

# christina rose hambright

words are the last to know

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tinirose.com 

tinirosefree 

i ignite my dreams with every vision highlighted and realized. I am tini by measure, but explosive by ambition. I am ruled by aesthetics and internally expressive by nature.

I have worked professionally in graphic design for over a decade and eccentrically in the arts for a lifetime. No idea is too small or too large. Working madly in tedium or in expanse, I love the challenge in either. I am balanced between being highly intuitive and notably diligent.

## proficiency

Full Scope Graphic Design | Typography Focused  
Branding & Identity | Social Media Development  
Adobe Suite | Use of Multiple Art Mediums  
Writing | Deconstructive, Modern & Diverse  
Visual Symbolism & Psychology | Meticulous  
Creatively Driven | Industrious & Observant

## education

BFA in Advertising Art Direction  
Columbia College of Chicago | 2006

## timeline

Freelance Web & Print Designer  
Since Feb 2016

Badass Resume Company  
Co-Founder | Creative Director | Since Feb 2016

RPM Advertising  
Art Director | May 2007 - Feb 2016

## live projects

badassresume.com

japaneseculturecenter.com

ahmen.us

beemoni.com



# print portfolio

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logo samples

organization | service

11even

momentum

crunch

event | venue

summer music series

the studio vip lounge

promotional

1 million cash climb



|||EVEN



<MOMENTUM>



**CRUNCH**



**SUMMER**

MUSIC SERIES

*The Studio*

VIP LOUNGE



**\$1,000,000 CASH CLIMB**





# print portfolio

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print samples

campaign | publication

argosy casino print ad & billboard  
kehe food trends magazine article

invite | direct mail

hollywood casino nye invitation  
thunder rewards card mailer  
rpm company holiday card

branded private practice

animal chiropractor business cards  
acupuncturist business cards



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MADE IT

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soothing spa and delicious dining meet the hottest table games and  
slots, all in one amazing place. It's more than you're used to,  
which is just what you deserve.

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I-636 & HWY 9

# Living the Mediterranean Lifestyle

BY MARIA REYES

Obesity. It is an epidemic that has taken the US by storm. In the latest Health, United States, 2011 study done for the Centers for Disease Control, it is estimated that 68.8% of US adults 20 years old and older are overweight, and of those 35.7% are obese. In a similar report done by the American Journal of Preventative Medicine, it is estimated that the costs of obesity in the US is some \$147B per year – or 9% of the annual medical expenditures in the US. And what is even scarier is if the historical trends continue, 51% of the US adult population will be obese by 2030. People, we have to do something.

## FOOD OR CULTURE PARADOXES

The first thing that comes to mind when we feel the need to get healthier is to lose weight. We join a gym – at last count, there were some 45.5 million US consumers with gym memberships; 67% of those consumers never use them. We join diet clubs or we go on a restaurant diet. They may give some quick results, but they are not lasting. We have to have to do something! Some 14.2% of us have gym memberships, 68.8% of us are overweight. Going to the gym isn't what we need. It doesn't help if all of us who have memberships actually went to the gym. It doesn't provide lasting results. I'm not looking forward to a society of obesity.

While looking in to the matter further, I came across a study that talked about the "French Paradox." It seems that in France, among other European and Mediterranean cultures, that seems totally unimaginable to us Americans. They are overwhelmingly rich, buttery, and seemingly fatty, yet only 10% of the French population is overweight. The same is true for the Greek, Italian and Spanish populations. So what's the key? That is the key. And that is where the Mediterranean diet comes in. It's not simply dieting. It's not joining (and actually getting) a gym. It's finding the point of perfection, the perfect balance between eating and exercise, and enjoying life, food and family. It is a study done by Harvard's Dr. Walter Willett in the mid-1990s that Mediterranean cultures lifestyles were responsible for a healthier life. Their diet, in addition to regular physical activity, an abundance of fresh plant-based foods, fresh fruit, and dairy products (principally cheese and Greek yogurt); fish, and wine, consumed in moderation. And I must not forget get



## OUR BODIES DON'T RUN ON EXERCISE ALONE...

We Americans love to eat, then we workout. As you can see from the numbers, our bodies don't run on exercise alone. They are fueled by the foods we consume. Weight loss, fat loss and enjoying a healthy lifestyle can easily be achieved by ascribing to what I call the Mediterranean Lifestyle. Another way to think of it is the 70/30 rule. Seventy percent of



## EASY ENTERTAINING Recipes

Here are some easy to prepare recipes that can be used for demos in your stores or can be easily reprinted as recipe cards to hand-out to your customers.

### KALAMATA & ROASTED PEPPER TORTA

#### INGREDIENTS

- 1 ½ c cream cheese, softened to room temperature
- 1 c goat cheese, softened to room temperature
- 1 c roasted red peppers, drained, dried and diced
- ½ pitted Kalamata olives, drained, dried and diced
- Olive oil for coating the pan
- Special equipment: mini loaf pan (approx. 6" x3.5"x2.5")

#### PREPARATION

While cheese softens at room temperature, lightly oil loaf pan and line with enough plastic wrap leaving a generous overhang on all four sides. In a bowl combine cream cheese and goat cheese. Spread ¼ of the cheese mixture evenly in the bottom of the loaf pan. Top with the diced red pepper and carefully spread another ¼ of the cheese. Repeat procedure separately with olives and again with roasted peppers. Cover top tightly with plastic wrap and refrigerate at least 8 hours. To serve, unwrap top and invert onto serving platter. Peel off remaining plastic wrap and let stand 20 minutes.

### MEDITERRANEAN SALSA

#### INGREDIENTS

- 1 c pitted Kalamata olives, drained
- 1 c peppadew sweet piquant peppers, drained
- 1 c cipollini onions in balsamico, drained
- ½ bunch fresh flat-leaf parsley

#### PREPARATION

In a food processor, pulse all ingredients until coarsely chopped. Serve warm over grilled chicken or fish. Use as a condiment for hamburgers. Enhance your chicken or tuna salad. Spoon over toasted slices of crusty bread.

THE COUNTDOWN  
*begins...*

A Critically Acclaimed New Year's Eve Party



HOLLYWOOD  
*Casino*  
— AURORA, IL —

THE COUNTDOWN  
*begins...*

2011  
TWO THOUSAND & ELEVEN



Get ready for a New Year's Eve Bash that party critics will be talking about all year long. It's a celebration that will have you dancing and toasting all night long. Hollywood Casino invites you and a guest to a red carpet New Year's Eve Bash at Fairbanks Steakhouse.

**December 31 • Begins at 5pm**

To RSVP, please call Casino Services at  
1-800-285-7600.

HOLLYWOOD  
*Casino*  
— AURORA, IL —



Please remember to show your Club HollywoodSM Player's Card when you arrive. No comp points will be deducted from your account as a result of you accepting this invitation. Invitation is for you and a guest only and is subject to availability. Advance reservations required. This invitation is not transferable and positive ID is required. Must be 21. Gambling Problem? Call 1-800-GAMBLER.



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**Dr. Dan Hawkrige DC, CAC** Retired  
**222 - 333 - 4444**  
Leave Message for Consultations  
**DC** Palmer Graduate  
**AVCA** Certified Animal Chiropractor  
**Over 30 Years Experience**  
in Large and Small Animals

# JAMIE ALAMUR

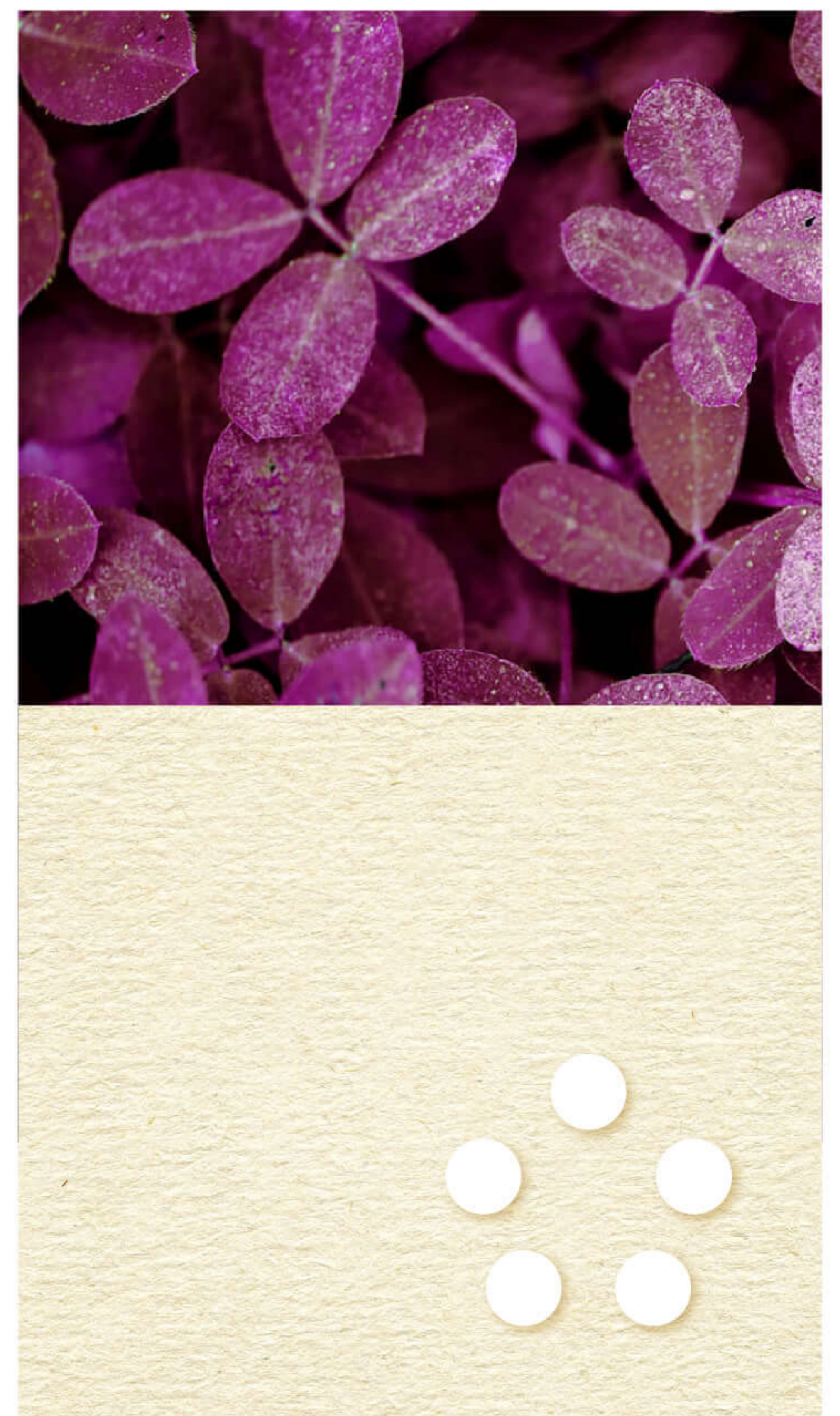
L.Ac, LMP

Five Element Acupuncturist

(222) 333-4444

jamiealamur@gmail.com

jamiealamur.com







# web portfolio

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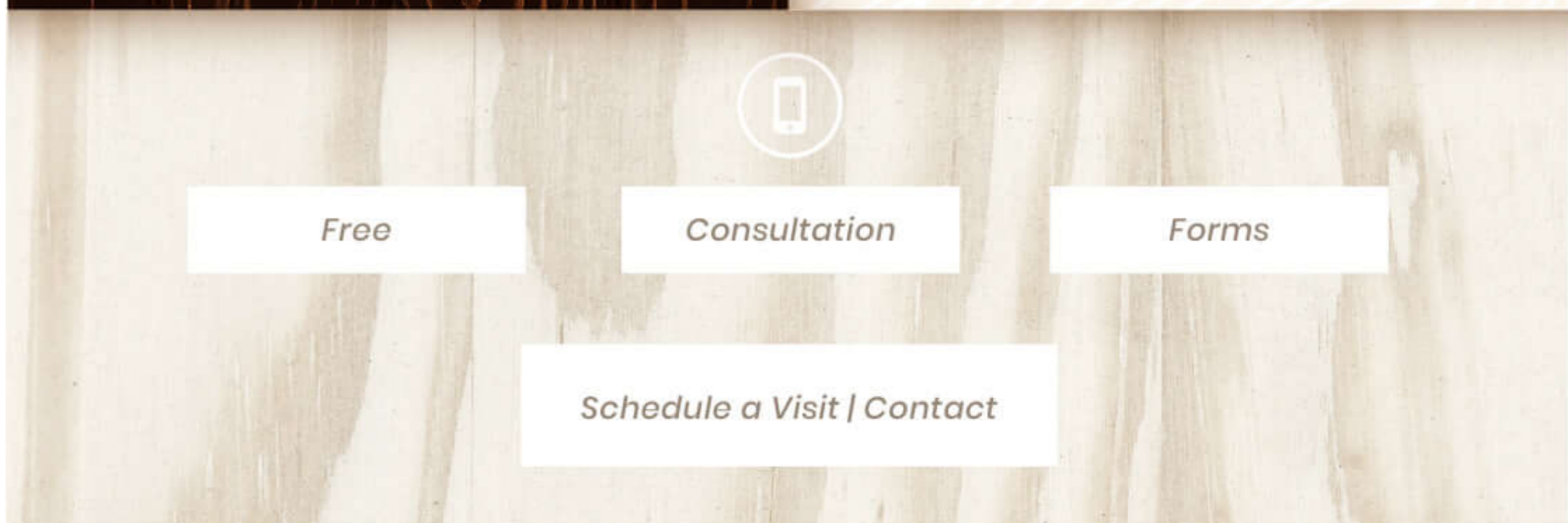
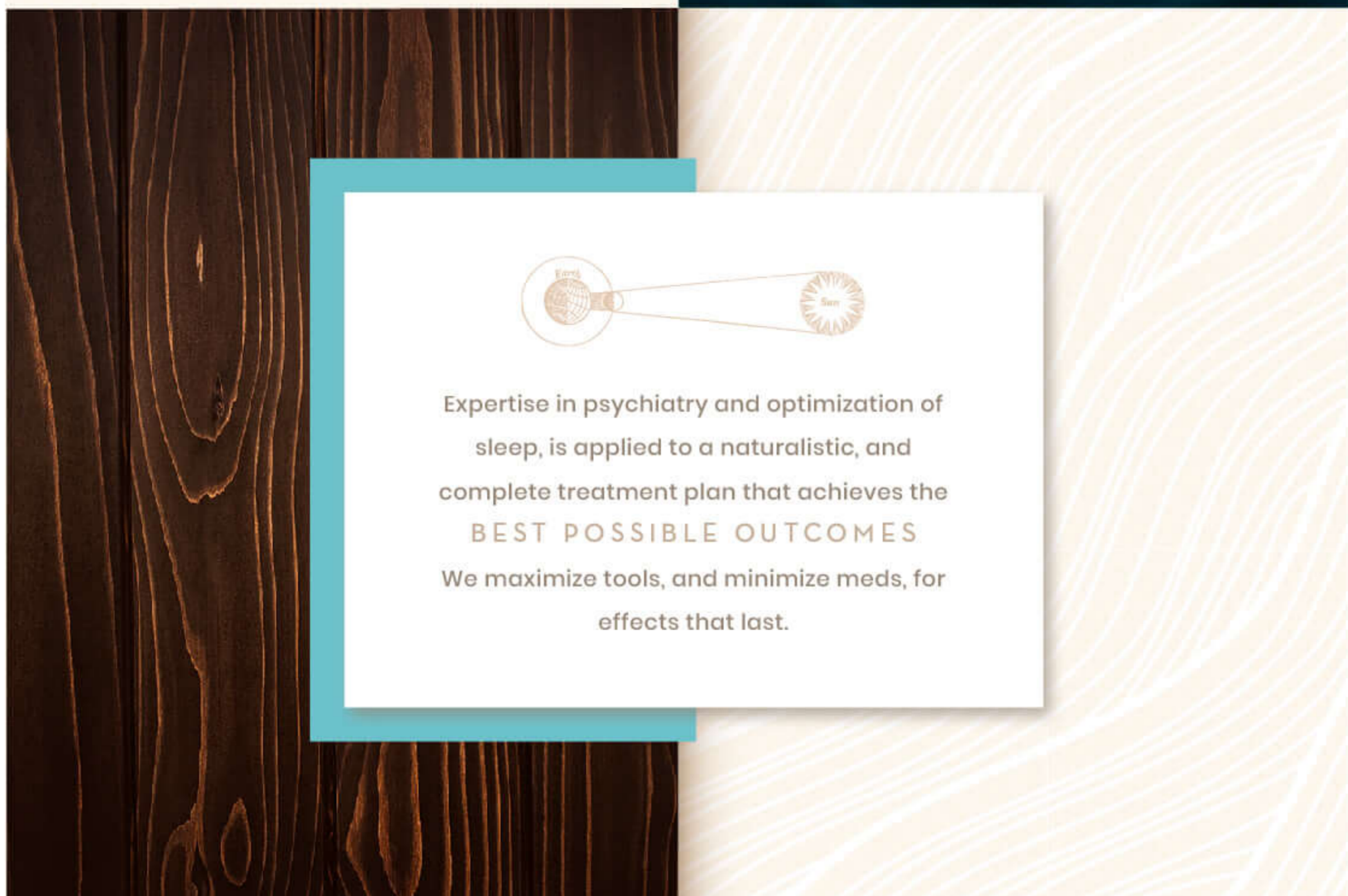
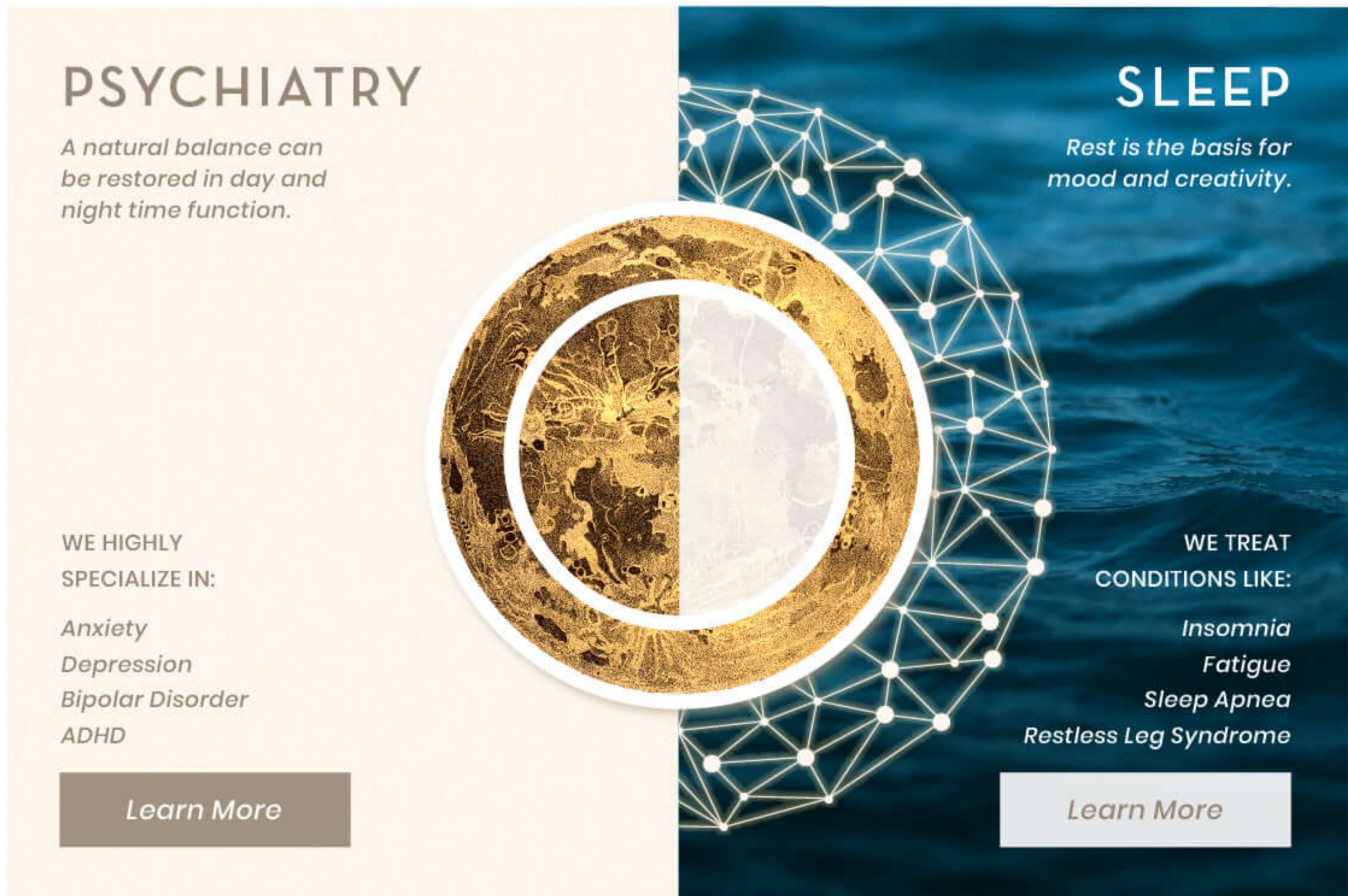
template samples

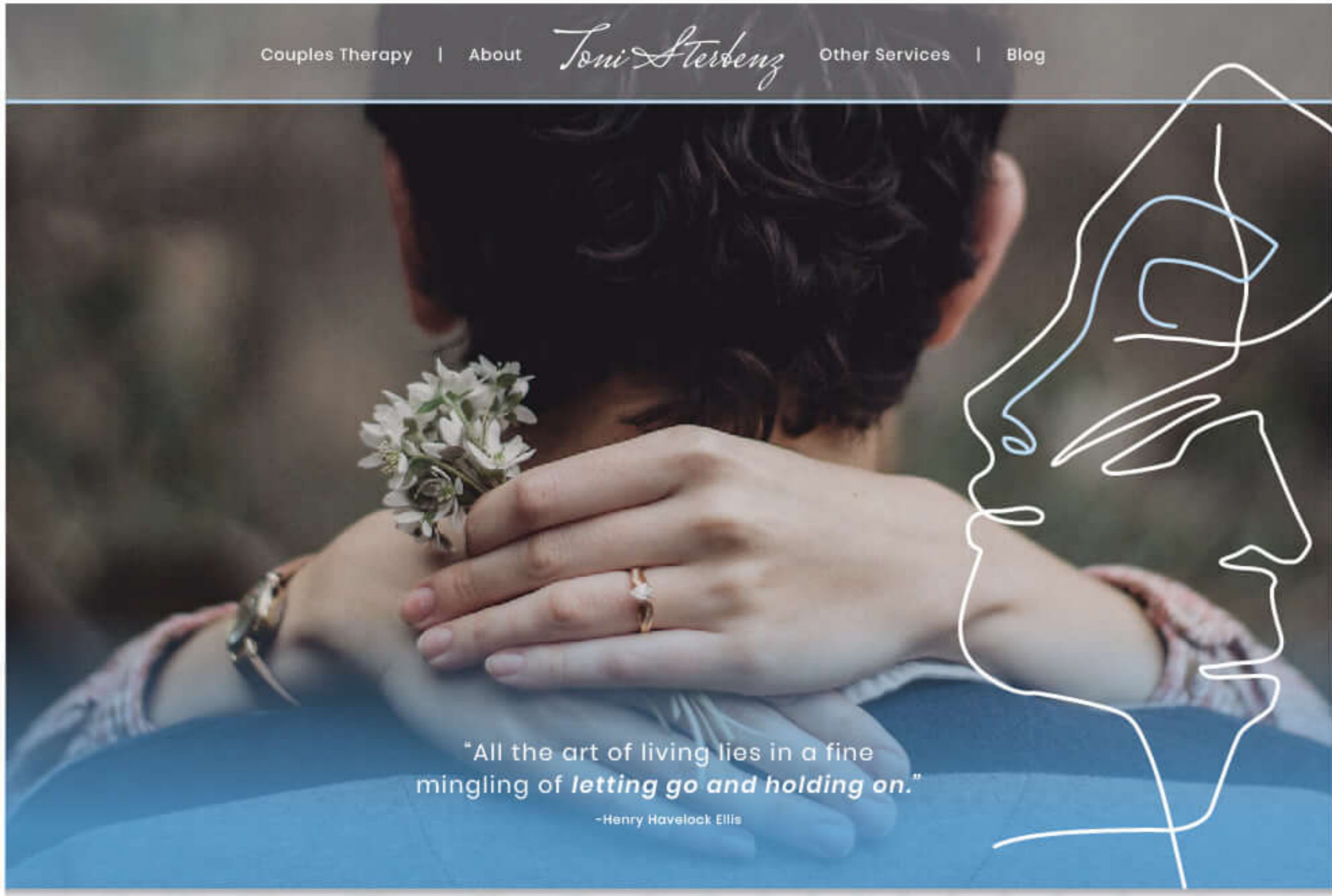
therapy private practice  
menlo park psychiatry & sleep  
toni sterbenz couples therapy  
andrea chilton psychotherapy  
inner discovery services

cultural foundation | portfolio  
japanese arts foundation  
wow boudoir photography



"I FEEL THE BEST I'VE BEEN IN A LONG TIME. LIKE MYSELF. Haven't taken any anxiety meds for 6 days, haven't had the need. More focused, more productive, and less chaotic."

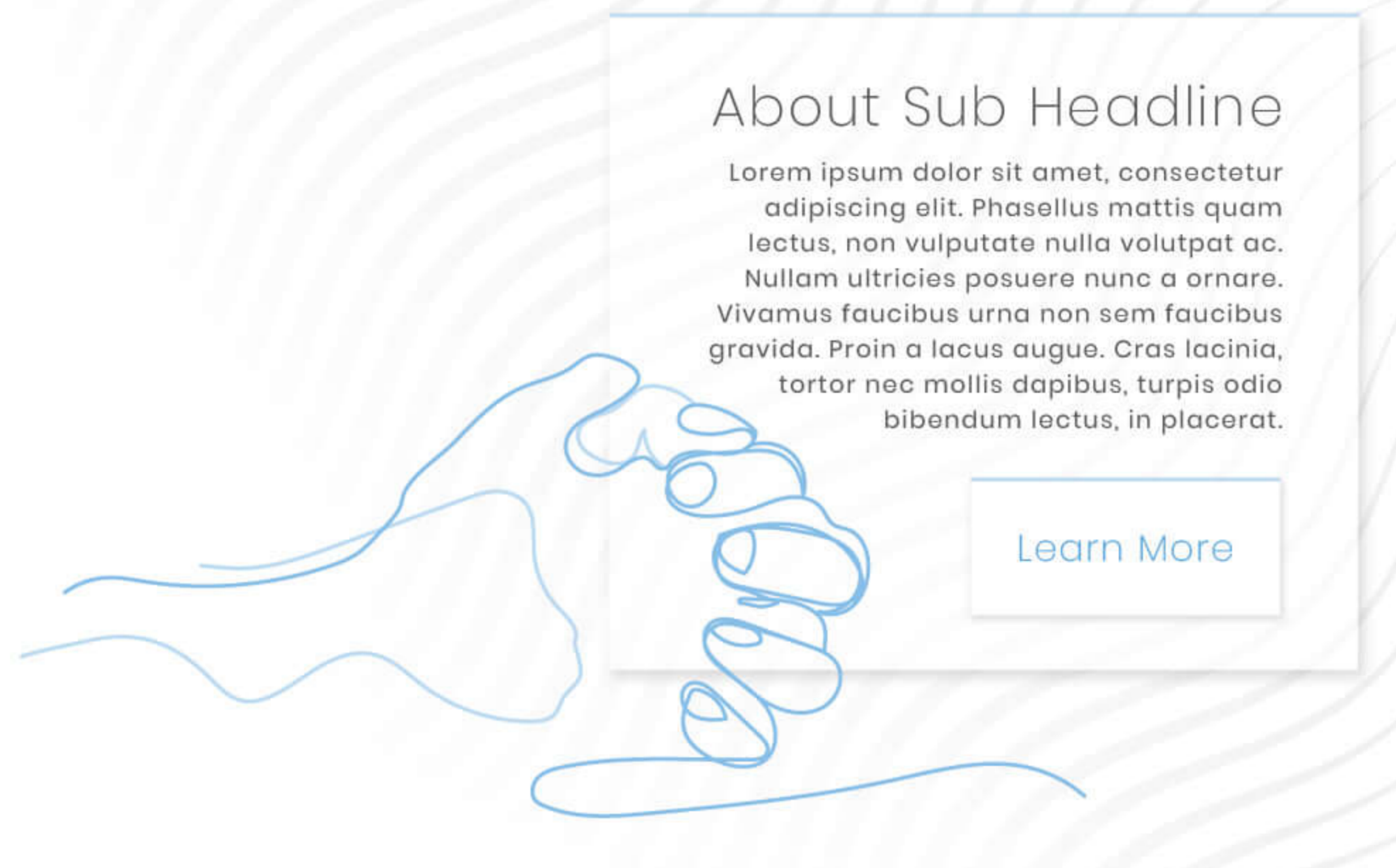




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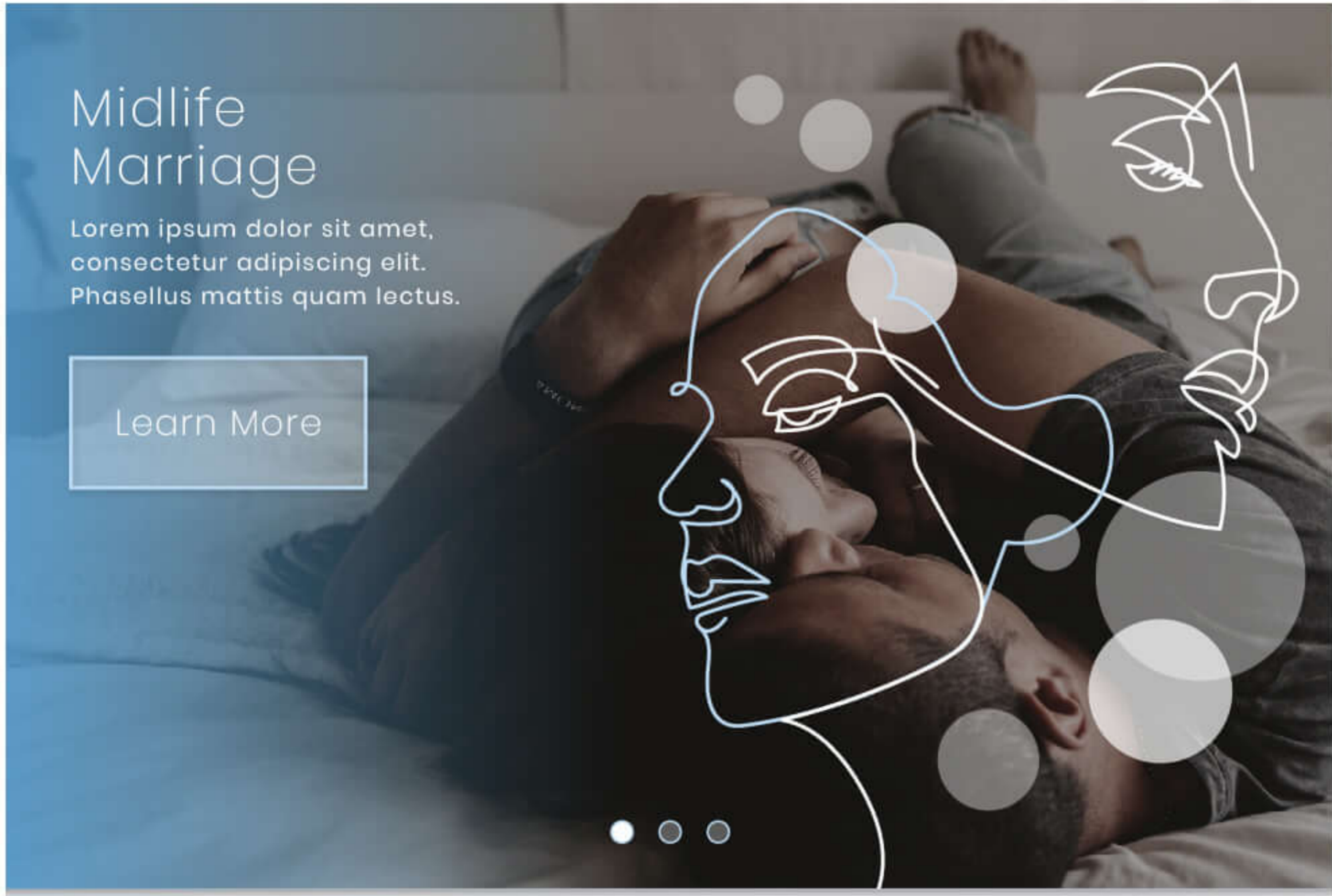
[Learn More](#)



### Midlife Marriage

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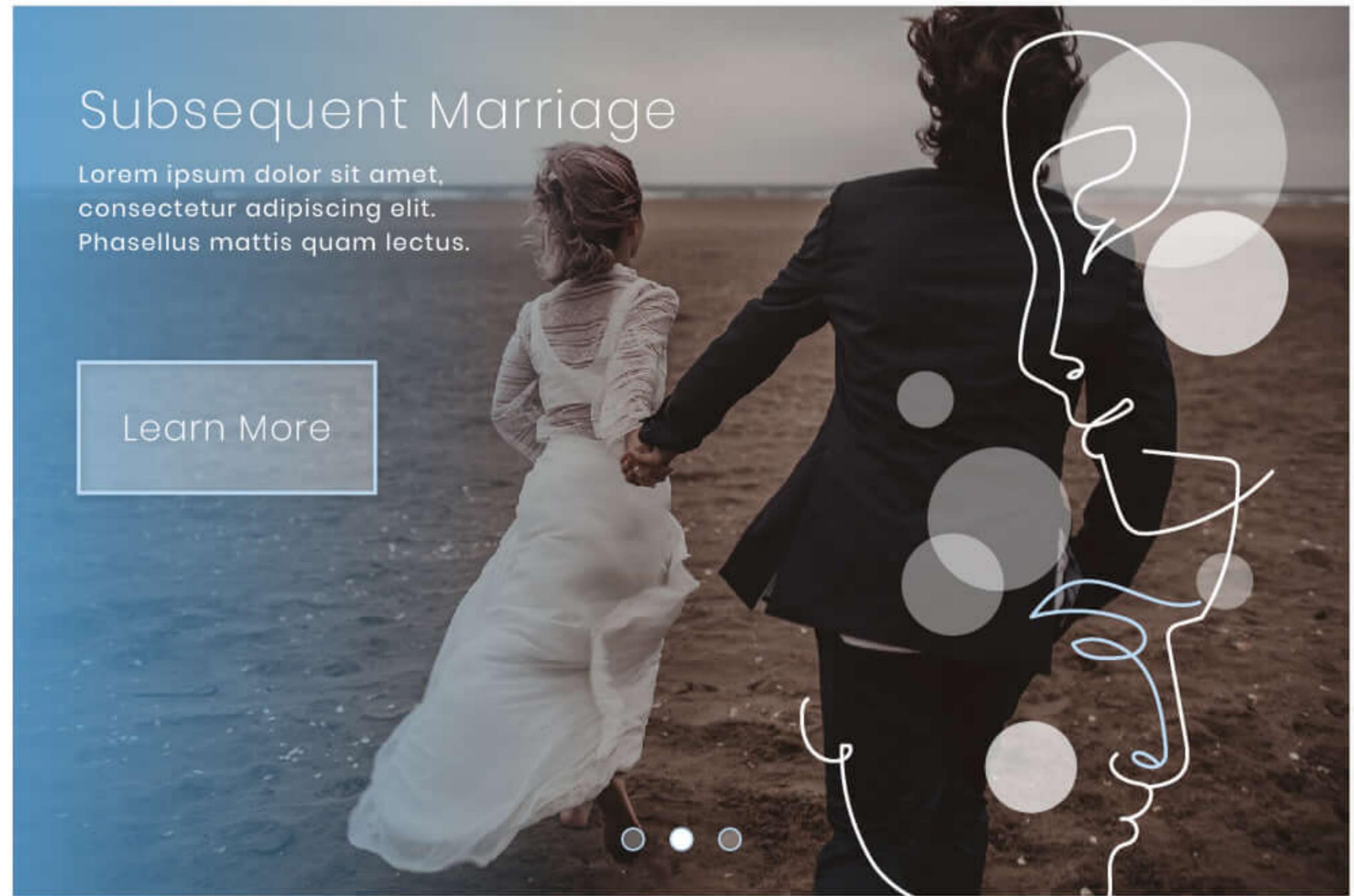
[Learn More](#)



### Subsequent Marriage

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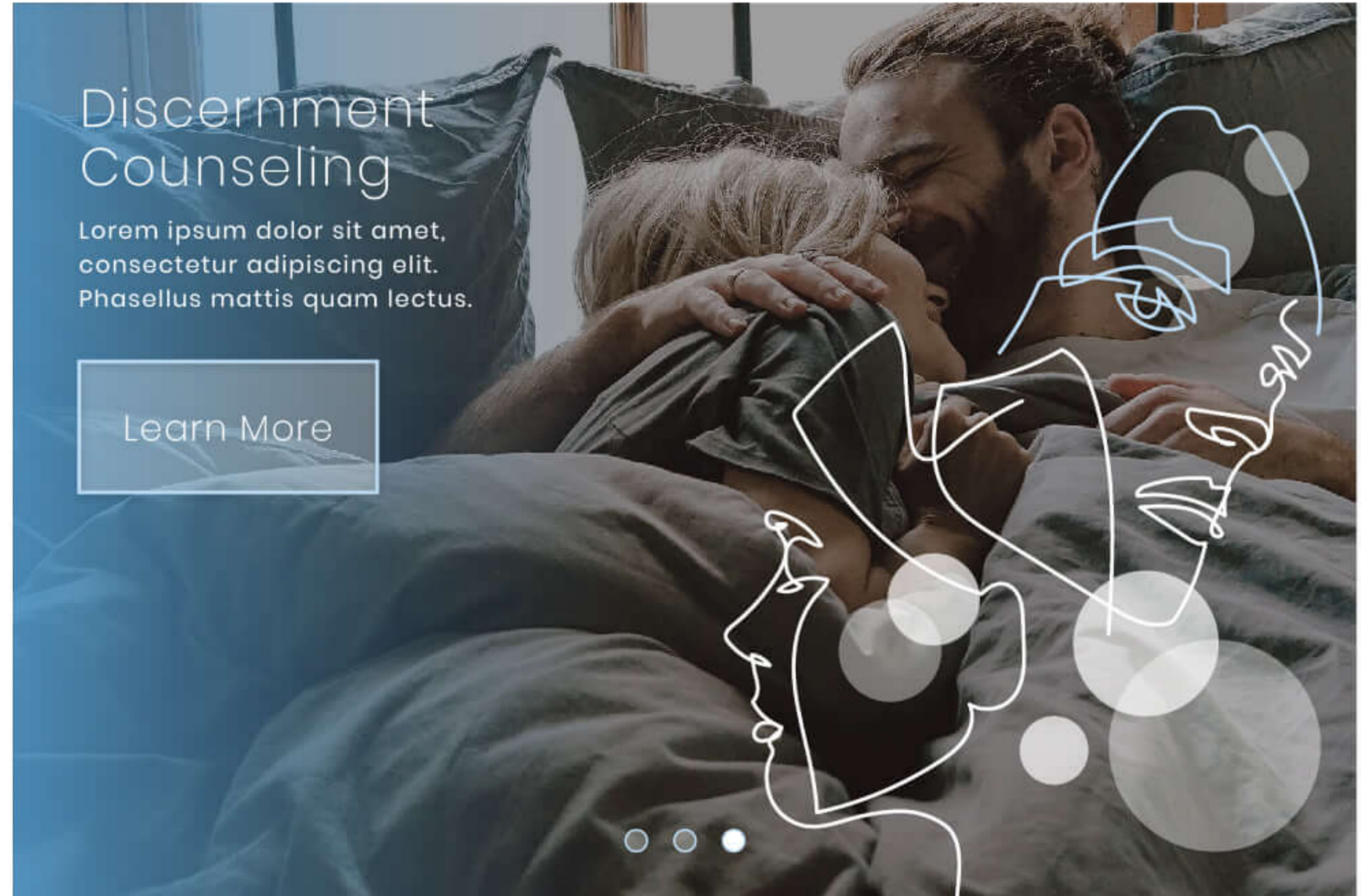
[Learn More](#)



### Discernment Counseling

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[Learn More](#)



### Additional Couples Therapy



Crisis Counseling



Subsequent Marriage



Marriage Tune Up



LGBTQ

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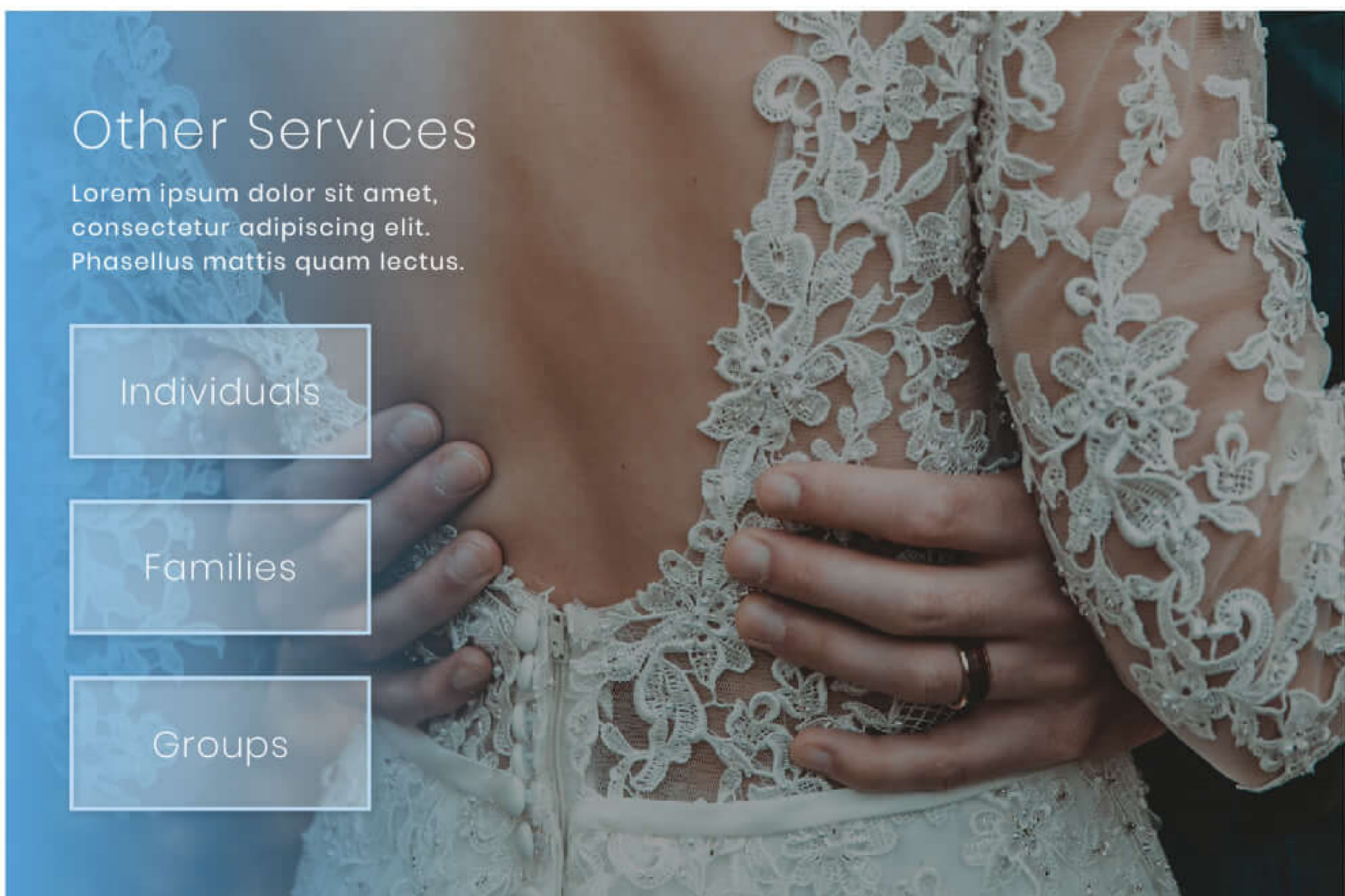
### Other Services

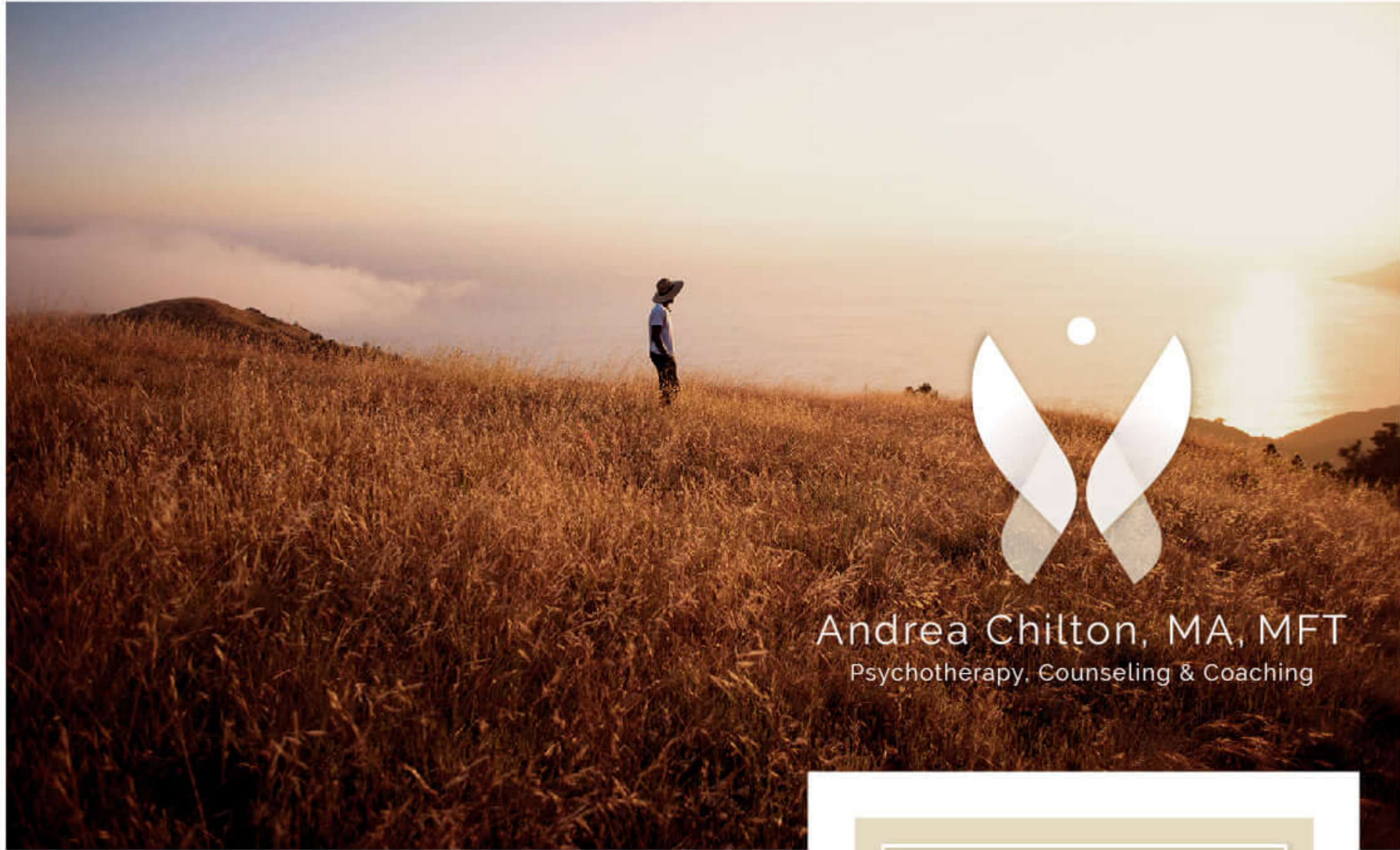
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[Individuals](#)

[Families](#)

[Groups](#)





Andrea Chilton, MA, MFT  
 Psychotherapy, Counseling & Coaching

### Welcome to your Opportunity

You are here because you're seeking change in some area of your life. You might be in pain: feeling stuck, lost, dissatisfied, deficient or alone. Perhaps you are well and inspired to stretch toward increased wellness. Whatever may bring you here, it presents an opportunity to expand beyond the limitations you have known thus far. Will you take it?

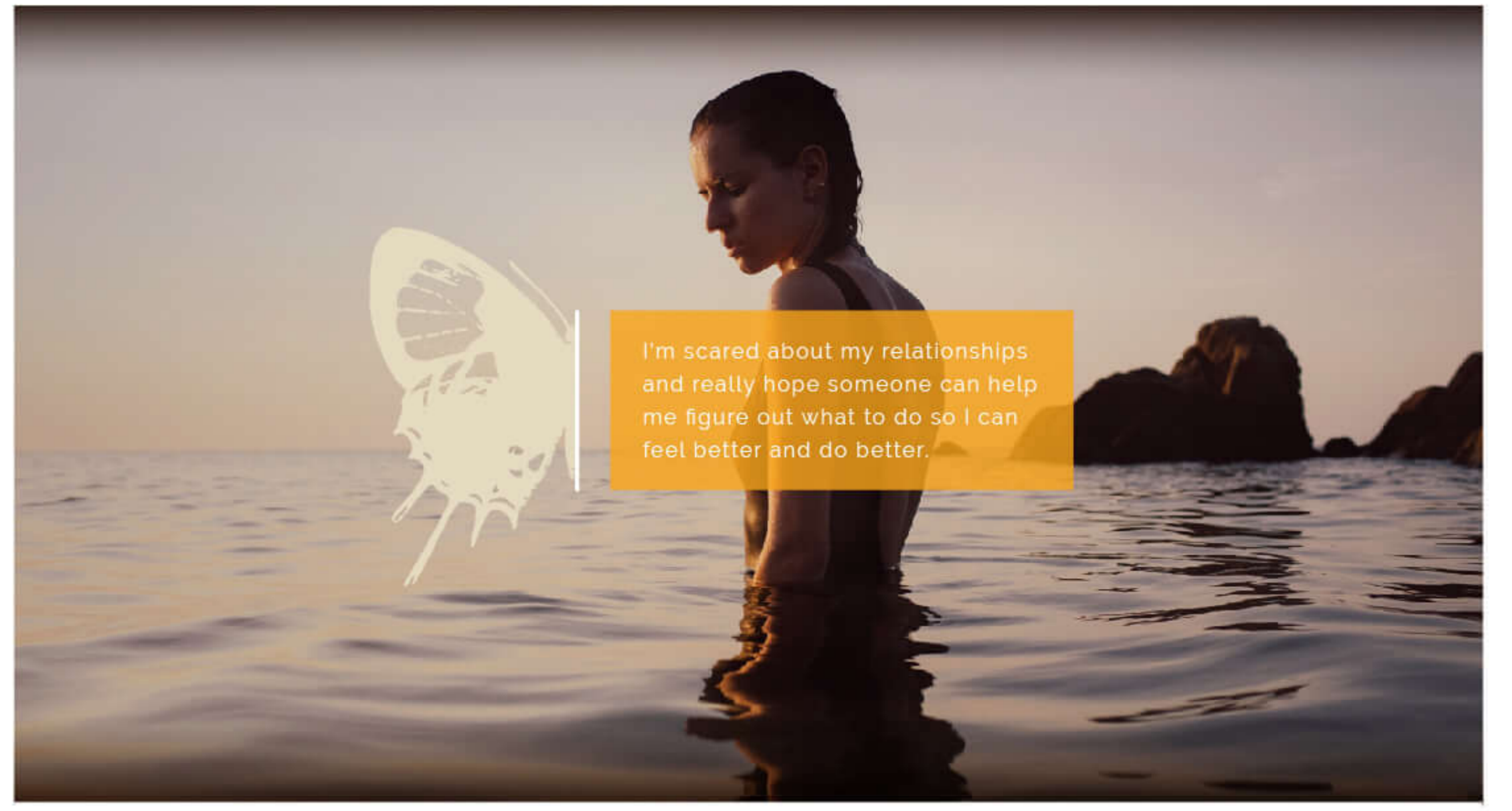
*I am here because I can help* facilitate your healing, growth and evolution. I offer understanding, compassion and safety, while providing guidance, stimulation and challenge.

"We must unlearn the constellations to see the stars."

Jack Gilbert



Whether you know it or not, you arrive with all the resources you need to heal and thrive deep within you. It's my job to help you access those resources. Together we explore your struggles while actively seeking and building upon your strengths; it is through working with both that we have the best chance of helping you achieve the change you are looking for.



I'm scared about my relationships and really hope someone can help me figure out what to do so I can feel better and do better.

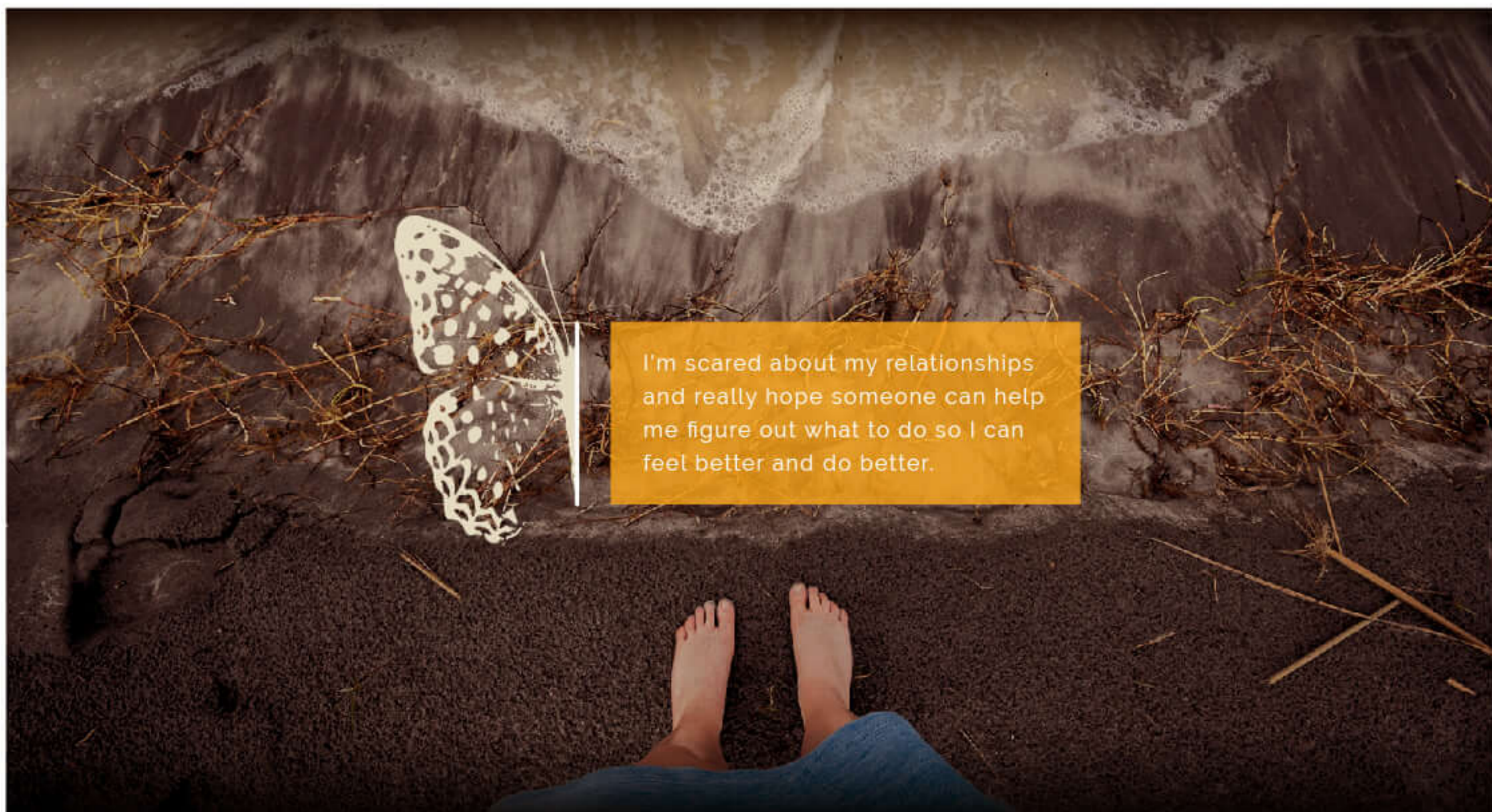
### My Approach

As a therapist and coach I am compassionate, respectful, authentic, warm and engaging. I create an atmosphere of safety to support your opening and exploring; a soft place to land, so to speak. I stimulate and challenge you when I sense you are ripe for it; at times this can be uncomfortable, and I stay close as your ally when those challenges prove painful.

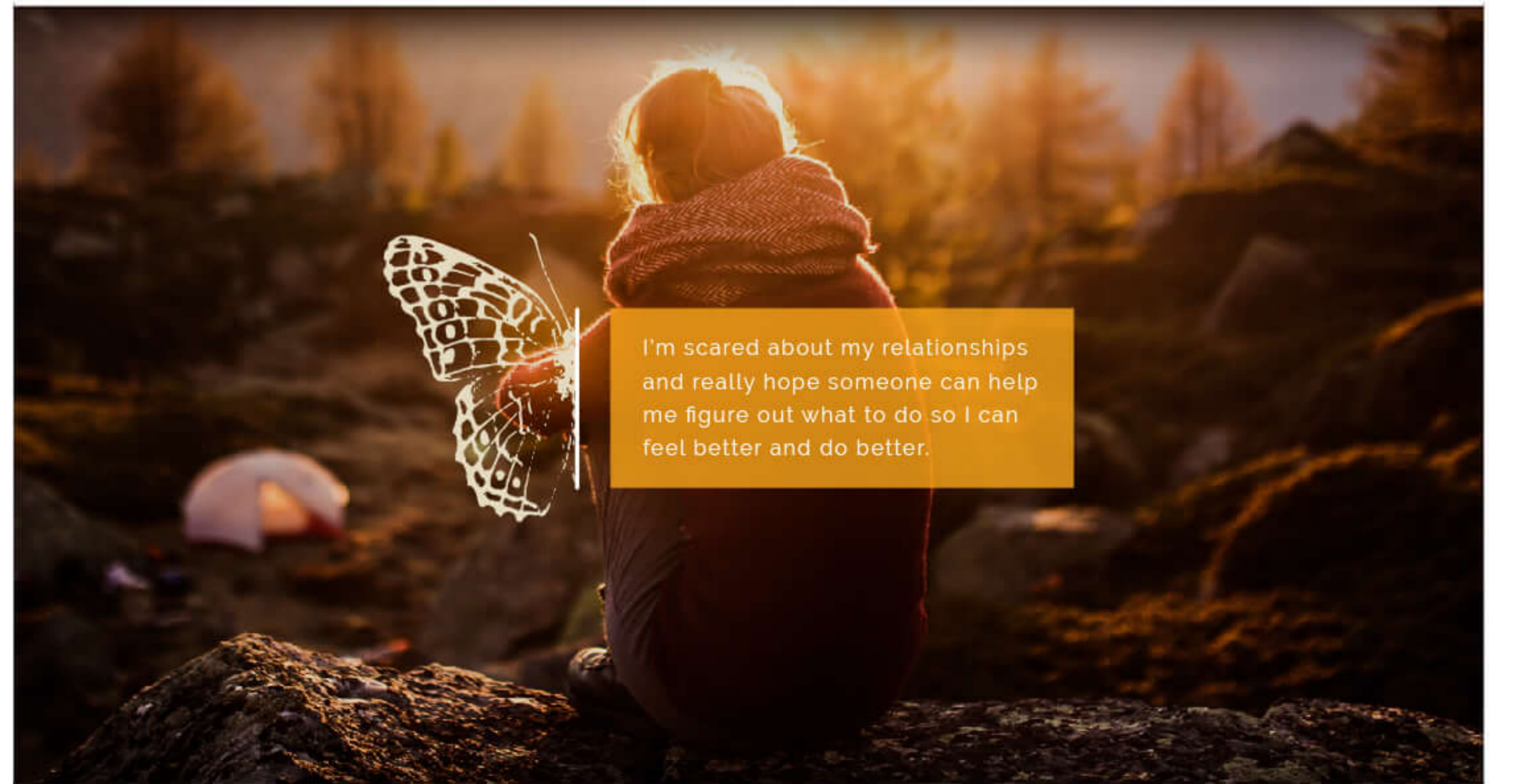
#### Relational Depth Therapy

I focus on getting below the surface of your presenting issues in order to address the foundational challenges those issues emerge from.

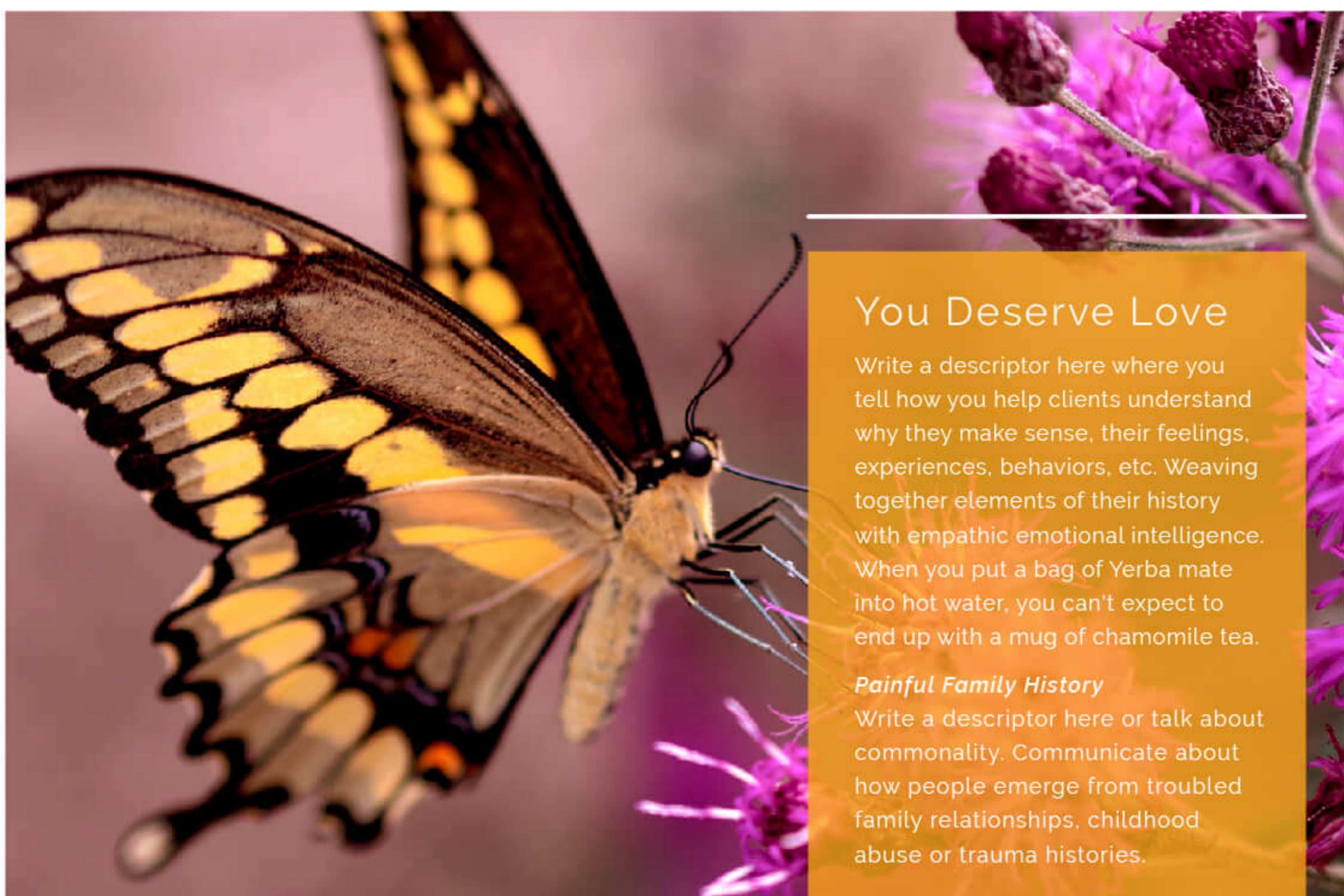
Learn More



I'm scared about my relationships and really hope someone can help me figure out what to do so I can feel better and do better.



I'm scared about my relationships and really hope someone can help me figure out what to do so I can feel better and do better.

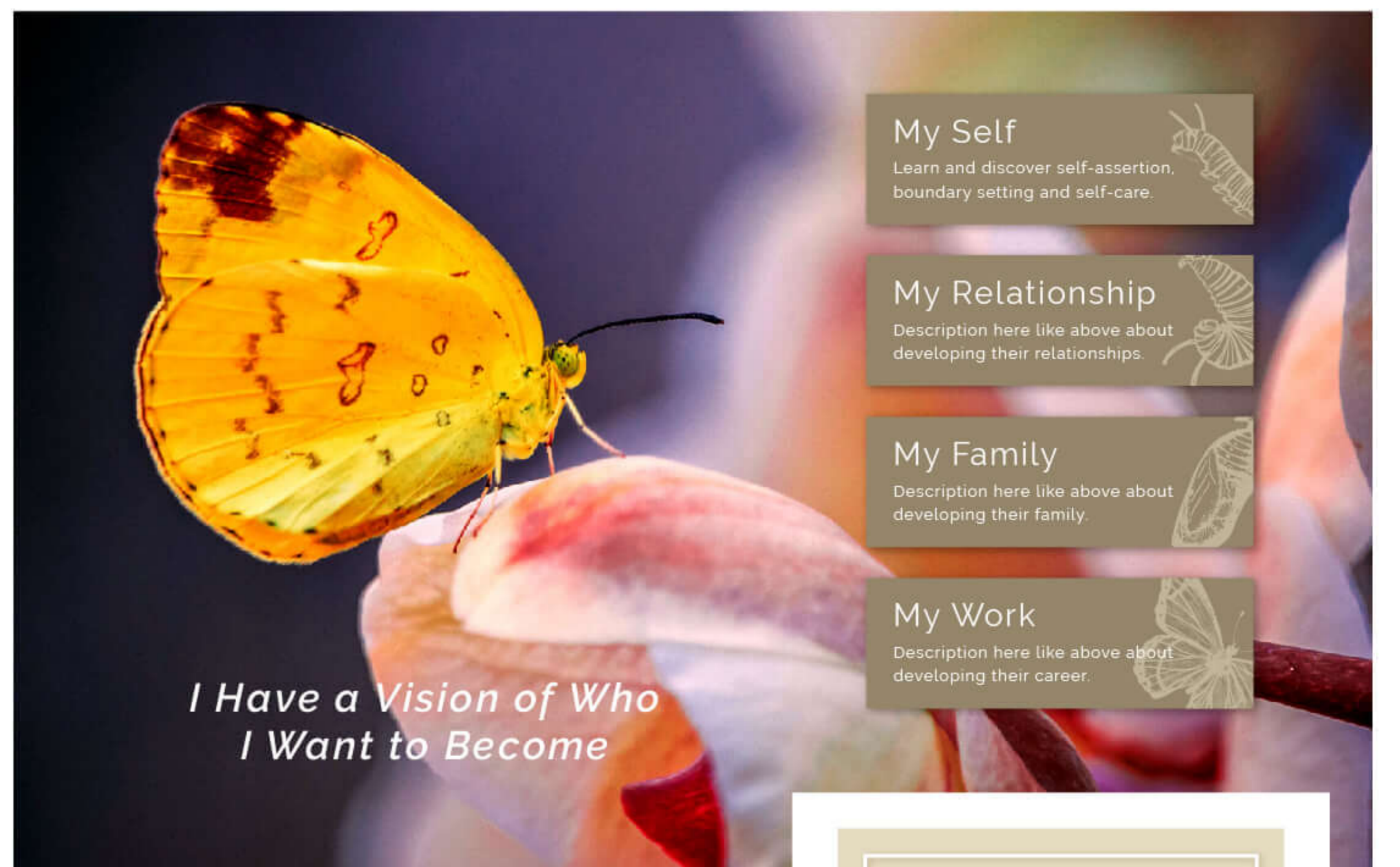


### You Deserve Love

Write a descriptor here where you tell how you help clients understand why they make sense, their feelings, experiences, behaviors, etc. Weaving together elements of their history with empathic emotional intelligence. When you put a bag of Yerba mate into hot water, you can't expect to end up with a mug of chamomile tea.

#### Painful Family History

Write a descriptor here or talk about commonality. Communicate about how people emerge from troubled family relationships, childhood abuse or trauma histories.



#### My Self

Learn and discover self-assertion, boundary setting and self-care.

#### My Relationship

Description here like above about developing their relationships.

#### My Family

Description here like above about developing their family.

#### My Work

Description here like above about developing their career.

I Have a Vision of Who I Want to Become

### Get in Touch

Free Consult

Contact

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Anais Nin

# INNER DISCOVERY

BodyMind Transformation



## Therapeutic Bodywork & Mindfulness Practice

with Ron Shereyk

Say something here about what all your services are in a general sense. Descriptive about taking a personal journey into your self and body.

*A journey of a thousand miles begins with a single step.*

-Lao Tzu



## Trusting the Process

BodyMind practice is a natural unfolding

Continue general service description, overall practice and benefits or maybe answer what the process is for the individual on a transformational level, etc.

*If it doesn't challenge you, it won't change you.*

-Fred DeVito



*"I was able to learn more about myself within a few hours of bodywork than I did through months of self-reflection."*

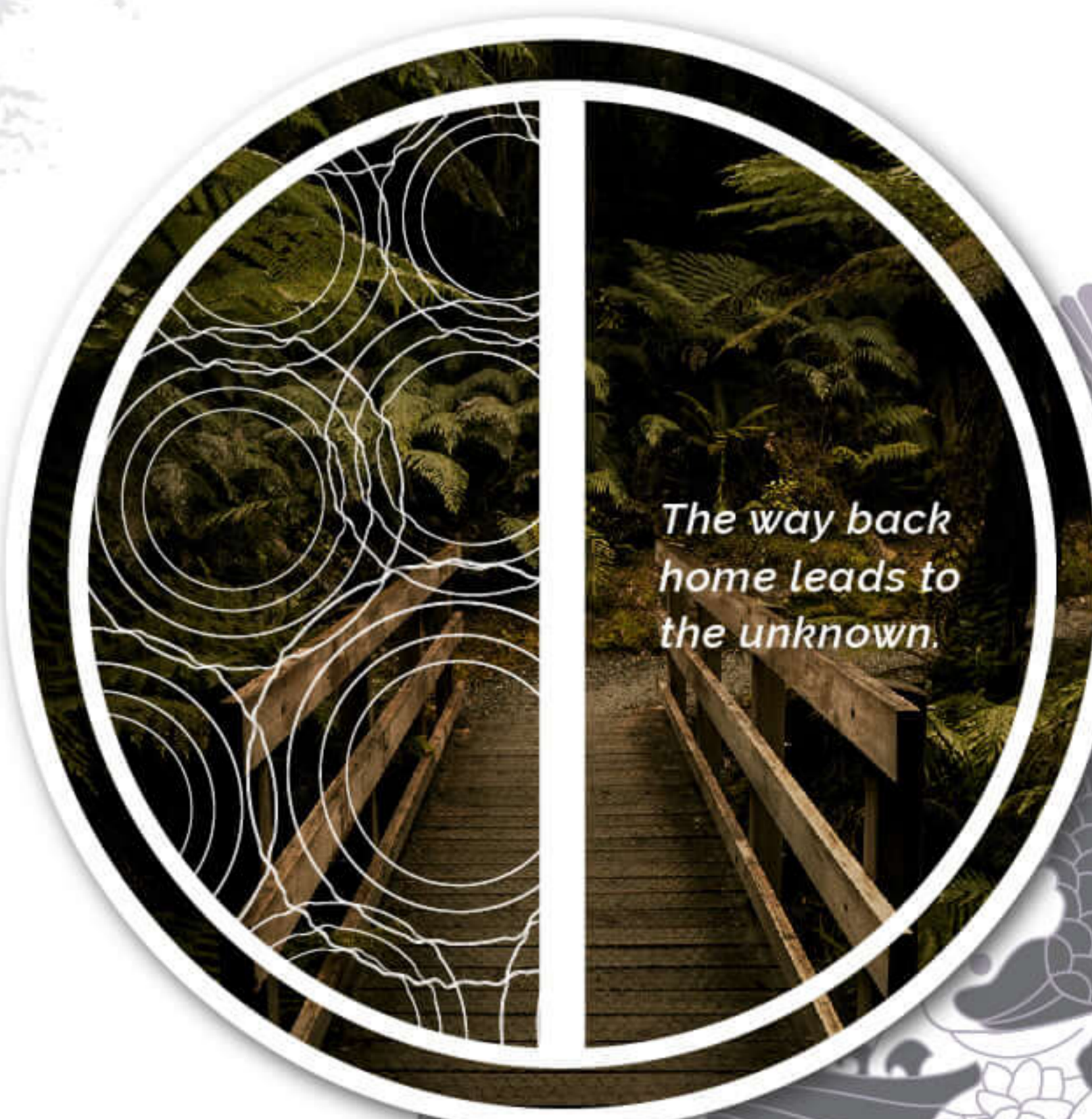
Arthur G.



## Ron Shereyk

I'm an instructor and student in mind and body disciplines, including Aikido, TRE, meditation, and other transformational practices for over 20 years.

[Learn More About My Journey](#)



*The way back home leads to the unknown.*

## Get in Touch

hello@innerdiscovery.services

Name  Email   
Message   
Send

### THERAPUTIC BODYWORK

Introductory description of service upon hover. Door Button links to individual page.

### INTEGRAL BODYWORK

### MINDFULNESS PRACTICE

## Additional Links & Resources

Resource Link  
Resource Link  
Resource Link

Resource Link  
Resource Link  
Resource Link

Resource Link  
Resource Link  
Resource Link



# JAPANESE ARTS FOUNDATION

LEARN MORE

YOU CANNOT TRAVEL THE PATH  
UNTIL YOU HAVE BECOME THE PATH ITSELF -BUDDHA

## ABOUT JAF

THE JAPANESE ARTS FOUNDATION

is a 501(c)(3) nonprofit organization dedicated to the promotion of Japanese culture and arts in the Midwest. Through the JAF, we seek to broaden understanding and appreciation for historical and contemporary Japanese arts. The JAF aims to preserve artistic traditions, while also practice and nurture innovative artistic collaborations. Our mission is to expand opportunity, education, and the proliferation of Japanese arts in Chicago through outreach to diverse communities like Chicago Public Schools, the Chicago Public Library, museums, and other philanthropic organizations.



### PROGRAMS AND PARTNERSHIP

The JAF partners with the Japanese Culture Center to host events and workshops in support of Japanese culture and the arts. The Japanese Arts Foundation programming includes Japanese arts and cultural education such as Shodo (calligraphy), Chanoyu (the tea ceremony), Suminagashi (paper marbling), sumi-e (ink painting), Ikebana (flower arrangement), Shibori (Japanese textile dyeing), and Butoh (a contemporary style of Japanese dance theater). All JAF programs are led by celebrated artists, educators, professionals in their respective field.

The JAF also organizes and supports exhibitions, scholarship, and special events exploring Japanese arts throughout the city of Chicago.

WHAT'S HAPPENING

### YATAGARASU, THE THREE LEGGED CROW

The JAF's symbol is the mythical three legged crow, known as Yatagarasu in Shinto. Yatagarasu is an expert navigator, having served as a mystical guide to the historic Emperor Jimmu, the first emperor of Japan. Yatagarasu represents divine interference in the lives of men and helping the lost to find their way. The cultural significance of Yatagarasu continues on to this day, acting as a symbolic guide for modern institutions and their goals. We hope that the JAF will play a similar role in Japanese cultural and contemporary arts throughout the Midwest and beyond.

# IN RESIDENCE

CONTRIBUTORS, LEGACY AND ARTISTS

Descriptive about residency, describe mission/intentions, what is being curated, etc... nisi ut aliquip ea. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim.

DERRICK FIELDS    IKKA NAKASHIMA    MAMI TAKAHASHI



### DERRICK FIELDS ARTIST IN RESIDENCE

The work of Derrick Fields draws from complex narratives based on African American and Japanese media, culture, and nostalgia. Fields utilizes these influences to generate contemporary works while conducting himself as an illustrator, 3D artist, and game designer. With each piece, Fields is challenged to produce layered stories that engage the viewer and empower underrepresented racial and ethnic groups.

Fields has collaborated with game designers, board game companies, and film productions. Currently, they are on their fourth development year of the upcoming indie game, Onsen Master. Fields has earned a B.S. in 3D Animation and Game Design, and has a background in Illustration and Japanese.

#### CURATED SERIES

**Manga, Animation Drawing and Game Design Workshop for Kids**

#### CONNECT

- onsenmaster.com
- @OnsenMasterGame
- @wakingoni

ALL | EVENTS | WORKSHOPS | EXHIBITIONS

### JAPANESE PAPER CRAFT WORKSHOP

JUNE 14, 2018 | 5:30 PM

This workshop guides students to make various paper crafts using traditional Japanese patterned paper, Chiyogami.

### LAST OF THE SAMURAI EXHIBITION

MAY 5-12, 2018

Historic photography exhibition featuring the Samurai from Edo and Meiji Japan on missions to the United States.

### KIMONO TO KAWAII EVENT

MARCH 3, 2018 | 5:00 PM

From Kimono to Street Style, explore Japanese fashion from the local communities who embrace and create it!

### SUPPORT JAF

We are committed to furthering the Japanese arts in our community and beyond, and hope for your support.

DONATE

### STAY CONNECTED

Sign up for our newsletter.

NAME

EMAIL

SEND

### REACH OUT

INFO@JAPANESEARTSFOUNDATION.ORG

NAME

EMAIL

MESSAGE

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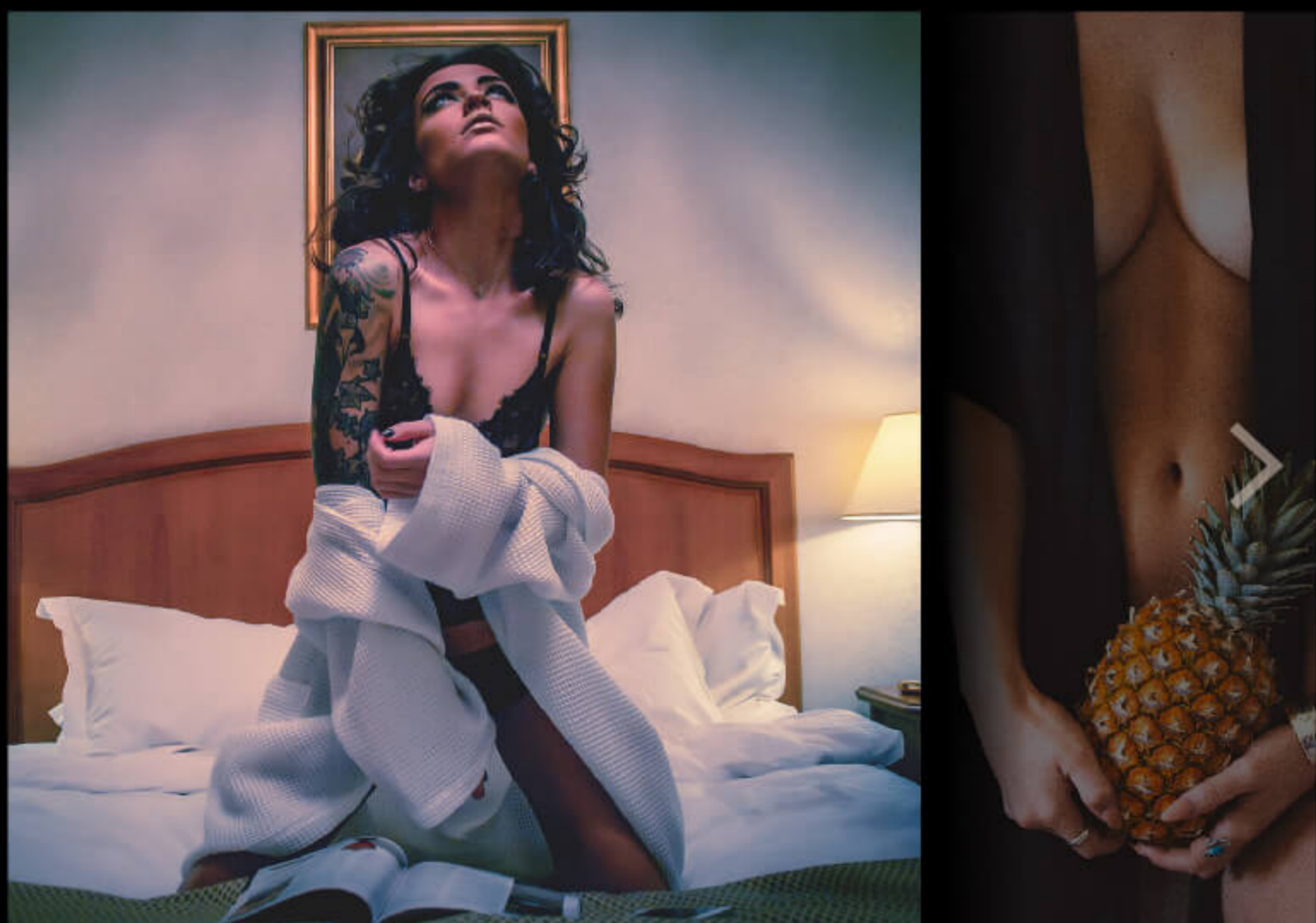
## Form

### Headline

Here can be your Artist's Statement. Sum up your vision, body of work, talk about the female form, art and taboos. Also, a place to talk about the **history of a woman's body in art.**

*"The body is to be compared, not to a physical object, but rather to a work of art."*  
-Maurice Merleau-Ponty

# FORM



Body of Work

## Body

### Headline

Here you can have an introduction to your biography as a photographer, or continue your Artist's Statement. Also, a place to mention that everything is available for print.

*"In life, as in art, the beautiful moves in curves."*  
-Edward Bulwer-Lytton

Who I Am

# BODY



## Full Gallery

# POSE

This can be a feature model area. Have a short biography, or model/shoot descriptive. To follow can be a personal quote from the model and the button links to her full gallery.

*"I am obsessed with becoming a woman comfortable in her own skin."*

Hayley Vice

## Get in Touch

hello@wonderofwomen.com

Name

Email

Message

Send