

Mike Rogalski

Illustration
United States

View the full portfolio at http://www.thecreativefinder.com/pure_eyewash

Professional Experience and Curriculum Vitae

Digital illustration with an analog sensibility.
How-to meets what-if.
Realistically rendered surreality.
Deadpan precision with a wink in its eye.
Graphic design AND graphics design.

Previous Clientele

Clients include Alvanon, Aramark, becker and mayer!, The Chamber/New Orleans River District, Cider Mill Press, CIGNA, Columbia Business School, Crane and Company, Einstein Healthcare Network, Fox Chase Cancer Center, GlaxoSmithKline, Harper Collins, Inovio, Isis Pharmaceuticals, Melissa and Doug, mental_floss, Penn Law Journal, Quirk Books, Rodale Inc., Scholastic, Sterling Publishers, WeBuyAnyCar Ltd., Wharton Alumni Magazine

Awards and Accolades

<https://www.linkedin.com/in/mike-rogalski-b868093/>

Awards and Accolades

2016 HOW International Design Award for
Infographics
"How to Create a Frankenstein Monster"
Client: Quirk Books

American Graphic Design Awards 2014
Graphic Design USA
Client: University of Pennsylvania Law School
Title: Penn Law Journal: The Perils of Push
Button War
Firm: Warkulwiz Design Associates
Art Director: Bob Warkulwiz
Designer: Emily Zuwiala
Illustrator: Michael Rogalski/Eyewash

Scholastic Instructor Magazine Teachers' Picks
2013
Scolastic Instructor Magazine
Smarty Pants Grade 4 and Grade 5 sets were
selected for Scholastic Instructor Magazine's
Teachers' Picks, featuring the best products for
the classroom for 2013.

Additional Honors & Awards

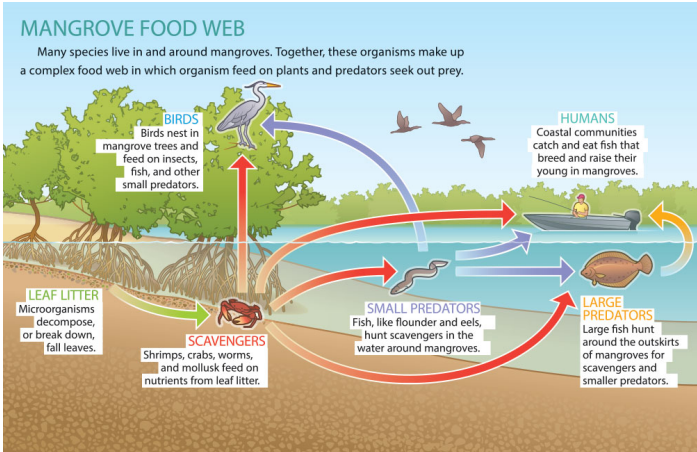
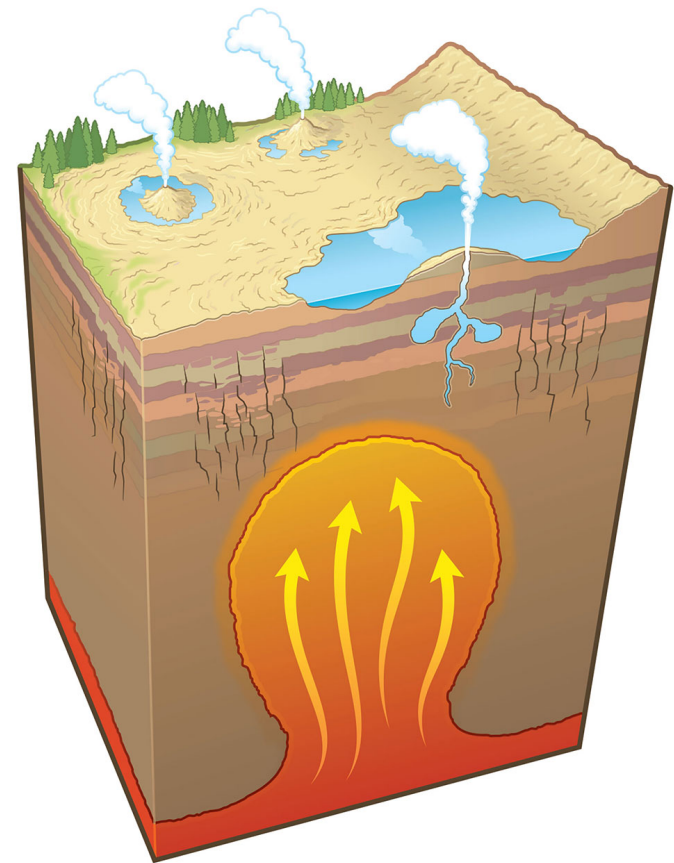
Recognition includes awards from AIGA,
Communication Arts, DESI, Graphis, HOW
Magazine, IABC, International Book Awards,
Print, Promo

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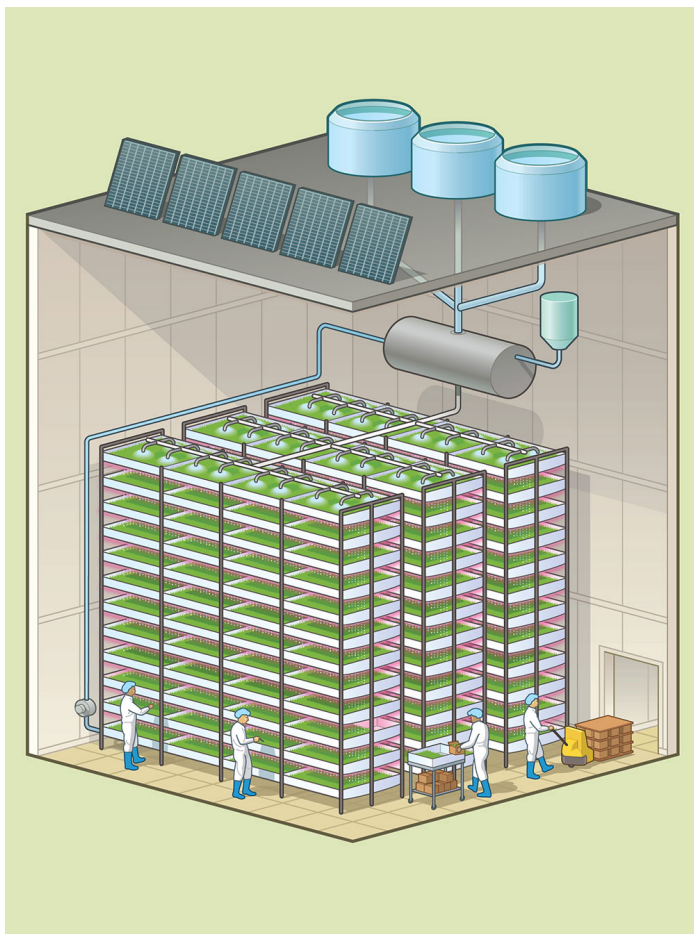
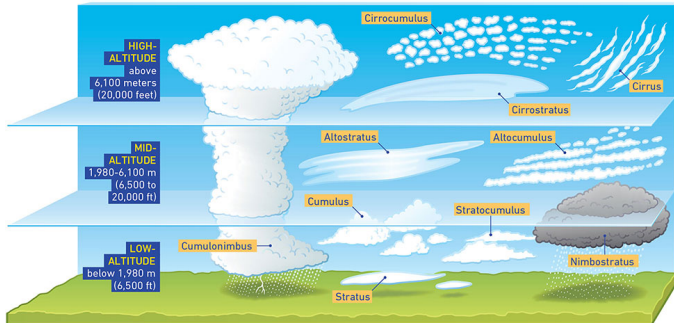
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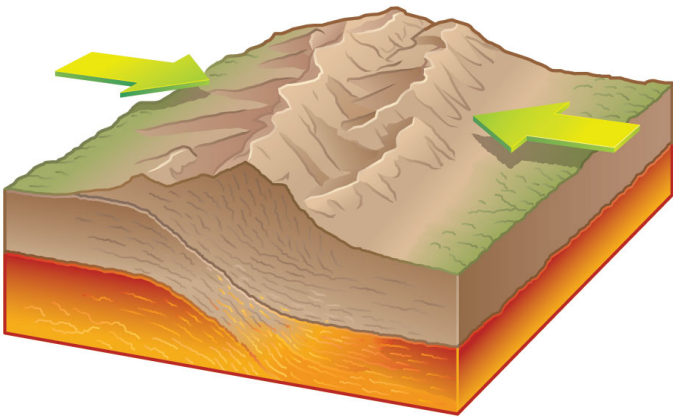
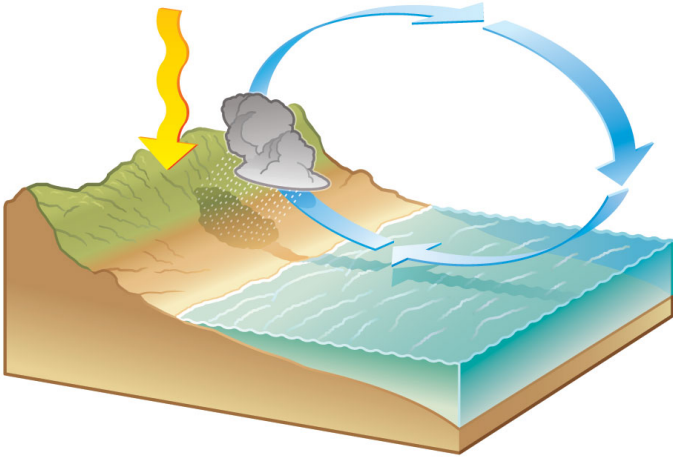
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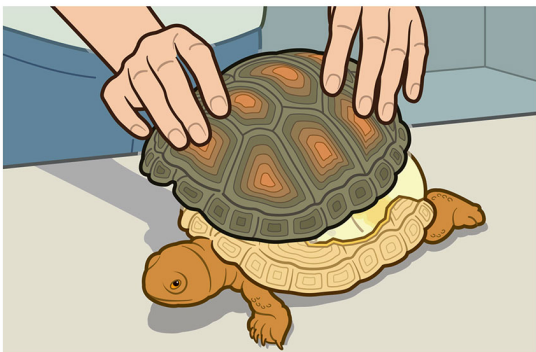
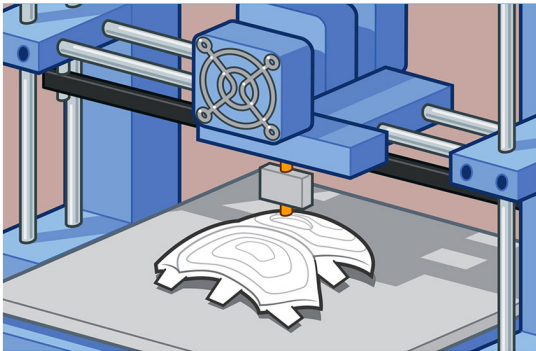
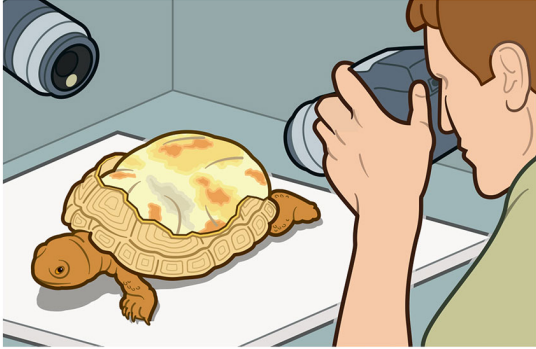
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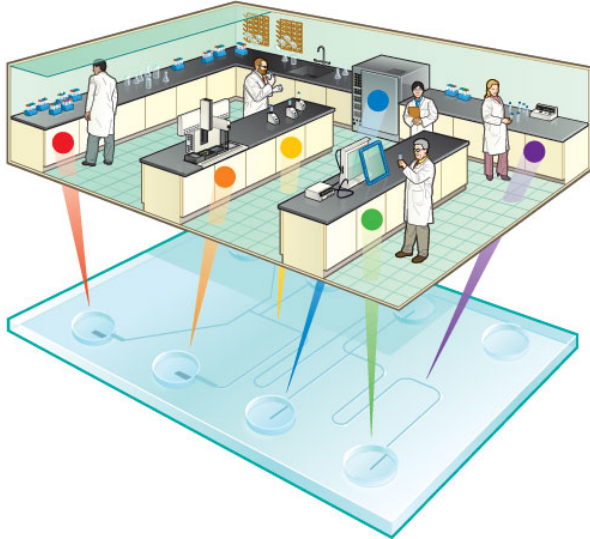
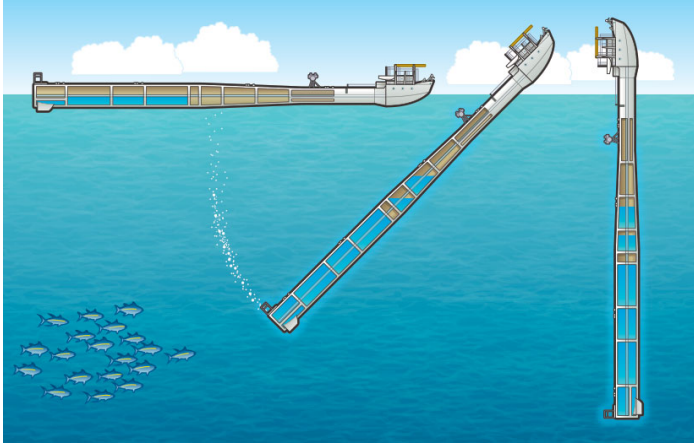


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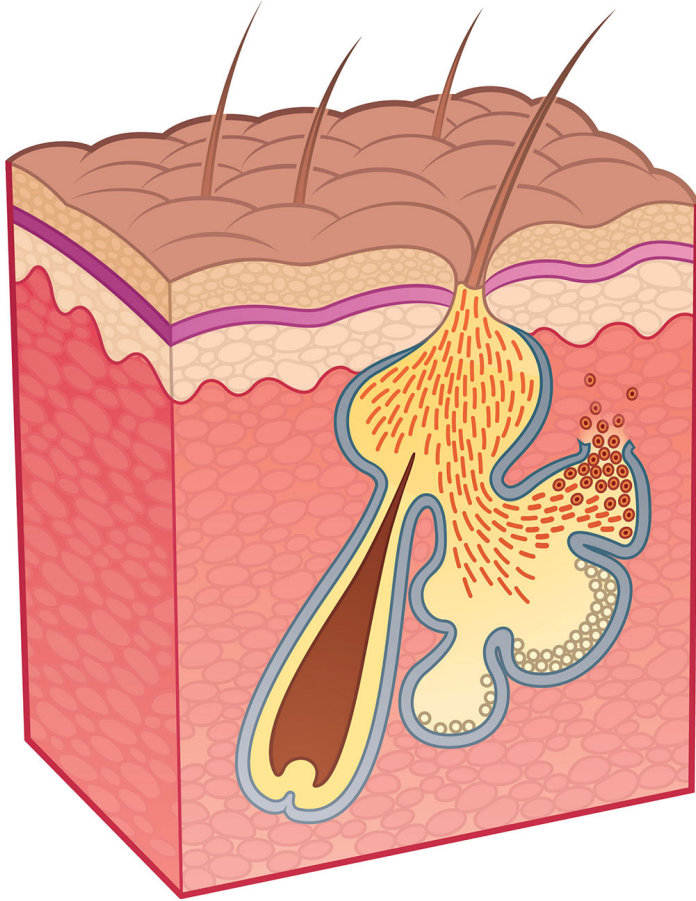
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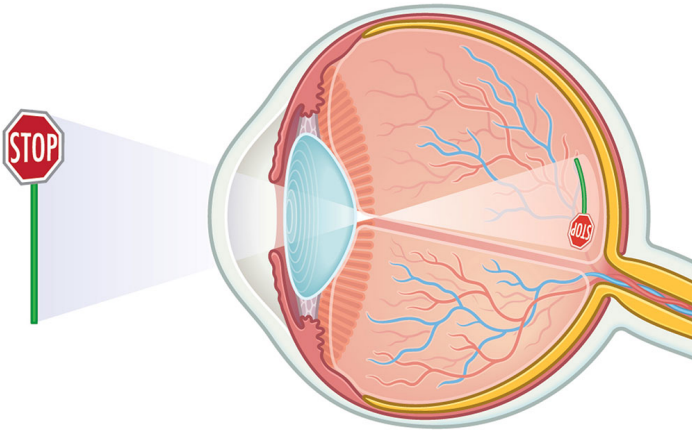
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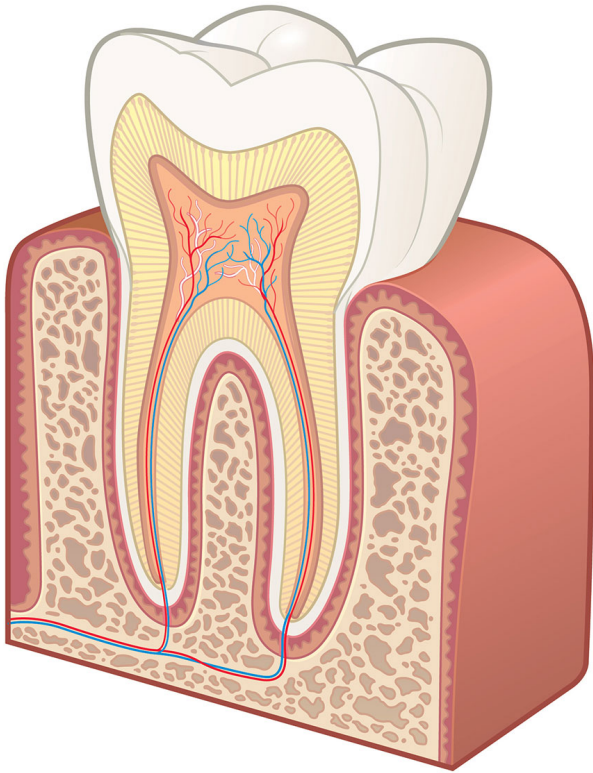


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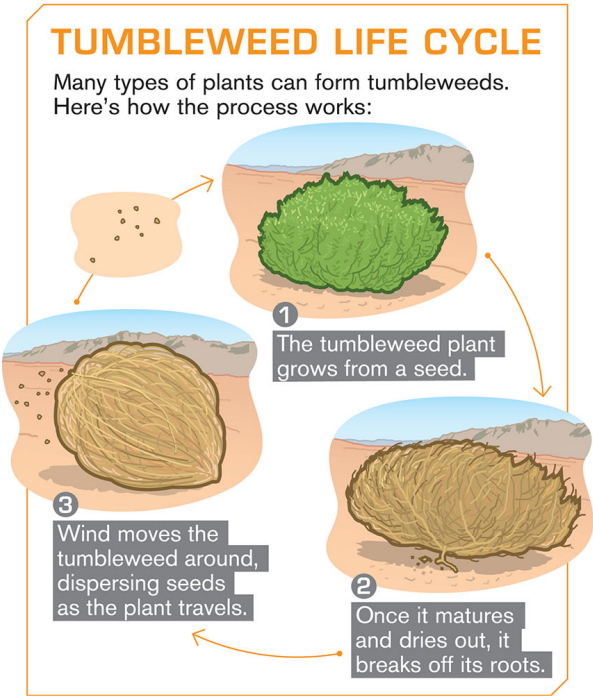
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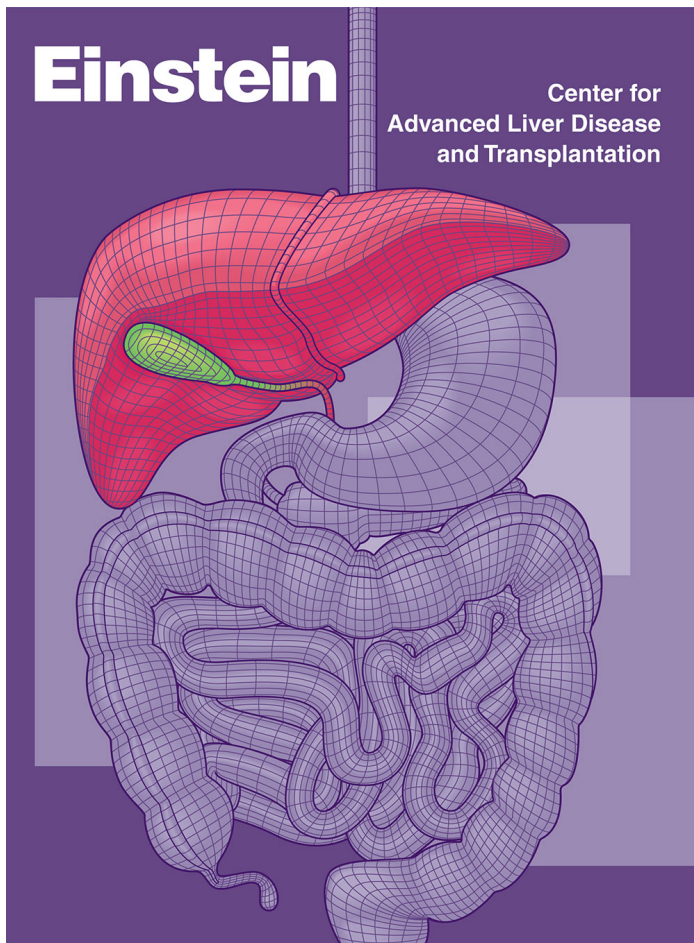
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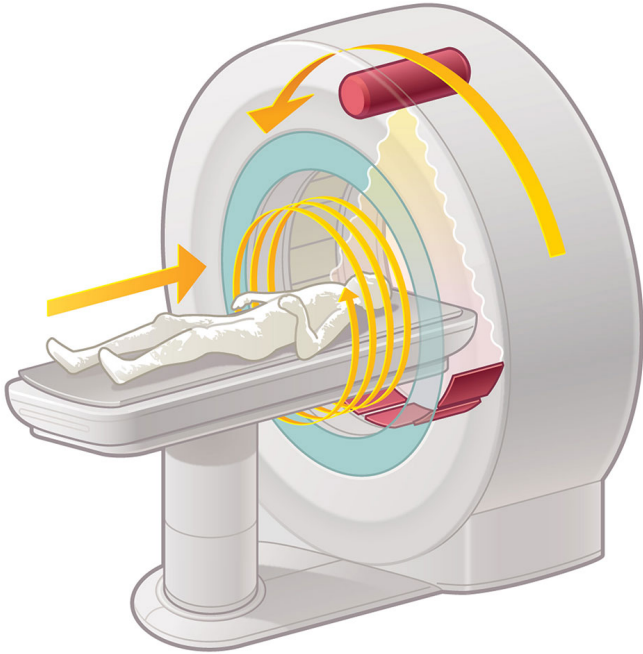


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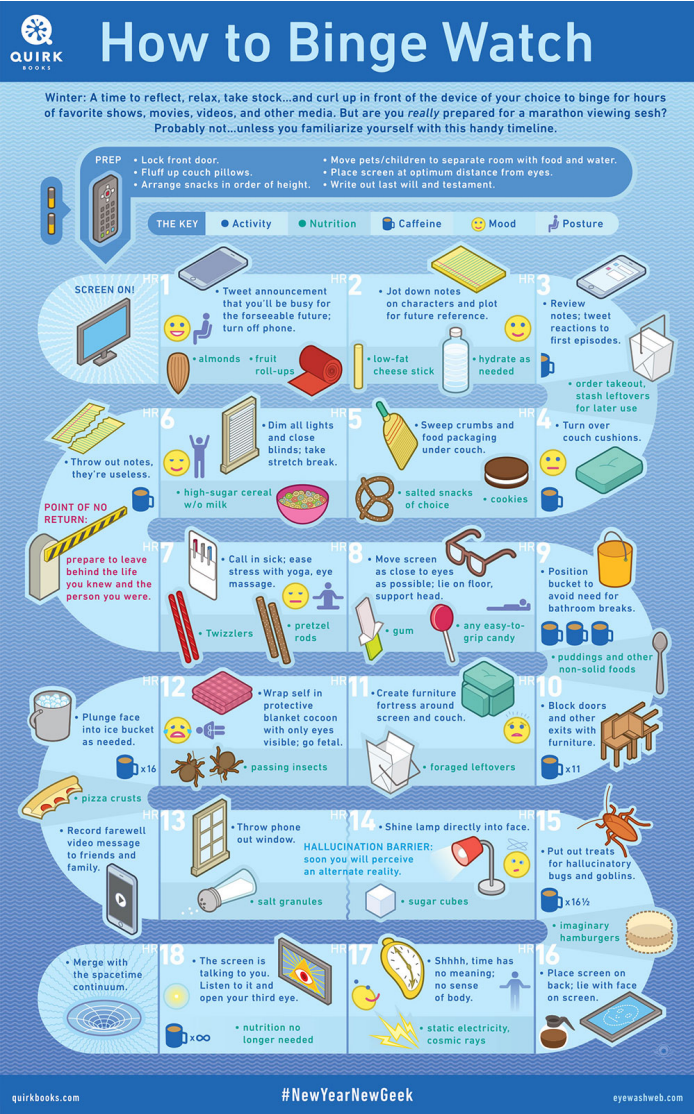
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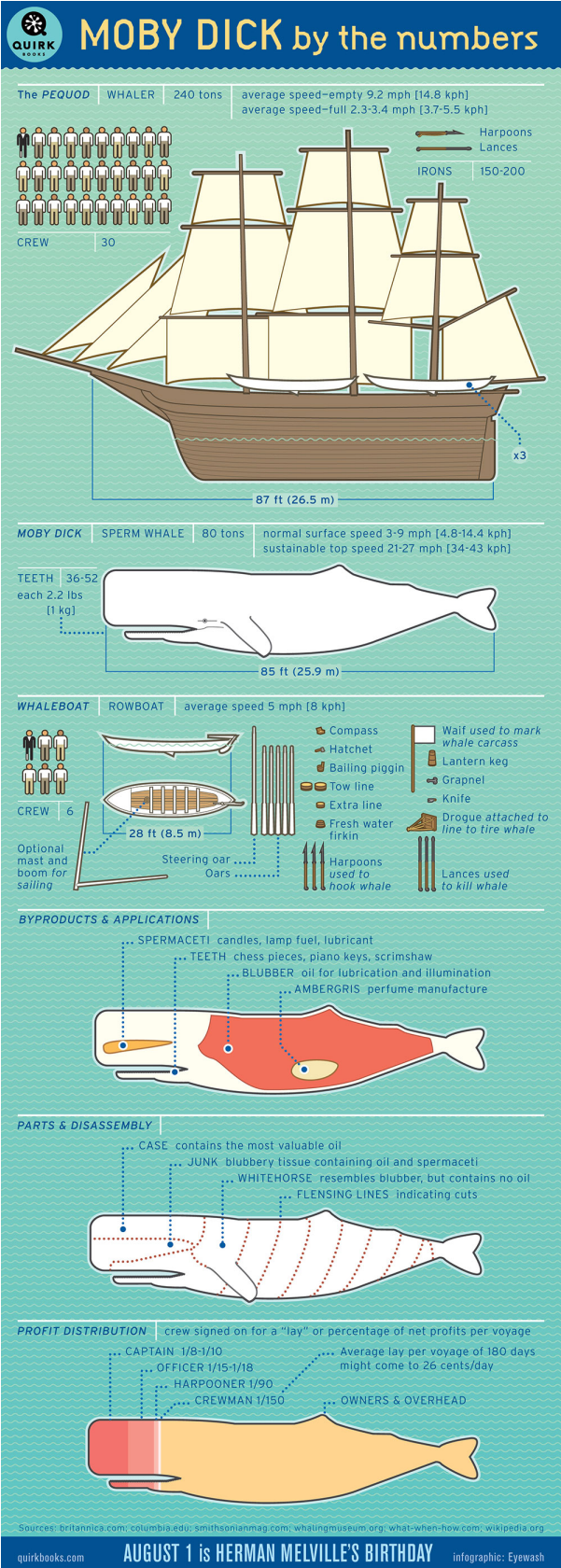
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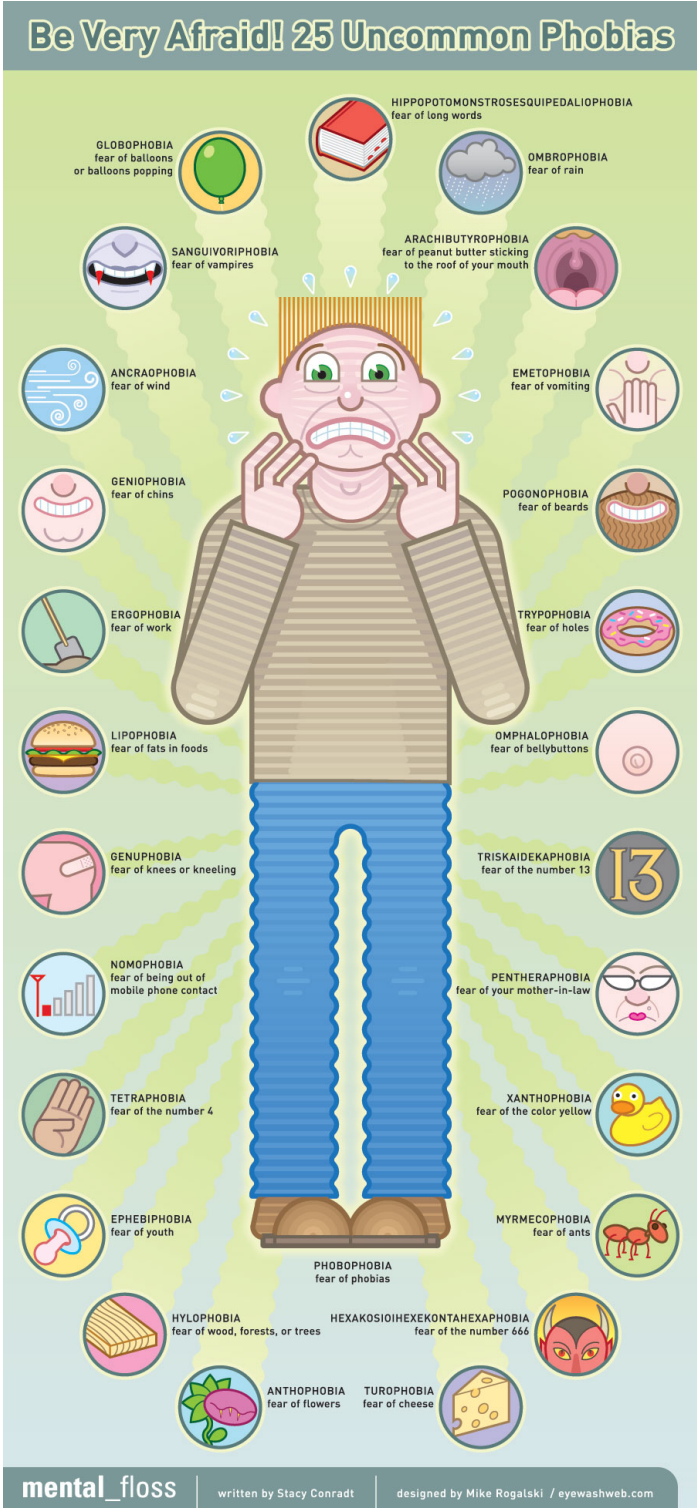
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The Millennium Time Capsule

In 1999, the White House sealed these items in a time capsule that won't be opened until 2100. Can't wait that long? Here's a look at what's inside.

Capsule

2 ft
4 ft
6 ft
titanium
stainless steel
silicon bronze

Contents

a Twinkie	Ray Charles's sunglasses	CD-ROM of the human genome project	Hawaiian flag	photos of Earth from space
Corningware	a computer chip	The Bill of Rights	a World War II helmet	a cell phone
a piece of the Berlin Wall	85-letter Cherokee alphabet	"Grapes of Wrath"	film reel showing Neil Armstrong's moon landing	an eagle out of construction and origami paper
"Nobody in Town Can Bake a Sweet Jellyroll Like Mine"	the sound of Louis Armstrong's trumpet	literary works of William Faulkner	a photo of Rosa Parks	a model of the Liberty Bell
children's art	letters from students	broadcasts of the Metropolitan Opera	transoceanic cable	DNA Double Helix Model

mental_floss

written by Rebecca O'Connell

designed by Mike Rogalski / eyewashweb.com

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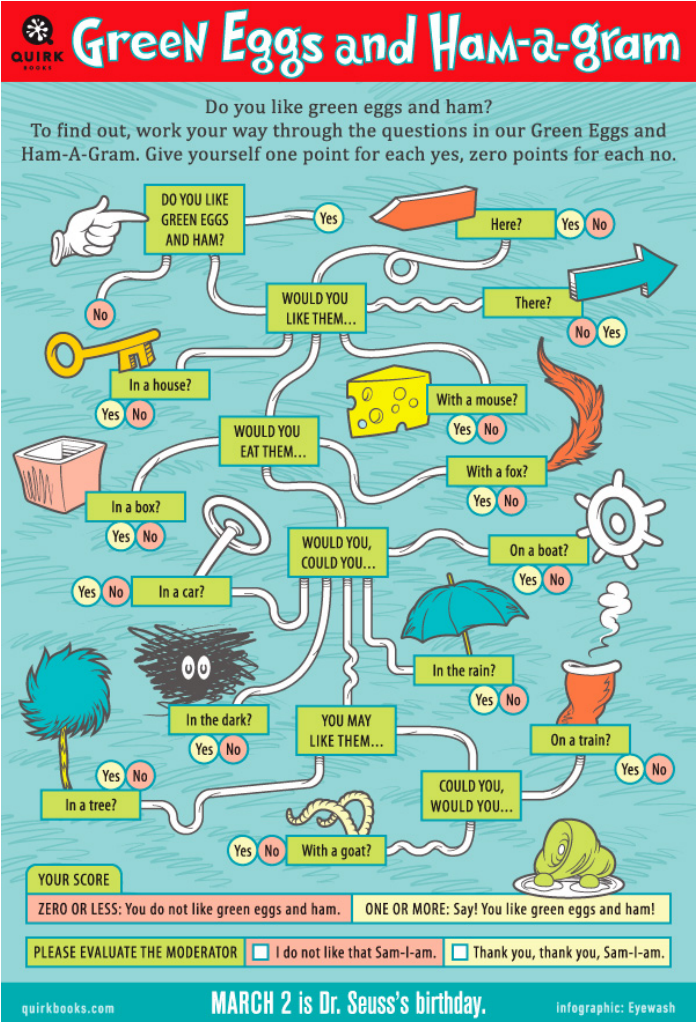
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mental_floss

written by Jason English

infographic by Mike Rogalski / eyewashweb.com

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SCATTER
BRAIN

SNOW

House Hunters: Igloo Edition

If you're stuck in the tundra and need shelter pronto, channel your inner Inuit and build an igloo! Warmed by body heat alone, the air inside an igloo can be over 100 degrees warmer than outside. Follow these steps, and you won't become a human popsicle.

- 1) Stamp the snow flat where you want to build.
- 2) Construct a bunch of cinder-block-sized blocks of compacted snow.
- 3) Place the blocks in a circle and spiral your way up. Like a bricklayer, stagger the blocks as you go higher.
- 4) Bevel the bottom of the blocks so the wall slants inward. Don't stress about the walls curving in. Ice crystals are Mother Nature's super glue!
- 5) Stuff any gaps with snow to stabilize the walls, and keep climbing until the igloo reaches your shoulders.
- 6) Flush the hole at the top with air: oversized capstone. It'll make the entire igloo airtight.
- 7) Shovel hose saw onto the igloo and pack all the crevices.
- 8) Create an entrance by digging a hole under the wall. To drive cold air out, make sure it's lower than the rest of the igloo.
- 9) Poke an air hole up top so the carbon dioxide from your breath can escape.
- 10) Hunker down! Your body's the furnace now. Your body heat will melt the snow a little, but don't worry. Your walls refreeze when you go out hunting caribou, transforming your domed home into a fortress of solid ice.

ILLUSTRATION BY MIKE ROGALSKI

JOIN THE CIRCINNATI BEDS IN 1946 AFTER THEY DEMANDED HE SHAVER HIS MUSTACHE. > WILLIAM HOWARD TAFT WAS THE

14 mentalfloss.com November 2013

Illustration United States

Discover how to

Cut the clutter and drop the pounds in just 6 weeks!

Our environment affects us a lot more than we think it does! Too much stuff and too many calories lead to clutter and weight gain. Try these simple tips to lose the stuff that's weighing you down.

REVERSE HANGER TRICK



Turn all of the clothes hanging in your closet so that the hangers face back to front. For the next 6 months, if you wear an item, return it to the closet with the hanger facing the correct way. No cheating — just trying it on doesn't count. After 6 months, the clothes on the reversed hangers are those you have not worn. Consider getting rid of them all.

PRINTABLE KICKSTARTER

EASY CLOSET CLEANOUT

TOSS OUT

- Mementos**
Keep the memory, not the shirt or uniform you never wear
- Wish clothes**
Items that used to fit, or might fit "some day"
- Clothes with tags**
It looked better in the store or was a bargain (if the price was its best feature, lose it.)
- Collectibles**
More than a few ball caps, wacky neck ties, or big-name sneakers is too much (Display a few and lose the rest)



KEEP

- Clothes that get you compliments — and you wear to present your best self
- Clothes you feel great in — items that help you feel confident and self-assured
- Clothes that fit you now — they make getting ready quick and efficient

PRINTABLE KICKSTARTER

TAME THE MESS IN THE KITCHEN

It's time to rethink the pickle jar, plastic butter spreading containers, and extra corn-cob holders. Maybe even that treasured quesadilla maker.



Cardboard Box Test Empty the contents of your kitchen gadget drawers into a cardboard box. For one month, put only the tools you use back into the drawers. At the end of the month, seriously consider discarding everything that's still in the box.

PRINTABLE KICKSTARTER

DECLUTTER THE GARAGE

Clutter is decisions delayed. The garage is too often used for long-term storage of stuff we think we want but don't know what to do with.



Trash Bag Tango For 10 minutes a day, set a timer, grab two trash bags and fill one with recyclables, or things that need to go in the trash. Fill the other bag with things you want to donate. If you and another person do this every day, you'll have 14 bags of trash/recyclables and 14 bags to donate to a charity at the end of a week.

PRINTABLE KICKSTARTER

PLAN BEFORE YOU PURCHASE

Before you bring it home, ask yourself, "Do I really need it?"



Do you need all new cookware to impress your guests at a dinner party?

Do you need an expensive treadmill or just a simple exercise program?

Think before you buy. Even if you come home with the product in your hands, without a mindful plan of action, you'll never experience the promise. Lock beyond the product to understand what's really motivating your purchases.

PRINTABLE KICKSTARTER

S.T.O.P. AND TAKE STOCK

This tiny mind-focusing strategy whenever you want to make a purchase. It's called the S.T.O.P. exercise — a great acronym to help you remember to be mindful when you're in the grip of a desire.



Stop. Take a moment to pause what's happening.

Take a breath. Literally, take a breath and focus on it entering and exiting your body.

Observe. Recognize what's happening in your mind & body.

Proceed. Take action that carries you closer to a clutter-free life.

Inside *Cut the Clutter, Drop the Pounds*, you'll learn the secrets to retraining your brain through mindfulness techniques so you don't bring more clutter into your home.

PRINTABLE KICKSTARTER

Home-test the entire program FREE for 21 days!

- Declutter and refresh your home, one room each week.
- Shed pounds with a deliciously healthy, slimming eating plan.
- Firm up with simple moves you can do anywhere.
- Achieve peace of mind and banish stress.

PETER WALSH is a renowned organizational expert and star of *Enough Already!* and *Extreme Clutter*. He has motivated thousands around the globe to live simpler, happier, less stressed lives. Learn how to lose the mess, the stress, and the fat for good using his breakthrough plan. Order *Cut the Clutter, Drop the Pounds* now.

Visit www.abdcdfghjk.com



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YOUR GUIDE TO SELLING & DONATING YOUR DESIRES

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Order now to get your free gift and your free preview. You'll have 21 days from receipt to examine *Cut the Clutter, Drop the Pounds* for free. You can return it at the end of your 21-day preview and all rights reserved. If you keep it, you'll pay \$39.95, plus shipping and handling. Your free gift is yours to keep no matter what as our thanks for preordering *Cut the Clutter, Drop the Pounds*. © 2014 Rodale Inc., and all rights reserved.

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