourself to other people takes your eyes off your goals. And it can cause you to feel bad about how you're doing--because there will always be someone who looks happier, wealthier, healthier, and more successful.*



Art Work By  
Floyd Bingo  
"Jack, NO!"



## Fashion Forward

### Foundation Garments

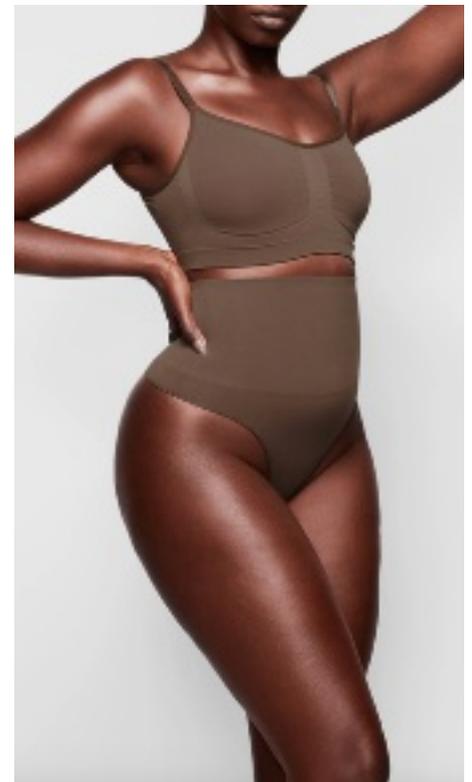
A foundation garment is an undergarment designed to impermanently alter the wearer's body shape, to achieve what some view as a more fashionable figure. The function of a foundation garment is not to enhance a bodily feature but to make it look more presentable. Foundation garments were patented by Marion M Chubby in 1965 (categorized in elastic corsets). Throughout the 19th century, women who had money and time to concern themselves with fashion, all wore corsets. A corset is a very restrictive, shape altering garment with rigid boning and panels that constricts the body to create an hourglass shape. These were designed to emphasize a tiny waist, below which flowed petticoats and elaborate skirts. The short corset circled the torso and ran up from the hips to the top of the waist. Overbust corsets were longer and pushed up the breasts to create a high bosom and a longer waist. This was considered the proper foundation garment for any "lady" of the day, with doctors touting numerous health benefits of wearing them.

Another popular foundation garment is called the "girdle", which pulls the derriere together and creates a very smooth and firm silhouette. On women of all shapes and sizes, there would be smooth curves and lines with no jiggling of the tummy and behind! Girdles, like all foundation garments, had a level of rigid figure control, and affected the posture and way in which women moved in their clothes. This aspect, without a doubt contributed to the glamour and grace of those eras. Plainly put, the clothes and the glamour of the 1930s, 1940s and 1950s would not have been possible without the girdle.

Girdles were an essential part of fashion between the 1910s and 1970, quickly going out of style thereafter. Western culture that we know of changed dramatically in the late 1960s. The focus in women's fashion was put on a more natural and unrestricted body form. Driven by a new, younger generation in the late 1960s, social structures and norms were turned upside down. This change affected just about everything, including fashion and clothing. Girdles and stockings were regarded as unnatural and unnecessary by a whole generation of young women. Tastes rapidly changed, and young women preferred to wear foundation garments that did not constrict movement or reshape the body much at all. In fact many chose not to wear any foundation garments at all! Add into this, the popularity of very short skirt lengths, bare legs and the popularity of denim jeans, and the girdle was very

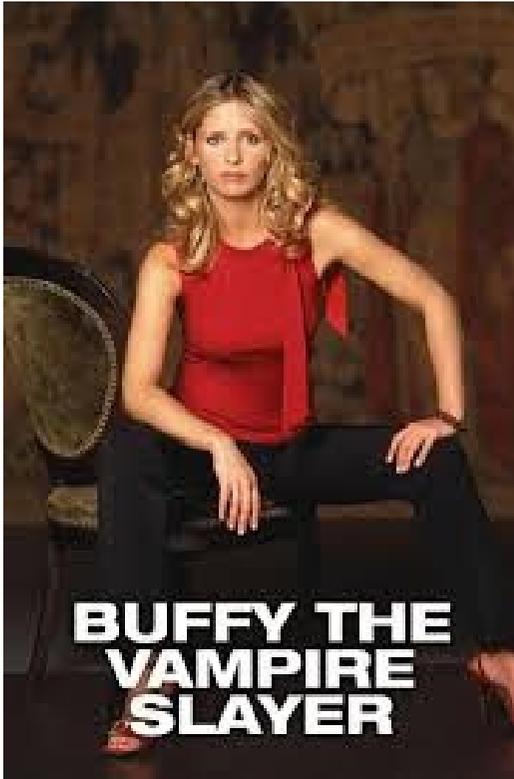
quickly on its way out. Popular online retailer, Debenhams (British online retail brand owned by the online retailer Boohoo. Previously it had been a company operating a series of department stores in the UK, Denmark and the Republic of Ireland.) recorded a 75% increase in shapewear sales between 2009 and 2013. The global shapewear market size was estimated at \$2.43 billion USD in 2019 and reached \$ 2.62 billion in 2020. The global shapewear market is expected to grow at a compound annual growth rate of 7.7% from 2019 to 2025 to reach \$3.81 billion USD by 2025. Shapewear does range in price by the style of the piece and also the brand. You can pay around \$10 per item all the way up to over \$60 depending on the brand and that can easily go up to hundreds of dollars. The reason behind why there is a high price tag on so many pieces of shapewear is because many retailers and companies use the highest quality material and fabrics that are involved in making it work and giving you the results you need. They do not shy away and use cheap materials that do not perform as well. Shapewear for women helps the body gain support and prevents humpback, bosom flat, bosom prolapse, pail waist, flat hip, appetite prominent, turnip leg, bulky leg, and many. Moreover, women suffering from bladder prolapse can also get benefitted from shapewear as it provides a slight lift with appropriate support. Anything that is squeezed and compressed for that long period of time is bound to change. But, as soon as you stop wearing it, your flesh and muscles will start to move back to their natural positions. So, to summarize my thoughts, shapewear on it's own won't help you to lose weight. When choosing shapewear for a tight dress, choose a smoothing bodysuit or slip-style option. Shapewear shorts with a high-waist can roll down or shift while you walk, causing the belly fat to push out at the seams and create an unflattering look. The perfect color combination will depend on two things: your outfit and your complexion. If you have darker skin and are wearing a look that has light fabric, look for shapewear in black or cocoa. Lighter skin tones should wear a bare-hued bodysuit underneath thin garments. While corsets generally are considered to be garments for women, it's clear to see that they have quite a rich history among men too. Worn for both medical and fashion purposes, while men were discreet about wearing a corset, many found a variety of benefits in doing so. Some men also wore corsets during the 18th and 19th centuries! Towards the late 1700s and early 1800s, the most popular look for men

included form-fitting trousers and jackets. To achieve this look at the highest standard, some men turned to corsets to create the required smooth silhouette. Corsets were considered to be most popular among European men in the 19th century, but the analysis of a 19th century skeleton of a British male revealed that he wore a corset. It has been suggested that the man, who was between 25 and 30 when he died, had suffered from Tuberculosis, which can lead to deformity of the spine. It's likely that he wore a corset to support his back. While corsets can still be worn for medical purposes and offer support to the back, many modern day men choose to wear corsets primarily for aesthetic purposes. For men, wearing a corset accentuates the V-shape from the shoulders to the waist, rather than the hourglass of waist to hips in women. In addition, the corset can also smooth the shape of the stomach in men too. Foundation garments of today are designed to give support, control, restraint, or a combination of the three. Modern garments are styled for an active life and are designed to be worn by men and women for work and dress. When you take your shapewear off, your silhouette remains the same. However, what you need to understand is that shapewear alone cannot permanently flatten a tummy or reshape your body. It's only a part of a whole solution, but it can be an inspirational catalyst that drives you to find a more permanent solution.



## (A) Talk With Jane

The Characters I'd Be/Meet If I Could  
by JaneyTheGreat



If you could be or meet any character from your favorite tv shows who would you be? Personally, I loved Sophia Bush's character Brooke Davis in "One Tree Hill". Also, I really love Sarah Michelle Gellar as Buffy in "Buffy The Vampire Slayer". Both

represented strong female independence even though they had complex love lives.

Brooke Davis went through so much to get to her happy ending. She was cheated on, used, betrayed by close friends and abandoned by her blood family. All of this could have turned her bitter but instead it did the opposite. She always knew what she wanted out of life and she went for it. She became the earliest success story in her friend group and still found the one towards the end.

Buffy was chosen to be the vampire slayer in her teen years. This got in the way of everything else in her life but still, as she moved to a new town she found best friends that would last forever and even fell in love.

She didn't let her duties cloud her other goals and she always looked for happiness. She had it rough but she had the biggest heart. She cared more about others than herself, and because of that she was very likeable.

I watched OTH as a kid but I binged it last summer and I find I understand each character better by rewatching it. It was such a mature show and I always will love it. I started watching Buffy recently and although it is a show from the late 90s, it's easily so relatable. I find you can understand a show better when you are older because there's a lot of content that's deeper than just the scenes.

The way I watch shows is also interesting. I watch them and I wonder if it was fun to shoot a scene. I wonder how many takes it took to get it right. I also automatically look up the show in IMDB and Google my favorite actors from the show. It's a whole commitment between me and myself! And I fully enjoy getting into new shows! Sophia and Sarah portrayed these characters for years and you can't help but fall in love with them! I suggest you watch these shows or just pick any show and really get into it! Makes for a great relaxation ritual and time.





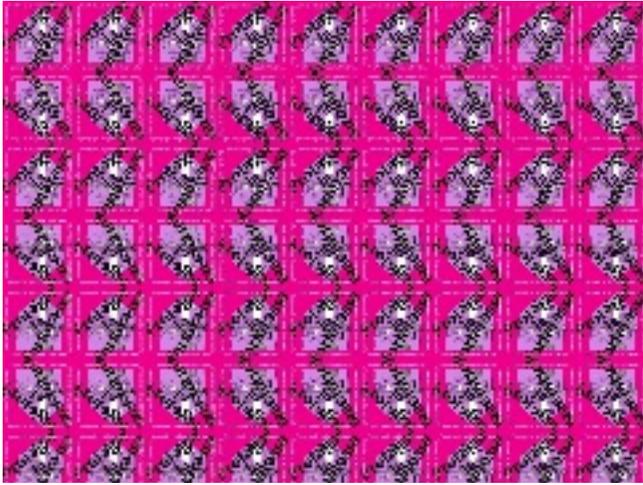
Art Work By Floyd Bingo  
"Dañny sees the twins"

## Model Magic

### Body Conscious



100% of the images we see in advertisements that are depicted in the media or on social media, the models/actors are most likely photoshopped or have some editing done to the photo. Hyper-femininity and masculinity portrayed in almost everything we watch, encourages people to start following exaggerated gender stereotypes for men and women. Unfortunately, an ideal many men and women are trying to achieve. People will do anything to achieve their "ideal" body or personal style from the thousands of photos advertised through the media every single day and minute of the day. Millions of Men and Women often are trying to fit into this box of hyper-femininity and masculinity (slim, hypersexual, innocent, etc.) Unfortunately, most men and women do not fit into this box and are left feeling marginalized. Your body image is how you perceive, think and feel about your body. This can include your body size, weight, shape or your appearance more generally. A negative body image can develop from many different influences, including family, peer group, media and social pressures. The media, social media and peer pressures influence the way teens see themselves. Media's effect on body image can cause self-image issues which can lead to eating disorders, drug and alcohol use, cutting, bullying and sexual risk behaviors. Although body image concerns are not a mental health condition in themselves, they can be a risk factor for mental health problems. Poor body image is most often associated with girls, but boys suffer from it, too. They can feel as though they don't have enough muscles or six-pack abs, or that they aren't tall enough. One research study found that underweight boys are more likely to suffer from depression than are overweight girls, as poorer quality of life, psychological distress, and unhealthy behaviours including eating disorders. Social media can negatively affect body image because users are typically exposed to thin, fit, and "idealized" body types and will often compare themselves to peers and celebrities. It found that 87% of women and 65% of men compare their bodies to images they consume on social and traditional media. In that comparison, a stunning 50% of women and 37% of men compare their bodies unfavorably. Culture, family, and friends all convey positive and negative messages about the body. The media, peers, and family members can all influence a person's body image. They can encourage people, even from a young age, to believe that there is an ideal body. The image is often an unnatural one.



## D&D ArtsyDesigns

D&D ArtsyDesigns offer a wide range of textile design patterns and colors, custom logos and fashion illustration graphic markups. For clothing brands, interior designers, home improvement companies and the everyday home owner. Textile designs you can use for clothing, home decor, car detailing designs etc. Advance your home, clothing brand and businesses with our one of a kind textile custom patterns. Let Us Bring Your Idea To Life With lovely self made hand drawn and graphic designed by D&D ArtsyDesigns.

### Textile Patterns and Terms

Our textile patterns start off at \$500 upwards to \$1000 or over depending on the design, complexity, number of colors, size scale and other factors such as last minute ideas changes, color swaps or cancellations.

At any time D&D reserve the right to stop work and refund 50% of funds back if the client is not satisfied with finished work. Full refunds will not be given if the artist has done the work only 50% of your fee will be refunded back to you. Half down deposit must be placed before any draft or work can be started there is no exception to this term.

### Included

- Draft of Textile pattern
- 3 colors (extra \$5 pre added color)
- Final Black and White textile image in png & jpg file
- Final full color concept textile image in png & jpg file

### Logos and Terms

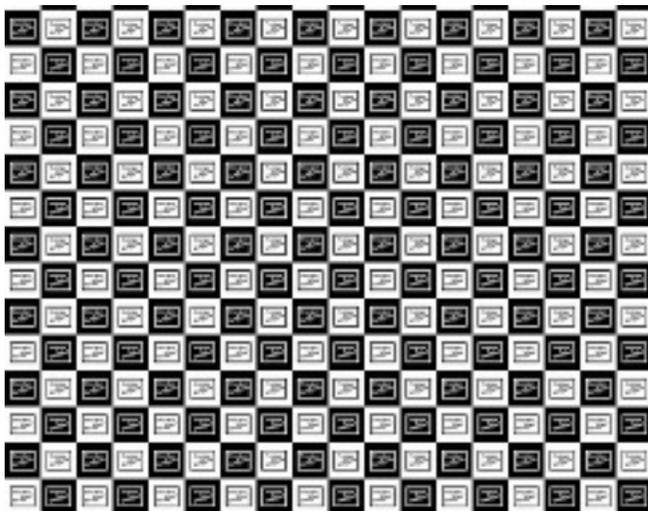
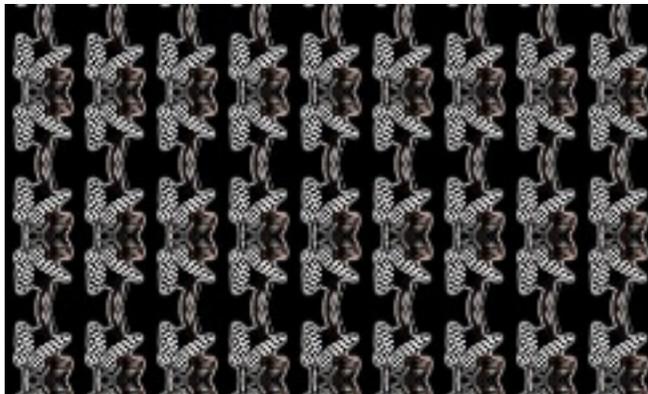
Our custom logos start off at \$200 upwards to \$500 cost depending on the complexity of the design, detailing, size, scale and other factors such as color swapping, idea change at last minute or cancellation.

At any time D&D reserve the right to stop work and refund 50% of funds back if the client is not satisfied with finished work. Full refunds will not be given if the artist has done the work only 50% of your fee will be refunded back to you. Half down deposit must be placed before any draft or work can be started there is no exception to this term.

### Included

- 3 drafts of logo (additional \$20 pre added drafts)
- 3 colors concept (additional \$10 pre added color)
- Final black & white logo image in png & jpg file
- Final color logo image in png & jpg file

### Textile Pattern Images Samples of Art Work (Not for Sale)





Teeth whitening & Dental implants has reached a popularity that is off the charts. And for good reason. A British survey taken by Oral-B (*Oral-B is an American brand of oral hygiene products, including toothpastes, toothbrushes, electric toothbrushes, and mouthwashes. The brand has been in business since the invention of the Hutson toothbrush in 1950. It has been owned by American multinational Procter & Gamble since 2006.*)

discovered that most people view people with bright, white teeth as being younger, more attractive, smarter and wealthier than their tooth-stained counterparts. Typically the very last teeth to erupt, wisdom teeth can cause a lot of problems with the alignment of your smile. The reason wisdom teeth cause so many problems and often don't erupt properly is because the mouth is typically too small to accommodate them. This can affect the appearance and health of your smile. For replacing all upper and lower teeth, the average cost can range from \$53,000-60,000 depending upon the materials we choose to make the new teeth from and the number of implants needed. For example, the cost of just one implant can range between \$1,000 and \$3,000. In

contrast, the cost of full mouth dental implants can range between \$7,000 and \$90,000. This puts the nationwide average for a full set of dental implants at around \$34,000. Dental implants are permanent teeth replacements, and they've become a popular alternative to dentures over the past few years. While they cost more than dentures, they last longer and save you money over time. Dental implants lead to fewer visits to the dentist because they're easier to maintain compared to dentures. Denture implants or permanent dentures are false teeth that are affixed to the bone in the jaw. These implant dentures are not removable like common dentures. That means that they feel exactly like natural teeth. With regular brushing and flossing, the implant screw itself can last a lifetime, assuming the patient receives regular dental check-ups every 6 months. The crown, however, usually only lasts about 10 to 15 years before it may need a replacement due to wear and tear.

Dental implant failure is a possibility if you're diagnosed with an autoimmune disease or conditions like rheumatoid arthritis and diabetes, which causes the body to heal at a slower pace. Slow healing can prevent osseointegration, where the implant fuses or integrates with your jaw bone. Getting dental implants requires several appointments, including a consultation, an appointment to place the implant, and another to attach the new teeth. After the implants are placed, you may experience some bruising, swelling, minor bleeding, and pain. You may be advised to eat soft foods, cold foods, and warm soup while you're healing.<sup>2</sup> To help with any pain, your dentist will probably suggest over-the-counter medications, including Advil (ibuprofen). Most stains can easily be lifted from the teeth with professional whitening treatments. The average cost of in-office teeth whitening is \$650, although it can climb to \$1,000 or more, depending on the type of product used and how much your dentist charges. In many cases, in-office teeth whitening pays off.

## (A) Life Feederism

“Feederism” or “Fat Fetishism” is defined as “the feeding of an overweight or obese partner or encouraging the partner to eat large quantities of food. ‘Feedees’ are men or women who like the idea or physical act of growing bigger, fatter and/or rounder. ‘Feedees come in all shapes and sizes and their fantasies, goals and ideal partners vary all the way from just a little pudge to supersize territory. Whilst it is interesting and potentially useful to consider feederism as a paraphilia (term that means having an unusual or uncommon sexual interest) or paraphilic disorder, it offers little insight into the deeper psychology behind the behaviour. Feeders want to feed their partners, and feedees want to be fed. Gainers derive sexual pleasure from cultivating fat. There are fat admirers who simply want to bask in the beauty of BBWs and SSBWs (big beautiful women and supersize big beautiful women). A Feeder can be defined as someone who gets sexual gratification from seeing a partner gain weight and is the counterpart to a Feedee.

Some have argued that feederism is an exaggeration of the fact that we tend to find food and eating mildly arousing to begin with. As evidence of this, consider a study in which people who weren't into feederism reported on their sexual arousal while looking at and listening to sexual, neutral, and feeding stimuli. What researchers found was that feeding stimuli were rated as more arousing than neutral stimuli (though not as arousing as sexual stimuli). Others have argued that feederism has characteristics that overlap with both *morphophilia* (which means sexual attraction to a specific bodily characteristic/in this case, fatness) and *BDSM* (in the case of feederism, there are usually elements of power, control, and/or humiliation). If for some reason at least one of the persons involved do not want to gain weight (for example if a feeder has a



partner who doesn't feel the sexual gratification of feederism at all), a person might want to role-play instead. This includes stuffing with food or bloating the belly to make it appear bigger. It can also include padding clothes or just pretending that one or both people are a lot heavier than they actually are. Eating enormous amounts of food, drinking large quantities of liquid, or inflating with air to make one's stomach swell. This sexual gratification could come from someone doing this themselves or seeing someone else do it. It's unknown what causes the actual sexual attraction here. For some people, it is the feeling of extreme fullness or pain. Others like the swelling of the belly or the sounds of the digestive system during or afterward.

This could be seen as a form of role-play to the gaining and feeding aspect of the feederism umbrella, but a lot of people who are interested in stuffing or bloating don't like weight gain at all or are at least not interested in it themselves. A 2009 study found that some individuals preferred females that were clinically overweight and rated both overweight and obese women more positively than slimmer individuals. The study also found that participants reacted positively to a much wider range of figures than a control group, even rating emaciated figures higher. It concludes "these findings suggest that an explanation for fat admiration may be that FAs are rejecting sociocultural norms of

attractiveness". Feederism is portrayed by the media as a taboo or a niche interest.[4] Negative media portrayals include Feed, which is an example of non-consensual feederism. Research has shown that the overwhelming majority of feederism relationships are fully consensual and immobility is mostly kept as a fantasy for participants. The gay gainer community grew out of the Girth & Mirth movement in the '70s. By 1988 there were gainer-specific newsletters and in 1992, the first gainer event, called EncourageCon, was held in New Hope, Pennsylvania. In 1996, GainRWeb launched, the first website dedicated to gay men into weight gain.







## **Fitness of Course**

Featuring

[@kristieLaTray](#)

"I've always been avant garde and I am known to push the limits. My inspiration for this shoot was my wife, she is my beautifully amazing muse. She came to me and said she was going to cut and dye her hair. I don't do anything small and I wanted to capture the process and this is what it turned into."  
- David Larry, Artist

H A I R  
A Pictorial by David Larry



Model:

@kristieLaTray

Art Direction:

David Larry @fancystarpeople

Styling:

David Larry @fancystarpeople

# THE HAIRCUT



## Models

Kristie @KristieLaTray @careerimages Jade @just\_drunk\_jade

# THE DYE



Models

@KristieLaTray Carlee @naturalbody\_content