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CREATIVE GUTS



SPRING 2020

# TABLE OF CONTENTS

|         |                      |
|---------|----------------------|
| 2       | FORWARD: GUTSY       |
| 3       | MATT WYATT           |
| 4       | RUTH SCHMIDT         |
| 5       | SCOTT KUCKLER        |
| 6       | TED GLADU            |
| 7       | LAURA HARPER LAKE    |
| 8       | ERIN ALLGOOD         |
| 9       | DANIELLA ENGEL       |
| 10      | SARAH WRIGHTSMAN     |
| 11      | ANNETTE BACK         |
| 12      | BECKY BARSİ          |
| 13      | KATELYNN TRACY       |
| 14      | LINDSAY GWINN PARKER |
| 15      | BRUCE JONES          |
| 16      | SPIKEPİT STUDIOS     |
| 17      | DURKISH DELIGHTS     |
| 18      | HEATHER CROWLEY      |
| 19      | EDUARDO MORENO       |
| 20 - 21 | BETH WITTENBERG      |

# GUTSY

Hey, Listeners!

It was about one year ago that Creative Guts was born. When we released the first episode into the world, we had no idea what it would become. Creative Guts has grown beyond a podcast — it's become a community. Our passion project has grown to include in-person (lately, virtual) events and now a Zine! We never could have anticipated that the inaugural issue of the Zine would come together during a pandemic, but the theme — gutsy: marked by courage, pluck, or determination — seems more apropos than ever.

Like the podcast, the mission of the Zine is to tell the stories of the artists and creatives who are brave enough to put their art out into the world. We were humbled to have received submissions from all over the United States and the world, showing how connected we are even when we're physically distanced from one another. Among the artists featured in this issue are at least two new artists. We're honored to be the first to share their work with the world.

The 18 visual artists and writers featured in this issue were selected with the help of guest juror, Matt Wyatt. In addition to being an artist himself and the star of episode #17 of Creative Guts, Matt is the extraordinary co-founder and co-chair of the Rochester Museum of Fine Arts. Thank you to Matt Wyatt for your help on the Spring 2020 issue of the Creative Guts Zine!

Learn more about Creative Guts on the web at [www.CreativeGutsPodcast.com](http://www.CreativeGutsPodcast.com) and please say “hello” on Instagram or Facebook!

So with that, show us your creative guts!



**Laura Harper Lake**  
Co-Founder + Co-Host  
Creative Guts



**Sarah Wrightsman**  
Co-Founder + Co-Host  
Creative Guts

# MATT WYATT



*Yeah, I like my women just a little on the trashy side,  
photo transfer and collage*

Matt Wyatt is a multimedia artist living and working in Rochester, New Hampshire. His work includes abstract expressionism, collage, and photography. He has received regional and national attention and has been featured in a variety of venues such as: Corcoran Gallery of Art in Washington, DC; Art Current in Provincetown, MA; Diane Von Furstenberg Studio in NYC; and The Gatehouse Gallery in Tamworth, NH. He studied at the New Hampshire Institute of Art (Manchester, NH) while pursuing his Bachelor of Fine Arts. Matt co-founded the Rochester Museum of Fine Arts in 2011 and has served as a member of the Commission for Arts & Culture (City of Rochester, NH) since 2013.

**Rochester, NH**

**[www.mattwyattart.com](http://www.mattwyattart.com)  
Instagram: @yeahwyatt87**

# RUTH SCHMIDT



*Wild Horses, oil on canvas*

The past few years, I have been dedicated to learning and developing. That's why I've made so many study paintings. I've tried many different styles. I really like Rembrandt van Rijn, Piet Mondrian, Salvador Dali, Victor Vasarely, Albert Bierstadt, Karoly Marko... From these names it is obvious that I like variety. I am open and I am constantly pushing my boundaries to get to know new trends and techniques and to try to expand my knowledge and my vision. I paint mostly on canvas (with oil), wood fiber, and walls. I have tried many things and finally feel that I have found the purpose of my coming years that my heart is drawn to: to become more acquainted with symbolism and surrealism in painting and to paint these kinds of paintings that "speak the unspeakable". I want to paint the reality behind the experiencing world; I want to show the invisible things.

**Budapest, Hungary**

**[www.ruthschmidt.com](http://www.ruthschmidt.com)**

# SCOTT KUCKLER



*Untitled, photography*

My passion for photography began when I was 13 years old living in a small Midwestern town. What began as an interest quickly developed into an obsession that has stuck with me until the present. Everything about photography, from the camera to the development of photographs was and has remained exciting to me to this very day.

**Exeter, NH**

**[www.scott-kuckler.format.com](http://www.scott-kuckler.format.com)  
Instagram: @cheshirescott**

# TED GLADU



*Mandala, juniper and manzanita leaves*

My art work includes natural, locally harvested wood, creating multimedia, free standing sculptures as well as hanging bas relief pieces using the same material. Recent paintings include several Australian Aboriginal tribute paintings. I recently completed 5 large format paintings visualizing the five movements of the recently penned *Malheur Symphony* composed by Chris Thomas and presented by the Central Oregon Symphony Orchestra last Spring under the direction of Maestro Michael Gesme.

**Tumalo, OR**

**[www.iftreescoulddream.com](http://www.iftreescoulddream.com)**

**Facebook: @iftreescoulddream**

# LAURA HARPER LAKE



*Owl Lady*, digital painting

Laura Harper Lake is an interdisciplinary artist who is passionate about being a creative, playing an all mediums she can get her hands on. Harper Lake graduated from Chester College of New England in 2007 and began her official business as an artist under the name Artful Harper Studios in 2016. She is a permanent artist represented at the Art Up Front Street Gallery in Exeter, NH.

Owl Lady represents cunning patience before a fierce move. She is planning her attack in life, which is something Harper Lake strives to do daily.

**Exeter, NH**

**[www.artfulharperstudios.com](http://www.artfulharperstudios.com)  
Instagram: @artfulharperstudios**

# ERIN ALLGOOD



*Recovery, acrylic paint on canvas*

I started painting as a teenager, but abandoned any creative pursuits after my sister died in 2000. It wasn't until 2017 that I picked up the paints again. That time in my life was incredibly tumultuous, both personally and professionally. Through painting, I rediscovered my own fierce, passionate self and started the healing process. My paintings embody continual growth, transformation, and perfect imperfection. Vibrant colors, abstraction, and dynamic textures define my work and my medium is acrylic on canvas. My work in the world is to dismantle systems of oppression and catalyze social impact. My philosophy is that I cannot create the change I want to see in the world without knowing intimately who I am. Creative expression forces me to confront my demons, live authentically, and love wholeheartedly. How I show up to the work is just as important as the work itself.

**Dover, NH**

**[www.erinallgood.com](http://www.erinallgood.com)  
Instagram: @elallgood\_art**

# DANIELLA ENGEL

## *Nigeria*

Do you remember that time you looked like  
my favorite painting?  
A hand on the window.  
You pushed the gauze against the glass.  
Small grids in pink on your palm.  
Plains before the mountains.  
We looked for the sherpas.  
To buy their woolen hats.  
No great migration across the broken paper  
grass.  
Our eyes large as owls caught no movement.

Do you remember our days in the city?  
Our minds messed from pollution.  
We wore blue masks.  
No one writes about Shanghai.  
There was no sickness in those days.  
We couldn't stomach the sputum in our food  
Damp tar clouds on exposed skin.  
We used to wash our face  
to remember what color we really were.

My work has come from the quiet time at cafes in strange cities around the world. Usually having less than a day in each city I've learned to take the slow route of sight seeing only a handful of landmarks or museums vs rushing on pre scheduled tours. I look for the cafe with no english menu ordering what the locals have and afterwards writing down only the things that stood out to me the most. My poetry is a mix of observations as a solo woman traveler, personal anxiety, and sometimes overwhelming emotions.

**Chicago, IL**

**Instagram: @Daniella\_Novella**

# SARAH WRIGHTSMAN



*Barriers to Entry*, cotton floss on aida

*Barriers to Entry* pays homage to my passion for welcoming people in and embracing diverse human stories. My hope for Creative Guts is that it continues to lower the barrier to entry for new creatives, as it did for me months ago, welcoming makers and dabblers into a greater community of artists, regardless of where they stand on the learning curve. This theme of lowering the barrier to entry is a thread that runs through my resume; it is the bridge connecting my place in the arts world and my mission of advocating for housing.

Durham, NH

Instagram: @wrightswoman

# ANNETTE BACK



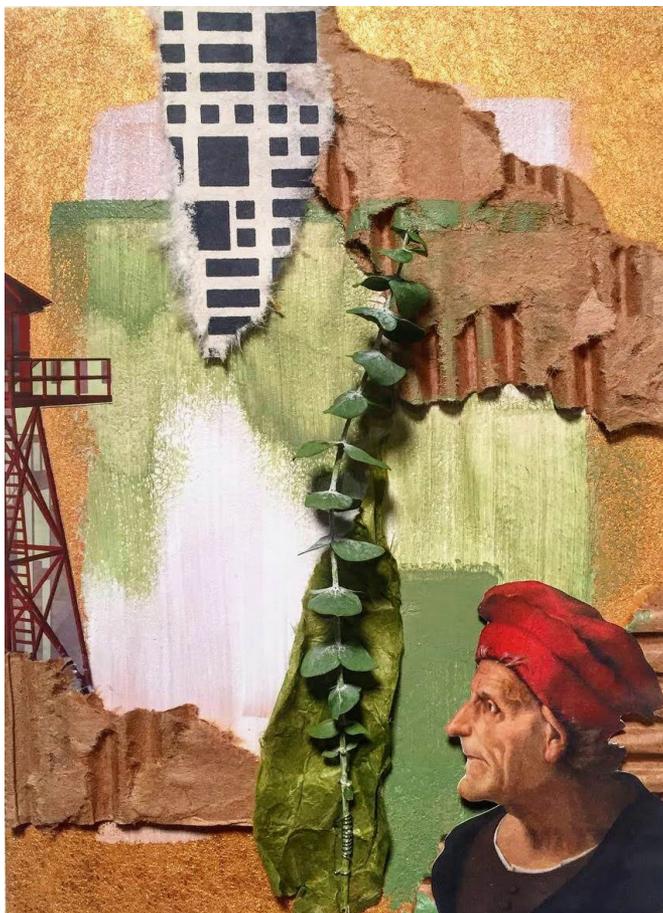
*The Kiss, oil on canvas / mixed media*

I was inspired by Robert Doisneau's famous photograph, "The Kiss by the Hotel De Ville" to explore each person's mind as a kiss occurs. Were they thinking of their past loneliness, of people, watching, or of future loneliness if they didn't kiss? Did they experience the spiral of falling in love or of being lost in the moment. I want the viewer to experience the complex emotions that a first kiss evokes. The work is a continuation of my personal growth, I am never afraid to explore and experiment. I have a conceptual, bold, colorful approach that flows onto the canvas.

**Bronx, NY**

**[www.annettebackfineart.com](http://www.annettebackfineart.com)  
Instagram: @annettebackfineart**

# BECKY BARSİ



*San Giamberti with Eucalyptus*, mixed media / collage

Art teachers are often expected to understand and teach with a variety of media and techniques. In contrast, fine artists are often categorized into singular categories, e.g., painter, printmaker, or sculptor. As an art teacher and a fine artist, my artwork bridges these two worlds. I am a creator.

Lee, NH

[www.beckybarisi.com](http://www.beckybarisi.com)  
Instagram: @ArtsyBarsi

# KATELYNN TRACY



*Feeling Better Now/Self Portrait*, acrylic paint and gold leaf on canvas

Katelynn Tracy is a 25 year old painter born and raised in small town Iowa. Tracy often finds inspiration for her pieces in her fascination with mysterious, and sometimes taboo, subjects. Her largest and ongoing project is the Tarot Card deck she is designing, of which select pieces have been featured in solo shows at different coffee shops and venues around the Des Moines area. Her painting style can be described as illustrative, yet simplistic; bold lines and dark, rich colors add to the cohesive presence of her work. Tracy currently lives in Des Moines, where she spends most of her free time painting in her home, and can sometimes be found sketching at a local coffee shop.

**Des Moines, IA**    [www.katelynntracyart.weebly.com](http://www.katelynntracyart.weebly.com)

# LINDSAY GWINN PARKER



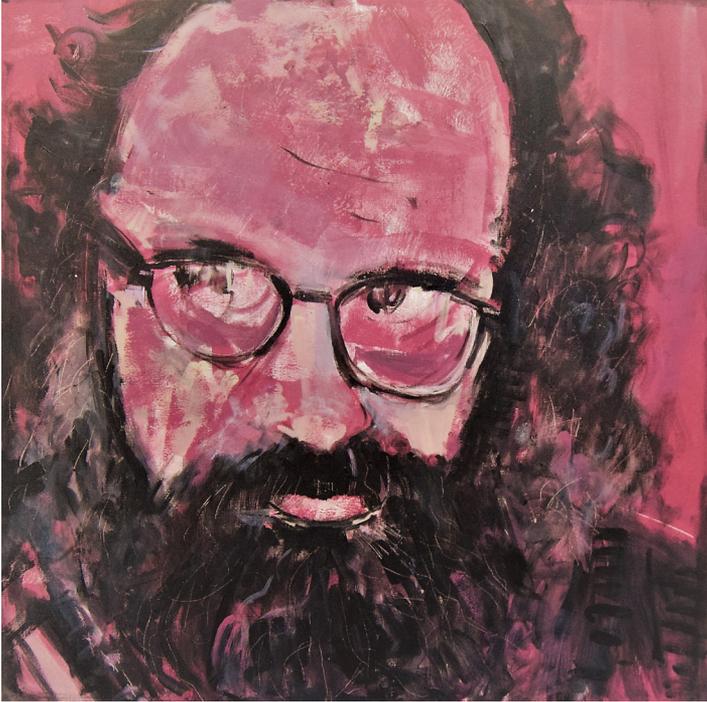
*Viral, acrylic on canvas*

In my work, I strive toward conveying the experience of time passing and the effect it has on individuals and their environment; the obvious impermanence of everything that we so often choose to ignore. With each piece, I focus on the absurdity of a moment that has been stripped of context or suspended between impressions of the past and intimations of the future; a moment that has no meaning outside of that which is projected onto it. Though I occasionally use watercolor on paper, I've found that the versatility of acrylic paint on canvas allows me to achieve visual effects like blurring and transparency while still being able to create defined layers of detail, if desired. I'm most inspired by scenes and subjects that are in a general state of flux or transition; dawn, dusk, passing storms, or people in motion.

**Rochester, NH**

**[www.lindsaygwinnparker.com](http://www.lindsaygwinnparker.com)  
Instagram: @artandfavor**

# BRUCE JONES



*Pretty in Pink Allen Ginsberg A/C, acrylic on canvas*

My recent portrayals of America's Beat writers and some of their Bebop inspirations are a pertinent reminder for all of us to never take our First Amendment rights for granted, and to pay homage to those men and women who raged against their oppressors while fighting to express themselves. These large scale impressionistic portraits are painted in a limited palette with bold strokes, reminiscent of the Pop Art colors of the mid 20th century. The depictions are nuanced, and expose the subjects' human imperfection and frailty, while striving to capture the struggles that these writers and musicians endured throughout their lives.

Exeter, NH

[www.bwjonesart.com](http://www.bwjonesart.com)

# SPIKEPIT STUDIOS



Untitled, pen & ink / risograph

This is an excerpt from *Cheapskate*, which will release this summer. In 2019 I was able to travel to Seattle/Portland with my skateboard. *Cheapskate* will be the chronicle of this journey in comic book/skate mag form.

Dover, NH

Instagram: @SpikepitStudios

# DURKISH DELIGHTS



*Roberto's View, digital collage*

I make art that incorporates adventure and mystery in it's process. While the final product holds unique meanings to me I acknowledge that the audience makes their own associations with the art. There is a story or message in my art that I create for myself. However, I hold no expectations towards anyone to share that same experience. I want you to look at my work and start building your own story, message or feeling.

Alton, NH

[www.durkishdelights.com](http://www.durkishdelights.com)  
Instagram: @DurkishDelights

# HEATHER CROWLEY



*Barred Owl Transcendentalism, Watercolor*

Art has always been an integral part of my life even though I'm not formally trained in fine art. I grew up surrounded by easels and paint brushes while my mother taught art classes out of our home. Trained as a physician, I chose pathology as a specialty after being drawn to the beautiful world under the microscope. To deal with the stress of my career I turned to yoga and daily meditation which led me to realize I needed more time and space in my life to explore my creative path and to share that journey with others. In 2009, I left my pathology practice of six years for a part time position with another group in order to do just that. It's been an exciting journey of creative risks with successes, failures and most importantly a reconnection to myself and others on a much deeper level.

East Kingston, NH

[www.willowroadwc.com](http://www.willowroadwc.com)

Instagram: @willowroadwatercolors

# EDUARDO MORENO



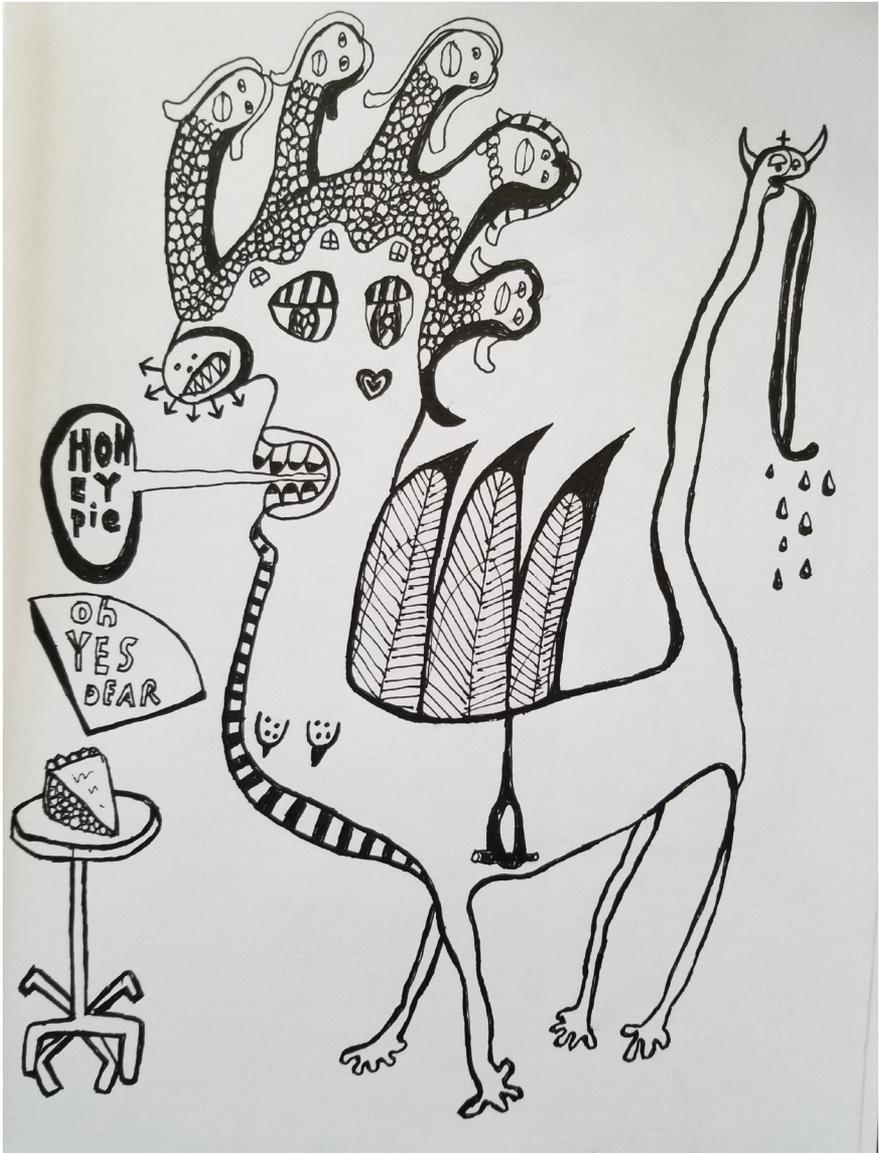
*Untitled, Mixed / Lightly compressed cardboard*

Eduardo Moreno is an emerging artist from Mexico City, Mexico. From a very young age, exposed with intensity to a diverse discipline, dancer Eduardo Moreno rediscovered, after a decade away, abstraction as a new way to express artistically.

**Mexico City,  
Mexico**

**<https://designartconceptga.wixsite.com/home>  
Instagram: @eduardo\_morenoc.art**

# BETH WITTENBERG



Untitled, ink on paper

## *Death is Free Here*

I went to the docks only to see  
The last boat for the day sail back to shore.

I layed on the cold cement with quarters on my eyes hoping that I  
will be taken across the river by Hades the G-d of the underworld.

Instead I fell into a fitful slumber and when i awoke it was as if from  
a dream.

A big blinking orb was calling to me.  
Blue shining buzzing  
and I knew it came for me.

I took the fallen coins in my hand and I was teleported and once  
inside I was asked for the coins.

I gave them up without hesitation. I dont need money here. Death  
is free here.

Death is free here  
Go out to get your meds and come home infected  
Death lives between the produce and the dairy  
Check out line twelve

Beth Wittenberg grew up outside Washington, DC in a middle class Jewish family in suburban Maryland. She abandoned the suburban lifestyle forever and moved to New England in 2003 to deal with her bipolar disorder. Wittenberg battled mental illness, for years not making any art. In 2013 after a 10-year struggle with crippling emotional problems Wittenberg began making art again. Today, Beth Wittenberg lives in a small urban center in rural New Hampshire with her wife, Sheri, and their 10-pound pomapoo, Penny.

Before coronavirus, most days she spent talking to strangers about their travel experiences while creating art at home. Beth maintains an open invitation to other artists who wish to collaborate and opens her home to do such. She has been creating artwork professionally for over 25 years. Her works are in public and private collections in America and Europe.

**Rochester, NH**

**[www.bethwittenberg.com](http://www.bethwittenberg.com)  
Instagram: @beth\_wittenberg**



Creative Guts is a podcast focused on the pursuit of creativity, hosted and produced by Laura Harper Lake and Sarah Wrightsman. This interview-style podcast explores the roots of creativity, dives into the hearts of creators, and discover how creativity connects with the world around us. We also laugh a lot.

Episodes are available to listen on all major podcast platforms and our website.

[www.CreativeGutsPodcast.com](http://www.CreativeGutsPodcast.com)

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