

A teal-tinted photograph of a hot air balloon in a field. The hot air balloon is on the right side of the image, floating in the sky. The foreground is a field of tall grass. The sky is filled with light clouds. A white rectangular box is overlaid on the left and center of the image, containing text.

EMILY SARAH WEGHER

MINI PORTFOLIO

FORT COLLINS, CO 80525





Emily Sarah

GRAPHIC DESIGNER

By : Emily Sarah Wegher

Fort Collins, CO 80525

443-910-7766

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EXPERIENCE

GRAPHIC DESIGNER | CURRENT

FREELANCE

Designs marketing materials including business cards, sales brochures, flyers and website content. Work includes logo design, branding, web and mobile design, as well as visual aesthetics including typeface and color selections.

DATA ENTRY CONSULTANT | 2013 - 2015

CONTRACTOR

Enterpret and digitally enter various forms of data via Sharepoint - including client information, surveys, statistics, etc. Additional responsibilities included maintaining, updating, and retrieving data.

EDUCATION

GRAPHIC DESIGN - BACHELOR OF ARTS NOV 2013 - OCT 2017

SOUTHERN NEW HAMPSHIRE UNIVERSITY

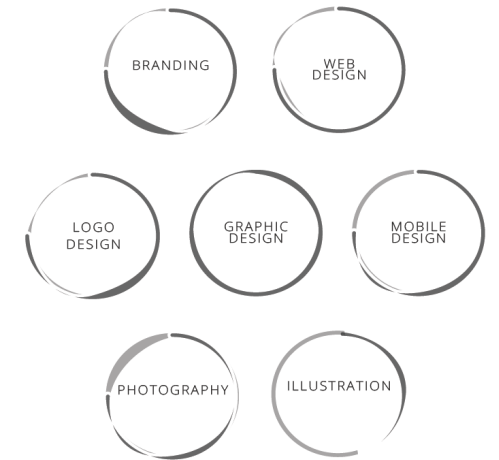
Learned and applied principles and elements of graphic design including color theory, typography, web-design, advertising, photography, print media and logo design.

INTERIOR DESIGN | 2009 - 2011

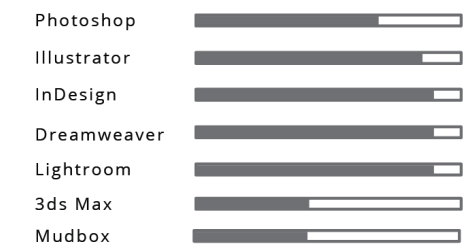
HARFORD COMMUNITY COLLEGE

Developed techniques and principles of interior, furniture, textile, and lighting design. These include hand and computer-aided design and drafting (CADD), design history, period styles, furnishings, textiles, and finishings. Basic principles of structural design, inspection regulations, and building codes were also learned.

SKILLS / SPECIALTIES



SOFTWARE



INTERESTS



HIKING

VIDEO GAMES

YOGA

Q&A with Kathryn Budig:

Great Abs, Great Books, and Great Handstands with the Yoga Instructor and Model

by Jason Wachob, mbg
Founder & CEO



.....

Yogi, Kathryn Budig's name is synonymous with handstands -- lots of them. While pursuing a BA in English and drama at the University of Virginia, she accidentally discovered a new passion: yoga. Budig's acting and new-found love of yoga led her to Los Angeles, where as a yogi she gradually evolved into teaching creative sequences that make arm balances and inversions accessible to everyone in the room. **(Doesn't she make it look easy?)**

"You will fall down. So, get back up. Dust yourself off and smile"

Budig teaches vinyasa flow yoga at Yogaworks Santa Monica, as well as to a vast pool of private clientele. She has been featured in Yoga Journal and Yogi Times, on E!, and in a documentary called Y Yoga. She is also a Southern California ambassador for Nike's 2008-09 yoga line. In addition, Budig is a co-founder of **Poses for Paws**, an organization dedicated to raising money for animal shelters through yoga.

We talk to Kathryn about everything from her favorite books to her favorite yoga poses.

MindBodyGreen: You fell in love with yoga at UVA -- can you explain how it happened? Was it a slow process, or did you have an "A-ha!" moment? What drew you to yoga?

Kathryn Budig: I actually had an "ick" moment and a persistent best friend. A fellow musical-theater friend had fallen in love with yoga and sought out the local ashtanga studio downtown in Charlottesville, where I went to college. I did not connect to the teacher at all and had no idea about physical adjustments in a yoga class, so I was convinced he was trying to get fresh with me. My friend persuaded me to try another teacher, and I immediately fell in love with her grace, beauty, and strength. It was ashtanga yoga, too (though I had no idea at the

time), and I was hooked.

MBG: What do you recommend to someone who wants to get started with yoga?

KB: Regardless of how strong or athletic you are, always start in a beginner class. It isn't about lacking the ability -- it's like going to a foreign country and not knowing how to speak the language. Try as many styles of yoga and teachers as you can, and stick with the one that makes you smile, laugh, and want to get back on the mat.

MBG: What do you love about yoga?

KB: I love the transformative power of yoga. It is the most amazing tool to get us back in line with who we are and who we want to be. Poses that ini-

tially seem exciting for physical reasons end up teaching us so much about how we treat ourselves and others, and about what kind of decisions we make. It is incredibly humbling and simultaneously thrilling and motivating. It shows us that our possibilities are limitless if we are open to tapping into our potential and shedding anything that has been holding us back. Plus, it's super-fun.

MBG: What is the best advice for someone struggling to learn an arm balance or handstand?

KB: Come practice with me! Seriously, though (and I am about the first part), remember to be patient. The physical body is important, and it is crucial to keep it healthy and strong, but we have to remember that these poses often come when we're mentally ready for them. Trust in that, and in the meantime, find your sense of humor. You will fall down. So, get back up. Dust yourself off and smile. Don't bother wasting your energy with frustration or disappointment. It's your journey and you can make it as playful and full of joy as you like.

continued on pg 99

Q&A

with Kathryn Budig:

Great Abs, Great Books
and Great Handstands
with the Yoga
Instructor and Model

by Jason Wachob,
mbg Founder & CEO

http://www.kathrynbudig.com/media_photos



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So, get back up.
Dust yourself off and smile"*

<http://stanton-company.com/>



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MBG: What are the best poses for great abs?

KB: Navasana and friends! The ashtanga style pickup and jump back will create a ton of strength and discipline. I teach my students to soften their rib cage and "control the sassy bottom." People like to stick their bums out, which takes it into the lower back and makes one lose control in the core. Try to move through every single yoga pose with awareness of the pose, and that will keep you fired up. Don't forget the Breath of Fire breathing technique -- or, best of all, laughter! You can check out my podcasts at Yoga Journal for one of my 20-minute classes dedicated to the core. They're great for everyday strengthening.

cont. pg 99

WEB DESIGN



[Menu](#) [About](#) [Contact](#)

Simply Natural Ingredients

November Promotion! Everyday after 2pm - Buy One Froyo Get One Free!

Visit a Store Today to Try our all new

Cocunut Milk Froyo



Now serving froyo for pets!



Address & Phone

374 Long South Road
Towning, SP 39742
123.234.2345

Business Hours:

Monday - Friday: 10am - 10pm
Saturday: 10am - Midnight
Sunday: 11am - 9pm



#TheYogurtCafe



[Menu](#) [About](#) [Contact](#)



Vanilla Bean

Our classic recipe includes real vanilla bean, mixed and chilled to perfection. 30 calories per ounce.

*GF, DF, NF, Vegan



Red Velvet

A delicious, chocolate and vanilla milk, with a distinct cocoa undertone. 55 calories per ounce.

*GF, NF



Strawberry Banana

A mixed fruit fusion, mixed with creamy yogurt, blended to fruity perfection. 30 calories per ounce.

*GF, DF, NF, Vegan



Coffee Caramel

A savory, sweet flavor with real coffee beans and house made caramel. 40 calories per ounce.

*GF, NF, Vegan



Toasted Marshmallow

Warm marshmallow blended with our signature yogurt crafts a distinct sweetness. 32 calories per ounce.

*GF, NF



Mango Citrus

Tropical and tangy, this bright, fruity flavor blends fresh mangoes with lemon, lime, and tangerine. 30 calories per ounce.

*GF, DF, NF, Vegan

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[Menu](#) [About](#) [Contact](#)

About Us



The Yogurt Cafe

We first opened our doors to yogurt lovers in 1998!

Yogurt is our passion. Our founders, Lily and Jack Applewhite had a dream of sharing their delicious homemade flavors with as many people as possible and the rest is history. It's been our goal from the beginning to use only the most natural and simple ingredients without sacrificing flavor. Ever since our daughter was diagnosed with a dairy allergy, we found it impossible to find tasty desserts that she could enjoy. So we decided to alter our recipes to not only cater to those with dairy allergies, but those with any food allergy. Come in today and experience our wonderful flavors for yourself!

Address & Phone

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123-234-2345

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Sunday: 11am - 9pm



#TheYogurtCafe



[Menu](#) [About](#) [Contact](#)

Contact Us

Name:

E-Mail:

*Comments:

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Address & Phone

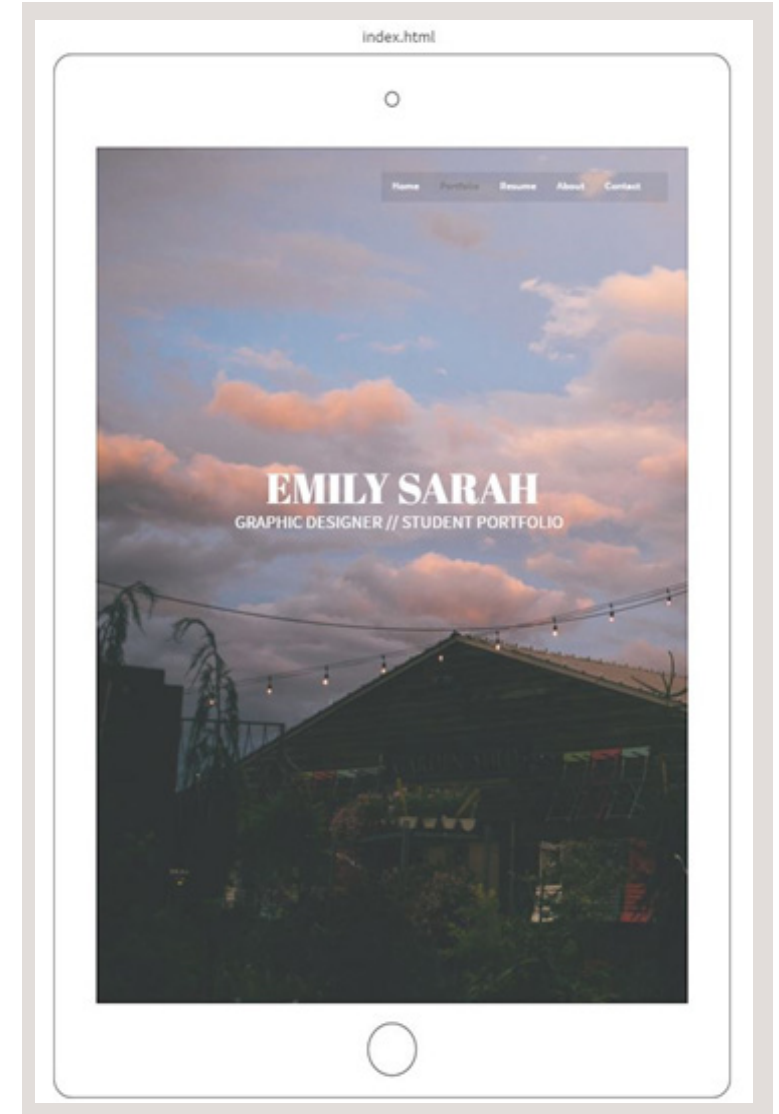
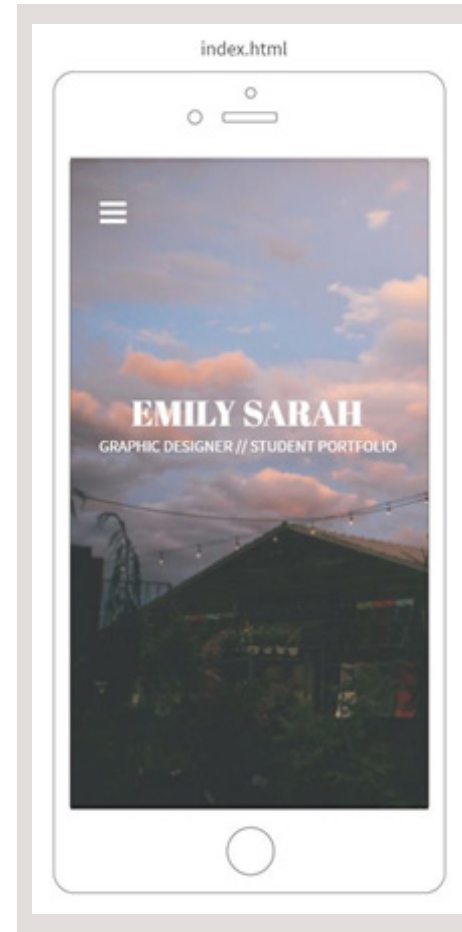
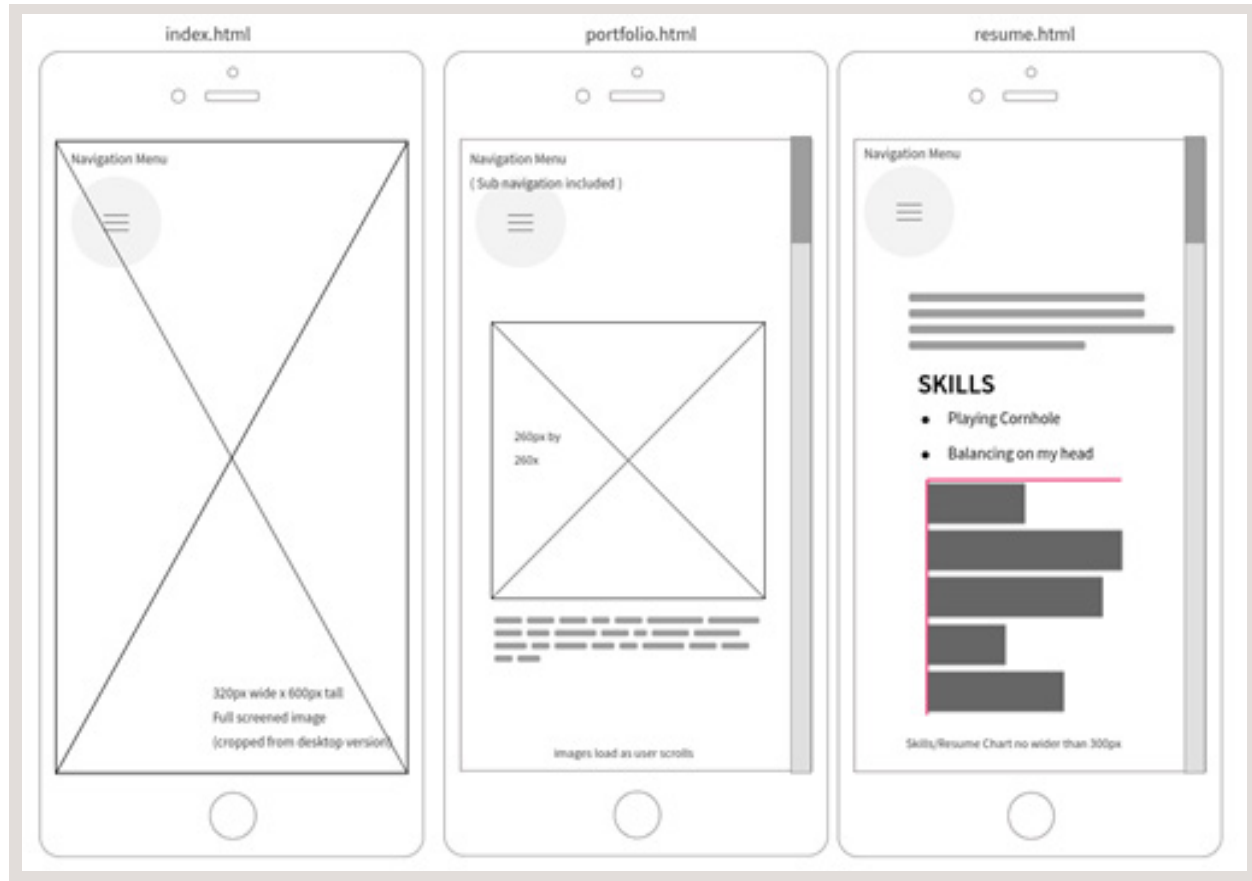
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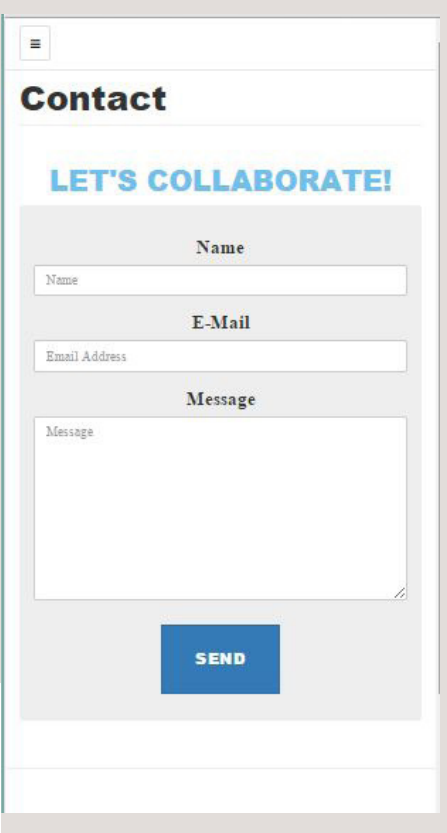
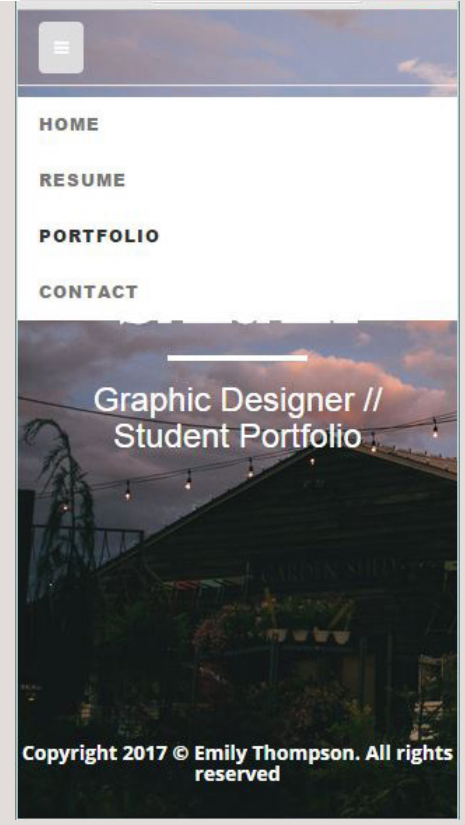
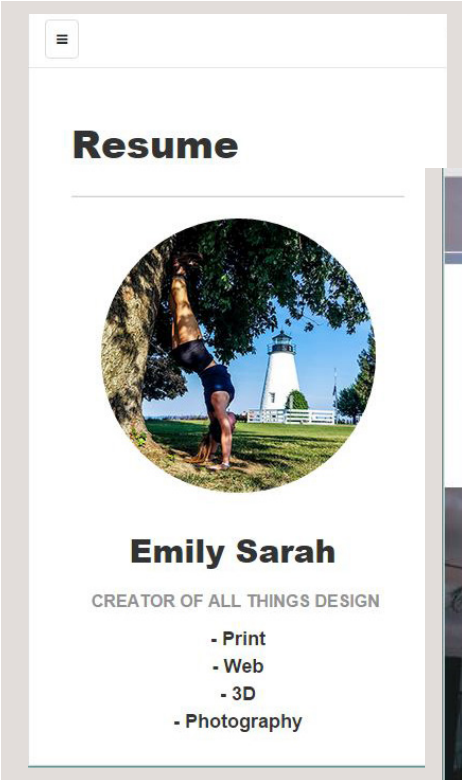
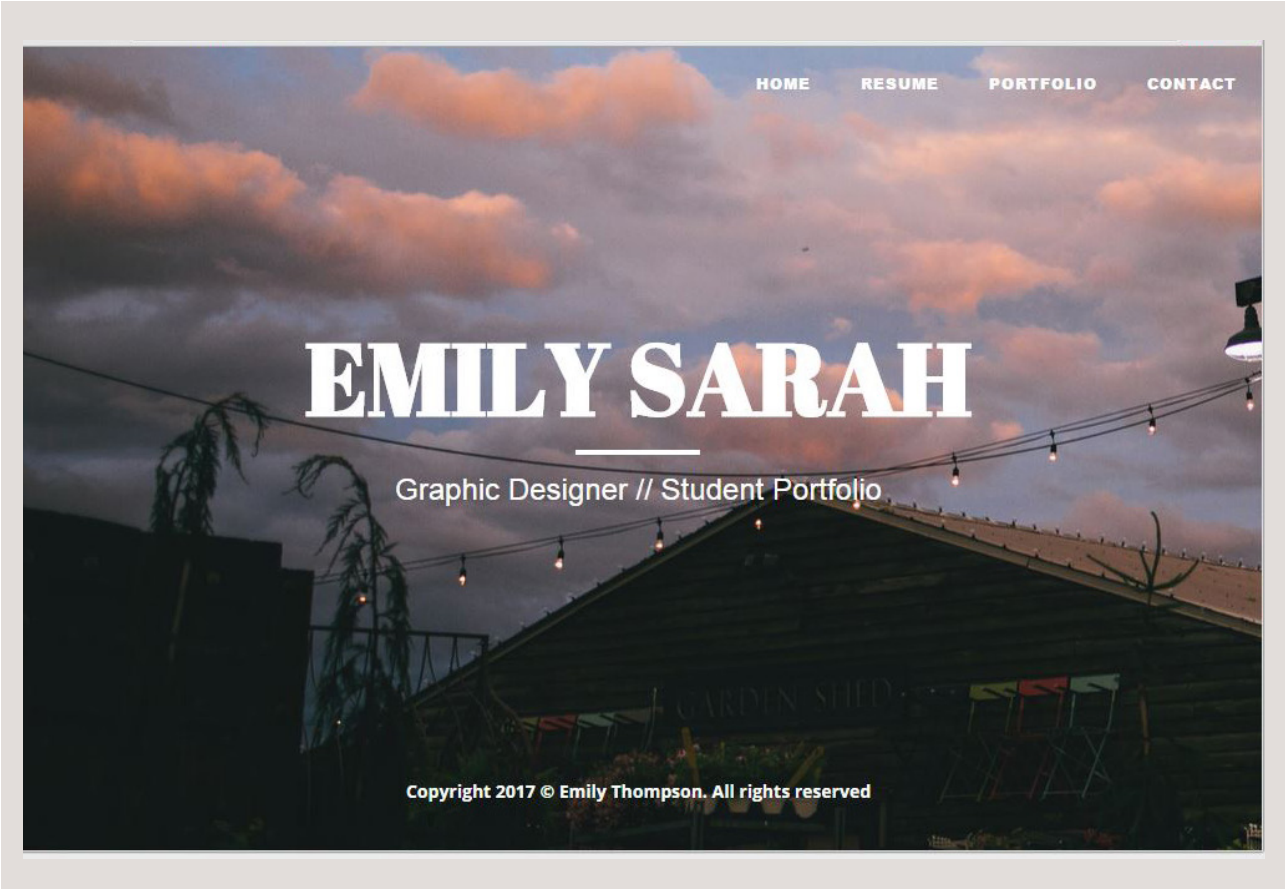


MOBILE

WIREFRAMES & MOCKUPS

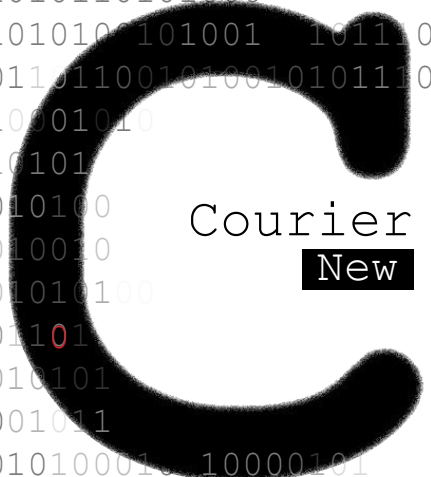
RESPONSIVE

WEB DESIGN



TYPE

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Commonly known as a typewriter, programming, and movie script font, the original Courier typeface emerged during the Information Revolution. It was designed by Howard "Bud" Kettler in 1955 and commissioned by IBM. It was later re drawn by Adrian Frutiger for the IBM Selectric typewriter series (Courier, (n.d.)).

Courier New is a monospaced font, which is a font with a fixed character width and even stroke weight.

The design was classified as a slab serif, characterized by square, thick serifs. Slab serifs are Egyptian inspired and often extremely bold, in order to grab the reader's attention (Slab Serif, 2016).

When it was initially designed, typewriter fonts were distinguished by pitch, the number of character per inch. Courier was available in two pitches: standard 12-point pica and 10-point elite (History, (n.d.)).

EST
1955

Courier New is an updated version of this typeface produced by Monotype.

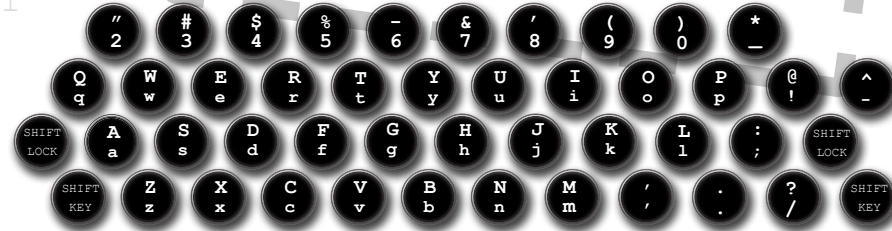
The font family includes: Courier New, Courier New Italic, Courier New Bold, and Courier New Bold Italic.

This design has a higher line space and heavier dots and commas than the original Courier.

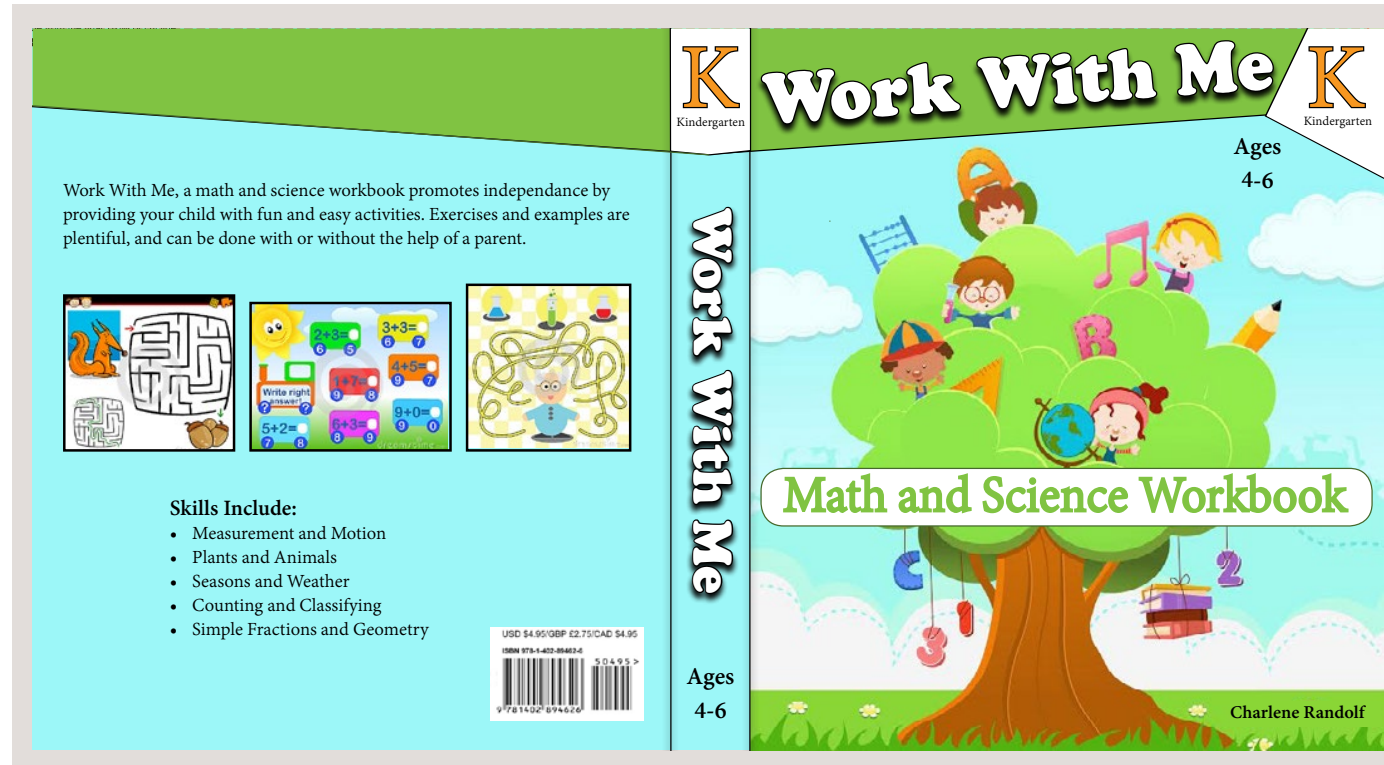
Kettler was once quoted as saying,

"A letter can be just an ordinary messenger, or it can be the courier, which radiates dignity, prestige, and stability."

(Courier typeface) , 2016)



BOOK & MAGAZINE COVERS



NEWSLETTER LAYOUT

MFA in Nonfiction and Fiction September '14

NEWSLETTER

Letter from the Director

Dear Students, Faculty and Alumni,
For this month's letter, a survey of the faculty.

What are you reading?



Merle Drown: Now and then I like to disturb the dust of a book sitting on my shelves. Sometimes after 20 pages I donate it to the local library, but Robertson Davies' novel "What's Bred in the Bone" has kept my attention. He tells the story of a seemingly ordinary Canadian of the 20th century, who turns out to have been art forger, spy, etc. The tale is double-framed and has a clever ongoing dialogue between the Angel of Biography and the daemon in charge of the hero's life. At once a social satire, a "fat" novel full of richly drawn characters and a take on the role of art in life, it's a fine blend, like good brew. You don't have to be a Canadian or even married to one to enjoy it.

Craig Childs: "Brown" by Richard Rodriguez, "Nine Horses" by Billy Collins, "The Early Settlement of North America" by Gary Haynes and about a thousand pages of

scientific journal articles about rock flakes and mammoth bones.

Leslie Jamison: I just finished reading "On Immunity" by Eula Biss, an investigation of the notion of immunization from so many angles: literature, public health, her own experience as a mother. It's a fascinating example of how nonfiction can blur the boundaries between memoir and cultural studies in really provocative ways.

Mark Sundeen: I'm reading "The End of Vandalism" by Tom Drury, which has many amazing lines. "The Greens had the sort of house that would have been better off had there been fewer construction materials available when it was built."

I just finished "Christine Falls" by Benjamin Black, a sort of Raymond Chandler/Ross Macdonald thriller set in 1950s Dublin, where instead of a private investigator we have a coroner.

It devolved into a slightly silly ending, but had so many physical descriptions I wanted to steal that I made a list: "a thatch of hair," "skirls of snow," "he knocked the top off a beer bottle," "she shucked off her dress." And this rendering of lust: "his tongue throbbled at the root."

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MFA in Nonfiction and Fiction

Newsletter

Letter from the Director Continued

Ann Garvin: I'm reading "Sea Creatures" by Susanna Daniel because she is a fantastic writer and we just went to see the musician Gregory Alan Isakov together and she gave it to me. I was embarrassed that I hadn't read it yet.

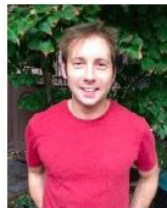
And "Zero to One: Notes on Startups, or How to Build the Future" by Peter Thiel with Blake Masters because I'm writing a book with a startup in it.

My own answer: "Can't and Won't," an occasionally brutal and consistently lovely short story collection by Lydia Davis. She's a master of the horrifying narrator. "The Dreadful Mucamas" consists of complaints about two servants who "came with the apartment." A "Dreadful Mucamas" sampler: I have told them: Please, do not make the toast until we ask for breakfast. We do not like very crisp toast the way the English do.

I said: Luisa, you cannot refer to my instructions as 'capricious and illogical.'

We do not believe they are sincerely trying to please us.

Sincerely,
Benjamin Nugent
Director, Low-Residency MFA in Fiction & Nonfiction
Southern New Hampshire University



Faculty NEWS

"They told us not to go to Mexico. Too dangerous." But they went anyway. **MARK SUNDEEN**, his bride Cedar, and their perilous honeymoon south of the border made for a great "Travel" section piece in the September 9th issue of the New York Times.

The paperback edition of "This Dark Road to Mercy" by **Wiley Cash** arrived this month, as did Wiley and Mallory's new daughter **Early Elizabeth Cash**: 5 lbs., 9 oz., on September 29th.

Parenthood is tough.

Wiley had to cancel a book signing in Southern Pines, NC. But his present self still had time to visit his past self and offer some good advice in this gotta-see-it YouTube clip.

Southern
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Newsletter

Faculty NEWS Continued

A busy **LESLIE JAMISON** published two "Bookends" columns in the New York Times: one on the dangers of a great book, and another about the taboo of sentimentality. Her new essay "52 Blue" was excerpted in Slate, and even the Alaska Dispatch News was among those publishing this profile piece on the author of "The Empathy Exams." And we won't even mention the complaints among bloggers

when that fine work was NOT among those listed for a National Book Award.

"The Dog Year" by **ANN GARVIN** topped a Huffington Post list of "Nine Books to Keep You Company This Fall." Meanwhile **KATHERINE TOWLER** was included in a Huffington column on "Six Pieces of Writing Advice from First-Time Writers Over Forty."

CRAIG CHILDS published an essay on how to begin a journey in Adventure

Journal, and his work was cited in NPR Radio Lab pieces on "the objects around us" and "souls tumbling in light."

BENJAMIN NUGENT is interviewed along with his sister, Pulitzer Prize-winning dramatist Annie Baker, in the current issue of Tin House. And **ROBIN WASSERMAN** is among the best-selling authors signed to write books for "Voyagers," a forthcoming multi-platform Random House series for middle grade readers.

Student and Alumni

NEWS

"I kissed my monitor when I saw it." So says visiting faculty member **JAMI ATTENBERG** (in New York Magazine) about the cover design for "Saint Mazie," her follow-up to "The Middlesteins." This second novel is due out in June, 2015, and it's based on the life of Mazie Phillips, a tough theater-owner who became known as the Queen of the Bowery for her efforts to help homeless men during the Depression. This month Jami also published a spooky essay in The Hairpin about a night in Utah's Devil's Garden.

GIBSON'S BOOKSTORE in Concord. Gibson's won the 2014 Independent Spirit Award from the Book Publishers Representatives of New England. The award was presented at a trade show in Providence.

And good news from former student **ALEX MCGUIRK**, who has enrolled in a graduate psychology program. "I haven't stopped writing or imagining things to write," Alex said. "The SNHU family has only helped to fuel my writing passions, and my love for expressing myself in ink."

Kudos to our friends at

Southern
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MFA in Nonfiction and Fiction

Newsletter

Student and Alumni

NEWS Continued

A pat on the back to **MICHELLE BEAUDOIN '16**, whose short story "Jump," about a big waterfall and too much bravado, appeared this month in the Penmen Review. Meanwhile **JOHN VERCHER '16** began teaching English 100 as an adjunct at Pennsylvania's Chestnut Hill College, and has already been invited back for another semester.

Among alumni, both **ANDREA CROSSLEY SPENCER '11** and **TIM DEAL '11** have short stories appearing next month. Andrea's story "Limb By Limb" will appear in the Cumberland River Review, and Tim's story "Compound Problems" will appear in Shotgun Honey.

Book readings/signings are on the calendar for **LISA BRAXTON '10** and **MIKE HANCOCK '08**. Lisa will sign "Chicken Soup for the Soul: The Dating Game" at Bestsellers Cafe in Medford, MA. on October 5, and Mike will sign "Fallen" at the Barnes & Noble in Lubbock, TX, on November 22.

Among comic book authors, winning a Xeric Award was like winning a Bingham First Novel Award in fiction. The Xeric was discontinued in 2012, but **LIZ PLOURDE '09** was among the last round of winners. Her comic "How I Made the World" hit the stands in June, to rave reviews

and some press in places like the Boston Globe as well. Liz also teaches at Mt. Washington College, and just won a faculty award for excellence in teaching as well.

PRATIMA CRANSE '12 is now able to announce a firm publication date for her debut YA novel, "Last Streetlamp". October 22, 2015, out from Viking Penguin. Save the date. And **KELLY STONE GAMBLE '12** was on Zompialoalo Radio on September 5 to discuss her novel "They Call Me Crazy," forthcoming from Red Adept.

The Polish edition of "Relentless: The Book of Sepultura" by **JASON KOROLENKO '12** appeared in September. **REBECCA MAHONEY '11** begins teaching at Northeastern University this fall. And if you think **EVERLY**, the infant daughter of **KARA POGUE '11** is cute, the

editors of Parents Magazine agree. Kara and Everly are featured in an ad in the September issue of Parents.

Don't forget to send your breaking news to rcarey@snhu.edu.

Master of Fine Arts in Fiction and Nonfiction
Administrative Director:
Lisa Janicki
Email: mfa@snhu.edu
Phone: 603.626.9100 x 2540

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COLLAGE

