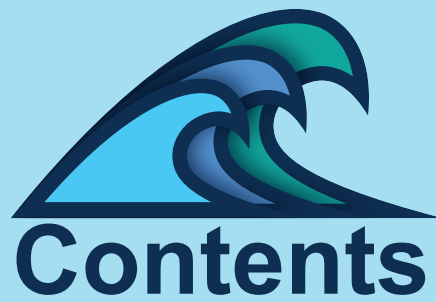


**Sarah Wells**  
Art • Design • Photography

**2023 Print Portfolio**



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**Page 12.....Atom Tree Topper**

**Page 13.....Two Page Magazine Spread**

# Resume



## SARAH WELLS

Graphic Designer • Photographer • Artist

### Contact

✉ sarahbwellsdesign@gmail.com  
☎ 206.791.0802  
🌐 [linkedin.com/in/sarahbwells](https://www.linkedin.com/in/sarahbwells)

### Education

**Southern New Hampshire University**  
*Bachelor of Arts*  
**Graphic Design & Media Arts**  
Concentration in Web Design  
4.0 GPA • Honor Roll  
Anticipated Graduation August 2024

**Washington State University**  
*Bachelor of Arts*  
**Social Sciences**  
Concentrations in Fine Arts,  
Administrative Studies, & Sociology  
May 2020 • Cum Laude Honors

**Tacoma Community College**  
*Associate of Arts*  
December 2013

### Skills

Webhosting, Customer Service,  
UX/UI

**Microsoft Office Suite:**  
Word, Excel, PowerpPoint, Outlook

**Adobe Creative Cloud:**  
Photoshop, InDesign,  
Dreamweaver, Illustrator,  
Acrobat, Xd

### Experience

#### Full-Time Caregiver • May 2017- Feb 2022

- Provided full-time care for disabled elderly family member
- Assisted with activities of daily living
- Monitored and administered medications in accordance with physicians instructions
- Scheduled and coordinated medical appointments with various providers
- Provided transportation to medical appointments
- Prepared meals in accordance with dietary restrictions

#### Hospice Caregiver • April 2010- May 2017

- Provided round the clock personal care and medical management for family member under hospice care for Amyotrophic Lateral Sclerosis (ALS)
- Assisted with activities of daily living including bathing, dressing, toileting, transitioning, feeding, and transportation
- Monitored and administered medications via feeding tube in accordance with physicians instructions
- Scheduled and coordinated medical appointments with various health care providers and in home hospice service
- Provided wheel-chair accessible transportation to medical appointments
- Prepared home cooked feeding tube meals in accordance with dietary needs
- Repaired and maintained assistive technology devices to help patients maintain independence

#### A&E Automotive • April 2007-November 2009 Service Writer/Customer Service

- Greeted automotive repair clients and entered client information into a database
- Answered phones and promptly responded to messages and questions.
- Assigned jobs to technicians according to experience and knowledge of handling of specific repairs
- Tracked the progress of each repair
- Compiled work estimates and communicated them to the client
- Acted as a liaison between automotive technicians and clients
- Billed clients and processed payments upon job completion
- Assisted with ordering and tracking inventory
- Assisted with payroll

# Personal Branding



Sarah Wells Designs

Dear [Recipient's Name],

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut nec neque vestibulum, ultrices urna at, euismod arcu. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia curae; Mauris vulputate, odio non eleifend ultrices, dui nunc tincidunt tortor, sed vulputate sem mauris auctor erat.

Proin commodo lorem id enim scelerisque, ac efficitur quam fringilla. Mauris pretium lacus et tincidunt pharetra. Sed mollis sem eget metus feugiat, id consectetur erat posuere. Morbi gravida viverra dolor, a sollicitudin leo pellentesque vel. Integer dignissim ante et mi porta, nec mattis lacus pharetra. Curabitur condimentum lectus ac sapien dapibus, at ullamcorper quam eleifend.

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Warm regards,  
 Sarah Wells  
 Graphic Designer, Artist, Photographer  
 Mount Tacoma Design

206.791.0802 • PO Box 64274 • Tacoma, WA 98464



Sarah Wells Designs  
 PO Box 64274  
 Tacoma, WA 98464



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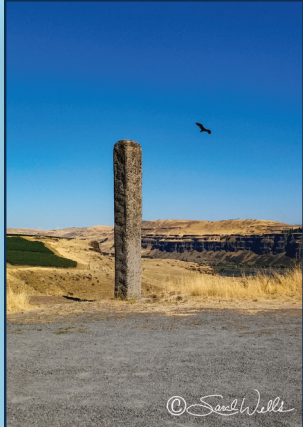
Find me on LinkedIn



© Sarah Wells

TO: \_\_\_\_\_



PLACE STAMP HERE

© Sarah Wells

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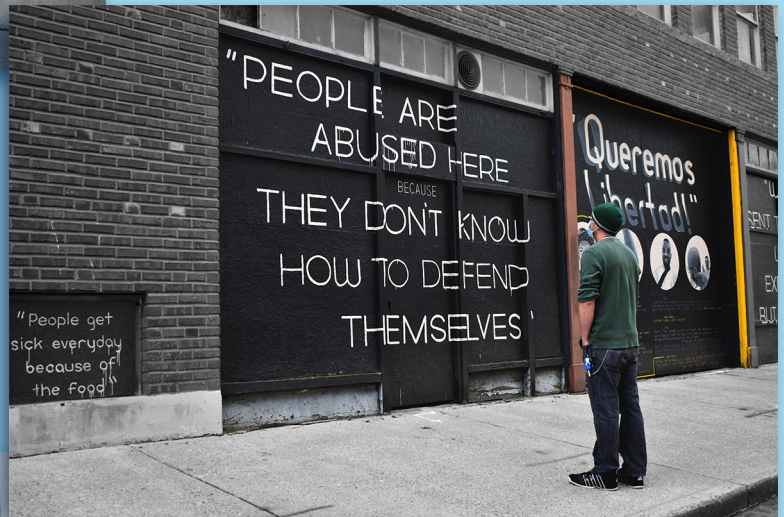


# Photo Essay: Migrant Struggles As Depicted in Tacoma Murals

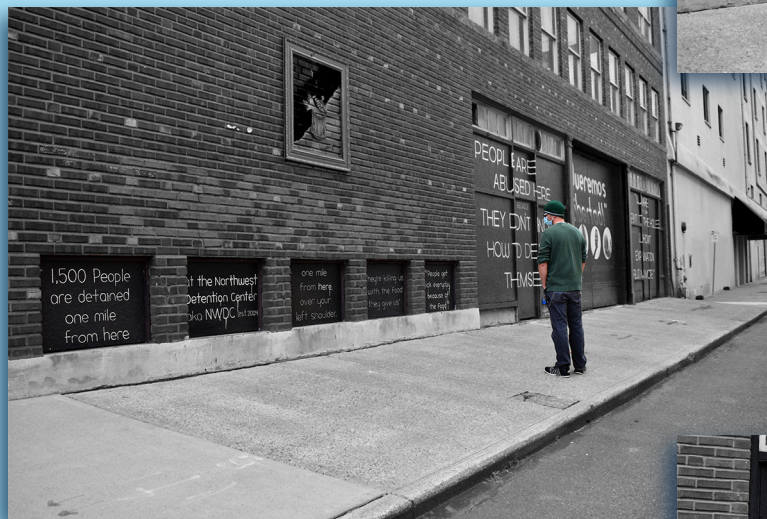


In this essay, my goal was to highlight the challenges migrants face in the Tacoma ICE Detention Center.

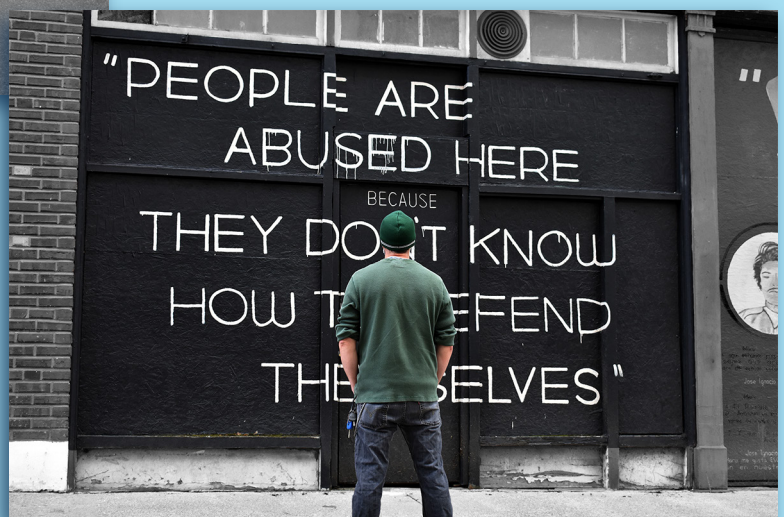
To accomplish this goal, I used well-crafted, themed photos that were edited using Lightroom and Photoshop.



Selective colorization was utilized for emphasis.



Dynamic perspectives were utilized to create a sense of drama.

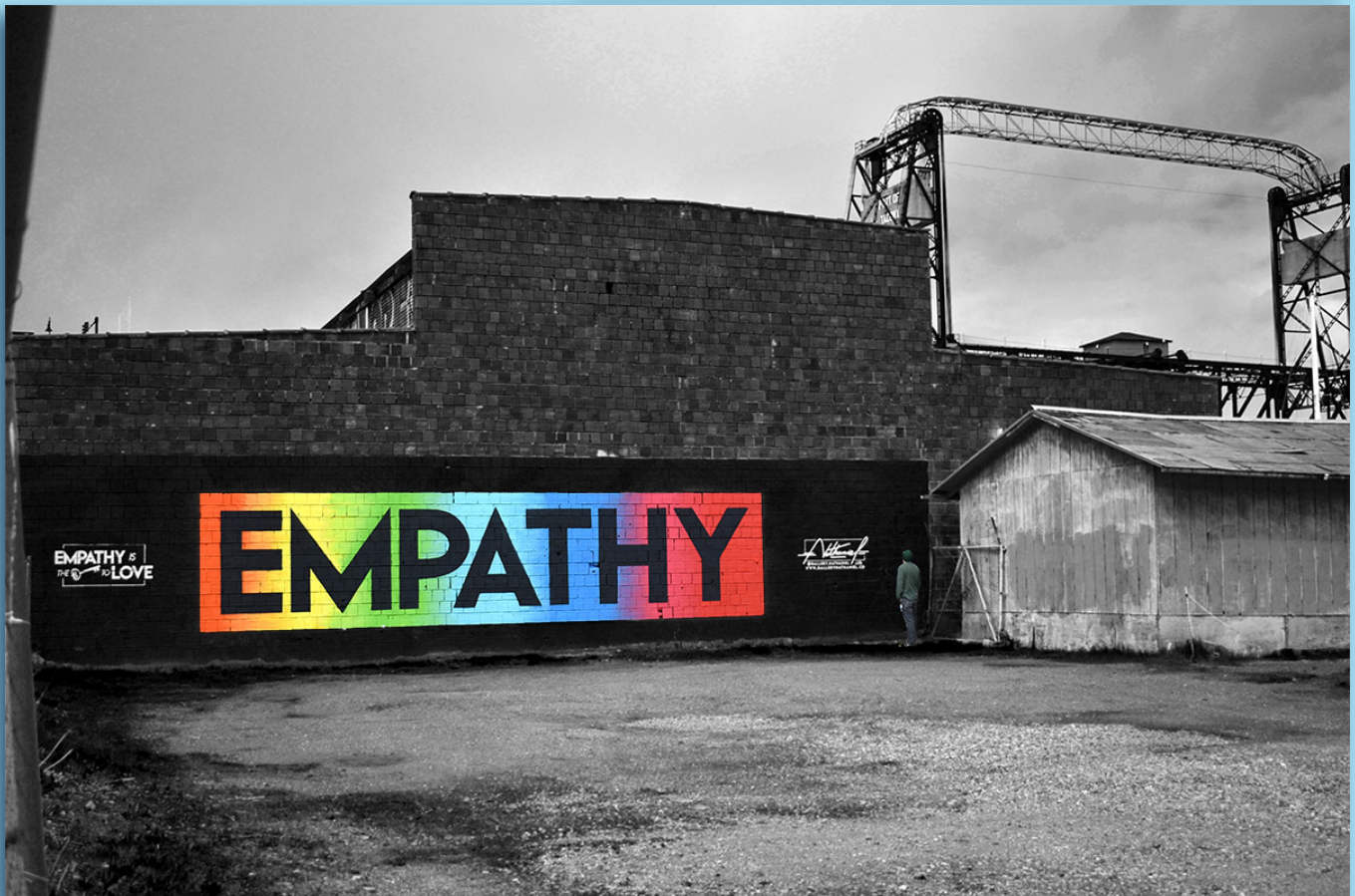


# Photo Essay: Migrant Struggles As Depicted in Tacoma Murals

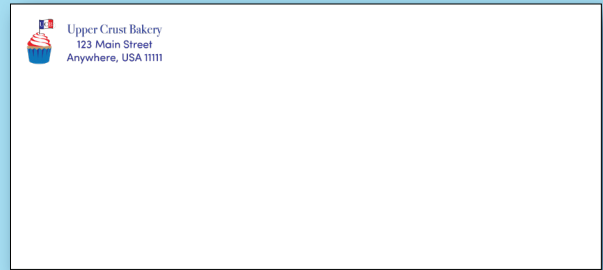
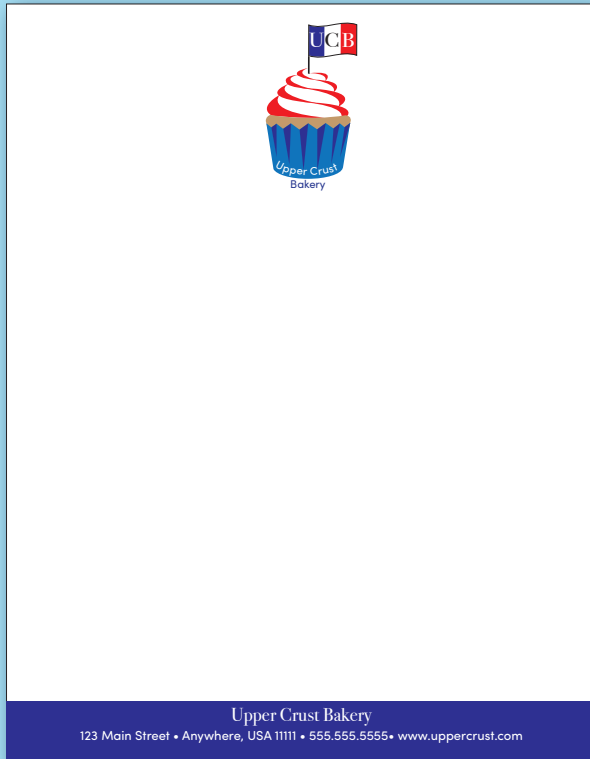


The images sequentially convey the essay's aim: to enlighten the public about the hardships endured in these facilities.

I chose to conclude this essay with an image reminding viewers of every person's inherent right to dignity and empathy.



# Upper Crust Bakery Logo & Stationery Package



For these pieces, began with the logo. I created a balanced composition with the centering of the cupcake and positioning of the flag, as well as the use of multiple shades of blue on the cupcake wrapper to create sense depth and dimension. Additionally, I feel the red and white swirls to create the icing atop the cupcake creates a nice sense of rhythm and movement.

## Type Specifications

Bodoni 72

Sofia Pro

## Color Specifications



	R:46 G:49 B:146 C:100 M:100 Y:0 K:0
	R:28 G:117 B:188 C:85 M:50 Y:0 K:0
	R:237 G:28 B:36 C:0 M:100 Y:100 K:0
	R:196 G:154 B:108 C:25 M:40 Y:65 K:0

# Freaky Friday Magazine Covers



This is one of my favorite projects from my time in school. I spent a lot of time brainstorming on it, and I think this is evident in my finished work. The goal was to create two magazine covers serving two different demographics. My first demographic came from all of the wedding magazines I see in stores, people planning weddings. For a contrasting demographic I chose people who read true crime.

My work on this project shows advanced working knowledge of graphic design software. The photo was edited, using Photoshop, to fit the subject matter for the individual covers. The individual magazine covers were created using Adobe InDesign, which is the industry standard for creating magazine layouts. The file was then exported as a PDF for printing purposes.

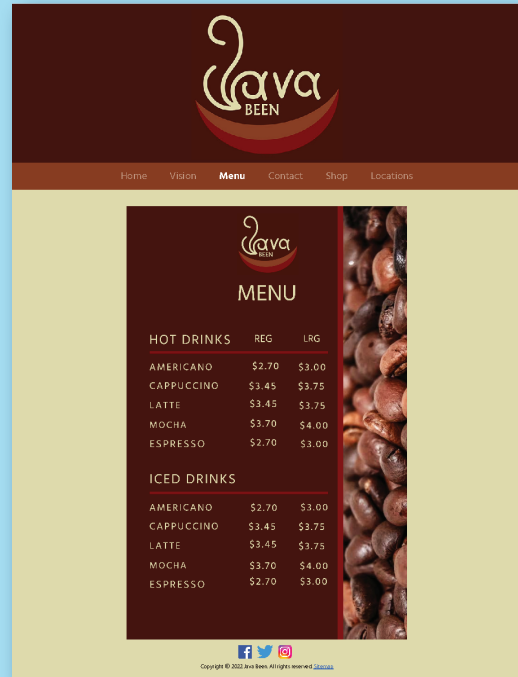
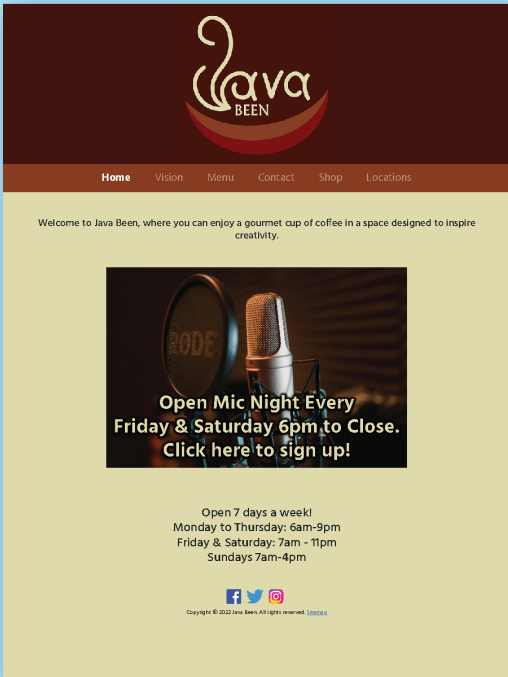


# Wedding Invitation Package

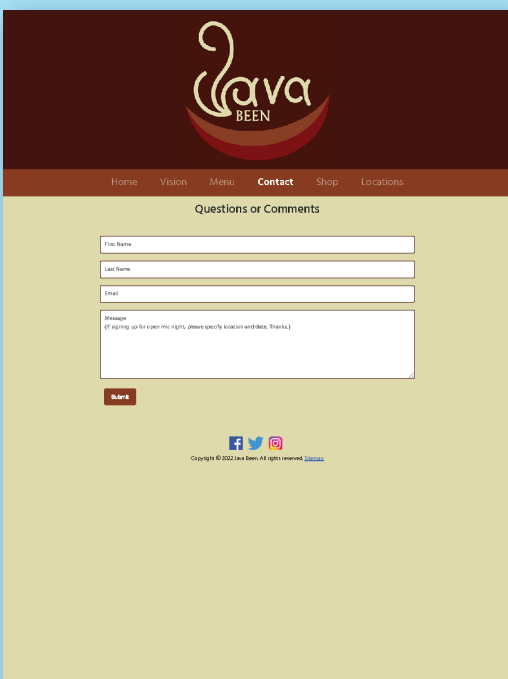
This wedding invitation package includes the wedding invitation and RSVP postcard and was made for sale on Etsy. My work on this project shows advanced working knowledge of graphic design software. The invitation and RSVP card were created using Adobe Photoshop.



# Java Been Website



For this website, attention was given to contrast, balance, whitespace, and hierarchy. Hierarchy is evidenced by the Java Been logo appearing prominently at the top of each page, as well as the use of appropriate headings. With this design I took a minimalist approach, making ample use of white space so as not to overcrowd the pages. Additionally, this website speaks to my advanced working knowledge of graphic design software as I wrote every line of HTML, CSS, and JavaScript using Adobe Dreamweaver.



# Pasta Amore Branding Package

This package includes menu, tri-fold takeout menu, and table tent. For this project, I unified the design by incorporating the colors of the logo and consistent font throughout. Additionally, I used blocks of solid color to maintain readability keeping the composition engaging with background imagery suitable to the brand identity.



This package demonstrates advanced working knowledge of graphic design software as it was created using InDesign which is the industry standard for creating pieces of this nature. To ensure quality, I made use of grids, guides, and printed drafts to ensure information was not caught in folds or running off the page.

# Amethyst Bay Ads

The magazine ad on the right was designed for Amethyst Bay Resort and Spa. The elements of this design are clearly in line with the subject matter, such as the colors suggesting the name of the resort. For this design, I employed rhythm through the repetition of oval images in both designs, which was enhanced by the placement of the two chairs in the magazine ad. I used proper spacing, crisp images and readable text. Advanced working knowledge of Adobe Photoshop and InDesign were necessary for the creation of this piece.

**AMETHYST BAY**  
*Resort & Spa*

**Covid-19 Relief Package**

*Leave Your Worries Behind*

**4**  
**Nights**  
**\$399**

**ALL INCLUSIVE**  
All meals + beverages  
Unlimited room service  
1 Daily Spa Treatment

- Masks Provided
- Contactless check-in
- Safe airport transfers
- Frequent cleaning of all common areas
- Social distancing ensured

Amethyst Bay Resort & Spa • St. Thomas, Virgin Islands • 866-323-7070  
www.amethystbayresort.com

**AMETHYST BAY**  
*Resort & Spa*  
Escape Covid-19 and  
Leave Your Worries Behind

**866-323-7070**

[www.amethystbayresort.com](http://www.amethystbayresort.com)

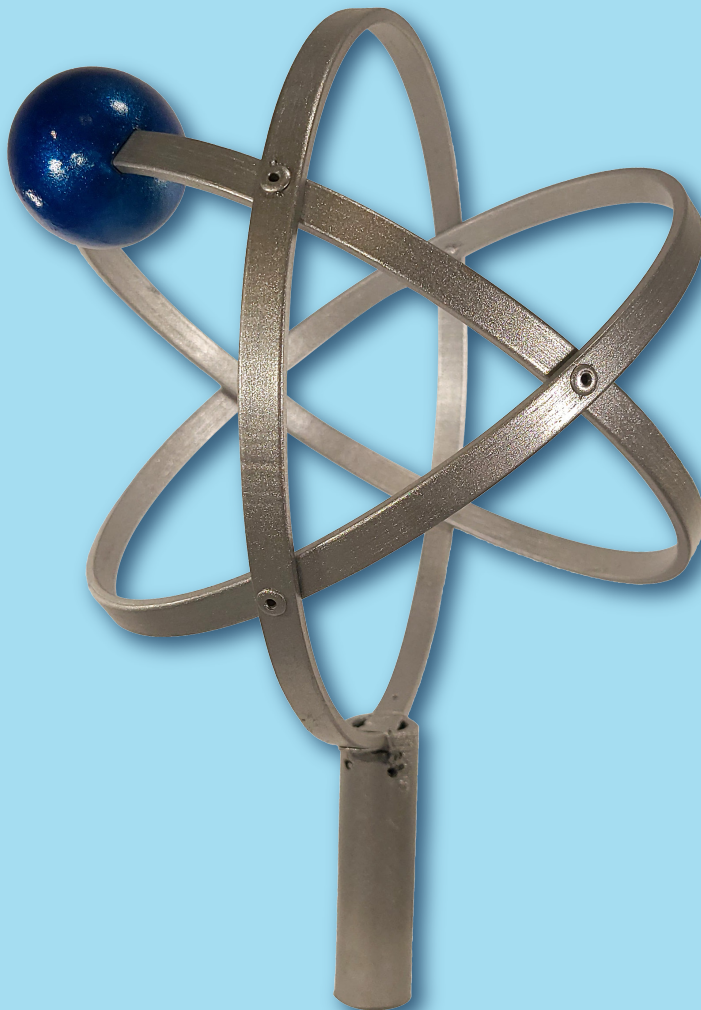
**AMETHYST BAY**  
*Resort & Spa*  
Escape Covid-19 and  
Leave Your Worries Behind

On the left, this web banner ad for Amethyst Bay Resort and Spa was created in Photoshop, and shows advanced working knowledge of multi-layer, multi-frame imagery, and was created as a web companion piece for the Amethyst Bay magazine ad.



# Atom Christmas Tree Topper

This piece, a collaborative effort by my fiancé and myself, is a 3D model of an atom. It is one of my favorite pieces. This piece exists because I am humanistic atheist who celebrates Christmas I wanted a tree-topper that reflected my beliefs which are centered in science and nature. An atom seemed the perfect way to embody science and nature because atoms make up everything!



This tree topper is currently sold in our Etsy store. Each tree topper is built by hand with attention to detail, ensuring that the paths and electron(s) are placed precisely and appropriately. We also offer a variety of colors for the electrons and offer customization in the number of electrons. While this sculpture does not require software knowledge, the images of the piece speak to my working knowledge of photography, such as lighting and the ability to edit the photos in both Lightroom and Photoshop.

# Two-Page Magazine Spread

For this piece, the layout was created using InDesign, with a whole-food plant-based magazine in mind. I employed the use of color and contrast in the background image with the use of brightly covered fruits lined across the bottom of a light-colored cutting board. Unity is evident across the design owing to the background image. Shown here in PDF form with printer's marks.

**7**

## Things That Happen When You Stop Eating Meat

By Michelle McMacken, MD, FACP, DIPABLM

**P**eople go plant-based for lots of reasons. These include losing weight, feeling more energetic, reducing the risk of heart disease, decreasing the number of pills they take ... there are dozens of great reasons! For even more inspiration, check out these other benefits you can expect when you go plant-based.

### YOU'LL REDUCE INFLAMMATION IN YOUR BODY.

If you are eating meat, cheese, and highly processed foods, chances are you have elevated levels of inflammation in your body. While short-term inflammation (such as after an injury) is normal and necessary, inflammation that lasts for months or years is not. Chronic inflammation has been linked to the development of atherosclerosis, heart attacks, strokes, diabetes, and autoimmune diseases, among other conditions.

In contrast, plant-based diets are naturally anti-inflammatory, because they are high in fiber, antioxidants, and other phytonutrients, and much lower in inflammatory triggers such as saturated fat and endotoxins (toxins released from bacteria commonly

found in animal foods). Studies have shown that people who adopt plant-based diets can dramatically lower their level of C-reactive protein (CRP), an indicator of inflammation in the body.

### YOUR BLOOD CHOLESTEROL LEVELS WILL PLUMMET.

Elevated blood cholesterol is a key risk factor for heart disease and strokes, two of the leading killers in the United States. Saturated fat—primarily found in meat, poultry, cheese, and other animal products—is a major driver of our blood cholesterol levels. Cholesterol in our food also plays a role.

Studies consistently show that when people go plant based, their blood cholesterol levels drop by up to 35% . In many cases, the decrease is equal to that seen with drug therapy—with many positive side effects! People who require cholesterol-lowering drugs can further slash their cholesterol levels and cardiovascular risk by adopting a plant-based diet.

Whole-food, plant-based diets reduce blood cholesterol because they tend to be very low in saturated fat and they contain zero cholesterol. Moreover, plant-based diets are high

Magazine Layout 2.indd All Pages 7/29/23 12:20 PM