PORTFOLIO

ANDRIANA BOWEN

GRAPHIC & INTERACTIVE DESIGNER

COLOPHON

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

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

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

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

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

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

table of
CONTENT

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 sckatches.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

Tools:

Adobe Illustrator, Adobe Photoshop

Fonts:

Custom made

Colors:

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RGB 255; 255; 255;
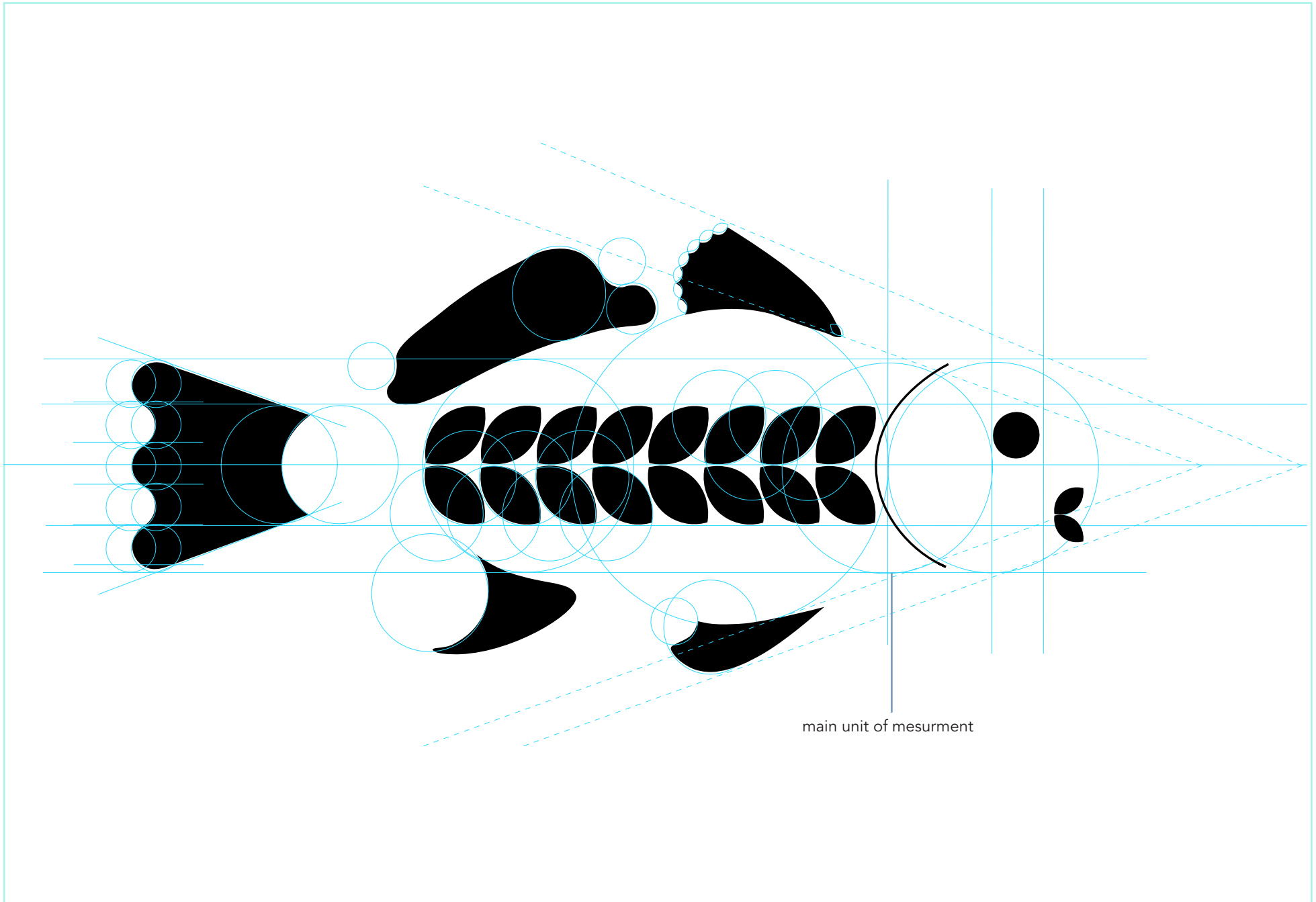Hex#ffffff

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Hex#ef400a

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RGB 31; 34; 165;
Hex#1f407d

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

main unit of mesurment

Gestalt

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 - Poiret One - Regular
Body text - Ebrima - Regular

Colors:

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RGB 255; 255; 255;
Hex#ffffff

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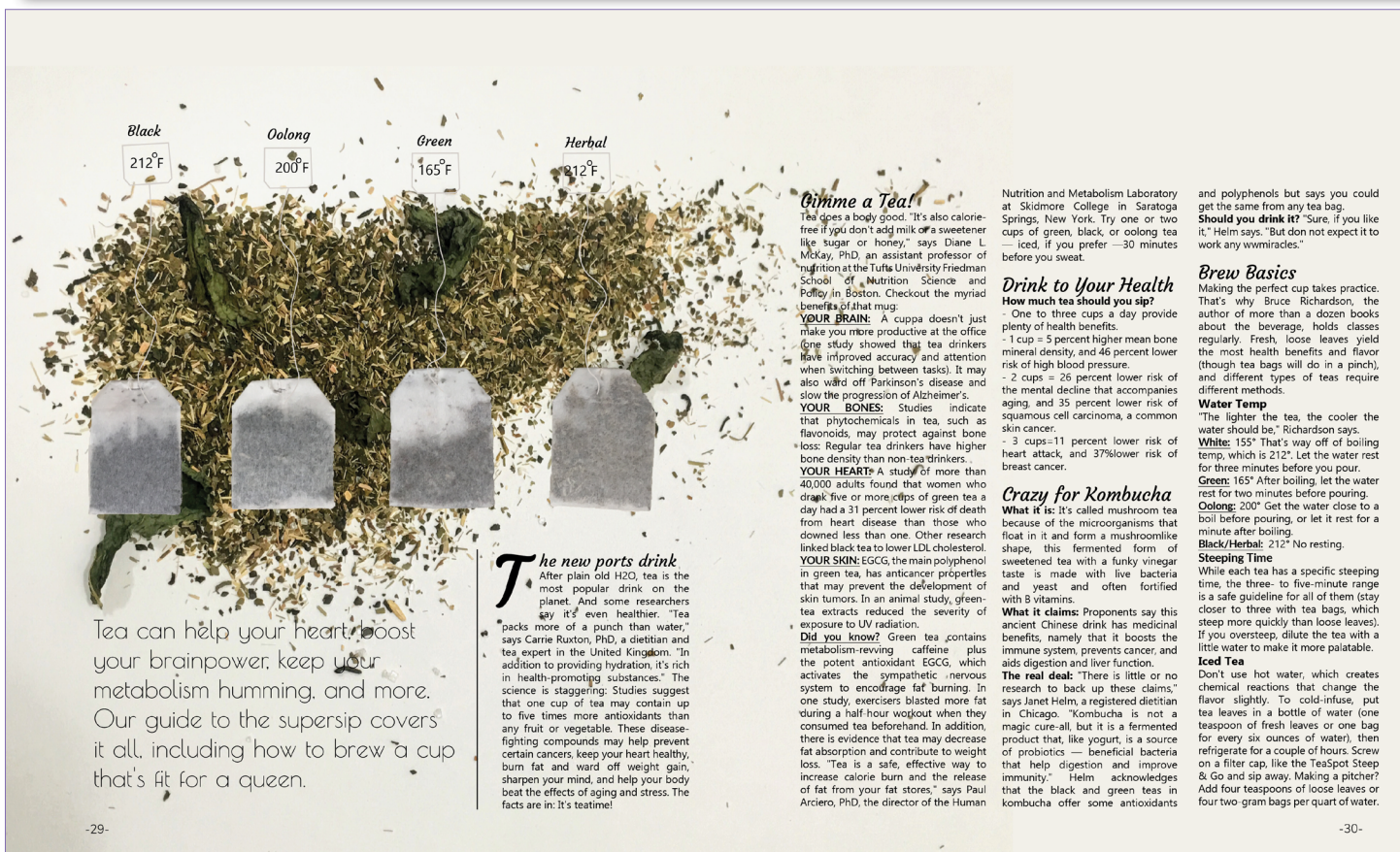RGB 11; 6; 103;
Hex#0b0667

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 212°F

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.

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!

-29-

Gimme a Tea!

Tea does 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. Checkout 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 have 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-reving caffeine plus the potent antioxidant EGCG, which activates the sympathetic nervous system to encourage fat burning. In one study, exercisers blasted more fat during a half-hour workout when they consumed tea beforehand. In addition, there is evidence that tea may decrease 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

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 = 5 percent higher mean bone mineral density, and 46 percent lower risk of high blood pressure.
- 2 cups = 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%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 B 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 research to back up 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 not expect it to work any wwmiracles."

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 you pour.
Green: 165° After boiling, let the water rest for two 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.

Steeping 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). If you oversteep, dilute the tea with a little water to make it more palatable.

Iced 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 refrigerate for a couple of hours. Screw on a filter cap, like the TeaSpot Steep & Go and sip away. Making a pitcher? Add four teaspoons of loose leaves or four two-gram bags per quart of water.

-30-

ART

Are Great Chefs Also Great Artists?

Recipe for success: discipline and diplomacy

KITCHENETTE

Crab Cake Sliders

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

Level: Easy | Total: 1 hr 50 min | Prep: 1 hr 20 min | Cook: 30 min | Yield: 15 sliders

INGREDIENTS:

DIRECTIONS:

LEGEND

Urban Legends
Sorting through food myths

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

Myth#1 - All Fats are Bad

Myth#2 - Late Night Eating is Always Bad

Myth#3 - Skipping Meals Always Leads to Weight Loss

Myth #4 - Diet Drinks Help You Lose Weight

TERIYAKI SALMON PARCELS

Written by Barney Desmosley
Illustration by Andriana Bowen

Level: Easy | Total: 35 min | Prep: 15 min | Cook: 20 min | Yield: Serves 4

Ingredients

Directions

Recipe Tip 1

Recipe Tip 2

A few semples of the Magazine sprades

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

Tools:

Adobe Illustrator, Adobe InDesign

Fonts:

Custom &
El Messiri - Bold

Colors:

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

CMYK 59; 66; 79; 77;
RGB 42; 26; 0;
Hex#2a1a00

CMYK 0; 74; 100; 0;
RGB 255; 102; 22;
Hex#ff6614

CMYK 66; 13; 11; 0;
RGB 73; 175; 209;
Hex#49afd1

SOLUTIONS

Your Vision is Our Mission

SOLUTIONS

FADY MASSOUD
Founder / Software Engineer

📞 (714) 487-8666
✉ fady.massoud@live.com
🌐 fadymassoudsolutions.com

business card

4 Poster
Design

The Prophets

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

Tools:

Adobe Illustrator

Fonts:

Raleway - Regular, Medium, Bold

Colors:

CMYK 2; 0; 40; 0;
RGB 255; 253; 172;
Hex#fffdac

CMYK 58; 0; 28; 0;
RGB 63; 224; 208;
Hex#3fe0d0

CMYK 82, 20; 55; 2;
RGB 19; 150; 134;
Hex#139686

THE PROPHETS

BOOK TICKETS HERE: www.theprophetstickets.com

A GOOD EXCUSE
TO GET THE BAND TOGETHER

2020 Touring dates:

July 1, Church Hill, VA, July 10, Middle River, MD, July 26, Stanton, NC, August 5, White Marsh, ML, August 18, Revolutions, SC, August 30, Booger Hole, WV, October 4, Death Valley, NV, October 14, Kill Devil Hills, NC, October 21, Bat Cave, NC, October 31, Truth or Consequenoes, NM.

5 **UX/UI**
Design
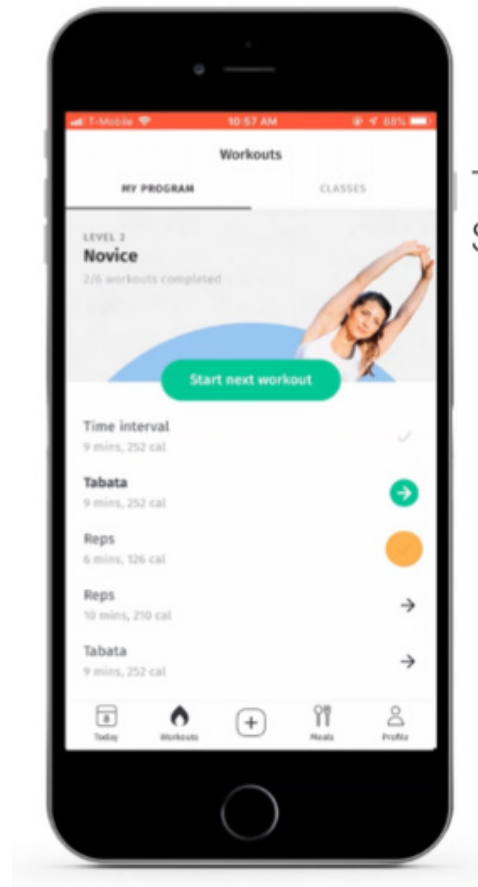

Touch Point
Screen Based

interaction|action:workout

UX Design

UX Design Prosses 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.
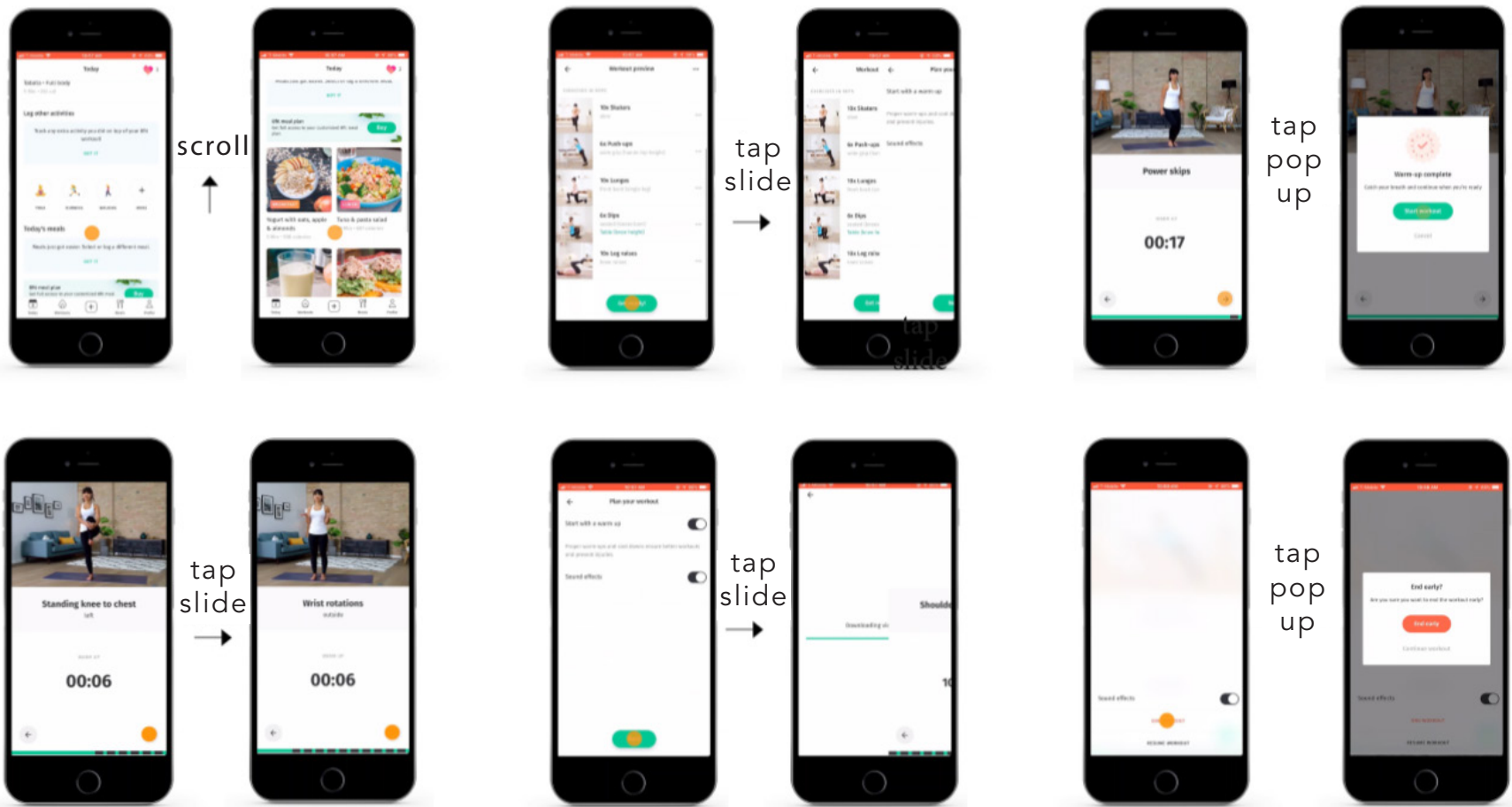
Tools:

Adobe Illustrator, Adobe Photoshop, Adobe Dreamweaver

scroll

tap
slide

tap
pop
up

tap
slide

tap
slide

tap
pop
up

touch point action: workout

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:

CMYK 19; 15; 16; 0;
RGB 204; 204; 204;
Hex#cccccc

CMYK 10; 23; 100; 0;
RGB 233; 190; 0;
Hex#e9be00

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RGB 155; 150; 140;
Hex#9b968c

CMYK 82, 20; 55; 2;
RGB 19; 150; 134;
Hex#139686

MAISON
Hospitality Furnishings

18540 Minthorn St. Lake Elsinore, CA 92530

info@maisonhospitalityfurnishings.com

Tel. +1 951 471 5268
Fax: +1 951 471 5268

MHF

Andriana Bowen | andriana.filip@yahoo.com | 714-209-2172 | www.andrianafilip.com

gallery

MHF MAISON
HOSPITALITY FURNISHINGS

HOME   SHOP   PAGES   CONTACT   SEARCH . . .

COUCHES

SETS

BEDS

TABLES

CHAIRS

LAMPS

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LEARN MORE

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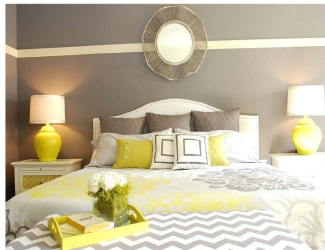info@maisonhospitalityfurnishings.com   18540 Minthorn St. Lake Elsinore, CA 92530   Tel. +1 951 471 5268 Fax: +1 951 471 5268

M.H.F **MAISON**
HOSPITALITY FURNISHINGS

HOME   SHOP   PAGES   CONTACT   SEARCH ....

products

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NEW ARRIVALS
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LEARN MORE

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