



*Jeana Rosado*

Designer, Photographer, Illustrator, Mentor

# Hello

I'm Jeana and I'm a print designer. I genuinely love what I do. Every step of the design process opens opportunities to explore new ways to create a unique expression of communication, which I find to be a very exciting process. As a graduate of the Art Institute and winner of a HOW design award, I'd say my passion is strong and lasting. Here's to a life long journey and adventure with design.

*Cheers!*

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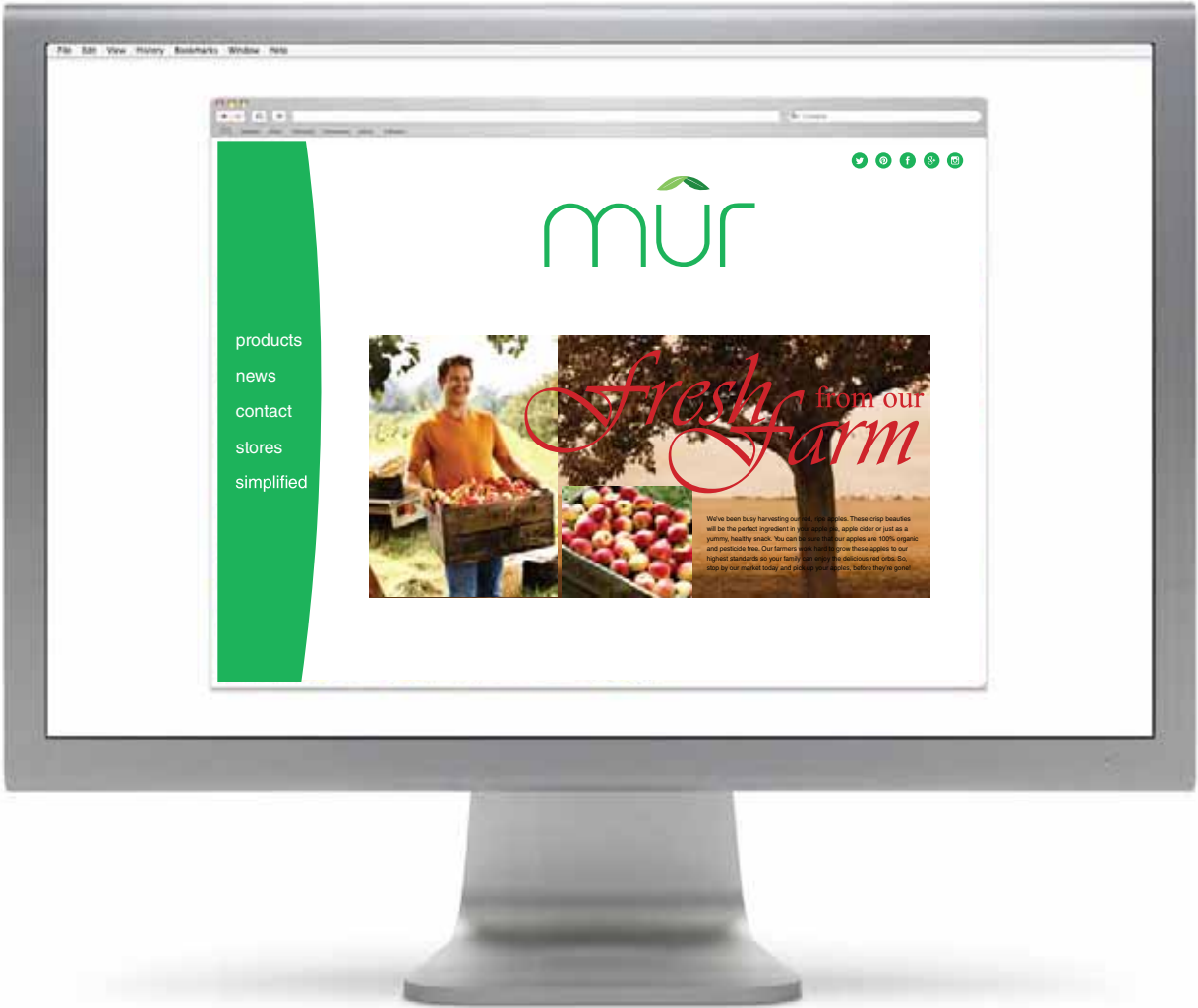


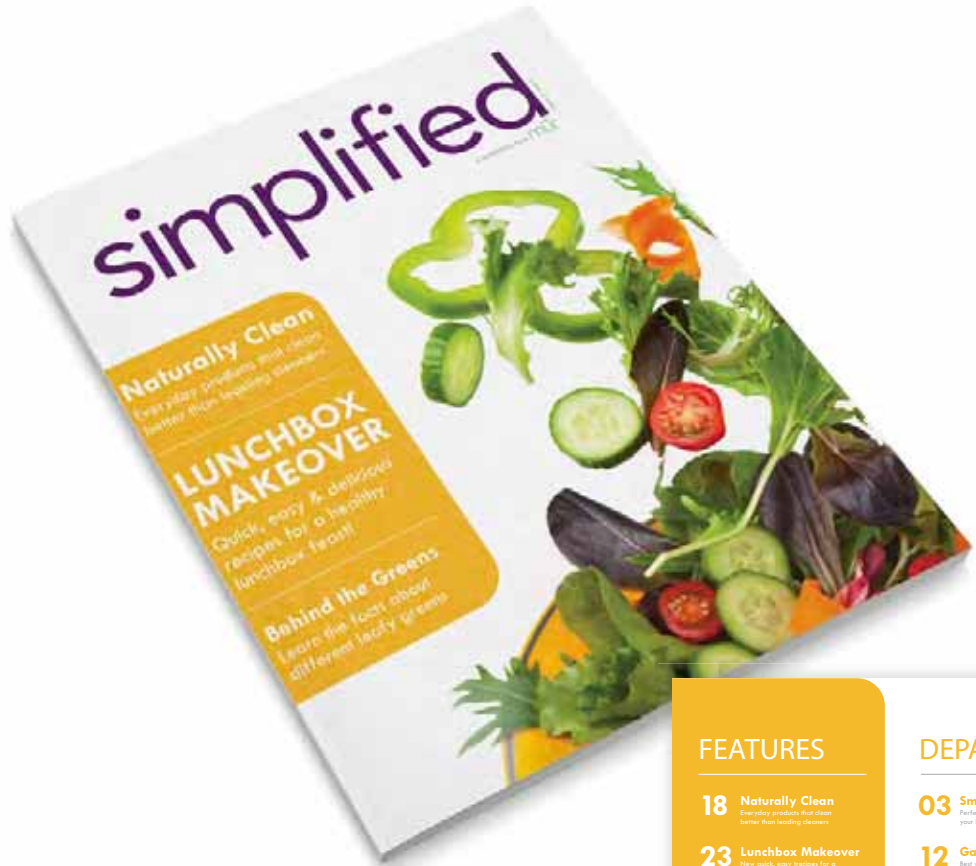
## Mûr

A local market that goes beyond just offering fresh, organic foods, Mûr goes a step further and considers the environmental impact on each and every level.

- 1.1 Logo
- 1.2 Stationery
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## FEATURES

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Everyday products that clean better than leading cleaners

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Fast, quick and healthy for a healthy lunchbox feast!

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Secrets to canning your own vegetables

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Learn the facts about different leafy greens

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Ward off that garden and keep pests out!

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For more information about our efforts to conserve and protect the environment, visit [mucosm.com](http://mucosm.com).  
To subscribe, change your details or to information-related inquiries, please log on to [mucosm.com/simplified](http://mucosm.com/simplified)

## DEPARTMENTS

**03 Smart Bites**  
Perfect ways to cook up your harvest!

**12 Gardening 101**  
Real tips to keep your garden in tip-top shape.

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A closer look at the best fertilizers for your garden.

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Explore the spicy flavors of Indian cuisine.



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## Eat Smart, Save Smart

Saving money is always a top priority, especially in today's economy. Eating healthy should be just as important, but due to high priced quality foods, that isn't always an option for your family. We've thought of a few ways to provide quality, healthy meals for your family, while saving a bit of money!

**Skip the Impulse**  
Impulse buys can really add up. Create a shopping list and stick to it.

**Buy in Season**  
Buy produce that is in season. Out of season picks can pack a price because they are grown elsewhere and transported to your grocer.

**Clip Coupons**  
Discounts are always helpful. Some stores will even double their coupons and manufacturers coupons.

**Go Generic**  
We all have our favorite national brands, but some things are worth it and the store brand is just as good, if not better.

**Go for the Whole**  
Buy whole foods, processed foods are higher in price because of all the processing. A banana in New York City only costs a quarter whereas a small candy bar is 75 cents.

**Made From Scratch**  
Instead of paying for convenience, shred your own cheese and lettuce.

**Bulk Up**  
Buy heavily ingredients and use them in different ways to keep variety in your diet. Freezing your foods will save them for weeks.

**Watch Your Portions**  
Instead of buying expensive cuts of meat for a main dish, use it as an accent.

**Skip the Junk**  
Don't throw money away on junk food snacks. Instead buy healthy, vegetables and cook them up or pair them with a tasty dressing.

**Bean Up**  
Meat is expensive, buy beans instead. Beans are a great source of protein.

**Wholesale**  
Shopping at wholesale stores, buying in bulk can definitely help save you money. Just be sure to shop around and compare prices.

**Share a Meal**  
Plan a meal with neighbors or family and ask for everyone to chip in bringing a dish or contributing to the bill. Either way you'll be eating healthy and sharing memories.



**Did You Know?**  
Just by cutting out junk foods the average family saved about \$356 a year!

## Best Nutritional Sources for Your Dollar

**Vitamin A**  
Sweet potatoes, spinach, carrots, squash, tomato lettuce, apricots, milk, cheese, eggs.

**Vitamin D**  
Fortified milk, fatty fish, fortified butter.

**Vitamin E**  
Sunflower seeds, almonds, peanut butter, peanuts, spinach, broccoli, margarine, raisins.

**Vitamin K**  
Kale, collards, spinach, broccoli, scallions, cabbage, lettuce.

**Vitamin C**  
Citrus fruits, bell peppers, kiwi fruit, strawberries, tomatoes, broccoli.

**Fiber**  
Apples, bananas, blackberries, beans, lentils, peas, broccoli, carrots.

**Thiamin**  
English muffin, pork chops, navy beans, peas, oranges, acorn squash.

**Riboflavin**  
Yogurt, milk, mushrooms, spinach, prunes, eggs.

**Vitamin B6**  
Tuna, chicken, oatmeal, potatoes, bananas, spinach, sweet potato.

**Vitamin B12**  
Poultry, fish, shellfish, eggs, milk.

## Just Peachy

A delicious alternative to peach pie. Fresh peaches are always best.

### Peach Cobbler Muffins

3 cups all-purpose flour  
1 tablespoon ground cinnamon  
1 teaspoon baking soda  
1 teaspoon salt  
1 1/4 cups vegetable oil  
3 eggs, lightly beaten  
2 cups white sugar  
2 cups pitted, pitted, and chopped peaches

### DIRECTIONS

Preheat oven to 400° F.

Line the muffin tin with muffin papers.

In a large bowl, mix the flour, cinnamon, baking soda, and salt. In a separate bowl, mix the oil, eggs, and sugar. Stir the oil mixture into the flour mixture just until moist. Fold in the peaches. Spoon into the prepared muffin cups. Top with peaches.

Bake 17-20 minutes in the preheated oven, until a toothpick inserted in the center of a muffin comes out clean. Cool 10 minutes before turning out onto wire racks to cool completely.

Makes approximately 48 mini muffins.

Serving size: 1 muffin  
Calories: 308, Calories from fat: 125 Fat: 16g Sat: 2g Carbs: 25g Fiber: 3g Protein: 5g



## Katori

An upscale seaside spa and resort with a focus on therapeutic body healing using natural products and techniques.

2.1 Logo

2.2 Stationery

2.3 Brochure









## Welcome

Thank you for choosing Katori Spa and Resort for your getaway. We will go above and beyond to make sure your stay provides the stress free environment you expect. Because of our focus on well-being and health, Katori is a non-smoking resort and children under the age of eleven are not admitted. This allows us to keep our grounds beautiful and the atmosphere calm and soothing.

Located in the beautiful outskirts of Miami, Florida, we have all the glamour you would expect from such a thriving, cultural city, but without the fast paced rhythm of typical Miami.

As part of your getaway, daily spa services are included in your stay. Please review our spa menu and relaxing amenities and prepare yourself to enter a state of pure serenity.

Thanks again for choosing Katori and let us know if there is anything we can do to make your stay more comfortable.







**Resort**  
Indoor/Outdoor Heated Pool  
Steam Room  
Daily Spa  
Full Service Salon  
Fitness Center  
Meeting Room  
Breakfast/Brunch  
24 Hour Reception  
Local Transportation Services  
Wifi

**In Room**  
Plush Cotton Bath Robes  
Luxurious Egyptian Cotton Bedding  
In Room Tablet  
Personalized Housekeeping  
Oversize Work Desk  
Flat Screen HD Television  
Keurig Personal Brewers with complimentary coffee and tea k-cups

**SPA HOURS**  
Monday - Friday  
7:00 am - 8:30 pm  
Saturday  
7:00 am - 9:30 pm  
Sunday  
8:30 am - 8:00 pm

# Amenities



# SPA SERVICES

Here at our award winning spa, you will experience world class service from our professional staff who will pamper you with our very own indulgent line of luxurious spa products.

From our variety of massage therapies to natural, detoxifying soaks, the service you need for pure bliss is right here at Katori. Spa services can be customized to help heal each of your unique and specific needs. Katori massage therapists are all trained extensively in natural body healing and will be happy to help you with any questions or concerns.

# Relax

- Massage
- Hot Stone
- Mud Mask
- Facial Peel
- Body Soak
- Body Scrub
- Body Wrap
- Reflexology
- Chemical Peel
- Aromatherapy
- Collagen Booster

# Style

- Hair Cut
- Hair Style
- Highlights
- Lowlights
- Waxing
- Threading
- Extensions
- Gloss Treatment
- Botanical Therapy
- Permanent Wave
- Thermal Reconditioning
- Make-up Application

Whether you are seeking a new, fresh updated look or just up keeping your own beautiful style, our stylists and specialists can help you achieve whatever you are your beauty goals. We offer a wide variety of services and treatments to fit all of your beauty needs. We train our staff extensively by sending them to the industry's top seminars and workshops to stay ahead of the trend curve.

Our Beauty Bar stylists and specialists will use the freshest trends and hottest techniques to make you look and feel like the glowing goddess you are.

## BEAUTY BAR

## YOGA & MEDITATION

# Refresh

- Hatha
- Kripalu
- Bikram
- Iyengar
- Vinyasa
- Anusara
- Ashtanga
- Hot Yoga
- Kundalini
- Meditation

What better way to unwind and prepare your soul for a relaxing spa experience than to indulge in a session of spirit healing yoga. With many different yoga classes to choose from, we will happily find the right form of discipline for you.

Each of our yoga and mediation classes last around 60 minutes with experienced and trained instructors to make sure you the get the most of your yoga experience.

Our beginner classes are perfect for those just starting out. With just one class you will learn the basic poses and correct breathing techniques to continue to grow in your spiritual healing.



## Prism of Truth

A book that offers insight about each individual zodiac sign. Prism of Truth contains facts about each signs personality, love and life traits. This book helps individuals unlock their unknown strengths and live life to their fullest potential.

3.1 Book

3.2 Website

3.3 Promotional Poster







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FOREWARD

As many of us live our lives day to day, we sometimes forget what makes us special, how we think and how we can unlock our potential and inner feelings.

As you delve into this book you will find that each section is dedicated to a specific sign of the zodiac. Each sign has specific traits and powers. You will learn about these traits and more about yourself, even a glimpse of your destiny.

Ultimately this book will teach you to unlock your hidden traits and to live each day by your zodiac sign. The truth shall be revealed to you, just like light through a prism.



LEO the lion

The majestic lion, the King of the Beasts, is Leo's symbol. Throughout history, the lion has symbolized sovereignty, rulership, and courage.

Leos, like lions, are thought to be strong leaders. They generally have a regal quality to them, and possess a noble manner that is hard to miss.

Leo is ruled by the sun — the center of the universe and the fuel of our being. Leos consider themselves indispensable and are outgoing, self-assured and have

tremendous zest for life. They also have a flair for drama, which makes most Leos perfect in the creative field.

The glyph for Leo represents the mane of the lion. The majestic lion, the King of the Beasts, is Leo's symbol. Throughout history, the lion has symbolized sovereignty, rulership, and courage.









# 4

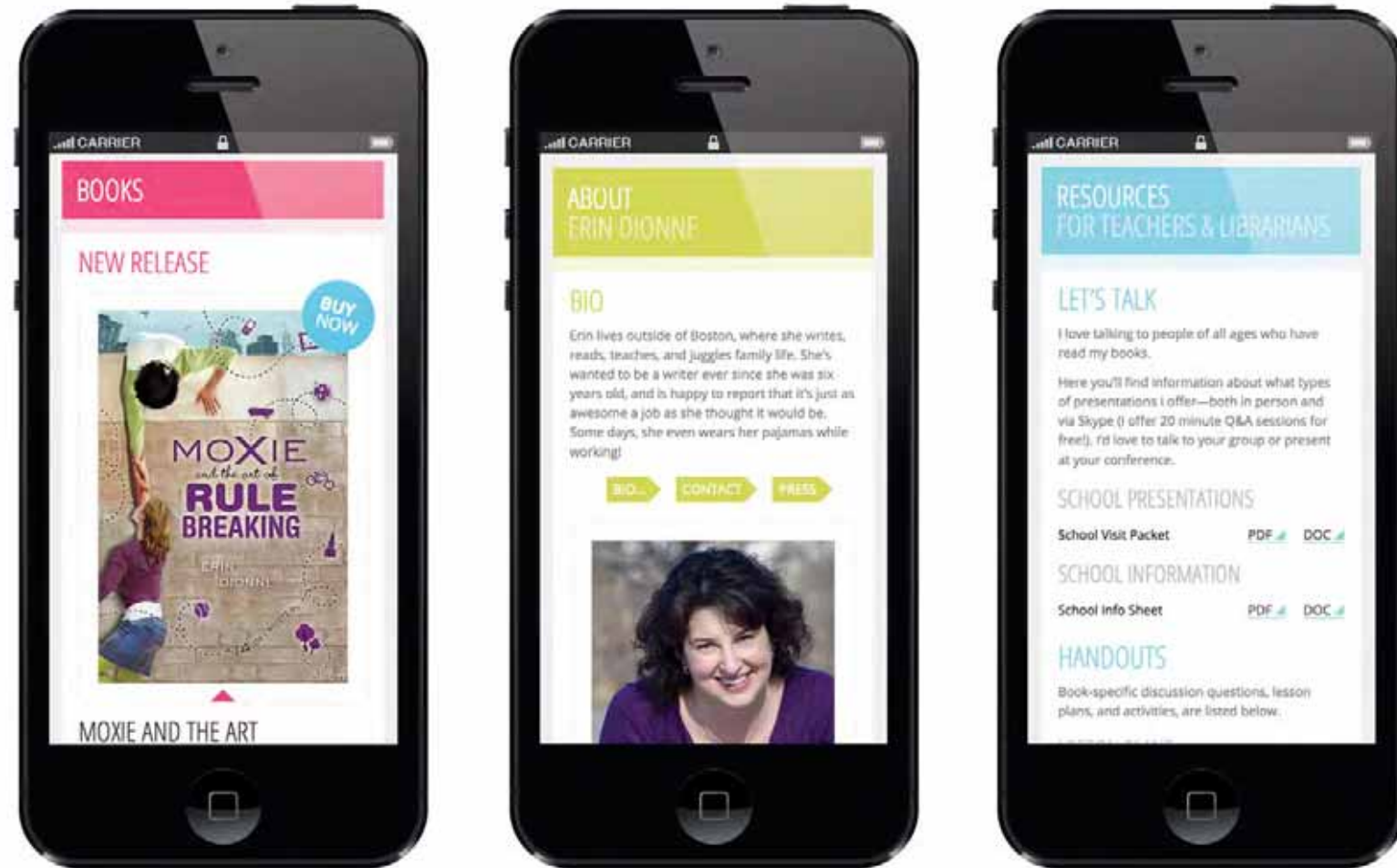
## Erin Dionne, Author

A fun upbeat, responsive, mobile first website for tween, teen and young adult book author, Erin Dionne.

4.1 Mobile Site

4.2 Desktop Site







## Zola's

An authentic Italian restaurant featuring the robust flavors of Italy's countryside. Zola's dishes are traditional, home cooked meals served in the warm, inviting atmosphere of their cozy dining room.

5.1 Logo

5.2 Menu

5.3 Drink Menu

5.4 Website







<i>pizza</i> l'atomica	
<b>insalate</b>	<b>panini</b>
<b>mista</b> 7 baby spinach - field greens - balsamic vinaigrette	<b>caprese</b> 8 tomato - basil - olive oil and mozzarella - focaccia
<b>zola mia</b> 10 chicken - field greens - tomatoes - balsamic vinaigrette	<b>lamb</b> 11 sun-dried tomato - romano cheese - focaccia
<b>caesar</b> 8 romaine - olives - garlic parmesan croutons	<b>steak pizzaiolo</b> 12 caramelized onions - red peppers - marinara - focaccia
<b>magrit</b> 8 romaine - tomatoes - balsamic vinaigrette	<b>meatballs</b> 11 provolone - meatballs - Italian bread
<b>pizza</b>	<b>veggie</b> 8 grilled veggies - garlic mayo - focaccia
<b>margherita</b> 8 tomato - basil - olive oil and mozzarella	<b>grinder</b> 11 salami - mortadella - capicola - provolone - focaccia
<b>al prosciutto</b> 11 ham - tomato sauce - house cheese blend	
<b>la napoletana</b> 12 anchovy fillet - tomato sauce - capers - mozzarella	
<b>l'atomica</b> 9 red pepper - oregano - mozzarella - mushrooms	
<b>picante</b> 13 mozzarella - cherry peppers - hot Italian sausage	

pranzo / lunch



<i>insalate</i> zola mia	
<b>antipasti</b>	<b>insalate &amp; pizza</b>
<b>polpette</b> 12 veal - parmesan meatballs - tomato basil sauce	<b>mista</b> 7 baby spinach - field greens - house balsamic vinaigrette
<b>saliccia</b> 9 sausage - vidalia onions - sweet peppers	<b>zola mia</b> 10 chicken - field greens - grape tomatoes - house balsamic vinaigrette
<b>cozze</b> 15 steamed mussel - roasted garlic - white wine cream	<b>caesar</b> 8 romaine - olives - garlic parmesan croutons
<b>carpaccio di tonno</b> 13 yellow fin tuna - avocado - cracker pepper	<b>margherita</b> 8 tomato - basil - olive oil and mozzarella
<b>salumeria</b> 12 pickled veggies - house mozzarella - sweet relish	<b>al prosciutto</b> 11 ham - tomato sauce - house cheese blend
<b>brusetta</b> 6 tomatoes - basil - mozzarella	<b>la napoletana</b> 12 anchovy fillet - tomato sauce - capers - mozzarella
	<b>l'atomica</b> 9 red pepper - oregano - mozzarella - mushrooms

cena / dinner







# Galactiquest

Finally, a vacation for those seeking the ultimate thrill and adventure; space travel. Galactiquest is the only agency on the planet with a unique space travel package that goes to the outer ends of our galaxy.

6.1 Logo

6.2 Brochure

6.3 Interactive Map

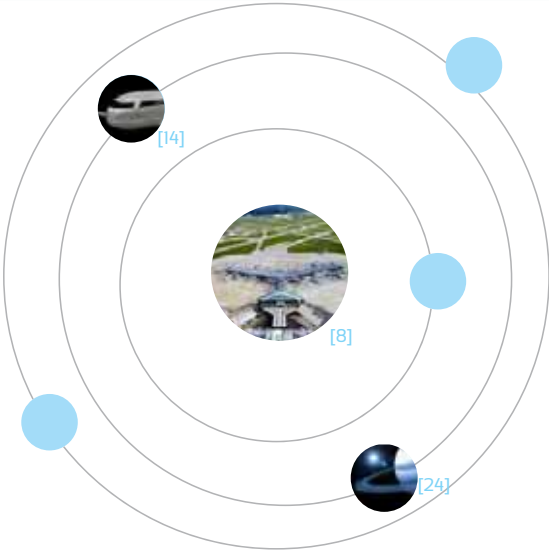






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[welcome]

Welcome to Galactiquest, the newest thrill and adventure awaits you. We have created a space exploration program that will change your life forever. Become the envy of your friends when you tell your tales of travelling through the galaxy and exploring different planets. Within this information booklet you will find all the information you will need about our space travel exploration program and to make reservations to join us on a very special exploration.

Each section will guide you in detail through what our travel program offers. From scheduling a tour of our facility to the celebratory celebration at the end of your journey. Once you have completed going through your travel booklet, if you have any further questions you can be sure to find answers through our website, or you may call us and speak with a representative who can answer any question you may have.

The journey is all about fun and exploring the depths of the unknown like never before. Because space travel is very unique and can be strenuous on the body because of the new atmosphere and to make sure the journey is as safe and smooth as possible we test each passenger's health to avoid any conflict while on the month long exploration. We also provide training and simulations of space for each passenger to prepare for the launch and the journey. After two weeks of testing and training, we prepare for launch!

Upon waking up from hyper sleep after the launch you will find yourself among the stars. Sailing quietly with views beyond belief and quite the view you will have. Our specially designed spaceships have a unique design

offering the best view possible. With our 180° stargazer double plexiglass glass. All you have to do is sit back and relax as you enjoy the view. We'll have our staff right on hand for you if you need anything.

On the return day you will once again be in hyper sleep as we travel through the atmosphere to our spaceport. Once landed, you will be reawakened refreshed and sent to our spa and rehabilitation center. Here, you will have the ultimate spa experience.

We extend our sincerest welcome and hope to welcome you aboard our spaceship in the near future.

Thank you,  
John Vectron and the crew of Galactiquest



[2]



[overview]

01.14[training]

Upon starting the training program, you will gather every skill needed for space exploration in the first two weeks. Because you are travelling so far away from home, safety is our first concern and will be covered in the first few days. Then you will proceed into hands on, real-time training.



15.00 [launch day]

After the second week, you will be more than ready for space exploration. On launch day, you will take the skills you have learned in the previous weeks and head into the depths of space for an adventure of a life time.

The launch will take approximately last 45 minutes and you will be in hyper sleep.



[6]

01.14

15.00

32.00

31.00

16.30

16.30 [expedition]

The adventure begins after ascending into space, you'll be awoken from hyper sleep and experience the true beauty and mystery of deep space. Travelling at 5,000 m.p.h. you will be able to explore the outer most planets. With our advanced equipment you will be able to step foot were few have before.



31.00 [return]

After exploring amazing new worlds you will be brought back to your originating base and sent to a relaxing retreat to recharge from an exhilarating trip.

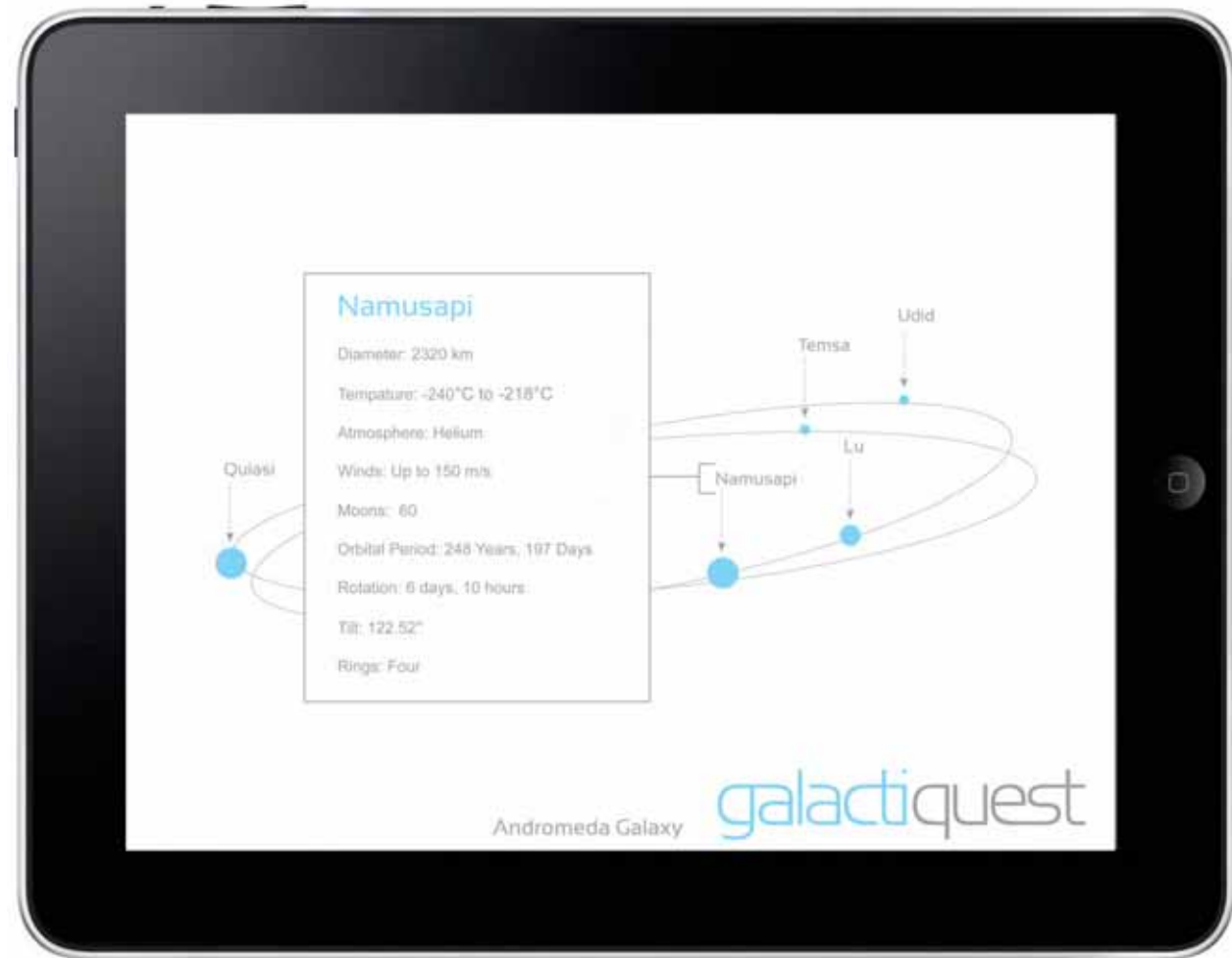
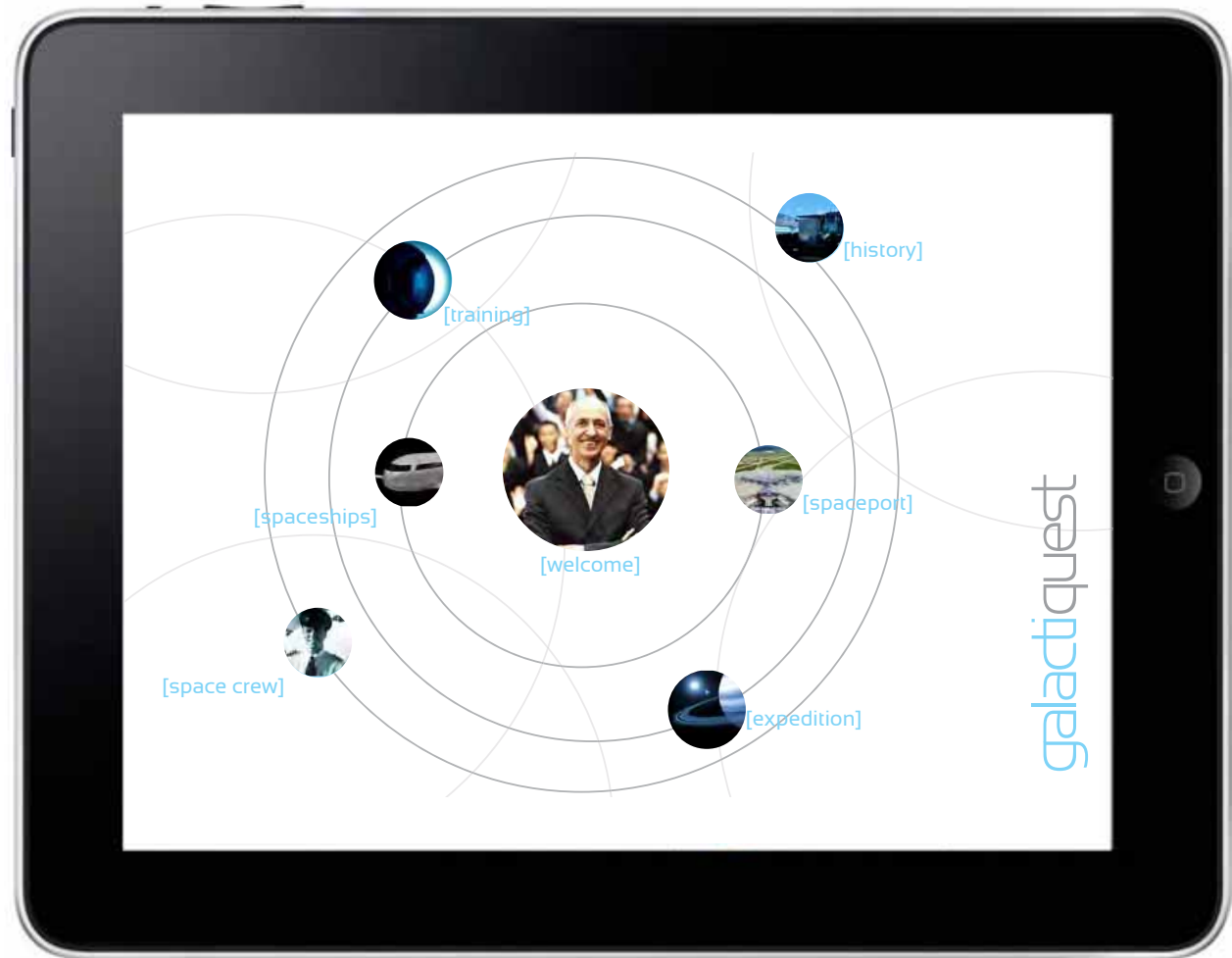


32.00 [celebratory cocktails]

For such an extraordinary journey, a celebration must be in order. A final farewell to the friends you made on your once in a lifetime journey through space.



[7]





## Burgoyne Greeting Cards

A selection of hand crafted greeting cards with marching envelopes from an all occasion program. Cards are designed and then detailed with beads, glitter and an assortment of other elements.

7.1 Production Sample

7.2 Production Ready Design



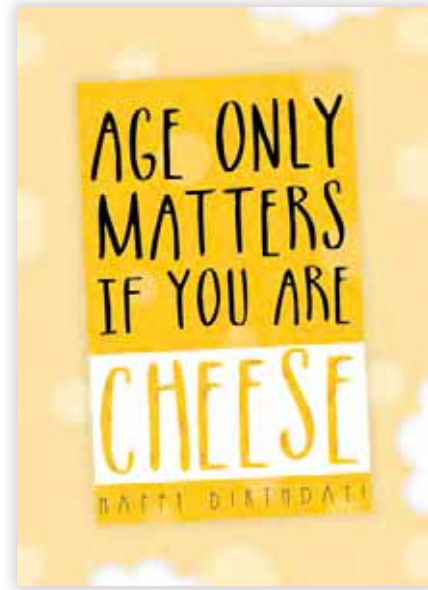














## Smarty Marty

A fun, new guy that loves to help you learn! Marty the monster is a super smarty and he loves to have fun. Kids love his silly approach to learning.

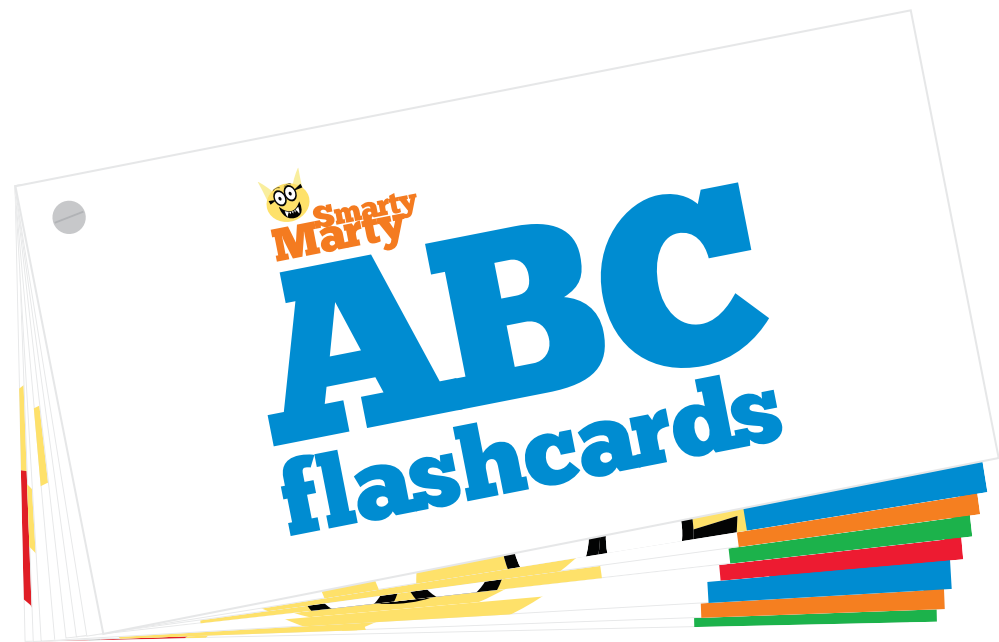
8.1 Logo

8.2 Alphabet Deck

8.3 Memory Game Package

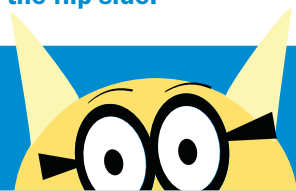
8.4 Memory Cards

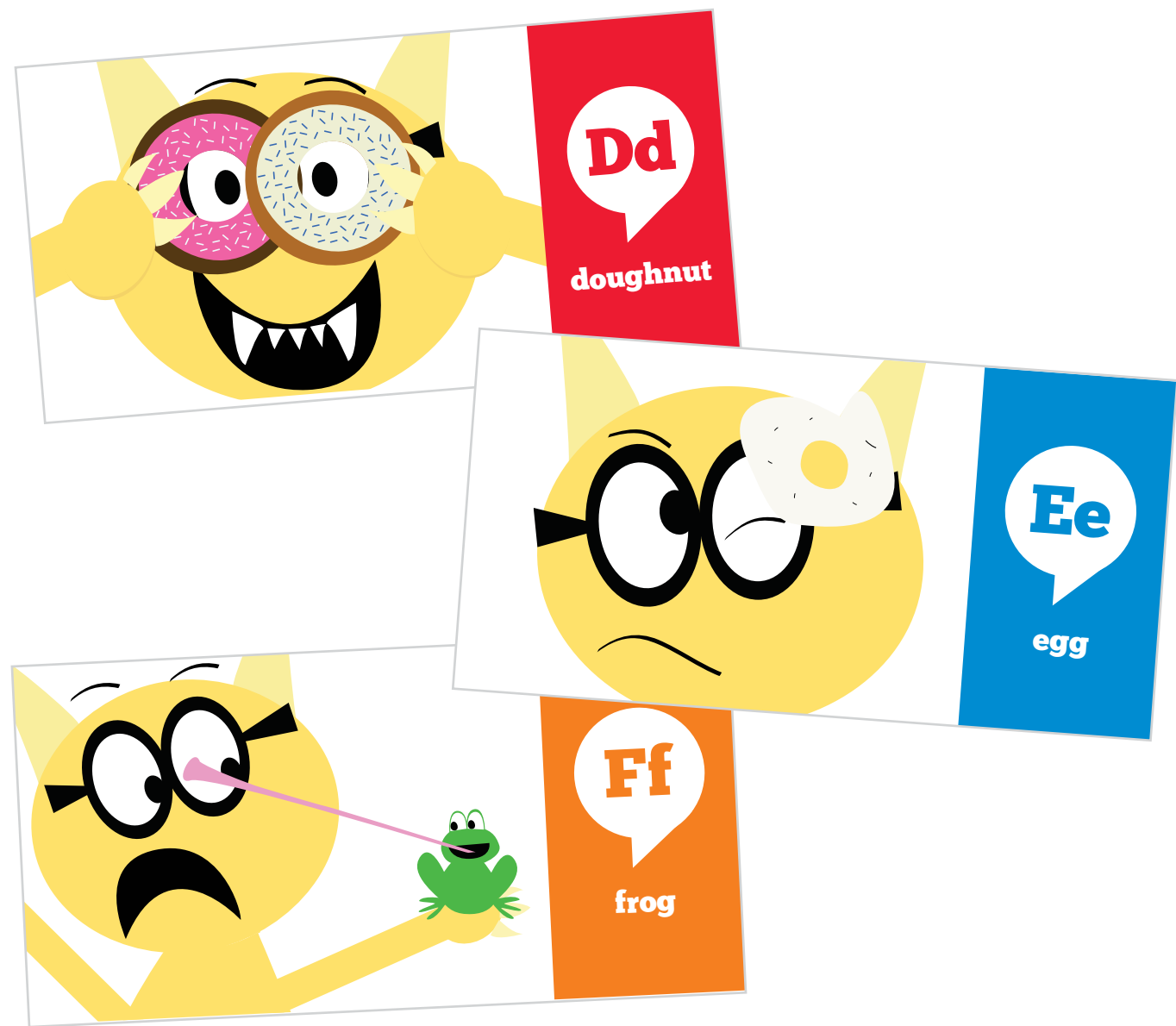




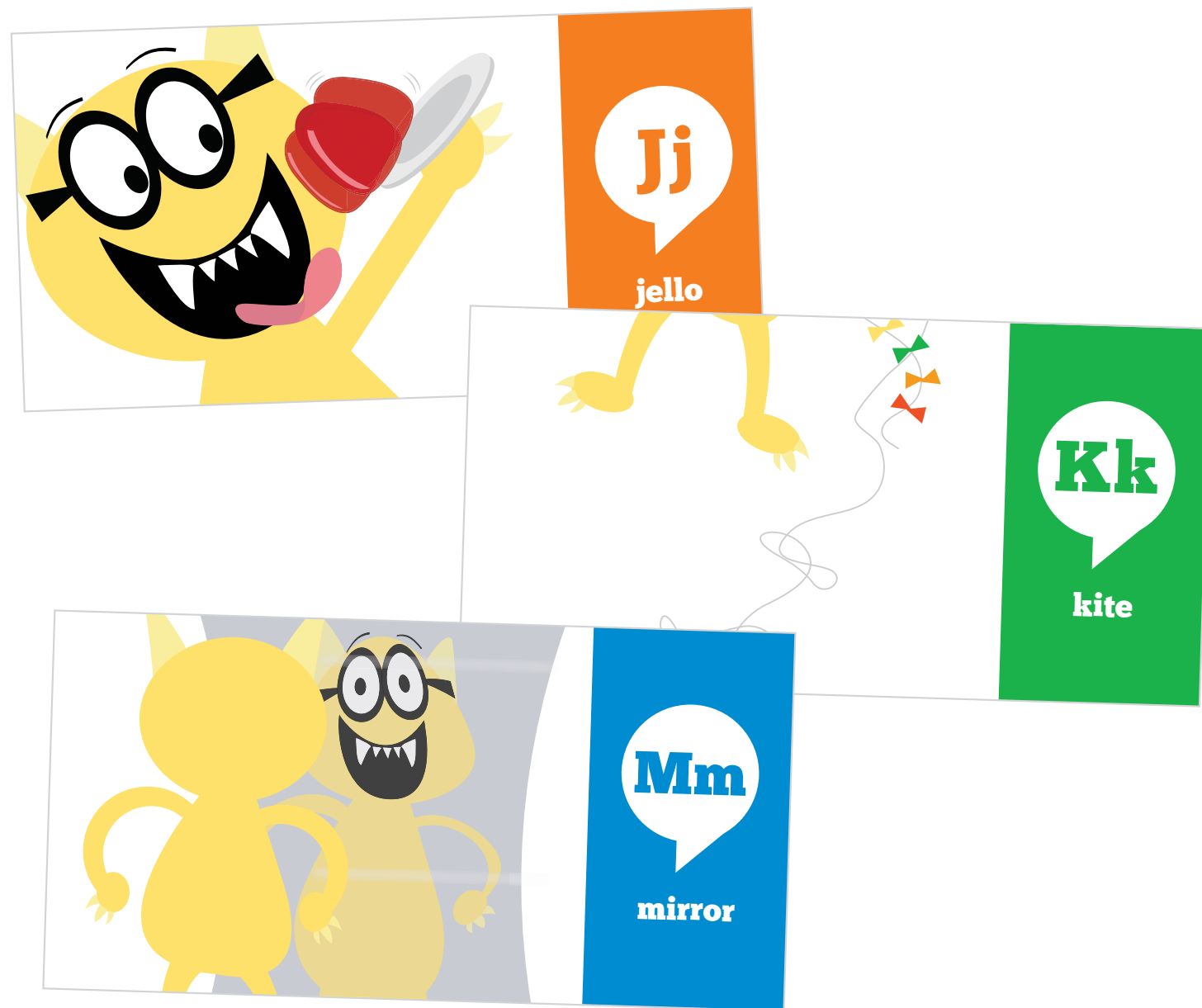
**Hi! I'm Marty...**

...and I love using my noggin and sharing what I learn with my friends. I just learned all of my letters and things that start with each letter. I'm so excited to share the things I learned with you, so I made this super-duper, awesome alphabet deck just for you. Let's see if you can guess the letter on each card. Just flip the card and we'll go rolling through the alphabet and have lots of fun. **See you on the flip side!**











8.3 Smarty Marty  
Memory Game Package



8.4 Smarty Marty  
Memory Cards

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