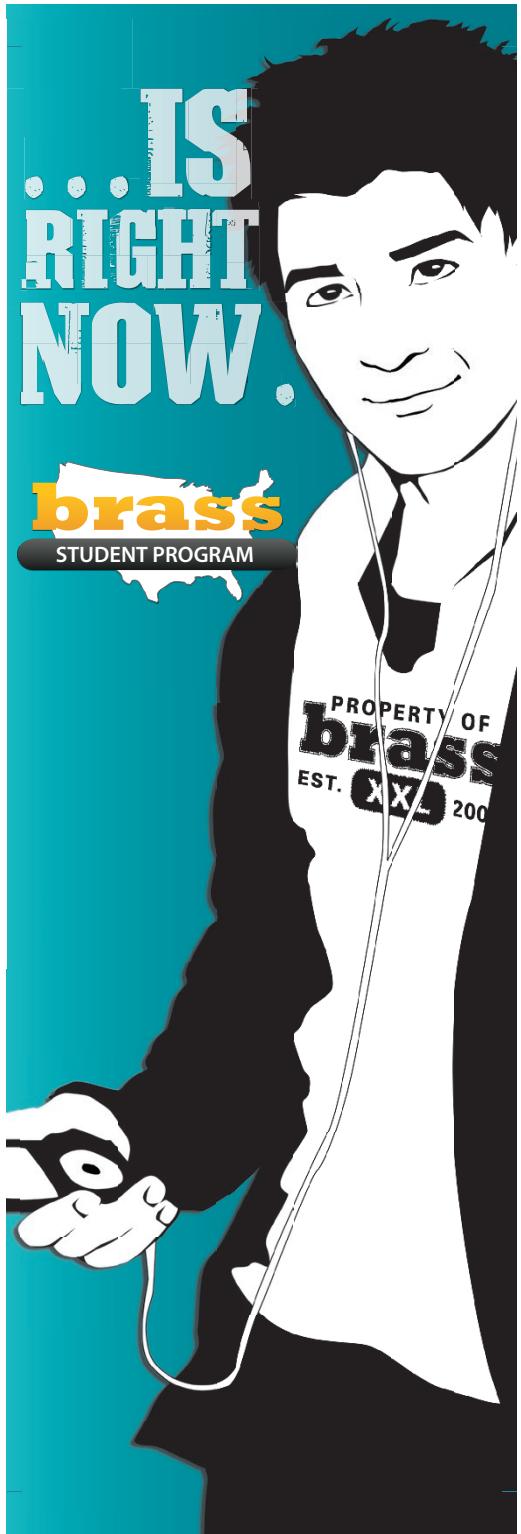
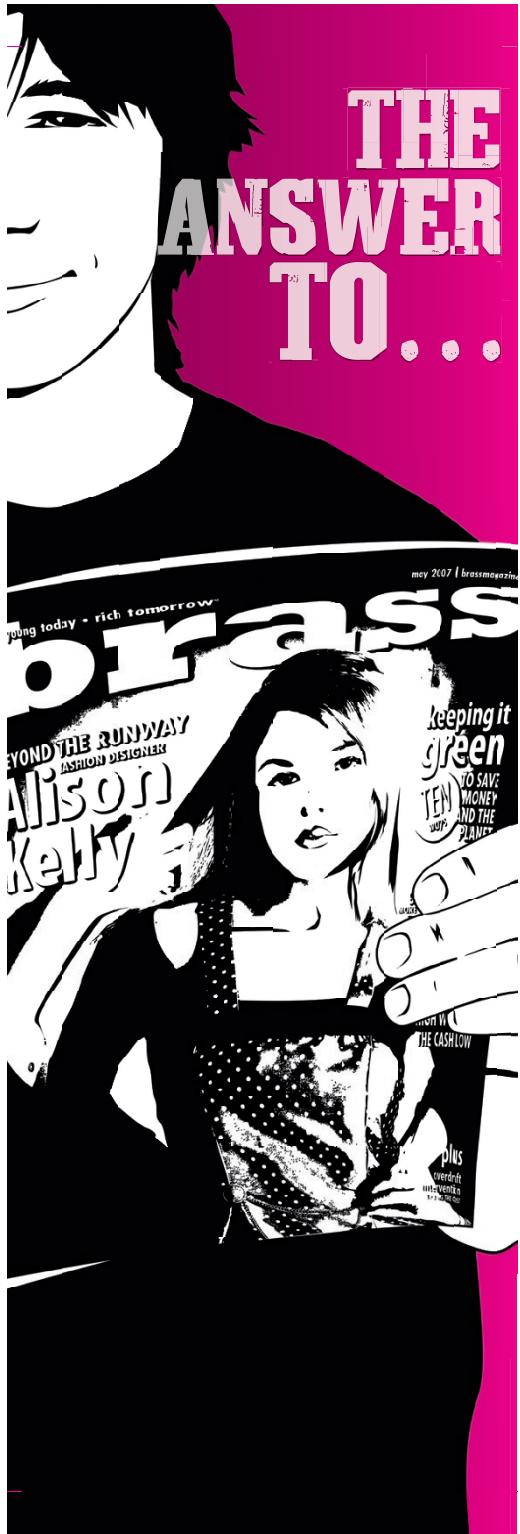




Professional
BRASS MEDIA

Magazine Ad Templates
Designer • InDesign and Photoshop

Ad templates for credit unions to advertise in Brass Magazine. I used Photoshop to manipulate stock photography. I developed the concepts and copy.



Professional
BRASS MEDIA

Student Program Advertisement
Designer and Art Direction • Illustrator
12 foot banners to advertise our Brass Student Program at trade shows.



lucine

User Name

Password

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Professional
LUCINE WOMEN

UI/UX Re-Design
Lead Designer • Photoshop

UI/UX re-design of Lucine social platform using Photoshop to create mock-ups for a log-in page, profile, and symptom tracker.

Lucine

News Quick Log Community More ▾

 How are you feeling today?  Post

 Sally Silbernagel 4 hr · San Jose, CA
Pros & Cons To The Raw Pet Food Diet: Is It Worth It?
February 6, 2016 | CBS Minnesota
Like all our loved ones, we want what's best for our pets. That includes what they eat!... [Read more](#)

 Sally Silbernagel 4 hr · San Jose, CA
Getting ready for three days of meal prepping for post baby, anyone have some good healthy meals that can be made ahead of time? Preferably raw vegan, but I am open to just vegan meals.

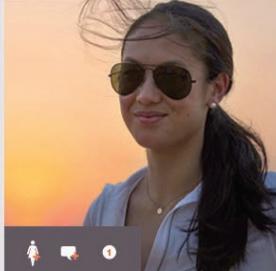
 Teresa Pimentel 4 hr · Santa Cruz, CA
Have you looked up crock pot ideas? you can prep a bunch of fresh stuff then just toss it in that morning!
[Like](#) | [Reply](#)

 Sally Silbernagel 4 hr · San Jose, CA
Yes, I found some really great bean receipes but now I want to find some fresher feelign things. I guess fresh doesnt mean cooked!
[Like](#) | [Reply](#)

 Teresa Pimentel 4 hr · Santa Cruz, CA
Nope, but that is what you have friends for! We can bring you some fresh food after you have the baby. Maybe we can put together a sign up sheet.
[Like](#) | [Reply](#)

 Jen Still 4 hr · Pacific Grove, CA
You are due in a couple weeks right? Sign up for a CSA box you will get tons of fresh stuff then.
[Like](#) | [Reply](#)

Jen Still ▾

 Sally Silbernagel

West coast sun lover here to live a healthier life. message me if you are interested in raw vegan living and managing a healthy pregnancy.

[Connect](#) [Message](#)

Friends



[see more](#)

Articles

Update for Physicians: Plant-Based Diets
PJ Tuso | September 10, 2013
The goal of this article is to review the evidence supporting plant-based diets and ... Raw food, vegan: Same exclusions as veganism as well as the exclusion of ...

The China Study Revisited: New Analysis of Raw Data Doesn't Support Vegetarian Ideology
Harriet Hall | Jul 20, 2010
Minger found many more, which she describes in her long article, The claims in Campbell's popular diet book are not peer-reviewed science, so why ... She is also a member of and strong supporter of a vegan group called ...
[see more](#)

Lucine

News Quick Log Community More ▾

How did you sleep?

Sleep Time
02/26/2014 ▾
1:00 am ▾ 4:00 am ▾

Sleep Phase
Sleep Snooze Nap Lying awake Interrupted

Sleep Quality
Normal Good Bad

Symptoms

Breathing issues	Pain	Hypersomnia	Night Sweats
Well Rested	Early Awakening	Insomnia	Groggy
Cataplexy	Fatigue	Hallucinations	Toss and Turn
Sleep Attack	Nocturia		

Treatments

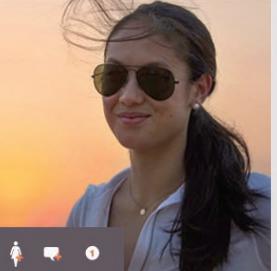
Alternative Medications	Unisom	Anti-anxiety Medication
Anti-psychotic	Sleeping Pills	Valeren
CPAP	Dextroamphetamine	Antihistamine
Melatonin	Nuvigil	TylenolPM
Ambien	Lunesta	Bath
Herbal Tea	Hot Milk	Xyrem
Modafinil	Muscle Relaxant	Sonata
Ritalin	Anti-depresant	

Events

Drug/Alcohol Use	Interruptions	Light Disturbance	Caffeine
External Temperature	Noise Disturbance	Sleep Paralysis	MSLT
Nightmares	Travel	Sleep Lab Study	Dreams
Sleep Walking	Day Off		

Notes

[Log an Entry](#)

 Sally Silbernagel

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[Connect](#) [Message](#)

Friends



[see more](#)

Articles

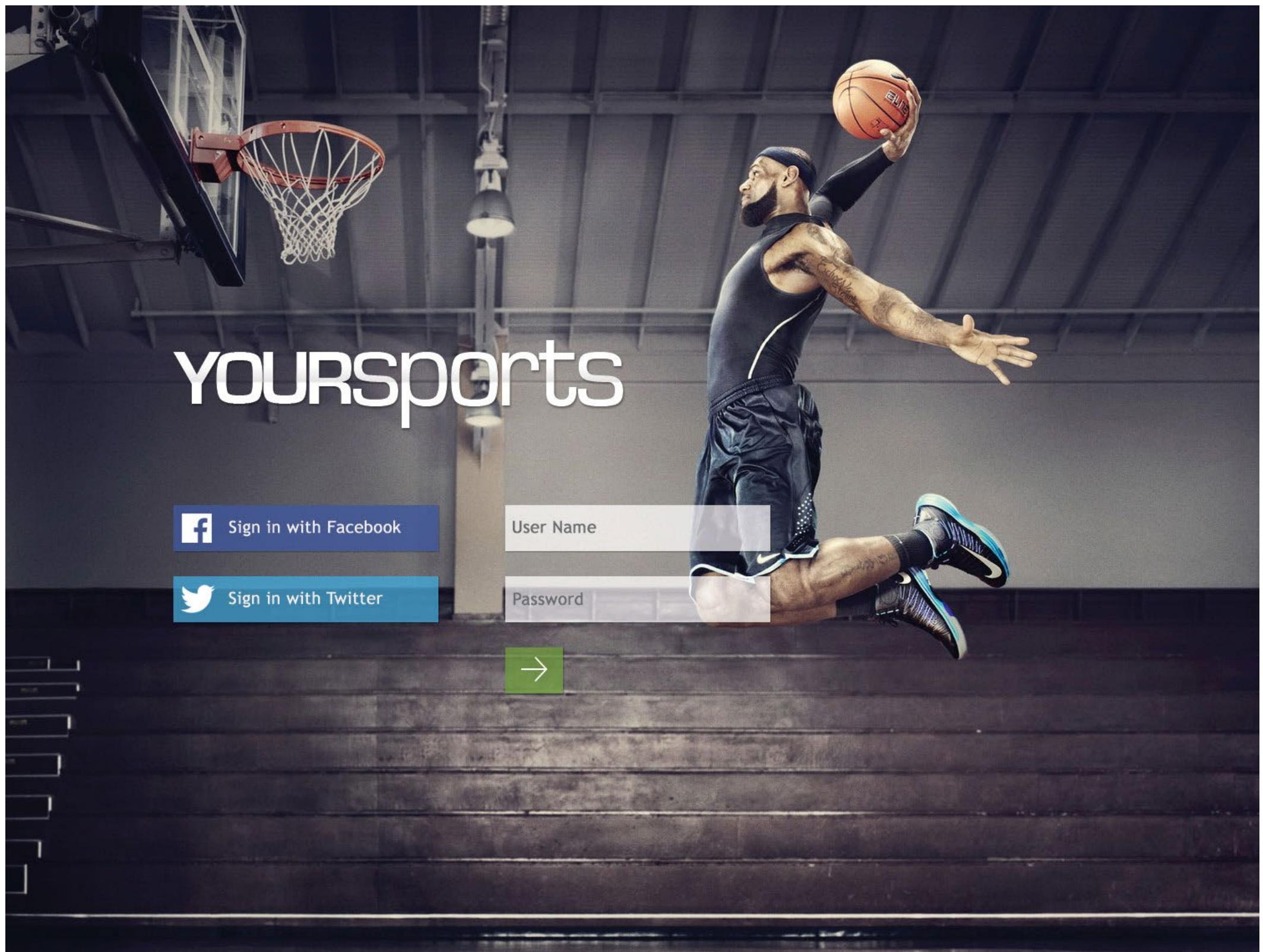
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[see more](#)

Professional **LUCINE WOMEN**

UI Re-Design
Lead Designer • Photoshop

UI/UX re-design of Lucine social platform using Photoshop to create mock-ups for a log-in page, profile, and symptom tracker.



Professional
YOURSPORTS.COM

UI Re-Design

UI Designer • Photoshop

UI re-design of YourSports.com using Photoshop to create pixel perfect mock-ups for a log-in page, profile, stats and news feed pages.

About

History: 2014 fantasy baseball champ... Started YS in my dorm room 7+ years ago because growing up sports connected my hometown, my family, and my closest friends. I thought if authentically connected online, then all sorts of really cool things could happen.

From Seattle, WA
Played Soccer, Baseball, and Track
Favorite Team Seattle Sea Hawks

Fans

see more

Carlisle: Patchwork defense dooms U.S.

Friday's World Cup qualifying defeat to Guatemala was arguably the U.S.'s worst loss under Jurgen Klinsmann, and it makes Tuesday's rematch a must-win.

Like • 40 likes | Comment | Share

Well yes, half the teams make the playoffs, Joe. So it's not quite as big of a deal.

Like • 12 likes | Comment | Share

It's not a big deal till your team makes the playoffs. GO SHARKS!

Like | Reply

Playoffs or not, you're still going to need a miracle to win it all

Like | Reply

The power of positivity, keep livin the dream man!

Like | Reply

Comment

Chris McCoy added 14 new photos

1 week ago - San Mateo, CA, USA

Been working with this team for the past two years and they have given their all. We just finished the season and I am super proud of them, 3rd in the league!



TEAM	GOALS	SHOTS	HITS
VANCOUVER CANUCKS	3	28	24
WASHINGTON CAPITALS	4	47	22
ANAHEIM DUCKS	2	36	30
COLORADO AVALANCHE	2	19	10
CHICAGO BLACKHAWKS	5	27	13
BOSTON BRUINS	6	28	29
WINNIPEG JETS	4	32	23
ST. LOUIS BLUES	5	30	21
Detroit Red Wings	3	29	18
MINNESOTA WILD	1	Sheahan	

UPDATE STATUS **ADD PHOTOS/VIDEO** **MAKE A PREDICTION**

Got Something to Say?

Frances Kook 1 hr - Portland, OR, USA

No snarkiness intended here: I wonder if any NFL teams gave Will Fuller a vision test?

Like • 12 likes | Comment | Share

Theresa Fenster 10 min - Santa Cruz, CA, USA

Should be a requirement of all teams, so is being snarky!

Like | Reply

Joseph McKenzie 5 min - Austin, TX, USA

If only I had a penny for every time you were snarky!

Like | Reply

Maria Orange Just Now - Portland, OR, USA

Should require the refs to have exams too!

Like | Reply

Nathan Radford 2 hr - Santa Cruz, CA, USA

Burnside: After years of breaking bad, Ribeiro trying to do right

John Russell/NHL/Getty Image Mike Ribeiro has had a season to celebrate in Nashville, for more than one reason. Nashville, Tenn. --- We talk often about "fit." Does a player fit with his ... Read More

Like • 40 likes | Comment | Share

Elise Owens 1 week ago - San Mateo, CA, USA

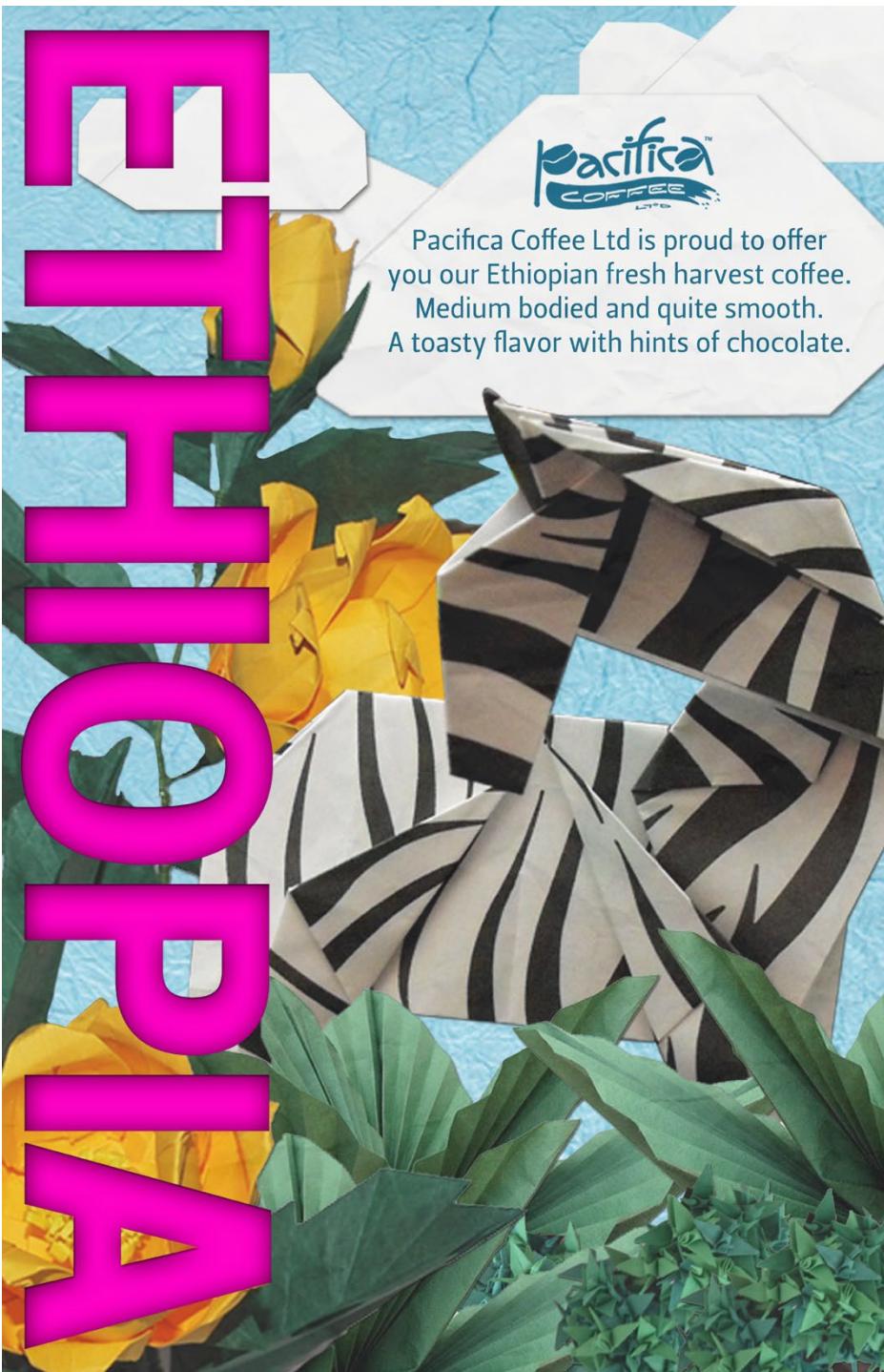
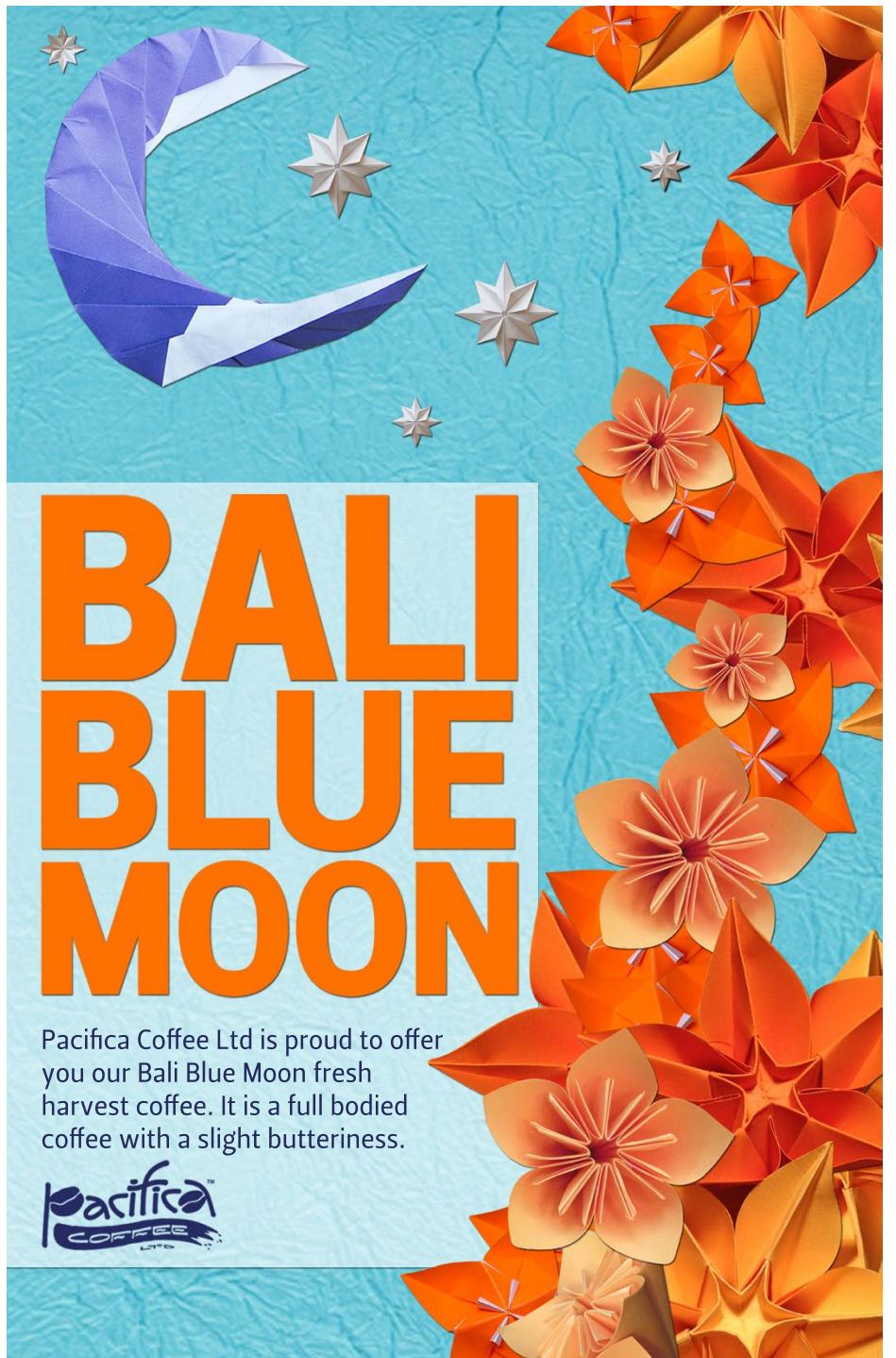
Went to see my Ducks this week, they always put on a good show! Even when we lose we still have the best time!



Professional **YOURSPORTS.COM**

UI Re-Design
UI Designer • Photoshop

UI re-design of YourSports.com using Photoshop to create pixel perfect mock-ups for a log-in page, profile, stats and news feed pages.



Professional
PACIFICA COFFEE

Coffee Advertisements
Designer • Photoshop and Origami

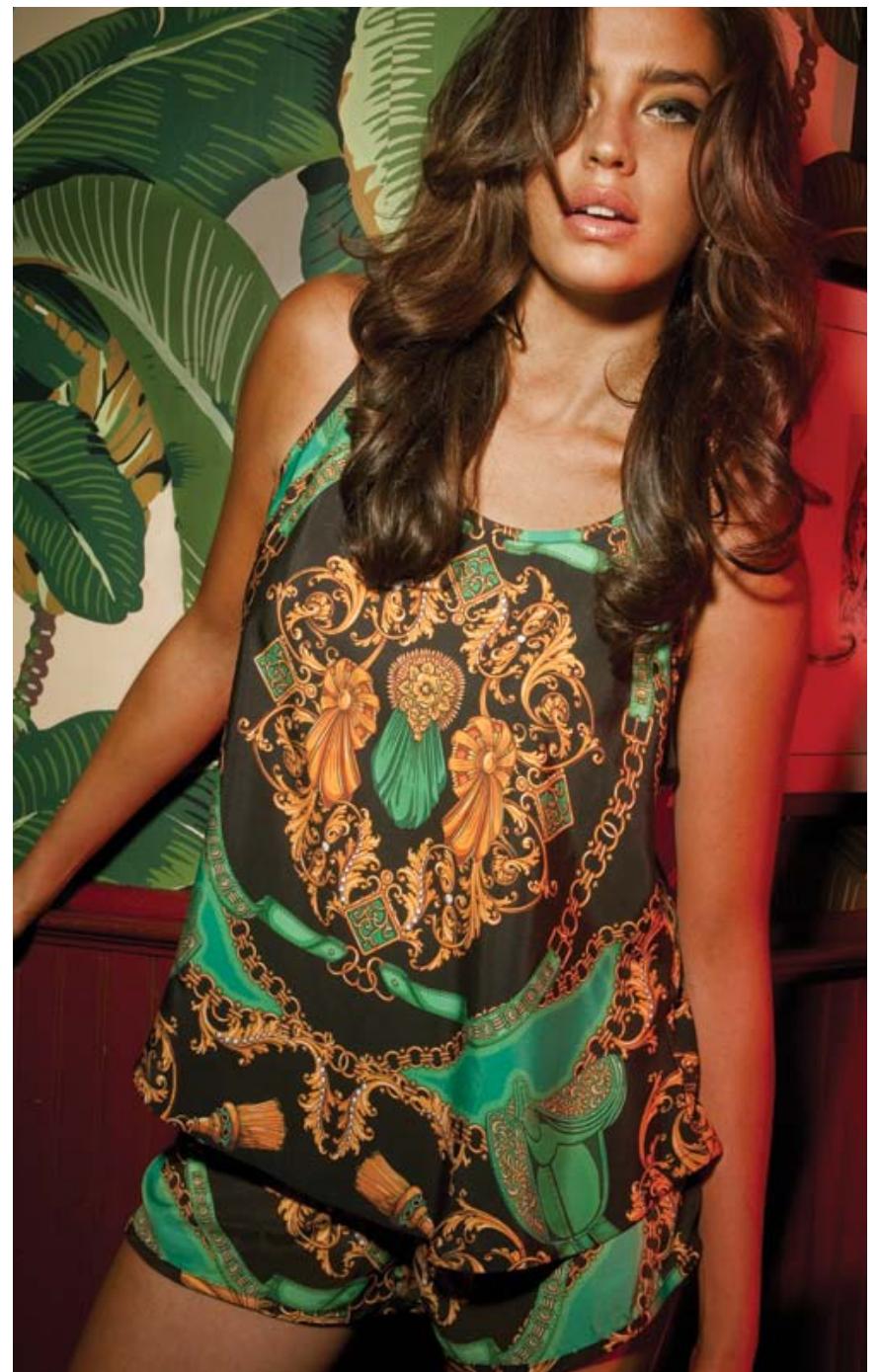
Posters designed to advertise single origin blend coffees. I photographed handmade origami and then edited with Photoshop to create layout.



Professional
SINGER22

Look Book and Teaser
Designer • InDesign and Photoshop

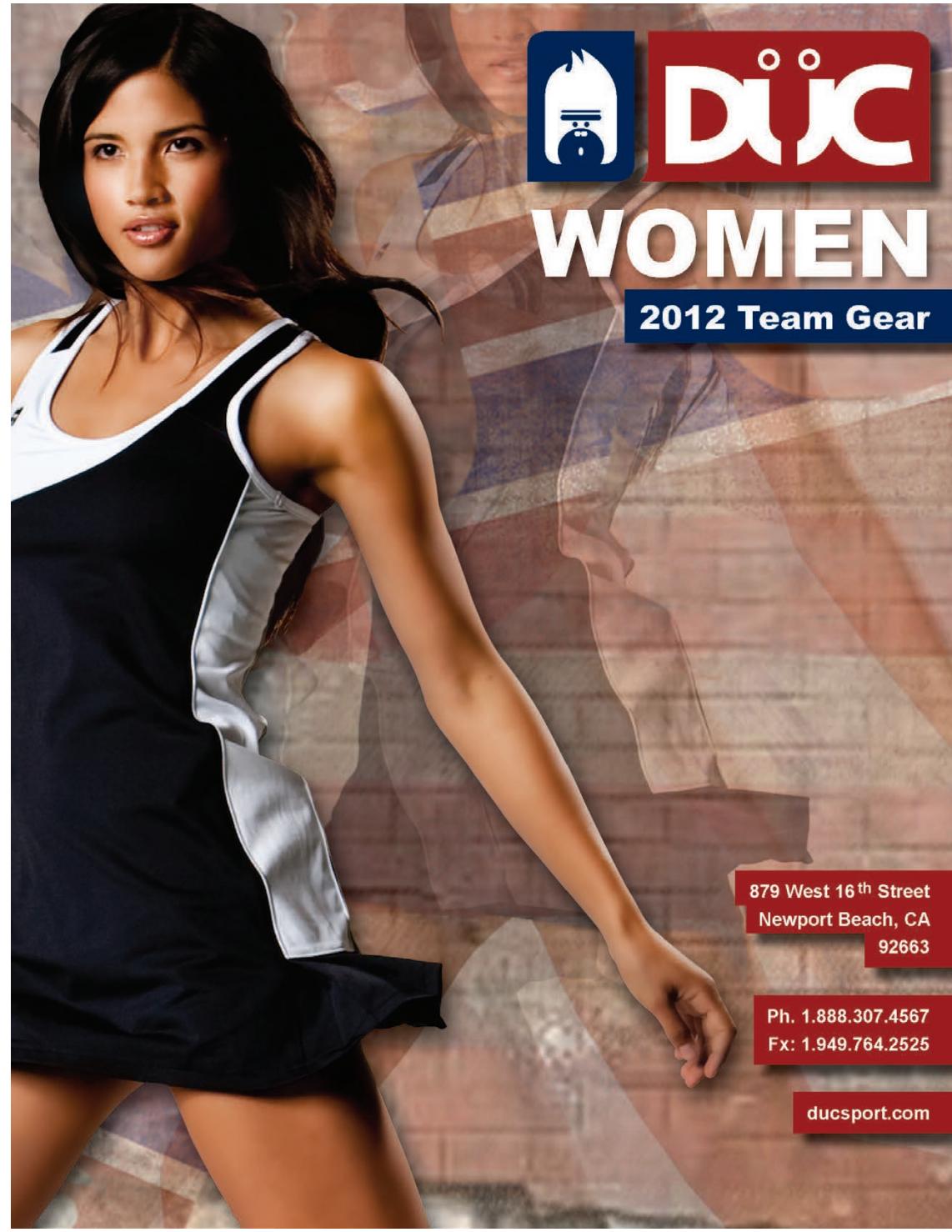
I selected images from a series of photos to create a look book and teaser card. I used Photoshop to edit the photos and InDesign to lay out card and book.



Professional
SINGER22

Look Book
Designer • InDesign and Photoshop

I selected images from a series of photos to create a look book and teaser card. I used Photoshop to edit the photos and InDesign to lay out card and book.



Professional
DUC SPORTSWEAR

Catalog
Designer • InDesign and Photoshop

Choosing from a set of images I used Photoshop to edit photos and InDesign to create the layout.

The catalog features two main products: the "CONTROL DRESS" and the "SLICE RACER-BACK TANK".

CONTROL DRESS
W1101 XS-XL Built in shelf-bra

She doesn't just play on the court, she controls it. She's sassy, competitive, and ready to win! "Control" offers a fit that is both functional and flattering, featuring asymmetrical lines and flirty pleats. The color blocked side panels create a slimming silhouette while the racer-back and hidden control/bra top keep this dress ultra-sporty. Don't be fooled by this dress' cute exterior, she's as tough as they come.

92% Poly / 8% Lycra | 40+ UV Protection
"Aether-Dry" Moisture Management

SLICE RACER-BACK TANK
W1212 XS-XL Built in shelf-bra

Designed to be a perfect conductor for the "lightening" reversible skirt. She slices and dices all her competition with edgy asymetrical darts. Skillfully created to "wow" and "awe" when worn depending on the accompanying skirt. Built in shelf-bra.

92% Poly / 8% Lycra | 40+ UV Protection
"Aether-Dry" Moisture Management

LIGHTENING REVERSIBLE PRINTED SKIRT
W1213 XS-XL

Couture and edgy, "Lightening" strikes "hohum" team apparel right in the kill zone. She has the option of shocking her competition with a gradient tonal print or reverse out to the bold solid side for superior baseline play. Either way, your rivals will head for cover as lightening strikes in more ways than one.

92% Poly / 8% Lycra | 40+ UV Protection
"Aether-Dry" Moisture Management

Color swatches for the dresses: Black | BK, Royal | RY, Red | RD, Navy | NV, Pine | PN, Orange | OR, Maroon | MA, White | WW.

Color swatches for the skirts: Black | BK, Royal | RY, Red | RD, Navy | NV, Pine | PN, Orange | OR, Gold | GD.

Skin is in

Where Natural and Organic Meet Elegance

Simply Natural. Simply Organic. Simply Affordable.
www.Damajon.com 




DAMAJÒN™
the spirit of a woman

Professional
DAMAJON

Magazine Advertisement
Designer and Art Direction • InDesign and Photoshop
Magazine advertisement for Damajon. Image taken by professional photographer.

THE SOURCE WEEKLY

The Source **WANTS YOU!**

OUR ANNUAL ONLINE
AUCTION SUPPORTING
CENTRAL OREGON
VETERAN'S OUTREACH



WEAR YOUR GARBAGE WAITING ON LA NIÑA A VET'S LIFE

Inside the Rubbish Renewed Eco Fashion Show

Local avalanche teams gear up to keep you safe

How a local veteran outreach saved one man's life

VOLUME 15 • ISSUE 48 • December 1, 2011. The time not to become a father is eighteen years before a war. - E.B. White

Professional

THE SOURCE WEEKLY

Cover Design

Designer • Photoshop and InDesign

Photoshop illustration based off of hand drawing. Cover laid out using InDesign.

THE SOURCE WEEKLY

14 / WWW.TSWEEKLY.COM

• THE WOMEN'S ISSUE •

COUNTRY'S COOL UNDER BIG TENT PRESSURE
What hick hop can teach us about Hank Williams

HOLD THE EGGROLL
Late season storms deliver sun-soaked fun

Boken and Five Fusion rewrite the lunch menu

VOLUME 16 • ISSUE 10 • March 3, 2012 | I became a feminist as an alternative to becoming a masochist. - Sally Kempton

THE WOMEN'S ISSUE

Feminism. It was kind of a dirty word in the Republican household in which I grew up. The concept evoked images of women marching in the streets so angry they seemed hysterical. And the fact that my own strong mother—a lawyer and the parent in charge, no questions asked—didn't embrace feminism as a philosophy made the whole idea seem like something other people did, at least to a girl in the decidedly unwomly town of Anchorage, Alaska. But I've changed my mind since then. Rather than "other," feminism is now "all." As women, we no longer burn bras in the street demanding the world give us independence and respect. Instead, we simply take what we want and deserve every day through the choices we make—the choice to get a tattoo, the choice to have an interesting career, the choice to take on a challenging sport, the choice to build influence and wield it in a community, and, as embodied by our Woman of the Year, the choice to face things, even death, with an inner fire and power that is awe inspiring and frank, possibly, a little frightening to our male counterparts. I like to think of it as Feminism 2012, strength married to power sprinkled with a healthy dash of badass.

• TRAILBLAZERS •

ELIZABETH I (1533-1603)
Things weren't great for women in the latter half of the sixteenth century. From the utter lack of authority to the clothes, life was restrictive for rich women and poor women alike, to say the least. But the second daughter of Henry VIII refused to be stifled by her male advisors. She settled what was quickly becoming a violent religious war and decreed England to be a Protestant state, this despite the fact that the male English ruling class was divided on the issue. She never married and kept peace in England for 44 years in what would come to be called the Golden Age.

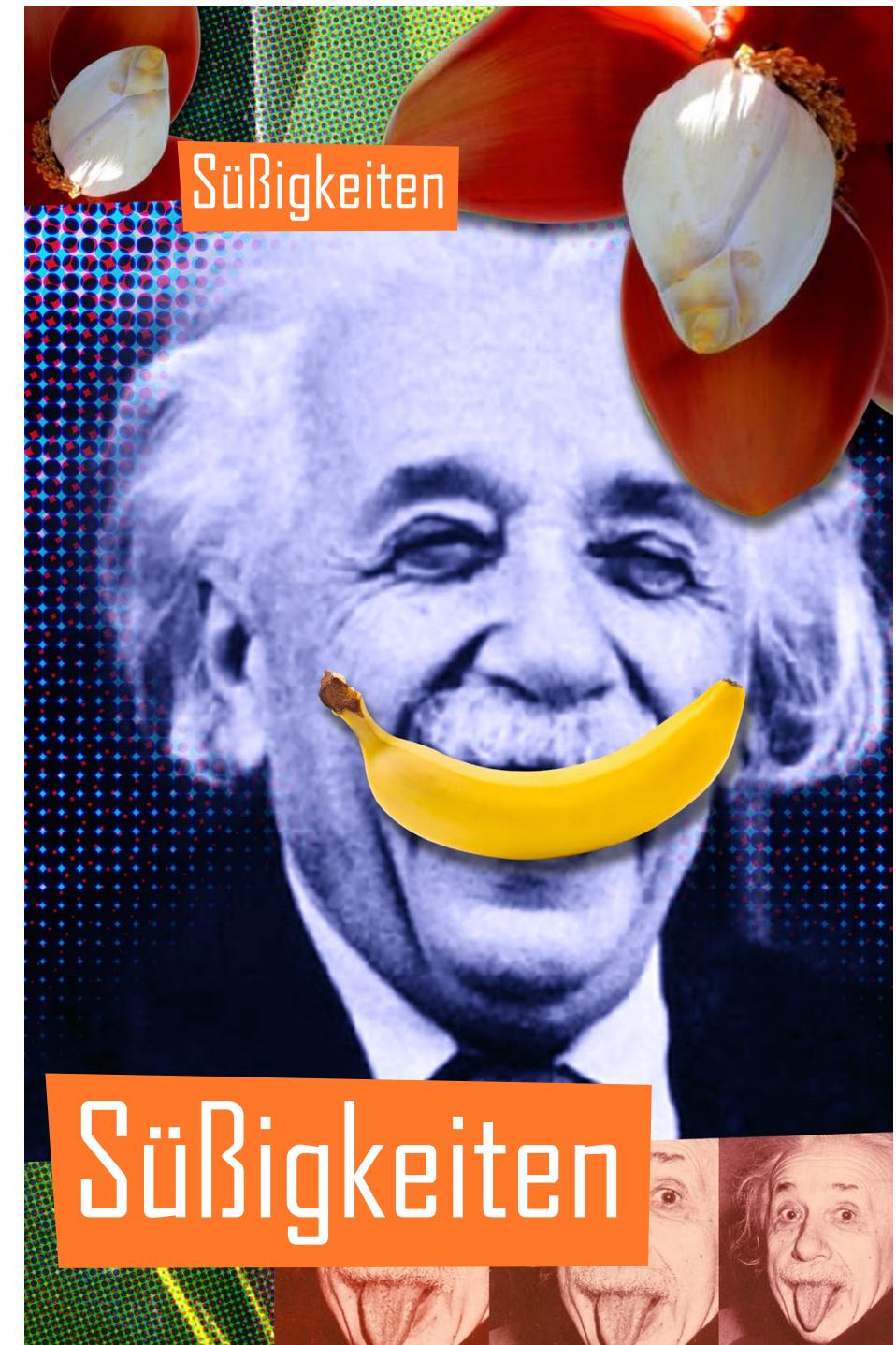
AMELIA EARHART (1897-1937)
As one of the first female aviators, Amelia no doubt staked down a great deal of condescension just getting into the cockpit. Despite this, she went on to set many aviation records, including setting the record as the first woman to fly solo across the Atlantic Ocean. She was proposed to six times by George Palmer Putnam, who would later move to Bend and serve as editor of The Bend Bulletin, before agreeing to marry him. She is said to have given Putnam a letter on the day of their marriage telling him she would hold him to no medieval code of faithfulness, and she did not expect to be bound by one either. She kept her own name and would ever after refer to their marriage as a partnership.

ELEANOR ROOSEVELT (1884-1962)
Maybe it was because of her high school's headmistress, an early feminist who taught her female pupils to think for themselves, that Eleanor grew up to be an outspoken and influential woman in an era when women were relegated to domestic roles. By the time she was 20, Roosevelt had already helped found the New York Junior League, a group of women devoted to improving the living conditions of working class New Yorkers. For the rest of her life, she remained a leader in progressive politics and a staunch advocate of equal rights for women, even espousing that women should be given universal military training and that housewives should be paid for their work. Fun Fact: Roosevelt stayed at the historic Pilot Butte Inn while passing through Bend in 1934 on her way to Crater Lake.

Professional
THE SOURCE WEEKLY

Newspaper Cover and Layout
Designer • InDesign, Photoshop, and Illustrator

Using a model we recreated the "Rosie The Riveter" icon. I used Photoshop to edit the photo and Illustrator to create elements for the cover and article. I used InDesign to create the layout and cover.



Personal
SATISFY YOUR SWEET TOOTH

Posters
Designer and Art Direction • InDesign and Photoshop

Personal project taking a look at a more playful side of fruit and vegetables.