

Professional Experience

Arden's Garden, Atlanta, GA

Office Assistant October 2010 – present

Design flyers and pamphlets with information about products. Format documents for government and file-keeping purposes. Assist customers in stores and over the phone.

Human Rights Watch (HRW), New York, NY

International Film Festival Outreach Consultant May 2010 – June 2010

Previewed Festival films to identify themes and implemented outreach effort to target viewer organizations and demographics. Used social media contacts, email/e-flyers, phone calls, and flyer distribution with photos, film synopses, screening times, and information about HRW.

International Film Festival Intern February 2009 – January 2010

Coordinated submission process for the Festival's youth-produced film program Youth Producing Change. Established database for supporter contact information and history.

Tribeca Film Institute, New York, NY

Tribeca All Access (TAA) Intern February 2010 – May 2010

Entered filmmaker and film information into restricted online database for access by film industry persons. Managed guest lists and itineraries for TAA events and meetings.

Art in Action, Menlo Park, CA

Program Developer Summers 2002 – 2008

Increasing responsibilities over the years: Created database of sources and coordinated acquisition of copyright permissions for artwork. Negotiated reduced rates or free rights for art to be included in curriculum of non-profit art education organization. Illustrated concepts, vocabulary, and skills in online animated versions of curriculum. Edited text and clarified themes in printed program. Ensured consistency of curriculum book layout design.

Aperture Foundation, New York, NY

Development Work Scholar Intern September 2007 – May 2008

Orchestrated mailings and handled varied assignments before and during annual benefit to ensure it ran smoothly. Set up artist's works for salon events at board members' homes and served as a hostess to provide information about Aperture. Performed tasks as receptionist for the front desk.

Additional Experience

Introductory Photography Instructor – Robert Mapplethorpe House, NY Fall 2009 – Spring 2010

Displayed Artist – Calumet Photographic, New York, NY April 2010

Displayed Artist – Gulf & Western Gallery, New York University February – March 2010

Photography & Imaging Senior Catalog – Tisch School of the Arts, New York University Fall 2009

Displayed Artist – Joyce Gordon Gallery, Oakland, CA Summer 2007

Skills

Expert with Photoshop, InDesign, Microsoft Office, Outlook. Skilled with Filemaker Pro, Adobe Flash, Illustrator, Acrobat, HTML, CSS.

Education

Tisch School of the Arts, New York University (New York, NY) Bachelor of Fine Arts – May 2010

Major in Photography & Imaging

American University in Cairo (Cairo, Egypt) Semester abroad – Fall 2008

Studied Arabic (MSA and Colloquial) and International Human Rights Law

Interests

Human Rights and human trafficking activism, movies, cooking, crocheting, belly dancing

Flyers

At Arden's Garden, I was asked to redesign pamphlets with information about their products and the benefits of fresh juice.

A Grand Slam:

1oz Wheatgrass

1oz Ginger

1oz Lemon

1oz Cranberry

Reasons our customers enjoy a
Grand Slam:

to fight flu symptoms
for an immunity boost
for an energy boost
to assist weight loss
to treat hangovers
to treat illnesses
to detoxify
to feel good

and most of all, because it's fun!

**Treat yourself
to a Grand Slam for
\$3.99!**



East Point: 3113 Main Street
404-209-1200

Kirkwood: 2005 Hosea Williams Drive
404-377-9393

Buckhead: 3757 Roswell Road
(near Johnny's Hideaway)
404-844-4477

Little 5 Points: 1117 Euclid Avenue
404-827-0424

Midtown: 985 Monroe Drive
(at 10th and Monroe)
404-817-6624

Midtown: 90 Peachtree Place
(behind the Margaret Mitchell house)
404-477-6999

www.ardensgarden.com

Private consultations are available by appointment.

What's a Grand Slam?



fresh juices and smoothies



Wheatgrass

Why is it so important?

It's a live food. The wheat berry is packed with nutrients including vitamins, minerals, and amino acids. It is naturally rich in vitamin C and B, both of which build our immune systems and enhance healthy skin and teeth. Wheatgrass contains 92 of the 102 valuable minerals found in soil, including calcium, iron, magnesium, phosphorus, potassium, sodium, sulfur, cobalt, and zinc. This nutrient rich grass also contains 17 amino acids, which our bodies use to build muscle tissue, repair cells, and clot blood.

Wheatgrass' chlorophyll is perhaps its most valuable asset. It has complete proteins with about 30 enzymes and approximately 70% crude chlorophyll. It has proven very effective in healing chronic disorders, and has been shown in studies to have a cleansing, detoxifying, and healing effect on the body.

It's an energizer. 2 ounces of fresh wheatgrass juice has the same amount of vitamins and minerals as 5 pounds of fresh organic produce. On an empty stomach, wheatgrass juice is assimilated into the bloodstream in less than 10 minutes, and the vitality lasts throughout the day.

It's a builder. Chlorophyll has a similar chemical makeup to hemoglobin, differing only in the central atom. It builds red blood cells, normalizes high blood pressure, stimulates healthy tissue growth, and improves circulation.

It's a cleanser. Wheatgrass is an effective aid to relieve constipation, clean out bacteria, and act as a disinfecting agent. It helps wash drug deposits from the body, purifies the blood and organs, and counteracts acids and toxins in the body. It also helps remove toxic heavy metals such as lead, mercury, and aluminum that are stored in the body's tissues. These deposits can upset the electrical impulses of the brain causing many mental and physical disorders.

It's a healer. Wheatgrass juice's strong detergent properties help drain the lymph system, which gathers toxins from the body's cells. When an imbalance or injury exists, such as sore muscles or a degenerative disease, there is a natural buildup of mucous in the lymph of that area. Wheatgrass juice will break down that mucous and allow it to drain, relieving pressure and healing the area.

Fresh wheatgrass juice is ideally consumed 1 hour before a meal or 2 hours after. Hold the juice in your mouth for 30 seconds to 1 minute. Doing this maximizes the juice's enzymatic properties by working with the digestion process, which starts in the mouth. Also, warming the juice to body temperature facilitates absorption and assimilation.

The juice will have different effects on different people depending on their level of toxicity. Lightheadedness and nausea experienced from this cleansing indicates toxicity and the need for regular detoxification. These upsets last only a short time and will decrease with increased juicing. Wheatgrass juice is very concentrated and will cause nausea when over consumed.

Benefits of a Grand Slam

Ginger

Ginger root naturally warms the body and has a wonderful reputation for providing quick energy boosts. It's an unsurpassed digestive aid that settles the stomach on the most difficult of mornings. Doctors recommend ginger to pregnant patients having problems with morning sickness. Ginger also aids in removing mucous formation.



Lemon



This citrus fruit is high in vitamin C, P.A, and folic acid. Rich in bioflavonoids, lemon is a natural diuretic with antiseptic, germicidal, and mucous-eliminating properties. Lemon has been used for centuries as a liver toner.

Cranberry

Cranberries are high in vitamin C, which promotes tissue growth, aids in producing anti-stress hormones, and enhances absorption of iron and calcium. Cranberry juice acidifies urine and prevents bacteria from adhering to the bladder. Doctors recommend cranberry juice to treat urinary tract infections and kidney stone problems.



Fresh Vegetable Juices



Green Energy Machine
(cucumber, celery, spinach, parsley, apple, ginger)

Salad in a Glass
(carrot, beet, cucumber, celery, spinach, parsley)

Paradise
(apple, carrot, beet, cucumber, celery, spinach, parsley, distilled water, ginger, lemon)

Veg-aholic
(cucumber, celery, apple, banana, distilled water, spinach, parsley, spirulina, blue-green algae, chlorella, wheatgrass, barleygrass, Norwegian dulse)



Carrot Apple Ginger

Can't Be Beet!
(beet, apple, ginger)

Carrot



Multi Max
(cucumber, celery, spinach, kale, parsley)

Cocoa Carrot
(organic carrot, raw, unsweetened organic cocoa)

pH Solution
(distilled water, cucumber, celery, lemon, spinach, parsley)



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Fresh Juice & Raw Dessert Menu



fresh juices and smoothies



Fresh Nutri-Boosts & Smoothies



Sunrise
(apple, orange,
peach, mango,
strawberry)



Cha Cha
Cherry
(pineapple,
cherry, mango)



Ginger Jive
(pineapple,
orange, apple,
mango, banana,
ginger)



Grapefruit



Lemonade
(distilled water,
lemon, raw
organic sugar)



Apple



Orange



Real Energy
(apple,
strawberry,
peach, banana,
bee pollen,
Siberian and
Korean ginseng,
ginkgo bi-
loba, gotu kola,
vitamin B, nia-
cinimide, panto-
thenic acid,
choline, inositol,
folic acid, biotin,
PABA)



Complete
Recovery
(orange, apple,
strawberry, banana,
echinacea, purpura
extract, ascorbic
acid, royal jelly, bee
propolis)



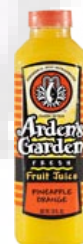
Supergreen
(apple, banana,
spirulina,
blue-green
algae, chlorella,
wheatgrass,
barleygrass,
Norwegian
dulse)



Pump Up
The Protein
(apple,
strawberry,
banana,
blueberry, soy
protein)



Cranberry
Apple
Orange



Pineapple
Orange



Pineapple
Apple
Ginger



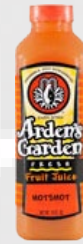
Tangerine/
Watermelon
(seasonal)



The Chia
Factor
(pineapple,
orange,
cranberry,
distilled water,
chia seeds)



OOPS!
(pineapple, banana,
cranberry)



Hotshot
(pineapple,
cranberry,
lemon, ginger)



Beware...
It's Pear



Ginger Root



Pure Cranberry



Pure Lemon

Fresh Fruit Juices

Raw Live Desserts & Specialties



Morning
Glory
(raw almonds,
raw organic
oat groats, raw
pecans, raw
walnuts, dates,
fresh apples,
fresh lemon juice,
organic maple
syrup, cinnamon,
sea salt)



Fuzzy Kisses
(raisins, raw almonds,
dates, raw walnuts,
coconut, distilled
water)



Sweet &
Spicy Nuts
(raw almonds,
raw pecans, raw
walnuts, raw
cashews, raisins,
raw sunflower
seeds, raw honey,
cinnamon, sea salt,
cayenne)



Very Berry
Bars
(raw cashews,
raw pecans,
raw walnuts,
raw organic oat
groats, fresh
strawberries,
fresh raspberries,
raw honey, dates,
fresh lemon juice,
sea salt)



Krispy Kale
(raw kale, raw honey,
lemon, cold pressed
olive oil, sea salt)



Nori Bites
(raw almonds, raw
sunflower seeds,
distilled water,
raw sesame seeds,
fresh lemons, raw
nori, fresh garlic,
herbs, sea salt,
cayenne)



Lucia's Love
Bar
(raw cashews,
blueberries, raw
honey, almond
butter)



Powerfuel
(flax seed, sesame
seed, wheat germ,
soy protein, brewer's
yeast, lecithin,
psyllium, spirulina,
blue-green algae,
chlorella, wheatgrass,
barleygrass,
Norwegian dulse)



Two Day
Detox
(distilled water,
grapefruit, orange,
lemon)

Invent new flavors on an unpredictable schedule

for gift baskets call (404) 209 - 1200

Visionary Book

For a class assignment, I was asked to make a book based on the work of Saul and Elaine Bass. It would be part of a PBS series called “Visionary.” Each week the segment would explore how different artists shaped their field of work today.

I created a book for my assigned artists, a poster to advertise the series, and a Flash online advertisement. The following pages are excerpts from the book I designed. You may view the online advertisement at <http://sterlingyee.com/animation2.html>

PARENTS OF TITLE DESIGN

SAUL AND ELAINE BASS

A PART OF THE PBS VISIONARY SERIES

A PART OF THE PBS VISIONARY SERIES

PARENTS OF TITLE DESIGN

JUL AND ELAINE BASS

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MORE FILM STILLS

DISCOVERING SAUL & ELAINE BASS

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Sabrina



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FRANK SINATRA



DEAN MARTIN

5



6



SAMMY DAVIS, JR.

7



8

PETER LAWFORD

VERA MILES

1957-1960
7 SEASONS



JOHN SYMON

1958-1961
4 SEASONS



1961-1964
4 SEASONS

1962-1965
4 SEASONS

VIGOR TAYLOR
LOREN TUTTLE
JOHN ANDERSON
NORT BILLS

AND
SIMON GAILLARD
FRANK ALBERTSON
PAZ WITCHOCK

1970-1973
4 SEASONS

1974-1977
4 SEASONS

1978-1981
4 SEASONS

AND
BASED ON THE NOVEL

My initial thoughts about what a title can do was to set mood and the prime underlying core of the film's story, to express the story in some metaphorical way. I saw the title as a way of conditioning the audience, so that when the film actually began, viewers would already have an emotional resonance with it.

Saul Bass

Word Work

I was given a word and in one minute, I had to design it ten different ways using InDesign. At first I only worked with one font, and gradually I was given the choice of fonts such as ITC Franklin Gothic, Bodoni, Helvetica Neue, and Garamond 3. Later I was also allowed to choose 1, 2, then 3 colors in addition to black.

The objective was to illustrate a variety of ways that express the idea and definition of a single word.

CITIA

echo

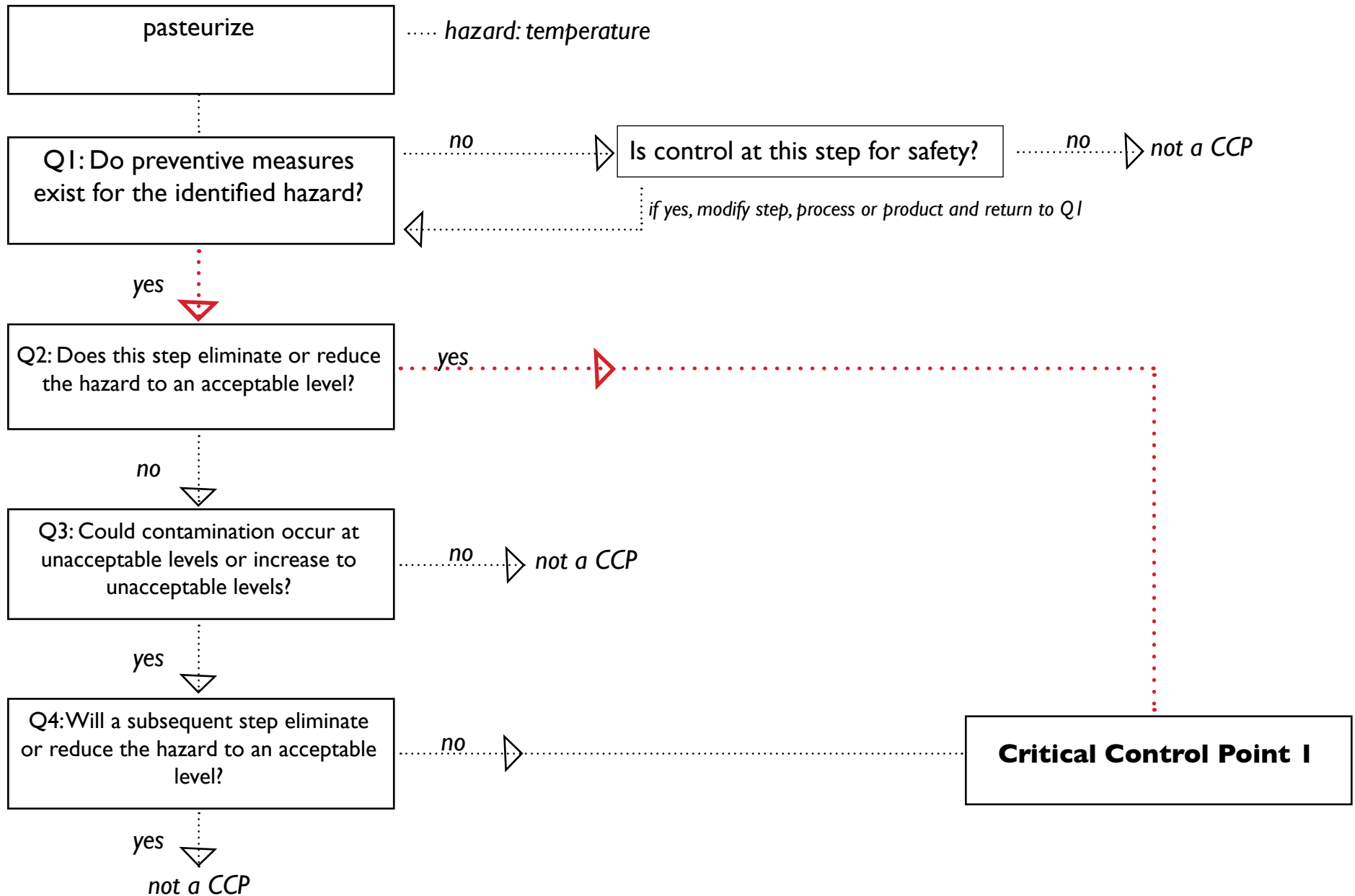


HACCP Forms

Arden's Garden was required by the Department of Agriculture to put together a Hazard Analysis/Critical Control Point (HACCP) Plan for their juice products. I was asked to create the forms outlining the HACCP Plan and procedures for their juice manufacturing.

Arden's Garden HACCP: Critical Control Point Decision Tree

Product: Carrot Apple Ginger



Arden's Garden HACCP: Flow Chart

Product: Carrot Apple Ginger Juice

