

# KYLE | GURTNER

DESIGN | WEB | PRINT

## PROFESSIONAL SKILLS

- ▶ Leadership Skills
- ▶ Communication Skills
- ▶ Innovative Thinking
- ▶ Project Management
- ▶ Multi Tasking
- ▶ Adobe Creative Suite
  - Photoshop
  - Illustrator
  - InDesign
  - After Effects
- ▶ Microsoft Office
  - Excel
  - Word
  - Publisher

## EMPLOYMENT

### Banning Motorsports

**January 2016 - Present**

Media Director - *ensure that social media pages are active and the social reputation of the corporation or organization is being increased through their actions.*

### Discount Tire Company

**March 2014 - Present**

Service Coordinator - *Customer service and sales training. Expert guidance from store team members in performing Certified Satisfaction, our program for management and service excellence.*

Tire Technician - *Expertly perform the tire changing, balancing, flat repairs and rotation service that must be done with safety and efficiency.*

### The Art Institute of Phoenix

**March 2014 - Present**

Print Shop Technician - *Responsible for printing student and faculty documents in a timely manner.*

Media Shop Technician - *Responsible for checking in and out photo/video equipment and tools. Help out with minor tech support issues.*

### Wellsprings Therapy Center

**March 27th 2012 - March 2014**

Maintaince Assistant - *Kept the facility utilities and equipment in working order.*

Dietary Aide/Dishwasher - *Assisted in the preparation and service of patient food services. Cleaning of dishes and cooking utensils.*

Housekeeping - *Responsible for keeping the facility clean and safe for the patients. Also helped prepare therapeutic equipment for patients.*

## EDUCATION

### The Art Institute of Phoenix

**Graduate Degree: Bachelor of Arts (Class of 2017)**

Major Courses of Study:

Graphic Design / Web Design

- Packaging
- Corporate Identity, Branding
- Typography
- Photography
- HTML, CSS

### Perry High School

**Graduate Degree: Diploma (Class of 2013)**

Major Courses of Study:

Graphic Design

- Graphic Design I, II, III
- Photo Imaging I, II, III
- Fundamental Information Technology I
- Photography I

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# LOGIA



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Type 1 Diabetes

**What is Type 1 Diabetes?**  
With type 1 diabetes, the body's immune system attacks part of its own pancreas. Scientists are not sure why. But the immune system mistakenly sees the insulin-producing cells in the pancreas as foreign, and destroys them. This attack is known as "autoimmune" disease.

**Type 1 Symptoms**

- Increased Thirst
- Frequent Urination
- Hunger
- Fatigue
- Blurred Vision

**Type 1 Treatment**  
Can't be cured, but treatment may help treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet, and exercise.

- Prescription
- Physical exercise
- Diabetic diet
- Carbohydrate counting
- Nutrition counseling
- Glucose tablets

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Pre-Diabetes

**What is Pre-Diabetes?**  
Prediabetes refers to blood glucose (sugar) levels that are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes (i.e. a fasting plasma glucose level of 7.0 mmol/L or higher). Although not everyone with prediabetes will develop type 2 diabetes, many people will.

**Symptoms Could Include:**

- Excessive hunger
- Excessive thirst
- Fatigue
- Frequent urination
- Weight gain
- Wounds that don't heal
- Irritability

**How Can You Test?**  
The FPG test is a blood test that determines the amount of glucose (sugar) in the blood after an overnight fast (not eating for at least 8 hours). A fasting blood glucose level between 100 and 125 mg/dl means a person has pre-diabetes. A fasting blood glucose level of 126 mg/dl or higher means a person has diabetes.

**How to Prevent Diabetes?**

- Watch your weight
- Make healthy food choices
- Be more active

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General Information on Diabetes

**What is Diabetes?**  
Diabetes is a disease in which the body is unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream – causing one's blood glucose (sometimes referred to as blood sugar) to rise too high.

**Who Can Get Diabetes?**  
Diabetes can occur in anyone. However, people who have close relatives with the disease are somewhat more likely to develop it. Other risk factors include obesity, high cholesterol, high blood pressure, and physical inactivity.

**Disease or Condition?**  
Diabetes is a disease in which the body has a shortage of insulin, a decreased ability to use insulin, or both. Insulin is a hormone that allows glucose (sugar) to enter cells and be converted to energy.

**Things Most People Don't Know**

- Only about five percent of all people with diabetes have type 1 diabetes.
- If you are at risk, type 2 diabetes can be prevented with moderate weight loss and 30 minutes of moderate physical activity each day.

## krasi

Cabernet Wine  
Greece 2016

750 ml 15% alc/vol

**Krasi**

Krasi was originated in Greece. There is no other wine like Krasi. It's intended just for individuals that are looking for a nice smooth wine to go along with their meals. There is a wine type to fit all your desired needs. Wife upset with you? No problem. Grab a bottle and go home and surprise her with a candle lit dinner. Enjoy!

PRODUCED AND BOTTLED BY KRASI  
228 E. GARDNER BLVD., CHANDLER, AZ 85226  
IMPORTED BY AZI IMPORTS, PHOENIX, AZ  
WINE OF GREECE. CONTAINS SULFITES

# POWER+

MORE PROTEIN + MORE ENERGY + MORE FIBER

20g  
PROTEIN

Chocolate and Peanut Butter

NET WT 2.13oz (60g)