

Gem 768

May 2025

Model Spotlight

MAGAZINE

Melissa

Mente Y Cuerpo

SURYA
12 RULES

FAITH
STUDIO MAGIC

VEVAEH
FOTO FLASH FUNCTION

TEGAN
CAR PHOTOGRAPHY

Editors Notes

Melissa

2024 was truly an amazing year and produced some long awaited features and a few new features that we were pleasantly surprised with. We have taken a little break to recalibrate a few things which has led us to this issue. We are very pleased to bring to the cover a model/ entrepreneur that we have followed for a few years now. We have been invited to take a front row seat in the launch of her new fitness apparel line, Mente Y Cuerpo (Strong Mind & Body) We look forward to showcasing her work and fitness apparel line in the pages of Gemz 68 Magazine as her exposure increases and her fitness apparel line skyrockets.

We are also featuring someone in this issue of Gemz 68 Magazine an Atlanta based model that we have been very impressed with that captured the eye of our camera at a beauty pageant. Not only did she win the pageant but, she also graced the pages of a previous Gemz 68 Magazine Issue.

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Cover

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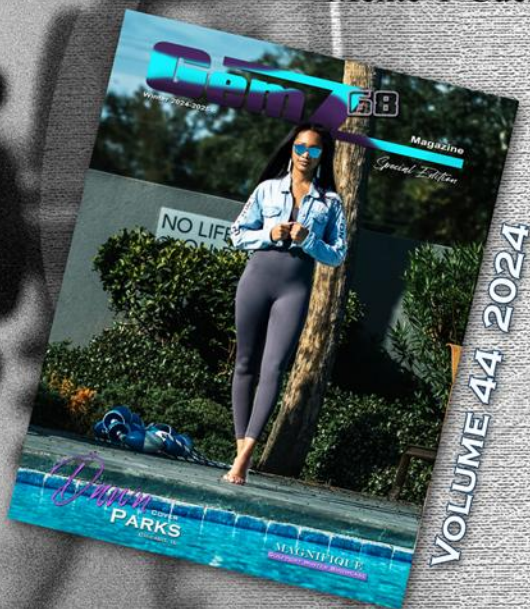
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A close-up portrait of a woman with long dark hair and bangs, wearing a white headband and a white top. She is holding a black smartphone to her ear with her right hand. The background is dark and out of focus.

Melissa Crispin

PHOTOGRAPHY BY ABH STUDIOS

It has been about a year that we have been looking to work with this fitness entrepreneur and dare we say Puerto Rican beauty. We first became aware of Melissa from a post on Instagram posted by a good friend/ photographer of ABH Studios. We won't blow them up here but, they know who they are. The set was amazing and quickly caught our attention. When we finally reached out to her, we sadly discovered that she was not currently in the Atlanta Area. Not to be detoured, we stayed in contact with Melissa and over the course of a few months, we discovered that she was looking to launch a new fitness line. What!! In efforts to not seem too aggressive, we offered to assist and do a photoshoot to showcase her new line. The fitness line was not quite in just yet but, we agreed that when she returned to the Atlanta area, we would get together and see what we could come up with. If we here at ABH Studios were to be totally honest, we knew that the opportunity to shoot with this amazing beauty, could not go wrong. Add a fitness line to the mix, this could be a home run. Boy were we wrong! Well not completely wrong but, maybe, a slight under estimation of the potential of such a collaboration.

We finally put together a date to shoot in the Atlanta area and the shoot / experience did not disappoint. We are appreciative that Melissa trusted ABH Studios with her brand and we look forward to the launch of her new fitness line "Mente Y Cuerpo" Strong Mind & Body in May of 2025.



We asked Melissa to answer a few questions so that we could get to know a little more about what makes her tick and to share this amazing fitness line that we had the opportunity to see, literally, in action and the visual as well as functionality of the fitness apparel line.

Name: *Melissa Crispin*

Home town – *Cupey Bajo, Puerto Rico*

Nick names – *Meli*

Age: *Age is nothing but a number.. My motto*

Nationality: *Puerto Rican- Boricua!!*

Languages: *Spanish & English*

Social Media: *@mellove23- @menteycuerpo_mc- Tik-tok- @crispinmeli*

Q&A

I was born and raised in Puerto Rico. My grandmother raised me. It was me and her against the world. She taught me what it is to work hard. I get my work ethic and strength from her.

Q: How long has fitness been a serious part of your lifestyle?

A: After recovery from a trauma injury. All I wanted was to be strong. So once I had clearance I learned to push through the pain. My dream was to be strong.

Q: What was the motivator that got you started with fitness apparel?

A: Women will constantly ask me where I get my outfits and leg warmers??. So it got me thinking why not have a brand that represents having a strong mind and body.. Looking your best and making your mind strong is the goal! We go to the gym to get strong and it's a moment to shine for yourself.. When you glance at your set wearing a nice fit makes you workout a little harder. While being at the gym I strongly believe that if you look good you feel good. This is when I started to bring my fashion style into my fitness apparel.

Q: How many days a week do you work out to stay so fit?

A: lol... 6 days a week.. Fitness and Fashion are my passion so it's a must for me.

Q: Tell us the philosophy behind your workout apparel line?

A: Mind and Body - When you're at the gym you're working on your body and mind.

Q: List three words that best describe you?

A: Determined, Resilient and kind-hearted.

Q: When not working out and developing your fitness apparel line, what would we find you doing?

A: In my downtime, I love spending quality time with friends and family, as they inspire me daily. Additionally, I try to give back to the community by volunteering at local fitness events that promote health and wellness. All these activities keep me grounded and fuel my creativity for my business.

Q: Do you mentor / train other people to help meet their fitness goals?

A: Absolutely! I want everyone to feel great and empowered in their fitness.







Q&A

Q: Tell us about the apparel line / lifestyle magazine shoot with ABH Studios.

A: Shoot was amazing!! I believe life timing is everything.

Q: Have you modeled before in a professional setting?

A: Yes, I have done some modeling in the past.

Q: What message would you like to share with individuals that would love to follow in your footsteps developing a clothing line?

A: If fashion is your passion go for it!!



Once we completed the Fitness Apparel line shoot, we convinced Melissa to give us a insight into her Mind and body workout philosophy.

If you can get a mentor session with Melissa.... don't drop the ball!! You just might walk away with some AMAZING Workout gear.



Q&A

- Q: What can we expect from Mente Y Cuerpo in the near future?
- A: My fitness apparel line will be combining functionality with modern styles and colors, allowing you to express your personal style while keeping up with your fitness routine. Whether you're hitting the gym or going for a run or just lounging at home my gear is versatile enough to suit all activities. I'm committed to inclusivity and offer a diverse size range to ensure everyone can find gear that fits well and feels great. My mission is to make everyone feel empowered in their fitness journey.







Q&A

Q: What has been your biggest hurdle in bringing your apparel line to life?

A: Building brand recognition and awareness.



Surya





We have had the pleasure of working with this south Asian model, Surya, on a few different occasions. She appeared in Volume 43 where we showcased a side of Surya that was surprisingly natural for her. We got a little choked up with the cigar smoke from the shoot but, we were in a cigar bar. We first met Surya at a pageant where she was the winner in her division. For full disclosure, I, ABH Studios, was one of four judges for this pageant. Yes, she did have my vote and I will let her pictures show you why she had my vote. We were blown away with the Volume 43 shoot. We told her before we left that shoot that we wanted to shoot again and explore her versatility with a few different looks. We were convinced that not only was her look versatile but the theme was not a concern. She would shine in any setting.

This time around we brought the studio to Surya. It is hard to believe that she could count on one hand how many photoshoots she has had. The first look was a Valentine theme which we have to admit set our cameras on fire. After we put the flames out, she seamlessly transitioned to an editorial theme of a relaxing evening at home with a good book.



We were looking for a relaxed editorial style for this set. We were pleasantly surprised when Surya emerged with a book, reading glasses and no shoes. She told us that she had a strong background in acting and film making. We found out real quick that she was not joking around. She is phenomenal.



Surya can literally do anything she puts her mind to.....





After The Valentines Day theme, Surya came back to the set with a new level of confidence that not only did the Photography camera pick up but the video camera as well. Setting, lighting and presence made for one amazing set.







*They say be careful
what you ask for.
You just might get it.*

*We simply asked for
a little style.....*





If you missed it.... Go check out her Valentines Day set. Fire.

www.gemz68mag.com

MODEL SPOTLIGHT EDITION * GEMZ 68

Youtube

THE IMPORTANCE OF DOING YOUR HOMEWORK

If you happen to still be in school (High school/ College) you probably have a good fresh and current understanding of the concept of homework. It is surprising how many people get comfortable in life and slowly but surely get away from being active in learning new things. We tend to get into routines and familiar patterns. Once we know how to do something, we chill and perfect that process. Depending on the responsibilities that you have, that just may be a great plan, an efficient plan because learning a new way of doing things could literally slow you down and in a work setting get you into trouble if those new plans/ way of doing things kills your expected production.

Learning new things is a great thing to have happen in our continuously changing lives, but this is a fashion magazine so lets narrow this concept down just a little. More specifically towards models and photographers and even other support members of the fashion industry. Lets take a look at the basic core concept of homework. Yes, structured assignments for learning new things but, it also means gaining good and useful information. As a photographer, I have advised many models to do their homework. I would like to think that this simple piece of advice would be self-explanatory, but, often it isn't. It's not that the models don't understand the concept of homework, I think that they have just not been required to do the type of homework that I am referring to. I have come to this conclusion based on experiences I have had with models I have worked with and questions that I am often asked that in reality they should know.

Lets go in for the kill here. As a model, that is looking for a photographer OR who has been asked to participate in a photoshoot by a photographer, what do you think the most important question for you should be? Some would say.... How much am I going to get paid. Although that is an important question, It should not be the first question that comes to mind. I would offer this as a first question. Is the person a legitimate photographer? Having the answer to this question could be a life or death question. I would agree with you that the life or death concept is a bit harsh, but is very real and very valid. There are many more questions that should follow that but, how important is it that you ensure that you are dealing with a photographer, not a person with a new camera, with work that is verifiable and NEWS FLASH, will benefit your brand. Knowing these answers is called doing your homework..... How do you get that information. You can start with asking the photographer a few questions but, their work will speak much louder than their words. If you believe their words and the word of the person referring them, follow that up with a quick google search and a social media search. Trust.... bad actors generally have bad press and its not hard to find. **THE KEY IS TO FIND THE INFORMATION FIRST.**

Lets turn the tables to photographers. We are not exempt from doing homework. Actually looking into the model's work and seeing what is posted is major important. This importance of looking into the model should not overshadow the homework you need to do to ensure you have the right location, a safe location and the right equipment to get the job done. Hey.... Is it going to rain? Very important. As a photographer, your project will be more successful when you have a game plan and you are as sure as you can be that the model you have chosen will meet the expectations of your project. Most seasoned photographers have the ability to make lemonade from lemons but, good luck making lemonade when you have oranges because you did not do your homework.

Hopefully now as models and photographers we have a basic understanding of the point being made here. Going into things blind is not only a bad idea but, could prove to be literally dangerous. Most like to gloss over details because we are truly busy and at times more focused on life responsibilities that ensure we can participate in activities like fashion shows and photoshoots and even magazine shoots. What type of pictures are expected, where the photos will be posted and are you willing to expose your brand to someone else's vision that clearly does not jive with yours. Better to know before hand as apposed to being at the shoot and the photographer now asking you to wear dental floss or a model stepping before your camera wearing nothing but her birthday suit. Whatcha gonna do now.....

There is no set rule or path for you to gather this valuable and dare I say crucial information. The words "DO YOU HOMEWORK" signifies to spend time and do what you have to do to become informed. Your brand, your time and your safety depends on it. Another important question may be, how much homework should you do. Well that is totally up to you. If you have only a little bit of experience as a model, do a lot! It will help you learn that you do not know as much as you thought you did. That includes your technique and what's expected of you. For photographers, knowing who you are dealing with and what you will need to have available to be successful can be the difference between a great shoot and totally wasting your time and money. Knowledge is power. If you do not believe this, you will when you run into someone that wakes you up by running circles around you and gives your ego a nice noogie.



WOW

PhotoArt - As a photographer, there are pictures that you take that at the time of the shoot you just don't understand the special nature of the pictures.

As a model, there is that picture that you felt special in but, just did not realize the connection you had with the environment/ photographer.

When viewers view these types of pictures it makes them pause. Not only do they pause but, they drift away and enter the scene in their mind.

That is PhotoArt. It makes you say WOW!

I want to shoot that.

I wish that was me.

Model: Cover Model Eysha
Photographer: ABH Studios
Location: Atlanta, GA.

Eysha






PHOTOGRAPHY BY ABH STUDIOS

If this young lady looks familiar to you, you are not losing your mind. This is Faith Ilaria featured model in Volume 42. This is the second set from a magazine/ promotional shoot with Pop Vintage 313, an Atlanta based Designer.

We have been extremely impressed with Faith. She has a style about her that screams international and could easily head a global fashion campaign. We are pleased that we had the opportunity to showcase what she can do here in the pages of Gemz 68 Magazine.

A woman with light brown hair is posing against a background of crinkled silver foil. She is wearing a black hooded top with gold sequined sleeves, a black sequined vest with a gold zipper, a gold chain necklace, a black corset-style top with a gold belt, black fingerless gloves, and black sequined shorts. She is also wearing black fishnet stockings with a gold geometric pattern. She is looking off to the side with a serious expression.

Faith put on a master class in posing during this set. She took the visuals of the set and the outfit and went to work.

Definitely traits of a superstar in the making.















It was a challenge to keep the poses inside the cube set. It wasn't that Faith was out of control. Quite the contrary. Her poses were just too big for the small stage.

Once we dialed the camera and lighting in, we were off to the races and once again Faith did not disappoint. We look forward to seeing many amazing shoots from this young very gifted model.

POSE

REACH BEYOND YOUR LIMITS

Everyone has experienced very good days and for the most part, everyone has experienced days that just make you want to pull the covers over your head and start over. If you really think about it, no one ever said that the road to success was going to be a cake walk. Unfortunately, mom and dad and even family members tend to set us up for disappointment from a very young age. When we are young, it is great and I personally hope that everyone has the experience of someone telling you that you can fly, that you can do anything you set your mind to.

As we get older and experience the world outside our backyards, we discover that there are many people in this world that have parents and family just like we did. Guess what, they can fly also and worse yet their story is just as good and some a little better than ours. Now if you are starting to see a bleak picture here, NOT AT ALL! A nice dose of reality is just what the doctor ordered. If you don't know what's out there, how can you judge if you are ahead or behind the curve. Once you become aware of the standards or should we say the expectations of where you find yourself, put it all into perspective. That is the base level from which you need to plot your course for success.

Outside your stomping ground is another world that you may or may not have to navigate. If you find that you seem to be ahead of the curve, above average, you still have work to do. It goes without saying that if you find yourself a little behind the curve, you really have work to do. Having work to do is really based on the fact that you have a desire to get better at what you do. Having the desire to Get better does not automatically spell success but, is the first step to moving forward.

How do we get better? Well first we have to do a self assessment and determine where we are. Are you at your limits of what you can do or is there still more room to grow. Note that there is a difference between physical limitations and mental limitations. Often when we hit physical limitations we stop using those physical limitations as the reason for our stagnation. On the other hand, if you have reached a mental limitation, it just may be time to take a chill pill and do something else for a little while until you can regain focus or convince yourself to reach beyond that limit. That is not as easy as it sounds. Lets take a quick look at physical limitations. If that limitation is mobility, you may have to seriously rethink your goals. But if the limitation is for a photographer, equipment or for a model, wardrobe etc. You can easily reach beyond your limitations by using your mental power. Photographers, your equipment is only as good as your skills and ability. Focus on your equipment being that which it is, a tool to assist you. Do some research and figure out different ways you can make that camera sing. Make it do things that the big guys are doing. Here is a little secret. Years ago they were doing the same projects they are doing now with the camera you have.

with the same
mental creativity
ing different
sphere.
model.

TRUE! Yes they were shooting billboards, sports and even magazine covers equipment you have. So reach beyond those physical limits by tapping your Models, sure better makeup and designer clothing would help, but learn-techniques and perfecting poses can catapult your into another strato-Truth be told, the model makes the clothes, the clothes do not make the

Generally the first thing that stops a motivated person is physical limitations. But we have seen through a few of the examples given above, physical limitations is really just your interpretation of obstacles. That's when you have to reach beyond your limitations for work around and in most cases better ways of getting the job done. Sometimes seeing what others are doing presents mental limitations. Don't let that slow you down. If you work at it, not only will you be able to do what they are doing but you just may discover a different or better way of doing what they are doing. Even if you are doing the same thing as they are, put your own twist on it and keep it moving. People will flock to you simply because you are a different experience.

Reaching beyond your limits is uncomfortable at first but, time has a way of making new ways of doing things second nature. If you get stuck, step back and reinvent yourself. It's all mental.....

Photo: ABH Studios



Think I pic

@ABHSTUDIOS

@wren_kynadee

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MODEL SPOTLIGHT EDITION * GEMZ 68

43



Nevaeh Nabors

PHOTOGRAPHY BY ABH STUDIOS

We had the pleasure of meeting this vibrant young Atlanta model at a collaborative effort with Westhaven Management / Foto Flash Function in Buckhead, Georgia. The setting for this shoot was in an amazing location within the Atlanta metropolitan area, Lenox Park. If you have ever visited this area, you know that it is rich in texture and backdrops. The shoot was put together on very short notice, however, we would not change a thing.

That being said, this is the perfect scenario that ABH Studios love to experience. We love to say that things happen for a reason and believe that our meeting with Nevaeh in a one on one setting was meant to be. As you can see, she is very photogenic and we can attest to the fact that she has one super energetic outgoing personality. The right place at the right time.



We spent a few minutes talking with Nevaeh before we started shooting to break the ice and get her relaxed to shoot. We thought it was very courageous for her to show up not knowing what to expect. Hopefully we put her at ease and this will be the beginning of a great collaborative effort.

We asked Nevaeh to answer a few questions so that we could get to know her and her goals a little better.

Name: Nevaeh Nabors

Home town: Born in Moline, IL ~ Marietta, GA

Nick names - Vaeh

Age: 19

Languages: English

Social Media: @nevaehnabor

Q&A

Q: How long have you been modeling?

A: A little over 4 months.

Q: Was there an event or person that gave you the push to start modeling?

A: well I've always been told I should model but it was when my social media started to take off that pushed me to experiment with similar things in the industry.

Q: What do you like most about modeling?

A: Going through the pictures at the end, picking my favorites.

Q: What would you like to have modeling do for you?

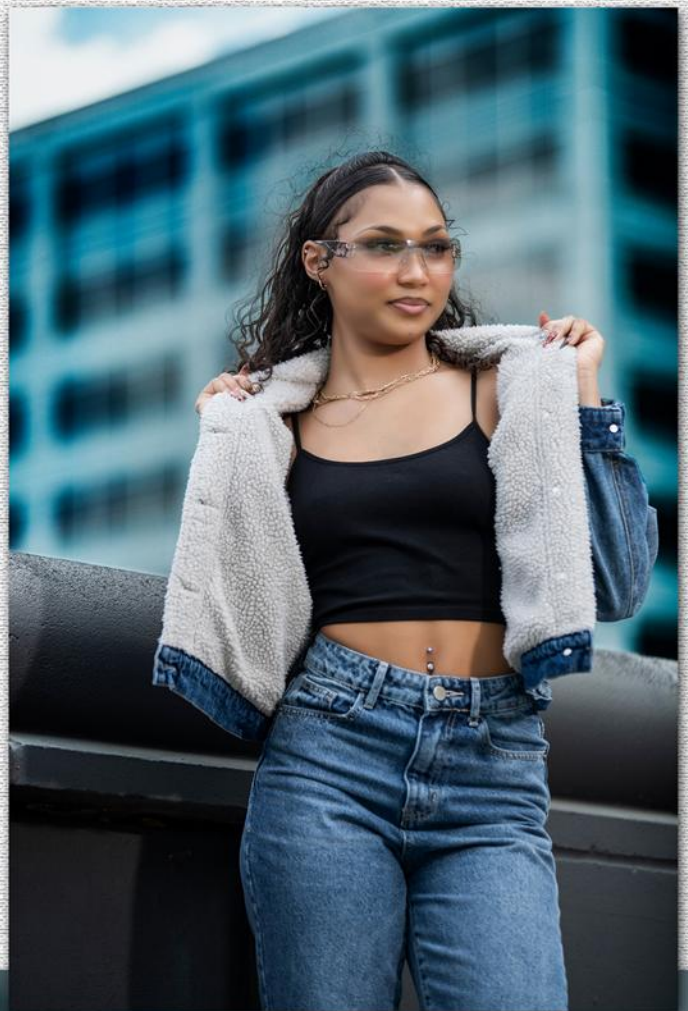
A: Build my confidence and comfort around others. I would love to put a smile on not only my face but those closest to me when seeing me work with familiar brands and companies.

Q: List three words that best describe you.

A: Talkative, Outgoing, Stubborn

Q: When not modeling, what would we find you doing?

A: Roller skating.





Q&A

Q: Tell us about the shoot with ABH Studios at Lenox Park in Atlanta, GA.

A: I don't work with Westhaven, but I had just applied to their agency when they contacted me the next day to do a photo shoot. It was last minute, but I still decided to come. I had hopes it would not only give me a feel for the agency, but give me a good look if they planned on working with me in the future. I was told it was a denim shoot at 3 PM in Lenox park. The bare minimum of details, contacted via instagram. With no number to call When arriving to the park, I expected to find a large group of people wearing denim. Just as I was about to explore the park looking for others, a man holding a camera and I spotted one another. While waiting on others, we began taking photos. Nobody else showed up that day. It was just me and ABH Studios. But We made it work, both agreeing that everything happens for a reason.







Nevaeh has a familiar beauty that seems to jump out of the frame. She is like the girl next door with something a little extra that you just cant seem to put our finger on.





Q&A

- Q: Where do you see yourself in the next 5 years?*
A: In 5 years I'd be 25. I'd hope to feel security and stability. Having had found my passion. I should have seen myself on a few advertisements, working with my favorite brands while maintaining a social media presence. I would have went back and finished my degree and working towards a business of my own!
- Q: We noted that you like to skate, is that a serious passion?*
A: Skating is something I like to do. It keeps me active, social, and engaged in learning new moves. I wouldn't say I've found my passion yet.
- Q: What advice would you give to aspiring models?*
A: If you don't stand out you'll be like everyone else. Express your personality while being beautiful, not the other way around.
- Q: Tell us about your most memorable modeling moment?*
A: One shoot when seeking exotic poses, after a few tries, we managed to capture me laying upside down in a chair. Although all the blood was rushing to my head, it was worth it, and the picture true came out great!







Tegan Kennerly



TEEGS_PHOTOGRAPHY7



We met this ambitious young photographer while getting some lunch at one of our favorite lunch spots in Athens, Ga. We pulled over into a side spot to figure out what we wanted to order. We noticed Tegan looking our way. We pulled up into her area and began to order. She let us know from the jump that she liked the car and that she was a photographer. It took a few minutes for her to ask, but we must give her credit, she showed some initiative and said that she shoots cars, great Segway, and she would love to shoot the Z06. We love to provide opportunities to new and upcoming models but, this was a great opportunity to extend what we do to an obviously passionate new photographer. We completed our order and exchanged information. The ball was now in her court. Her vibe was amazing. We were curious to see if she would follow through. As you can see, SHE DID, and we held to the promise we made to ourselves as we drove away eating our waffle fries. We wish Tegan much success in her photography endeavors and encourage her to use that same moxy to pursue ever evolving projects and goals. Sometimes being in the right place at the right time is just what the doctor / portfolio ordered.

Photography by Teegs Photography 7





She Killed it

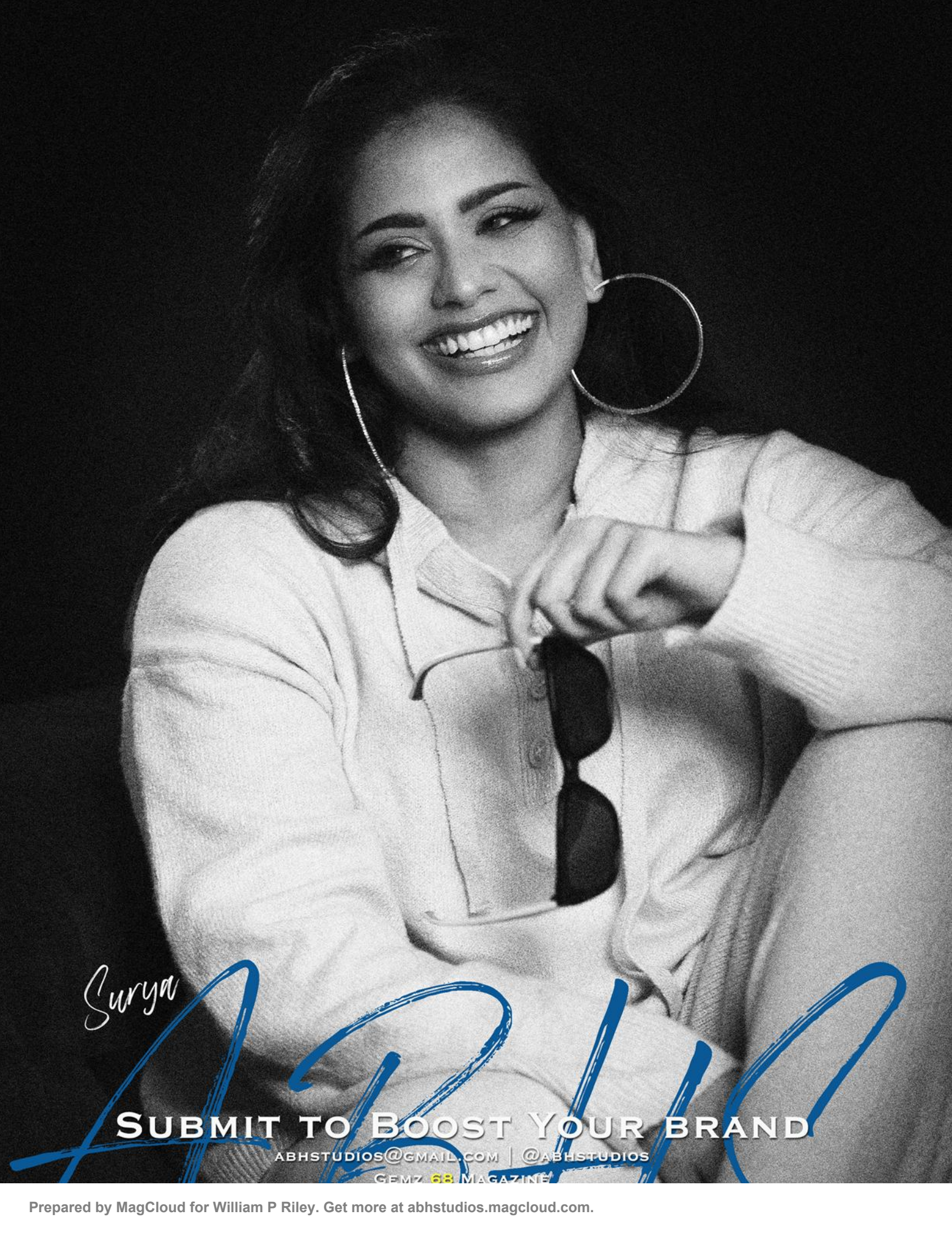




2024

CORVETTE
Z06





Surya

SUBMIT TO BOOST YOUR BRAND

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GEMZ 68 MAGAZINE