A Virtual 3 Dimensional 360° Exhibition
May 4 - June 30, 2020
Virtual Reception with the artists - May 21, 2020 7:00 pm

This virtual 3 dimensional exhibition is based on an exhibition that Unbound Visual Arts created in 2018 at the Wedeman Gallery at Lasell University, Newton, MA

(L) Ruth Rieffanaugh, Finding Equilibrium (R) Marian Dioguardi, Aranci Siciliane
Ruth Rieffanaugh, President, Unbound Visual Arts
John Quatrale, Executive Director, Unbound Visual Arts
Unbound Visual Arts, Inc.
320 Washington Street, Suite 200, Brighton, MA 02135
617.657.4278

**UVA exhibition artists**: Linda Clave, Anita Helen Cohen, Marian Dioguardi, Dianne (Iyan) Freeman, Francis Gardino, Lynda Goldberg, Pauline Lim, Nhung Mackey, Nadia Parsons, Ruth Rieffanaugh, Diane Sheridan, Christine Winship, Ellen Zellner

**UVA is a local non-profit 501(c)(3) art organization, based in Allston-Brighton, that enriches the community with educational and inspiring exhibitions and programs.**

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- Founding Member, October 3, 2012
Unbound Visual Arts
320 Washington Street
Suite 200
Brighton, MA 02135
Curatorial Statement

WELLNESS:
Art for Physical and Emotional Healing

Art has been shown to help with both physical and emotional healing as well as preventative measures against certain health risks. By nature, human beings strive for good health of both mind and body for themselves but also for those around them. This exhibition explores how and why we strive to achieve and maintain personal wellness and yet still, sometimes, fall short of attaining that goal. What aspects of our lives fall under the umbrella of “Wellness”? When focusing on one facet of our health, what do we neglect and ignore? What does it mean to leave a balanced lifestyle, and what are the effects, if any, on falling out of balance? What part does art play in making or fixing certain lifestyle choices? Many of the artists in this exhibit showcase different understandings of health and wellness -- the wellness of a person, an animal, and even nature itself, and the interaction and relationship among all three. The artwork demonstrates how art can help us both understand and represent the concept of wellness.

John Quatrale, curator
Artwork Information

To see the artwork and purchase online visit: [UnboundVisualArts.org/wellness-virtual-exhibit](http://www.UnboundVisualArts.org/wellness-virtual-exhibit)

Or contact us at Sales@UnboundVisualArts.org or 617-657-4278

<table>
<thead>
<tr>
<th>Artwork Information</th>
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<tbody>
<tr>
<td>Linda Clave, <em>Amazona Angel</em>, acrylic on canvas, 84 x 50 inches, $9,000</td>
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<td>Dianne (Iyan) Freeman, <em>A Plantain’s Soliloquy</em>, micron pen and ink on paper, private collection - not for sale</td>
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<td><img src="image1.jpg" alt="Armadillo's Resilience" /></td>
<td><strong>Dianne (Iyan) Freeman</strong>, <em>Armadillo's Resilience</em>, micron pen with pigment archival ink and graphite on paper, private collection - not for sale</td>
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<tr>
<td><img src="image2.jpg" alt="Reflection" /></td>
<td><strong>Dianne (Iyan) Freeman</strong>, <em>Reflection, A Self Portrait</em>, micron pen with pigment archival ink, alcohol ink and graphite on paper, 18 x 24 inches, private collection - not for sale</td>
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<tr>
<td><img src="image3.jpg" alt="Seattle Market" /></td>
<td><strong>Francis Gardino</strong>, <em>Seattle Market</em>, digital photograph on canvas, 40 x 15 inches, $230</td>
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<td><img src="image1.jpg" alt="Image" /></td>
<td><strong>Pauline Lim, <em>The Empty Hours</em>, acrylic on canvas panel, 15 x 18 inches, private collection - not for sale</strong></td>
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<td><img src="image2.jpg" alt="Image" /></td>
<td><strong>Pauline Lim, <em>Are These For Me?</em>, oil on canvas panel, 20 x 24 inches, $1,200</strong></td>
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<td><em>I am Summer</em></td>
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<td><img src="image" alt="Nhung Mackey, By the Sea" /></td>
<td>Nhung Mackey, <em>By the Sea</em>, oil on canvas, 20 x 16 inches, $450</td>
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<tr>
<td><img src="image" alt="Nadia Parsons, Cloud Meditation" /></td>
<td>Nadia Parsons, <em>Cloud Meditation</em>, oil on canvas, 24 x 18 inches, $650</td>
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<td><img src="image" alt="Nadia Parsons, Stopping to Look" /></td>
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<td>Finding Equilibrium</td>
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A listing of the thoughtful words are below.
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<th>Diane Sheridan, <em>Hay Market 1</em>, digital photograph, 11 x 14 inches, $75</th>
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<td>Christine Winship, <em>Kitty Love</em>, watercolor on canvas, 8 x 10 inches, private collection - not for sale</td>
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<td><img src="image1.jpg" alt="Christine Winship, Out to Pasture" /></td>
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<td><img src="image2.jpg" alt="Ellen Zellner, Reflections on Vernal Pond" /></td>
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<td><img src="image1.jpg" alt="Summer Light" /></td>
<td><strong>Lynda Goldberg, Summer Light</strong>, monotype on paper, 26 x 36 inches, for sales inquiries contact <a href="mailto:sales@UnboundVisualArts.org">sales@UnboundVisualArts.org</a></td>
</tr>
<tr>
<td><img src="image2.jpg" alt="Autumn Day at Crane’s Beach" /></td>
<td><strong>Lynda Goldberg, Autumn Day at Crane’s Beach</strong>, monotype &amp; pastel on paper, 33 x 24 inches, for sales inquiries contact <a href="mailto:sales@UnboundVisualArts.org">sales@UnboundVisualArts.org</a></td>
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WELLNESS: Art for Physical and Emotional Healing

For artwork without a price or not listed as “private collection,” email purchase inquiries to sales@UnboundVisualArts.org

1. Anita Helen Cohen, *Unspoiled*, watercolor on yupo, 27 x 29 inches, $950
2. Linda Clave, *Amazona Angel*, acrylic on canvas, 84 x 50 inches, $9,000
4. Marian Dioguardi, *Carciofi Siciliani*, oil on aluminum panel, 12 x 12 inches, private collection - not for sale
5. Marian Dioguardi, *Arance Siciliane*, oil on aluminum panel, 12 X 12 inches, $525
6. Dianne (Iyan) Freeman, *A Plantain's Soliloquy*, micron pen and ink on paper, 14 x 17 inches, private collection - not for sale
7. Dianne (Iyan) Freeman, *Armadillo's Resilience*, micron pen with pigment archival ink and graphite on paper, 14 x 17 inches, private collection - not for sale
8. Dianne (Iyan) Freeman, *Reflection, A Self Portrait*, micron pen with pigment archival ink, alcohol ink and graphite on paper, 18 x 24 inches, private collection - not for sale
10. Lynda Goldberg, *Summer Light*, monotype on paper, 26 x 36 inches, $650
11. Lynda Goldberg, *Autumn Day at Crane’s Beach*, Monotype & Pastel on paper, 33 x 24 inches, $600
12. Lynda Goldberg, *Summer Glory*, Monotype & Chine Colle, 15 x 26 inches, $525
13. Pauline Lim, *The Empty Hours*, acrylic on canvas panel, 15 x 18 inches, private collection - not for sale
14. Pauline Lim, *Are These For Me?*, oil on canvas panel, 20 x 24 inches, $1,200
15. Pauline Lim, *I Am So Full Of Anxiety My Head Will Explode*, mixed media on canvas panel, 20 x 24 inches, $1,200
16. Nhung Mackey, *Relaxation*, oil on canvas, 20 x 16 inches, $400
17. Nhung Mackey, *I am Summer*, oil on canvas, 24 x 20 inches, $600
18. Nhung Mackey, *By the Sea*, oil on canvas, 20 x 16 inches, $450
19. Nadia Parsons, *Cloud Mediation*, oil on canvas, 24 x 18 inches, $650
20. Nadia Parsons, *Stopping to Look*, oil on canvas, 24 x 18 inches, $650
21. Nadia Parsons, *Clarity in the Moment*, oil on canvas, 24 x 18 inches, $650
22. Ruth Rieffanaugh, *Musings*, mixed media, 36 x 36 inches, $1,500
23. Ruth Rieffanaugh, *Finding Equilibrium*, oil on canvas, 48 x 48 inches, $2,300
25. Diane Sheridan, *Hay Market 1*, digital photograph, 11 x 14 inches, $75
26. Christine Winship, *Kitty Love*, watercolor on canvas, 8 x 10 inches, private collection - not for sale
27. Christine Winship, *Out to Pasture*, watercolor on canvas, 11 x 14 inches, $300
Ruth Rieffanaugh’s Musings

It is what it is.
Never let them steal your joy.
Always be prepared to walk alone.
Something in the past stands in the way of love.
Natural tendency to connect.
Love is - I love you enough to live with your imperfections.
What are the artifacts of your life?
Art is not covert.
Is what I'm about to say something helpful to the subject receiving my feedback?
Can’t be conditions on love.
You are the star in their life.
Uncertainty keeps you from moving forward.
Notoriously ignorant 2% better.
What do you do when the pleasure is gone?
Equanimity.
Art as a masquerade.
Just let it happen.
Whose work is in your family?
If you don’t like my answer, at least admire my honesty.
If we rush to get to a place, we won’t remember the moments it took to get there.
What do you do in private?
You can become off balanced seeking stability.
Do the best you can, then jump.

Any two things of like hardness will destroy each other.
Stay in your natural character.
Practice equilibrium.
Search turns to tears rephrased as dew to feed new growth.
Any two things of like hardness will destroy each other.
Stay in your natural character.
Search turns to tears rephrased as dew to feed new growth.
Incite active imagination.
What you resist persists.
Your natural state is beauty.
Don’t let life da-life you.
Alternate ways to use space.
Art that celebrates as much of life as possible—no barriers, no boundaries.
Expect disappointment.
Stop looking for infinite growth on a finite planet.
Everyone needs to feel special.
Comfort is the enemy of the artist.
Can you live without belief?
Never arrive just arrive.
Space of gratitude.
What you think of me is none of my business.
Choose to be kind over right.
Change thoughts, change life.
Distinguish different worlds.
Successful people make a habit of doing what the failing person does not like to do.
What does peace look like?

Don’t leave your hands of someone else’s growth.
When you have no choice, mobilize the spirit of courage.
License to fail.
I don’t want to end up simply having visited the world.
Desire to be.
Marriage is the healing of the wounds of childhood.
You can love someone and still speak truth about them.
You will never run out of ideas.
Creatively constipated.
The process of doing is the reward.
Your intention is what gets you to do it.
All individuals are responsible in society.
I dread knowing precisely where my limits are.
Love subversive humbly.
Every flower that ever bloomed had to go through a whole lot of dirt to get there.
The only constant is change.
You can’t make an onion without a whole lot of dirt to get there.
Drawing is a career preserved in time.
Intimacy requires courage; risk is inescapable in the hope of achieving meaningful intimacy.
Choose to interpret your day in a positive way.
Life is short, art is long.
The issues are in the tissues.
Peacefully intoxicating.
It’s about honoring.
Unbound Visual Arts (UVA), incorporated in 2012, is a 501(c)(3) contemporary visual arts non-profit organization. UVA, based in Allston-Brighton, creates curated exhibitions and provides opportunities for its member artists. UVA’s educational exhibitions and programs emphasize fair opportunity, accessibility, and understanding. As such, UVA’s programmatic, financial, and informational resources pro-actively encourage equity and inclusion.

A major part of Unbound Visual Arts’ mission is to present curated educational art exhibitions on important cultural and social topics, such as wellness, non-violence, gender equality, and environmental sustainability. That mission is a unique means of presenting contemporary art exhibitions. All of UVA’s exhibitions are created to be beneficial to all audiences.

UVA has over 200 members and supporters, a combination of artists and art enthusiasts. It has organized over 70 curated exhibitions in nine communities. UVA has organizational memberships in the Americans for the Arts, New England Museum Association, Boston Preservation Alliance, and MASSCreative and has received competitive grants from the Boston Cultural Council the last five years. It also received three Massachusetts Cultural Council (MCC) Festival Grants to support its annual Mardi Gras & Carnival Celebration of the Arts and its Art Expo/City Heart Show at the Prudential Center. Other funders include Boston College, Harvard University and Berkshire Bank.
Artist Biographies & Statements

Linda Clave

**Artist Statement** - Love and relationships are top issues in life. So, therapy allows one to step back into the deeper issues that either support love or keep us back from its expression. The greatest joy is feeling oneness. The hardest issues are really feeling and hearing each other. “Working it out” lets the emotions find a healthier expression and accepting the freedom that allows both to grow. The Heart when listened to knows the way.

**Biography** - Linda Clave has been an artist from her first drawing of feathers on a chalkboard at two. Her passion was accelerated with the skills that she developed during her BFA and MFA at BU CFA. But what can be called the chi or the innate spiritual essence in ancient artifacts gave her the inspiration that set her on her path ever since in her Life and in her Art. Her current series of paintings "Sound in Paint" celebrates the union of the two mighty forces of awakening sound and color.

Anita Helen Cohen

**Artist Statement** - For me, all of nature is art. What is a linden leaf in autumn if not Nature’s painting? Unlikely colors combine perfectly in composition and symmetrical design!

With my recent work using yupo, the process of ‘chasing’ and ‘taming’ the paint, coaxing it toward more predictability feels magical. I allow the painting to ‘speak to me’. This is a process of discovery in which the painting and I are interactive partners, continually creating images and meaning together.

**Biography** - Anita Helen Cohen, a Sustaining Member of Unbound Visual Arts, lives and maintains her art studio in Newton, MA. With over thirty years of watercolor painting experience and a never-tiring passion for the floral world, Anita Helen Cohen captures nature’s beauty “up close” with “portraits” of rich colors and delicate forms.
Her work has been exhibited in many group and solo exhibitions in Massachusetts including shows at: Milton Art Museum; Arsenal Center for the Arts; UForge Gallery; The Brush Art Gallery, Lowell; Newton Open Studios; Marblehead Arts Association Galleries; Cary Memorial Library, Lexington; Mayor’s Art Gallery, Boston City Hall.

Anita Helen Cohen has been awarded by the Milton Art Museum (Honorable Mention 1998), Beacon Hill Art Walk (1st Prize 2000, 2nd Prize 1998, Honorable Mention 1997) and more recently by the Marblehead Arts Association (Judges Award 2013) and the Hyde Park Art Association (3rd Prize, 2013, 24th Annual HPAA Art Exhibit at City Hall Plaza, Boston).

Her UVA solo exhibit, Anita Helen Cohen till next Spring, curated by Ira-Iliana Papadopoulou, took place in 2014.

Her personal artist website is anitahelencohenart.com.

Marian Dioguardi

**Artist Statement** - My grandfather would stand me, as a toddler, on a kitchen chair to help him make tiny little meat balls for his famous “meat ball soup”. My love for food and cooking started then. As a painting student, I struggled with a paint brush. My teacher had me try a pallet knife. I felt I could paint then because painting with a pallet knife is like frosting a cake. I found the ability to paint from my kitchen and so it was only natural that I find beauty to paint from my kitchen.

**Biography** - Marian Dioguardi, a Sustaining Member of Unbound Visual Arts, resides in West Newton, Massachusetts and received her formal art training at the Massachusetts College of Art & Design and the School of the Museum of Fine Arts, Boston. Her work has been included in numerous exhibitions in New England, Florida, Michigan, New Mexico and New York and she has received several art awards and honors. Marian’s artwork has been acquired by many private institutions and individuals, including Dana Farber Hospital, Children’s Hospital Research Center and Kretchmer Designs in Scottsdale, Arizona. Her gallery representation has included Gallery Seven in Maynard, MA, Rose Gallery Fine Art in Hudson, NY, Gallery 333 in Falmouth, MA, Water Street Gallery in Douglas, MI, Bluestone Gallery in Philadelphia and Xanadu Gallery in Scottsdale, AZ. Her artist website is www.mariandioguardi.com.
Dianne (Iyan) Freeman

**Artist Statement** - Having your heart stop is an eye opener. It makes you appreciate every breath you take, aware of how fragile life is. It doesn’t get any more poignant than that. I felt so humbled to be alive, and an intense need to create. I drew “Armadillos’ Resilience” in the recovery room after having an emergency pacemaker installed. Armadillos are inherently resilient because they use their armor to roll up into a ball and protect themselves.

I was in the hospital for five and a half weeks, during which I began this body of work. My hospital bed became my sacred space to create art, with unbridled expression, inspired by the journey of life, taking in the beauty around me that gave me hope. I savored every moment because at the end of my hospital stay, I knew I would be returning to a shelter. I was being given back my health, only to be discharged back to circumstances that placed my life in jeopardy in the first place.

I believe in a free exchange of energy. For myself, affirmations are where I find them, and my artist’s eye leads me to abstract expressions of resilience, patience, tenacity and self worth. These qualities sustain me and my homeless brothers and sisters. My raw art in this body of work—completed in my favorite media, pen and pencil—is intended to shine a light on the plight of the homeless.

**Biography** - Dianne (Iyan) Freeman was born in The Netherlands, and has been involved in art since she was six years old; became a foster child at age 10; studied at the Hinckley School in Maine, where she had her first show at age 13; graduated from Thayer Academy, Braintree, MA; and attended the Tisch School of Art at New York University on scholarship. For nearly 20 years she lived in Jamaica, much of the time in a bamboo hut atop a mountain, where she became known for her wearable art, which was sold to the tourist trade. The breadth of her art includes jewelry, ceramics, photography, collages, polymer clay, batik prints, drawing and objects of art. She has participated in UVA's *Address Unknown: Traces of Hope* at the Athan's Café Art Gallery in Brighton in 2014 and in *Healthful* at the Honan-Allston Library Art Gallery in 2015.
Francis Gardino

**Artist Statement** - Common items are not always appreciated. Great Photos don't all have to be of far away Egyptian pyramids as those photographed by Frick or the mountains of Ansel or of the Beatles of Linda. Rusty rebar looks fine and yes, can be monumental too! Likewise there are times in the course of our lives, public grandiose spectacles can occur locally and cause millions of people to visit like the 4th of July Boston Pops concert and fireworks. They come to us. When the grand arrives, why not see it and capture it?

**Biography** - Francis Gardino, of Brighton and a member of the Council of Advisors for Unbound Visual Arts, received his Bachelor of Fine Art in Painting from the Massachusetts College of Art and Design. He is a member of the Allston Arts District Open Studios, the Photographic Resource Center at Boston University and the Marblehead Art Association. He has participated in many solo and group exhibitions throughout Massachusetts. His personal artist website is www.frangardino.com.

Lynda Goldberg

**Artist Statement** - My work is informed by nature - to capture a moment, scene or feeling and to express it through my work. Art has always been an important part of my life. It allows me to share my love and wonder of nature and life with others.

**Biography** - She has exhibited in New England in both solo and group shows, and has received numerous awards. Her work is in many corporate, private, and non-profit collections in the U.S. and abroad. She resides in Newton Centre, MA.

She is a member of the National Association of Women Artists (NAWA); The Art Connection; Monotype Guild of New England (MGNE); Nature Printing Society (NPS); Unbound Visual Arts (UVA); Brickbottom (BAA), Newton (NAA), North Shore (NSAA), and Rockport (RAA) Art Associations. I split my time between Newton and Rockport, MA.

For more information about my work - please visit my website www.lyndagoldberg.com, call 617.610.3943, or email me at lynda@lyndagoldberg.com. I also teach “Monotype Printing With a Press” at the New Art Center in Newtonville MA and I’d love to have you in my class.
Pauline Lim

**Artist Statement** - I am a fear-driven person. I am always freaking out about the fact that we all have to die, so a lot of my paintings have to do with the frustration of being trapped in a mortal existence. The increasing aches and pains of aging underscore this dilemma to me every day, and make me seek out color and beauty, as well as the relief of laughter alongside the recognition of despair.

**Biography** - Pauline Lim was born in Clarinda, Iowa and graduated cum laude 1984 from Phillips Academy, Andover, MA. She graduated A.B. magna cum laude from Harvard College, 1988. She now lives and works at the Brickbottom Artists Building in Somerville, MA. Pauline participated in the UVA Healthful and *Song Cycles* exhibitions at the Honan-Allston Library Art Gallery in 2014 and 2015, the Olympic SPIRIT exhibition at Boston City Hall's Scollay Square Gallery in 2015 and *Temptation of the Mind and Body* at the Harvard Ed Portal in 2016. Her UVA solo exhibition: "Why Can't it Last Forever?" was at the Athan's Café Art Gallery in Brighton.

Recent honors and awards: 1) 2014 Selected artist, Neighborhood Art Exhibition Program, Boston Convention & Exhibition Center (BCEC), 300 Summer Street, Boston; 2) 2014 Invited Master of Ceremonies, Mayoral Inauguration for the Hon. Joseph Curtatone, City of Somerville, MA; 3) 2013 Selected artist, StreetPianos Boston Festival, organized by the Celebrity Series of Boston. Her personal artist website is www.paulinelim.net.

Nhung Mackey

**Artist Statement** - I started to play with colors and papers when I was a little girl, just 4 or 5 years old. Since then, my life's been full of joy and happiness... My art works are inspired by the beauty of nature and people, which I try to reflect in my paintings. It helps me to see life better, even overcome some difficult periods in my life. Like Zen practicing, when I'm painting, I almost forget everything around me, even myself... sorrow, happiness, worry...

**Biography** - Nhung Mackey is an award-winning artist skilled in numerous media, including watercolor, oils, enamel and acrylics on paper, canvas and wood. She successfully creates portraits, still life, and landscapes utilizing all subject matter. She has additional capabilities in floral arrangement and jewelry design. She participated in the UVA Healthful exhibition at the Honan-Allston Library Art Gallery and UVA's Olympic SPIRIT at Boston City Hall both in 2015. Her personal artist website is http://nhungmackey.wix.com/nhungart.
Nadia Parsons

**Artist Statement** - The sky connects us to the world and beyond. It lets us sense the enormity and grandeur of the universe. As we observe the sky, we can become acutely aware of how small we are in contrast to the vast scale of the universe. We also have an opportunity to appreciate our importance as it coexists with fears of our own insignificance. We have so many opportunities to capture and hold much more than we do. We can hold onto moments of remarkable beauty — whether they are within our field of vision, or resonate emotionally. These feelings, thoughts and emotions are what I infuse in my paintings.

The sky arouses an enormous range of emotion in me, and I want to express the rawness of it all. When I am painting the sky, these passions are available to me and I have a special place to express them. I aim to convey all of these emotions visibly. Then, each viewer of my paintings can take away the sense of emotion that comes forward for them.

**Biography** - Nadia Parsons, of Brighton, received her Bachelor of Fine Arts degree from Clark University. She also attended the Massachusetts College of Art and Design and The Corcoran School of Art in Washington DC. Most recently, Nadia has continued her art training at the School of the Museum of Fine Arts in Boston. She has exhibited in several group exhibits in the Boston and the Washington DC area.

Ruth Rieffanaugh

**Artist Statement** - The work represents connections – connections on all levels – the conscious, the subconscious the mental, physical, emotional and or spiritual. These are webs that weave societies, and individuals; the copper pipes are a metaphor for these connections.

**Biography** - Ruth Rieffanaugh, a founding member and a member of the Board of Directors and current President of Unbound Visual Arts, resides in Allston and maintains her art studio in Allston as well. She received a Masters in Art Education from Lesley University and a Bachelor of Fine Arts from the Art Institute of Boston. She is also licensed In Massachusetts as a Teacher of the Visual Arts. Ruth is currently a Digital Teacher at TechBoston Academy in Dorchester, MA. She was previously the Director of the Dorchester Alternative Youth Academy and taught drawing at the Boston Architectural College. Ruth has exhibited in numerous local and regional galleries, including the Lesley University Gallery, the Copley Society Gallery, Boston City Hall’s Scollay Gallery, the Brighton-Allston Heritage Museum and the Cambridge Art Association.
Galleries. She is also a member of the Cambridge Art Association. Her public art experience includes creating designs for several utility boxes in Boston. She has participated in UVA's Healthful and Freedom exhibitions at the Honan-Allston Library Art Gallery and The Context of Community at the Athan's Café Art Gallery in Brookline and the Harvard Ed Portal in Allston both in 2015. She has also participated in UVA's Olympic SPIRIT and Earned: Women in Business and Labor at the Scollay Square Gallery in Boston City Hall. Her personal artist website is http://ruthrieffanaugh.com.

Diane Sheridan

Biography - Diane Sheridan has been a resident of Brighton since 1985 and graduated from Framingham State University with a degree in Fine Art. She has been involved with art and photography in the community since high school and has been taking photographs for as long as she can remember. She took a picture of her family, which may be her first photograph, around the age of 5. She's worked at many of Boston's great institutions including Boston University Photo Services and the Museum of Fine Arts. She is now in early retirement and is thrilled to be part of the Unbound Visual Arts community.


Christine Winship

Artist Statement - A lot of the health benefits of owning a pet may stem from the mental and emotional benefits. "People who have pets are less harried; there's more laughter in their life," says Dr. Becker. "When you come home, it's like you're George Clooney. You're a star." This is a primary reason pets are used in various forms of therapy.

Because of this, pets also reduce stress, lower blood pressure, ease pain, lower cholesterol, help people socialize, prevent strokes, prevent allergies and improve immune systems.

Biography - Christine Winship is a founding member and member of the Board of Directors of Unbound Visual Arts. She is also co-chair of the Allston Arts District Open Studios Steering Committee and resides in Allston. She studied art at the Corcoran School of Art in
Washington DC and received her BFA in Illustration from the Art Institute of Boston. Christine frequently donates gift certificates for custom paintings to animal shelters and rescue organizations in order to raise funds for those worthy causes. She has shown her work throughout New England in both solo and group shows. Most recently, she exhibited her work in solo exhibits at the Faneuil Library Art Gallery and the Great Falls Discovery Center in Turners Falls, MA. She was part of the group exhibits at the Riverside Gallery in Cambridge and at Boston City Hall. She is also an active member of New England Arts for Animals. She has been included in UVA's Song Cycles at the Honan-Allston Library Art Gallery and Olympic SPIRIT at Boston City Hall's Scollay Square Gallery. Her solo exhibitions organized by UVA were at the Faneuil Library Art Gallery (The Pedigree Artist) and the Athan's Café Art Gallery in Brighton (Inseparable Companions). Her website is http://thepedigreeartist.com.

**Ellen Zellner**

**Biography** - Ellen Zellner, of Brookline, has been a fiber artist since the 1980's, weaving large painted, sculptural vessels, going on to design and sew quilts, and more recently, also creating fabric vessels. "As a child, I frequently accompanied my parents to the Brooklyn Museum. I seem to remember mostly tagging along, but I'm sure these visits led to a lifelong interest in art. During the 1980's, I took classes at the DeCordova Museum and began weaving large sculptural painted vessels. My friendship with a group of quilters motivated me to take up quilting. In recent years, I have been designing and sewing an increasing number of quilted wall hangings, using commercially available fabrics and inspired by paintings, drawings, other quilts, and ideas that come into my head as I am working."
UVA fine art exhibitions feature local artists, an independent curator, and an exhibit designer. With exhibitions related to cultural and social themes, UVA offers a learning experience for all audiences.

Freedom | Healthful | Unlimited | Song Cycles
EPIC Heroism | Olympic SPIRIT | Beasts of Burden
Context of Community | Temptation of the Body & Mind
Earned: Women in Business and Labor

To learn more: unboundvisualarts.org/search-exhibitions

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The National Wellness Institute, a non-profit, has developed this handy chart for identifying the key aspects of wellness.- NationalWellness.org
This program is supported in part by a grant from Boston Cultural Council, a local agency which is funded by the Massachusetts Cultural Council and the City of Boston, administered by the Mayor’s Office of Arts and Culture. UVA is also supported by the Brookline Commission for the Arts, which is also funded by the Massachusetts Cultural Council.