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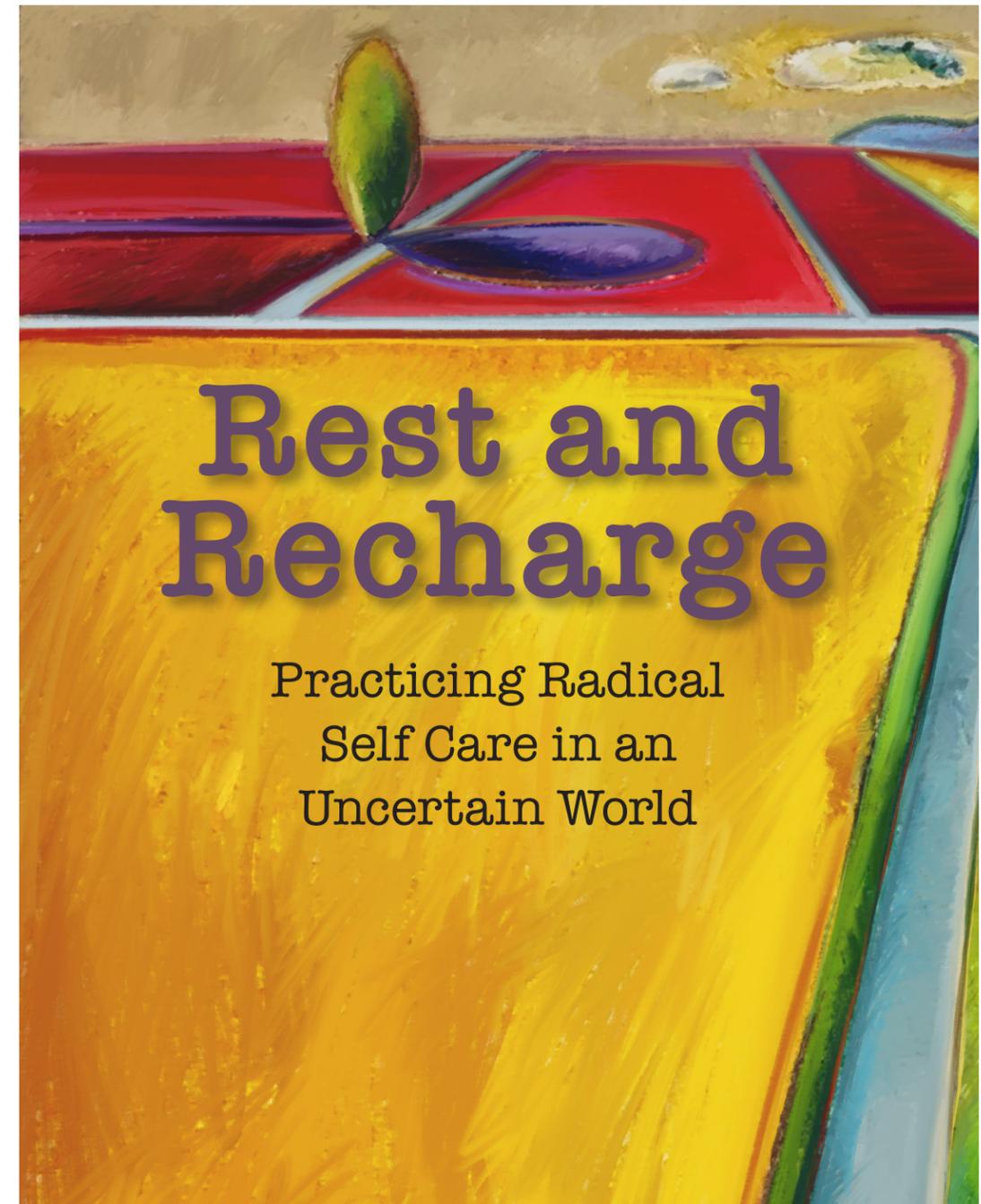


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Art Exhibition

March 1 - April 5





*Rest and Recharge* invites visitors into a spacious pause. In a world saturated with constant alerts, urgent headlines, and an unrelenting stream of information, our nervous systems are rarely given time to settle. While some messages truly demand our immediate action, many linger as ambient noise, subtly shaping our thoughts, elevating stress, and eroding our capacity for presence and rest.

This exhibition acknowledges the quiet toll of that overload and offers a gentle counterbalance. Through visual art, space, and silence, *Rest and Recharge* creates an environment that encourages slowing down, tuning inward, and reconnecting with rhythms that sustain us rather than deplete us. The works on view explore rest not as withdrawal or passivity, but as an active, necessary practice—one rooted in attention, care, and renewal.

Visitors are invited to consider their own relationship to rest. What brings a sense of grounding or ease? What practices, places, or moments allow the body to soften and the mind to breathe? Set within the natural surroundings of Brushwood Center, the exhibition becomes both a refuge and a prompt—an opportunity to step away from urgency and to remember that rest is not a luxury, but an essential part of resilience and creativity.

COVER ILLUSTRATION: *FOUR CRANBERRY BOGS AND A WHEAT FIELD* | J. C. VILLALON

## The Artists

(Listed in alphabetical order)



**Joan Ackerman-Zimny**

***Promise***

Oil Paint

30" x 48"

\$900

"Immersion in nature can bring peace and calm to otherwise anxious thoughts and feelings. When I walk through a garden or a forest or stand near a waterfall, I feel a connection and a feeling of belonging to something larger than myself. My awareness shifts. It helps me find perspective. The constant change and renewal inherent in nature reminds me that I am also changing and renewing in sometimes subtle, but significant ways. I can breathe a little deeper. My senses are awakened and I feel renewed. My paintings reference natural surroundings that metaphorically represent state of mind."

### **Rest**

If I had enough money, I would rest.

Is that true?

Yes. I think so.

If I had enough money, I would rest.

I have enough money, I can rest.

I can rest.

I have enough money.

I can rest.

I can rest.

Work is fun though.  
And I'm good at it.

**Cat Aldana**

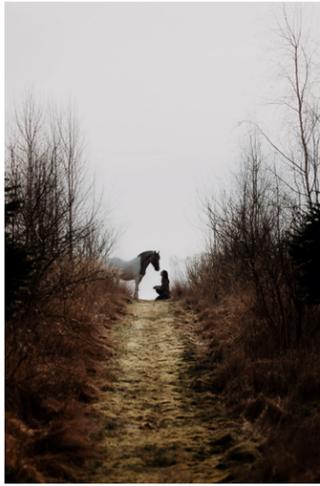
***Rest***

Poetry

8.5" x 11"

NFS

"Cat's poetry explores the non-duality of being human. The way people can want rest and resist it simultaneously or believe something deeply while questioning it at the same time. She's drawn to the grey areas of life where opposing truths coexist, inviting readers to sit with complexity rather than resolve it. Through simple language and repetition, she creates space for the messy, contradictory nature of our inner lives."



**Anna Archinger**  
**The Long Way to Stillness**  
 Photography  
 16" x 20"  
 \$270

"As an equine photographer, I am deeply committed to exploring the profound connection between humans and horses, a bond that has been immortalized in art and literature for centuries. Horses are not merely subjects in my photography; they are powerful beings with whom I share a deep, mutual connection. This relationship is rooted in respect, trust, and the understanding that a horse's consent and cooperation are essential. This dynamic, in turn, informs every image I create, capturing the authentic essence of these majestic animals. My artistic practice is greatly influenced by the "academic art of riding," an equestrian tradition emphasizing communication and harmony between horse and rider. This tradition, which dates back to the Renaissance, has inspired my approach to photography, where I strive to portray horses in a way that reflects their innate beauty, grace, and individuality. Whether photographing a horse in motion or at rest, I aim to highlight their character and their unique bond with their human companions."



**Beverly Behrens**  
**Winter – Rest and Rejuvenate**  
 Watercolor  
 20" x 16"  
 \$400

"The trails near my home, particularly the Middlefork Savanna, have become my solace. Nearly every day I accept their unspoken invitation to come out-of-doors amid Nature's beauty. Although these walks are physically beneficial, for me they are —perhaps even more—vital mentally. Out in the open space, I find myself RELAXING. Previous weighty cares or uncertainties begin to fall away as I pause to photograph a certain wildflower, identify another plant that is new to me, notice grapes maturing, hear bees buzzing, or see a hawk soar and an egret fearfully lift up to fly on. Out on the trail, I feel small under the uninterrupted sky, and when clouds are low, they seem comforting. The touch of a breeze on my skin is soothing, —similarly, a sunny day's warmth. Although I am moving, I am finding REST. As I search for changes in the surroundings, I become REJUVENATED. I notice a plant maturing; I listen to a bird call; I feel a change in the wind's direction. I delight in watching turtles, frogs and the playful otters with their splashes in the mostly silent river. And when I return home, I am RECHARGED. I often have a new idea for a watercolor."



**Sinead Carus**  
**In for The Night**  
 Illustration Print on Satin  
 11" x 14"  
 \$80

"My art celebrates everyday life and the ever changing colors, flora, fauna and landscapes that surround us. My pieces begin with a hand drawn image in graphite which I then go over with pen and ink to create a bold line. I then scan the images and digitally colorize them and occasionally use my photography as a background or texture to create a unique item of art marrying both traditional and modern techniques."



**Margarete de Soleil**  
**Stones with Oak Galls and Shark Tooth**  
 Ink and Watercolor on Arches Paper  
 10" x 9"  
 \$475



**Owl Feather**  
 Ink and Watercolor on Arches Paper  
 8" x 17.5"  
 \$550

"I create works on paper drawn from my personal nature library, built through time spent outdoors and close observation. When a pinecone or stone, a bone or shell catches my attention, I experience a moment of discovery—an immediate sense of joy and quiet amazement that slows me down and invites presence. In an uncertain world, fear can easily dominate our inner lives. For me, returning to nature and to art is a way of resisting that pull. Joyful observation becomes grounding: studying color, texture, form, and cast shadow allows focus to replace anxiety. Each finished work feels like a small but meaningful victory—proof that attention, curiosity, and care still matter. Inspired by Claude Monet, who continued painting through World War I and described his work as "the only way I have of taking part in the victory," my own practice similarly chooses creation over fear. By sharing these moments of discovery, I hope the work offers steadiness and reassurance—a reminder that attention to the natural world can restore balance, clarity, and peace."



**Maureen Ivy Fisher**

**Immersion**

Fiber (Needle Felting)  
13" x 38"  
\$750

"Subject and art process become one in the fiber art of Maureen Ivy Fisher. The Midwest landscape, specifically landforms, wetlands, skies, and forests of Lake County, Illinois, is the source of inspiration for much of her work in fiber. Maureen has always been fascinated with the natural world with all its interconnections, layers, cycles, shapes, and textures; she finds a certain authenticity in working with natural materials to create the art that expresses this passion. She strives to synthesize these qualities, and the feelings and emotions they conjure, into abstracted forms to allow viewers to interpret the imagery in a way most meaningful to them. What was the catalyst that brought a life-long painter to switch to fiber art starting late 2020? It was the pandemic. And remote teaching during the pandemic. For Maureen (known as "Madame Rivkin" to her students), an Art and French teacher in Waukegan public schools, her foray into fiber art was born from the stresses of teaching online, and her deep empathy with students caught in the throes of the pandemic, isolated and often trapped indoors, and struggling once they returned to the classroom. When everything felt bleak and frightening, it was immersion in nature that gave solace and hope. And for Maureen, the immersive process of creating images with the soft and compliant nature of fiber was equally comforting. The importance of Nature took on a whole new depth of meaning during the pandemic. Nature was not only something to respect, admire, and enjoy, it now became a place of refuge. It became a source of comfort in all its interconnections and interdependencies, a reminder of the regenerative nature of living things, and a powerful symbol of resilience. One goal for Maureen in creating her art is to express Nature's lesson that no one component exists alone."



**Jennifer L. Hodges**

**Devine Feminine**

Mixed Media, Acrylic, Paper, Metal, Yarn  
36" x 48"  
NFS

"In my abstract work, I aim to capture the complexities of the human experience, with a particular focus on the exploration of Black identity and the multifaceted nature of Black femininity. Through my art, I seek to evoke emotion, provoke thought, and transform the atmosphere of any space. My creative practice is an open and boundless exploration, where I embrace free expression and challenge traditional boundaries of education and experience. Each piece is a moment in time, a reflection of my voice, perspective, and inner world. Inspired by the metaphysical, psychology, and spirituality, I employ a rich color palette and layered textures in my mixed media approach to create a profound connection with viewers. My work is intended to inspire a sense of spiritual resonance and cultural reflection, inviting audiences to see themselves within the art."



**Ruth Hutter**

**Letting Go**

Acrylic  
18" x 24"  
\$200

"This repose, self portrait is my escape from a mental health crises I had to overcome. Letting go. Freeing myself and overcoming anxiety."



**Jack Vonty**

**Untitled**

Acrylic, House Paint, Oil Stick, Modeling Paste, Matchsticks, Flag on Canvas  
72" x 48"  
\$3,500

"My work is an expression of freedom that questions the world we live in. Each body of work depicts personal thoughts that scramble through the mind on a daily basis. By using a variety of mediums and unconventional techniques to create unique textures along with random text placement I convey a story that allows the viewer to write the ending."



**Moritz Kellerman**

**The End of Winter**

Oil on Panel  
16" x 20"  
\$4,500

My paintings are a history of complex layers. Do viewers see only the surface colors or are they able to see deeper into the layers? Will they see the individual layers that lead to the seen surface? This complexity of layers is created slowly over time by the use of the glazing process. This process I have adopted is my direct connection to my heroes of the past, the Renaissance Old Masters. I never begin a work with an end in mind. I allow for the creation process to reveal its own story. Every application of paint and medium, each painting's multiple semi-transparent layers of color, work together to form the painting's own individual and particular history. As an artist I enjoy the challenge of manipulating the spectrum of colors to create beauty. As an educator, I continue to strive to equip my students to delve into their own explorations of color and creating.



**Karen Kloubec**

***Into the Woods II***

Ceramic, Hand-built Statement Bowl  
15" x 15" x 4"  
\$150

"My studio cottage is located in a beautiful private park in Geneva, IL. The wooded area surrounding my studio space is filled with many old oak trees and native wildflowers, which are the inspiration for a lot of my pottery. I create functional, decorative and sculptural works. My creative process is about placing myself in the middle of nature and giving myself the gift of slowing down and being present with the materials and lots of inspiration."



**Phyllis Levun-Agostino**

***Gratitude***

Mixed Media on Canvas  
16" x 12"  
NFS

"My works are mixed media on canvas or paper that include a combination of painting, printmaking and collage. The works tend to be autobiographical with universal themes, and they are often landscape inspired. These pieces respond to the times and are wishes for all people to have a shelter of peace and live in a land of possibility. Doing art helps me to feel calm and connected to others. I am grateful for the opportunity to share my work."



**Hope Limbos**

***Pescado Metallica*** (Metal Fish)

Mixed Media, Acrylic Paint, Metal, Plastic, and Variety of Landfill Materials  
20" x 16"  
\$1,000

"I walk around Lake County and (all over the US) picking up trash I call these fragments of society parking lot plastics & roadside metal. I then use acrylic paints and gorilla glue to build what I call 'Industrial canvas sculptures'. I do this to bring awareness to what we are doing to our beautiful planet. My objective is to have the observer stop and consider the fact that: we as a race are trashing our environment- Why? I turn the pieces I find into multiple themes and specific subjects from animals, nature and man made environments. To inspire our questioning of the social issues of addiction, and the psychological programming we undergo. I'm also simultaneously trying to get people to really look at what society is just throwing on the ground. It actually shows us 'where we're at mentally'. In the psychology of the litter - what people actually consider to be trash. I try to bring awareness of the fact that we can and need to recycle!!! We don't have to continue dumping in landfills. We have the choice, potential and moral obligation to recycle showing love to our environment and Mother Earth! While there is beauty in chaos, I'm trying to inspire our youth, adults and especially fellow artists to stop the littering! To be respectful of our communities and our natural resources to be aware to take responsibility to make a difference in our world. Our environment reflects our mental health. It's time to heal! Join me in the fight against litter understanding that one person can make a difference by not throwing litter on the ground. I find a sense of peace as I create and work to improve my corner of the world picking up society's trash turning it into art one piece at a time - my commitment to practicing what I teach, one day at a time."



**Carol Luc**

***Get Lost***

Photography  
14" x 11"  
\$150

"Being in natural surroundings is the ultimate way to rest and recharge. Getting away from computers, TV's and other devices is balm for the over-stimulated mind. Challenge yourself by walking, sitting or even laying down to let wind, sun and temperature play their part in rejuvenating and elevating mind and spirit. I hope my images can encourage you to experience nature's calming influence at any time of the year."



**Patrick Miceli**  
***Racing Through the Universe at the Speed of Light***  
Gouache on Paper  
22" x 15"  
\$600

"This body of work comes out of the need to renew the inner self by creating a connection and perspective that we are all a part of each other and the universe."



**David Narens**  
***Awandering***  
Acrylic Paint on Canvas  
20" x 16"  
\$335

"I embrace the duality of creation: photography is my foundational language, and I also explore painting and mixed media. Painting is my current focus, expressed through the color of paint. My work draws on familiar, personal scenes—rooted in the past, grounded in the present, and imagined into the future. Across mediums, my pieces reflect memory, emotion, and the evolving landscapes of my lived experience."



**Julie Nauman-Mikulski**  
***Dream Koan: The Living Quilt***  
Oil Paint, Repurposed Porcelain Flowers, Vintage Frame, Sculpey on Board  
15" x 15"  
NFS

"I received a diary for my twelfth birthday, and I attribute this gift as the beginning of a lifelong fascination with memory, personal narratives, identity and dreams. All four of these interests weave throughout my work, but I have found that beginning with a visual memory of a dream provides a deeply personal structure within which I explore the mystical and illusory nature of being. The dream is a seed. The works are mandala-like, sized according to numerology, and rooted in Zen meditation practice. 'Mandala' is a Sanskrit word meaning circle or center. Its form is stable, quiet, inclusive. There is no beginning, no end. Like Koans and dreams, the works invite one to embrace the process of discovery rather than searching for concrete answers."



**Lisa Nemacheck**  
***Freyja's Garden***  
Reclaimed Textiles, Embroidery  
18" x 24"  
NFS

"I create to reach and engage with wonder, transformation and a spirit of playfulness. Mixing materials found as discards and remnants helps me tap into a spring of resourcefulness that feels necessary in these times. The action of hand-sewing and embroidering activates memories of those who came before me. It connects me to my grandmother who pieced quilts from her old work dresses. It connects me to my grandmother who gifted me with embroidery pieces that adorned my childhood bedroom. Memories that bring comfort in uncertain times. Using materials in new ways channels 'possibility' into my system when the outside world feels noisier, more chaotic, less safe and unpredictable. My primary creative background has been as a dancer and actor. Approaching my textile collages, I use that influence to inform the flow, improvisation, movement and dance of texture and color. It allows me to begin each work as if cloud gazing – seeing forms in other forms."



**Marcela Adeze Okeke**  
***Healing Comes in Waves***  
Oil, Oil Pastel, and Graphite on Canvas  
36" x 72"  
\$3,500

"As a first-generation Nigerian-Polish American, I exist beyond traditional national boundaries, which has driven me toward exploring themes of unity, healing, and liberation. Since my beginning as a self-taught acrylic and oil painter, I have integrated indigo dyeing, found objects, drawing, rope-knotting, textiles and cement sculpture into my practice. Drawing from Panafricanist folklore, I utilize the myth of the Flying African (a legend born from the mass drowning and resistance of captured Igbos at what is now known as Igbo Landing on St. Simons Island, GA) to bridge my varied cultures into an imagined utopia, which I call a "black spiritual elsewhere." My subjects are the inhabitants of this elsewhere, and I render them in states of repose and connection across multiple mediums. I leap between oil painting figures in realism, knot-tying and beading fishnets, layering thick coats of bright oil pastel and acrylic, and puncturing and stapling the canvas within single compositions. My embrace of playfulness echoes the human desire to transform pain into light. I also invoke a sense of transformation through color, particularly my abundant use of blue. My misty blue medium-to-large-scale figurative cement sculptures allude to my Igbo ancestors who found a magical passage into liberation within the sea, while my indigo-dyed canvases represent Igbo culture and the reality that those who died in Igbo Landing would have likely labored on indigo plantations had they not escaped. Blue permeates my work, representing connection regardless of the vast oceans between us, connection regardless of difference."



**Jacalin Oser**  
**Balance and Breath**

Acrylic  
20" x 20"  
\$500

"My abstract painting is a reflection and celebration of this inherent unpredictability. Each brushstroke embodies the spontaneity of the creative process, allowing the paint to flow freely and the forms to take shape without constraint. Just as life refuses to adhere to a predetermined script, my painting evolves organically, guided by intuition and emotion rather than rigid structure. My work represents the philosophy of embracing the unknown. In a world where certainty is an illusion, I find liberation in relinquishing control and surrendering to the ebb and flow of existence. Life, like the paint on my canvas, defies categorization and resists definition, revealing its true beauty in moments of unscripted spontaneity. With each brushstroke, I seek to capture the essence of this ever-changing journey. Through layers of vibrant hues and intricate textures, I aim to depict the resilience of the human spirit. All the wonder that emerges from the unplanned surprises in life, and when we need some control, we can paint along with the unfolding story. This serves as a reminder that sometimes, the most profound moments are unexpected, and we should be grateful for the small things because they may become everything someday."



**Mielle Park**  
**Blurred**

Beads, Glitter, Thread, Fabric, and Acrylic Paint on Canvas  
31" x 25" x 2"  
NFS

"My heart tingles with unexpected sensations. I encounter endless layers of randomly generated thoughts, behaviors, and reactions every day. The accumulation of these layers shapes me. I endure and embrace the repetitive process of deciding, touching, sprinkling, pouring, breaking, ripping, making mistakes, and amending. Every second counts. Every second is precious. I journey through a sea of moments. I go with a flow as it leads me to an unknown path. Liberate my obsession. Breathe in and breathe out being vulnerable. I deeply inhale all in. Try not to spill any details whether it is sweet or painful. Frustration and fascination are constantly intertwined. Countless waves of emotion surge through me. I aim to create a tactile image of these psychological affects, which could awaken your empathy. My work becomes something you emotionally inhabit."



**Rochelle Peeples**  
**Heaven and Seas #3**

Acrylic, Ink, Gold Leaf, and Resin on Canvas  
18" x 24"  
\$420

"As an abstract artist, I create vibrant, colorful paintings that are deeply inspired by divine influences and Biblical stories. Listening to worship music while I paint, I create each piece with a sense of wonder and positivity. My art is a celebration of faith and creativity, bringing brightness and joy to the world through abstract forms."



**Amy Pilkington**  
**Doodle Therapy**

White Ink on Black Paper  
9" x 12" each  
NFS

"I'm a Northwestern graduate who has always been neurodivergent in an age when no one understood what that meant. I then suffered a traumatic brain injury right before graduation and have been trying to find a peaceful place. Away from chaos, confusion, and fear. So I doodle! I try to bend time and space... see what happens when things collide or overlap. Focus on the senses, the feeling of the pen on the paper. How the ink pools. How I can make more interesting marks. What tickles my eyes. And I can block everything else out. And be calm. Then I feel aligned and empowered by my connection to source and ready to face my day."



**Paula Poda**  
**Upward**

Photography  
8" x 8"  
\$100

"Aspiring artist blends light and color via photography and digital manipulation to create one-of-a-kind pieces. Art, regardless of the form, is great for the soul."



**Rhonda Popko**  
**Imperfectioness Will Develop**

Mixed Media  
24" x 24"  
\$900

"Inspired by every day, I create images that invoke happiness, intrigue or mystery. I choose to use as many sustainable materials that I can to help our earth."



**Marty Potts**

**She 44**

Mixed Media  
4.5" x 5.5" x 14"  
\$550

"She 44 is part of my ongoing She series, which reconsiders discarded fashion dolls as subjects of transformation and renewal. Discovered in a donation center, this doll was worn and disheveled, bagged with others and priced for resale. Once an object of care and attention, she functioned as a tool of play, instruction, and distraction. Through processes of cleaning, realignment, and wrapping, I brought the figure into a state of dignified repose. She is placed upon a base that I conceive as either discharging or accumulating a healing current. Formerly anonymous, the doll has been assigned a new identity. She 44 exists in her third incarnation, a transitional state that I assume will be her longest."



**Kathryn Rodrigues**

**Be Still, Be Calm**

Archival Pigment Print  
20" x 16"  
\$400

"Growing up with a father in the military who worked for the state department, I learned early how to repeatedly disassemble, reassemble, and acclimate my home across five different countries. That constant movement created a life shaped by simultaneous belonging and longing—an ambiguity that continues to anchor my artistic practice. Throughout this multinational childhood, the natural world functioned as a grounding counterforce. My work examines how we emotionally negotiate the spaces we inhabit, and how identity is formed within—and often against—the structures that shape our lives. The series Homesick revisits my transient upbringing through the lens of my current life parenting in a Chicago suburb, a site loaded with isolation and the gendered expectations of caregiving. As I confront the process of putting down roots for the first time, I also confront the cultural narratives that prescribe what a mother and neighbor should look like. In response, I make performative self-portraits in my yard and around the exterior edges of my house. These images document my attempts to orient my body within the space, transforming everyday objects and environments into tools for resistance, mapping, and redefinition. Using my body as a cartographic instrument, I trace and transgress the boundaries—both physical and ideological—that shape women's relationships to home. Ultimately, this work celebrates the moments of rootedness I attempt to build after a lifetime of movement—while insisting that the self-portrait can be a feminist act of claiming space, rewriting boundaries, and reimagining what it means to belong."



**Lorra Rudman**

**Quiet Moment**

Photography  
36" x 24"  
NFS

"For me, keeping the balance between my responsibility to be aware of current events and my physical and mental health is a challenge. Going into the forest with my camera does it. In Nature I focus solely on what I see and hear and POOF! my mind silences and my spirit rises. Every single time."



**Kirsten Saunders**

**Frog Sitting**

Mosaic on Concrete  
5.5" x 7.5" x 5.5"  
\$85

Kirsten began working with clay in college in 1982 and was hooked right away. Though her B.A. is in Psychology/Sociology, she took many fine art classes and workshops through the years to hone her skills and develop her own style. She taught children's art classes while raising her own children, and still enjoys teaching occasionally and experiencing children's playfulness and discovery.



**Lilach Schrag**

**Sea Creature**

Video  
6:32 minutes  
NFS

"Growing up on a farm, and living as an immigrant in another country, I turn to nature, myths, and folktales from different cultures in search of a transformative and alternative existence that examines physical and fantastical belonging. I often work in nature or with materials from my natural, agricultural, and domestic environment, as I employ my entire body in movement that represents a psychological process. In my life-size paintings and sculptures, large site-specific installations, and short videos - figures interact with each other and with their surroundings. Determined and vulnerable, these beings offer a glimpse into secluded natural places or the depths of the soul, where miraculous forces encounter their habitat and the self."



**Kathryn Scott**

**Winter**

Photography  
11" x 14"  
\$500

"Growing up on the southside of Chicago in the African American community, I was surrounded by trees; trees lining the neighborhood blocks, in our yard, everywhere. I saw how they weathered storms, or not, how their leaves sparkled in the sun in different colors of the seasons, and how they let animal friends crawl on their trunks and branches without invitation. Trees don't care what gender you are, nor your race, sexual orientation, political beliefs, economic status or any of the descriptors we often use as humans to describe ourselves. In these uncertain times, I think of the many colors of brown of tree bark, of the black soil they sink their roots into, of the variety of their types, no one more beautiful than the other, their willingness to give shelter, bear fruit and be a home to many creatures. When I walk among them, I give thanks for the lesson of hope of the young trees planted, for the old trees and their wisdom, having silently born witness to much, for their lessons of rootedness while reaching for the sky and for their living example of the cycles of life, death and rebirth, which gives my heart joy and is restorative."



**Emily Settles**

**Alchemy of a Shared Kitchen**

Acrylic on Paper  
18" x 24"  
\$375



**Vavi Sol**

**"She's OK"**

Acrylic  
10" x 30"  
NFS

Vavi is an interdisciplinary artist whose work explores inner safety, spiritual rhythm, and the evolving relationship between identity and self-expression. Rooted in formal training in graphic design and illustration, her practice spans abstract painting, tattooing, and conceptual works that examine transformation as both a personal and collective experience. Drawing from lived experience as a Black woman and mother, Vavi's work reflects the tension between performance and authenticity, visibility and protection. Her visual language often emerges through layered forms, intuitive mark-making, and symbolic gestures that mirror emotional and spiritual states rather than fixed narratives. Drawing from lived experience as a Black woman and mother, her work reflects the tension between performance and authenticity through layered forms, intuitive mark-making, and symbolic gesture. Vavi's practice invites moments of pause, honoring process and the quiet work of becoming.

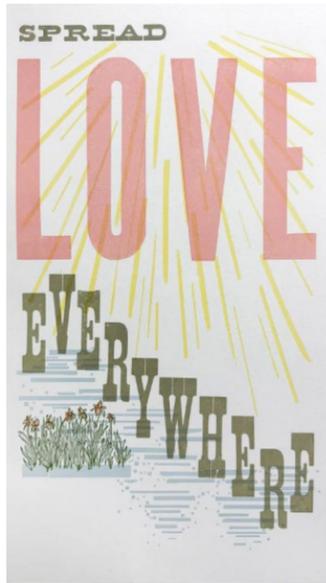


**Letitia L. Star**

**Green Space Healing Space No. 1**

Acrylic on Canvas  
11" x 14"  
\$395

"What better way to rest and restore than in nature? Numerous research studies show nature's power to uplift your spirits and reduce stress. Nature has also been proven to boost physical/mental health, wellness and longevity. During these challenging times, it's more important than ever for everyone to have easy access to a 'nature recharge and self-care' including the BIPOC\* and LGBTQIA+\* communities. You yourself may have directly experienced restoration after spending time in forests, woods, fields, parks, gardens, oceans, lakes, rivers, streams -- and other green spaces and blue spaces. My two painting series addressing this: Green Space Healing Space and Blue Space Healing Space. I paint dynamic, abstract environmental images awashed with color. I abstractly recreate nature's positive impact found in unpolluted green and blue spaces. I draw inspiration from my own joy in nature, including Ryerson Woods. Observe images that evoke leaves rustling, branches swaying, sunlight flickering. The perspective is simultaneously looking up, sitting in the tree, and looking down at the treetop. The negative/white space in my paintings represents the 'healing space' experienced in nature with sunlight and blue skies flickering through leaves. The "healing space" in your body happens when relaxing tight muscles, breathing deeper and fuller, decluttering your mind. And, of course, creating space between your cellphone-tensed shoulders and ears!"



**Raychel Steinbach**

**Spread Love**

Letterpress Print – Hand-carved Block, Hand-set Type

15" x 24"

\$85

"The news cycle centers conflict-based events, but rarely makes time for the positive, everyday joy and inter-connectedness that I see around me in my neighborhood and community. I wanted to create a poster that was visually calming and also sent a clear positive affirmation into the world."



**Steffanie Tulk**

**Serenity**

Acrylic

12" x 14"

\$300

"I hope to spark creative ideas in others."



**Sue Turayhi**

**Between Black and White there is a Colorful World**

Oil and Acrylic

18" x 24"

\$875

"Art has been a vital part of my life from an early age, guiding me through adventures, challenges, and struggles. I've explored various styles and techniques using different materials, including oil, acrylic, ink, pastel, water-color, and mixed media. Whether it's portraiture, abstract, illustrations, or architectural designs, my work is driven by the inspiration to translate stories into visual art that touches the soul. I'm always open to new challenges, and I never fail to embrace the power of imagination."



**J.C. Villalon**

**Four Cranberry Bogs and Wheat Field**

Oil on Canvas

18" x 24"

\$450

"My work engages with the legacy of the Hudson River School while drawing direct inspiration from the cranberry bogs of Massachusetts and Wisconsin—sites that, for me, embody quiet endurance, patience, and renewal. These landscapes are especially compelling during the autumn cranberry harvest, when growers flood the bogs and the fruit rises to the surface, transforming the fields into expansive planes of saturated red framed by glowing fall foliage. In these moments, the flooded bogs hold and amplify light in a way that feels contemplative and protective, offering a visual pause from the noise and urgency of contemporary life. Within these scenes, rest is not inactivity, but a sustained recharge: a slowing down that allows the mind to recalibrate and the body to feel held by the landscape. In an era defined by uncertainty and constant stimulation, these paintings invite viewers to linger, breathe, and momentarily step outside the pressures of the external world, engaging nature as a form of radical self-care and gentle resistance."



**Deborah Weil**

**Hands in Repose**

Oil Pastel on Paper

12" x 8"

\$100

"I explore various subjects through pattern."



**Betty Wolff**

**Isla Mujeres**

Oil

36" x 48"

\$1,200

"The two pieces I am submitting for consideration have their origins in my relationship with water. "The sense of freedom and play that water affords me, whether I am painting with it or jumping in the crashing waves, is unequaled by other forms of restoration."