J. HOWARD

SKILLS

Adobe is my "suite" spot.

Ps Ai Pr

Editing

Ridiculous knowledge of pop-culture

Working knowledge of SEO / SEM Marketing

Proficient with Social Outlets

Communication: both written & verbal

Honed on the radio, news, and in sports broadcasting.

GRAPHIC DESIGN

Able to master new skills quickly.

KEYBAR

Manufacturing Company
Savannah, GA

When I started at KeyBar, I was doing their custom artwork. I did about 100+ custom projects a month, from concept to delivery. The custom department was just me, so I oversaw customer service and maintained high customer satisfaction and retention rates. I added some flair to their site. My passion for updated high-quality, consistent, on-brand imaging got me promoted to Creative Director.

As Creative Director, I oversaw marketing and graphics across web, print, and social. I produced all email campaigns. I directed/edited instructional and promotional videos. I worked closely with our Facebook representative to boost their Facebook marketing to net $41,000+ in the first quarter of that year. Since leaving this company, ads I created and protocols I instilled are still in operation.

4TH OF JULY SALE
DISCONTINUED ITEMS ONLY
CLICK HERE TO VIEW ITEMS
- NOT VALID WITH OTHER DISCOUNTS -

MAGNUT

QUICK-DRAW
ON
KICKSTARTER
by KeyBar

TITANIUM SHIPWRECKED
AVAILABLE NOW

KeyBar.us

KeyBar

QUICK-DRAW

SOUTHERN VINTAGE

A Vintage Rental Company
Macon, GA

After a time working as Administrative Assistant for this company,
I began freelancing design for them on occasion.
I've assisted in vectoring their logo and invitation designs,
designing print ads, and consulting on social media management.

Southern Vintage

event rentals

SV

Southern Vintage

Southern Vintage

'tis the season to be married

Sharon & Bill

J. HOWARD

WEBSITES

Assorted

The following are websites that I either made or assisted heavily with in the design department. At WMAZ, I would build sites out on the DUDA platform (think WIX or SquareSpace) then maintain them and keep up with their analytics. Some sites would just be a design overhaul on certain pages. At KeyBar, I was responsible for maintaining inventory and congruent design on their WordPress based site.

Currently published sites I designed:

www.viralegs.com
www.finchersbbqga.com
www.shanesribshackwr.com

FINCHER'S

Since 1935, Fincher's Bar-B-Q has served mouth-watering barbecue dishes and other southern home-cooked food to countless satisfied customers.

4 Locations

Visit one of our 4 locations throughout the Middle Georgia and try our BBQ!

Award-Winning Food

Fincher's Bar-B-Q's award-winning food is beloved throughout Georgia.

Catering

Let us cook a delicious meal for your next party or other event.

"Nothing less than 5 stars!! We've had 5 generations eating your BBQ and when driving to North Carolina from our home in Florida, we always drive out of our way to get to Fincher's off Hartley Bridge Road to get some BBQ for the trip!! Thanks for the service."

Heather

"I grew up eating at this place! Miss eating here but every time we visit Macon I stop by for a pig."

Dianne

"Best BBQ in the world! The Fincher family has been doing it right for many, many years!"

Sandy

"Houston Avenue store rules! #1 location by far. Driven from Warner Robins many times to get the absolute best. Not to say I don't visit other stores at times, can't always make it to Macon, but love my Fincher's!"

Tracy

NON-SURGICAL TREATMENTS FOR FIBROIDS

Our board-certified VIRA physicians are experienced interventional radiologists (IR's), offering minimally invasive solutions for a patient's health problems.

- Using image-guided support, VIRA s doctors use micro-instruments to access the root of the problem, intervening with precision, without large incisions, so most patients go home the same day and recuperate much quicker.
- Interventional radiology (IR) therapies significantly reduce the risk of infection to patients.

All reasons there's an IR in MIRACLE!

VIRA's new outpatient therapy suite in north Macon not only offers patients personal care and convenience but also a sterile, trusted treatment environment. While our treatments are innovative and technologically advanced, we practice medicine the old fashioned way. At VIRA, you are always seen by a physician for diagnosis and treatment.

Interventional Radiology is the medicine of the future and VIRA's physicians are at the forefront of new treatments. In 2016 Dr. Art McCain was one of the first ten physicians in the world to simultaneously ablate a spinal tumor while stabilizing the spine. This procedure has quickly gained acclaim as a giant step in pain relief for cancer patients.

Experienced, Compassionate, & Skilled.

VIRA Physicians offer nonsurgical therapies to treat and relieve:

- Uterine Fibroids (uterine fibroid embolization)
- Varicose Veins
- Spinal Compression Fractures (vertebral body augmentation)
- Cancer (chemoembolization and Y 90's)
- Migraine & Cluster Headaches (sphenopalatine ganglion block. SPG or headache block)
- Nerve Pain

Uterine Fibroid Embolization (UFE) offers an alternative to hysterectomies. This nonsurgical therapy performed by VIRA's interventional radiologists will effectively shrink and treat uterine fibroids without major surgery.

VIRA's interventional radiologists (IR's) will coordinate closely with your Ob-Gyn to explore whether you are a candidate for UFE which goes straight to the root of the fibroid problem without surgery. Take our assessment to see if you are a candidate.

TAKE OUR ASSESSMENT

VARICOSE VEIN TREATMENT

Varicose veins are swollen, ropey, gnarled veins that can cause:

- throbbing pain
- severe swelling
- heavy tired legs

This medical disorder affects 25 million Americans including one-half of all people over the age of 50 and two-thirds of all women over 60. Most of these people have suffered with varicose veins for decades. Sometimes patients suffer from problematic venous reflux and leg pain without any appearance of varicose veins.

LEARN MORE

SPINAL FRACTURES

A spine fracture occurs when one of the bones in the vertebral column breaks or compresses.
This typically results in sudden and severe back pain which is out of proportion to the activity that caused it.
The pain usually persists for weeks or months and may be disabling.

Traditional treatment for spinal fracture has been bed rest with pain medication. However, medical advances now offer a proven, minimally invasive procedure that can repair the fracture, relieve the pain, and allow you to resume your normal activities.

LEARN MORE

Procedures

Varicose Vein Treatment

Varicose vein disease can be likened to a tree with a larger trunk and smaller branches.

READ MORE

Uterine Fibroid Embolization

Uterine Fibroid Embolization (UFE) offers a nonsurgical therapy to effectively shrink and treat uterine fibroids.

READ MORE

Cancer Treatment

Interventional Radiologists can provide treatment for certain tumors that is targeted and minimally invasive.

READ MORE

Headache Block

A revolutionary breakthrough for headache sufferers that is short & minimally invasive.

READ MORE

Spinal Fractures

Our physicians have performed thousands of spinal procedures over the last decade with excellent results.

READ MORE

Leg Pain

We are vascular experts in diagnosing and treating diseases of the blood vessels.

READ MORE

More Therapies include...

- Angiography – Diagnostic, Peripheral, and Cerebral
- Angioplasty and Arterial/Venous Stenting
- Abscess Drainage
- Biliary Drainage and Common Bile Duct Stenting
- Biopsy
  - Lung
  - Liver, Kidney
  - Pancreas
  - Bone/Bone Marrow
  - Lymph Nodes
  - Thyroid
- Breast Interventions
  - Stereotactic Biopsy
  - US Guided Core Biopsy
  - Ductography
- Chest Interventions
  - Tube Placement for Pneumothorax
  - Tube Placement for Fluid Drainage
- Nephrostomy and Ureteral Stenting.
- Embolization
  - Tumor
  - Hemorrhage (GI, Trauma, Post Partum)
- IVC Filter
- Placement and Retrieval of Temporary Filter
- Venous Catheter Placement
  - Port-a-cath
  - Tunnel Dialysis
  - PICC
- Spinal Interventions
  - Kyphoplasty
  - Vertebroplasty
  - Epidural Block
  - Facet Block
  - Sympathetic Block
- Discography
- RFA Tumor Ablation
- TIPS (Transjugular Intrahepatic Portosystemic Shunt)
- Varicose/Spider Vein Treatment

Contact Us For More Information

Name:

Email:

Phone:

Message:

Send Message

WHY CHOOSE US

Highly Trained Vascular & Interventional Radiologists

Highly Trained Interventional Radiologists & Expert Staff

Fellowship-trained, Board-Certified doctors who are experts in noninvasive therapies. Friendly knowledgeable staff who put your experience and comfort first.

State of the Art Facility & Treatment Options

Innovative minimally invasive procedures performed in an office-based setting provide a more personal, comfortable and private experience than a hospital or surgical center.

215 SHERATON BLVD, SUITE 2

Thorough Diagnosis & Personalized Care

At VIRA, you are seen by a doctor and treated by a doctor

Minimally Invasive Procedures

Quicker recovery, faster healing, and little-to-no scarring.

478-757-8868

VIRA

Vascular & Interventional Radiology Associates OF CENTRAL GEORGIA

WELCOME TO SHANE'S

Providing quality BBQ and catering since 2002.

Menu | Catering | Locations

You may know us from our sandwiches, but do you know we cater?

Ditch your boring lunch and add some Shane's to meetings or events. With Shane's catering, all the delicious BBQ and down-home service you expect from us is customized for your event. From party platters or box lunches to full-catered spreads, we'll leave all your guests smiling.

CATERING

LOCATIONS

IT ALL STARTED AT THE SHACK

The love of great BBQ and close-knit communities had to be shared.

THERE REALLY IS A SHANE!

Family. Hard work. Darn-good BBQ. That's what Shane Thompson built his business around. In 2002, Shane ditched his corporate job, tossed his tie and followed a dream with his wife, Stacey. He dusted off his grandfather Big Dad's secret BBQ recipe and opened up the very first Shack in McDonough, GA.

It wasn't long before the community noticed how he always gives people more than what they pay for and treats everybody like family. Oh, and making the best bbq around helped too.

478-951-0904

**From overalls to tuxedos, Shane's Rib Shack has you covered.
With years of experience in corporate catering, wedding catering,
lunch catering or a home get-together, no party is too big or too small for us!**

We'll Bring The Shack Right To You

Shane's catering will always show up on time, set-up your order, supply utensils and think of all the little details. That leaves you plenty of time to take in all the compliments.
Delivery. Full service. Day or night. Big or small. We've catered to them all, so we understand that no two events are alike. We'll work with you to make sure everything is just how you want it to b

Submit a Catering Inquiry

Full Catering Menu

Get ready to sit back, relax and enjoy your next event or party by letting the professionals at Shane's Rib Shack take care of the food! We are proud to offer our signature barbecue and side dishes in four different catering packages to satisfy events of all sizes. Our catering packages were designed to allow flexibility and a great selection of choices that can be customized for your event

Catering Menu

One Meat

Chopped Pork OR Chopped Chicken

Two Side Items

Bread & BBQ Sauce

Tea

Plates, Cups, Utensils, & Napkins

RIBS & ONE MEAT

Ribs, Chopped Pork OR Chopped Chicken

Tea

Two Side Items

Plates, Cups, Utensils, & Napkins

Bread & BBQ Sauce

TWO MEATS

Chopped Pork AND Chopped Chicken

Tea

Two Side Items

Plates, Cups, Utensils, & Napkins

Bread & BBQ Sauce

THREE MEATS

Ribs, Chopped Pork, & Chopped Chicken

Tea

Two Side Items

Plates, Cups, Utensils, & Napkins

Bread & BBQ Sauce

Boxed Lunches

Pick Your Sandwich:

Served with:
Chips, Cookie, & Tea
–OR–
One Side, Cookie, & Tea

Side Selections Include:

Baked Beans

Potato Salad

Coleslaw

Side Salad

Brunswick Stew

Green Beans

Mac & Cheese

Call to Cater Today

Submit A Catering Inquiry

First Name

Last Name

Organization

Email

Phone Number

Event Name

Type of Event

# of People Attending

Date of Event

Start Time

Delivery Method

Comments/Questions

I'm not a robot

reCAPTCHA
Privacy - Terms

Submit Inquiry

FIND YOUR SHACK

WATSON BOULEVARD SHACK

2907 Watson Blvd., Warner Robins, GA
478-333-6330

More Info | Change Location

LAKE JOY ROAD SHACK

670 Lake Joy Road, Suite 400, Kathleen, GA
478-988-0020

More Info | Change Location

2017 All rights Reserved

J. HOWARD

CRISTINA OF THE LIGHT

A Profile

Hunnicutt Rd., Forsyth, GA

This profile was a project assigned for school that I enjoyed immensely. I wrote the story after interviewing Cristina de la Luz, who is easily one of the most interesting people I know. I also filmed and edited the accompanying video. I photographed her as well, editing and publishing the photos.

You can find the whole experience here:

www.jmhoward.atavist.com/cristina-of-the-light

Jenna Howard

12/8/2014

Cristina of the Light

This twenty-something brunette can't get enough of matches, sinful shades of lipstick, and the otherworldly.

Cristina de la Luz absent-mindedly twirled a wooden dragonfly between her fingers and said, "Have you ever experienced a glitch in the matrix?" She claimed she hasn't, but she said she was having strange coincidences with the number 1177 and Otis Redding's, "The Dock of The Bay."

Her black cherry lipstick and jet black hair shimmered as she sat in a thin black robe at her vanity and discussed these occurrences. She said she was haunted by the number and would see it everywhere. "I don't know what it means," she said, "but it's kind of cool." Otis Redding was a different story. De la Luz, 21, claimed she noticed the song would play at the strangest moments and compared the timing to in a horror movie "when a certain song starts playing you know something is about to go down."

De la Luz researched the song to try and understand the significance. She explained that Redding was from Georgia and had written the song after moving to San Francisco; he wasn't at home there. De la Luz translates to "of the light," but she is no stranger to feeling lost. This UGA senior and philosophy major was recently in Amsterdam, Italy, London, Peru, Puerto Rico and Spain. She said traveling helps distract her from her inner chaos.

In her hometown of Bolingbroke, this wandering woman lives off of a dirt road past cows huddled together for warmth and chickens clucking about. De la Luz is a rare breed of southern

belle who spent the day discussing aliens, love and other favorites. There at her parents' house, she was entirely at ease. Her dark hair and white shirt seemed to always catch the breeze. She loved the crisp crunch of the bright fall leaves beneath the heel of her combat boot.

She led the way to a spot in the woods that her family refers to as, "the landing pad." It is a semi-circular clearing on the edge of their property. Apparently no unidentified flying objects have landed here yet, but De la Luz said she has no doubt that extra-terrestrial life exists, has visited Earth and continues to visit us today.

She sat in the middle of the open area and explained her thoughts on the tension between scientists who research the possibility of extra-terrestrial life and those who experience what she said, "could very well be natural phenomenon." "Science that tells us that extra-terrestrials and earth-like planets are not only very possible but that they're a statistical reality," she said. Yet according to De la Luz, it's too easy to dismiss the people who experience these phenomena (UFO sightings, abductions, crop circles, etc.) because they are not legitimized in acceptable common culture. She thinks those who experience these things are unable to understand them and must label them as alien, but that the whole idea of humanity being within a cosmic society speaks to a much deeper urge in us to project meaning onto things we can't explain.

"E.T. culture is about how we see ourselves as a species," she said. "And it's how we perceive a grander purpose." After talking about aliens for at least a few hours, she smiled and said, "I think I might have gone to high school with a few."

Then she got up and floated towards the house. Before reaching the door, her whole body tensed and she pointed to something about twenty feet from her: a rooster. Her parents have a chicken coup in their backyard that houses some hens and one mean rooster. He was known to attack, and as De la Luz said, "he will hurt you."

After running from the notoriously macho bird, she stands in her kitchen eating macaroons when an ungodly squawking begins outside. Fearing the rooster, De la Luz sent her mother to shoo it with what appeared to be a broom handle. Instead of getting into a brawl, De la Luz's mother came back inside and placed something warm in her hand. The noise had come from a hen laying a fresh egg on the back porch.

De la Luz placed the egg gently on the edge of the kitchen sink before bounding up the stairs to her room. Her bed is large and neat yet inviting. Next to her bed is a small dresser. On top of it there are small objects such as a glow-in-the-dark star and a crystal. She called it her altar and snatched a box of matches from atop it to light incense with.

Attached to her bedroom is a small studio that houses many of her paintings that she is entirely too humble about. Her bathroom houses the important vanity. De la Luz loves makeup. From her eyes to her lips, she enjoys taking time to do it. The vanity has two mirrors and directly faces the large bathroom mirror over the sinks. When she sits at her chair here, she is reflected three times. Three Cristinas looked up and said, "Love is all about respect."

Her mother, who had been lurking nearby, came into the bathroom to chat. She was embarrassing Cristina as she reminded her that it was Diane van Furstenberg who said, "The most important relationship in life is the one you have with yourself." Mom's favorite thing about Cristina is her "old soul," she said. "It's an old soul, with depth and understanding."

De la Luz's roommate in her apartment in Athens agrees. Aurora Atienza, 21, is also a UGA senior. She grew up in Macon and has known Cristina for a majority of their lives. "She honestly has the kindest heart," Atienza said. Although she has a very eccentric personality and different interests, Atienza said the weirdest thing about De la Luz is that "she is addicted to the internet and has a serious interest in extraterrestrials."

When her mother finally left to answer a call from her other daughter, De la Luz was caught letting an eye roll escape. She threw on a sweater and climbed out to the upstairs balcony. Legs crossed, she sat on a bench and thought about her favorites. She said her favorite color is purple because it's underrated. Her favorite day of the week is Friday and her favorite meal of the day is breakfast. "Hands down," she said. Her favorite artist at the time was FKA Twigs. Her favorite time of the day is early morning, because she said she feels like anything can happen.

She pointed to the balcony ceiling and explained why it was painted light blue. She said it's to keep birds from nesting there because they can't tell the difference between the blue sky and the blue ceiling. She's unsure of how scientific this theory is but she's never seen a nest. She shrugs and dismisses the thought.

Her last favorite was her favorite moment from this past year's travels. She went to Peru with her parents in February. She said she got to meet family for the first time and see the sights. They went to Machu Picchu where she and her father were supposed to climb Huayna Picchu. Her dad got sick the night before and was unable to climb. She said she was faced with the decision of not going at all or going alone.

"I thought, 'I have to go,'" she said. "When would I have a chance to do this again?" So she did. She said it was exhausting and "really, really hard." Every step is tall and she was unsure if she could do it. She finally made it to the top where a temple sits that used to house the high priest and local virgins.

"It was really amazing," she said. "I felt like something had happened to me and I suddenly felt like an adult." When she was standing up there, Machu Picchu looked small down below. "The whole thing took on this incredible symbolic significance to me," she said. "I'll never forget it."

ADS

Assorted

The following are ads that I helped out with creative only. A majority of them were built for Facebook, both carousel and not. At WMAZ, bringing aspects of design in-house allowed the Account Executive's more creative control over the product they were producing for their clients.

Gabriel&Co.

Amavida

Gabriel&Co.

Gabriel&Co.

El Sombrero
MEXICAN BAR & GRILL
Family
4-PACK

El Sombrero
MEXICAN BAR & GRILL
Family
4-PACK

El Sombrero
MEXICAN BAR & GRILL
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El Sombrero
MEXICAN BAR & GRILL
Family
4-PACK

A
SMILE IS
EVERYTHING

PROVIDENCE
DENTAL

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SMILE IS
EVERYTHING

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DENTAL

A
SMILE IS
EVERYTHING

PROVIDENCE
DENTAL

Haunted Montrose
Sponsored ·

The Undead Need to be Fed. Save $6/ticket Thursday, Sunday and October 30th, While Tickets Last!

hauntedmontrose.com
Savings to Scream About
Price does not include tax or online...
SHOP NOW

Cassie Edwards Brannen and 126 others

66 Comments 64 Shares

Like Comment Share

COMING SOON TO HORRIFY YOU

HAUNTED
MONTROSE
10 YEAR
ANNIVERSARY
Military Discounts Available

J. HOWARD

RADIOLOGY ASSOCIATES

Macon, Forsyth, GA

These forms were created by me for the patient who wants to fill out their paperwork before their appointment. The goal was to design a form that looked as professional as the practice was. The client was pleased with these and ordered them for other sites as well.

Radiology Associates OF MACON

PATIENT INFORMATION

Patient Name: _____ Patient ID: _____
Gender: _____ Patient Social Security #: _____
Marital Status: _____ Date of Birth: _____
Home Phone: _____ Employed Status: _____
Mobile Phone: _____ Employer Name: _____
Email Address: _____ Work Phone: _____
Patient Address: _____

EMERGENCY CONTACT INFORMATION

Name: _____
Phone: _____

Is this patient a minor? Yes / No

If yes, name of parent/legal guardian:
_____

PHYSICIAN INFORMATION

Referring Physician: _____ Sec. Physician: _____
Phone: _____ Phone: _____
Fax: _____ Fax: _____
Address: _____ Address: _____

INSURANCE / BILLING INFORMATION

Work related accident? Yes / No Work related accident? Yes / No
No Fault Case #: _____ Worker's Comp Case#: _____

PRIMARY INSURANCE

Insurance Company: _____
Plan Name: _____
Insurance ID: _____
Group Number: _____
Policy Holder: _____
Policy Holder DOB: _____
Relationship to Patient: _____
Phone: _____
Insurance Address: _____
_____

SECONDARY INSURANCE

Insurance Company: _____
Plan Name: _____
Insurance ID: _____
Group Number: _____
Policy Holder: _____
Policy Holder DOB: _____
Relationship to Patient: _____
Phone: _____
Insurance Address: _____
_____

I hereby authorize payment directly to this Imaging Center of all insurance benefits for services rendered. I understand that I am financially responsible for all charges not covered by insurance for services rendered on my behalf or my dependents. I authorize the above providers to release any information required to secure payment of benefits. I authorize the use of this signature on all insurance submissions.

Signature of patient or guardian: _____ Date: _____

Radiology Associates
OF MACON

770 Pine Street • Suite 290
Macon, GA 31201
478.743.1458 • www.RAmacon.com

ACR AMERICAN COLLEGE OF RADIOLOGY ACCREDITED FACILITY

- ☐ **Ultrasound** • Suite 290 • 633.1257 • Fax 745.4325
- ☐ **CT** • Suite 290 • 633.1646 • Fax 743.3066
- ☐ **Vascular Lab** • Suite 290 • 633.1257 • Fax 745.4325

Patient's Name: _____

Appointment Date & Time: _____

Referring Physician: _____

Procedure Requested: _____

Clinical Problem: _____

Special Instructions: _____

_____

Physician's Signature: _____

PRE-AUTHORIZATION MAY BE RQUIRED • PLEASE CHECK WITH YOUR INSURANCE COMPANY.

Radiology Associates
OF MACON

770 Pine Street • Suite 290
Macon, GA 31201
478.743.1458 • www.RAmacon.com

ACR AMERICAN COLLEGE OF RADIOLOGY ACCREDITED FACILITY

Radiology Associates of Macon is located on the 2nd floor of the Professional Building at 770 Pine Street next to the Medical Center's Emergency Room entrance.

Park in the Red Parking Deck on Pine and drive to Level 2 for access to the Pedestrian Bridge. Continue straight down the hallway. Turn left into our elevator lobby

Bring your parking ticket with you to your appointment for free parking stamp. Valet Parking is available in the circular drive in front of the 770 Pine Street Professional Building.

J.HOWARD

MY DOG

Nana

Here is a picture of my dog for no other reason than she deserves to be seen amongst my accomplishments. She is named after the dog in Peter Pan, despite occasionally being more Beethoven.