

# Noma Bar

is a graphic designer who uses negative and positive space to create imagery and particular 'hidden' messages.

A limited pallet is used to give striking and bold images that manipulates shapes to convey other forms.



<http://creativereview.co.uk/cr-blog/2011/september/noma-bars-amazing-die-cutting-doggy>.

<http://www.dutchuncle.co.uk/illustrators/noma-bar/portfolios/portfolio>.

# Headlines

Assignment 1

**i** newspaper : pg. 3 : "Hole-digging contest  
draws hundreds"  
pg. 11 : "Big freeze to remain  
for the rest of the week"

**D**aily Mail newspaper : pg. 29 : "A seat by the window  
could raise DVT risk"

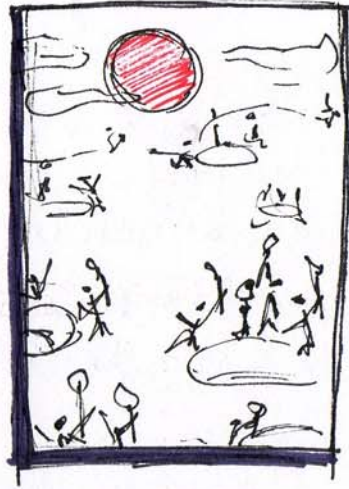
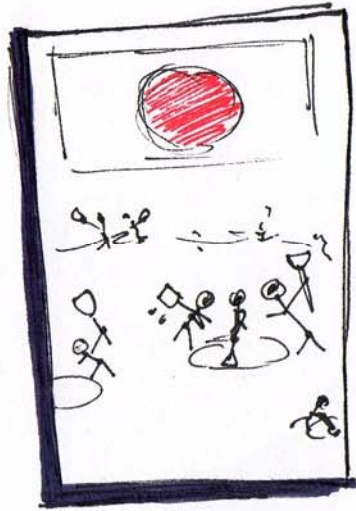
pg. 39 : "Fabulous at 50!" (maybe)

**D**aily Express newspaper : pg. 9 : "Legal blow for grandparents  
in access fight"

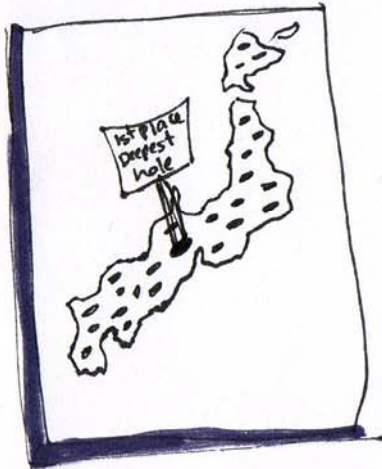
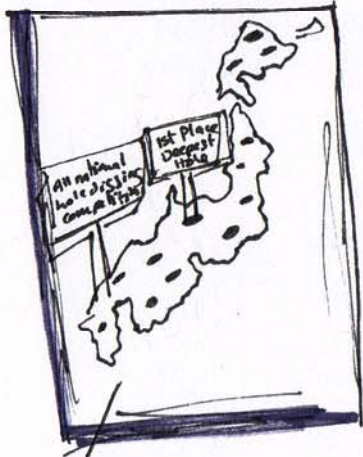
**JAPAN**

**Hole-digging contest draws hundreds**

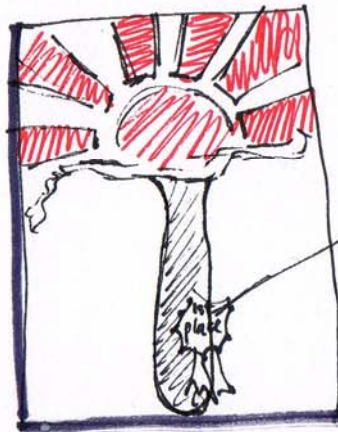
Over 1,000 people gathered on the outskirts of Tokyo to dig their way to victory in the Japan All-National Hole Digging Competition at the weekend. The annual contest drew 259 teams to test their hole-digging prowess and claim awards that included one for the deepest hole.



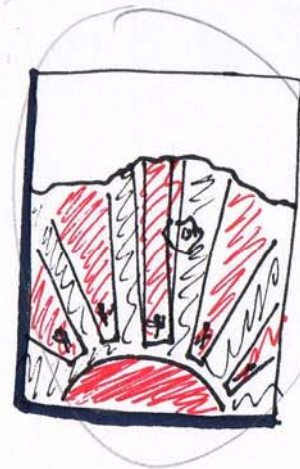
Rising Sun  
↓  
Flag.



Map of Japan with holes



All-national hole digging competition  
1st place  
Deepest hole



using sun rays as digging holes  
↓  
use of space & imagery - same as Noma Bar



Deer in the snow of Hornby Castle, Yorkshire; above, frozen ladybirds PA; BARCROFT MEDIA

# Big freeze to remain for the rest of the week

By Jonathan Brown

Forecasters warned that winter is expected to grip much of Britain for the rest of the week as Downing Street defended Heathrow's decision to cancel hundreds of flights over the weekend before a few snowflakes fell.

The Prime Minister's spokesman praised the Spanish-owned operators BAA, which scrapped half of its 1,300 flights - many of them before Saturday's 2.4in (6cm) dusting.

Britain's international air hub was criticised last year when Arctic conditions led to chaotic scenes in terminals as passengers waited for days for their planes to take off. Instead this year, as it faced its first severe test of the win-

On the online version the headline is different but it still has the same written article

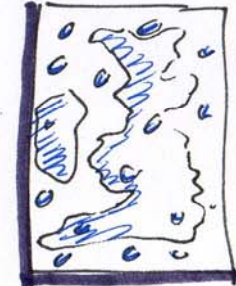
On the roads, ice and freezing fog proved the biggest problem. Three teenagers were badly hurt on Saturday when a car mounted the pavement on a steep hill in Bishop Auckland, County Durham after skidding on ice. The most seriously injured was a 19-year-old, who underwent surgery at Darlington Memorial Hospital for injuries to both legs, hips and his pelvis.

Police warned against people going

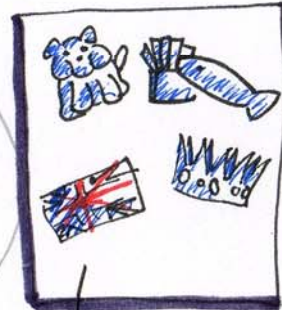
... "licence to kill".  
... (Soyld Berry)  
... Julia Ioffe)



Britain  
ice  
↓  
frozen



icy  
Britain  
+  
hat r  
Scarf  
+  
Snow.



Things that are  
British are frozen  
(or part of Britain).

\* Develop  
without  
hat/scarf.

# A seat by the window could raise DVT risk

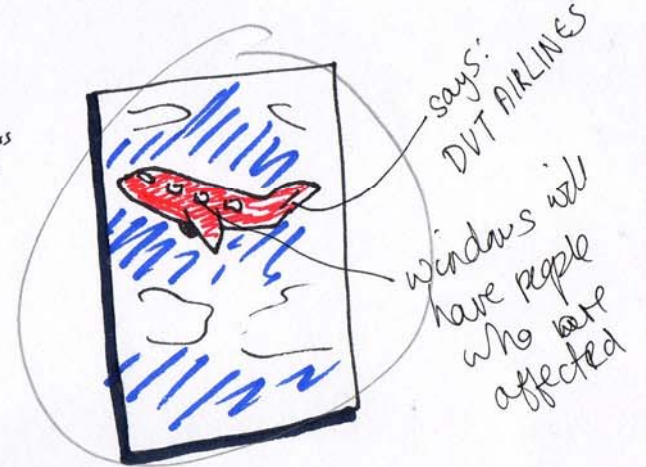
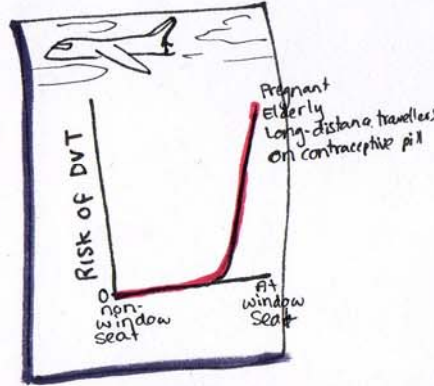
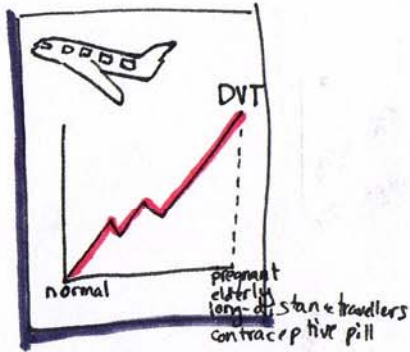
It may offer a better view, but sitting in the window seat on a plane could increase your risk of deep-vein thrombosis.

It is one of the dangers highlighted in new guidance for long-distance travellers - along with being pregnant, elderly or taking the contraceptive pill.

Sitting by the window deters passengers from leaving their seat to stretch their calf muscles and increase circulation.

DVT is a blood clot in a leg vein, which runs through the muscles of the calf or thigh.

It affects around 25,000 people a year in the UK and can lead to a fatal blockage in the lung - a pulmonary embolism. The latest guidelines were published in the February issue of the American medical journal, Chest.



- \* Plane shows signs of DVT:
  - Swelling
  - redness of the skin

\* info from <http://www.nhs.uk/condition/deep-vein-thrombosis/pages/symptoms.aspx>

# FAB

## Secrets of an A-list body

WE REVEAL how to get the enviable physiques of the stars. This week, Courteney Cox's décolletage.

LAST week, when shooting her latest film, actress Courteney Cox revealed a perfectly toned bust area. Cox, 47, works out four times a week with celebrity trainer Tracey Anderson.

**TRY THIS:** A good exercise for a toned décolletage is the diagonal pull-



click box for link to article "Fabulous at 50!"

bottle of water in each hand. Keep your left arm still, pull your right arm across your body to the right side of your hips and then raise the arm upwards so that it forms a straight diagonal line with your left arm. Repeat 25 times on each side.

PETA BEE

## DO THIS

MOW the lawn to protect your memory. A University of Queensland study found the smell of cut grass has beneficial effects on the brain, including the area which controls memory and learning.



# Couharn

making bad news to patients over the ne. To do so offends every standard of doctor-patient relationships. Looking after patients, particularly when they are distressed, is possible only when you're face to face, and even then it's hard enough, given the pressures imposed on all of us and the scarcity of resources. Direct consultation is the only way to handle the impact of bad news, and any practitioner who denies that should hang up their stethoscope. e lesson to draw, for doctor and patient is that the conduct of medical care can be face to face; nothing else will do, or it will never change. Anything else is secc — and who wants that?

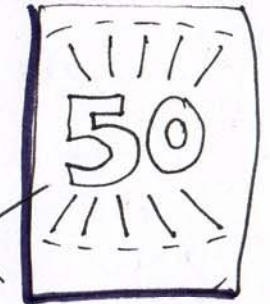
## For visiting a GP

**WRITE TO DR SCURR**  
 ■ TO CONTACT Dr Scurr with a health query, write to him at Good Health Daily Mail, 2 Derry Street, London W8 5TT or email [dmscurr@daily@mail.co.uk](mailto:dmscurr@daily@mail.co.uk) — including contact details. Dr Scurr cannot enter into personal correspondence. His replies cannot apply to individual cases and should be taken in a general context. Always consult your own GP with any health worries.

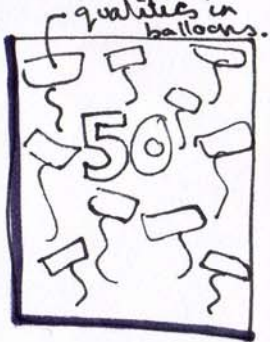
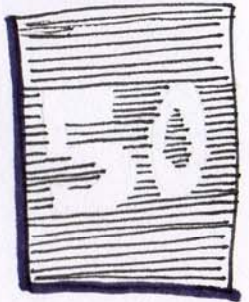
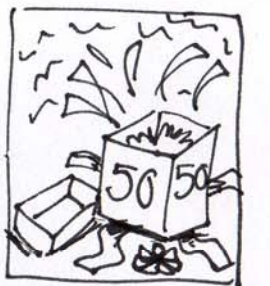
A physiotherapist may be helpful in teaching you exercises to keep the muscles of your neck supple and strong. I would recommend that you seek referral for an MRI scan to reach an exact diagnosis, and maybe the expertise of a pain control clinic.



All things listed from article in Shape of 50.



Candle sticks have qualities inside them



years I have suffered from an enlarged prostate. My doctor advised me to have low-dose Viagra to treat my erection problems in the past year. I never ever my last PSA test showed a just reading — could Viagra be enlarged prostate? I also have stents fitted in my arteries (I am 72). I am not taking tablets more than once a month. I would like to use them more often.

**L**ET me first reassure you about the use of Viagra — I have had no effect on my prostate, for reasons I can't explain.

You have described four common problems: enlarged prostate (also known as benign prostatic hyperplasia), hypertension, a raised PSA level, and coronary heart disease. There are some links between them, but it's worth considering each in turn.

Benign (non-cancerous) enlargement of the prostate gland affects most men of greater or lesser extent as they get older. The main symptom is a weakening of urine when emptying the bladder is because the urethra, the tube that carries the urine, goes through the middle of the prostate as it exits the bladder.

As the prostate gland enlarges, this narrows the urethra. It also distorts the shape of the base of the bladder, which makes you need to get up two or more times a night to visit the loo (a problem called nocturia).

You are concerned that your condition may have become worse.

# Legal blow for grandparents in access fight

By **Macer Hall** Political Editor

GRANDPARENTS will be refused a new legal right to see their grandchildren as part of an overhaul of family law, the Government will announce today.

Ministers have decided against granting grandparents guaranteed access following divorces because of fears the move could clog the courts.

Instead, separating parents will be "encouraged" to agree on access for grandparents, especially paternal grandparents who often miss out on seeing grandchildren who live with their mother.

In an attempt to give divorced fathers improved access, however, the Government will rewrite the law to give children a legal right to have a proper relationship with both parents.

The decisions will be announced today following an official review of family justice.

## Complex

It is likely to disappoint many who face the agony of separation from their grandchildren when parents split up.

A Government source said: "Children get a huge amount of love and support from grandparents."

"But adding a new legal right would make the process even more complex, so it would take much longer, which would be bad for the children."

In the 220-page report, author David Norgrove said: "Not all grandparents are good grandparents."

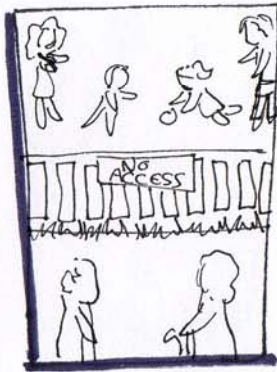
"One of the separating parents can use his or her parents as a weapon against the other partner."

A ministerial working group to review the 1989 Children's Act will be unveiled today.

Education minister Tim Loughton said: "If children are having decent, loving parents pushed out of their lives we owe it to them to change the system that lets it happen." The Office for National Statistics says one in three children - a total of 3.8 million live without their father.

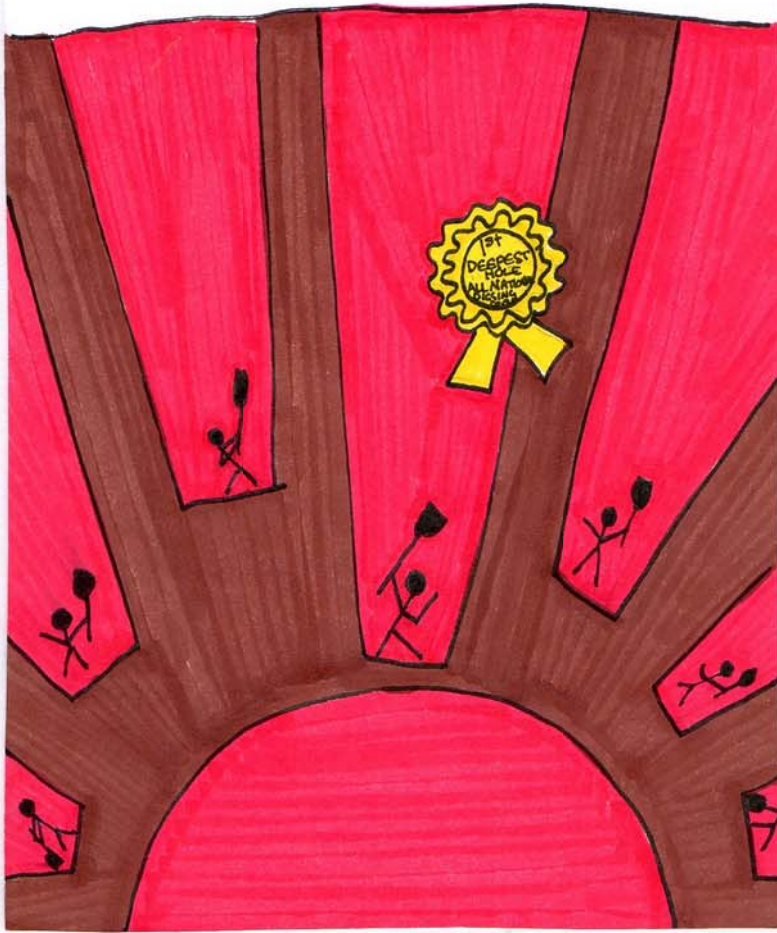


children trying to reach out to grandparents



\* Develop with grandparents in middle of fork road.

H6 Poster Designs in Colour  
(1 design from each headline)



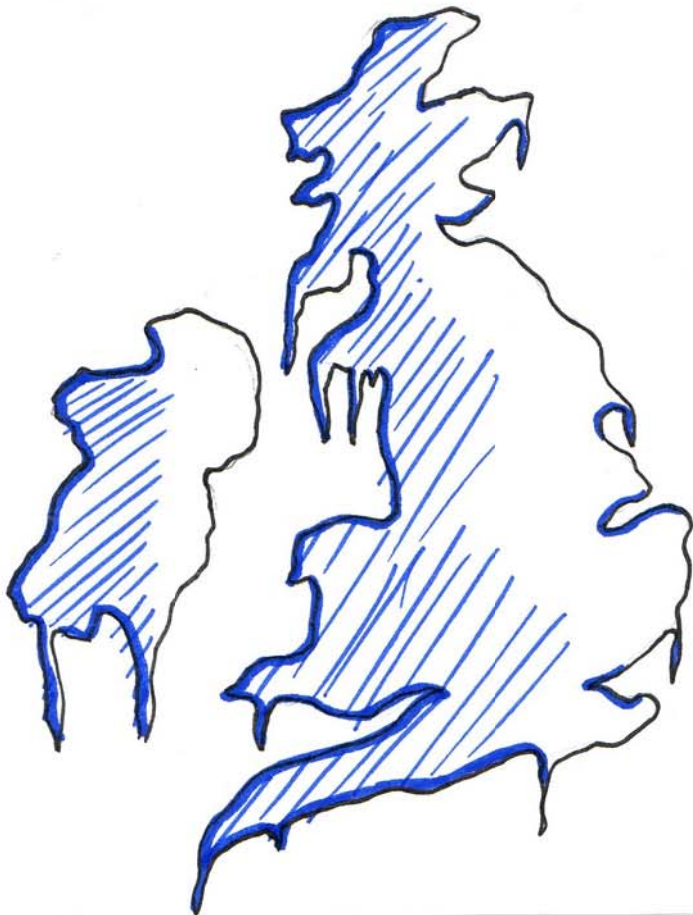
change 'ground' colour?

out of place in design  
REMOVE  
Rosette rough design  
calibri font.



structure of rising sun is good - make rays go to wedge all men (besides one in middle digging) middle man cheering as he won.

Look for Japanese road sign for road works!!!



more stranger concept by itself.

- have an actual frozen Britain in fridge/freezer?

out of place - snowflake in shape of union Jack flag design?  
- weather report?  
- icicles.  
- icicles pass downwards

M Tu W Th F Sa Su

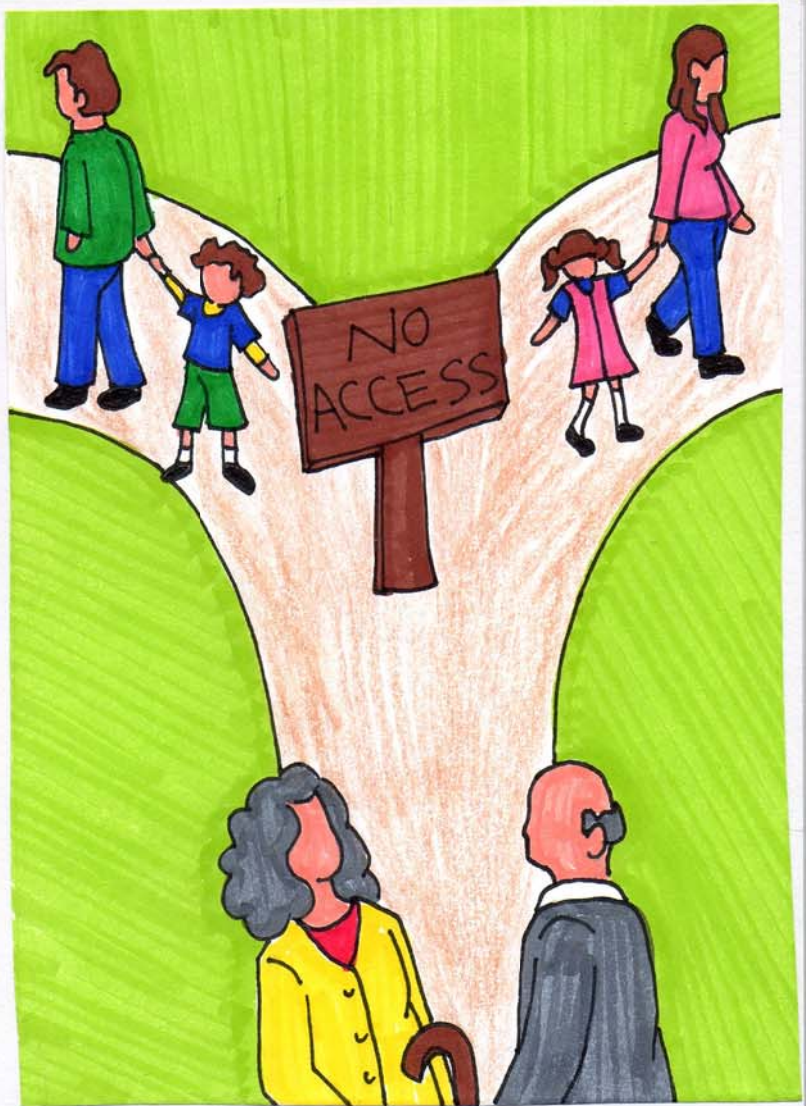
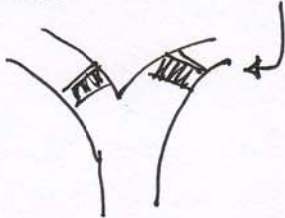


# NO ACCESS

Calibri font

have Grandmother profile view like grandfather.

- have no 'No Access' sign
- make fork road longer, perhaps have small gates/bars to show no entry?



Good concept, perhaps remove background and leave it with just plane?

make plane swell on one end.





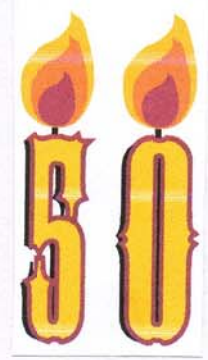
calibri

Century Gothic



mesquite Std

Rosewood Std.



Candles are all  
mis-matched in  
length/size

(bit too busy for  
a poster to be  
reductive.)

FEWER  
MIGRAINES

HAPPIER  
LESS SWEATY

ALLERGIES  
DECLINE

BETTER SEX

FEWER COLDS

SHARPER MINDS

MORE  
COMPETITIVE

BETTER  
STAMINA

LESS SENSITIVE  
TEETH