

# THE JOURNAL

*Modest Fly Art Studio Gallery Quarterly Newsletter*



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## **EDITOR'S LETTER A Successful Art Education**

If you haven't met me yet, my name is Iren (pronounced Eerren) and I am the founder of Modest Fly Art. I, somehow, fell into this accidental hobby / business / passion of mine right out of college. Throughout the years, I have met many talented artists, inspired souls as students, and amazing, supportive parents. It has been an absolute pleasure getting to know each and every single soul I've met and have relationships with today. Sometimes, parents ask me, or wonder to themselves, how an art education can benefit their child. My response is that, just the personal experience of and being exposed to this environment, the ability to show self-expression, and the factors of relationship building are all huge benefits to any child, whether they become artists or doctors in the future. I have tried my best to make this environment a healthy, safe, caring, comfortable, and positive space for all of my students in hopes that it will cater to many now, and in the future. Please... if you haven't met me yet, come by and introduce yourself. I am always eager to know and learn faces and names of all students and parents.

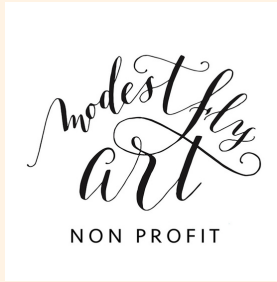
"Successful art education, in its broadest sense, helps to facilitate a healthy person and environment. Cultural communication reinforces existing values and gives us choices for the appreciation and recognition of different values. Art education realizes that values exist in visual forms and that those values affect all aspects of our lives, manipulating our choices and creating individual and group identity. We can help our students learn to read and respond to their community and themselves more clearly through the study of art. This knowledge enables individuals to develop their identity and to modify and change the quality of their experience and their community. It functions to establish a sense of place and a healthy feeling of belonging."  
([www.jstor.com](http://www.jstor.com))

"I am truly thankful to have known you and will try my best in keeping your memory alive..."



..So to say we lost a cousin, family member, or friend is to say the least... two weeks have passed and the thought that you have moved on and left us is surreal, and I know I'm not the only one who feels this way... Mel, I know you're in a good place... you are at peace.. you will be missed... truly.. your laugh and honest attitude towards everything in life... as for me, personally, you were a creative yourself and a huge supporter of my love in the arts... 1st of 2 parents who helped me build my passion and what is Modest Fly now. I am truly thankful to have known you and will try my best in keeping your memory alive... in doing so, we will be beginning an Annual MEL Art Scholarship that will offer a year of art classes to students in need. In doing this, I want your support, friendship, and memory to be remembered and dedicated to good and for your love in the arts ♥ you will be missed... The application process will begin soon for next year and more information will be posted in how to apply. Thank you MEL ♥

See NEXT PAGE for submission details.



# MEL Art Scholarship

Modest Fly Art is offering an ART SCHOLARSHIP for A YEAR of ART LESSONS in 2022. Applications must be fully completed and turned in no later than **March 8th, 2022.**

These awards will be determined on a competitive basis and requires the submission of an art portfolio, a bio / artist statement and two letters of recommendation. All applicants will be emailed a notification of completion results by **March 30th, 2022.** Payments will be made directly to the recipient's tuition for the entire year they will be attending classes.

## ARTWORK

Create a portfolio of work showcasing your best efforts. Include any artwork you feel best depicts your abilities and exemplifies your inspiration as an individual. All artwork should be labeled with title, size, and medium used.

## BIO / ARTIST STATEMENT

The bio / artist statement must include a little bit about yourself, your background, culture, and values. Include why you chose to be an artist and why you think you deserve this scholarship personally. Your artist statement should include your artistic goals and describe how your submitted work represents your vision and perspective. Your bio / statement may not exceed two pages. Be sure to include your name at the top of your statement and include a cover letter.

## DEADLINE

Submit (email or drop off) your completed files along with your artwork, bio / artist statements and letters of recommendation by March 8th, 2022.

## EMAIL Submission to:

eerren@modestflyartgallery.com  
or  
tsaturyan\_iren@yahoo.com

## LETTERS OF RECOMMENDATION

Please submit two letters of recommendation. They must be written by non-family member. (Ex. teacher, employer, etc.)

## IN-PERSON Submission can be MAILED / DROPPED off to:

10055 Commerce Avenue Tujunga, CA. 91042

# 7 HABITS TO HAPPINESS

## 1. GENEROSITY OF SPIRIT

Happy people enjoy helping others and spending quality time with their family and friends. The simple act of smiling releases endorphins and serotonin, which then makes us feel more positive about ourselves and the world around us. Just as we learned in grade school, the golden rule "Be kind to everyone, yourself included" is an excellent motto for life. Try not to judge others. Show compassion. Nurture your relationships. When people focus more on kindness and other good deeds, they not only feel happier, but also develop a stronger immune system.

## 2. SELF CARE SHOULD BE A REGULAR HABIT

This can definitely mean exercise, but also do anything that boosts your well being. If you see that sleeping more, drinking plenty of water, laughing, taking strolls in nature boosts your mood the most then do them more! You can simply start taking walks after dinner, or even do a few minutes of stretching. A 2020 Harvard study showed how making a daily habit of mindful deep breathing for just 10 minutes lowers our unhealthy responses to stress.

## 3. FEEL GRATITUDE

Someone that is happy sees the good in their lives, instead of obsessing over what went wrong. Sure at times we can feel different emotions like anger and annoyance but the point is to forgive and then move on. To feel thankful and appreciative is simple but powerful for happiness and well-being. Everyday, think of 3 things you're grateful for, this will get you in the habit to be grateful of the little things in life.

## 4. HOW TO SAVOR LIFE

Happy people enjoy the big and little things that add that extra spark in their day for example a blooming tree, enjoying or doing art, a spontaneous plan with a friend. It's about making the most of our enjoyment. It is deliberately indulging in the details of the moment and delighting in them. Notice the beautiful things around you like the birds singing, how delicious your coffee is in the mornings. When something lovely is happening to you, let that feeling in and linger instead of quickly turning your focus on, to-do lists or daily anxieties.

## 5. BEING OPTIMISTIC

Usually when people are happy they don't compare themselves negatively to others, because they are comfortable in their own skin and have positive outlook. Building optimism is about not only celebrating the present and the past but anticipating a bright future. Also the more you rehearse optimistic and positive thoughts the more natural and ingrained they will become of your daily habits.



## 6. STAYING RESILIENT

Being a happy person has its perks like bouncing back from what life throws at them, they look for what is good in their life. When come face to face with a roadblock in life, think, How much will this affect me in a week, a month or a year? Always think back to a time where you overcame that certain obstacle, and came out stronger than ever!



## 7. ALWAYS BE EXCITED FOR THE FUTURE!

People who are happy have goals and dreams they have set that give their life meaning. They usually like to try new things that spark new emotions. When you lose yourself in the moment, pick one or two goals that are meaningful, you have lost track of and devote time and effort to pursuing them again. Being open to trying new things and getting absorbed in hobbies and passions helps us to keep our brain in shape, find life fulfillment and get more out of ourselves.

“ A SIMPLE SMILE THAT'S THE START OF OPENING YOUR HEART AND BEING COMPASSIONATE TO OTHERS

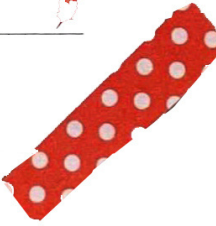
”



Write a letter to yourself complimenting things you like about you. Use at least five bullet points—praising anything from your keen sense of curiosity to your excellent, thick eyelashes. Just avoid any “buts,” “if onlys” or other negative language. Reread often!

*Dear Me,  
I don't say it often, but I really like your...*

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## WHAT DOES YOUR HANDWRITING SAY ABOUT YOU?

**SLANT.** The emotional barometer are you complained or defined? The more the writing falls forward, the more you want to express, cooperate, and engage. Let's land or reclining letters and cover personal reserve. You may be familiar oriented, non-conformist, and irreverent. Some people might find you difficult to get to know. A vertical slant is seriously cool, poised, objective, and independent. Letter that flip-flop both ways are creative, but can reveal an unpredictable nature.

**SIZE.** This is your outer shell appearance. Big writing the notes confidence and extroversion. Small letters indicate shyness, modesty, pragmatism, and concentration skills.

**PRESSURE.** Feel the back of the paper for indentation. The heavier the pressure, the more intense and energized, involved, and committed you are. Light pressure (you won't feel anything on the reverse) reflects a breezy, light hearted attitude, mental energy, sensitivity, and resilience. The lighter the pressure, the less tense and stressed you should feel.

**THE ZONE.** I did apply two sections of letters and reveal your inner character. All the vowels and letters c,m,n,r,s,v,w and x that's it on the baseline or in the middle zone section and correspond with everything that relates to you personally. The larger the size, the more you strive for status, prestige, and popularity in your emotional, social, and working life. The long down strokes and loops of g,j,p,q and f fall into the lower zone highlighting practicalities and earning power.

The larger the size the more importance you place on your creature comfort the upper zone (tall stems or extensions of the small letters seen in b,d,f,h,k,l, and t) reflects your desire for achievement, imagination, ethics and cerebral needs. The biggest zone overall pinpoints your values and motivations

**FORM.** Rounded letters reflect gentle, personable, warm, nurturing qualities. Angles for tough, gutsy, smart, analytical, confrontational, and ambitious attitudes.

**PERSONAL PRONOUN, I.** This symbolizes your self worth and signature representing your image. Underlining and increasing the size of both enhances self esteem.

**CONNECTION.** Cursive or joined up letters is a sign of sociability, logical thought processes, goal orientation, and a desire to be uninterrupted. Disconnected letters indicate intuition, multitasking, a love of gathering information, creativity, and humor



Illustration by Frances To

**BASELINES.** synonymous with the ground you walk on, they indicate how you deal with difficulties in everyday life. Straight baselines reveal realistic practical, commonsensical types. bobbing baselines uncover a flexible, creative nature. Sentences that rise tell of an ambitious, upbeat, optimistic attitude, although overly rising is overcompensation and means you're putting a brave face in adversity. Falling lines reveal exhaustion, pessimism, or depression. Convex sentences (that rise and fall) mean you need a challenges so you don't get bored, and concave lines (that dip in the middle) reveal awakening enthusiasm.

## Upcoming News

**Our Annual Art Gala is COMING UP and SHOW DATES and DETAILS will be ANNOUNCED SOON!**

