

SARAH GERSTENBERG

4449 Sherylwood Dr.
Port Arthur, TX 77642
sarah@freshwaterpearlsdesign.co
409.365.4323

As a former homeschool student, Sarah loves to search things out for herself. This has made her a resourceful life learner and eager listener. Her dedication to creative problem solving and careful understanding of client needs set her apart from peers.

Whether through design, illustration, or audio/visual productions, Sarah seeks to communicate with people on various platforms and for causes that matter. The heart of this passion springs from a love for God's truth and a desire to glorify Him in this world.

Currently, Sarah is finishing her BA in Graphic Design and Media Arts at Southern New Hampshire University. However, before pursuing a degree in design, she had the opportunity to use her talents for various projects.

Some of Sarah's earliest published work were designs for marketing campaigns of Hope Women's Resource Clinic, a local non-profit organization. These creations included Vision for Victory, Aim for Life and Hero for Hope.

She designed gerstenberg.clinic's Elite Health logo and brand materials, as well as the Lower Extremity Clinical Trial marketing materials. She also produced a series of informational videos for patients to view in the waiting room and memes to be used on social media. Sarah had the opportunity to intern with First Liberty Institute in the marketing department. She re-designed the First Liberty newsletter, created almost 70 memes to be used in social media, and worked with the legal team to create labels for a series of shadowboxes containing different briefs First Liberty has written. Sarah has also done audio work, most notably a 10-hour audiobook titled "The Tethered World". For this project, she was the narrator, producer and had to distinguish over 20 characters with her voice alone. Being on the leadership team at Lamar University's BSM has given opportunities to use design skills on T-shirts and bulletin boards. Though an active learner, Sarah also seeks venues to pass these skills on to others as she is involved in her church and community.

COMMUNITY INVOLVEMENT:

Docent for McFaddin-Ward House Museum
Volunteer at Hope Women's Resource Clinic
Piano Teacher at PianoScope Studio
Keyboardist at Ridgewood Church
Leadership team at Lamar University BSM

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EXPERIENCE:

gerstenberg.clinic

Office Assistant – 2014 to Present
Elite Health logo, flyers, signage, business cards
Research and writing copy for patient informational videos
Production of patient informational videos
Designed and produced patient video interview/documentaries
Development of HeartSmart branding, with marketing items and clinical forms

First Liberty Institute

Graphic design intern, marketing department – July 2016
Donor newsletter
Plaque for appreciation award
70 memes for social media marketing
Labels for shadowboxes

Hope Women's Resource Clinic

Volunteer – June 2013 to 2016
Logos & branding for multiple fundraising events
Member of planning committee for fundraising events

EDUCATION:

BA Graphic Design and Media Arts (2017)
Southern New Hampshire University

SKILLS:

Adobe Creative Suite (Photoshop, Illustrator, Premeire Pro, Audition)
Logo design, branding, desktop publishing,
Video/audio production and editing

福 | TOWN

THIS IS A PLACE WITH
COUNTLESS POSSIBILITIES
IN EVERY MOMENT

THIS IS A PLACE THAT
BRINGS FINE DINING TO A NEW
CLASS OF ELEGANCE

A PLACE THAT FITS
YOU PERFECTLY AND EVEN
EXPANDS HORIZONS

THIS IS YOUR **FORTUNE**

THIS IS YOUR
TOWN

LONDON
BEIJING
NEW YORK
SAN FRANCISCO



APPETIZERS

GINGER SHRIMP
Dum Sum Shrimp and Pork Meatballs
with Sesame-Ginger Sauce • 13

LETTUCE WRAPS
Flavorful ground Tofu (or Beef) and Stir-
fried Vegetables in Bibb Lettuce Wraps
• 12

KEBABS WITH BOK CHOI
Sweet and Spicy Sesame Chicken Kebabs,
served with rice and seared
baby bok choy • 12

SPRING ROLLS
Fresh Shrimp with vegetables in a
Rice Paper Wrap • 12

SHITAKE DUMPLINGS
Succulent Roasted Duck and Shitake
Dumplings and a Crunchy Water
Chestnuts • 15

SHANGHAI PANCAKES
Pan-fried flatbreads are crisp outside,
flaky inside, and rich with the flavor of
scallions, cilantro, and sesame • 12

PORK POT STICKERS
Pan-Fried Dumplings that are Crunchy
on the outside and Juicy Pork and
Cabbage inside • 14

BEEF

GINGER FILET MIGNON
Filet Mignon Cooked in a Ginger Scallion
Broth with Wasabi Dipping Sauce • 41

IMPERIAL WAGYU BEEF
Cooked in a Ginger Scallion Broth with
Wasabi Dipping Sauce 20 per oz.

SHITAKE SIRLOIN
Wild-Seared New York Sirloin with Shi-
take Mushrooms and Szechuan Potatoes
• 40

WASABI FILET MINGON
Wasabi Crusted Filet Mignon with
Tempura of Onion Rings • 45

FISH AND FOWL

PEKING DUCK
Our elevated version of traditional Peking
Duck served with Jasmine Rice • 45

KAFFIR RED SNAPPER
Grilled Red Snapper with Steamed Bok
Choy and Ginger, Kaffir Lime Vinaigrette
• 36

SWEET ZING CHICKEN
Must Honey Chicken stir-fried with
Mushrooms, Fingerling Potatoes and a
variety of Onions • 35

VEGETARIAN

BEANS AND BROCCOLI
Chinese Broccoli with Black Bean Sauce
• 13

MANDARIN SALAD
Gai Lan, Romaine and Arugula with
candied Cherries and Mandarin Oranges
• 14

DESSERTS

GINGER PEAR CONGEE
Our spin on ages-old Chinese Rice Pudding
Succulent and smooth, this is an experience
you won't soon forget! • 12

FUJI APPLE BLOSSOMS
Crispy Apple Blossoms served on Tahitian
Vanilla Bean Ice Cream • 10

DRINKS

CHAMPAGNE
Veuve Clicquot, Extra Brut, France 2012 • 12

ROSE CHAMPAGNE
Charles Heidsieck, Rose Brut, France 2012 • 11

VOUVRAY SPARKLING
Christophe Thérage, Les Vallées, France 2012 • 10

GRÜNER VELLINER
Hermann Josef, Raritätenberg, Germany, Austria 2012 • 10

CHARDONNAY
Bordeaux, France, Hugué, Eden Valley, California 2012

MALBEC
Finca Las Brisas, Buenos Aires, Argentina 2012 • 11

PINOT NOIR
Petaluma, Sonoma, California 2012 • 10

CINSALET SYRAH
Laurenz, Mendocino, USA, 2012, France 2012 • 11

TSING TAO BEER
45

EliteHealth



K. Paul Gerstenberg, D.O., P.A.
409.210.3336
Live well... LONGER!

EliteHealth



The Cenegenics Elite Health Program

is a proactive lifestyle plan designed to help prevent age-related diseases and symptoms of declining health, often labeled as "getting old".

The **highly-customized** treatment plan consists of 3 key components:

- 1 Balanced Lifestyle Program**
to assist with weight loss based on health history forms and your physician consultation.
- 2 Nutritional Supplementation**
based on documented nutrition deficiencies.
- 3 Hormone Optimization**
based on hormonal deficiencies and clinic symptoms. We offer BioTE, a body-identical hormone therapy, to help improve energy, muscle strength and greater ability to lose weight; increase mental clarity; and feel younger and happier again.

Many patients have noticed results in as little as two weeks on our innovative, customized programs

**Talk with Dr. Gerstenberg, your Cenegenics Affiliate Physician
to schedule your Elite Health Evaluation today!**



CENEGENICS
ELITE HEALTH



SUFFERING?

- Lower extremity chronic pain
- Burning, stinging, or painful feet
- Numb feet
- Restless legs syndrome
- Poor balance
- Lower leg swelling
- Chemo-induced painful feet
- Peripheral vascular disorders
- Dialysis-induced painful feet

RESET SENSITIVITY IMPROVE CIRCULATION

Reset the sensitivity of the pain fibers for long-term pain relief.

Retrain the small nerve fibers to respond correctly.

Improve circulation to keep nerve fibers functional after they are working properly

LEG AND FEET PAIN may be the result of the small nerve fibers in the feet slowly dying off or poor circulation. **gerstenberg.clinic** is engaging in a **CLINICAL TRIAL** that aims to target these factors.

All office visits, interventions, and diagnostic nerve studies are
COVERED BY MEDICARE.

Also covered by Medicare replacement plans, Cigna HealthSpring, TexanPlus, BlueCross Medicare, Humana Medicare, and ALL other Medicare advantage plans, etc
Sorry, not including Tricare, USFHP, Champus/VA or commercial insurance.

THE PROTOCOL:

MIRE (infrared light) therapy to increase your peripheral circulation by up to 400%

TENS (electrical) therapy to retrain your nerve endings to work correctly

Nerve blocks (chemical) to control pain and reset nerve sensation toward normal

IF YOU SUFFER FROM ANY OF THESE SYMPTOMS, and are Medicare-eligible CONTACT US TO SEE IF YOU ARE A CANDIDATE FOR TREATMENT.

TREATMENT SCHEDULE

- The first 2 visits are to see if you qualify by doing PAINLESS nerve studies.
- The treatment visits are Monday-Wednesday-Friday for 4 weeks.
- Each lasts 1 1/2 hours. You get MIRE, TENS and nerve blocks each visit.
- Midway, and at the final 2 visits we will reassess with nerve studies.
- If the nerve study reveals normal function or you're satisfied with your pain relief/overall improvement, you are discharged.
- If the nerve study reveals persistent issues, or pain is still not improved, you may continue therapy.
- After cycling through the 4-week series twice, we stop all interventions and let your body respond over time.
- Follow-up studies are done at 3, 6, & 12 months for continued monitoring.

gerstenberg.clinic

K. Paul Gerstenberg, D.O. • Brandi Wright, FNP-C

409.210.3336

— MEDICARE-ELIGIBLE CLINICAL TRIAL —

ClinicalTrials.gov

National Clinical Trial #01979367

LOWER EXTREMITY
CHONIC PAIN

LOWER LEG
SWELLING

BURNING,
STINGING, PAINFUL
OR NUMB FEET

K. Paul Gerstenberg, D.O.
Brandi Wright, FNP-C

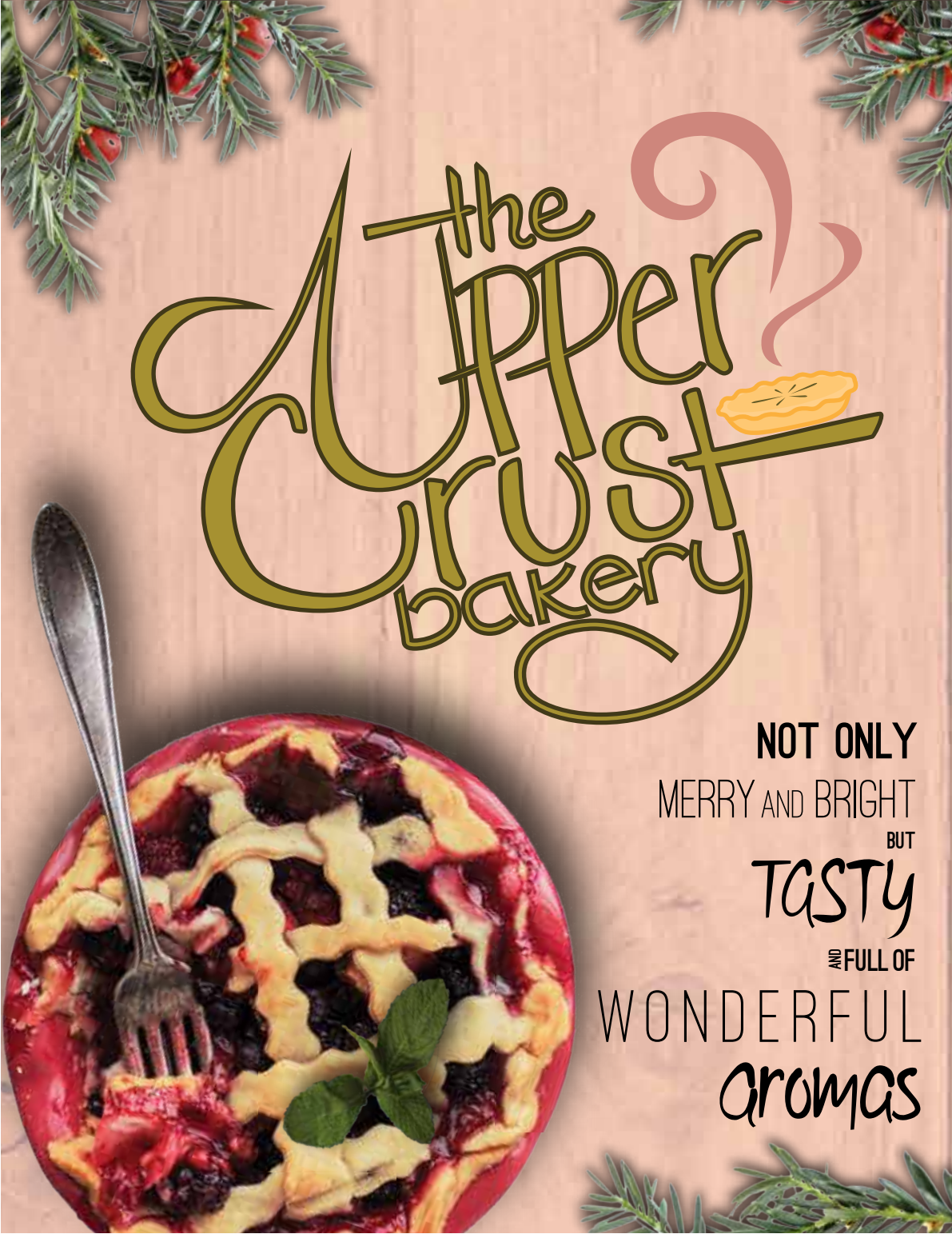
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— MEDICARE-ELIGIBLE CLINICAL TRIAL —
2645 Nail Street • Port Neches

409.210.3336

Call to see if you
qualify for the clinical trial

National Clinical Trial #01979367



WEB AND MAGAINZE AD CHRISTMAS CAMPAIGN

YUZI

Fall 2016

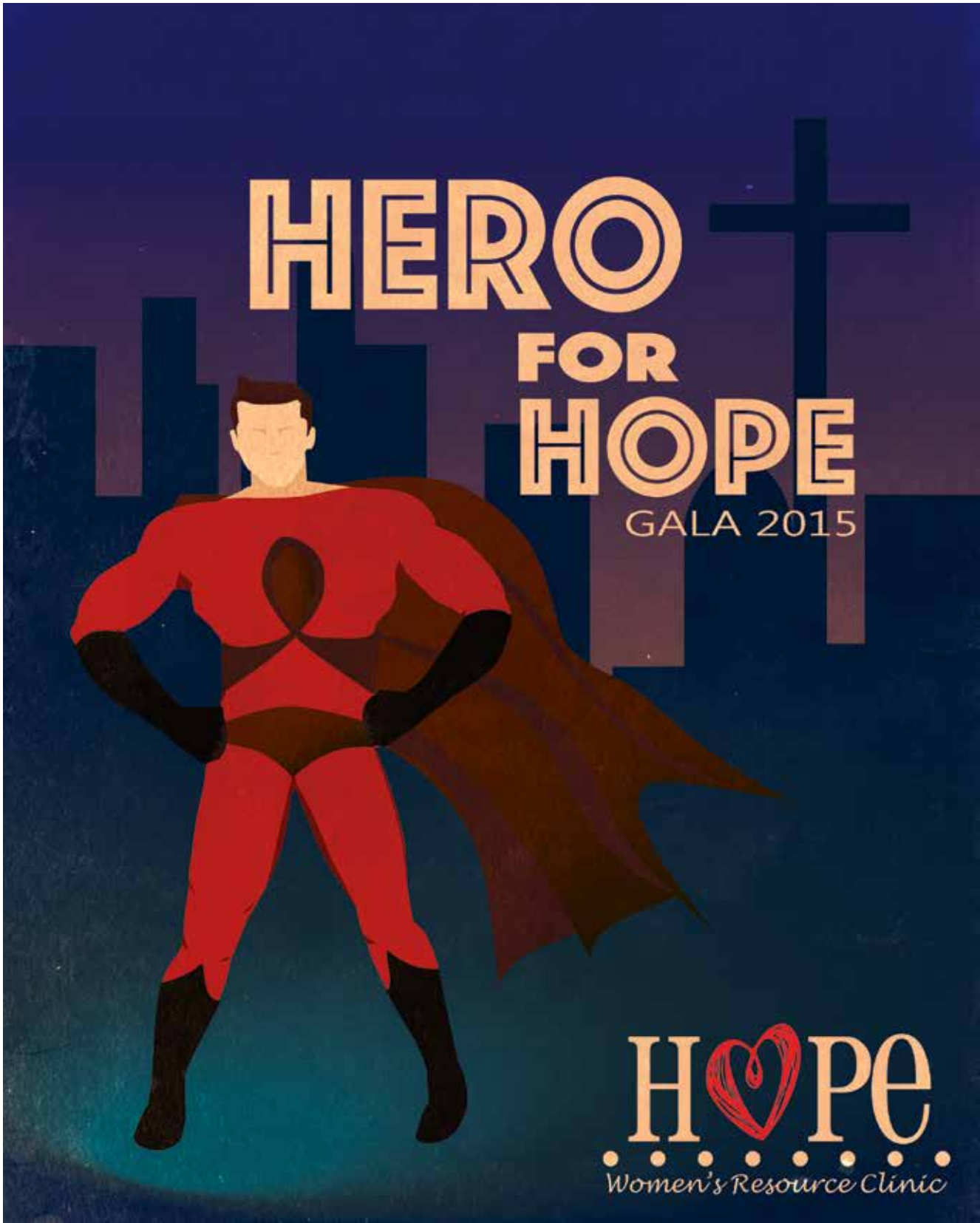
30 ways
to wear an
Infinity Scarf

Fashion Tips
from
Audrey

Matching
Boot Styles
to outfits

Pumpkin Spice Lattes
vs. Chai Lattes
what do they really have in them?





ORIGINAL ARTWORK FOR THEMED GALA

★★★
HAPPY
U.S. COAST GUARD
DAY



"To save our country from the hands of our oppressors ought to be dearer to us than our lives, and next [to] the eternal salvation of our souls, the thing of greatest importance - a duty so sacred that it can not be dispensed with for the sake of our secular concerns."

- John Jay, West, Dartmouth, Election Sermon of 1774

StandWithOscar.com



THANK YOU FOR YOUR SERVICE

"I MUST STUDY POLITICS AND WAR THAT MY SONS MAY HAVE LIBERTY TO STUDY MATHEMATICS AND PHILOSOPHY."

- Pres. John Adams



THANK YOU FOR YOUR SERVICE

"I HAVE NEVER ADVOCATED WAR EXCEPT AS A MEANS OF PEACE."

- Pres. U.S. Grant



THANK YOU FOR YOUR SERVICE

"TO BE PREPARED FOR WAR IS ONE OF THE MOST EFFECTUAL MEANS OF PRESERVING PEACE."

- Pres. G. Washington

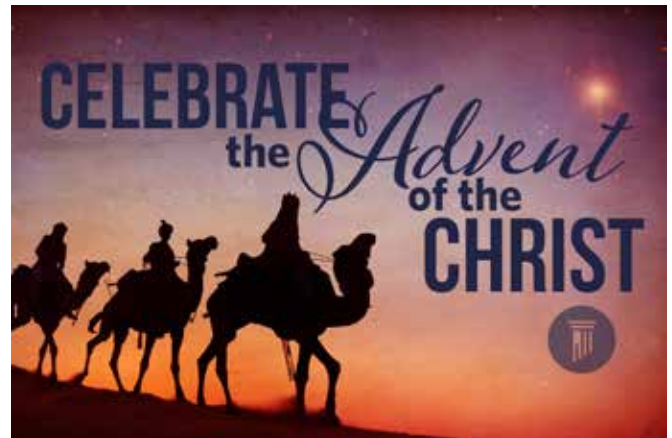


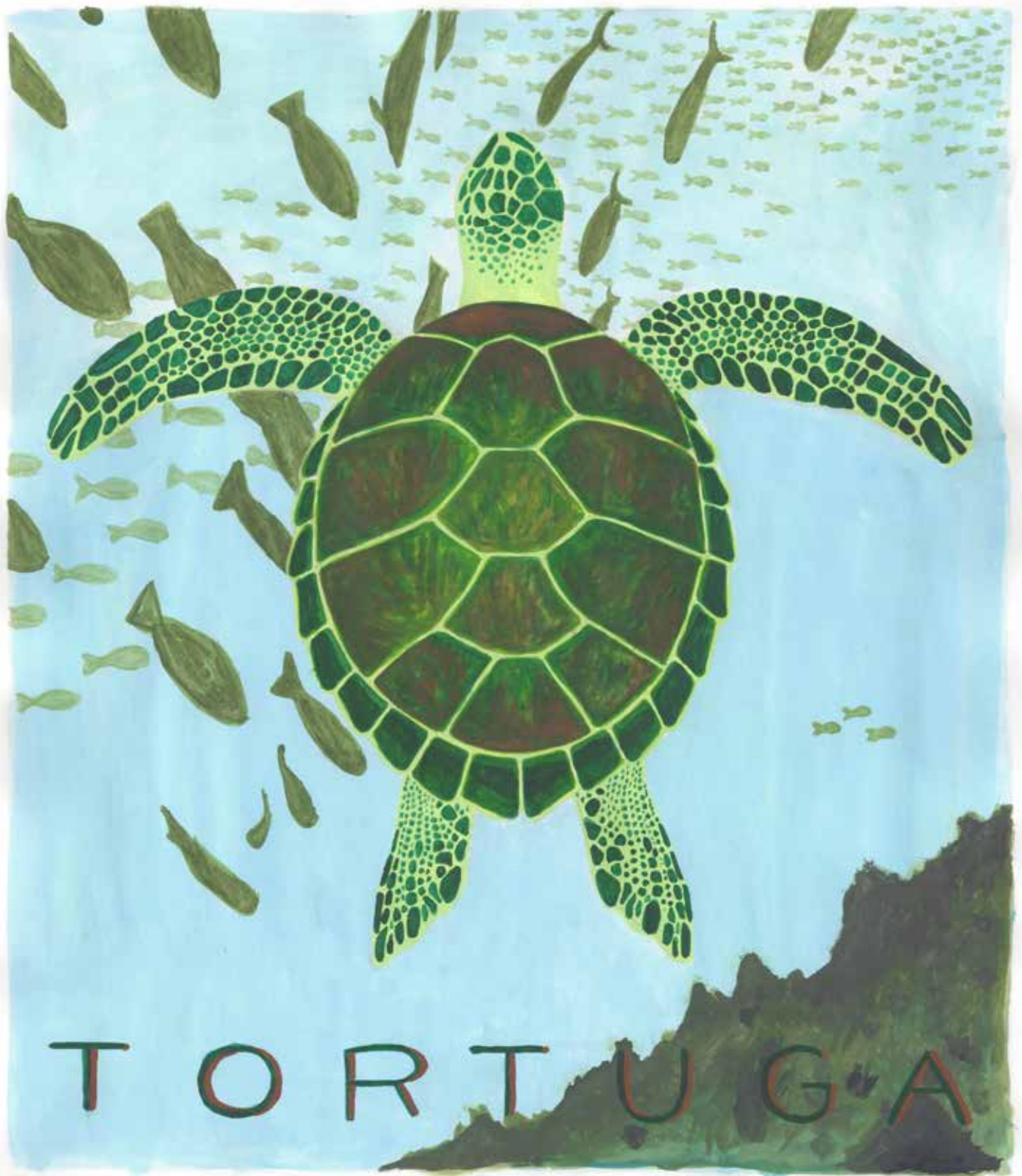
THANK YOU FOR YOUR SERVICE

"THE COST OF FREEDOM IS ALWAYS HIGH, BUT AMERICANS HAVE ALWAYS PAID IT. AND ONE PATH WE SHALL NEVER CHOOSE, AND THAT IS THE PATH OF SURRENDER, OR SUBMISSION."

- Pres. J.F. Kennedy

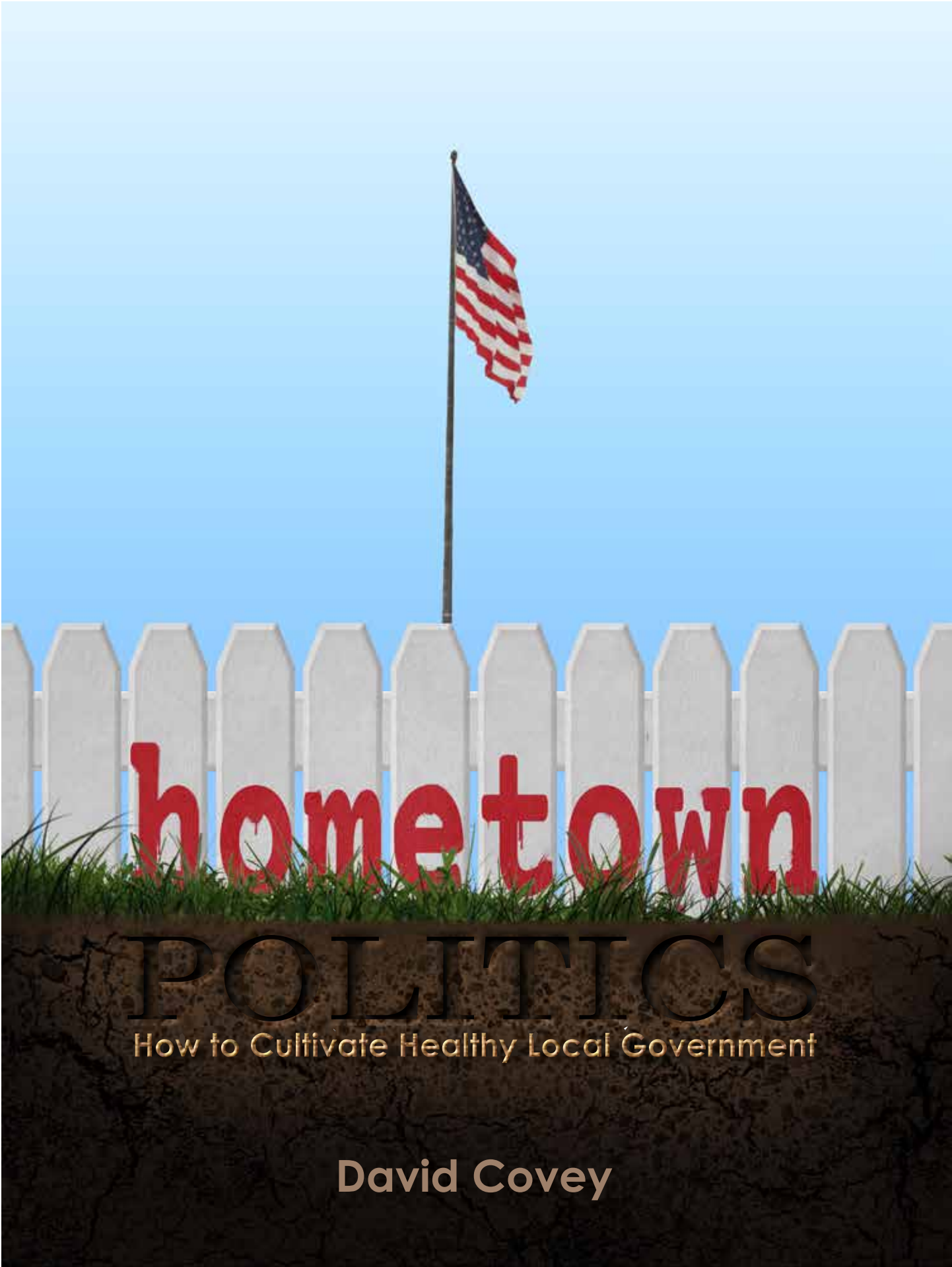






PAINTING SAMPLE



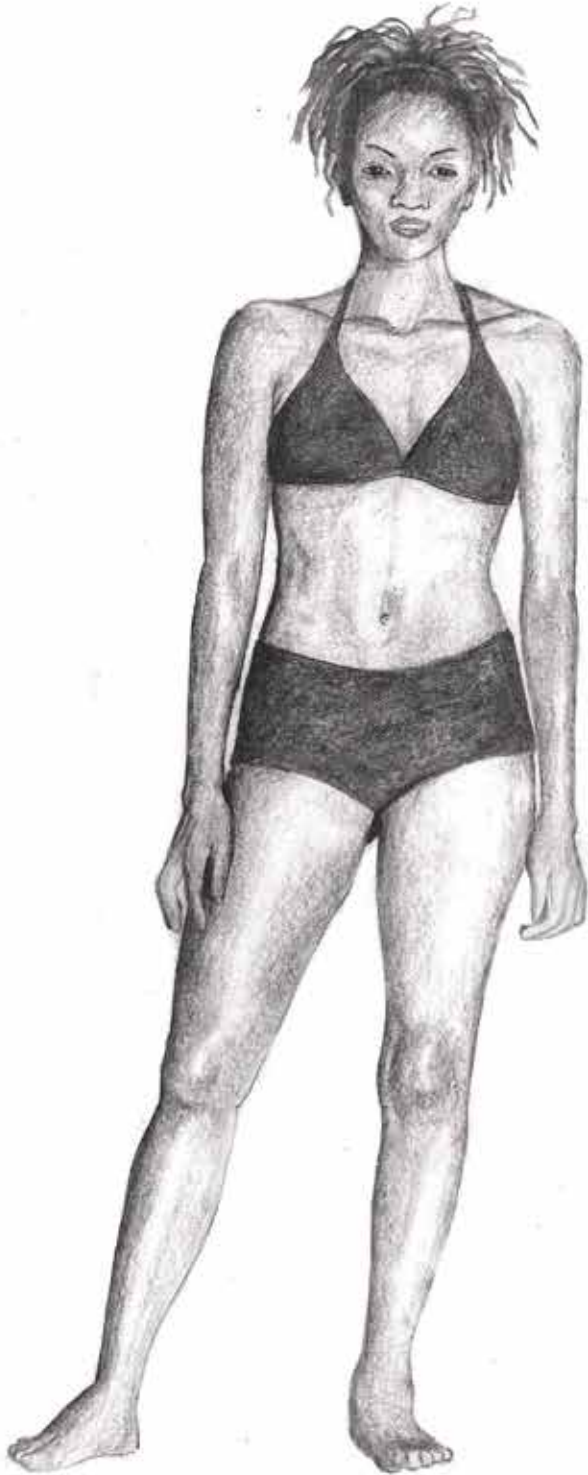


hometown

POLITICS

How to Cultivate Healthy Local Government

David Covey





PORTRAIT FROM PHOTOGRAPH