Rethink your attitude towards your health; a regular exercise can make a big difference.
Welcome SND’s New Board Members

I am pleased to announce the appointment of our four new members on board. Let us welcome Adonis Durado, who has accepted to take the role of Print Publication Director. Alejandro Medrano is our new regional director Region 11 – Mexico, Central America. Kyle Ellis is now the regional director overseeing the U.S. and Canada. Kyle is organizing this year’s Annual Workshop in Charlotte and will focus on growing and nurturing our membership in North America. Contact him with questions or ideas! Rebekah Monson is joining the board as an at-large member tasked with helping push SND’s efforts at outreach, grant-funding and modernizing the Society’s platforms for managing our relationships with members.

Adonis Durado is an award-winning designer, art director and poet. He is the current Chief Creative Officer at Times of Oman and its sister publication, Al Shabiba. Durado’s work has been recognized internationally by SPD, Type Directors Club, the Malofiej Infographics Awards, among other organizations.

Alejandro Medrano is the Innovation and Strategic Planning Director for Grupo Imagen. Awarded with more than 300 international awards for design, journalism, and online contributions, he is one of the most conferred editors and designers in Latin America. His work in publishing design has been recognized as a worldwide trend by WAN IFRA (World Association of Newspapers). For Executive, he has won more than 250 awards among which he received the World Best-Designed award, given by the Society for News Design (SND), on its 33rd edition in 2012. In February 2013, he was part of the International Jury for the 34th issue of SND’s selection of the Best Designed Newspapers in the world. Recently he has collaborated with Strategic Planning, Workspace construction, as well as the scenery for the news-casting center for Grupo Imagen new facilities.

Kyle Ellis has served the Society for News Design in various capacities since 2011, most recently in a staff role as Director of Strategic Programs and co-chair of the 39th annual workshop and exhibition in Charlotte. As a member of the SND leadership team, he has planned and facilitated design-thinking bootcamps for more than 300 members of news design and civic technology communities since 2014. At the heart of the company, he has played a key role in many of the organizations most successful fundraising efforts, securing more than $350,000 in grant monies from the Knight Foundation, Gannett Foundation, and Dow Jones News Fund.

SND Leadership

SND Leadership

Meet the people behind SNDCampus

Grecity Media

Grecity is currently a designer at the New York Daily News. Prior to that she designed at several New York City newspapers, served as an art director at the National Enquirer and a layout artist at HAMPTON’S and GOTHAM magazines. She received grants to attend SNDMakes in Austin and Chicago.

Aviva Loeb

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Nicole Zhao

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SND Foundation

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Society for News Design

SND’s Newsletter

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A creative conference focused on innovation, risk-taking and team building in media hosted by the Society for News Design.
Join us April 19-21 in Charlotte, North Carolina.

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Thank you speakers!
Thank you sponsors!

The Society for News Design extends its gratitude to the sponsors of SND CLT for helping build the future of visual journalism.

Thank you SND Charlotte workshop chairs!

JON WILE
KYLE ELLIS
STEVE DORSEY
MATT MANSFIELD
A HISTORY OF KNOWLEDGE

Back in the days when the information age was a distant dream and the world a more mysterious place, National Geographic began its mission to reveal the wonders of history, popular science, and culture to eager audiences around the globe. Since that 1888 launch, the world has changed; empires have risen and crumbled and a galaxy of information is today only a click away. But National Geographic endures; its calm, authoritative voice is as respected as ever amid the surfeit of data in our daily lives.

In this new anthology, TASCHEN and National Geographic gather the magazine’s best infographics of the past 128 years. Through seven sections—History, The Planet, Being Human, Animal World, World of Plants, Science & Technology, and Space—we encounter the rise and fall of the Roman Empire, the mysterious origins of the Easter Island statues, Cleopatra’s Alexandria, and the anatomy behind a cheetah’s extraordinary speed. We discover how our genetic patterns have been pieced together over the years and how birds make music; we get to grips with global warming and explore our ever-expanding study of an ever-expanding universe.

With an essay by Nigel Holmes, charting the evolution of National Geographic over the decades and its pioneering use of graphics, as well as five fold-outs mimicking original pull-outs or inserts in the magazine, the book stands as a defining record of one of the world’s best-known publications as well as a beautifully presented repository of accessible discovery and learning. Visualizing the histories, facts, and figures that make up our planet and our species, National Geographic Infographics is as true to the magazine’s original mission as ever—an anchor of knowledge and a wunderkammer of discovery for young and old alike.

MILOFEJ 25: TALKING WITH JAVIER ERREA

LESSONS AND CHALLENGES FROM ORGANIZING THE WORLD’S TOP INFOGRAPHIC EVENT

TIAGO VELOSO
Visualoop

If you are interested in infographics, Pamplona and the University of Navarra are always the place to go in the end of March. Nevertheless, we managed to catch up with the person behind the coordination of the Spanish chapter of the Society for News Design, our good friend Javier Errea, to talk a bit about the Malofiej and other events promoted by SND.

Throughout his career in journalism, Javier held several editorial positions in Spanish newspapers such as the “Diario de Navarra”, “Diario de Noticias” and the “El Pueblo de Aragón”, before opening his own company, Errea Comunicación (you can check out some of their works right here on our gallery), where he offers a wide range of services for the media industry. He is a journalist with a degree in Information Science, director of SND to Mediterranean University, has his own studio, Errea Comunicación (and he is the president of the SNDs and director of SND in Mediterranean Europe).

Visualoop (VL) – Javier, 25 years of Malofiej... Can we already say there’s a “Generation Malofiej” spread around the world?

Javier Errea (JE) – After all this time I don’t know if I would dare to say that, a Malofiej generation, perhaps it’s presumptuous, but I do know that the Malofiej have been a decisive meeting point for one or even two generations of infographics designers. Around the Malofiej, real contacts were made, ideas are debated and first level job opportunities are filled. And even new couples!

VL – In our first interview with us, you highlighted several key moments in Malofiej history. This 25th edition has to be among those, right?

JE – People’s lives need representative moments, references on which to build and advance. We are primordially affective beings. Actually, the 25th edition is not that different from the 24 or the 26 that will come next year. But it has that symbolic value, yes.

VL – And this was actually an even more special occasion for you, since you were awarded the Alejandro Malofiej Award, only the third time it was ever given. I imagine that was an surprise?

JE – I had no idea what was being plotted behind my back and, truthfully, I did not quite know how to react when it was announced. I don’t like self-congratulating. I think my role in all this is that of coordinator or catalyst: to make the event continue to be that meeting point that so many graphic designers look for. I’m not even an infographic designer, so deep down the prize is debatable.

I will not deny that in these years my team and I have worked hard to make the Malofiej the consolidated event that it is today, but from there to receive that award... It overwhelms me. I appreciate it, of course, but it overwhelms me. Work can only continue. Prepare the edition now 26.

VL – There were a couple of new things this year. For instance, in addition to the brilliant “Show, Don’t Tell!” workshops, the event also offered a practical infographic workshop for university students, taught by Michael Stoll. Do you plan to continue to expand the range of activities during the Summit for the upcoming editions?

JE – Michael Stoll proposed the idea a few months ago and we thought it was great. All the merit is his. He proposed the idea, offered himself, set up the program, brought students from Germany who mixed with those from Navarra... The experience has been very positive. The 20 students in the workshop are satisfied. Of course, our intention is to polish some things and repeat, yes. We believe that it is a privilege to offer this type of activities to university students. And free!

VL – Overall, if you could choose one, what’s the most important lesson other events should take out from Malofiej, to develop such a faithful and engaged supporter base?

JE – We were talking about this recently. It is not easy to know how we have succeeded in creating that affinity. But today that is key. When there was no internet or social networks, the congresses were very important to access knowledge. There was no other way to know. Today, everything has changed. The works are well known. A congress must therefore be something else. And that is the difficult thing. In my opinion, for the success of such an event it must generate an emotional factor. Malofiej has it. Caring for it, pampering it, making the ones who come here feel important, part of a community, is decisive.

VL – Another important event organized by SND is the NH Awards, also expanded beyond its original idea – supporting journalistic design in Spain and Portugal – to include, for the first time, submissions from Latin America. For our readers that are not as familiar with this event as they are with Malofiej, can you tell us a bit about it and this new expanded format?

JE – They have a wide range, I hope. The Spanish and Portuguese-speaking media market is huge. Our mission is to try to create that sense of community among them. Does not facilitate the movements. The Spanish and Portuguese-speaking media companies share a language and many more things. This expanded competition wants to offer them the opportunity to see their work recognized from the knowledge of common languages, something that seems to me to be a fundamental differentiating aspect.

The competition had a successful participation in its first inter-oceanic edition. But we have much to improve as far as the congress is concerned. I recognize that it is difficult because we are talking about a very large geographical area that does not facilitate the movements. We are studying some formulas to bring the congress closer to different capitals. Unlike the Malofiej, we do not ask the professionals and their teams to come to us; we move to where they are. Mixing international speakers with national talent in each place. I would like to encourage all the media outlets in Spain, Portugal and Latin America, and in particular the Brazilians, to participate. We are open to any suggestions.

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VL – To close, Javier, how can anyone support Malofiej, the NH Awards, as well as any other activities of SND?

JE – The only way to support is by attending and participating. Sending works to contest and then attend- ing the congresses. I know that is a big effort in many cases, and more today when the situation of the industry is what it is. In the end, it all depends on individual commitment. We can not continue to expect our media companies to cover this type of expenditure. I am a little pessimistic about it; unfortunately, they will do it less and less.

Visit: http://visualoop.com

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Good news: We’re still 5 months away from the Digital humanities + Data Journalism Symposium in Miami, but around 10% of tickets are already sold.

University of Miami Digital Humanities - Data Journalism Symposium

@Poynter: How Trump is helping Vanity Fair and other publications shift to a whole new business model
THE FIRST

100 DAYS OF DONALD TRUMP'S PRESIDENCY

Join the Trump cartoon project – and be recognized in the company with iconic papers such as the Financial Times (UK) and Asahi Shimbun (Japan).

Society for News Design and the Danish newspaperPolitiken are currently inviting cartoonists from all over the globe to submit entries that can answer the following question: “How did Donald Trump manage his first 100 days as president?”

How does it work?
Once you submit the artwork, your news organization will gain access to the entire catalog of cartoon entries in this project. All contributing cartoonists and news organizations must accept this shared copyright.

How can I participate?
Simple. You may choose to produce a special cartoon for the project or select one which has already been published. Submit as many entries as you wish. All cartoons must be e-mailed to Søren Nyeland with your full name on the subject line.

soren.nyeland@pol.dk

Deadline Tuesday the 24th April, 2017 4 p.m. CET (that’s 7 a.m. PST).

more: www.snd.org

Improve your branding with a free .design domain name for SND members!

www.YourName.design

SND and .design domains are excited to announce a brand new partnership. Together, we’re bringing you a new member benefit. As a member of SND, you’re entitled to a free .design domain name at www.SND.design!

.design is a branding revolution quickly being adopted by companies and news organizations to showcase their attention to design thinking and give their internal design teams a voice. Check out Facebook .design and NPR .design.

When it comes to your personal website, if you’re still using a .com web domain and your old Gmail address, you’re missing an opportunity to ensure that your personal branding is as polished and professional as your designs! A .design email address in not only great for individuals, but a useful designation for internal design teams as well.
More than a great position, superb income and multiple awards, the designer’s health is the most valuable asset that we can have.

The deadlines, the busy life and now the multi-task at work and home, it is almost impossible to find time to pamper yourself and take extra care for your body. If you have a family to look after, it is more challenging to prioritise your well-being. Although it is not impossible, it will require a lot of time, efforts and attention to attain your target health-wise.

It is never too late to start working out or engaging in a sport.

For those who have not dedicated a time to exercise, Michael R. Bracko, EdD, FACSM, chairman of the American College of Sports Medicine’s Consumer Information Committee advises: “Exercise can literally cure diseases like some forms of heart disease. Exercise helps people prevent and reverse depression.”

There are plenty of easy exercises to start with like walking, biking, skating and running. The most important thing is to choose any activity you enjoy, you can start in small steps and make it a habit and a routine.

“Once you decided about your workout routine, the first step is to evaluate how fit you are for the activity you have chosen. It’s wise to consult a doctor. Anyone with major health risks, males aged 45 and older, and women aged 55 and older should get medical clearance”, says Cedric Bryant, PhD, chief exercise physiologist for the American Council on Exercise. “Start low and go slow,” advises Bryant. Many beginners make the mistake of starting out too aggressively, only to give up when they end up tired, sore, or injured, he says. The idea of extensive and aggressive workout will give fast results in the beginning is a mistake. On contrary, it can cause some muscle contusions and pains that may discourage you to continue the activity.

Inviting a friend to start working out together can be a good option to inspire you and it can be more fun and motivational.

If you are still not enthused to invest in your health, we share some designers’ story about how sport and workout activities influence their lives.

**Chris Courtney**
BSc Director, Design Program / SND Training Director

**I WISH I HAD THE SECRET FOR ENERGY. IN MY PERSONAL CASE, IT IS A COMBINATION OF PASSION FOR WHAT I DO, MAKE THAT MEGA PASSION FOR WHAT I DO. I WOULD NOT STILL BE TRAVELING THE WORLD AT 70 IF I DID NOT HAVE A TREMENDOUS PASSION FOR OUR CRAFT.**

Dr. Mario Garcia
CEO & Founder at Garcia Media
Senior Advisor for News Design / Adjunct Professor at Columbia University

**RUNNING BECAME MY MENTAL REFUGE. A WAY TO FIGHT BACK AGAINST INTERNAL DEMONS THAT WERE POISONING EVERYTHING AROUND ME.**

i wish i had the secret for energy. in my personal case, it is a combination of passion for what i do. make that mega passion for what i do. i would not still be traveling the world at 70 if i did not have a tremendous passion for our craft.

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It is an exciting thing to do. I prepared myself and trained for the first marathon when I was 38 years old (almost 32 years ago) because I was traveling a lot, ordering apple pie a la mode via room service in hotels across the world, and I decided that I was not going to be short, bald and fat. I could remedy one of those situations. Running became the answer, and I have been running ever since. Once I started running, I liked it so much that I decided to go for long runs and ran my first marathon in Hamburg, Germany. Since then, I have ran 16 marathons all over the world. How was the process in the beginning? How did you prepare and train for the first time, since usually the first is the most difficult to do? I prepared myself and did not tell a soul that I was doing this. I knew I would be in Hamburg when the annual marathon would take place and so it made sense, but did not tell anyone in my family that I was planning to do this. Preparation is the key: run five days a week now, or more, depend on the travel and the terrain and the circumstances.

How is your daily routine for running and exercises? I have a personal trainer in New York City and I see him two to three times a week: mostly working on movement, some weight lifting and balancing the benefits for my health that are not necessarily included in the running, which is my main sport.

It is noticed that you have an incredible energy. What do you think it is the secret for such energy? I wish I had the secret for energy. In my personal case, it is a combination of passion for what I do. Make that mega passion for what I do. I would not still be traveling the world at 70 if I did not have a tremendous passion for our craft. Each project is like a new one, and there have been 709 so far. But, when people ask me what I do to keep my energy, I usually mention the two things that are a constant: running in the morning and a glass of champagne in the evening. Those are two consistent things I have done for 30+ years.

Running is great because it does not require a gym nor a pool, nor anything other than your running shoes and a street or park. I run around the world and love to discover cities that I would never see if it was not for running. Apart from running marathons, do you have other sport? Nothing, truly. I guess “flying” from point A to B is my other sport. Truly, I have to be disciplined to work the run and the gym in, considering the consulting work, my teaching at Columbia University, my occasional acting gigs, not to mention my 11 grandchildren (my best project).

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What is your diet daily food? The formula is eat light, move daily and sleep at least 7 hours. My diet is about 1600 calories per day: oatmeal or egg whites in the morning, fruit or yoghurt mid morning, salad for lunch, and 99% of the time fish or chicken grilled with veggies for dinner. No pasta, bread or rice after 2pm. But, important, I do not follow a diet. I occasionally have a great dessert (apple pie and vanilla ice cream still a favorite, and a good Spanish flan irresistible) but I don’t fall for every sweet dessert I see. You invest your calories like you do your money, wisely and indiscriminately.

What are your recommendations for designers to have a healthy life? It begins with the mind: don’t get married to your project. We are in the business of selling ideas, visual concepts. What we like may differ from what the editor or the client likes, so KEEP YOUR DISTANCE from that gorgeous idea. Then, follow a routine: eat wisely (see above), make sure you move five days a week—walk, run, lift weights, swim—and sleep a minimum of 7 hours. Drink plenty of water, and I prefer mine sparkling with a slice of lemon. Yes, I just turned 70 on Feb. 15.
10 ESSENTIAL DESK EXERCISES FOR DESIGNERS

THE PECTORAL STRETCH
Before you begin, you must put all concerns of self-consciousness out of your mind. This is about you and improving your well-being. It will be you that has the last laugh! Desk exercises rule!

First, interlink your fingers, then place your palms on the back of your head. Next, tilt your pelvis forward, push your chest towards your desk and pull your elbows back. Hold for 30 seconds. Repeat every 30 minutes.

CHAIR TRICEP DIPS
Although this one may be a little embarrassing, it’s definitely worth it for the results. Grab a hold of your chair’s arms and dip down to the floor without having your bottom touch the floor. The exercise will work out your triceps and core. Try five sets at 30 seconds each.

BOOK PRESS
Here’s a perfect way to put one of those fat Phaidon volumes to a good use. Work your triceps by grabbing the heaviest book you have, holding it behind your head then extending your arms up. Drop it back down to your neck and then repeat.

5 CORE STRENGTHENER
If you’re worried all those little nibbles throughout the day are taking their toll on your abs, try this core strengthening exercise. Sit upright on your chair with weight evenly spread on both feet. Without letting your pelvis tilt or your back slump, lift your right foot off the floor bringing the thigh towards the torso and keeping tummy muscles engaged. Pause, then lower and repeat with the left leg. Alternate for two sets of eight repetitions.

DON’T FORGET YOUR WRISTS
Be honest: most of the time, you probably don’t sit properly when working at the computer. And if you spend a lot of time typing, that means you could be at risk of getting carpal tunnel syndrome. One way you can guard against this hideous condition is to exercise your wrists throughout the day. Around every hour or so, try to roll your wrists ten times clockwise and counterclockwise.

THE LATTISSIMUS DORSI STRETCH
For this next desk exercise, you must keep your fingers interlinked from your pectoral stretch and straighten your arms so your palms move to face the ceiling. Now lean to your left and then right; you should feel a gentle stretch down the opposite side to which you are leaning. Hold each side for 30 to 30 seconds and repeat every 30 minutes.

STRETCH YOUR BACK WITH A “BIG HUG”
Many of us are all too familiar with that aching back pain after a hard day’s work. To relieve some pain, and to possibly stave off potential back problems, hug your body placing the right hand on your left shoulder and the left hand on your right shoulder. Breathe in and out, releasing the area between your shoulder blades.

SEATED HIP STRETCH
This is a great stretch to do a couple of times throughout the day. And you wouldn’t be the first to forget about stretching your hips! So, whilst you’re sitting, cross one ankle over the knee on the other leg. Sit up tall and gently lean forward. You should feel a stretch in your glute and hip.

NECK RANGE OF MOVEMENT
To prevent neck stiffness, turn your head to the left, right, up and down in a slow, controlled movement until you feel a gentle stretch. Repeat every 10 to 20 minutes. Avoid rolling your neck as this can upset the small joints in your spine.

DUMBBELL CURS
While on the phone, grab a dumbbell and do bicep curls for 20 repetitions three times a day. Straighten your arms by your side and bring your hand (dumbbell) to your shoulder whilst keeping your palms up. Do one at a time if you’re on the phone, or two if you’re reading through some documents.

SOURCE:
http://www.creativebloq.com/
CHRIS COURTNEY’S BEST MENTAL EXERCISE – RUNNING.

I got very sick back in 2010 when I was diagnosed with Stage 3B Hodgkin’s Lymphoma. I was basically dead. While I actually beat the cancer in early 2011, I spent that year a complete mental wreck—certain that I was going to die because I wasn’t on chemo or any drugs to fight a cancer that I wasn’t completely convinced actually went away.

Running became my mental refuge. A way to fight back against internal demons that were poisoning everything around me.

From there, I began altering and optimizing every single thing that I do. To the point that it became quite compulsive and I simply went too far with it and spent 2014 just trying to normalize things.

Six marathons later I am in the best mental and physical condition of my life. But it has been a journey.

DWYNN TRAZO; THE DESIGNER WARRIOR

I’m into fitness for many reasons. On top of it all is because of health. That is our greatest wealth. Then there’s the ability to be very productive, always on the go, almost never tired.

Exercise and training in general is very important for me because that’s my anchor. Everything else seems to fall into their right places once I’m done training. It’s like starting always on the right foot and the day is brighter.

I exercise 5-6x a week.

I’m most proud having conquered 11 obstacle/adventure races. I’ve participated in Dragon boat races as well and won with my team.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping others and helping you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to get to others. The more we give, the happier we feel.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

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Did you know? Volunteering is good for your mind and body.

DID YOU KNOW? VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY

Source: helpguide.org

AVIVA LOEB; OUTLET FOR NEGATIVE ENERGY

I do crossfit 3-4 days a week. (On a good week). I usually go in the morning before work. Although I’m starting a whole new routine here in DC, I think it’s important to exercise not only for the physical health benefits but also because it’s a great outlet for negative energy. It helps me clear my head and feel less stressed. And also it gives me more energy for my work day.