

GBMG

MAGAZINE

Page **XVII**
by Jasmynne
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Model: DeAnna Wolfe
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Kerry Grant



Model: Kydia Faust
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In 2015, we decided to upgrade our publication and switch it to a Bi-Annual Schedule. It just so happens that 2016 is our 3rd year in publication this first issue of our Spring/Summer Edition is very special. So special we are celebrating it with 3 covers!!! That's right! Each cover will have a different story and images inside but the 3rd cover contains something special!

Fashion & Entertainment Insider TIPS

@GBMGMagazine  
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1. Make a list of all that you want to do in these fields, studies have shown that when you make a set of Goals that you are more likely to reach them if you write them down.
2. Research what skills you will need to work. For example if you are going to be an Actor, then learning how to read and recite lines is major.
3. Network, it will be good for you to network with individuals and groups that have the same interests in the field you are interested in working. They can give you helpful insight.
4. Train, Train, Train! Or Practice, Practice, Practice! You can not expect to nail it on the first try, you have to put in work if you want to be taken seriously.
5. Save your coins. We can't stress enough that it does actually take money to get started in either the Fashion or Entertainment industry so it would be smart to put anywhere from 10 to 35 percent of your current income aside for things such as classes, clothing, personal maintenance, pictures, business cards, etc.
6. Don't get discouraged! Just because you weren't selected for a part or show does not mean you are sucking. It takes a lot of effort, ambition and drive to make it to the top. You are just on the journey.
7. Don't expect to make any money for the first 5 years! Yes it's true, you may get small payments from gigs but not thing regular. You must invest in your self.
8. Seek representation. After your first year, start seeking representation that can aide you with honing your skills and taking it to the next level.
9. Get Professionally Organized. What this means is set up a professional email where you only use it for Fashion or Entertainment, apply for a EIN number, get your headshots and business cards, start building your portfolio, cleaning up your public image via social media.
10. Participate. This pretty means if either of these field interest you, you must participate in the activities that surround them such as: attending fashion shows even if you are not in them, going to Movie Releases or Open Mic's. This will familiarize you with the culture and the people that are apart of the Fashion and Entertainment world.
11. Have FUN! Yes we know this is your DREAM and you want to be taken seriously, but it is okay to have fun with it when appropriate. If you consistently think of it as work, you will burn out quickly.



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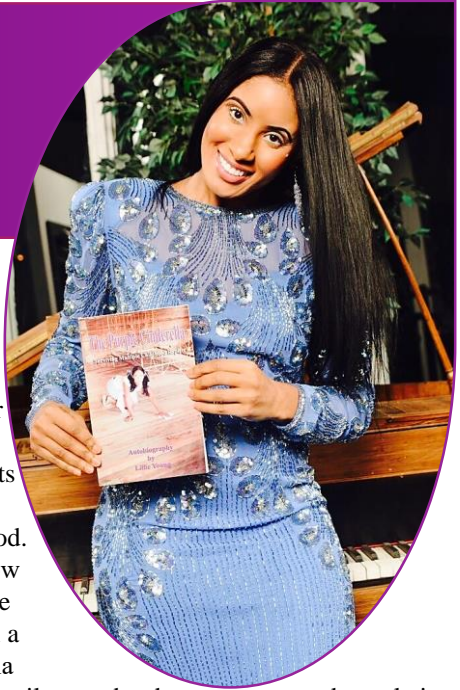
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THE PURPLE CINDERELLA™

Lillie Young

Author & Motivational Speaker



Ms. Lillie Young, a country girl at heart, released her first book, *The Purple Cinderella*, an autobiography, October 2014, a powerful recollection of uncanny acts of sexual and emotional abuse suffered by her throughout her childhood and its affects into adulthood. But her autobiography isn't about defeat, it shares how she has used her experiences to accompany her on the journey to claiming what was stolen from her at such a young age. "I refer to myself as *The Purple Cinderella* because my step parent treated me as if I was not a family member but a servant and purple is my favorite color. But like the story of Cinderella, I too have a happy beginning that began when I got my glass slipper, my life. My hope is that when people read my book they realize they can get their glass slipper back regardless of what has and is happening in their life too."

While her autobiography was intended to inspire others, Lillie continued writing and soon published and released her second book, "*The Story of Kate*" a book that tells a story of a small town girl with big dreams. Both books were and have been simultaneously successful, leading Lillie to appear on television, popular radio stations, receive awards and featured in numerous publications. She has used the success of her books to aide her with spreading the message of encouragement, courageousness and redemption by publicly speaking at seminars conferences, Churches and events.

Thus far, Lillie Young has motivated many to speak out and share their story and grow despite their past. *The days are long, and the nights are short...2016 is here and I am alive. NOW I LIVE...I GOT MY GLASS SLIPPER BACK!!!*

THE PURPLE CINDERELLA™.

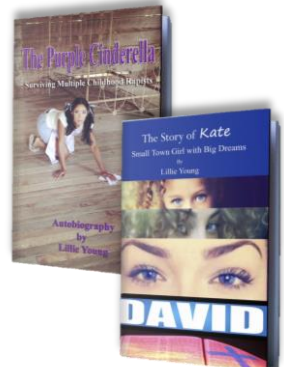
Allow the world to hear us roar...

- Lillie Young

THE PURPLE CINDERELLA and THE STORY of Kate are the books for you to uplift your spirit - heart, mind, body and soul in 2016. Both are available online at

www.ThePurpleCinderella.com

you can also scan to visit.





Designer, Jasmyne Y. Summers is a 23 year old women's apparel designer from Statesboro, Ga. She currently resides in Atlanta, Ga, while building her brand her, Dad, Micheal Summers Sr., Mom, Vivian Summers and Younger Brother, Micheal Summers Jr. are the driving force behind her ambitious spirit. Without the priority of God being number one in her life and the love from her family, Jasmyne would not be the person she is today!

Jasmyne is a Graduate of South Carolina State University with a Degree in Family and Consumer Sciences Business - Fashion Merchandising; Cum Laude. Her Fashion Degree along with highly appreciated training from Master Tailor, James McFarland, better known as "Gentleman Jim", has given her the skills needed to grow as an individual and designer.

Her brand Page XVII by Jasmyne S., Inc. can be described as chic, classic and elegant! Page XVII (17) represents her birthday May 17, 1992. "Before we were born God had a plan and a destiny for our lives, but only through his guidance are we able to figure out what we have been called on this Earth to do."

Page XVII by Jasmyne S., has shown in multiple fashions shows such as, Augusta Fashion Week, RAW Artist Atlanta, Small Boutique Fashion Week Atlanta 2015 and New York Fashion Week Fall 2015. Page XVII by Jasmyne S. had the privilege of being the Official Dress Sponsor for the Miss Natuarlista Pageant USA 2015 as well as features in Multiple Blogs such as "Her Twenties" and "Color My Story", only to name a few. Along with styling Music artist, Emmaline, Page XVII by Jasmyne S. Has also been featured in the "Namaste" Music Video by Visto Ft. Emmaline and Domani Harris that was released on "The Fader", in Fall 2015.

Page XVII By Jasmyne S., Inc. is relatable because everyone has a birthday and a destiny to fulfill. Life is like a storybook.

**EVERYONE HAS A STORY... WHAT PAGE DOES
YOURS BEGIN ON?**

To learn more about Page XVII By Jasmyne S., and to stay updated on upcoming collections and events please visit her website www.pagexvii byjs.com!





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DeAnna Wolfe

2015 COVER STORY
~ FOLLOW UP ~

Since being appearing on the cover of the 2015 GBMG Souvenir Magazine, DeAnna Wolfe, The Tiny Giant, has had the opportunity to work with We TV, Jeffrey Fashion Cares event, host various events and conduct a Magazine Signing.

"Although my successes surpass me I have had to worked on perfecting my craft and sharpening my skills and presentation. I'm 5'2, and according to the The British Association of Model Agents, the industry standard height is 5'7 ft to 6 ft.

Yet, today I'm a working model who found a way to be successful in the industry, I've learned that there are "niches" that I fit into and height is not everything. Your work ethic, professionalism, and biggest thing personality are the attributes that prolong your longevity in this business. The same thing goes for Acting, Hosting, and Life. "

For the year of 2016 DeAnna has plan to strengthening her Acting and Speaking skills and will be one of the special Guest Speakers for the Live Dream Model Seminar/ Workshop in April. We're glad to that the future for "The Tiny Giant" is bright and that she is living up to her name. To continue following her journey follow her on Instagram @Deanna_Model



THE TINY GIANT



CHANGING SKIN ... CHANGING LIVES

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NEVER GAVE AWAY
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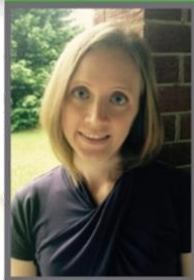


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The Lemonade Detox

HEALTH
& FITNESS



So we know that you are always looking for ways to stay healthy and fit and we think we have come across a way to doing both. The Lemonade Detox aka. [The Master Cleanse], was founded by **Stanley Burroughs**, who published it initially in the 1940's but became widely known 2008 due to Beyoncé crediting this method to lose 20 lbs for her role in the movie *Dreamgirls*.

But do keep in mind that this cleanse is something serious and you should prepare yourself mentally with meditation and prayer before attempting it. The normal amount of time to be on the detox is 10 to 12 days, in which time you will cleanse your body of toxins. During this time you will need to consume 6 to 8 glasses of the lemonade, and in the evening drink salt water. So if you are ready and brave here you go:

Ingredients

- 2 TBSP organic fresh squeezed lemon or lime juice (do not use canned or frozen or bottled juice)
- 2 TBSP organic maple syrup or sub with Pure Honey
- 1/10 TSP organic cayenne pepper
- 10 oz medium hot water (cold water may be used if preferred)

While you are on this detox, you should not consume any solid foods (if you can't do this, eat small meals) and even after, you should ease back on to solid foods. On your first day off, drink fruit juice, a smoothie or protein shake. Day two off, try your luck with soup. Day three move on to something like a salad, but nothing too heavy or high in fat. Do remember that you started this cleanse to detoxify so make a conscious effort to change your eating habits for the better. Also you do not have to stay on the detox for 10 days, if can only do 3, that's fine but remember to ease your way into eating solids

Warning: You will experience cravings, aches, pains, mental irritability and fatigue. These are symptoms of your body's detoxification.

TIP: Add some light workouts to your routine, maybe stretching, yoga, or sit ups. Nothing too exhausting because of your energy levels. Also drinking water works well with this. Good luck!

READ MORE ON OUR PINTEREST



HEALTHY EATING

With the Spring and Summer seasons around the corner, we're all scrambling to abandon the bad habits and savory food we've come accustomed to during the Winter seasons. Well have no fear, we have 3 tasty treats you can whip up in your time of need,

Kale, Apple, Raspberry, and Goji Green Smoothie

Sip your way to healthy skin with this superfood-packed smoothie. Leafy green kale contains high levels of vitamin K, an essential vitamin known to suppress inflammation (which can result in acne or wrinkles). Chewy, tangy, and sweet goji berries are a rich source of antioxidants, known to ward off the signs of photoaging (aging of the skin often caused by sun damage), including liver spots, freckles, and spider veins. Apples are also a healthy-skin super-fruit; Fuji and Red Delicious rank highest for antioxidants



Vegetarian Tacos with Goat Cheese

Heat the 1 tbl spoon of oil in a large nonstick skillet over medium-high heat. Add diced tofu, 1 ½ tsp of chili powder, ½ teaspoon salt, and ¼ teaspoon pepper. Cook, tossing occasionally, until golden brown, 4 to 5 minutes. Add the corn. Cook, tossing, until heated through, about 2 minutes. Add the spinach and ¼ teaspoon each salt and pepper. Toss until wilted. Fill the tortillas with the tofu mixture, goat cheese, and salsa.

Sliced Oranges and Pears with Mint Sugar

2oranges, peeled and sliced
2pears, cored and cut into thin wedges
2tablespoons mint leaves
2tablespoons sugar

DIRECTIONS

Arrange the fruit on 4 dessert plates. Mince the mint leaves until very fine and mix with the sugar. Sprinkle over the fruit and serve.



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GBMG Head Director of Photography

Vrob Photography

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www.VernRobinson.net

Jerry A. Barnes

Jerry A Barnes Photography

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Public Speaker

Lillie Young

The Purple Cinderella

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*All resources are local to the Atlanta, GA area but
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