

BLASTING BICEPS WITH PAULINE NORDIN



Who says bodybuilding is just for men? Not so, baby! Pumping iron is a completely genderless activity in our eyes. Besides, there's nothing sadder than a beautiful, fit and strong woman who knows how to take care of herself—and her body. Case in point, the beautiful Pauline Nordin.

BY THE EDITORS
PHOTO: THOMAS W.

THIS IS OUR TYPE OF BEASTLY:
Pauline is a fitness expert who has worked with actors like Halle Berry and Halle Berry's trainer, and she's also a bodybuilding coach. She's got a lot of experience in the gym, and she's got a lot of experience in the gym.

THE CLUB

Run, Shoot, Kill and be quick about it!



Join the Club in which Davon Williams, Global Board Manager takes us through the interview process.

What is The Club?
Well in basic terms, it is a third person shooter game, but as we will discuss no doubt, there is a lot more to it than just those facts there.

What is the storyline?
If I say blood sport, it sounds a little bit harsher than the actual game is, but in effect it is a human blood sport. The Club is obviously a fictional entity, but our back story supports that there has been for centuries a secretive network of people who are at the top of their professions, who have a lot of time, a lot of money and who have access to a lone knuckle boxing facility.

As the centuries unfolded on the table pit a little bit harder and needly waiting men fighting each other wasn't enough, so it became a human hunting game.

Very desperate criminals, were fighting each other for money and over time this has progressed and become increasingly dangerous up to the lethal gun based blood sport that we represent within our game.

What different modes are available in the single player options?
There are five modes in the single player. They are all based around variations of either timer or score. There will be survival modes, where you are essentially in a loop pit. If you are against an endless wave of enemies and you have to survive for a certain period of time. There will be speed mode, where you have to get through a level from point A to point B within a time frame and that will be purely score based. There will be different single player challenges, but all four different skill levels and they work various things as well. If you play through the entire game in single player, you will be playing up to about 200 challenges. There is a stock of content in the game.

I assume the A.I. isn't going to just stand there?
There are Creations when they first pitched it to us described it as very much like a racing game. You will need to learn the circuit. The A.I. does tend to crop up in the same places. It is all about motion and because it is a high score based game, you need to know that as soon as you go around the corner in this particular level, by and large, every other enemy is going to be there doing different things. There is a certain consistency of experience throughout the game, but it does vary. It is not a simple duck hunt.

Is there anything to shoot other than just the enemies?
There is an overkill stuff you can do. There are hidden little tricks and secrets such as skull shots throughout the level. There could be anything up from 5 to 10 skull shots within each level. Some are very obvious, some are hidden, so if you identify and shoot those, you will get good bonuses, but they can

"There are hidden little tricks and secrets such as skull shots throughout the levels"

SEARCH PAGE | PRINT THIS PAGE | ZOOM IN | ZOOM OUT | TOGGLE FULL SCREEN VIEW | PREVIOUS PAGE | NEXT PAGE

Cover STORY



Looking good, feeling great

What it means to look good
Looking good is not just about how you look, it's about how you feel. It's about the confidence and the joy that comes from feeling good. It's about the way you look and the way you feel. It's about the way you look and the way you feel. It's about the way you look and the way you feel.

What it means to have complete wellbeing
When you have a feeling of wellbeing, you are able to enjoy life to the fullest. You are able to enjoy life to the fullest. You are able to enjoy life to the fullest. You are able to enjoy life to the fullest. You are able to enjoy life to the fullest.

Your physical body
When you are able to enjoy life to the fullest, you are able to enjoy life to the fullest. You are able to enjoy life to the fullest. You are able to enjoy life to the fullest. You are able to enjoy life to the fullest.

Desktop Publishing

Publishing terms

Header – space at the top of a document which may contain a headline, other text or graphics or a page number.



Publishing terms

Footer – space at the bottom of each page of a document which may contain a page number, a graphic design, website address, name of the publication.

The diagram shows a page layout with a footer area. A horizontal line is drawn across the page, with a vertical line extending downwards from the left side to the word "Footer". A vertical line also extends downwards from the right side of the page to the word "Footer". A horizontal line is drawn across the page, with a vertical line extending upwards from the left side to the word "Footer". A horizontal line is drawn across the page, with a vertical line extending upwards from the right side to the word "Footer". A horizontal line is drawn across the page, with a vertical line extending upwards from the left side to the word "Footer". A horizontal line is drawn across the page, with a vertical line extending upwards from the right side to the word "Footer".

independent? Paul Rigby has the wire clippers and false passports at the ready...

Android, as we all know, is an open-source system open to modification and change. As such, it has grown and evolved, with the help of third-party developers and manufacturers, to not only become a valued and mature OS but to have independent thoughts of its own. Yet, it is still dominated by its parent company, Google. So, is it time Google let go? Would Android flower into something more, if Google backed off?

According to Geoff Blaber, director of devices, software and platforms at analysts CCS insight, no. And why?

"Because Google is providing a lot of the value in the services that sit upon Android. Android may be open source, but a manufacturer wants access to the host of services Google offers like Maps, Gmail, Play and more. In most cases, the apps and services part which Google brings to the table is of interest and often essential to consumers. A lot of us are becoming reliant on Google's services by the day. If you then move to a platform which doesn't employ those services then you miss them. Android, therefore is becoming commensurate with Google and vice-versa. Also, as much as manufacturers are offering their own store, Google Play still offers a lot more choice and a far richer variety to the user."

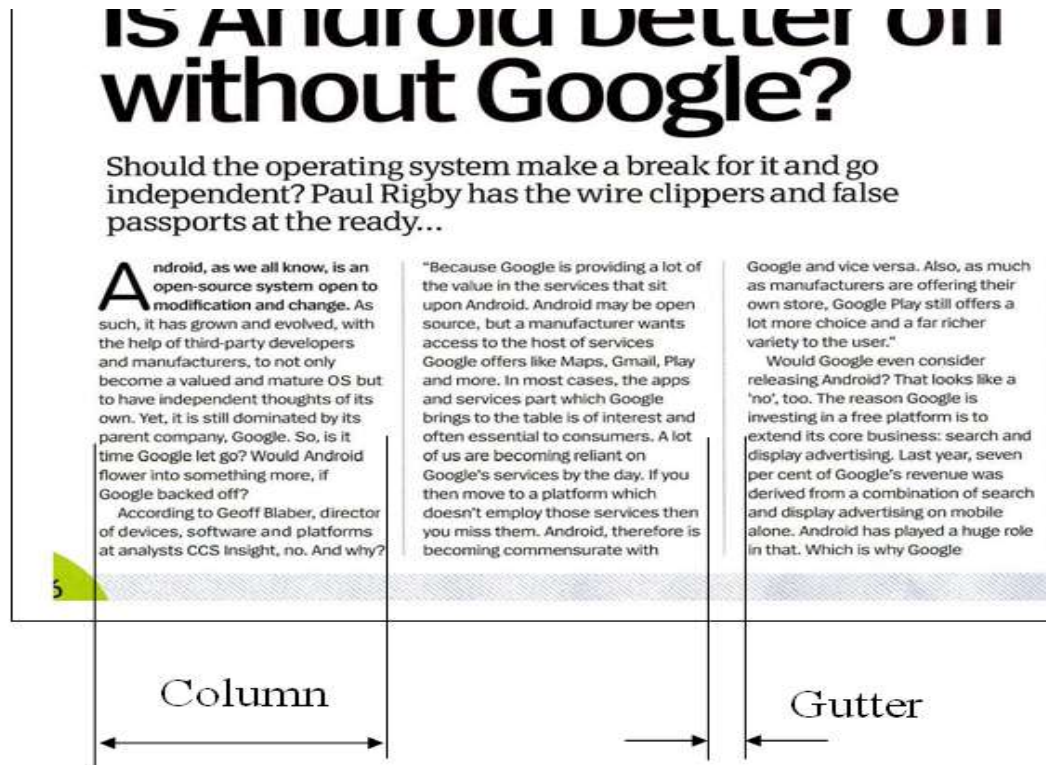
Would Google even consider releasing Android? That looks like a 'no', too. The reason Google is investing in a free platform is to extend its core business: search and display advertising. Last year, seven per cent of Google's revenue was derived from a combination of search and display advertising on mobile alone. Android has played a huge role in that. Which is why Google apps out there. Increasingly, I'm downloading apps then deleting them because I then realise that they are not quite what I wanted. There have been rumours that there will be regulation to give a more informed choice when users download. Something along the lines of a Google-designed app search that places more relevant apps nearer the top of the results. The current app search engines don't have those sort of filters. There is, thus, a big market for Google to act as a reliable filter and trusted, respected guide. Android needs it."

We've all seen the massive app land grab in which developers just wanted to get an app 'out there'. Now, there is a second phase

Footer

Publishing terms

Columns - vertical blocks of text which are separated by **Gutters**.



Publishing terms

Headline – The title of the article. Usually placed in a different, larger or bolder font.

Sub-Heading – A line of text indicating what the passage below is about.

Left & Right Margin – Blank space between graphics or text and the edge of the page.

Caption – A line of text used to describe a graphic item.

Headline → Listen
LIFE WITH CLASSICAL MUSIC
SPRING 2010

Sub-Heading → IN THE STUDIO
Brahms' Third Piano Concerto?

Margin →

By Bradley Bambarger

BACKSTAGE IN HIS office-cum-lounge at the Woodruff Arts Center, home of the Atlanta Symphony Orchestra, conductor Robert Spano is hosting a little post-concert celebration. Cocktail in hand, Spano is very excited about the last of three concerts featuring pianist Dejan Lazic's transformation of Brahms' Violin Concerto into a work he calls Brahms' Piano Concerto No. 3.

"That was so great — you have to get on the Sibelius next!" Spano gushes, singing out one of the themes in the Fintsi's beloved Violin Concerto as he leaps to his office piano to bang it out further. "That's the way it ought to go, something like that, right? Do it!"

Lazic, a genial 32-year-old Croatian, hams along gamely, appreciating Spano's enthusiasm. It was Spano who — after overhearing Lazic fiddling with his Brahms transcription before a Beethoven performance two seasons back — insisted they premiere the work in Atlanta. Still, Lazic laughs off the Sibelius suggestion, as the



On the record, Pianist Dejan Lazic, left, and Atlanta Symphony music director Robert Spano performed Lazic's Brahms arrangement for Channel Classics in crochones.

his own works and those of others every which way. Brahms, too, was a keen transcriber, even turning Bach's towering Chaconne for solo violin into a piece for piano left hand.

Still, though it has started to fade, there is a modern bias against transcriptions, deemed unnecessary at best, disrespectful at worst. A

Although it seems strange today, a popular 19th-century quip about Brahms' Violin Concerto was that it wasn't a concerto for the violin but "against the violin." Virtuosos of the day like Wieniawski and Sarasate disdained the piece as "unplayable" or as more of a symphony with violin obbligato.

Margin ←

Caption →

Publishing terms



Symmetrical Balance – text and graphics are equally placed about an imaginary vertical centre line. This creates a static restful design but it can also make it boring. It is extremely difficult to make such a layout visually interesting.

Asymmetrical Balance – allows for the more dynamic use of white space. Can be more visually stimulating and more informal.



Publishing terms

Rules/Lines – straight lines used to separate columns, headlines, sub headings etc. can make a document easier to read and more visually stimulating.

Watermark – a faded logo or graphic placed behind text can enhance a documents appearance.

Microsoft Publisher can do this for you so you don't have to prepare an image in another software package

Arena

Factory visit



Want a sneak preview of some of the latest Porsche innovations? A chance to see Porsches under construction and meet some of the people responsible for continuing the Porsche tradition of success?

On 20 July 1995, Porsche will be welcoming 20 Marque Card holders into the Zuffenhausen factory for a guided tour of one of the most famous centres of automobile design and innovation in the world. Interested? For prices and a detailed itinerary, please telephone 0345 911911.

Dealer news

- The newest Official Porsche Centre is open for business. Arlington of Northampton, on the Bedford Road, has a dedicated Porsche team providing a first class range of services, including a BodyShop, Service Centre, Parts and of course Sales. The Lea Group's investment in Porsche reflects their strong confidence in Porsche and its future.
- As a result of a series of acquisitions by the Malaya Group, Charis in St Albans will now be called Hill Owen in St Albans. However, it's a change in name only. Hill Owen will take over exactly where Charis left off, specialising in Porsche as before. The renowned dealer My will provide the same high-quality, attentive service as Charis have been doing for the last 8 years, and the friendly, personal atmosphere in which their reputation was built will continue with their new look.
- Business is booming for Dick Lovett of Swinton, with the result that they have moved their Porsche business to new premises. However, those of you worried about having to travel further for your parts needn't despair - they've only gone into what was, and are still, just 2 miles from junction 18 of the A64.

24 hours of entertainment

The Le Mans 24 Hours: 17 - 18 June 1995

Take 50 cars, 150 of the world's top drivers, and send them on 344 laps of an 8.5 mile circuit, at an average speed of 120 miles per hour. This is the recipe for the ultimate test of drivers' skill, stamina and determination - the Le Mans 24 Hours endurance race. One of the most gripping events in the motorsport calendar, Le Mans pushes cars and drivers to limits which defy all normal capabilities. This year is the 25th anniversary of Porsche's participation in the event, which has led to a record 13 outright victories; the last of them was in 1994 with a win for the Dauer Porsche Team.

But it's not just the passionate, hostile and fierce rivalry which make Le Mans the most passionate race of the year. The event's tradition stretches back to the beginnings of motor racing over 70 years ago, and every year people return to the same trackside spots to renew old acquaintances. You can feel it in the atmosphere of the place - it's like a family reunion on a huge scale.

For the weekend of the race, an enormous village is constructed around the track. The entertainment, like the racing, is round-the-clock and includes a gigantic funfair, restaurants, food stalls and bars serving everything from beer to champagne. Le Mans is more than just a great race - it's 24 hours of total enjoyment.

We hope to see another sensational victory for Porsche at this year's race. Your local Official Porsche Centre may be organising a visit to Le Mans - for details of ticket availability, please contact them direct.



Call 0345 911911 for details of your nearest Official Porsche Centre.

100 Porsche 1 - 95

Publishing terms

Bleed – An area of text or graphics that extends beyond the edge of the page removing any margins. Commercial printers usually trim the paper after printing.

Bleed



Crop Marks – Crossed lines placed at the corners of an image or a page to indicate where to trim it.

Some

simple rules for

effective

Desktop Publishing

Good DTP

helps readability
adds to credibility

Bad DTP

reduces readability

DESTROYS credibility

Cover STORY

How you look affects how you feel inside, and the glow' inner gratitude state radiates outward through your skin, posture, choice of clothes and a lot more.
By STEENA DICKS

Looking good, feeling great

What it means to have complete well-being

Your physical body

HavenWorks.com Thursday, 12 April 2012
CALENDAR
TV Online

Search: Google: [input] GO HavenWorks Web 2008 News Blog

Democratic News: 2010 TV: [avatars]

Republican News: **Atwater Politics** [avatars]

Two Santa Clauses or How The Republican Party Has Conned A

HavenWorks.com + A-Z

DEM 2010 TV

OBAMA TV

WHITE HOUSE TV

'News' Media Politics

Jay Rosen Glenn Greenwald
PBS.org/moyers

Jay Rosen and Glenn Greenwald discuss journalism and media

U.S.A.

Politics

Obama McCain
Government - RCD Jones

According to Arizona
Despite McCain's
Comments, Senate
GOP Not Offering
Detailed Budget...

"On Thursday, House Republicans did send up offering the frame of an alternative budget - but then they were widely panned for not releasing a more detailed alternative to the

Weblog

OPINION

Teacher Criminal Dick Cheney War
Crimes NB EOMilitary Government
Intelligence CT Terrorism Detainers

Publishing rules

Too many fonts spoil THE DESIGN

Fonts - In most designs, two text fonts are sufficient to use for all of the necessary functions. If you plan to use text for graphic purposes, you can use a third font, but avoid the mistake of using multiple fonts in an attempt to make your layout more attractive.

Use Fewer Fonts

rules of dtp

"Right and wrong do not exist in graphic design. There is only effective and non-effective communication."

How many fonts are too many for one project and how do you know when to stop? A good guideline is to limit the number of different fonts. That doesn't mean you can't use more, but be sure you're consistent in the use of fonts. A different font for every heading and can give your design a cluttered look. You can usually get away with many different design elements where only two to three are one page spread.

Select a font for body copy and another for headlines. Use bold, if of those fonts for captions, subheadings, decks, and other design elements you might use a third font for initial caps, pull-quotes, or other text. Add a fourth font for page numbers or as a secondary body font for odd pages are sufficient.

Don't use more than four fonts in a publication.

As a general rule, when designing a publication I never use more than four fonts. Realistically, how many do you need? letter layout, you could use one font for headings, one (which could also be used in italics or bold for captions, subheadings). You may not even need that fourth one. — Stuart Gordo's Desktop Publishing Do's and Don'ts

Fonts don't have to be many totally different styles to create a busy or messy design. Multiple fonts that are too close in style can be just as distracting.

THE BOTTOMLINE: No hard and fast rule says you can't use 10 different fonts in one document. However, consistency and readability design and too many font changes can distract and confuse the reader. Choose fonts carefully.

Use Fewer Fonts

rules of dtp

"Right and wrong do not exist in graphic design. There is only effective and non-effective communication."

—Pete Rivin • KingCity

How many fonts are too many for one project and how do you know when to stop? A good guideline is to limit the number of different typefaces to three or four. That doesn't mean you can't use more, but be sure you have a good reason to do so. Be consistent in the use of fonts. A different font for every heading, for instance, is confusing and can give your design a cluttered look. You can usually get away with more fonts in larger documents with many different design elements where only two to three different fonts appear on any one page spread.

Select a font for body copy and another for headlines. Use bold, italics, and different sizes of these fonts for captions, subheadings, decks, and other design elements. Depending on the design you might use a third font for initial caps, pull-quotes, or other selected items. You might add a fourth font for page numbers or as a secondary body font for subheads, but usually two or three are sufficient.

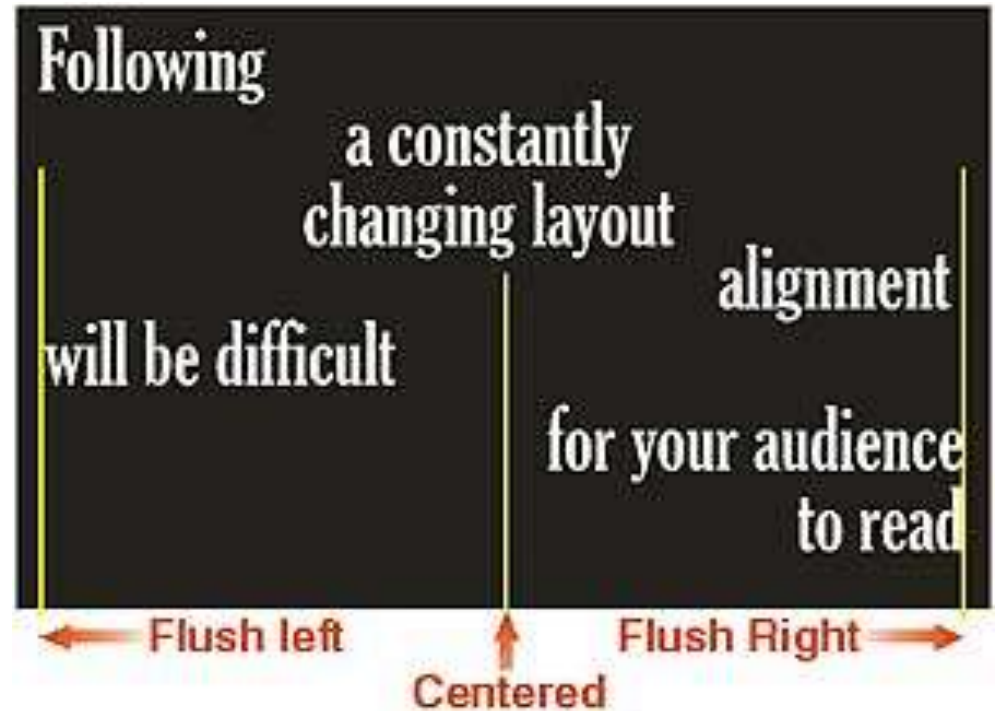
Don't use more than four fonts in any one publication.

As a general rule, when designing a publication I never use more than four fonts. Realistically, how many do you need? For a newsletter layout, you could use one font for headings, one for body text (which could also be used in italics or bold for captions) and one for subheadings. You may not even need that fourth one. — Stuart Gordo's Desktop Publishing Do's and Don'ts

Fonts don't have to be many totally different styles to create a busy or confusing layout. Multiple fonts that are too close in style can be just as distracting.

The Bottomline: No hard and fast rule says you can't use five, six, or even twenty different fonts in one document. However, consistency and readability are the important to good design, and too many font changes can distract and confuse the reader. Make your font choices carefully.

Publishing rules



Text Alignment - If you choose a general alignment theme for your layout such as a flush left, flush right, centred, or fully justified, use it throughout your pages. For example, if you choose a centred alignment for text headlines, apply this alignment to the text on all pages - avoid switching from one style to another. Changing alignments can make it difficult for readers to follow a layout.

Publishing rules

**USING ALL UPPERCASE
ALL THE TIME
MAKES TEXT
REALLY HARD TO READ**

*FANCY SCRIPT
OR DECORATIVE
FONTS ARE NOT
SUITABLE FOR
ALL CAPS*

You are cordially invited,
and strongly encouraged
not to use
centred alignment
for long passages of text.
Save centring for
invitations and cards,
certificates,
some headlines,
and layouts with minimal text

Design Principles

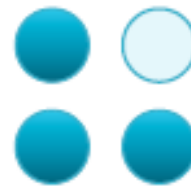
Contrast



Size



Shape



Shade



Color



Proximity

“...use just notable differences – visual elements that make a clear difference, but no more...”

Design Principles

Contrast Example



Contrast in **size** within the images and the size of the fonts, contrast in **colour** between the **blue** and **red** text, contrast in **shade** in hues of **blue**, contrast in alignment central and left justification, contrast in shape rectangles, squares, stepped shapes.

Design Principles Rhythm/Repetition

Repeat design elements across the entire document



Examples show repetition, of shape, colour & size.

Design Principles **Alignment**

Every element on your page should have some visual connection with another element on the page.

Nothing should be placed on the page randomly.

Always find something else on the page to align with, even if the two objects are far away from each other.

Design Principles Alignment



Evidence of strong **alignment** throughout the example.

1. The images on the left are all in line. They are also in line with the Dungeon title and the text below.

2. The stepped line is aligned with the first column of text.

The images at the bottom right are in alignment with the second column of text.

4 The **T** drop capital is in alignment with the top and the left of the first column.

The black ruled line is in alignment with the vertical text at the top of the page

Design Principles **Alignment - Justification**

Left Justification The text shown here is used to show the difference between left justification, right justification, centre justification and full justification when used in desk top publishing and word processing.

Right Justification The text shown here is used to show the difference between left justification, right justification, centre justification and full justification when used in desk top publishing and word processing.



Centre Justification The text shown here is used to show the difference between left justification, right justification, centre justification and full justification when used in desk top publishing and word processing.

Full Justification The text shown here is used to show the difference between left justification, right justification, centre justification and full justification when used in desk top publishing and word processing.

Design Principles Alignment of text examples

The options:

The image displays three overlapping boxes illustrating different text alignment options for a business card. Each box contains the same text: 'Great Graphics', 'Don Pixel', '456 E. Central', 'Orlando, FL 32123', and '407-123-4567'. The top box shows a plain layout. The middle box shows left alignment. The bottom box shows right alignment.

Great Graphics
Don Pixel
456 E. Central
Orlando, FL 32123
407-123-4567

Great Graphics
Don Pixel
456 E. Central
Orlando, FL 32123
407-123-4567

Great Graphics
Don Pixel
456 E. Central
Orlando, FL 32123
407-123-4567

Great Graphics

Don Pixel

Too plain and ordinary -
reserve for formal documents

456 E. Central
Orlando, FL 32123
407-123-4567

Great Graphics

Don Pixel

← Align left

456 E. Central
Orlando, FL 32123
407-123-4567

Great Graphics

Don Pixel

Align right →

456 E. Central
Orlando, FL 32123
407-123-4567

Design Principles **Unity**

Unity is the relationship among the elements of a document that helps all the elements function together.



Unity gives a sense of oneness to a visual image. In other words, the words and the images work together to create meaning.

Design Principles Proximity / Unity

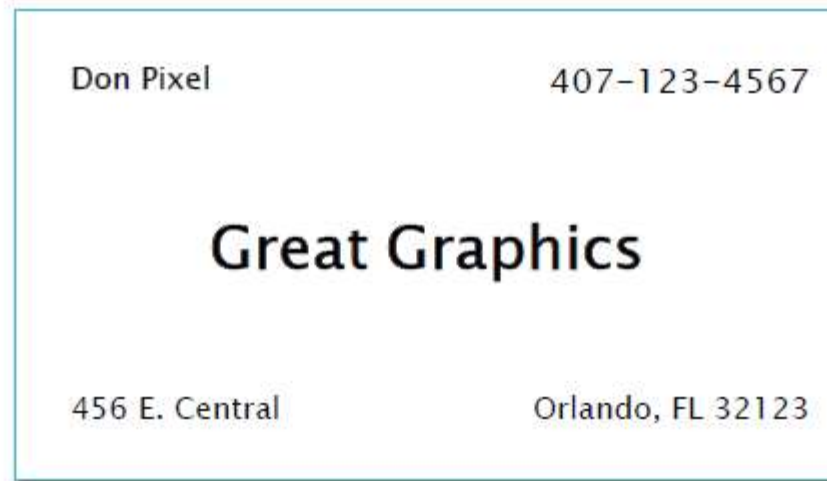
Group related items together – text or images or both.

- Move them physically close to each other so related items are seen as a group rather than a bunch of unrelated bits.
- When a design is scattered, the page appears unorganized and information is not instantly accessible to the reader.
- by grouping items together a design is more organized.
- How close together or far apart elements are placed suggests a relationship (or lack of) between otherwise disparate parts.
- Place related information in proximity, and separate unrelated information with white space, rules, and borders.

Design Principles

Proximity / Unity Example

A common design / layout:



The problem: Nothing stands out
Nothing is important

Design Principles

Proximity / Unity Example

The solution: **Group** similar items together;
separate them from other items.



The card is now organized
visually and **intellectually**.



Design Principles

Proximity / Unity Example



This graphic displays unity in it's design.

Unity in **colour** between the balloon graphics and the 'sky high' text.

Unity in **colour** between the 'balloon day' text and the body text.

The close **proximity** of all the design elements creates an overall unity in the design.

Design Principles **Harmony**

Harmony in visual design means all parts of the document relate to and complement each other.

Harmony can be achieved through repetition and rhythm.

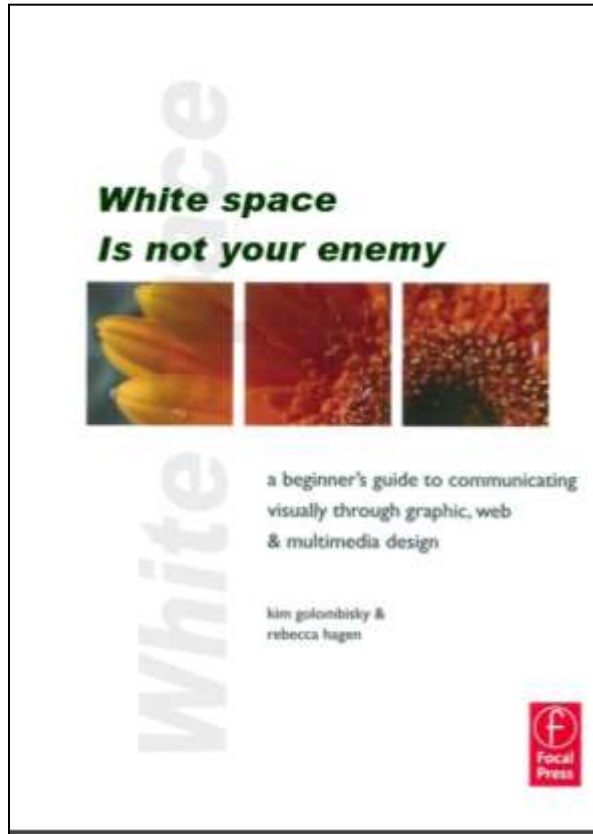
In the example the colours and shapes are in harmony.

Patterns or shapes can help achieve harmony. By repeating patterns in an interesting arrangement, the overall visual image comes together.



Design Principles White Space

White Space - Space on the document not filled with text & graphics. A professional layout will have plenty of white space to keep the reader from getting tired with information overload. The space doesn't have to be white however!



Information overload.

Design Principles **Dominance**

Dominance - an image or text which is very large or has strong contrast on the page.

The Range Rover image dominates the page and grabs readers attention immediately.

INSIDE THIS ISSUE

This issue...

The Range Rover Evoque comes under scrutiny from our testers on p18

We test: Practicality
Don't be fooled by the Evoque's butch looks and imposing road presence. The boot is not much bigger than that in a Ford Fiesta supermini

We test: Real-life fuel economy
In our 4x4 group test, the Evoque SD4 diesel was furthest from meeting its claimed fuel economy, falling 22% short of the stated 49.6mpg

OTHER FEATURES
Our experts solve your car problems and discuss the latest motoring issues

DASHBOARD
Will your car fail the new, stricter MOT? Plus the latest five-star cars for safety

Which? Car works for you
We investigate a costly carbag problem, and help resolve a spare-wheel dilemma

Driven to distraction
Do you find in-car technology a distraction when driving? You're in good company...

www.which.co.uk/cars

THIS ISSUE INSIDE

FIRST DRIVES

If you're after a new car, don't miss our round-up of all the latest arrivals

6 Peugeot 208
A worthy rival for Fiesta and Polo

8 Kia Cee'd
Looks great, goes pretty well too

9 Hyundai i30
Another Korean Ford Focus rival

11 Fiat Panda
Five doors for less than a Fiat 500

11 Mercedes B-class, Subaru XV & Renault Twizy

plus more first drives...

We test: Comfort
The Evoque may be pricey, but it has a smart, well-finished interior that offers plenty of room in the front. But it's claustrophobic in the back

We test: Performance
Despite having more horsepower at its disposal than either cars in our test, the Evoque took a second longer than the Audi Q3 to accelerate from 37-62mph

The Evoque wins hands-down in the style stakes. But does it have the substance to take on the Audi Q3, BMW X1 and VW Tiguan?'

www.which.co.uk/cars

Which? Car Summer 2012

Design Principles **Emphasis**

Emphasis - the use of different colours, bold, highlight, reverse, underline, drop shadow; can emphasise text in a document.

Graphics can also be emphasised by use of size, a drop shadow, value, and colour.

SCORECARD



HOT NOT

WILLIAMS: SERENE

Serena Williams breezed to her 53rd WTA title, smoking Sweden's Johanna Larsson 6-4, 6-1 in the Swedish Open on Sunday. Coming off a disappointing Wimbledon (bounced in the fourth round), the 31-year-old did not drop a set during her five matches at the tournament.

BLACK AND BLUE JAYS

Toronto's latest swoon [four straight L's, 11 of 15] had the Blue Jays last in the AL East through Sunday, 13½ games back. Not helping? Jays starters had just three wins in July. Observed manager John Gibbons, "We're not playing good enough baseball to win a lot of games."

L.A. L.A. LAND

Trailing by 9½ games in the NL West on June 21, the Dodgers (50-47) had climbed to a half game out at week's end, thanks largely to SS Hanley Ramirez, who since July 1 was hitting .400 with four homers and 13 RBIs. A 2.31 team ERA, best in the NL in July, hasn't hurt either.

FAR FROM HOME

No fish on the plate: Through Sunday the Marlins had gone 37 innings without scoring a run (losing 2-0, 6-0 and 1-0 to the Brewers), the longest 0-fer since the Astros went 42 scoreless innings in 1985. Number 3 hitter Giancarlo Stanton was 0 for 11 in Milwaukee.

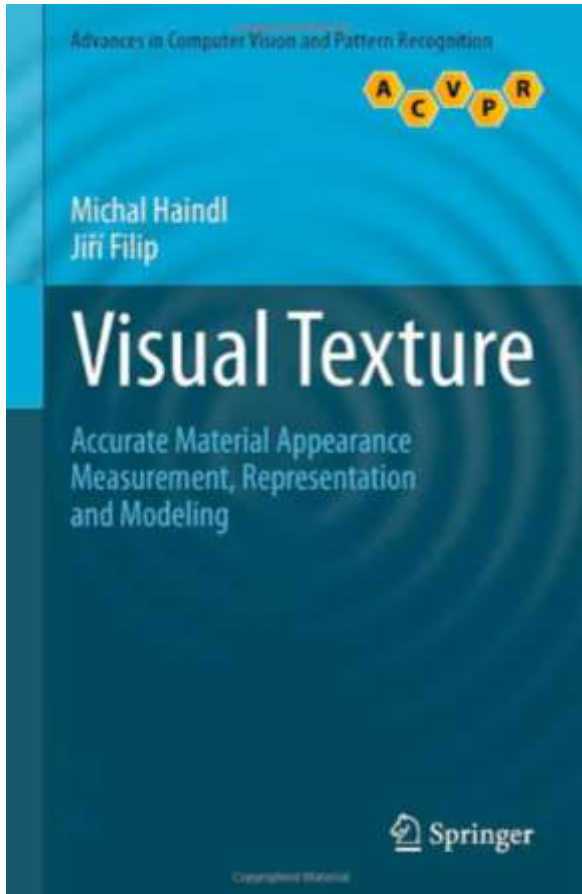
GETTING IT, DONNE!

Chicago Sky forward Elena Delle Donne came out on top of the WNBA All-Star vote (with 35,646 votes, nearly 2,000 more than Candace Parker), the first rookie to do so. "I'm speechless about it," said the 6' 5" Delaware grad, who averaged 18.6 points and 5.5 boards in her first 16 games.

TORSTEN LAURSEN/GETTY IMAGES (WILLIAMS); DEBS POROV/GETTY IMAGES (GIBBONS); LEMMY IONELZAP (RAMIREZ); JOHN FISHER/ICAL SPORT MEDIA (STANTON); DONICAN WILLIAMS/ICAL SPORT MEDIA (DONNE)

Design Elements **Texture**

Texture can be added to documents or images
create visual interest.



Texture added in the background
to enhance what would have
been a very bland document.



Texture added to enhance the
text.



Texture added to a photograph
to give it a different look.

Design Elements Shape



Design Elements Colour



Colour- has a very important role in DTP, too many colours can distract the reader or create chaotic looking layouts.

Colour- careful selection can create interesting layouts and aid readability.



Design Elements Mass/Weight

Mass/Weight – The amount of space between items on a page.

The example below has a high value of mass/weight without much breathing space between items of text and graphics.



Design Elements Lines/Rules

Rules – straight lines used to separate columns, headlines, sub headings etc. can make a document easier to read and more visually stimulating.

BLOOD, SWEAT & POLITICS

What Makes J.C. Run?

Republican Congressman James Carter Watts Jr., the highest ranking Black lawmaker in America, is in the midst of the standard battery of charges of Tomlin: egoistic self-serving opportunism and ineptness, trying to keep his party politically relevant. Is it working?

BY SOLOMON MOORE

Congressman James Carter Watts Jr. is late for a vote, so he straddles out, arms pumping like show pieces, shoulders swiveling through the gauntlet of policy wonks and politicos shuffling down this morning's halls.

His dark silhouette is hoarse, but just as he takes his seat, he is the president of the Oklahoma game. He craves only one thing: to be considered that he is better, faster and stronger than any fool who would dare step in his way. J.C. Watts is the highest-ranking Black lawmaker in the land, the number two man in the U.S. House of Representatives, a favored son of the party of Lincoln, Eisenhower, Nixon and Reagan. He serves on the powerful House Armed Services Committee and chairs the House Republican Conference—the congressional counterpart of the RNC.

Yet, nothing else differs from change through the Capitol complex mazes of another Indiana Black footballer to a man who failed to say pass and exit curtains and staged over because to give their voters more lies.

And isn't this really the question? Does J.C. Watts want to give away our keys to a way, in a word, yes.

Yes, Watts has successfully been changed with following many African-Americans to the Republican Party. That move by one, once about the pursuit of African-American voters by the Democrats, but somebody said poster-

ally, a Black somebody has to do it.

About five years, Watts ran down at the Capitol's Barbara Boony, a grandly decorated lobby opposite the House floor. In a culture of hypocrisy, where all Republicans, Congressman Watts is a self-proclaimed abolitionist known for creating Amendment 500 from Oklahoma City with another name. He professed himself, through, in a corner with enough votes to make you wonder. As he walks, Watts has a speech. And he says that speech, he had, as he says, he is not a politician, he is a person.

And Watts doesn't seem worried being the "other." He grew up in the small town, about 40 miles from Oklahoma, Oklahoma population, just over 3,000. He was often the only African-American in his classes. He was the second Black quarterback at the University of Oklahoma, leading the team to victory in the 1960 and 1961 Orange Bowl when Black folks weren't supposed to be there. He was the first Black player to be named to the team. Then the National Football League passed him over. White prospects were not at work, he played in Detroit, Cleveland and Kansas for no and food plans.

Watts is an intelligent man. And he should be. He was a prep school prep school graduate. When he was 17, Watts was drafted into the military. He later returned to school and worked. He later returned to school and worked. He later returned to school and worked. He later returned to school and worked.

...the President Bill Clinton would allow of later years, though a long-term political plan, is further down the line of power among political voters in some states and he's been there.

By Watts has a point, despite swelling numbers of Latin and Asian American votes, African-Americans remain the most massive vote block in government. Still, Blacks are disproportionately poor, unemployed and underemployed.

In order to pass, Watts needs a group of Black lawmakers who would be help to send the dollars to fill a economic challenge against the U.S. Department of Agriculture. The farmers claim they are denied federal loans because of their race. "The CBO [Congressional Budget Office] would do anything for them, even spend it," Watts says.

And Republican promises to African-Americans might seem hollow and are often a check book at their expense that Black people rarely see. In Spokane, a George Washington University professor and founder of the American Voice of Social Justice (Cambridge University Press, 2011) says, "African-Americans are usually severely underrepresented."

That people are among the most fearful groups in the country. Most Black voters are opposing abortion. Most Black voters are supporting a strong federal role in education. A significant number of Black voters are supporting school vouchers and other policies that promote "choice" in education. African-Americans are not opposed to the school construction industry, Spitzer says.

Spitzer continues on school vouchers, saying that Republicans "seem to be trying to make class, white." And he says Watts is clearly in control.

"While there was a culture, however, it is not clear that the Republican position that could be seen as hands-off." Watts. "We often talk in terms of policy, process and legislation, and it is not always the same."

Watts is the GOP's chief spokesman, which he attempted to make the party's stance, which took a more militant tone. During former Speaker Newt Gingrich's "Republican Revolution,"

...instead of talking about you in general terms, they encourage local legislators to talk about you. In an interview with the New York Times, Watts said, "I don't think you can talk about 'family values' in a way that makes a damn man feel like the church here has kids as much as the wife and I have our kids."

Watts' "family values" approach has occasionally got him in odds with his Republican colleagues, such as when during House majority whip Tom DeLay. In fact, earlier this year, Watts considered resigning his seat and Speaker Dennis Hastert convinced him to stay, but the West's influence grew about that point.

"Did Watts let the Congress in the

He knows some people think he's a race traitor, an Uncle Tom, a token Negro. Even his own father once proclaimed, 'A black man voting for the Republicans makes about as much sense as a chicken voting for Colonel Sanders.'

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Low Value

