

PORTFOLIO

ANDRIANA BOWEN

GRAPHIC & INTERACTIVE DESIGNER

COLOPHON

2

TITLE
Font: Raleway
Size: 100 pts
Weight: Bold
Tracking: 12

HEADING
Font: Raleway
Size: 48 pts
Weight: Bold
Tracking: 12

SUBHEAD
Font: Light
Size: 14 pts
Weight: Medium
Tracking: 12

BODY TEXT
Font: Avenir
Size: 11 pts
Weight: regular
Tracking: 12

PHOTO CAPTION
Font: Raleway
Size: 10 pts
Weight: Regular
Tracking: 12

DIAGRAM
Font: Raleway
Size: 7-8 pts
Weight: Regular
Tracking: 12

3

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1 Branding project

Little American Brewery

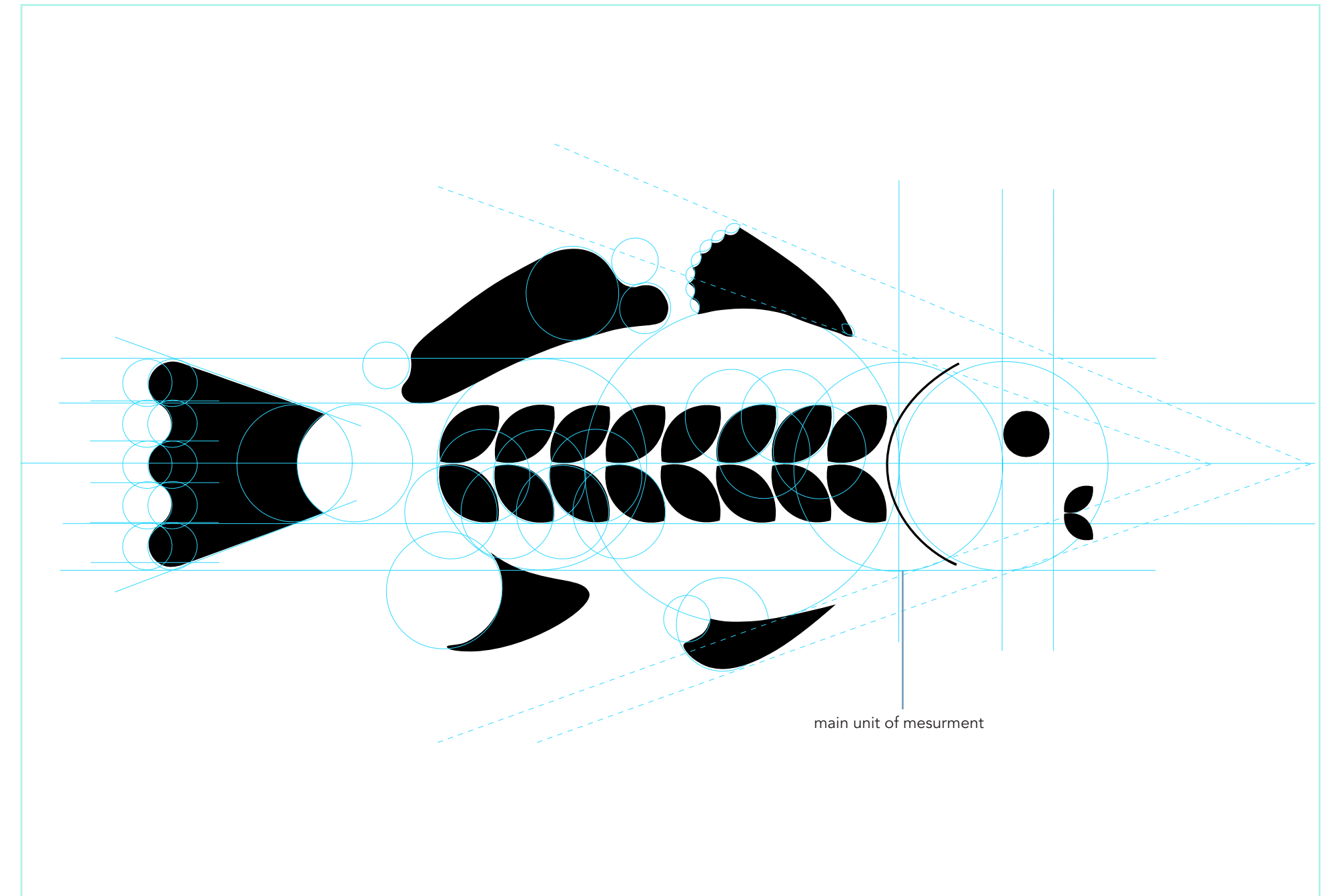
Little American Brewery is located in Curtis Bay, MD. Logo for the brewery was designed based on the local sea life. The process shown below include variety of fishes and sketches. Then there is logomark, which was designed by using Gestalt theory: The whole is other than the sum of the parts..” At the end there are finished logo and a few samples of the logo being used of the products.



B&W logo



Color logo



Gestalt

Tools:

Adobe Illustrator, Adobe Photoshop

Fonts:

Custom made

Colors:



CMYK 0; 0; 0; 0;
RGB 255; 255; 255;
Hex#ffffff



CMYK 2; 26; 100; 0;
RGB 251; 190; 0;
Hex#fbb000



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RGB 31; 34; 165;
Hex#1407d



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RGB 239; 64; 10;
Hex#ef400a



CMYK 100; 86; 39; 32;
RGB 20; 47; 86;
Hex#142f56



Little American Brewery logo on the products

2 Editorial Design



Food Good

Food Good is a magazine based on healthy life style. Potential audience are young adults and adults. I created multiple illustrations and photographs for this magazine, as well as typography. Pages are clean and legible, I used to column grid for the simplicity and clarity. Images and illustrations are responding to the text.

Tools:

Adobe Illustrator, Adobe Photoshop, Adobe InDesign

Fonts:

Header - Lato; Great Vibes - Regular
Subtitle - Montserrat - Regular; Bold
Quotes - Poirer One - Regular
Body text - Ebrima - Regular

Colors:

CMYK 0; 0; 0; 0;
RGB 255; 255; 255;
Hex#ffffff

CMYK 100; 99; 22; 29;
RGB 11; 6; 103;
Hex#0b0667

The Essence of Tea

Why drinking tea is good for your health

Written by Melissa Walker
Photo by Andriana Bowen



Black 212°F
Oolong 200°F
Green 165°F
Herbal 165°F

The new ports drink

After plain old H₂O, tea is the most popular drink on the planet. And some researchers say it's even healthier. "Tea packs more of a punch than water," says Carrie Ruxton, PhD, a dietitian and tea expert in the United Kingdom. "In addition to providing hydration, it's rich in health-promoting substances." The science is staggering: Studies suggest that one cup of tea may contain up to five times more antioxidants than any fruit or vegetable. These disease-fighting compounds may help prevent certain cancers, keep your heart healthy, burn fat and ward off weight gain, sharpen your mind, and help your body beat the effects of aging and stress. The facts are in: It's teatime!

Tea can help your heart, boost your brainpower, keep your metabolism humming, and more. Our guide to the supersip covers it all, including how to brew a cup that's fit for a queen.

Time a Tea!

Tea gives a body good. "It's also calorie-free if you don't add milk or a sweetener like sugar or honey," says Diane L. McKay, PhD, an assistant professor of nutrition at the Tufts University Friedman School of Nutrition Science and Policy in Boston. Check out the myriad benefits of that mug:

YOUR BRAIN: A cuppa doesn't just make you more productive at the office (one study showed that tea drinkers work improved accuracy) and attention when switching between tasks). It may also ward off Parkinson's disease and slow the progression of Alzheimer's.

YOUR BONES: Studies indicate that phytochemicals in tea, such as flavonoids, may protect against bone loss. Regular tea drinkers have higher bone density than non-tea drinkers.

YOUR HEART: A study of more than 40,000 adults found that women who drank five or more cups of green tea a day had a 31 percent lower risk of death from heart disease than those who downed less than one. Other research linked black tea to lower LDL cholesterol.

YOUR SKIN: EGCG, the main polyphenol in green tea, has anticancer properties that may prevent the development of skin tumors. In an animal study, green-tea extracts reduced the severity of exposure to UV radiation.

Did you know? Green tea contains metabolism-revving caffeine plus the potent antioxidant EGCG, which activates the sympathetic nervous system to encourage fat burning. In one study, exercisers blasted more fat to increase calorie burn and the release of fat from your fat stores," says Paul Arciero, PhD, the director of the Human Nutrition and Metabolism Laboratory at Skidmore College in Saratoga Springs, New York. Try one or two cups of green, black, or oolong tea — iced, if you prefer — 30 minutes before you sweat.

Drink to Your Health

How much tea should you sip?
— One to three cups a day provide plenty of health benefits.
— 1 cup is 5 percent higher mean bone mineral density, and 46 percent lower risk of high blood pressure.
— 2 cups is 26 percent lower risk of the mental decline that accompanies aging, and 35 percent lower risk of squamous cell carcinoma, a common skin cancer.
— 3 cups: 11 percent lower risk of heart attack, and 37 percent lower risk of breast cancer.

Crazy for Kombucha

What it is: It's called mushroom tea because of the microorganisms that float in it and form a mushroomlike shape. This fermented form of sweetened tea with a funky vinegar taste is made with live bacteria and yeast and often fortified with vitamins.

What it claims: Proponents say this ancient Chinese drink has medicinal benefits, namely that it boosts the immune system, prevents cancer, and aids digestion and liver function.

The real deal: "There is little or no evidence for any of these claims," says Janet Helm, a registered dietitian in Chicago. "Kombucha is not a magic cure-all, but it is a fermented product that, like yogurt, is a source of probiotics — beneficial bacteria that help digestion and improve immunity." Helm acknowledges that the black and green teas in kombucha offer some antioxidants

and polyphenols but says you could get the same from any tea bag.

Should you drink it? "Sure, if you like it," Helm says. "But don't expect it to work any wondrous miracles."

Brew Basics

Making the perfect cup takes practice. That's why Bruce Richardson, the author of more than a dozen books about the beverage, holds classes regularly. Fresh, loose leaves yield the most health benefits and flavor (though tea bags will do in a pinch), and different types of teas require different methods.

Water Temp
"The lighter the tea, the cooler the water should be," Richardson says. **White:** 155° That's way off of boiling temp, which is 212°. Let the water rest for three minutes before pouring. **Oolong:** 200° Get the water close to a boil before pouring, or let it rest for a minute after boiling. **Black/Herbal:** 212° No resting.

Sleeping Time
While each tea has a specific steeping time, the three- to five-minute range is a safe guideline for all of them (stay closer to three with tea bags, which steep more quickly than loose leaves).

Lead Tea
Don't use hot water, which creates chemical reactions that change the flavor slightly. To cold-infuse, put tea leaves in a bottle of water (one teaspoon of fresh leaves or one bag for every six ounces of water), then fat absorption and contribute to weight loss. "Tea is a safe, effective way to increase calorie burn and the release of fat from your fat stores," says Paul Arciero, PhD, the director of the Human

Are Great Chefs Also Great Artists?

Recipe for success: discipline and diplomacy

ART

Urban Legends

Sorting through food myths

Not everything is true that you hear. Everything has to be in moderation.

LEGEND

Crab Cake Sliders

Treat yourself to crab cakes! A healthy substitute for an unhealthy snack and great source of protein.

KITCHENETTE

TERIYAKI SALMON PARCELS

LEGEND

A few samples of the Magazine sprades

3 Logo Design

FM Solutions

FM Solutions is a software company which focuses on building customized software solutions that help individuals and businesses to automate their daily process and creating long term relationships with their clients and maximize their profits.

Slogon : Your Vision is Our Mission



logo with dark & white background







business card

Tools:
Adobe Illustrator, Adobe InDesign

Fonts:
Custom & El Messiri - Bold

Colors:

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	CMYK 59; 66; 79; 77; RGB 42; 26; 0; Hex#2a1a00		CMYK 66; 13; 11; 0; RGB 73; 175; 209; Hex#49afd1

4 Poster Design

The Prophets

This is the poster design for the band The Prophets. Their music tour is coming up in 2020. Poster design is contemporary, clean and minimalistic.

Tools:

Adobe Illustrator

Fonts:

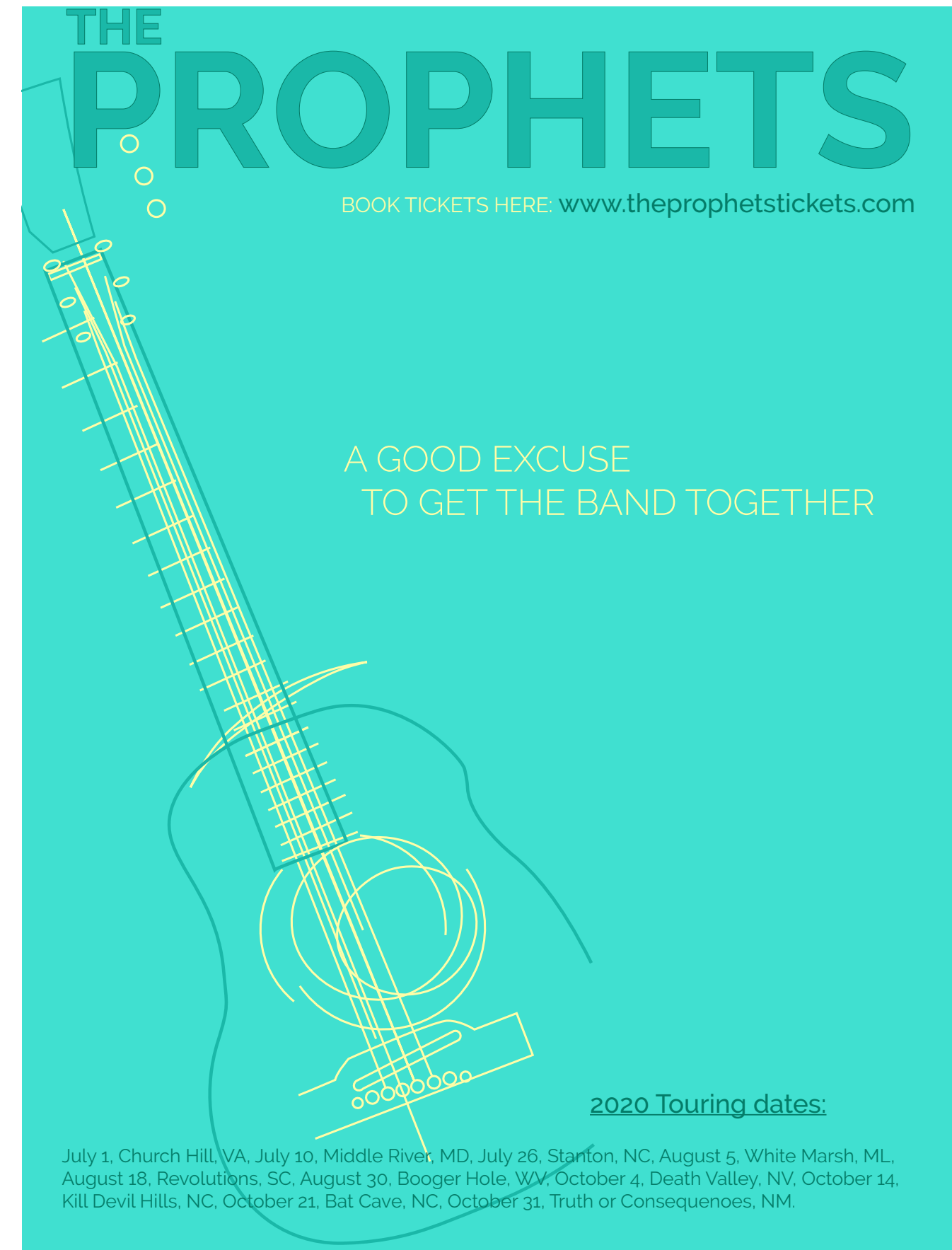
Raleway - Regular, Medium, Bold

Colors:

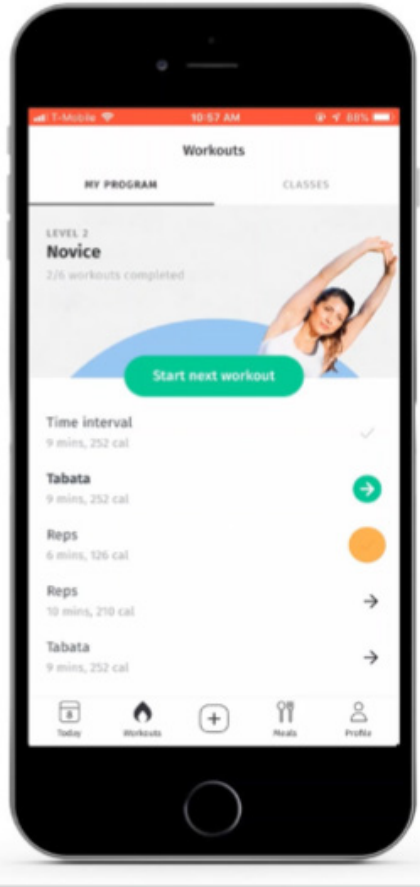
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Hex#139686

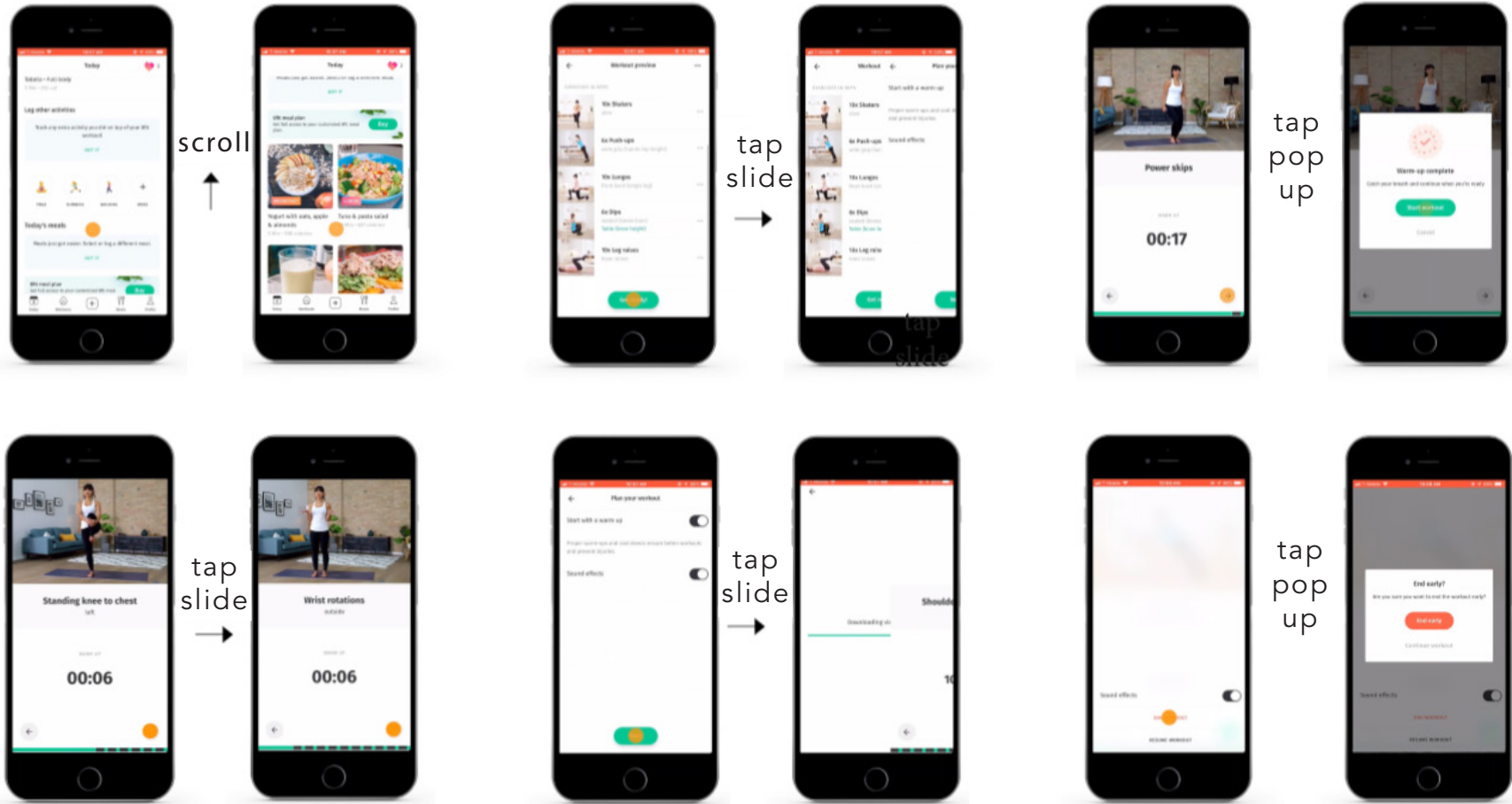


5 UX/UI Design



Touch Point
Screen Based

interaction|action:workout



touch point action: workout

UX Design

UX Design Proses was a project for an Iphone application. This design process started with the researcher - I researched about 8 to 10 applications with the same idea. And then, based on my research I created persona, user journey, needs and information structure, user map, wireframe and finally an interaction template to show how the application will work.

Tools:
Adobe Illustrator, Adobe Photoshop, Adobe Dreamweaver

6 Branding Design

Maison Hospitality Furnishings

Maison Hospitality Furnishings is located in Lake Elsinore, CA. Quality, Comfort, Integrity, Dedication. Maison Hospitality Furnishings is a division with professional customer service, great quality products and fast shipping for commercial furniture. Audience are Small, Middle, and Large corporations like hotels. With my design of organic and geometric shapes I wanted to show simplicity of the modern company.

Tools:

Adobe Illustrator, Adobe Photoshop

Fonts:

Omnes - Regular, Bold

Colors:



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RGB 204; 204; 204;
Hex#cccccc



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Hex#9b968c

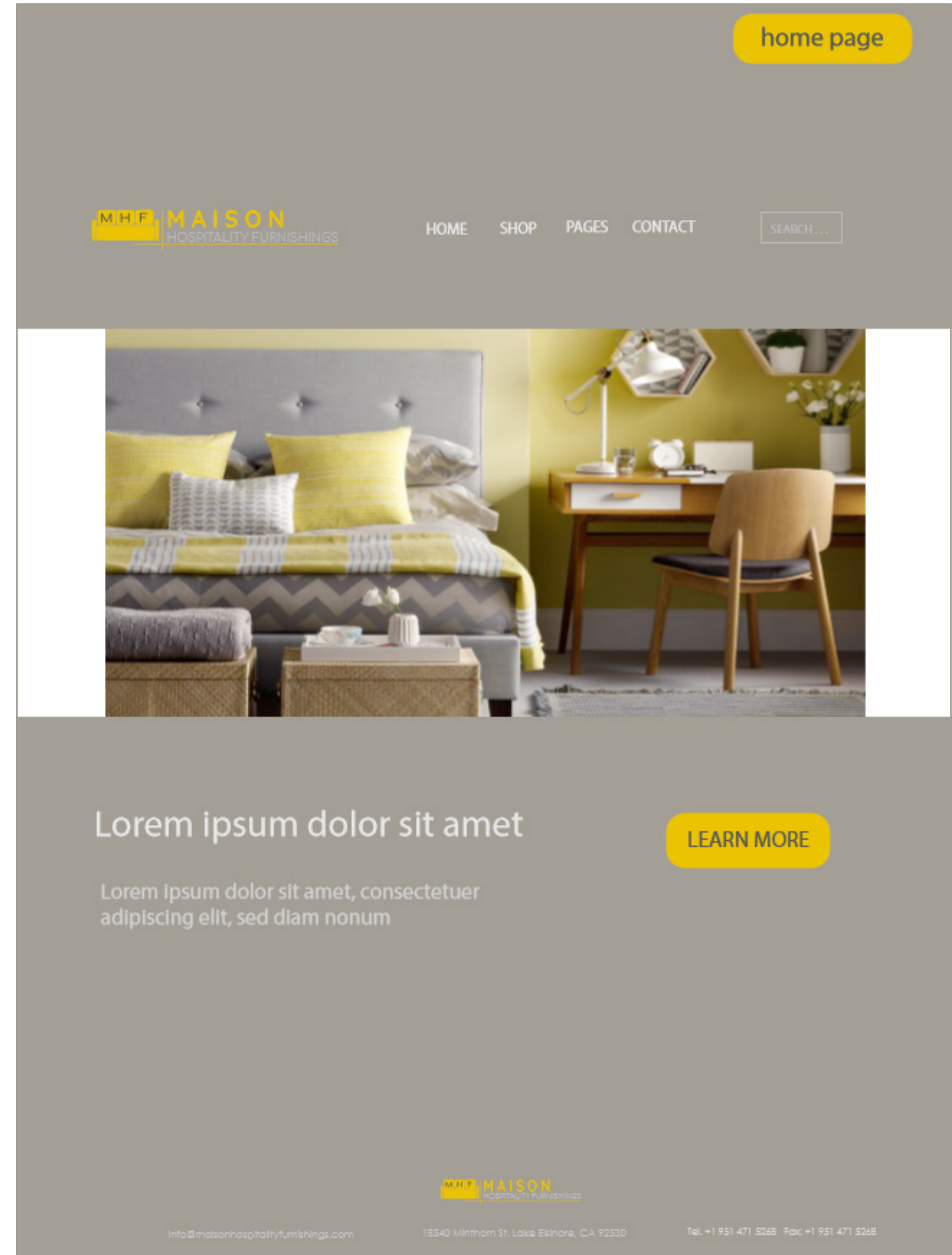
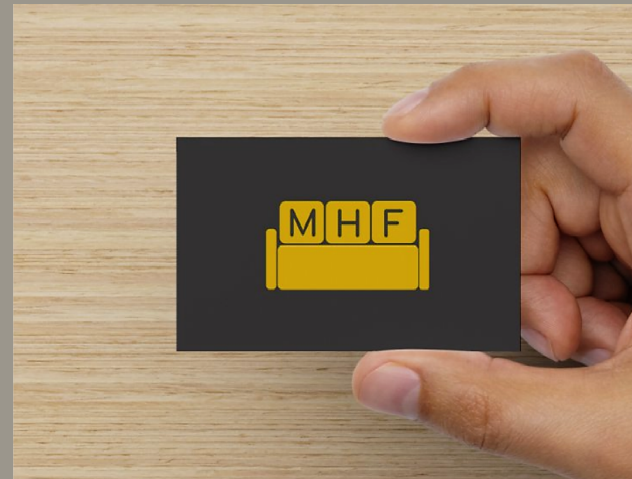


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Hex#e9be00



CMYK 82; 20; 55; 2;
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Hex#139686







MHE MAISON HOSPITALITY FURNISHINGS

HOME SHOP PAGES CONTACT SEARCH...

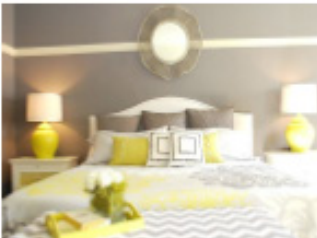
gallery




COUCHES




SETS




BEDS



TABLES



CHAIRS



LEMPs

Lorem ipsum dolor sit amet LEARN MORE


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info@maisonhospitalityfurnishings.com | 18540 Minthorn St, Lake Blaine, CA 92330 | Tel: +1 951 471 3268 Fax: +1 951 471 3268

MHE MAISON HOSPITALITY FURNISHINGS

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products




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FURNITURE GALLERY

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NEW ARRIVALS

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