



CREATIVE GUTS

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SPECIAL EDITION: Kaleidoscope Exhibition
at the Rochester Museum of Fine Arts

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Please note, some artists have multiple works on different pages.

KALEIDOSCOPE

Hello, Readers!

It's no secret that Creative Guts loves color, so when we had an opportunity to partner with the Rochester Museum of Fine Arts to curate an exhibition, we knew the theme would be colorful. With Kaleidoscope, we wanted the viewer to be engulfed in every color as they moved through the exhibition. With our fingers crossed, we put the call for art into the world. Kaleidoscope didn't disappoint!

It seemed natural that Creative Guts would memorialize Kaleidoscope in the form of a zine! This zine contains art from 27 local artists. While a handful hail from Maine, Massachusetts, and New York, the majority of artists featured in this zine reside in New Hampshire. Thank you and congratulations to the artists featured in this special edition zine.

Creative Guts is grateful to our friends in Rochester at the Museum of Fine Arts for their work pulling this show together. If you're not familiar, the RMFA is an all-volunteer, community art initiative dedicated to the accessibility of contemporary works made by regionally, nationally, and internationally recognized artists. Like Creative Guts, the RMFA feels strongly that art is for everyone. The permanent collection and other rotating exhibitions are on display in the James W. Foley Memorial Community Center and at the Rochester Public Library.

Learn more about Creative Guts at www.CreativeGuts.org and the Rochester Museum of Fine Arts at www.RochesterMFA.org.

So with that, show us your creative guts!



Laura Harper Lake
Co-Founder + Co-Host



Sarah Wrightsman
Co-Founder + Co-Host



ROCHESTER MUSEUM OF FINE ARTS

The Rochester Museum of Fine Arts (RMFA) is an all-volunteer, community art initiative dedicated to the accessibility of contemporary works made by regionally, nationally, and internationally recognized artists. Founded in 2011, the RMFA works to enrich people's lives through the presentation of fine art. The permanent collection and other rotating exhibitions are prominently displayed in the halls and Suite 135 of the James W. Foley Memorial Community Center and Rochester Public Library.

The permanent collection includes more than 200 multidisciplinary works that represent a constantly evolving range of visual expression, including painting, sculpture, printmaking, drawing, photography, and film. In addition, the museum features rotating temporary exhibits displayed in the Mayor Harvey E. Bernier Room and Andrew Carnegie Gallery, which showcase the work of both emerging and established artists. The Pixel Room provides a platform for extraordinary and thought-provoking digital works, presented on a 4K UHD LED display.

Visit the RMFA:

James W. Foley Memorial Community Center

150 Wakefield Street
Rochester, NH 03867

Home of the Bernier Room, The Pixel Room, and the permanent collection.

Suite 135: Monday-Friday 9pm-4pm
Building: Monday-Friday 8:30pm-6pm

Rochester Public Library

65 South Main Street
Rochester, NH 03867

Home of the Carnegie Gallery and select pieces from the permanent collection.

Monday-Wednesday 9am-8pm,
Thursday-Saturday 9am-5pm.
Hours may vary in the summer.

rochestertermfa.org

KARL SCHMITZ



One Finger Pointing #8, Acrylic paint



The Revised Plan #1, Acrylic paint

I am exploring the relationship between beauty, order and disorder in my work. I am particularly interested in how complexity can grow out of simplicity and how the apparently simple can conceal unrecognized complexity.

Manchester, NH

kdschmitz.com

KEVIN J KINTNER



Split-level Floral, Acrylic paint, canvas, and paper on wood panel



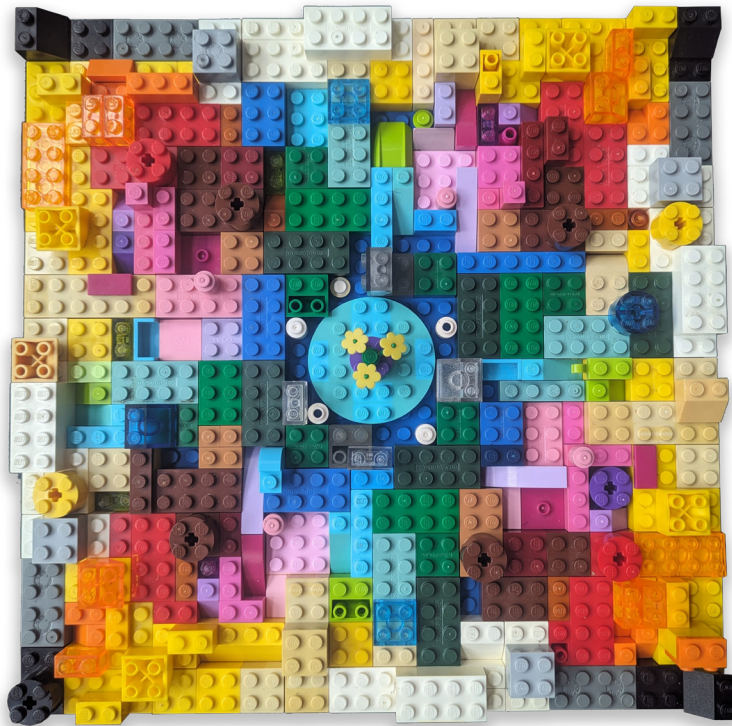
Meadow, Acrylic paint, canvas, and paper on wood panel

Always experimenting, always painting.

Manchester, NH

arghgallery.com

DANIELA WENZEL



Ka-Lego-scope 1, Recycled Legos

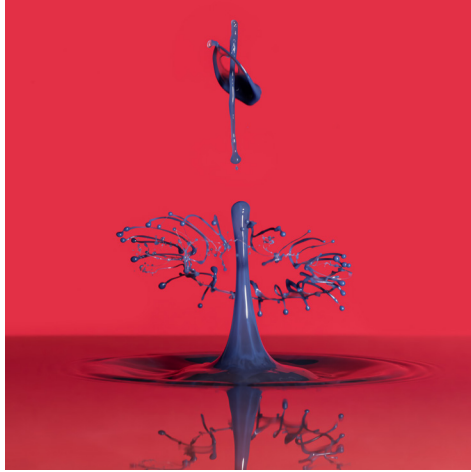


Ka-Lego-scope 2, Recycled Legos

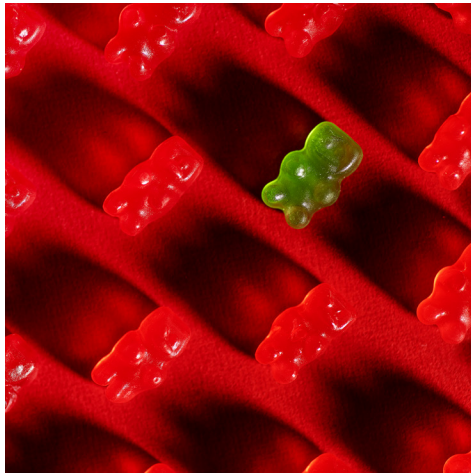
While time stood still for quite a bit more than a moment at the height of Covid-19 in the spring of 2020, I often found myself home with my three children. Two of the kids still needed significant amount of supervision, help and more than usual love and affection to make it through the homeschooling, the disconnect from friends and family and the general uneasiness of that time.

Needless to say there was no time to spend numerous hours painting quietly and in solitude. My creative practice shifted to whatever was at hand. And so it happened that I was the one playing with the Legos. A lover of any kind of colorful visual vocabulary I improvised my art making and created simple color abstractions. I specifically enjoyed playing with color theory and depth by the layering of different shapes and hues. Since then I have been coming back to my adult Lego infatuation multiple times to get my color fix and do what I otherwise do with paint and fabric.

SHAWN PIERCE



Momentary Drama, Photography on Metal



Bear To Be Different, Photography on Metal

As a photographer, I find myself drawn to the intersection of humanity and light. My work is not merely about capturing images; it's an exploration of the profound connection between people, places, and things. I take a closer look at what we perceive, and often, what we don't perceive, and the often missed beauty illuminated by the ever-shifting dance of light.

Rochester, NH

studiotwosevennine.com

ISABELLA DELORFANO



Internal Temp, Mixed media

The goal of my work has always been to explore impermanence without fear. The only real constant in the world is that everything's always changing. I hope that the experience people take away from my work is that this impermanence- the shortness and speed of everything- is what makes it special.

Manchester, NH

[instagram.com/lizardthing](https://www.instagram.com/lizardthing)

CHRISTINA LOPEZ



Fresh off the Vine, Acrylic Paint



Sexy Pork, Acrylic Paint

An unyielding commitment to creativity across diverse mediums is at the core of my identity as an artist. By day, I assume the role of a graphic designer, and by night, I become a painter. My body of work, distinguished by bold shapes and vibrant colors, strives to inspire by illuminating the intrinsic beauty present in the everyday facets of life.

Kingston, NH

[instagram.com/christina.lopez.paints](https://www.instagram.com/christina.lopez.paints)

SUSAN SCHWAKE



Four O'clock, Mixed media on Baltic birch panel

Susan Schwake paints most everyday in her studio, She finds inspiration from the natural world and reimagines it in saturated color. She find beauty in the details, the mundane, and the decayed.

Rochester, NH

susanschwake.com

NICK PARADIS



Teagan's Room, Photography

Nick Paradis is a New England based artist specializing in murals, custom commission art, and exhibitions and gallery events. Graduating from New England College in 2009 with a bachelor's degree in art and creative writing, he has worked in printing for over a decade, now running production at Eastman Screen Printing. He is active in the community and busy with artistic endeavors throughout the year.

Concord, NH

[instagram.com/paradisart](https://www.instagram.com/paradisart)

CASSIA CHIPMAN



Phoenix, Acrylic paint

In the beginning there is usually very little planning involved-it's more about experimentation and exploration with the painting process. Vibrant colors and multiple layers make for interesting and intriguing imaginative art that evoke a sense of wonderment from within. After the first layer, more planning can be put into place to determine where and how the piece evolves.

Manchester, NH

[instagram.com/artbycassia](https://www.instagram.com/artbycassia)

MARCIA WOOD MERTINOOKIE



On Hold, Oil paint and charcoal on canvas

My work is an exploration of value and how it is created, expressed, and understood. The effect that many of the mundane objects in our lives have is neglected for more apparent ideas of significance. I intend to present these objects and subjects to reveal their value and the way that they shape our experiences, our past, present, and future.

Manchester, NH

mwmertinooke.com

CHRISTINA LOPEZ



New Beginnings, Acrylic paint

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Kingston, NH

[instagram.com/christina.lopez.paints](https://www.instagram.com/christina.lopez.paints)

JUSTICE MCDANIEL



Envy?, Corrupted scan of film photo with digital illustration

(is this about me or about this piece? Can you email me back? maybe just publish it with this?)

Roxbury, MA

justiceeatstrees.com

SUZANNE JOLIN



Reach For The Sky, Acrylic paint

I am a self taught artist who has lived in Rochester my whole life. I am inspired by the love of my family and the love of the 4 seasons. I have drawn my whole life but learned to paint as an older adult.

Rochester, NH

[instagram.com/suzannejolin](https://www.instagram.com/suzannejolin)

HEATHER MCINTYRE



Untitled, Alcohol ink, acrylic gel medium, stars and moons glitter

I enjoy exploring all the things you can do with alcohol ink. I was primarily drawn to them because of their bold bright pigmentation, but also their faster drying time. You can manipulate them to do almost anything and I love finding new ways to use them. My recent addition of texture in my work has created a new level of exploration. I love that viewers can have differing opinions of how each of my pieces make them feel.

Manchester, NH

[instagram.com/_hnmart_](https://www.instagram.com/_hnmart_)

CHRISTINA LOPEZ



Roaming Romaine, Acrylic paint

An unyielding commitment to creativity across diverse mediums is at the core of my identity as an artist. By day, I assume the role of a graphic designer, and by night, I become a painter. My body of work, distinguished by bold shapes and vibrant colors, strives to inspire by illuminating the intrinsic beauty present in the everyday facets of life.

Kingston, NH

[instagram.com/christina.lopez.paints](https://www.instagram.com/christina.lopez.paints)

OLIVIA CARLE



Untitled, Oil on canvas

I use my art to evoke the land around me, and explore questions around queer identity. My experience as a trail builder has had a significant influence on my work. Recently I made a series of ink drawings from a lichen brush I originally designed for a class at RISD CE. I often focus on portraying the minutiae of specific moments in nature with fiber and/or oil paints, like the young lime green leaves of a beech tree glowing in the sun. I do this to elevate what is often overlooked in our disconnected society. These works are a lyrical catalog of both grief and joy in time spent being present on the land.

My queerness as a natural phenomenon, despite attempts to erase that, is a concept that I am currently exploring with oil paintings. I use bold, almost neon, color and shape to speak to the target I have felt on my back in the outdoor industry, but also to show the unspeakable beauty and exuberance of queerness. Often, I situate that queerness in green space to emphasize its natural origins. I choose palettes and color intensity that make it impossible for people to look away from these paintings.

LAURA HARPER LAKE



Some Signs of Deterioration, Oil paint

Earlier this year, I started my days by sitting in a chair next to a slowly dying plant, despite all my efforts to revive it. I was frustrated and worried for the plant but also it felt like a mirror — it had been a hard year. Something occurred to me then that inspired this painting: Even a dying plant still reaches for the sun, and that felt like hope.

Epping, NH

artfulharperstudios.com

LYNDSEY MACDOUGALL



Peas, Photography

Lyndsey MacDougall is a Fine Art Photography Artist and Creator. A New England native and currently residing in Barrington, NH.

Lyndsey creates surreal self portraits, often both dark and whimsical. Her works are largely composite images, piecing and manipulating real life in photoshop to bring the things in her head to life. Through surrealism she aims to convey humor and larger themes of personal struggles and faith. Striving to “create things that may not be real, but always true”.

Barrington, NH

lyndseymacdougall.com

SUSANNE LARKHAM



Shattered Sea Glass, Pastel

My work echoes my high ideals--I see the world as a symphony of movement, music & vibrant color. This particular pursuit of happiness pairs perfectly with the intense pigment in soft pastels. A Colorist at heart, my contemporary representational paintings are deftly rendered in an idealized realism.

Manchester, NH

susannelarkham.com

LAURA HARPER LAKE



Artful Harper Studios

A Blue Dream, Digital

I'm just so tired.

Epping, NH

artfulharperstudios.com

NICHOLAS ALEXANDER



C'ri the Dragonflystal Aurider, Digital

I used to draw a lot growing up. I have gone through a lot of trauma multiple times in my life. It kept me from the pencil for years after high school but now I channel it into positive energy to fuel my desire to create. I draw expressive, cartoonish, goofy, detailed, and colorful artwork.

Manchester, NH

nickalexanderart.com

CASSIA CHIPMAN



Catnip Haze, Acrylic paint

In the beginning there is usually very little planning involved—it's more about experimentation and exploration with the painting process. Vibrant colors and multiple layers make for interesting and intriguing imaginative art that evoke a sense of wonderment from within. After the first layer, more planning can be put into place to determine where and how the piece evolves.

Manchester, NH

[instagram.com/artbycassia](https://www.instagram.com/artbycassia)

NICK PARADIS



Vortex in the Prairie, Mixed media on paper

Nick Paradis is a New England based artist specializing in murals, custom commission art, and exhibitions and gallery events. Graduating from New England College in 2009 with a bachelor's degree in art and creative writing, he has worked in printing for over a decade, now running production at Eastman Screen Printing. He is active in the community with his poetry and open mics, and busy with artistic endeavors throughout the year.

Concord, NH

[instagram.com/paradisart](https://www.instagram.com/paradisart)

JULIANNE LARUE



Never Enough, Digital

This piece is made to represent how it feels to be demonized for trying to be yourself in a religious environment.

Exeter, NH

artoflarue.com

SUSANNE LARKHAM



Rose's Turn, Pastel

Manchester, NH

susannelarkham.com



Bloominosity, Pastel

My work echoes my high ideals--I see the world as a symphony of movement, music & vibrant color. This particular pursuit of happiness pairs perfectly with the intense pigment in soft pastels. A Colorist at heart, my contemporary representational paintings are deftly rendered in an idealized realism.

ELIZABETH PIERONI SCHULTE



Resplendent Rhapsody, Acrylic paint

Seeking to illuminate chaos and lean into exploring subtle realms of order, finding calm within. This exploration of chaos theory and mindfulness serves as a metaphor for motherhood.

The first expressions of each piece are created with wind and gravity, allowing paint to drip and swirl, creating random chaotic shapes, lines, and textures. Calm and order is found when illuminating the shapes and patterns within. What is revealed are biomorphic botanical paintings depicting intimate spaces that explore the intersection and interconnectedness of nature and the human spirit.

Hooksett, NH

epsarts.com

ALISA MARIE



Oceanic Kaleidoscope, Encaustic

I am a skilled and accomplished encaustic artist with over ten years of experience. I have developed my unique technique and style for applying and maneuvering pigmented wax. Fearlessly pushing the boundaries of this ancient medium, I love challenging artistic norms. By exploring new avenues and fearlessly embracing artistic experimentation, I strive to create captivating work using bold and vibrant colors that profoundly resonate with viewers, leaving a profound and lasting impression. I aim to forge a strong emotional connection, evoking powerful responses that linger in the hearts and minds of those who experience my art.

Rochester, NH

alisastruecolors.com

SHIAO-PING WANG



Coastal Town, Acrylic paint and fabric on linen canvas



Nexus, Paper and acrylic paint on linen canvas

Pattern and color are the voices in my stories. I search for forms that have the power to replace anecdotes.

Somersworth, NH

shiao-ping.com

KRISTEN ADKINS



Young Boy, Linger Series, Found Photograph



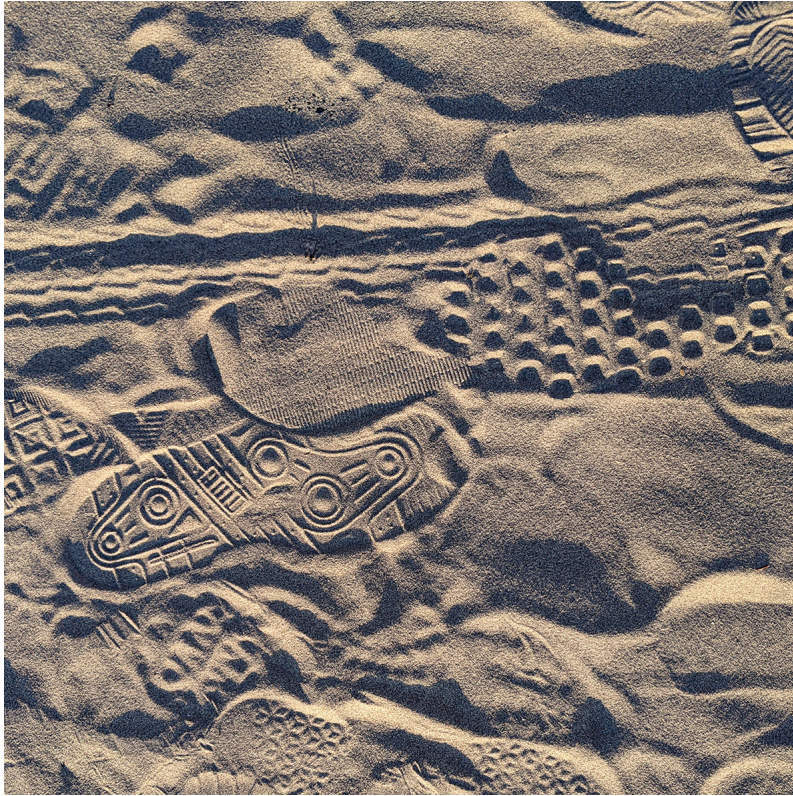
Smiling Boy, Linger Series, Found Photograph

The Linger Series is a collection of hand manipulated found photographs. Inspired by spirit photography circa late 19th century, the portraits suggest a reality that exists beyond the physical world where some believe one might linger. My art explores mortality and phantasms through aged and yellowed ectoplasmic portraits, fossils of mythological creatures, specters of decaying animals, and skulls.

Brockport, NY

[instagram.com/cr8trxx](https://www.instagram.com/cr8trxx)

BECKY BARSİ



Tracked, Photography

As an art teacher, I teach my students how to 'learn to look.' To me, this means slowing down, looking at the subtleties of life around us, and appreciating the simplistic beauty of our world. 'Tracked' is one of a series of photographs taken on a path by the North Sea in the Netherlands following a large storm. I was captivated by the beautiful warm contrast of the setting sun on the cool impressions of foot and bike traffic in the sand. In our fast-paced society where time is money, I would like to help others find ways to value the beauty in simplicity.

Lee, NH

beckybarisi.com

BRIAN CHU

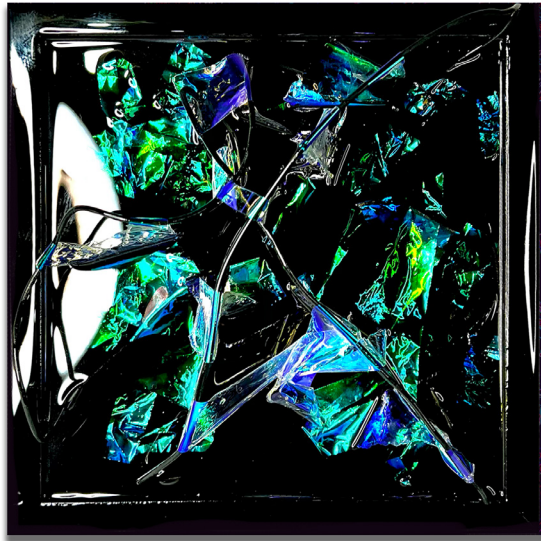


Short Break, Ink on paper mounted on linen canvas

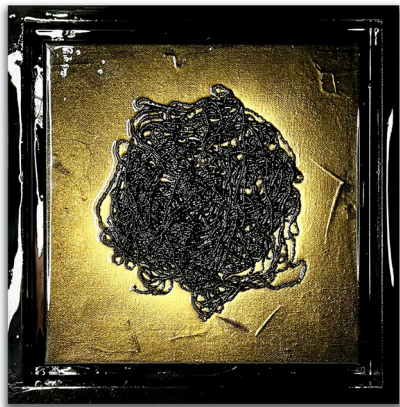
I work from observation. I try to be in touch with the inner life of my subject.

Somersworth, NH

RANDALL NIELSON



Coronal Mass Ejection, Wire, spray paint, cellophane, and epoxy resin



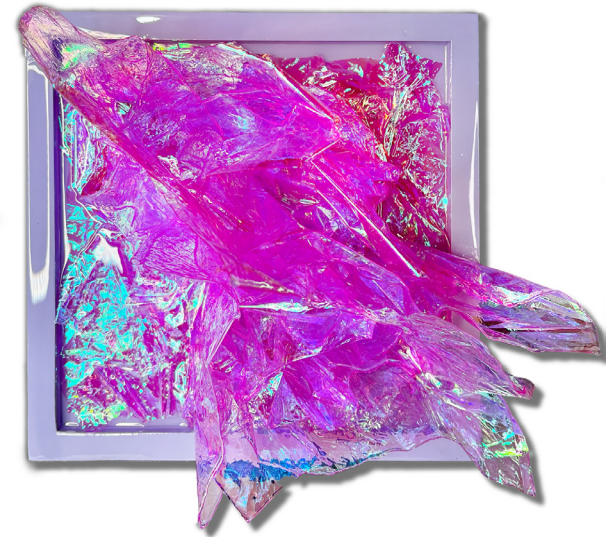
Morula, Glass beads, spray paint, acrylic paint, and epoxy resin



Ghost in the Shell, PET, spray paint, and epoxy resin

Manchester, NH

strangepieces.com



Supernova, Cellophane, acrylic resin, and acrylic paint



Great Garbage Path/My First Year in Art, 3D print, epoxy resin, gold tinsel, acrylic paint, and found objects

My name is Randall Nielsen and I am a multimedia artist and engineer. My work focuses on assimilating traditional art techniques with new technology to produce novel pieces of work that celebrate color and light. While producing my own art, I am also open to commission/consulting work and collaborations!

CASSIA CHIPMAN



Gliding to New Depths, Acrylic paint

In the beginning there is usually very little planning involved—it's more about experimentation and exploration with the painting process. Vibrant colors and multiple layers make for interesting and intriguing imaginative art that evoke a sense of wonderment from within. After the first layer, more planning can be put into place to determine where and how the piece evolves.

Manchester, NH

[instagram.com/artbycassia](https://www.instagram.com/artbycassia)

MELISSA RICHARD



Dreams of San Francisco, Mixed media

Recently my husband and I traveled to San Francisco for our 25th wedding anniversary. When our relationship was in its infancy way back in 1996 he was living out there and we wrote letters to one another. Letters I keep and cherish to this day. The city of San Francisco has always been close to my husband's heart even though he only lived there a short time before he came back East to be with me. It was a so special being able to visit for my first time with him and revisit our early memories together as we celebrated 25 years of marriage! I too fell in love with the city and its colorful and vibrant history, knowing part of its history will now forever include the our love story. It is a special place.

Merrimack, NH

marsartstudio.weebly.com



Creative Guts is a nonprofit on a mission to awaken creativity within people of all ages by curating an environment for connection, collaboration, and the opportunity for gutsy creatives to share their stories with the world.

We do this through programs, zines, events, and a podcast that is focused on the pursuit of creativity. Podcast episodes are available to listen on all major podcast platforms and our website.

www.CreativeGuts.org

Instagram + Facebook: @CreativeGutsPodcast