

My paintings function as visual poetry. For me, both painting and poetry speak metaphorically about things that words can't completely describe. The relationship between light and dark plays an important role in my work. The pairing represents contrasting aspects of life. I embrace both the light and the dark because I embrace life!

Instead of preplanning, I make a mark and then respond and keep on responding until I love the painting. Not knowing the final outcome keeps me powerfully engaged.

**What I do:**

paint, draw, collage, embroider, sew, knit

**What I use:**

pencil, pen, watercolors, acrylics, oils, thread, glue, glitter, yarn, torn paper

**What I use as a support:**

stretched canvas, unstretched fabrics, paper, brown paper bags, calendar pages, index cards, things I find around the house like recipe cards and magazine pages

**How I start:**

automatic drawing, observation, dream journal notes, paint over old paintings, scribble and then add and subtract, memories put into abstract shapes

**Who and what inspire me:**

Milton Avery, Cy Twombly, Paul Klee, Joan Miro, Elizabeth Murray, Georgia O'Keeffe, nature, other artists, friends, travel experiences, inspirational books

**Why I do it:**

It brings me pleasure. I can express in paint things that can't be communicated in any other way. I enjoy the process.

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