

The background features several thick, vibrant red brushstrokes that sweep across the black canvas. These strokes vary in thickness and direction, creating a sense of dynamic movement and artistic energy. The strokes are layered, with some appearing more prominent than others, adding depth to the composition.

Miguel Santos

Graphic Designer

From concept to print designs,
I enjoy guiding the viewer
through a dynamic,
playful, and creative
visual message

Where **I** come from?



I.S. 171 Abraham Lincoln School



Gregorio Luperon High School

My strong suit

MINDS EMPOWERED (M. E)

THE POINT Community Development Corporation is a non-profit organization dedicated to youth development and the cultural and economic revitalization of the Hunts Point section of the South Bronx.

Minds Empowered aims to create a safe space for underserved, non-identified & gender non-conforming youth. We work to provide young people with a platform to express themselves freely and become change makers in their communities.

Youth will be able to share their experiences through our quarterly one: ONE Workshops. We also cover topics such as social justice, body image, creative writing, graphic design and more. Together we will learn, grow, and heal.

Tuesday 6:30-8:30pm **FREE**
(Ages 13-21 years old)

Contact: Isabel Figueroa
718.542.4139 X129
940 Garrison Avenue,
Bronx NY 10474

Visual Arts

Portfolio Development

With the guidance of our Teaching Artists in Residence, Teens and Young Adults will have an opportunity for mentorship and professional development from a working artist.

This workshop will give participants the opportunity to develop new artistic techniques, create and present new work and be ready for High School and College Portfolio review. Participants will learn artistic techniques such as illustration, sculpture, printmaking, painting, composition and more!

Saturday 12:00-2:30pm **FREE**
(Ages 13-19 years old)

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Capoeira

New York Capoeira Center

Join us for classes in Capoeira, the Brazilian martial art hidden in dance.

Special events, festivals, drum and dance classes! *A total body, mind and emotional expression!*

Learning from the wisdom of the elder masters and accessible to people of all ages and abilities!

Health Benefits: Overall fitness, stress reduction, Cardio and stamina, gain confidence and learn a new language!

187 Suffolk St #307 New York, NY 10002
newyorkcapoeira.com
(212) 477-2299

[Twitter](#) [Instagram](#) [Facebook](#)

Register for class **NOW** at newyorkcapoeira.com **2017**

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Capoeira

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Health Benefits

- 1) Overall fitness
- 2) Stress reduction
- 3) Cardio and stamina
- 4) Gain confidence
- 5) learn a new language

Get Started Today

Capoeira

New York Capoeira Center
Special events, festivals, drum and dance classes!

Join Now

Capoeira

New York Capoeira Center

Join us for classes in Capoeira, the Brazilian martial art hidden in dance.

Join Now

Work that I most enjoyed

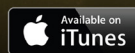
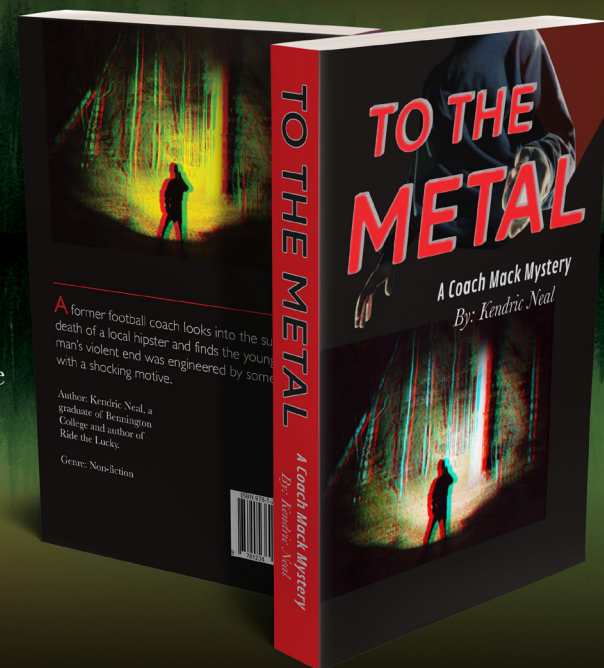


The New York Times
Best Seller



TO THE METAL
By Kendrick Neal

“Coaching was hard, being a detective
is **murder.**”



The New York Times
Best Seller



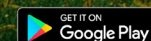
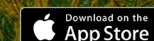
THRIVE AND SHINE
A Soulful Journey to Happiness



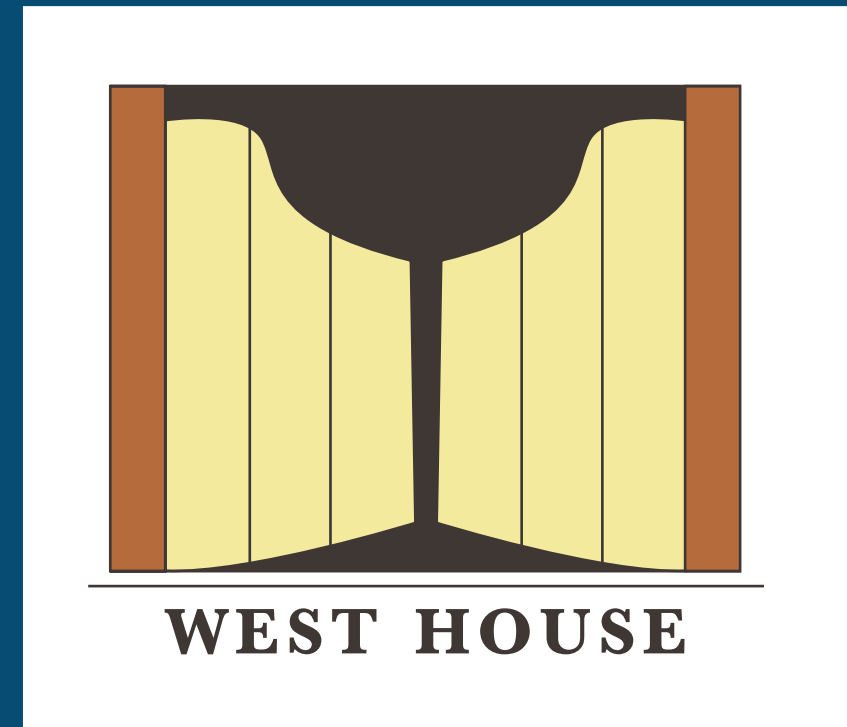
In **Thrive and Shine**, A Soulful Journey to Happiness, inspirational coach and speaker Michele Joy shows you how to find true and lasting internal happiness. While sharing her own journey, she walks you through the steps she took from a life of misery and disconnection, to a life of true internal bliss. This book is designed to transform and support you on your journey and help you connect to your most beautiful self that is dying to come out and play.

Michele Joy is a passionate Law of Attraction Coach, Certified Soul Coach and a Certified Happiness Coach. She has taught thousands of people on how to utilize the law of attraction to bring happiness and prosperity to their lives. As an inspirational speaker, author and coach, she speaks from the heart and shares herself fully. She sees the goodness in others, even when they don't see it. Her experience as a Registered Nurse for the past 14 years has given her the ability to connect at a deep level emotionally. She lives in Portland, Oregon with her 2 boys and shares her life with her Soul Mate Paul.

How to find
happiness when
life falls apart



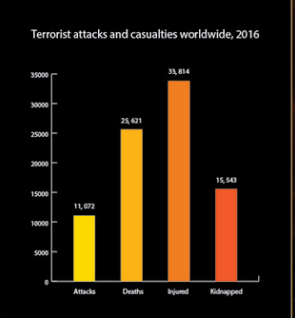
I need to work more on...



Where I am now

TERRORISM

The Islamic State of Iraq and Syria (ISIS) was responsible for more attacks and deaths than any other perpetrator group in 2016. In particular, ISIS carried out 20% more terrorist attacks in Iraq, and caused 69% more total deaths in Iraq, compared to 2015. Beyond Iraq and Syria, ISIS and perpetrator groups that have pledged allegiance to ISIS carried out attacks in more than 20 different countries. In addition to Boko Haram in West Africa, the most active of the ISIS affiliates were located in Afghanistan, Pakistan, Egypt, Libya, and Yemen.

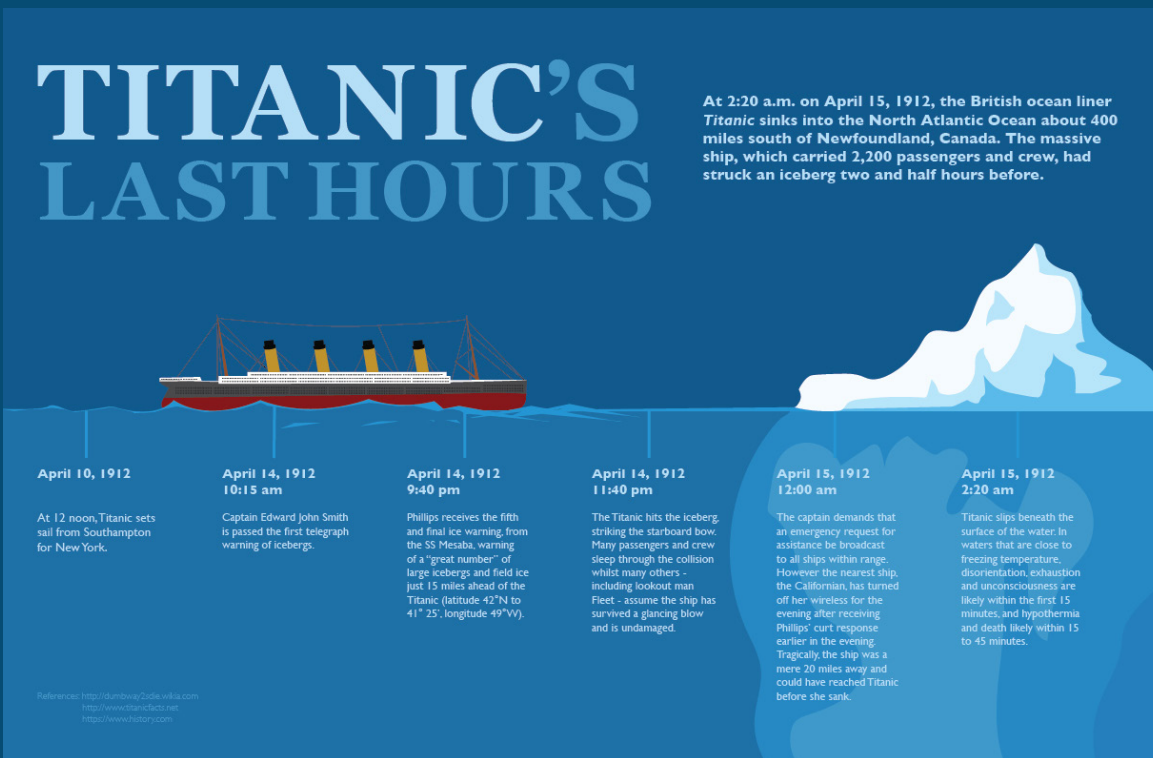


Category	Count
Attacks	11,492
Deaths	25,421
Injured	35,814
Kidnapped	15,543

Source: <http://www.iraqjournal.com>, <http://www.iraqjournal.com>, <http://www.iraqjournal.com>

TITANIC'S LAST HOURS

At 2:20 a.m. on April 15, 1912, the British ocean liner *Titanic* sinks into the North Atlantic Ocean about 400 miles south of Newfoundland, Canada. The massive ship, which carried 2,200 passengers and crew, had struck an iceberg two and half hours before.



April 10, 1912
At 12 noon, *Titanic* sets sail from Southampton for New York.

April 14, 1912 10:15 am
Captain Edward John Smith is passed the first telegraph warning of icebergs.

April 14, 1912 9:40 pm
Phillips receives the fifth and final ice warning from the *SS Mesaba*, warning of a "great number" of large icebergs and field ice just 15 miles ahead of the *Titanic* (latitude 42°N to 41° 25', longitude 49°W).

April 14, 1912 11:40 pm
The *Titanic* hits the iceberg, striking the starboard bow. Many passengers and crew sleep through the collision whilst many others - including lookout man Fleet - assume the ship has survived a glancing blow and is undamaged.

April 15, 1912 12:00 am
The captain demands that an emergency request for assistance be broadcast to all ships within range. However, the nearest ship, the *Californian*, has turned off her wireless for the evening after receiving Phillips' curt response earlier in the evening. Tragically, the ship was a mere 20 miles away and could have reached *Titanic* before she sank.

April 15, 1912 2:20 am
Titanic slips beneath the surface of the water in waters that are close to freezing temperature, disorientation, exhaustion and unconsciousness are likely within the first 15 minutes, and hypothermia and death likely within 15 to 45 minutes.

Reference: <http://www.history.com>, <http://www.history.com>, <http://www.history.com>

Thank

You