



BLUE JEAN CHRONICLES

by Toni Garcia

I am So Grateful....

Gratitude is a form of mindfulness. At any time emotions or thoughts can overwhelm your being like a dark cloud. It can seem like nothing is good and there is no light at the end of the tunnel. Practicing gratitude does not invalidate what you are going through but it can help refocus your energy (emotions and thoughts) in a more positive direction. It can be as simple as placing your hand on your chest to feel the rhythm of your heart.

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Featured AYME Editors (This Issue)



DS Andino

Founder & Creative Director

Crystal Hamlin, Healing Stones with Crystal (PG 12)

Feature's Editor & Healing Stones With Crystal

Jane Verdel, (A)Talk with Jane (PG 8)

Lifestyle & Opinion Editor & A Talk With Jane

Toni Garcia, BLUE JEAN CHRONICLES, (PG 1)

Positive Affirmations & Mental Wellness

Special thanks to everyone who submitted this month and ALL AYME Magazine Editors, Writers, Advisors, Board Members, and Members around the world for believing in AYME Magazine's mission and for your bold, courageous, efforts each month. We couldn't have made it to our 50th issue without you!



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C O V E R F E A T U R E, *Pages 18- 22*

A new, young model, Imani Liqué Williams, reached out to Photographer Monica Meyers earlier this year wanting to collaborate to build her portfolio; as she was preparing to the same. Agreeing to collaborate with Imani, and based on the look she had and her versatility, Monica instantly knew that wanted to use her for a "*Woodstock era*" styled photo session. This lead to Monica asking another local photographer, Ramie Czyzewski, if she'd be interested in joining, and she did! Imani, Monica, and Ramie did a search on Instagram and found Male Model Linwood Sheridan. Photographer Monica Meyers, Imani Lique, Ramie Czyzewski, and Linwood Sheridan, all are apart of AYME Mafazine's 50th issue "

"WOODSTOCK"

Photos & Article By Photographer
Monica Meyers

Featuring Models Imani Liqué Williams & Linwood Sheridan
Location: B. Everett Jordan Dam and Lake / Apex, North Carolina, U.S.A

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AYME Editor Jane

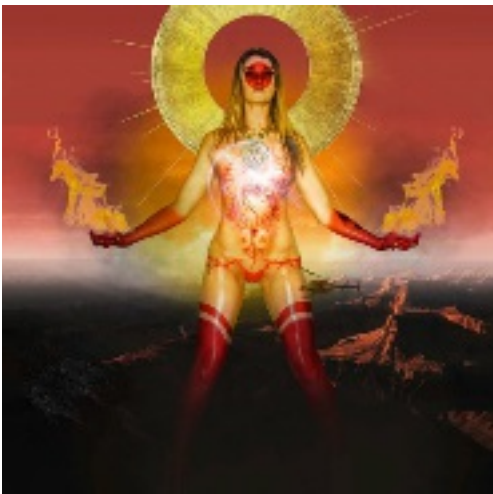
"JaneyTheGreat" Verdel is here to tell you about why Fall is the better part of the year: All those hoodies you hid in the hotter months are now at your disposal. If you're like me, you have many hoodies that make you remember at least one happy memory.



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PASSPORTS

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BALLET

Ballet is a formalized form of dance with its origins in the Italian Renaissance courts of 15th and 16th centuries. Ballet spread from Italy to France with the help of Catherine de' Medici, where ballet developed even further under her aristocratic influence.

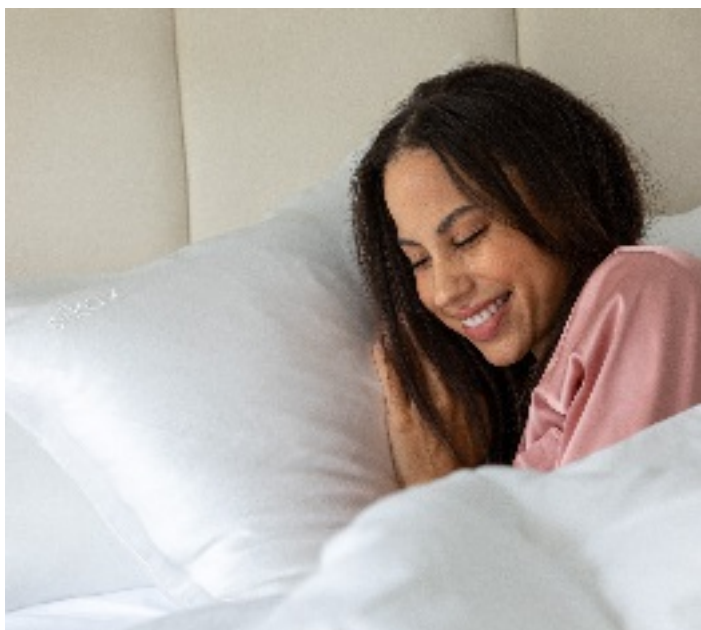


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Food poisoning, also called foodborne illness, is illness caused by eating contaminated food. Infectious organisms including bacteria, viruses and parasites or their toxins are the most common causes of food poisoning.

In This Issue



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SILKAV - Luxury Silk Products

This month we move forward in fashion but this time, we're home, and in our bedroom! It's time to sleep in style and comfort! Currently offering silk pillowcases, silk eye masks and silk scrunchies for your sleeping needs, let's meet Silkav. All of their products are made from 100% mulberry silk and with 100% love so that you get to enjoy a good night sleep as well as a good morning skin.

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B. Everett Jordan Lake

B Everett Jordan Lake is a reservoir in New Hope Valley, west of Cary and south of Durham in Chatham County, North Carolina, in the United States; the northernmost end of the lake extends into southwestern Durham County! Our cover image was captured there and we had to share some information about such a beautiful place in North Carolina, USA Read more on page 14.



Healing Stones With Crystal, PG 6

FEATURED ITEM

AYME Editor, & Jewelry Designer Crystal Hamlin is taking a break but we have a set of earrings we just had to share this month that's handmade using Black Tourmaline which is a fabulous protection stone.

Healing Stones with Crystal

Black Tourmaline is a fabulous protection stone that repels negative energy, also helps ground, balance, and protects all the Chakras.

These great earrings are made with small Black Tourmaline round beads, and gold tone brass components that are lead/nickel free. These Earrings are 2 inches long, lightweight, and hang on nickel free ear hooks.

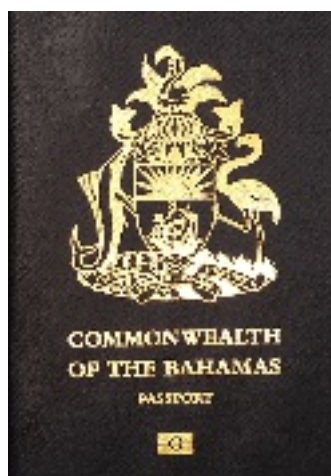
Handmade by Jewelry Designer & AYME Magazine Editor Crystal Hamlin, in a smoke/pet/perfume free studio in Montana. Comes in nice simple box with a gift card attached. Free domestic shipping.

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Travel Report: PASSPORTS

The history of the passport is long and complex, stretching back to at least 1500BC in Egypt, where people were required to have permission documents before leaving port. Over the following millennia, passport-like documents have been used for varying purposes in many different cultures, and their use has waxed and waned according to the political and economic tides of the time. Passports, letters of transit, and similar documents were used for centuries to allow individuals to travel safely in foreign lands, but the adoption of the passport by all countries is a development of the 19th and 20th centuries. The passport first made its appearance in the reign of Henry V in the form of a 'safe conduct'. The Privy Council granted passports from at least 1540, and one of the earliest still in existence was issued on 18 June 1641 and signed by Charles I. Although 95 percent of mid-19th century passport applicants were men, many women also traveled overseas. If the applicant was to be accompanied by his wife, children, servants, or other females under his protection, their names, ages, and relationship to the applicant were stated on the passport application. One passport was then issued to cover the whole group. When children traveled abroad solely with their mother, their names and ages were indicated on the mother's passport application. Passport applications by women in their own names became more frequent in the latter part of the nineteenth century, and by 1923 women constituted over 40 percent of passport applicants. A passport is basically a key that gets you into other countries. Mainly used to verify one's country of citizenship. If traveling outside your country, it is used to regain entry into your country of citizenship. Passports include your photo, name, birth date, gender and physical characteristics. For U.S. citizens, some countries only require a passport for re-entry. You might have noticed while waiting in the passport-control queue, that these travel



documents come in only a few colours. At present, passports issued by the majority of the countries are of three major types – regular, diplomatic and official. Passports are only red, green, blue, or black, according to Hrant Boghossian, the vice president of marketing at the interactive passport database Passport Index. Passports do come in different shades of each of the four main colour groups. There may be geographical and political motives for using certain colours. Blue passports were generally symbolic of the "new world" North America, South America, Oceania, etc. For some countries, it's about faith. Most Islamic states use green passports because of the importance of the colour in their religion. Green is thought to have been the Prophet Muhammad's favourite colour and is also "a symbol of nature and life," according to Slate's Christopher Beam, which makes the colour "a natural fit for Islam and the Middle East. Swiss passports are bright red. The passport of Turkey has changed to burgundy, in hope to join the EU. Blue passports were introduced in 1921 and phased out after 1988 when members of the then European Economic Community agreed to harmonise designs. Black is the rarest colour when it comes to passports. Some African countries, including Botswana, Zambia, Burundi, Gabon, Angola, Chad, Congo, Malawi all issue a black passport. Citizens of New Zealand also have a black passport because it's the country's national colour. We are entering an exciting age of countries starting to include special features to differentiate their passports. Some of the coolest passport designs include ones with UV artwork like ones from Canada, the UK, the US, and China that expose "hidden" images under UV light. And then there's Finland's animated image of a moose running, which was released in 2012. The UK has a unique passport variation: the Queen's Messenger passport, which is used by a handful of

individuals to deliver important information to British consulates and embassies around the world. Outside the four key passport colors, countries like Canada, whose citizens use white passports as temporary travel documents and Norway offer passports in different hues with sleek minimalist designs. Japanese passports are currently the most powerful in the world. That's according to the migration and citizenship consultancy, Henley & Partners, which compiles a list of the world's most potent passports four times a year and the ones that allow holders to travel widely and visa-free come out on top. The contemporary period of required passports for Americans under United States law began on November 29, 1941. A 1978 amendment to the Immigration and Nationality Act of 1952 made it unlawful to enter or depart the United States without an issued passport even in peacetime. Despite the developments in technology and



embedded chip technology on passports, there has been no change to the Traditional Stamping. Just by checking one's passport, you can track down his/her international travel history. A lot of international crimes are tracked and solved by using this puzzle. There is no particular order in which your passport is stamped. The stamp can be anywhere between the first and the last page.



*AYME MEMBER ARTICLE

(A) LIFE : The Monk Life



Monasticism, an institutionalized religious practice or movement whose members attempt to live by a rule that requires works that go beyond those of either the laity or the ordinary spiritual leaders of their religions. The word *monasticism* is derived from the Greek *monachos* (“living alone”), but this etymology highlights only one of the elements of monasticism and is somewhat misleading, because a large proportion of the world’s monastics live in cenobitic (common life) communities. First applied to Christian groups in antiquity, the term monasticism is now used to denote similar, though not identical, practices in religions such as Buddhism, Hinduism, Jainism, and Daoism. Monks and like nuns inhabit the lowest rung of the hierarchy in the Catholic Church. Religious brothers and sisters aren’t



members of the clergy, but they aren’t members of the lay faithful, either. They’re called consecrated religious, which means that they’ve taken sacred vows of poverty, chastity, and obedience. In English, a Buddhist monk is called a monk, and a Buddhist nun is called a nun. The traditional term is, for men, *bhikkhu*, and for women, *bhikkhuni*. Because of the whole vow of poverty thing, though, the nuns and monks don’t actually get to keep whatever they earn. Their salaries go straight to their religious order. In return, the order often gives each nun or monk a small living stipend.

It doesn’t take a whole lot to become a monk. You will need to have a basic understanding of Buddhism (which, if you intend to ordain, you will likely have). Otherwise, a sincere intent to practice the Buddhist teachings is all you need. It often comes as a surprise to foreigners that one can become a monk for only three months but even more surprising is that it’s possible for someone, no matter what they look like or where they come from can be ordained as a monk and practice for as little as two days. Although it is commonly associated with monasticism, no major monastic order takes a vow of silence. Even the most fervently silent orders such as the Carthusians have time in their schedule for talking. Silence is often seen as essential to deepening a relationship with God.



The term *monasticism* implies celibacy, or living alone in the sense of lacking a spouse, which became a socially and historically crucial feature of the monastic life. Under the provision of the monastic code of conduct when a monk has physical contact with a woman, he will face disciplinary actions, while touching alone, if unintentional and that could be justified. But if other deliberate contacts are subject to others disciplinary actions ranging from rebuke, reprimand to disrobing. Withdrawal from society and its “norms” is necessary because the instrumentalities of perfection cannot normally be acquired and activated in the surroundings of everyday life. The basis of monastic life is a set of spiritual precepts that either articulate the supreme value or provide support for the body and the mind on their journey toward whatever supreme consummation may be envisioned. Monastic institutions have fulfilled medical, political, and military functions, though since 1500 the latter two have become completely secularized in most societies. Monastics have been instrumental in creating, preserving, and enhancing institutions of religious and secular learning and in transmitting cultural goods, artifacts, and intellectual skills down through the generations.

(A)Talk With Jane

Fall > Summer

Guys, it's SEPTEMBER! That means we may still have hot weather but one of the better seasons is about to start. Yes, Fall. I said it: Fall is better than Summer. And I'll tell you why. At least in New York, Summer time is stuffy, sweaty, and uncomfortable. Yes, there are pools, beaches and nature, but hear me out: Nature is the #1 reason why I'll never hate the Summer. Summer used to be my favorite (It's my birthday season), but over the years summer just doesn't cut it for me anymore.

Now, let me tell you about why Fall is the better part of the year: All those hoodies you hid in the hotter months are now at your disposal. If you're like me, you have many hoodies that make you remember at least one happy memory. For me, I have the "It's Ok Not To Be OK" Demi Lovato sweater I waited for 2 months to get as a gift for myself. I also have a hoodie that proclaims my identity as a writer. Certain hoodies are just plain but they are cozy.

Let's talk about fashion: hoodies, jeans and ankle boots, which are a perfect outfit for any activity. Also, peacoats and knee-high boots. If it's a little crispier, let's talk about hats you can wear with your hair down! Now while you're looking cute, let's discuss something else; cuffing season. Yes, it's a thing. It means that many people form relationships around this time of year. And the dates are endless.

Some cute date ideas: Going for a brisk walk along the fallen leaves in Central Park, going apple picking (personal favorite), and let's not forget the scary movies. Then there is Halloween and even if you don't go trick-or-treating anymore you can dress up and go to a party. There's an endless amount of things to do! It's still

not too cold, so you can lay under the stars. It sounds cliché but people really do these things! And who doesn't want to cuddle a little bit when it's cold?

I've made some great arguments. I can never say Summer is a bad season: lots of time outside, lots of daylight, people are more active and go on trips. People have more time to enjoy being outside. It's all great until it's not: heatwaves force you to stay inside under the AC. People feel sick under the heat. Mosquitos and other bugs come out of hiding. Under the heat sometimes it is impossible to go for a walk or run.

If you go away for the Summer, it makes more sense that you enjoy it, but if you stay and don't go upstate or anywhere, you are basically being tortured. The worst thing about the heat is you can't escape it without an AC. And sometimes it is beautiful out but too hot to be outside. Summer is a rebirth of plants, fruits, and love as well, but it can get very uncomfortable.

Lastly, Fall is the season people usually go back to school or start a new job. Fall weather surrounds people who are starting new opportunities and new beginnings. Usually it goes by fast and before you know it, Winter is here, which is the only sad part. But, it is also a good segway into the holidays, and who doesn't love the holidays! Fall, you win.



Article By Jane Verdel
@janeswritingcorner

Food Poisoning



Though you can't see where the germs that cause food poisoning might be lurking, you can take steps to prevent being exposed to them. It often comes down to food safety: By storing, cleaning, preparing, and cooking foods properly, you can help yourself avoid some of the common "bugs," such as *E. coli* and salmonella, that typically cause food poisoning. Symptoms of food poisoning can range from mild diarrhea to vomiting and can quickly escalate to the point of being life-threatening. Though meats are commonly thought of as the transmitters of food poisoning germs, shigella is typically passed along via vegetables, often related to breakdowns in food safety. Symptoms typically include abdominal cramps and bloody stools.

One of the most serious causes of food poisoning is botulism, which is most commonly associated with improperly canned vegetables or cured pork and ham. Besides paralysis, symptoms may include body aches, nausea, vomiting, weakness, and an inability to swallow. People who are not treated immediately have a much higher chance of dying. The same food can affect people differently. Some may feel unwell after just a few bites. Others can

eat a lot and have no reaction at all. In 4 out of 5 cases of food poisoning, you never find out exactly what caused it. That's OK because you most likely will get better on your own.

A host of other conditions can lead to many of the same symptoms of food poisoning. Most common is non-foodborne gastroenteritis, which is most often caused by a virus. For instance, Norovirus causes both foodborne gastroenteritis (from contaminated food or water) and viral gastroenteritis from person to person. Other causes include gallbladder problems, pancreatitis, and inflammatory bowel disease. So figuring out if you have food poisoning is as much about the timing as it is about the symptoms themselves. In most cases, food poisoning usually shows up hours or days after you've eaten something that made you sick. But different organisms work at different speeds. For example, *Staphylococcus aureus* can give you cramps, diarrhea, and nausea in as little as 30 minutes after you eat or drink. *Staphylococcus aureus* is a Gram-positive, round-shaped bacterium, a member of the Firmicutes, and is a usual member of the microbiota of the body, frequently found in the upper respiratory tract and on the skin. It's common to have morning sickness when you're

pregnant. But sometimes your symptoms might come from something else, like food poisoning. Your immune system is weaker than usual when you're pregnant, so it's harder for your body to fight off germs that might hitch a ride on food and make you feel bad. Pregnant women are 13 times more likely to get listeriosis than other people. It can lurk in ready-to-eat meats like hot dogs and cold cuts. Poultry, seafood, and dairy products can have it, too, especially if they're not pasteurized. It can grow even on foods that are cold in the refrigerator. Often, food poisoning can feel like the flu, because you might have fever, headache, and body aches along with your other things. When you're pregnant, it's more than just your health you're protecting. Some bouts of food poisoning can pose problems for your baby, whose immune system isn't strong enough yet to fight off germs. Here are some tips to prevent food poisoning:

- Always wash hands before preparing any food; wash utensils with hot soapy water after using them to prepare any meat or fish.
- Don't thaw frozen meat at room temperature. Let meat thaw gradually in a refrigerator, or thaw it quickly in a microwave oven and cook

AYME'S TABLE





Fashion Forward: **SILKAV**

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(A) Dance Life:

Ballet

Ballet is one of the most beautiful and inspiring art forms in the world. Ballet is magical! The beauty of the dancer's body and its liquid movement, the music and its choreography, the costumes and sets, and the exchange of human energy between the audience and dancers. The history of ballet begins around 1500 in Italy. Terms like "ballet" and "ball" stem from the Italian word "ballare," which means "to dance." When Catherine de Medici of Italy married the French King Henry II, she introduced early dance styles into court life in France. Ballet traces its origins to the Italian Renaissance, when it was developed as a court entertainment. During the 15th and 16th centuries the dance technique became formalized. The epicentre of the art moved to France following the marriage of the Italian-born aristocrat Catherine de Médicis to Henry II of France. Noblemen and women were treated to lavish events, especially wedding celebrations, where dancing and music created an elaborate spectacle. Dancing masters taught the steps to the nobility, and the court participated in the performances. Ballet is a French word which had its origin in Italian balletto, a diminutive of ballo (dance) which comes from Latin ballo, ballare, meaning "to dance", which in turn comes from the Greek "βαλλίζω" (ballizo), "to dance, to jump about". The word came into English usage from the French around 1630. Extraordinary Dancer, Balanchine built his legacy of choreography and style in America from 1934 to 1983 and, in early 1983, died in New York City at the age of 79. Balanchine was an international pioneer of dance and was instrumental in paving the way for ballet in America to flourish. Ballet requires discipline not found in many other forms of dance. It enjoys a history not found in many more modern genres of movement. Ballet encompasses the "dancer dream", and continues to resonate in the hearts and minds of little girls like no other style of dance.

While ballet is still very much admired, this classical and rigorous art form is no longer enjoying the popularity it once had in its glory heydays. For most of the 20th century, including the entire post-war period, ballet was central to our cultural life. Even though the well-known names come from its history, ballet is not a dying art, and today's ballet dancers dedicate much of their lives to continuing traditions and evolving how ballet is performed. Those who pursue classical dance usually

take classes with dance companies that might eventually hire them. Traditionally, gender-specific titles are used for ballet dancers. In French, a male ballet dancer is referred to as a *danseur* and a female as a *danseuse*. In Italian, a *ballerina* is a female who typically holds a principal title within a ballet company; the title for equally ranked males is *ballerino*. Ballet is a weight-bearing form of exercise which strengthens muscles, promotes healthy bones and burns calories. Because ballet uses the full range of muscles, it's also great for cognitive functions such as coordination and concentration. Ballet can cause foot pain, injury, and in some cases, even foot damage for dancers. This mostly occurs in dancers practicing the *pointe technique* and dancing in *pointe shoes*. Ballet dancers not on "*pointe*" can also experience foot, shin, and ankle pain. The purpose of breaking in a new pair of *pointe shoes* is to mould them to the shape of your foot. Breaking in your new ballet shoes will make them more comfortable when you wear them. You can break in *pointe shoes* by simply starting to dance in them. Because the shoe and the foot must work together as one, it's up to each dancer to customize her *pointe shoes*. Unlike ballplayers, ballerinas in the major companies have to sew and break in new shoes almost every day. A *pointe shoe's* life is measured in hours of wear. Most *pointe shoes* will fit either foot; there is usually no left or right. Professional dancers have often trained for more than a decade before they join a company, with the most intense vocational training beginning at 16. While training, students will dance between six and seven hours a day. A ballet bun is the traditional hairstyle worn by ballerinas. The main purposes being: to prevent hair from getting in the way of a ballerina, to provide a uniform (and elegant!) look for all of the ballerinas, and to maintain focus on the dancer (not the hair). Tradition is important, but it's not a good reason to have a ballet bun. People may have done things a long time ago and it's a tradition, but that tradition may not be founded on anything important. But the ballet bun is extremely important, and there is no replacement for it! A headpiece is an object worn on the head for decoration purposes and completes the costume of a dancer. There are various types of headpieces, depending on the style of the ballet and what it needs. Both male and female dancers wear headpieces. Ballet developed under the aristocratic influence as a formalized form of dance. A formal dance technique is combined with costumes, scenery, and music, as other forms of artistic elements. Ballet integrated dance, music, stage design and poetry to make a dramatic storyline. At first its role was a virtually component of the opera and now is transforming and being influenced by a new age of dancers.




*AYME MEMBER ARTICLE

A4ME ART 3.0

THE WORLDWIDE GODDESS PROJECT

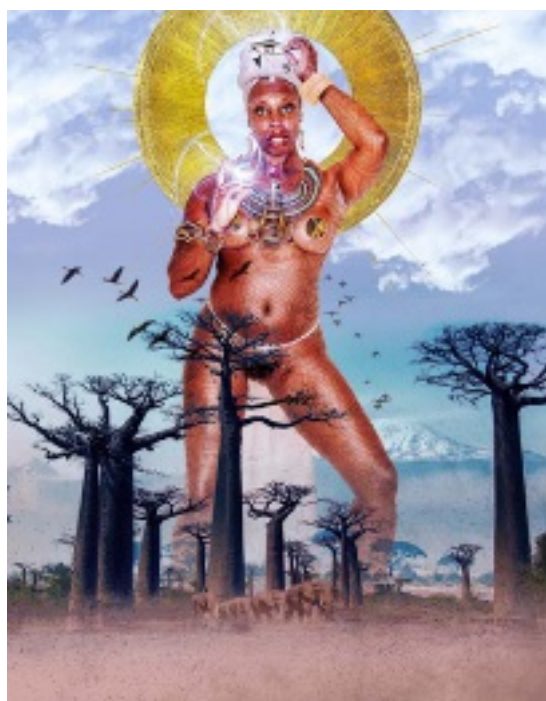


By David Larry



Created by Los Angeles famed Art Director David Larry, The Worldwide Goddess Project (TWWGP) was inspired from a photo shoot that seemed to go wrong. The model he was photographing was inexperienced and brought little to the table in terms of emotion and posing. While looking through the underwhelming images, David's creative mind began to take over and he manipulated an image changing the skin tone from a medium brown to black skin and adding tribal markings. He posted the manipulated image to his social accounts and people loved it! David knew he was on to something, and found the idea of this new creation

interesting. He then chose a model for a photoshoot to bring this idea to life and posted his first true goddess image and again, people loved it. David decided to do another and this time he put out a model call. Models were slow to show interest. However, after the first 6 goddess shoots, the interest dramatically increased in a surprising way. David had transcended from photographing models, to photographing everyday women. The more people he met and shared his vision with, the more real women became interested in exposing their inner goddess. *TWWGP* has taken a life of its own and



impacts the goddesses in more ways than they anticipated. Once the goddess within is accepted and allowed to shine, many experience a freedom they have never felt before. *TWWGP* glorifies the female form and creates images that are larger than life. This art project is individualized to each goddess as she shares her passions, desires and gifts, helping create from her experiences.

TWWGP has its roots in the center of America, the Midwest, Kansas City to be exact, which is often forgotten as a place of creativity. It is important to start in the center and allow the project to blossom out. From Kansas City, *TWWGP* will continue to tell women's stories through art. Our vision is to artistically share women's stories around the world through social media and gallery shows and document the entire process.

TWWGP is a movement that celebrates the woman in her natural, inherent God-given glory. We create magical images that inspire accepting the whole woman - mind, body and spirit. We embrace the strength, beauty, power, love, passion, joy, fun, peace, and divinity inside every woman regardless of age, ethnicity, size, body-type or creed. When we uplift women, we uplift the creators that give birth to nations.

B. Everett Jordan Dam and Lake

Apex, North Carolina

The New Hope River Valley, now home to the corporate world of Research Triangle Park, has been the site of a broad range of cultures for more than 10,000 years. Archaeologists have explored the remains of 450 prehistoric and historic sites in the area and have uncovered many Native American artifacts. The land was settled by Scottish Highlanders in the 1740's, and it saw action in both the Revolutionary and Civil wars.

Following a disastrous hurricane, which struck the Cape Fear River Basin in 1945, Congress directed the U.S. Army Corps of Engineers to undertake a comprehensive study of water resource needs in the area. The project, then known as New Hope Lake, was authorized in 1963 and construction began in 1967. In 1973, the name of the project was changed to B. Everett Jordan Dam and Lake in honor of the former senator from North Carolina.

Jordan Lake's 46,768 acres are not only a popular source of recreation. They also provide the water supply for surrounding cities, flood and water quality control, and fish and wildlife conservation.

VISIT & EXPLORE

www.jourdanlakenc.org

Visitor center:
280 State Park Road
Apex, NC 27523

GPS: 35.7355, -79.0165





COVER FEATURE

WOODSTOCK

message of unity and peace for all...

A new, young model, Imani Liqué Williams reached out to me earlier this year wanting to collaborate to build her portfolio; as I was doing the same I agreed. Based on the look she had and her versatility I instantly knew I wanted to use her for a Woodstock era styled photo session. I asked another local photographer, Ramie Czyzewski, if she'd be interested in joining, and then we just needed a second model. Not knowing what kind of story I wanted to tell with the models I began to set up a mood board to send to Imani and a possible new model. We all did a search on Instagram and found Linwood Sheridan. He, unlike Imani, had some experience modeling and I thought if he were interested in this fun, non paying, photo session it would be beneficial for us all. So back to the mood board, in my mind I saw Jimi Hendrix, Jim Morrison, Mamas and Papas, pretty much all California references I knew from that era regarding the beach. Since there weren't beaches close enough I found a nice beach at Jordan Lake in Apex, North Carolina. Once my mood board was together it was plain as day, that all of the photos I had picked were of caucasian models. I was reluctant to send this to the models, I didn't want them to

think I wanted them to be of a different skin color, so I continued to search for even newer photoshoots and was unable to find new photo shoots of the vintage style look. My husband is a history buff and getting his degree in history; he explained to me that I was looking at the vintage beach vibes with California eyes. I was aware of segregation in the South, but was not aware that it extended to places that were natural; beaches in California are not privatized like they are in the South. I started to educate myself and felt ashamed that I did not know of the horrible tragedies that occurred, dead children in the water, while other Americans pass on the family traditions of playing and listening to music at the beach, that was a privilege Americans of color were not able to pass on in the South. I had a new approach to this session. I wanted to keep it as a Woodstock era session, but more with the idea and intention of showing what could've been. I presented this idea to Linwood, Imani and Ramie, they were proud to work on this with me, and I was honored to tell this story to an audience that may not think of something so simple as going to the beach. On the day of our session, we knew what we were trying to tell. The

water itself is so powerful, freeing, cleansing and in the past, a place of fear. We were, and are all still proud of the meaning it had, we had a good time, but still acknowledged the past in hopes of honoring those that were not so fortunate. Here's to peace and equality for all.



"WOODSTOCK"

Photos & Article By Photographer Monica Meyers

Featuring Models Imani Liqué Williams & Linwood Sheridan

Location: B. Everett Jordan Dam and Lake / Apex, North Carolina, U.S.A

