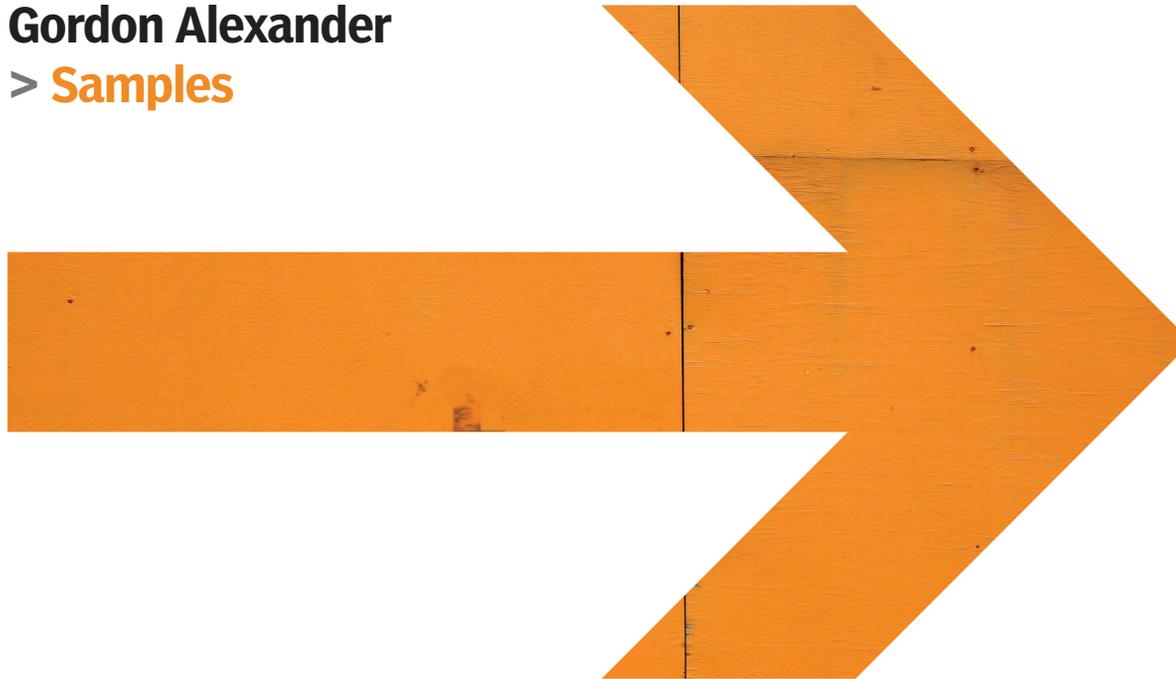
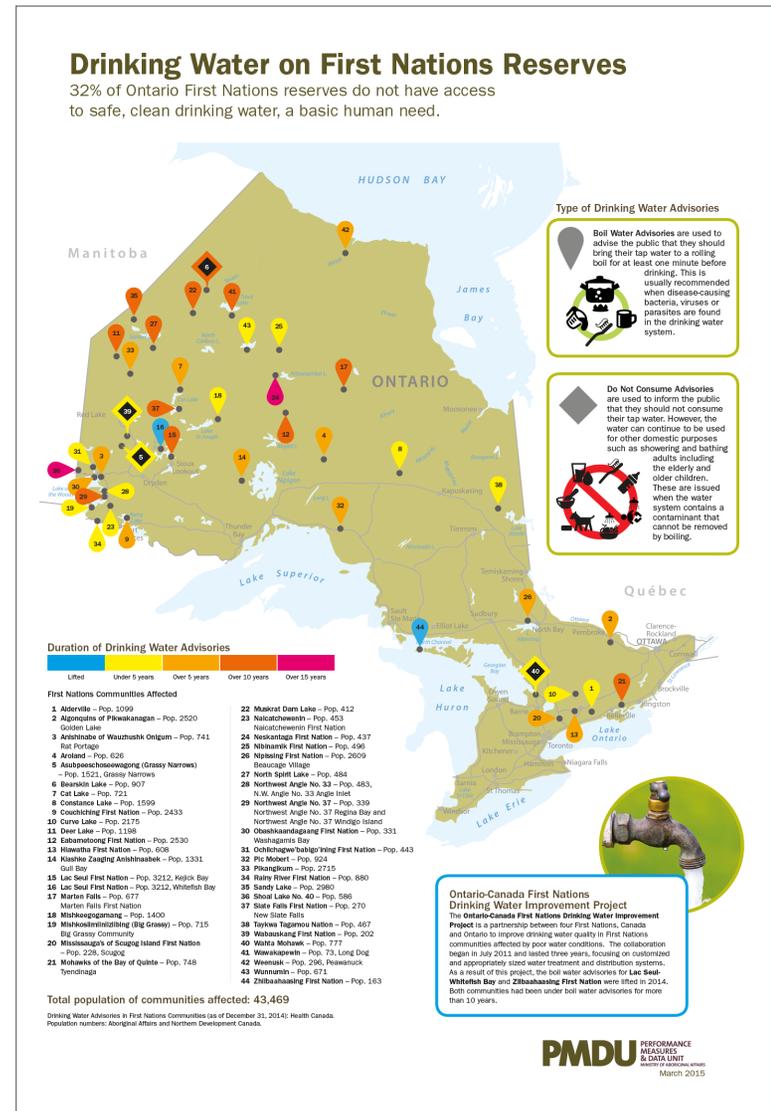
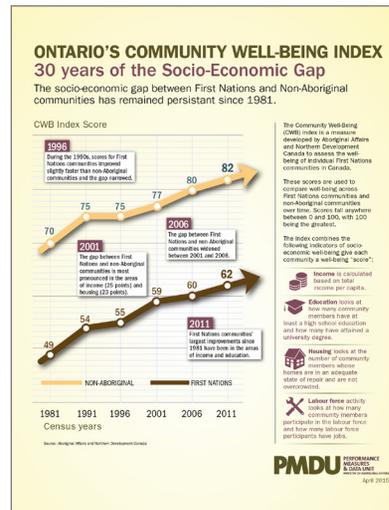
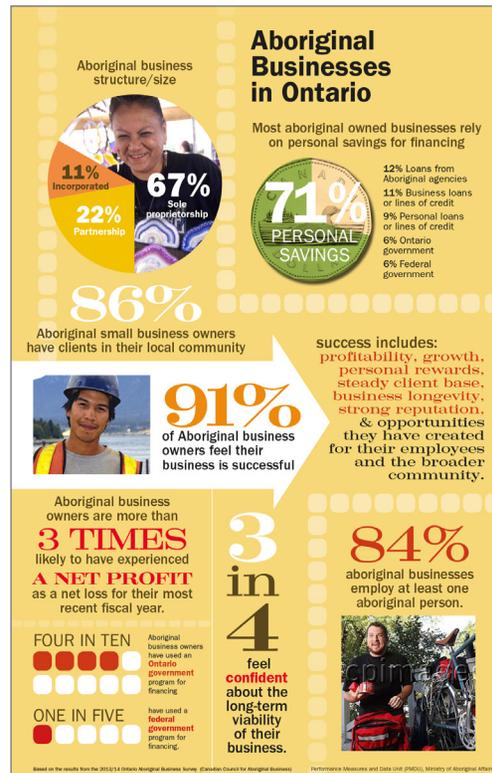


Gordon Alexander
> **Samples**



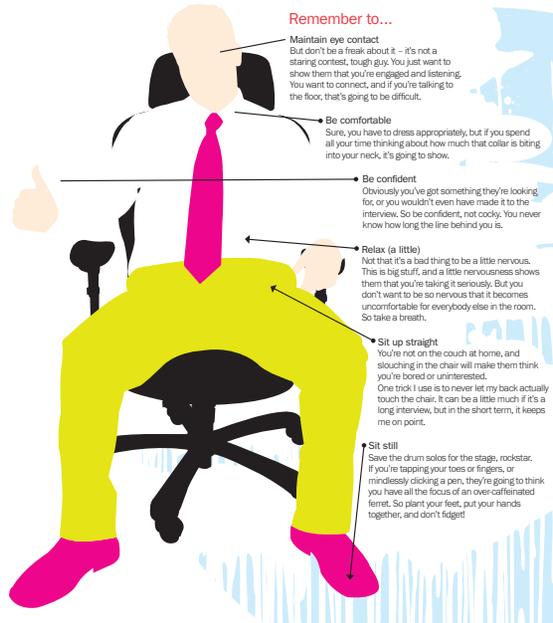
INFOGRAPHICS Data Visualization

Information graphics for the Ontario Ministry of Aboriginal Affairs



INFOGRAPHICS Data Visualization

Information graphics for business and government departments



Did you know?

Richard Nixon missed his chance at the U.S. presidency back in 1960, in large part because of his terrible body language during the first-ever televised candidate debates.



CONSUMER EDITORIAL Fresh Juice

Launched *Fresh Juice* – a cooking and lifestyle magazine

BE WELL

HEALTHY LIVING | FITNESS | NUTRITION

GUYS & DOCS

The evolving relationship that men have with their health.

BY JULIE DEON

October 2012 • FreshJuice #1

POWER COUPLES

It's time to play matchmaker in the kitchen. Maximize nutrition with minimal effort by uniting these complementary foods. Why? Some healthy options become even more nutritious when paired with the right partner. It's all about nutrient synergy. Here are some delicious foods to marry.

BY ALLEN BRAMAZON

Arugula + Salmon		Dive on this duo for the sake of your bones. Your body can't efficiently absorb the calcium in arugula without vitamin D, and salmon is an excellent source.
BBQ steak + Rosemary		Barbecuing steak for any meal creates carcinogenic called heterocyclic amines. To fend them off, marinate steak with antioxidant-rich rosemary. A study published in the <i>Journal of Food Science</i> found that adding rosemary to meat before grilling helped reduce the formation of cancer-causing compounds.
Tomatoes + Avocados		Antioxidants bring out the best in tomatoes. An avocado's healthy fat dramatically increases your body's uptake of the lycopene – powerful anticancer antioxidant – found in tomatoes.
Spinach + Strawberries		Spinach will pump you up with iron – a mineral essential for healthy immune and cellular functioning. But it's not as well absorbed as iron found in strawberries. Without this vitamin, less iron-based iron can be absorbed by your body.
Whole grains + Quarts		Adding grains to cooked whole grains such as oatmeal or brown rice boosts their fiber and health. A study published in the <i>Journal of Agricultural and Food Chemistry</i> found that quarts (an iron-rich berry) and iron in whole grains.
Carrots + Chicken		Carrots are chock-full of vitamin A, which is important for your eyes and immune system. But your body can't use much of it on its own – it needs the fat in chicken to get maximum A.

BE NUTRITION

Discover BE

Wheat

While it's important to eat a variety of whole grains to help you absorb and, if possible, limit the unhealthy amount of grain inflammation, the right kind can also help.

Whole grain wheat is a source of fiber and protein, and it's packed with antioxidants. It's also a good source of iron, which is important for your blood. It's also a good source of B vitamins, which are important for your energy and metabolism.

Wheat is a good source of fiber, which is important for your digestive health. It's also a good source of protein, which is important for your muscle health. It's also a good source of B vitamins, which are important for your energy and metabolism.

Sardines

It's not just the fish that's healthy, but the oil. Sardines are a good source of omega-3 fatty acids, which are important for your heart health. They're also a good source of protein, which is important for your muscle health. They're also a good source of B vitamins, which are important for your energy and metabolism.

Helix Seeds

Helix seeds are a good source of protein, which is important for your muscle health. They're also a good source of B vitamins, which are important for your energy and metabolism. They're also a good source of iron, which is important for your blood health.

Milk

Milk is a good source of protein, which is important for your muscle health. It's also a good source of calcium, which is important for your bone health. It's also a good source of B vitamins, which are important for your energy and metabolism.

Sugar

Sugar is a good source of energy, but it's also a source of inflammation. It's important to limit your intake of sugar to avoid health problems. It's also a good source of B vitamins, which are important for your energy and metabolism.

Cherry Juice

Cherry juice is a good source of antioxidants, which are important for your health. It's also a good source of B vitamins, which are important for your energy and metabolism. It's also a good source of iron, which is important for your blood health.

Kale

Kale is a good source of antioxidants, which are important for your health. It's also a good source of B vitamins, which are important for your energy and metabolism. It's also a good source of iron, which is important for your blood health.

Fennel

Fennel is a good source of antioxidants, which are important for your health. It's also a good source of B vitamins, which are important for your energy and metabolism. It's also a good source of iron, which is important for your blood health.

Olive oil

Olive oil is a good source of antioxidants, which are important for your health. It's also a good source of B vitamins, which are important for your energy and metabolism. It's also a good source of iron, which is important for your blood health.

LIVE WELL

THINGS TO DO

- * Learn something new! p 90
- * Plan a green vacation p 92
- * Conserve water at home p 94
- * Add a little spice p 96

LIFESTYLE | PERSONAL FINANCE | HOME & GARDEN | THE LAST DROP

BACK TO SCHOOL

TEACHING CHILDREN ABOUT MONEY

It's up to you to give your kids a helping hand in the world of finance. Get them on the right track with these practical tips.

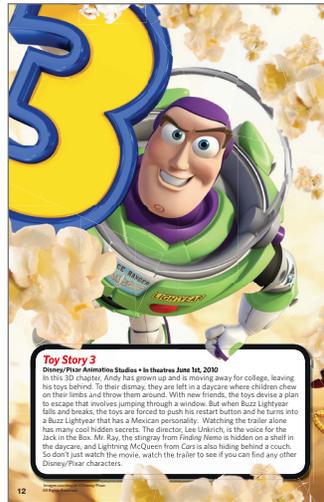
BY NORA DUNN

Money isn't the root of all evil, nor is it the key to happiness. It's not taboo, nor is it exactly socially acceptable to discuss it openly with anybody. Confused? Then, you can bet your kids are, too. As a parent, you have the ability to teach your children about money in a constructive manner, setting them up for a successful and happy life in a way that nobody else can. Here are some ways to do this.

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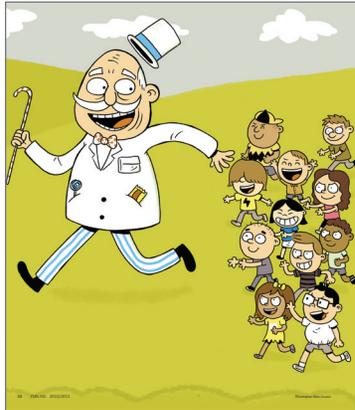
CONSUMER EDITORIAL **B-Zone**

Redesigned **B-Zone** – a magazine for primary school students



CONSUMER EDITORIAL FUEL INC

Redesigned **FUEL INC.** - a career guide for young men



INNOVATION

Candy Man

How the process of making candy can make your entrepreneurial dreams come true. *By Lisa Vance*

Did you know?
The making of a piece of candy is a complex process that involves a lot of science and technology. It's not just about mixing ingredients and cooking them together. It's about understanding the chemistry of sugar and how it behaves under different conditions. It's about creating a product that is not only delicious but also safe and healthy.

Key Takeaways:
- **Market Research:** Understand the market and your target audience.
- **Product Development:** Create a unique and delicious product.
- **Marketing:** Promote your product effectively.
- **Manufacturing:** Scale up your production process.

Action Items:
- Research the market for candy products.
- Develop a unique candy recipe.
- Create a marketing plan for your candy business.
- Find a manufacturer to produce your candy.

TV & ENTERTAINMENT

TV meets CV

Will you make more than Peter Griffin? *By Jonathan Danks*

Do Sheldon Lee Carter from The Big Bang Theory, Scientist Physical
Sheldon Lee Carter is a brilliant physicist who works at Caltech. He is a genius in his field and has a high net worth. **Estimated Net Worth: \$90,000**

How Griffin has Family Guy
Peter Griffin is a successful businessman who owns a large company. He is a genius in his field and has a high net worth. **Estimated Net Worth: \$43,000**

Chief Gordon Ramsey
Gordon Ramsey is a successful chef and restaurateur. He is a genius in his field and has a high net worth. **Estimated Net Worth: \$30,000,000**

TV & ENTERTAINMENT

The Bitter Truth

Working in Today's Media. *By Carmen Medina*

Get Involved!
The media industry is a complex and competitive one. It's not just about creating content, it's about understanding the market and your target audience. It's about creating a product that is not only entertaining but also profitable.

FUEL inc.

CAREERS UNCENSORED

SOCIAL MEDIA IS BREEDING NEW CAREERS

THE BITTER TRUTH

On Media Jobs

SAVE THE EARTH
Be a Planet Defender

240 CAREERS TO CHOOSE FROM

23 COMPANIES WHO MENTOR

CONSUMER EDITORIAL

Mask Through the Ages

Redesigned *Mask Through the Ages* – a primary text book

TO HIDE AND PROTECT

warm up
After parents convince their teenagers, what's sports, not appropriate?

CHECKPOINT
Why do you think some brides wear veils?

MASKING THE FACE IN WEDDINGS
In many modern North American weddings, the bride comes down the aisle with her face hidden behind a filmy veil. Wearing a bridal veil is quite a new tradition, but the custom of masking a bride's face has a long history.

In China: Brides traveled to their new household on beautifully-decorated chairs that completely hid their face from public view.

In Mexico: A bride was carried on the back of a male to her future husband's home. She was not only veiled, but was also completely enclosed in a hot tent of covering blankets.

In India: At weddings, an arched shot arrow into the air to ward off evil spirits. Even today, Hindu brides are completely veiled during the wedding ceremony, which can last for days.

A bride's veil was originally intended to disguise and protect the bride from the dangers that lurked about the wedding ceremony. Many people believed that dangerous forces like bad luck must be kept away, and the veil protected the bride from such forces.

word off: hot temp
looked: wear: tomorrow

INTERVIEW WITH TUTANKHAMUN

warm up
Have you ever heard of King Tut? What do you know about his life?

King Tutankhamun "Tut" (for short) was the 12th ruler of the 19th dynasty of ancient Egypt (1539 – 1292 B.C.E.). He was probably born in 1344 B.C.E. and died in 1325 B.C.E., before he turned 20. He ruled from 1334 to 1325 B.C.E. He became pharaoh at the age of 10 and ruled for a very short time. When his tomb was discovered in 1922, by Howard Carter, it was almost intact. It contained a large number of artifacts, the most spectacular of which was the Death Mask, which covered his coffin.

The following imaginary interview took place thousands of years after King Tut's death.

CHECKPOINT
If real signs have things changed?

FYI
Howard Carter, a British archaeologist, was digging in the Valley of the Kings, an area where many pharaohs were buried. He saw a staircase, continued digging, and came upon King Tut's tomb.

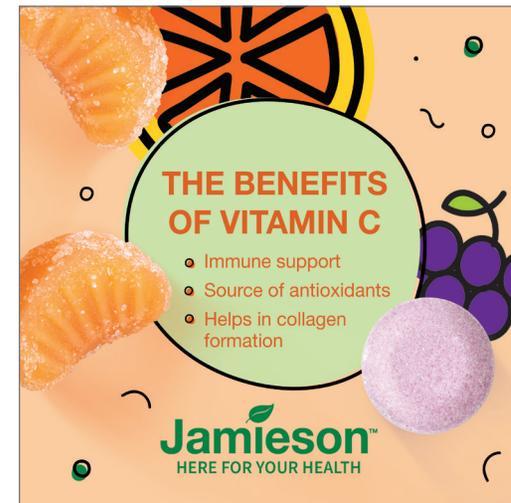
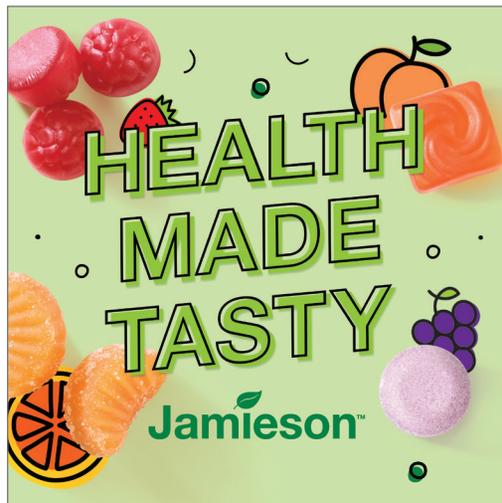
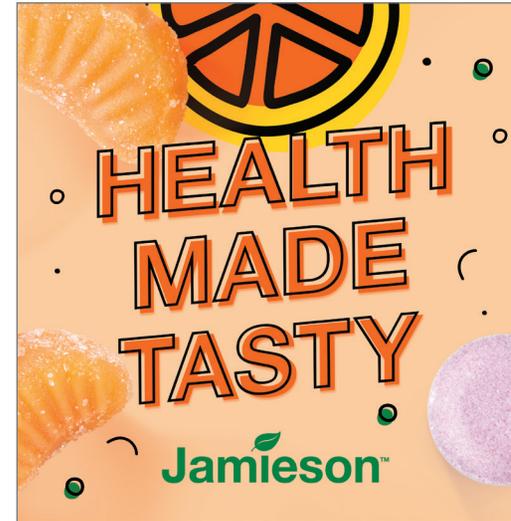
The interview begins...
HOLDPRINT: Your Highness, thank you for agreeing to this interview. By the way, may I call you Tut for short?
KING TUT: I like your informality. Of course you may. I have to tell you, I was surprised by your request for an interview. Is there still interest in me after 3,500 years?
HP: Yes, there is – ever since Howard Carter discovered your tomb with all its treasures. All of the other tombs had had their treasures looted.
KT: All? Those swindlers! That's a big problem in the kingdom.
HP: We will have the same problem today.
KT: Nothing has changed then.
HP: Not in that respect – Now Tut, you became pharaoh at a very young age – 10 years old, I believe.

Masks

Through The Ages

SOCIAL MEDIA Paid advertising

Social media posts for Jamieson natural health products



SALES SUPPORT Sales pamphlets

Sales pamphlet for Jamieson natural health products

Taking your supplements shouldn't be a drag. That's why we offer a delicious selection of Gummies, Chewables, Sprays, and Liquids to suit your needs. Our diverse collections offer a fun alternative to pill formats, without compromising nutritional support.

GUMMIES

Multi Gummies (Adults)
Adult MultiVitamins from Jamieson helps to support your immune system. Our delicious, Juicy Orange flavoured multi gummy delivers a nutritionally balanced formula containing vitamins A, B3, B5, B6, B12, C, D3, E, Biotin and Folic acid plus important minerals.

Probiotic
A probiotic you could share with other members of the family...but you'll probably want to keep these delicious gummies all to yourself! This tasty all-natural raspberry flavoured gummy provides 1 billion active cells to support the maintenance of digestive health. It is suitable for adults and children 3 and up.

Vitamin C
Take Jamieson Vitamin C Gummies twice daily for a tasty and convenient way to meet your vitamin C requirement. The delicious tangy orange flavoured formula is made with gelatin-free fruit pectin, making it suitable for vegetarian diets. It's also free of aspartame, artificial colours and artificial flavours.

Vitamin D3
Not only is this little gummy great tasting, but it goes a long way in supporting a healthy immune system and in maintaining good health. Take one daily to help promote the development of bones and teeth, as well as help the absorption of calcium. Enjoy your D3 in 3 sweet flavours: Orange, Strawberry and Lemon!

CHEWABLES

Chewable Multi
Jamieson's complete Multivitamin is an easy way to get 100% of your daily vitamin needs in just one serving. This tasty Citrus Twist tablet can be taken without water and helps to support immune function and energy metabolism by helping to convert food into energy.

Chewable B Complex
Our Berry Bliss B Complex chewable tablet will help your body form red blood cells and metabolize carbohydrates, fats and proteins. Get your essential daily B vitamins without the worry of having to swallow any pills!

Chewable Vitamin C
Help support your immune system and maintain that feeling of good health with Jamieson Vitamin C chewable tablets. Not only does it support a healthy immune system, but it also comes in 6 delicious flavours: Tangy Orange, Tropical Fruit, Citrus Fruit, Mixed Flavours, Wild Blueberry and Grape Juice.

Chewable Vitamin D3
Jamieson's Chewable Vitamin D3 makes it easy to maintain your overall health. It helps the body to absorb calcium and phosphorus which affect bone growth and maintenance. Enjoy this delicious chewable in 3 flavours: Exotic Tropical Fruit, Rich Natural Chocolate and Natural Tangy Orange.

LIQUIDS

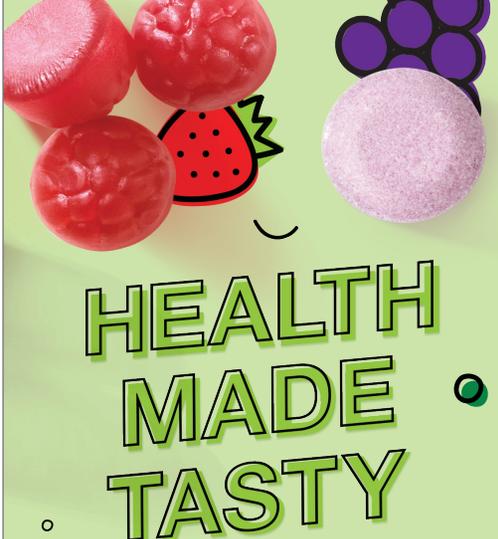
Liquid Glucosamine
Looking for some relief from your joint pain? Jamieson Maximum Strength Glucosamine comes in an easy-to-take, tasty Wild Cherry flavoured liquid to help maintain healthy joints and cartilage without having to swallow multiple pills!

Liquid Collagen Anti-Wrinkle
A tablespoon of Jamieson Liquid Collagen a day keeps the wrinkles away! This all-natural strawberry flavoured liquid helps reduce fine lines and wrinkles in 28 days.

SPRAYS

B12
Jamieson Vitamin B12 Spray is a convenient way to get 500 mcg of vitamin B12, a nutrient many adults don't get enough of. A lack of B12 can lead to lowered levels of red blood cells causing difficulty concentrating and fatigue. This delicious raspberry flavoured spray is perfect for life on-the-go and is formulated with methylcobalamin, a source of B12 that allows for faster absorption.

Melatonin
One quick spray of Jamieson Sleep Spray will deliver 1 mg of Melatonin to help you sleep easy. This Natural Mint spray helps you fall asleep faster and improves the quality of sleep for adults suffering from sleep restrictions or altered sleep schedules, like shift work and jet lag. This spray is available in a travel-friendly size for added convenience!



HEALTH MADE TASTY

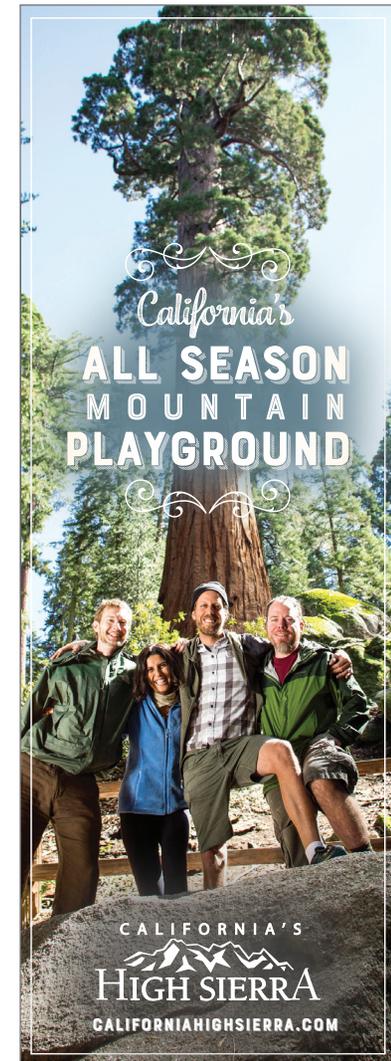
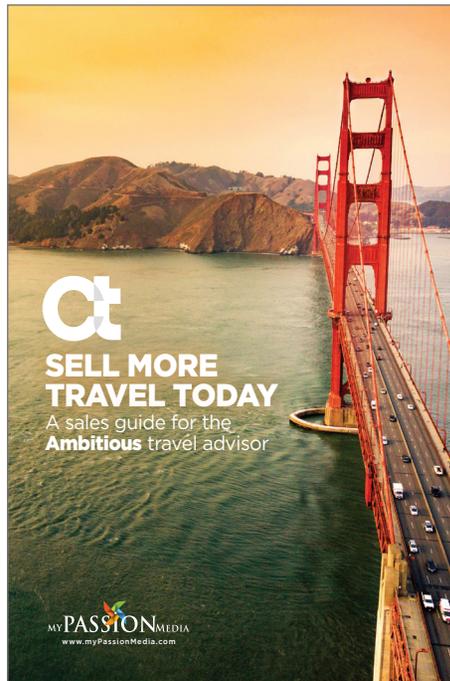
SUPPORT GOOD HEALTH WITH GREAT TASTE



Jamieson™
HERE FOR YOUR HEALTH

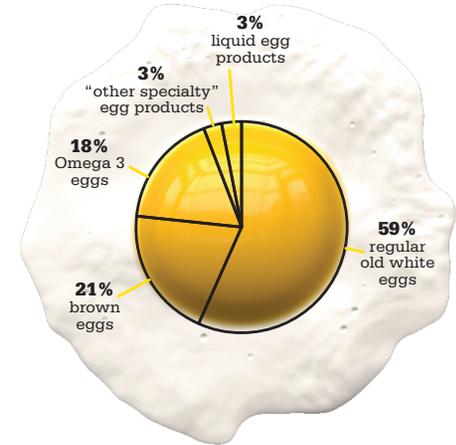
SOCIAL MEDIA Advertising

Social media posts for *Canadian Traveller* magazine



ILLUSTRATIONS

Photo collage and illustrations



ILLUSTRATIONS

Photo collage and illustrations



GORDON ALEXANDER DESIGN

**32 Gwynne Avenue,
Toronto, Ontario M6K 2C3**

P: 416-999-2947

E-mail: gordon@galexander.ca

Web: www.galexander.ca