



A DAY IN THE ARTS

Making art accessible to all

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FIVE A DAY OF CREATIVITY

BY ANDREA RUNYAN

Creativity breeds happiness. At least *Psychology Today* says so. But Robert Hanson writes in *Business Week Online* that "most people are inclined to be more creative on the job than would be truly productive," and thus "to succeed in academia, my graduate students and I had to learn to be less creative than we were initially inclined to be."

I think he has a point there. As much as people talk about the importance of creativity in research or schoolwork or a job, the purpose of these institutions is something other than nurturing our natural ingenuity.

Perhaps we can't depend on our work to provide us with sufficient opportunities to be imaginative. The purpose of jobs is production, not fun.

But I think the purpose of humans, if there is one, would include creative expression. I'd even suggest a Recommended Daily Output (RDO) of creative products and ideas, just as the Produce for Better Health Foundation recommends five servings of fruits and vegetables per day. Here are some ways to get servings of creativity in daily life.

Cooking

I love cooking since its one of the most everyday opportunities for creativity. You don't

have to paint canvasses or compose music as part of your day, but often you do have to cook or at least choose food pairings, and there are ways to have fun with this.

Add strange ingredients to things. When making biscuits I've added things like tomato sauce, M&Ms, Parmesan cheese, coconut milk, coconut rum, wine, and vodka. Yum, spiked biscuits. Add strange things to eggs. I love "pizza eggs" -eggs with spaghetti sauce and a bit of cheese. Also good is eggs with wine in them, or "oeufs au vin."

I made someone a squid sandwich two days ago, with steamed squid, Greek yogurt, tomatoes, lemon juice, flax seed oil, cheese, and whole wheat bread. Why eat BLTs or turkey ever again, when you can try turkey-PB-banana, or bacon-cucumber-hummus?

One more experiment that I think is the most fun thing ever: set out whatever ingredients you want to eat for your meal: maybe a bit of protein, some vegetables and fruit and maybe bread, and some flavorful extras like nuts, mustard, sauces, spreads, etc. Then construct a meal in which no two bites contain the same ingredients. If you have more than a few things, and if you put several things together in each bite, you should have no problem coming up with unique

WORD OF THE DAY

pixel

The most basic unit of an image displayed on a computer or television screen or on a printer. Pixels are generally arranged in rows and columns; a given combination among the pixels of various brightness and color values forms an image. ? A sub-pixel is one of three components of a pixel used in the representation of a color image. Each subpixel represents the contribution of a single color—red, green, or blue—to the overall color and brightness of the pixel.

Source: www.dictionary.com/

"An artist is not paid for his labor but for his vision."

- James McNeill Whistler

ART AEROBICS

Practice you drawing skills

Use pencil or other supplies to draw curtains. Ten minutes. ✎

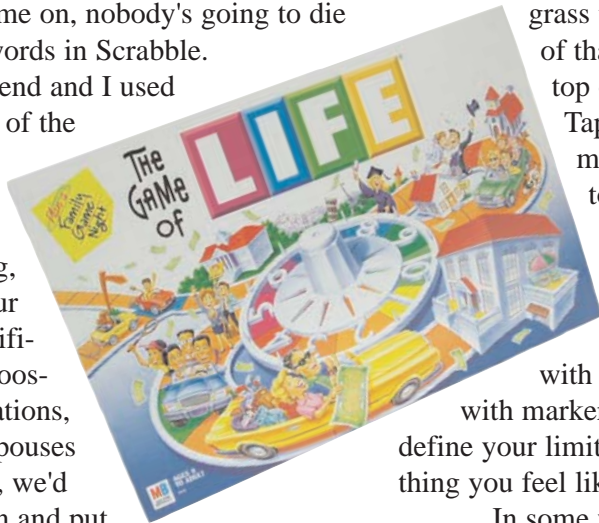
combinations. Some sample bites: pieces of strawberry, olive, and salmon wrapped in spinach, or bread with butter, cottage cheese and sunflower seeds. You can try one combination, add one more ingredient, and try it again. It amazes me how a single ingredient can change the taste.

Generally, try anything. There are more tastes to try than there are mealtimes left in our lives, so we won't run out of combinations.

It's funny that people treat the rules of games as though they were rules on a tax form or rules of law. Come on, nobody's going to die if we use foreign words in Scrabble.

My best friend and I used to change the rules of the board game Life. We called our version "generation life." While playing, we'd write down our person-pieces' significant life events, choosing their home locations, and naming their spouses and children. Then, we'd take all the children and put them through life for themselves. The size of each generation was limited by the number of car pieces included in the game, so sometimes we'd play the game for one person's children first, then the other's. We came up with elaborate family histories.

One time last summer, three of us wanted to play chess, but we had time for only one game. To enable all three of us to play, we devised a sort of Chinese chess using two chess boards. The objective was to move as many of



your pieces as possible from your corner to the opposite corner and to capture as many of your opponents' pieces as possible, while using only the traditional moves allotted to the individual chess pieces. The person with the most pieces that got to the other side was the winner. Why play the same game twice when there are other games to invent?

JUST PLAYING WITH THINGS

One time at the beginning of last summer, I took some oranges outside in the grass to juggle. But then I got bored of that, so I started throwing them on top of the slanted roof of the Mark Taper Law Student Center. Then my friend came out and we tried to keep all the oranges going. I never imagined throwing oranges on a roof could be so fun.

Play with books, play with shoes, draw faces on your feet with markers, put weird things in popcorn, define your limits and then within them, do anything you feel like doing.

In some ways it was easier to be creative as a kid, because having fun was one of the main points of life, and creativity was fun. But even though we have many other goals as more grown-up people (like succeeding in school and careers and contributing to economic production), fun and creativity still can be priorities in life. 🐼

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Article Source: <http://EzineArticles.com>*



ART NEWS

ARTIST CATHY JOHNSON PROVIDING EVEN MORE ART TIPS

I don't know how she does it but the talented and indefatigable Cathy Johnson is providing yet another valuable resource for her readers. Cathy says that "the plan is, when I put up a new painting or sketch, to do a mini-art tip there, too". To see her first tip, visit <http://tinyurl.com/pzyyq5>. Take time to visit her other sites too. There is a wealth of information for artists of all abilities. Plus, you can even buy her original artwork!

SCULPTURE

The June issue of *Sculpture* magazine presents a number of artists who deal directly with the issue of form in contemporary sculpture. Peter Buggenhout, Cornelia Parker, and Franz West, from different generations of European artists, investigate formlessness and chaos; Canadian artist Catherine Burgess and Greek-American Minimalist pioneer Stephen Antonakos achieve significant results with minimal means; and Pedro Reyes operates in the field that has become known as "social sculpture."

Plus: a visit to Germany's Daimler Collection and reviews from the U.S., Canada, the Netherlands, and Taiwan. This issue and previous issues are available online. <http://tinyurl.com/plzhqy>

FAMILY FESTIVAL: ART OF AFRICA

The **Haggin Museum** (Stockton, CA) will be filled with activities, music and dance this Saturday afternoon in order for the



Pwo Ceremonial Mask, Chokwe People, Angola and Democratic Republic of the Congo. Courtesy of the Robbins Center for Cross Cultural Communication.

whole family to discover the art of Africa. Explore family, ancestors, symbolism, masks and headdresses with hands-on activities for families with children ages 5-12. Teens will have a special activity area also. This special event is included with regular museum admission and no reservations are required. For more information, contact Curator of Education Lisa Cooperman at (209) 940-6315 education@hagginmuseum.org. <http://tinyurl.com/qafk5x>

FRANCISCO GOYA: LOS CAPRICHOS

The **University of Michigan Museum of Art** recently added to its collections a complete first edition (80 etchings) of Francisco Goya y Lucientes's (1746-1828) famous set of prints *Los Caprichos*, which offers cutting social commentary on religion, prostitution, and the professional class. Although a number of the nightmarish and idiosyncratic images from the *Caprichos* may be familiar to visitors, it is rare to experience a complete set and even more exceptional to view a first edition in pristine condition, recently gifted to the Museum by the late Kurt Delbanco in honor of Nicholas



"Neither more nor less", 1799, Etching, burnished aquatint, dry-point and burin on paper, 3 cm x 44.2 cm x 31 cm (1 3/16 in. x 17 3/8 in. x 12 3/16 in.), Gift of Kurt Delbanco in honor of Nicholas Delbanco, and partial purchase with the funds from the W. Hawkins Ferry Fund, 2008/1.152.41

Delbanco. This exhibition presents some of Goya's most iconic-and disturbing-imagery with a delicacy and beauty that is

rarely encountered

PHOENIX CALL FOR ARTISTS

The city of Phoenix, AZ, currently has to calls out for artists interested in working with the Phoenix Public Art projects. To learn more, visit <http://tinyurl.com/p4atua>



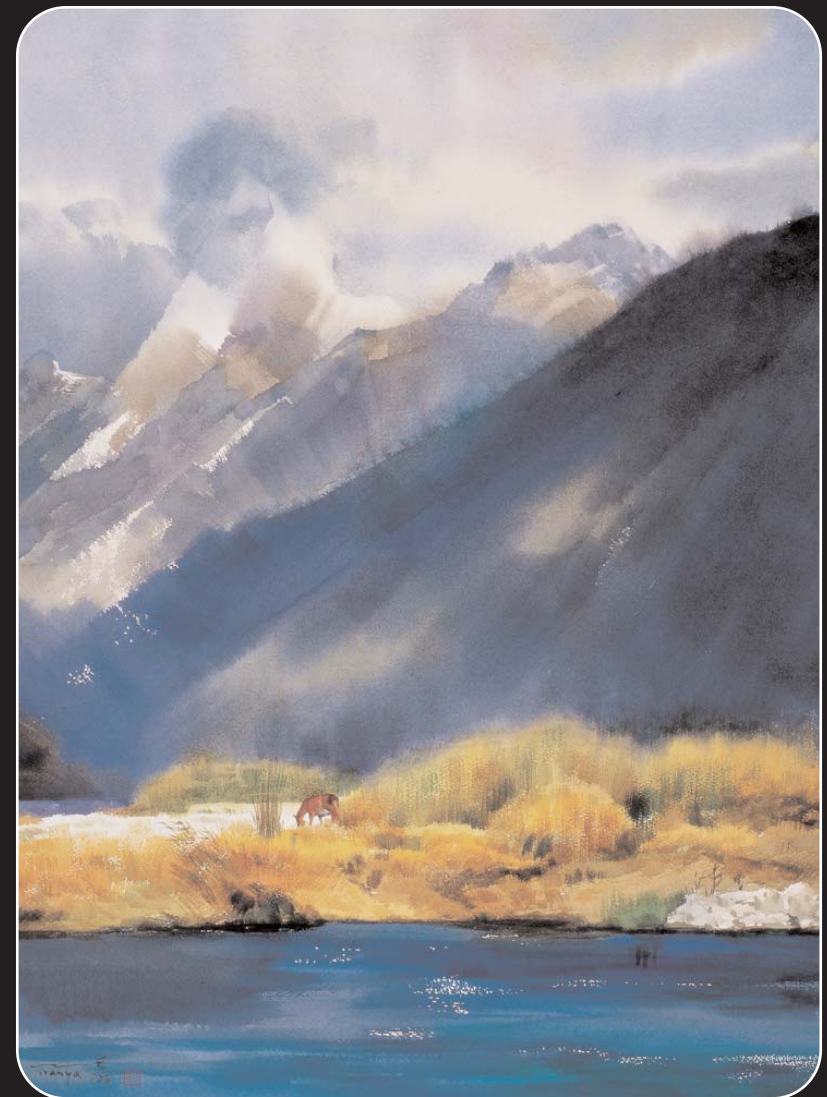
A WEEKEND OF GREAT COMEDY

The weekend of June 12 - 14 will bring a mini-festival of great comedies - including Chaplin masterpieces Modern Times (1936) and City Lights (1931) and Buster Keaton's Seven Chances and Sherlock Jr. - to the Detroit Film Theatre at the Detroit Institute of Arts, for three great days of unparalleled family entertainment. To

make this much-needed comic celebration for the Detroit area accessible to everyone, we're showing these vintage masterpieces at vintage prices as well; all seats this weekend will cost just fifty cents! So no matter how large your family - or your extended family - be sure to bring everyone to experience these classic comedies in the splendid atmosphere of the Detroit Film Theatre. <http://tinyurl.com/o9rlcf>

YALE UNIVERSITY ART GALLERY

The summer special exhibition "Time Will Tell: Ethics and Choices in Conservation" is now open and includes a fascinating variety of objects that illustrates the complexities of fine-arts conservation. Explore the topic of conservation further at a film screening on June 7. A gallery talk on June 3 compares and contrasts the late minimalist Donald Judd with contemporary artist Josiah McElheny, whose work "Verzelini's Acts of Faith (Glass from Paintings of the Life of Christ)" is now on view at the Gallery. <http://artgallery.yale.edu/>



ARTIST TO WATCH

Zhou Tianya

<http://www.watercolor.com.cn/>
"Tibet altiplano", watercolor, 22X30in