

THE JOURNAL

Modest Fly Art Studio Gallery Quarterly Newsletter



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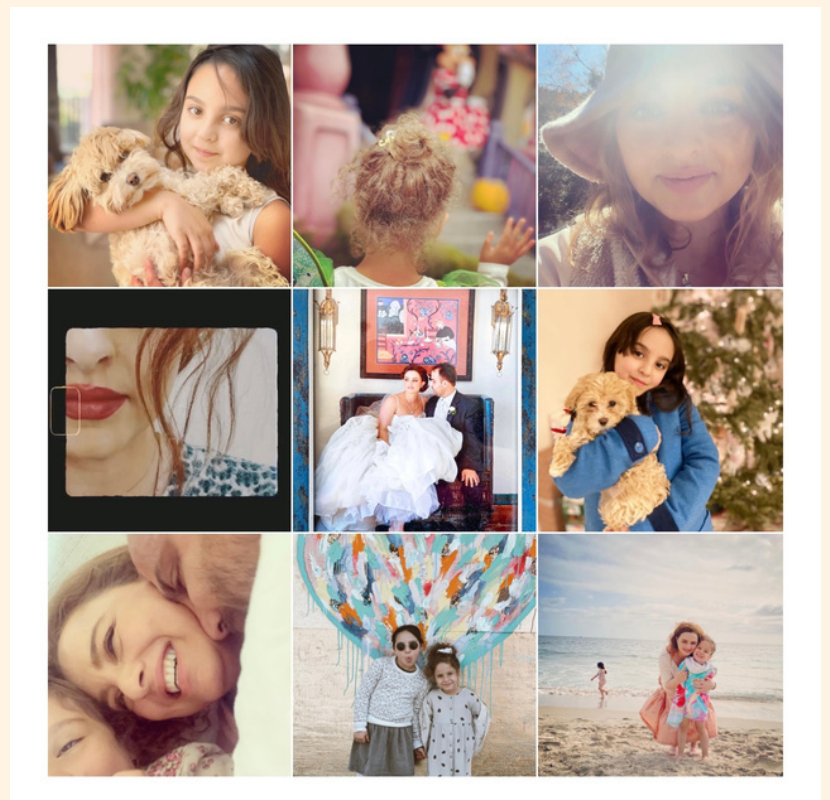
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EDITOR'S LETTER

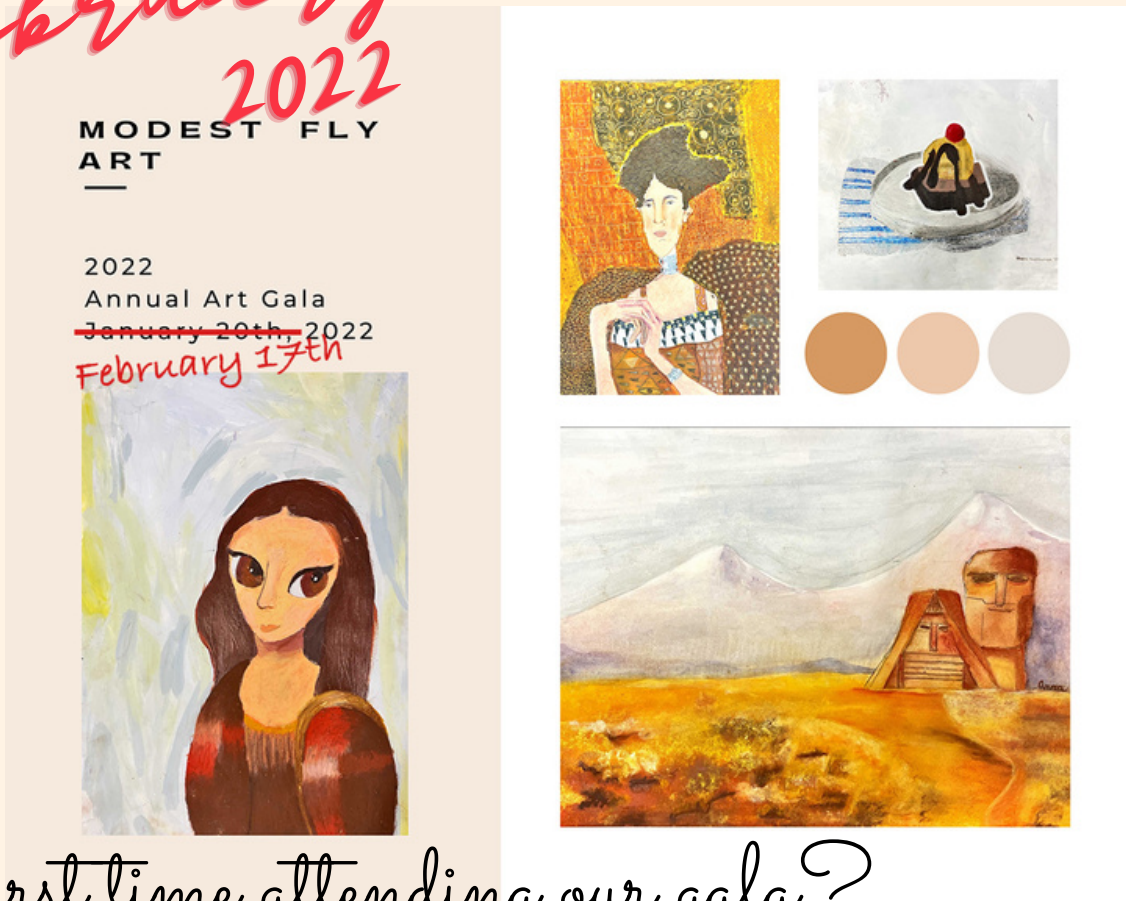
LOOKING BACK AT 2021

Looking Ahead to the New Year



Modest Fly Art's Annual Art Gala 2022

*February 17th,
2022*



first time attending our gala?

Is this your first time attending a Modest Fly Art gala? If so, here are some things you should know:

- The gala is a three-hour art show that showcases our student's artwork.
- All of the artwork is for SALE and the price of the artwork depends on the student's tuition fee.
- Each piece SOLD will cover ONE MONTH of art class for that specific student.
- There will be hors d'oeuvres and drinks served at the gala.
- You do not have to be there the entire timespan of the gala but, there will be an awards ceremony, typically held at 6:30PM that evening. Please try to be there during that time.
- Dress code is dressy casual.
- Everyone needs tickets, EXCEPT for ACTIVE STUDENTS. Tickets can be purchased at the door, or at the studio, or previously at the link provided:
<https://www.eventbrite.com/e/modest-fly-arts-2022-art-gala-tickets-223682579617>

WE'RE HIRING!



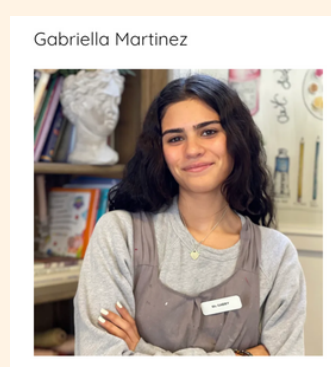
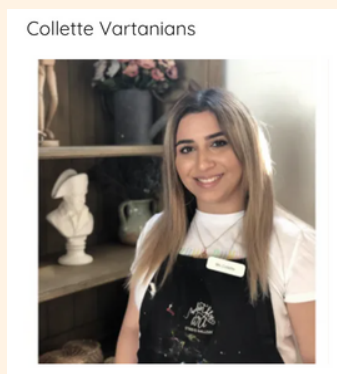
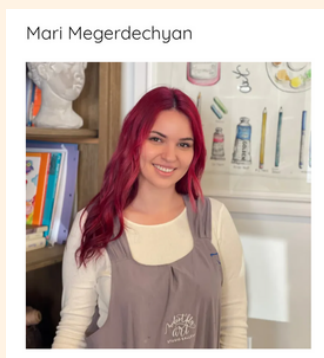
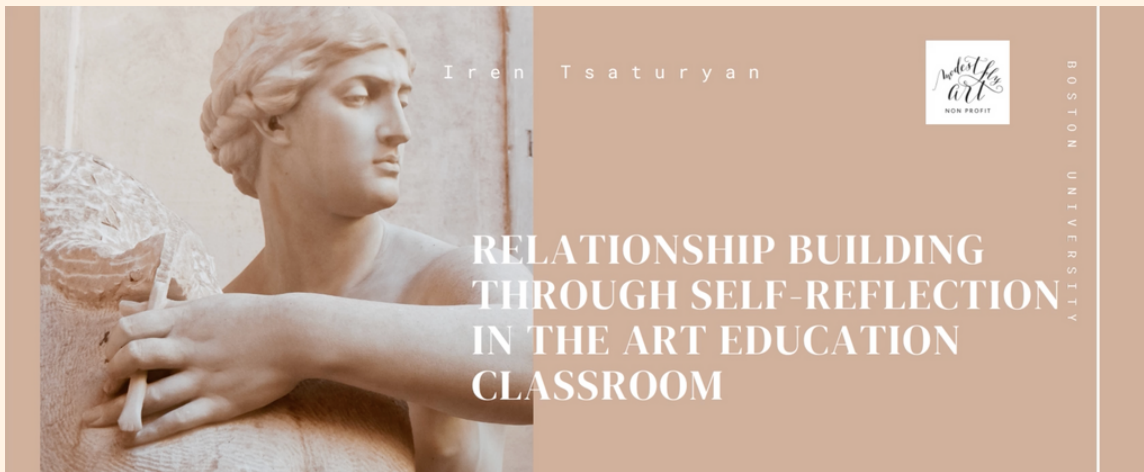
Modest Fly Art is looking for a fun, creative, loving, and enthusiastic art teacher to work outside of the studio with preschoolers!



Requirements:
Art Skills and a positive personality required.
Please email work and resume to eerren@modestflyartgallery.com

Looking forward to meeting you!





As we move through our teaching process and gain more expertise, we begin researching and experimenting in more ways than one. We, as a team, with the instructors pictured above (Ms. Mari, Ms. Collette, and Ms. Gabby), performed independent research on building relationships through self-reflection with a group of selected students. As we learned more from the specific methods we used for our research, we altered our set curriculum to fit our research findings. We are sure that the personal bonds and relationships built within the studio space between teacher and student are crucial to the student's learning experience. Offering this type of educational approach will be of utmost value to our students during their educational endeavors and the choices they make towards their future. We are capable of building personalized curriculums and customized learning paths for each student once the instructors can work through these methods and make it their priority to get to know their students personally. If we enforce these practices, we can create completely different teaching and learning systems.

The curriculum and the potential of the initial setup of 'how to teach' are immense and being open to new ideas, while having a collaborative teacher group, and discussing ways of building a shared inquiry can change how everything functions and correlates. We have the future of art education in our hands and not taking a moment to pay attention now will only result in further lack of interest in the arts, and, in time, the disappearance of the arts overall. The findings through this inquiry have made me realize other wonderings that come to mind. I wonder about how we can adapt these methods and apply them to the education system so that we can find these connections in every classroom across the globe. That would be powerful and as long as I am involved in education, I will work towards creating that for the future of our children.

The Science of Kindness

You are probably familiar with that flush of satisfaction that washes over you when you've performed an act of kindness: the irrepressible smile after you've helped someone load their groceries, the blast of self-esteem when you find someone a job or the tune you want to hum after giving a homeless woman a \$10 bill. But did you know that those powerful feelings are more than just emotions?

Scientific research on human kindness is exploding. And we're learning that acts of compassion not only make us feel better, they also make us healthier. Studies show that altruism lights up the pleasure and reward centers in your brain as if you were the recipient of the good deed and the giver. This activates neurochemicals that can boost mood, relieve symptoms of depression, reduce pain, improve memory and amp up energy. Kindness has even been shown to have a positive effect on our immune systems, something we all want more if in the era of COVID-19.

According to the Mayo Clinic, "Kindness can positively change your brain. Being kind boosts serotonin and dopamine, which are neurotransmitters in the brain that give you feelings of satisfaction and well-being, and... endorphins, which are your body's natural pain killer."

A Stanford Medicine study from the Center for Compassion and Altruism Research and Education found that participants experienced reduced anxiety, as well as a greater ability to control their anxious thoughts, after participating in a nine-week compassion training course. This stress-reducing function translates into better heart health, less inflammation in the body and a host of other physical benefits. What's more, numerous studies have found that witnessing acts of kindness activates oxytocin, the so-called "love hormone" that mothers experience when breastfeeding their babies or when we hug, kiss, or lovingly look into the eyes of our pets. Oxytocin not only triggers feelings of affection and emotional warmth, it can affect everything from lowering blood pressure to increasing optimism.

Of course, acts of kindness are really about the receiver, not the giver - no matter how much we enjoy the benefits. And science has lots to say about how kindness affects recipients as well. Not only do receivers experience similar neurochemical uplift, according to a 2020 study published in *Emotion*, they also tended to "pay it forward."



The Science of Kindness continued...

Ready to ride a kindness wave, but not sure where to start? "Practice daily, but with simple acts like helping out a mom you see with her stroller, or even offering mental kindness by giving someone the benefit of the doubt," says Rosenberg.

While these acts may seem insignificant, she notes that the more kindness you practice, the easier it will become to act altruistically.

10 Small Deeds to do today:

1. Smile at someone you pass on the street. A happy face makes everyone feel better!

2. Compliment at least five people on their hair, their outfit, their smile, their spirit - anything!

3. Bake some cookies or other treat for your neighbors.

4. Pay it backward! Cover a coffee or other purchase for someone behind you in line.

5. Buy a pair of socks for an unhoused person. Next to money, socks are the most needed items by individuals and shelters: They provide warmth, comfort, and protection.

6. Leave an extra generous tip to a server or other worker to show your appreciation.

7. Leave bottles of water and packaged snacks on your front porch with a sign telling your delivery person or mail carrier to enjoy!

8 Give someone the gift of your attention by putting your phone away during a conversation.

9. Shovel a neighbor's walk after a snowfall.

10. Stop trying to be first: Let someone go in front of you in line, in traffic or through an entrance (and hold the door for them).



Credit: Breathe Magazine.

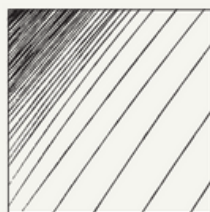
<https://www.breathemagazine.com/>

some art advice...

LINE DRAWING TECHNIQUES

A good illustration starts with a line and getting the basics right creates a strong foundation for your art.

In pen and ink illustration, combining lines creates not only shapes but also gives texture, tone, and value to the work. Let's take a look at several drawing techniques that are commonly used.

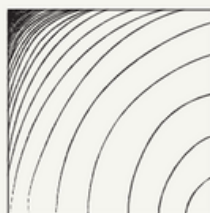
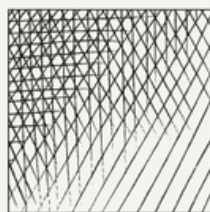


HATCHING

Also known as parallel hatching. This technique fills a space with closely drawn parallel lines. The lines should be drawn going to the same direction and equally spaced. Lines can be drawn horizontally, vertically, or diagonally.

CROSS-HATCHING

Cross-hatching is similar to hatching. Draw the hatch lines, then draw another set that goes the opposite direction. This creates a darker value. When you draw the lines closer to each other, it is referred as tight cross-hatching.

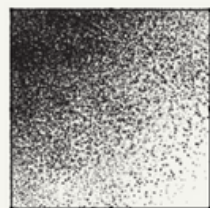


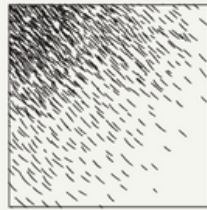
CONTOUR HATCHING

Instead of using straight lines, this technique uses curved lines. It also can be used to create a three-dimensional effect and contrast in texture.

STIPPLING

Stippling is a technique that uses dots instead of lines to create tones.



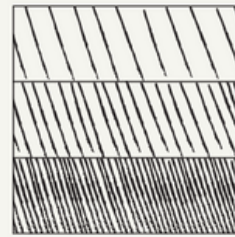


TICK HATCHING

This method is similar to stippling, but uses short lines instead of dots.

DID YOU KNOW?

The distance between the lines and dots you create will change the tone and value. The closer they are, the darker it will look. The farther apart they are, the lighter they will look.



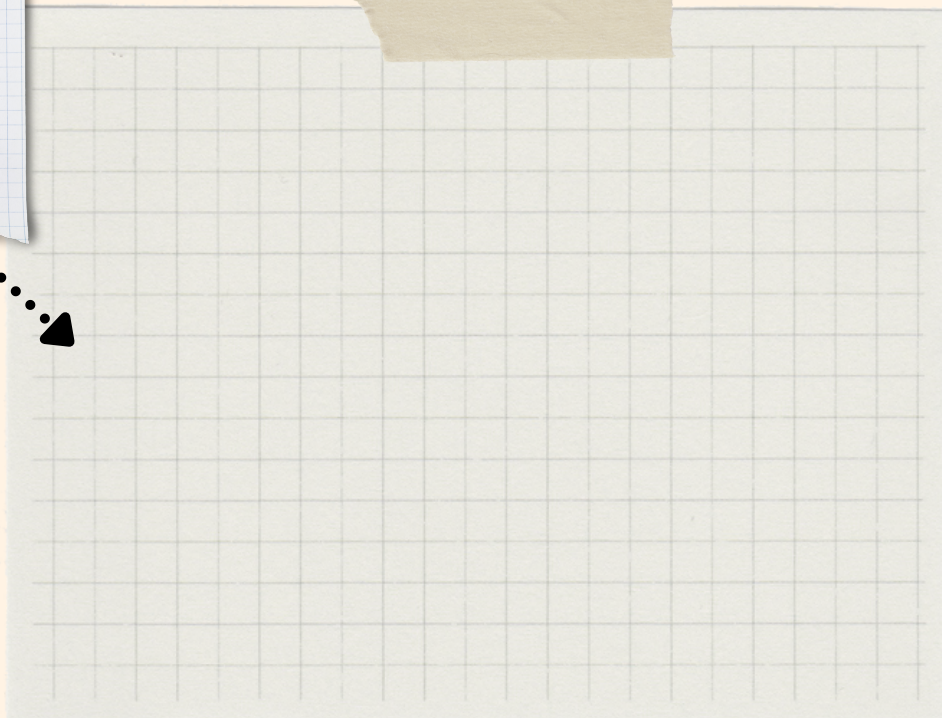
HEADS UP!

Different writing tools create different kinds of lines! Try doing these different techniques using different tools and compare the outcome. What kind of art style will they work with?

With illustration and drawing, hand movement is more varied than writing. Practice helps build familiarity and control.



start
here



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 Los Angeles, CA. 91042

application for submission
MEL ART SCHOLARSHIP



CANDIDATE DETAILS:

Name: _____

Address: _____

Phone: _____ **DOB:** _____

School Attending: _____

Grade Level: _____

Interests/Hobbies: _____

Specify Art Experience: _____

Prizes or Awards Received: _____

Other Artistic Activities or Relevant Information: _____

Please turn in this application along with your bio/statement, letters of recommendation, and artwork.

On completion, please return to:

Modest Fly Art Studio

10055 Commerce Avenue Los Angeles, California 91042