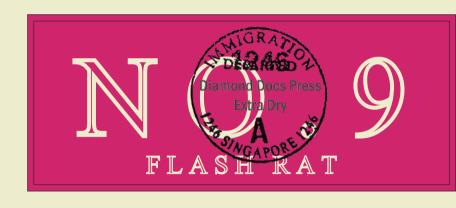
Flash Rat

THE LEADING EUROPEAN ART BOOK MAGAZINE • NO.9 • MARCH / APRIL 2015 • €5-35











COPENHAGEN OCTOBER - DECEMBER



ARTE STUDIO CHIMERA LONER



ARTE STUDIO CHIMERA LONER



PRESENTS NACRE HERMOIL

AUGUST



Luncheon the Grass, photo, 2012

CHARIER LEMON

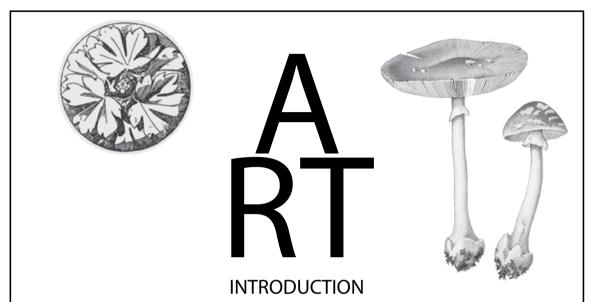
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FOR FURTHER INFORMATION
ON N.N.A PLEASE CONTACT D.D.P
RANTZAUSGADE 32 3 TH 2200 COPENHAGEN DENMARK
WWW.DKART.DK

REPLACE / REPLAY

MICHAEL NORRE

Diamond Docs Press



Concepts, Appropriation, Installation, Photomontage, Still life, Site-specific, Paintings, Photos, Drawings, Narrative, Portray, Documentary, Pop etc.



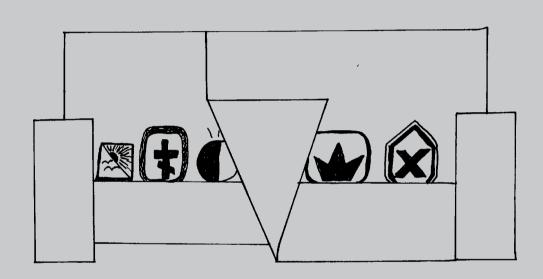
&

Cloud Formations
Autumn Colours
Lightning
Rainbows & Reflections
Snow, Ice & Frost
Sunrises & Sunsets
Rain & Floods



Part One: Introduction to Art

Chapter 1: What Is Art?



Why did the Performance Artist stare at frozen orange juice can for 2 hours?

Check out the answer here:



LAMB AND SWEET POTATO CURRY

INGREDIENTS

8 green cardamom pods

1 tbsp sunflower oil

500g boneless shoulder or leg of lamb, cut into 2-3cm cubes, trimmed of fat

1 onion, peeled and sliced

4 garlic cloves, peeled and finely chopped

1 tsp root ginger, peeled and finely chopped

2 tsp ground coriander

2 tsp ground cumin

1/4 tsp turmeric

1/2 tsp cayenne pepper

500 ml chicken stock

1 sweet potato, peeled and cut into 2cm cubes 75 ml natural yogurt

handful chopped coriander, to serve!



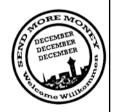
MFTHOD

CONTENT

METHOD

- 1.To extract the cardamom seeds from the pods, place the pods on a chopping board, lay the flat side of a large knife over the top and press down to lightly crush. Remove the seeds, discarding the pods, and set aside.
- 2. Pour the sunflower oil into a large casserole dish or saucepan with a lid. Place the pan on a high heat, then season the lamb with salt and pepper and place in the hot oil.
- 3.Sauté the lamb pieces, stirring frequently, for 5 minutes or until the meat is browned all over. Remove the meat with a slotted spoon, leaving any oil behind, and set aside on a plate.
- 4.Add a little extra sunflower oil to the dish or pan if necessary, then reduce the heat to medium and add the onion, garlic and ginger. Cook, stirring occasionally, for 6–8 minutes or until the onion is soft and golden.
- 5.Stir in the coriander, cardamom and cumin, turmeric and cayenne pepper and add the reserved lamb.
- 6.Stir together for a further minute then pour in the stock and season with salt and pepper. Bring to the boil then reduce to a low heat. Cover with a lid and simmer for 45 minutes to 1 hour, stirring occasionally, until the lamb is almost tender.

7.Next, tip in the sweet potato and cook for another 30 minutes or until the potato is soft. If you would like a thicker sauce, then remove the lid and cook, uncovered, for a further 10 minutes. Remove from the heat, stir in the yoghurt and serve with a sprinkling of fresh coriander and naan bread.



TRANSPARFNC

TRANSPARENCY

We believe in authenticity and in empowering our advocates to make fully informed decisions about the products they choose. so we disclose the ingredients in our products, the processes we use to make them and the practices and values of method as an Art company.



Flash Rat 10



Thats how it is and thats how I'll imagine it

Each Miler Nor

2014, oil on paper, 50 x 70 cm

COURTESY DIAMOND DOCS PRESS

"They're experimental films; I call them that because I don't know what I'm doing."

Andy Warhol



Gallery Cholera Enrim
Presents
"Letter sculptures"

September

Be expecting page 17! A Bit Better

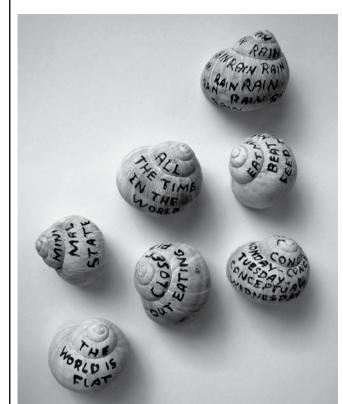
Object Paintings By LANCER HOMIER

"Levitation", 2012, 90 x 40 cm, mixed media on front and backside canvas



Art book + Art jokes, 2013, Courtesy DDP

MIRACLE HERON HORROROR

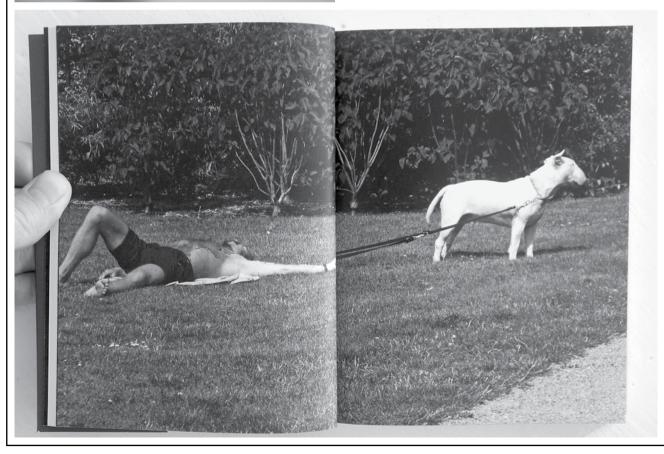


There was this artist who worked from a studio in his home. He specialized in nudes, and had been working on what he thought would be a masterpiece for several months now.

His model showed up and, after exchanging the usual greetings and small talk, she began to undress for the day's work. He told her not to bother, since he felt pretty bad with a cold he had been fighting. He added that he would pay her for the day, but that she could just go home; he just wanted some hot tea and then, off to bed.

The model said, "Oh, please, let me fix it for you. It's the least I can do." He agreed and told her to fix herself a cup too.

They were sitting in the living room exchanging small talk and enjoying their tea, when he heard the front door open and close, then some familiar footsteps. "Oh my God!" he whispered loudly, "It's my wife! Quick! Take all your clothes off!"



LINEAR CHROME

NEW PAINTINGS









The Tangalose series

2014, oil and acrylic on front/backside canvas

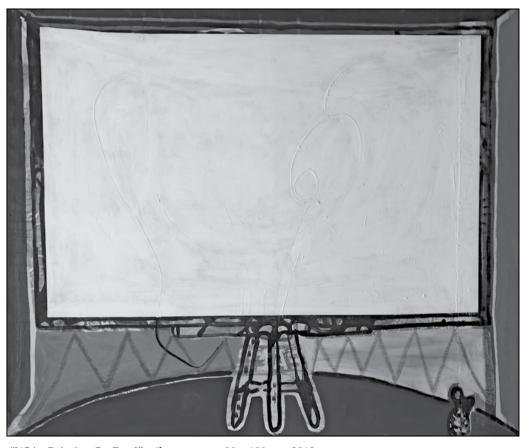
COLLECTION COMTE AND COMTESSE PLAZA DI BERGE
COURTESY DIAMOND DOCS PRESS
FOR FURTHER INFORMATION
CONTACT GALLERY ACORN HER LIME





MARE CHLORINE

CONTEXTUAL



"White Painting On Easel", oil on canvas, 90 x 100 cm, 2012

GALLERY MACE HEIRLORN

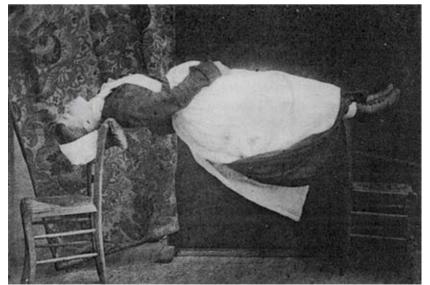




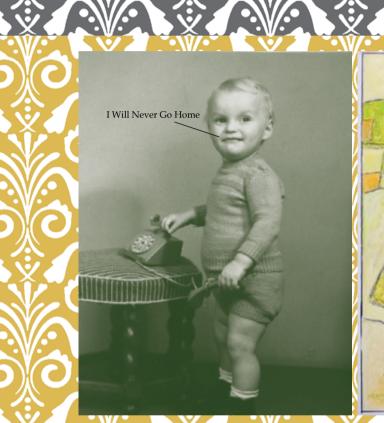
Enjoyyoursecrets



The Chair (châr)

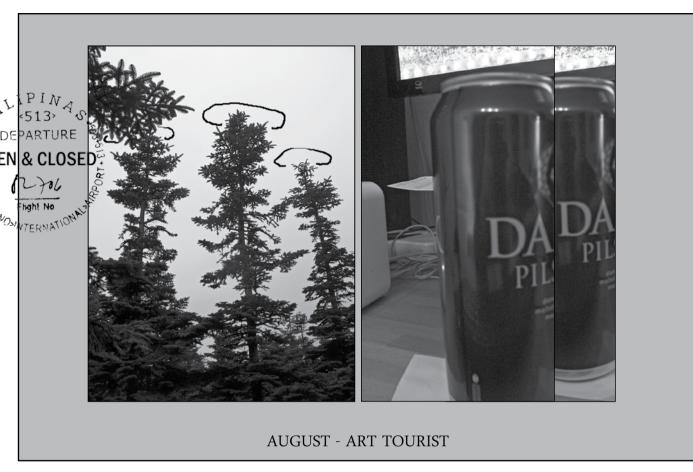


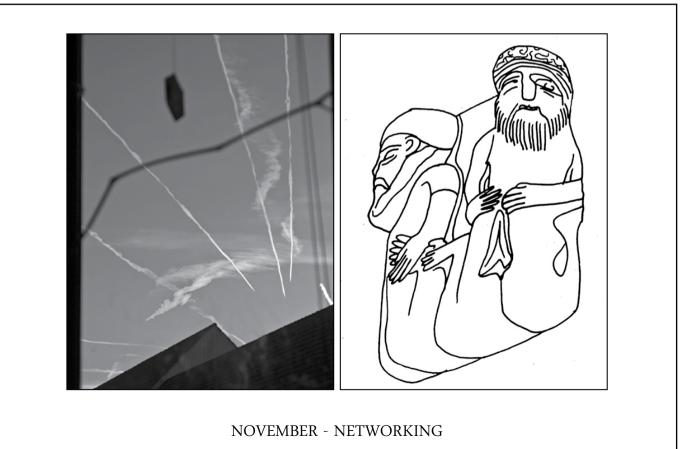
- 1. A piece of furniture designed to accommodate one sitting or reclining person, providing support for the back and often the arms and typically standing on four legs.
- **2**. A seat of office, authority, or dignity, such as that of a bishop.
- **a.** An office or position of authority, such as a professorship.
- **b**. A person who holds an office or a position of authority, such as one who presides over a meeting or administers a department of instruction at a college; a chairperson.
- **4**. The position of a player in an orchestra.
- **5**. Slang The electric chair.

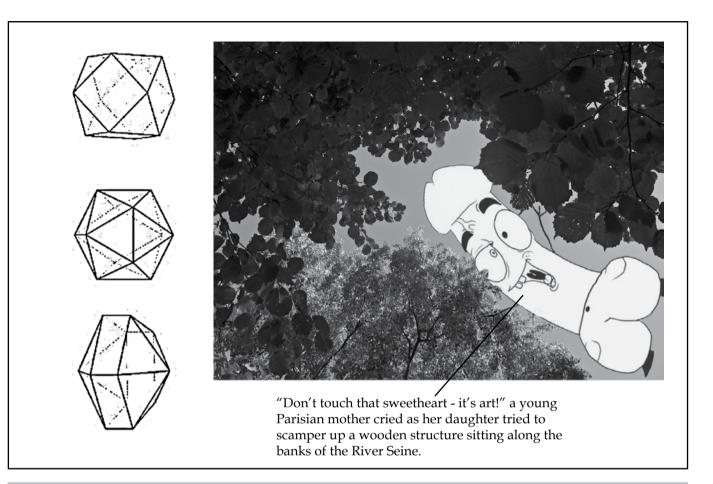




PRESENTS CHORAL ERMINE

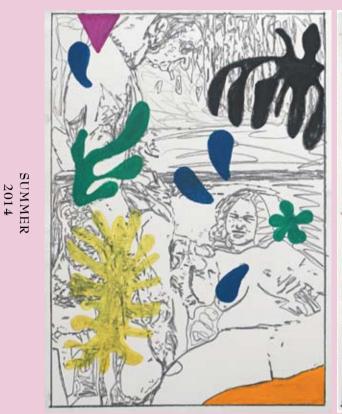








Flash Rat 22





DOING IT ON PAPER - GALLERY CHARMER LEINO

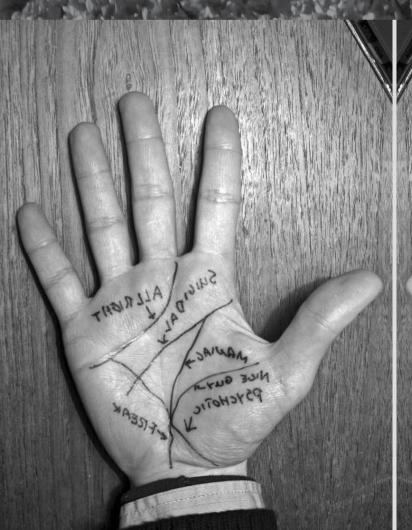
IT'S IMPORTANT

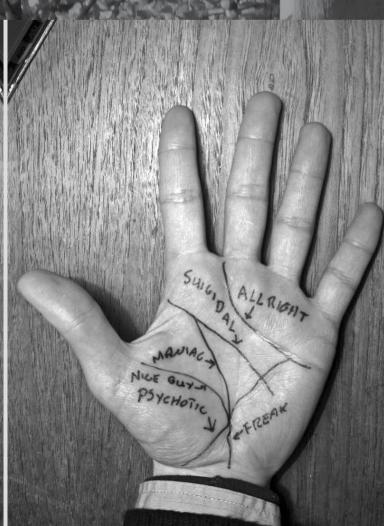
TO REMEMBER THAT ANY HISTORICAL

PERIOD IS A CONSTRUCTION AND A SIMPLIFICATION

LIFE IS IN THE DETAIL

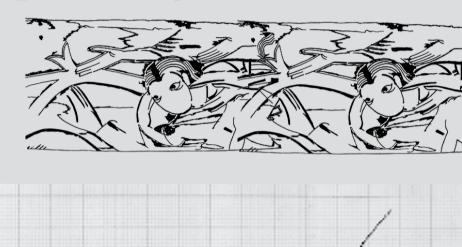
DID YOU HEAR ABOUT THE TWO LITTLE BOYS WHO FOUND THEMSELVES IN A MODERN ART GALLERY BY MISTAKE? "QUICK," SAID ONE, "RUN! BEFORE THEY SAY WE DID IT!"





"I've always had a nightmare. I dream that one of my pictures has ended up in an art theater. And I wake up shaking."

Walt Disney



"Sometimes a cigar is just a cigar."

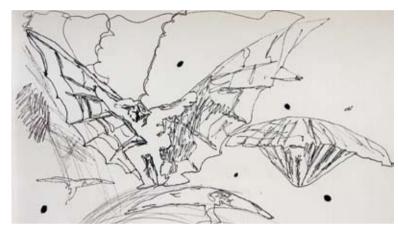




Paper Work "Stiction"

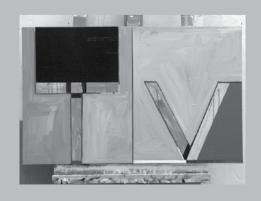
Gallery Carol Hire Men





There's a bit of a rough patch today when management wants people to be wrapped in their work. Workers look for ways to escape from routine. You might find someone you didn't know you were looking for when the Moon sextiles eclectic Uranus tonight. In other words, opposites attract.





Group exhibition Abstract Critical

December - January



"FALLING VERY DOWN IS NO PROBLEM FOR US, BECAUSE WE ARE FALLING MASTERS OF THE DARK."

MARTIN KIPPENBERGER & ALBERT OEHLEN







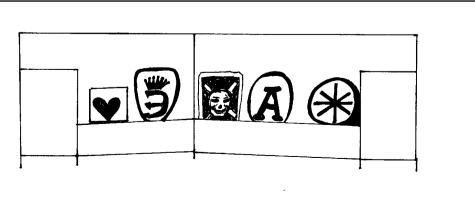


"DE FÆRRESTE ER KLAR OVER, AT NOGLE MENNESKER MÅ ANSTRENGE SIG ENORMT BARE FOR AT VIRKE NORMALE."

ALBERT CAMUS







Flash Rat 28

BY THE MY WAY



G . V

scheme, a plan, an idea

"Product placement -

A term coined by Marcel Duchamp in 1915 to describe prefabricated, often mass-produced objects insolated in their functional context and elevated to the status of art by the mere act of an artist's selection and designation."

WHY DID THE ARTIST CROSS THE ROAD?

Check out the answer here:





The following pages "The Graveyard Of Jack Kerouac"

PHOTOS BY ORCA HENMILER, 2014





"The only truth is music"

J. Kerouac











An artist asked the gallery owner if there had been any interest in his paintings on display at that time. "I have good news and bad news," the owner replied.

"I have good news and bad news," the owner replied.

"The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death. When I told him it would, he bought all 15 of your paintings."

"That's wonderful," the artist exclaimed. "What's the

"That's wonderful," the artist exclaimed. "What's the bad news?"

"The guy was your doctor."



REMAIN CHOLER

PRESENTS



GALLERY RACIER HELMNO



"Pizza Man (or teaching daughters to draw realistic)", In collaboration with Sally Meta Norre, 2008

Try to escape the narrow hallways, hidden passageways and possessed guests from the Street of Horror and experience the unknown terrors around every corner.







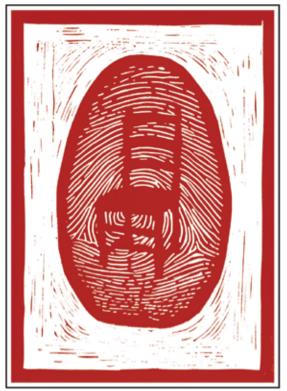




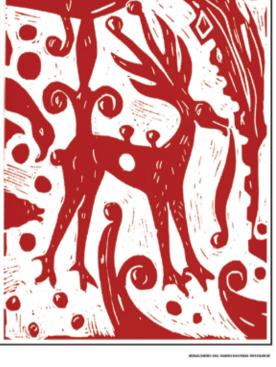


HEALER MICRON - WORKS ON PAPER

GACMA COLLECTIONS 2014









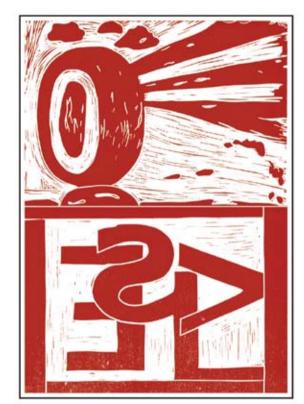




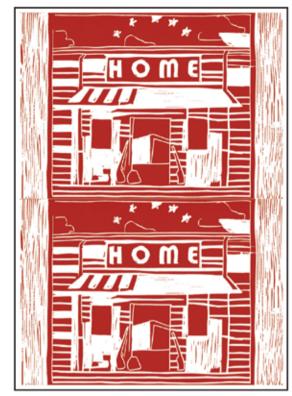
LIVE AND WORK SMASH CRASH BANG STEAL KICK Joke



NORMAL GRAFIK AT SYDHAVNEN EXHIBITION PLACE (2014), LINOCUT POSTERS











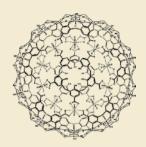
BY ROAMER LICHEN

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Flash Rat 44 Flash Rat 45



The Summer Mixologist



by CLAMOR HEREIN



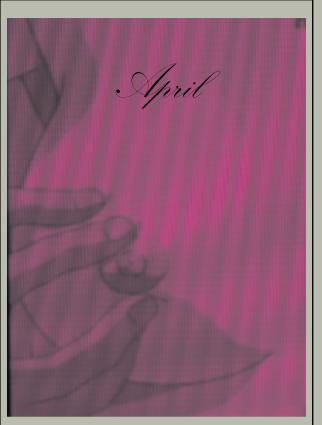
"Soft Dreams and Shape we Create - Colour People", 2014, oil & acrylic on canvas, 130 x 140 cm

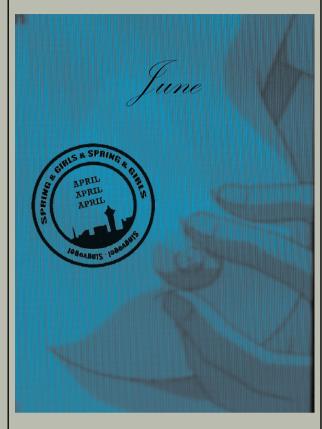


"PAM - MAP", 2014, oil & acrylic on canvas, 130 x 140 cm

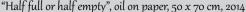
CHIMERA ENROL GALLERY

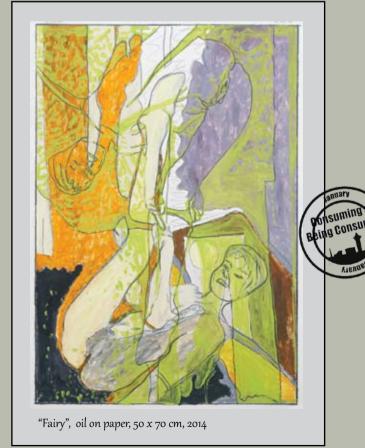
JUNE 2037







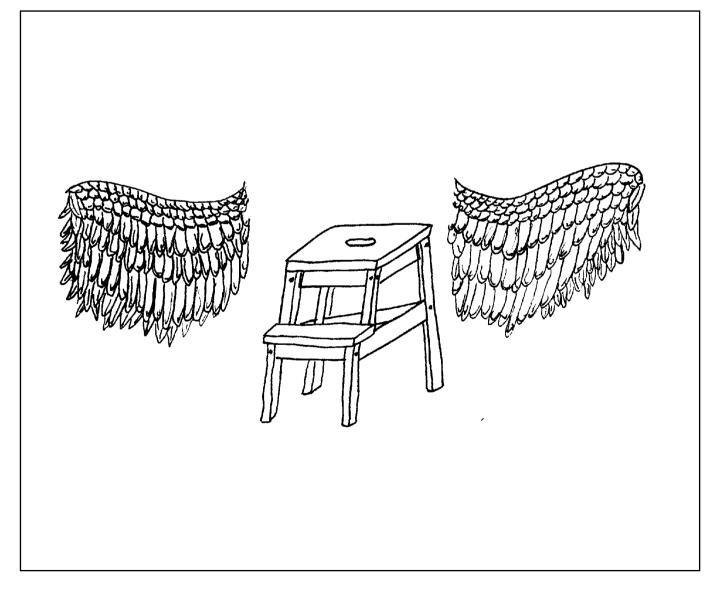


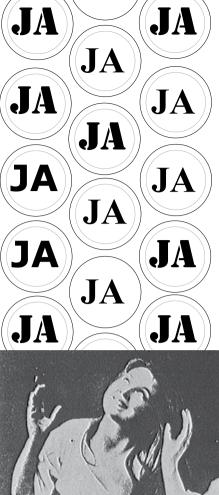


Part One: Introduction to Art

Chapter 2: How Should We Look At Art?

Moral imperfection and the scary opposite







Dairy-free

Egg-free

Gluten-free

Healthy

Nut-free

Pregnancy-friendly

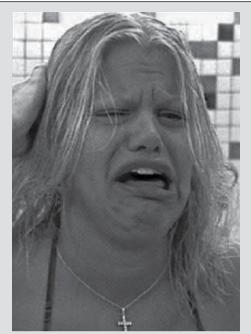
Shellfish-free

Vegan

Vegetarian



Flash Rat 48



Roasted artsparagus: Spring has Sprung. The artsparagus is starting to come up and I am ready. My favorite way to eat artsparagus is to snap it off and eat it raw, grazing in the garden. My next favorite way it to roast it. Roasting does an...



"You <u>fool</u> - I'm an ARTIST, too!"

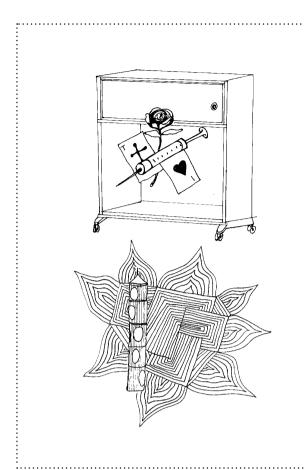








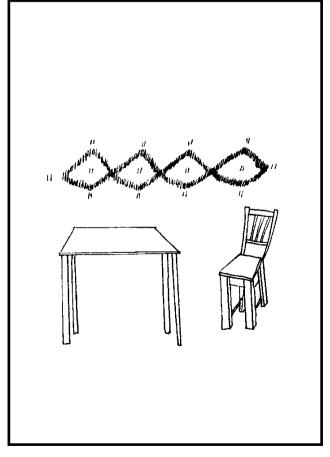






How do Performance Artists turn on the lights? They open the car door.





Flash Rat 51

Flash Rat 50



SEPTEMBER, OIL ON PAPER, 50 X 70 CM, 2014

Gallery Creamer Ohnil

presents

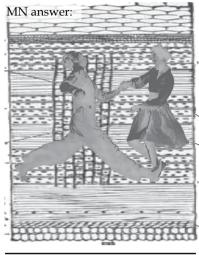
Lancer Homier

ARTIST TALK – MICHAEL NORRE AND AIRMEN CHOLER IN A DISCUSSION ABOUT THE DISTINCTION BETWEEN ART, FASHION & DANCING





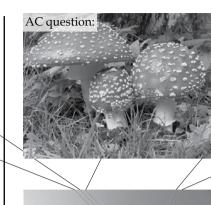


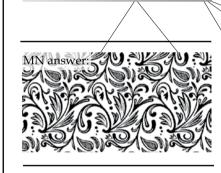














Green Activism = Magic Reinvest

Anagram

Green Activism

Magic Reinvest

Anagram

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Green Activism = Magic Reinvest

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Green Activism =

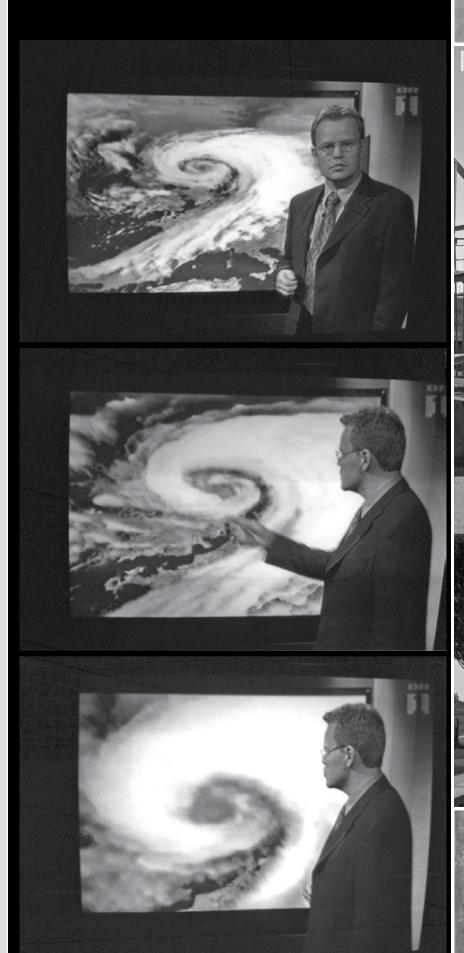
Magic Reinvest

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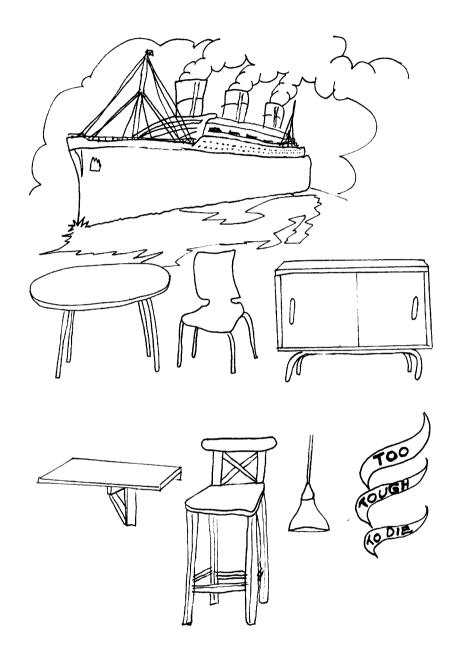
Green Activism

Magic Reinvest

Anagram







Summer

During summer, from June till August, Copenhagen experiences a temperate weather. Daytime average In June stands at 19°C while the peak summer months of July and August get not more than 20°C. In contrast, the minimums hardly falls below 8°C. July and August are considered as the wettest months of the year with 68-70 mm of precipitation. June is the sunniest month of the year when the city receives around eight hours of sunshine.

Autumn

Autumn in Copenhagen comes in early September and lasts till November. Throughout this period the average high stands at 11°C while the low often drops below 3°C. September and October receives more than 60mm of rainfall. Gradually the days become much shorter and the sunshine hours reduce less than two hours in November.



Winter

Winter, the coldest season of the year, comes in December and continues its chilly journey till February. During this time the average low stands at -2°C while the maximums hardly climbs to 3°C. December sees only forty five hours of sunshine while the first month of the year receives 45-47 hours. February is the driest month of the year with 25mm of precipitation.

Spring

From March till May Copenhagen sees the return of the sunshine in its skies. March witnesses more than four hours of sunshine and receives much enjoyable temperature. Although the minimums, -06°C in March may still spoil your plan to visit Copenhagen, tourists prefer the season to chilly winter. May receives more than six hours of sunshine.









Blowing Dust Delhi 17°C H19° L7° Smoke Mumbai 27°C H29° L20° Sunny Chennai 32°C H32° L18° Haze Kolkata 30°C H31° L17° Fair Bangalore 32°C H34° L19° Sunny Hyderabad 31°C H33° L19°

The Rolling Stones where playing in a suburb of Phoenix, about a two hour drive from here. Left home at 3:30. First band plays at 7:30. I wanted to get there early to look for some doses in the parking lots.

Beautiful, sunny Sunday afternoon drive. Drinking about four ounces of vodka (screwdriver) and smoked several bowls on the way there, alone. Beautiful sunset over the desert/mountains.

I arrived at the parking lot at 5:30. It was dark and quiet. Turns out everyone was experiencing the pre-show in the arena. My first time at this venue.

Bought a double screwdriver (\$16 plus \$2 tip) and spaced around the arena venders but it stunk so much like fried meat I decided to pick up the vibe of the ambient music and watch the arena fill up. Must have been 10,000 people when the Stones went on.

I learned my lesson about taking the dose too early so this time I waited for the first band to finish playing, went to get another drink and took

about 1.25 pieces of blotter left over from the summer (got ripped off of \$400 on the deal so it was like a \$50 dose!)

Ran back to my aisle seat on the arena floor (row 27) -- lots of room to dance!

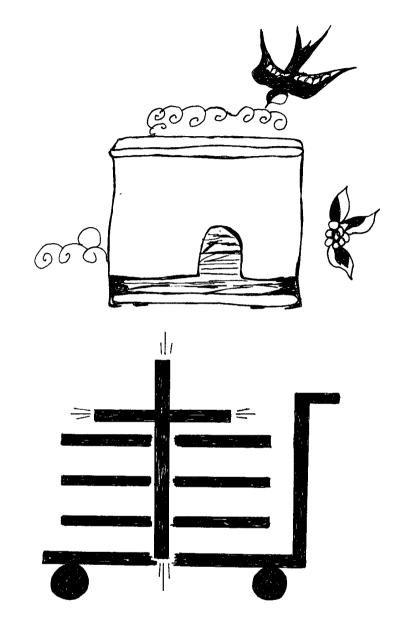
I never felt the acid kick in. Perfect timeing because the Stones started playing about the time the acid would begin its effects.

All I can say is I danced like crazy. Had no conversations with anyone.





səwijəwos



Before viewing works of art,

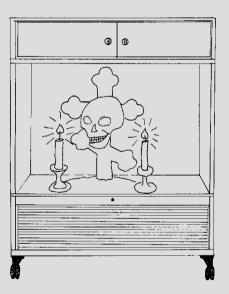
The gods too are fond of a joke

Aristotle

people need help to focus their observations and prepare to respond thoughtfully

WAKE UP, THE SUN IS ON YOUR ASS



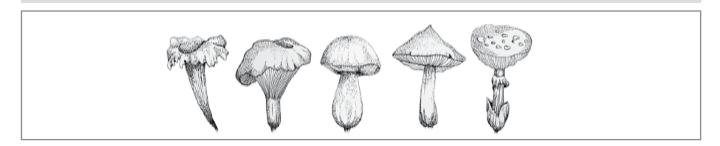


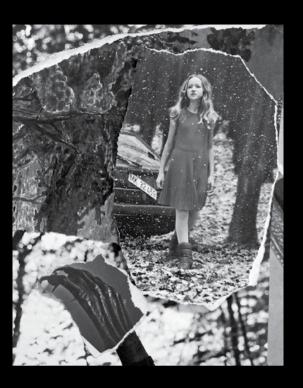
THE HAPPY EPIDEMIC



What did the artist draw before he went to bed?

The curtains!





DON'T LET STORMS SNEAK UP ON YOU

WEATHER IN COPENHAGEN

-3...+0°C

PRESSURE756 MMHG

HUMIDITY92%

WINDS 5 MPS

EVENING: 17:00 - 23:00 31 JANUARY

-1...+1°C

PRESSURE754 MMHG

HUMIDITY89%

WINDS, 5 MPS NIGHT: 23:00

- 05:00 1 FEBRUARY

+0...+1°C

PRESSURE752 MMHG

HUMIDITY20%

WINDSE, 8 MPS

MORNING: 05:00 - 11:00 1 FEBRUARY

+0...+3°C

PRESSURE750 MMHG

HUMIDITY85%

WINDS 8 MPS

DAY: 11:00 - 17:00

AUTOMATICALLY



KEIN ADLER







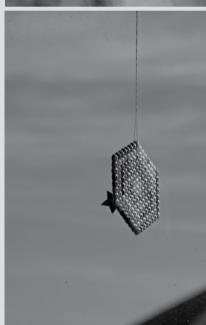




NARC HOMELIER

MALEREI







EKSEMPLER uha uha ikon for korpussøgning uha da (da) Han tordnede [bolden] en halv meter over det danske mål uha, uha DR. Willy smed brevet hen på dynen. – Det er fra en advokat! Gorms glade smil forsvandt. – Uha! Så er det nok en rykkerskrivelse.









"Sport Socks (Olympic painting)", oil on canvas, 100 x 120 cm, 2003

COURTESY DIAMOND DOCS PRESS

HERNIAL COMER

GALLERY LAC HONER EMIR

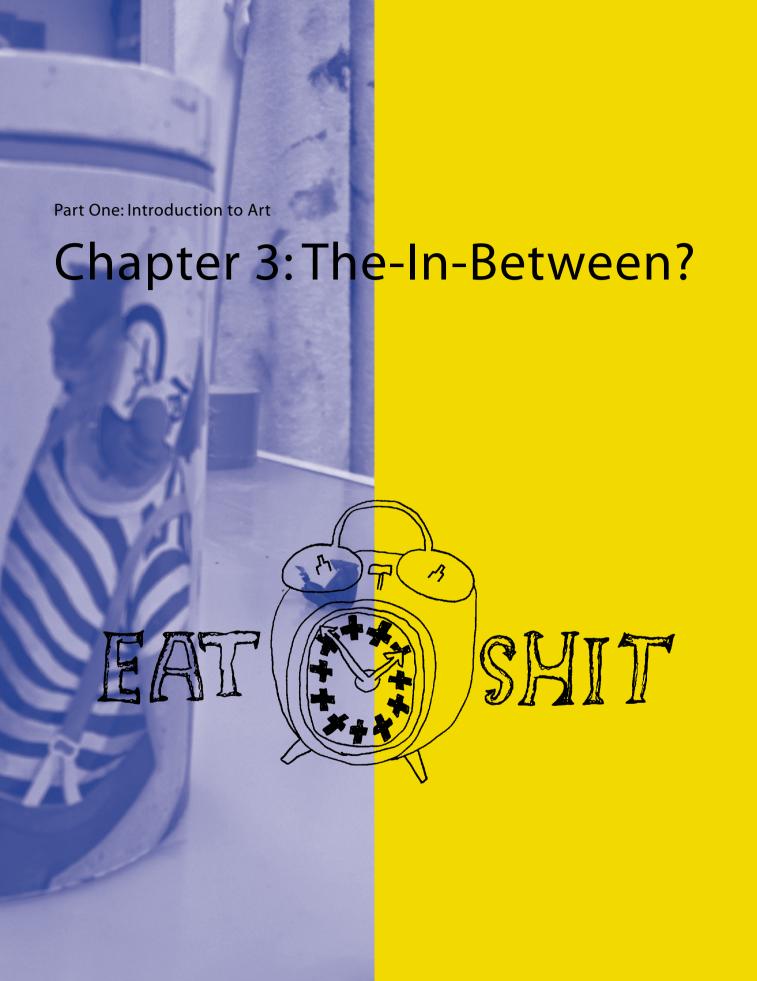
Marlin Reecho

The Alphabet Paintings

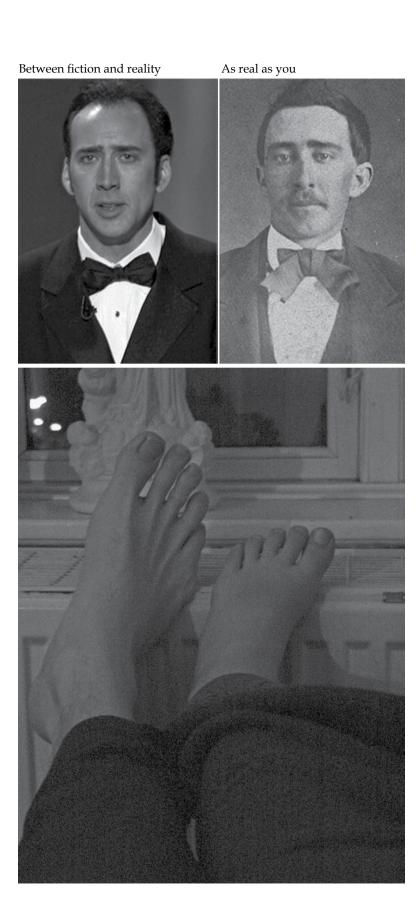


"Passages of dialogue", 140 x 130 cm, oil on canvas, 2014

Armhole Nicer Gallery









in to D U A L I

PHOTO

By

in to MENORAH RELIC

Accept the mystery

2013/14, photo on paper COLLECTION BARON LAZZA VON BURGE COURTESY DIAMOND DOCS PRESS

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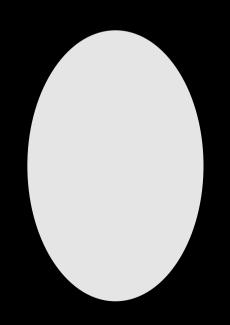


GALLERY AMERCE RHONIL

PRESENTS THE EXHIBITION

AN EYE ON THE EAST

(NEW IMAGES OF IDENTITY)





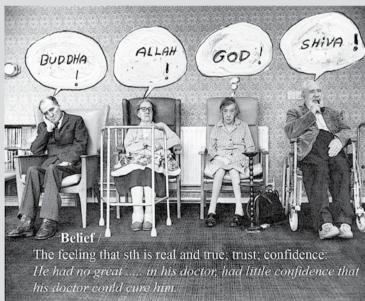
Art Studio Cleaner Rhomi

Presents The Exhibition



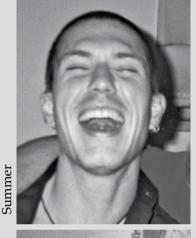
An Eye On
The West
(Subjective Historicism)









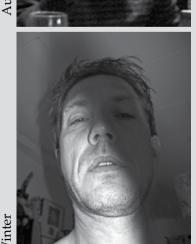




stagioni

Le quattro







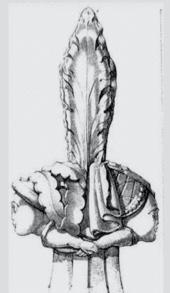














Primitive Thoughts

Photo by MANHOLE CRIER

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Instead of living life wishing you could jump ahead to the next adventure, these pages will inspire you to slow down and savor the in-between.



Have you ever caught
yourself saying,
"Man, what's Scary Spice
up to these days?"





Hire Your Critics





One Reason Why You Will Never Do
Anything Amazing: You Read To Many
Art Books!







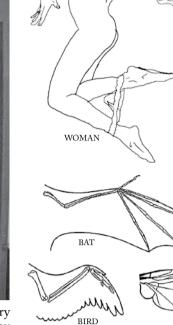
Part One: Introduction to Art

Chapter 4: Women in Art

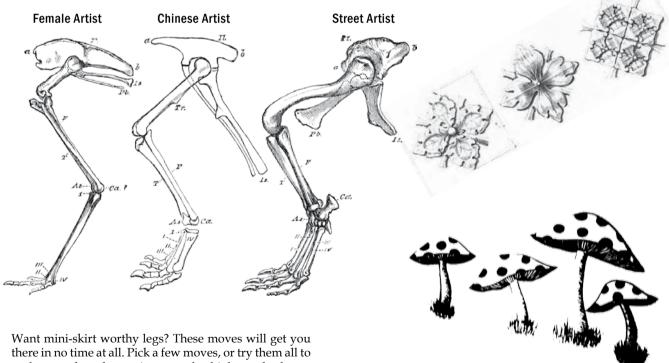
On Identity and Storytelling







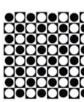
For theatre, the dress rehearsal is a full-scale rehearsal where performers work out every detail of the performance. Cast members wear their costumes, and the backdrop may be used with props. For a musical performance, the dress rehearsal is the final rehearsal before the performance.



sculpt your butt, hamstrings, quads, thighs, and calves.

Time is made to be wasted

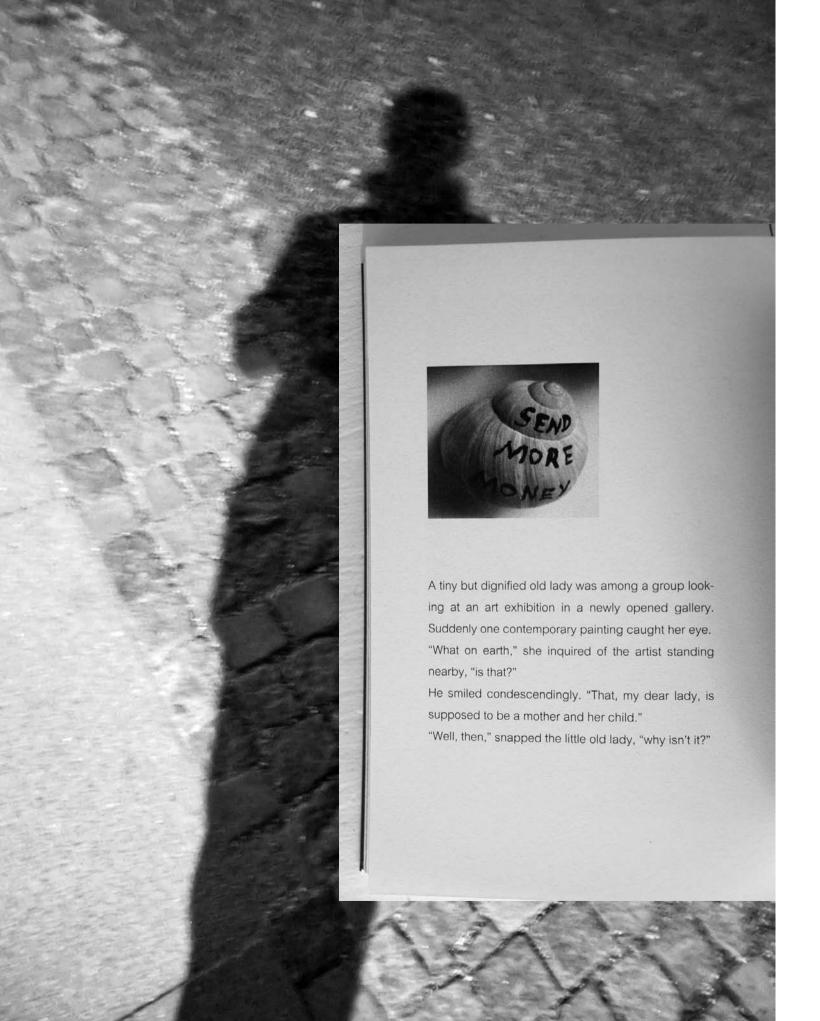






Rising and setting times for the Moon

Rising and setting times for the Moon						
			Meridian Passing			
Date	Moonrise	Moonset	Time	Altitude	Distance	Illuminated
(km)						
31. jan 201	4	07.48	18.06	12.51	23,0°	358.254
0,7%						
1.feb 2014	08.15	19.32	13.47	27,8°	361.426	4,1%
2. feb 2014	08.39	20.56	14.40	32,8°	366.267	10,3%
3. feb 2014	09.02	22.17	15.32	37,6°	372.255	18,6%
4. feb 2014	09.25	23.35	16.22	42,1°	378.792	28,2%
5.feb 2014	09.49	-	17.12	45,9°	385.302	38,6%
6.feb 2014	10.16	00.49	18.01	49,0°	391.307	49,1%





Do you see anyone get onstage at America's

Got Talent who reminds you of when you

were going to auditions? Does anyone come

close to the Spice Girls' talent?





Our services, for you

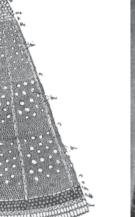


ACADEMICTM recalls MAN standing and blinking. ACADEMICTM urges customers who have a Manlike GUNGGUNG to immediately stop using it and bring it back to any ACADEMICTM store for a full refund or exchange.

ACADEMIC $^{\text{TM}}$ is recalling MAN in underwear sitting or standing blinking with eyes - due to non-declared GUNGGUNG Art in ACADEMIC $^{\text{TM}}$ content.

Man is an allergen and persons allergic to the ACADEMIC $^{\text{TM}}$ GUNGGUNG experience an allergic reaction if buying & trying the product.

MONA OR LISA





The best way to get to know the Art life is to live side by side with the Artists, sharing their customs, taking part in their way of life... Summer is a good time to discover their true character – and the best place to enjoy their friendly easy-going nature, in an atmosphere of fun and high spirits is in the myriad studio venues. This is an invitation to take part in the Artistic way of life.





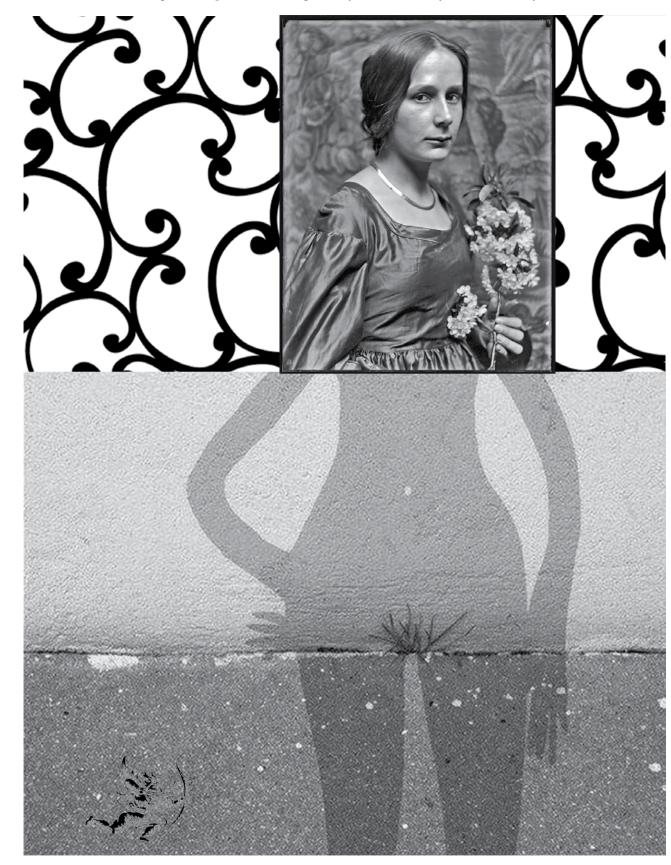








"Mein lieber Gott". It's a german expression meaning "Oh my God". It litteraly translates to "my dearest God".



Flash Rat 90







THESE BUTTOCKS AND BOOBIES ARE
USED AS A DEVICE TO UNDERSCORE SEEMINGLY ORDINARY OBJECTS, ALLOWING US
TO CONSIDER THEIR AESTHETIC, SOCIAL,
AND PSYCHOLOGICAL EVOCATIONS WITHOUT
PREJUDICE OR PRESUMPTION.

WE HAVE FEELINGS ABOUT BUTTOCKS AND BOOBIES, WHICH ARE OFTEN COMPLICATED AND INTENSE. WE PROJECT ONTO THEM AND COMMUNICATE THROUGH THEM. THEY PROVOKE A VARIETY OF POSSIBLE CULTURAL OR PSYCHIC ASSOCIATIONS LEADING TO AN INFINITE CHAIN OF MEANINGS.

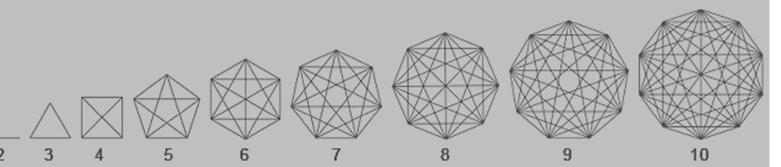




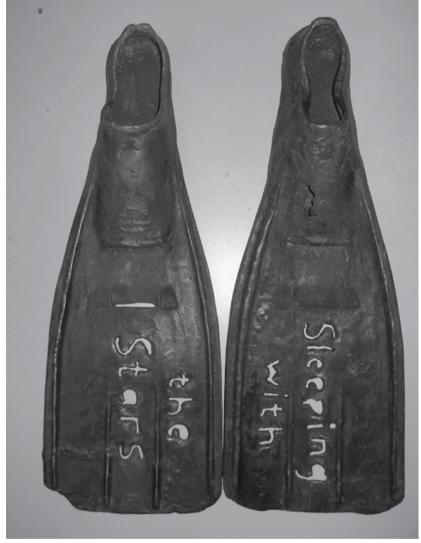
Part One: Introduction to Art

Chapter 5: The realm of objects and language





Literary Sculpture



Sleeping With The Stars, 2012, Bronze, 60 x 40 cm

COURTESY DIAMOND DOCS PRESS

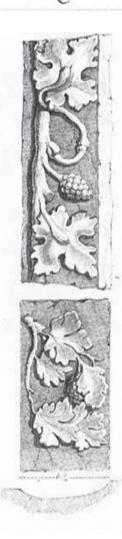
CHAIRMEN ROLE

FOR FURTHER INFORMATION
ON NEW NORDIC ART CONTACT D.D.P
WWW.DKART.DK











"I told you to draw a picture of a cow eating grass," said the art teacher. "Why have you handed in a blank sheet of paper?"

- "Because the cow ate all the grass
 that's why there's no grass."

 "But what about the cow?"

- "There wasn't much point in it hanging around when there was nothing to eat, so it went back to the barn."

Duchamp, 1923



PRACTICE

The Art Institute is a company of performers that may include clowns, painters, acrobats, trained animals, conceptual artists, trapeze acts, musicians, hoopers, dadaists, tightrope walkers, jugglers, unicyclists and other object manipulation and stunt-oriented artists. The Art Institute has been credited with reviving the Art tradition since the 1880s when a number of groups introduced Art based almost solely on innovative human conditions and which drew from other performing art skills and styles. The Art Institute perform in a variety of venues including tents, theatres, galleries, banks and casinos. Many Art performances are still held in a white cube usually 13 m (42 ft) in diameter. This dimension was adopted by Saatchi in the late 19th century as the minimum diameter that enabled acrobatic artistic painters to stand upright on a cantering horse to perform their tricks.



The Art Institute

I'd never heard of The Art Institute until 10 minutes ago but i think i like it already

EXHIBITION BY

CHARIER LEMON

STOPPING ON RED, GOING ON GREEN urn On Piece: This is how I do it!" 4 , Mixd media on front and backside canvas, $90 \times 70 \text{ c}$





Turn On Piece No. 789

2014, Mixed media on front and backside canvas, 80 x 80 cm

COLLECTION DIAMOND DOCS PRESS

FOR FURTHER INFORMATION
ON NEW NORDIC ART PLEASE CONTACT
GALLERY ACORN HER LIME





"Olympic painting - Jimmy in training for the Poet Competition"
Oil on canvas, 110 x 130 cm, 2013

Roach Rein Elm Gallery

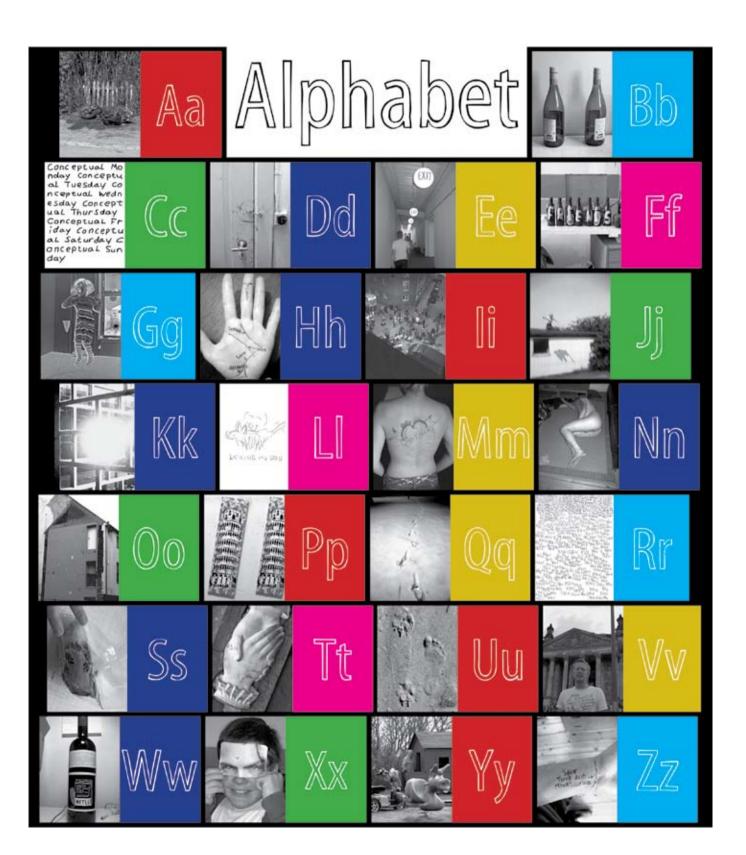
Presents

CAMEL HORNIER

FOR FURTHER INFORMATION
PLEASE CONTACT THE DANISH GROUP
RANTZAUSGADE 32 3 TH 2200 COPENHAGEN DENMARK
WWW.DKART.DK



POSTERS: Street, Home & Kitchen





OUTLAW - IKE@ - TATTOO





TATTOO AESTHETICS JUXTAPOSED WITH IKEA PRODUCTS - MICHAEL NORRE © 2012. DIAMOND DOCS PRESS. WWW.DKART.D

Part One: Introduction to Art

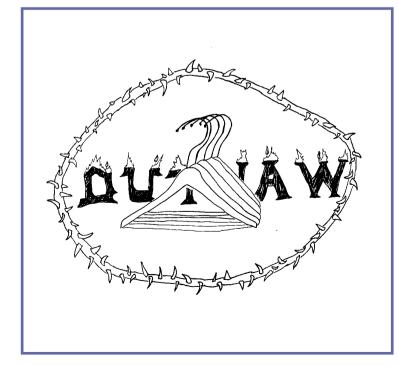
Chapter 6: Pop Art

Public trends and needs

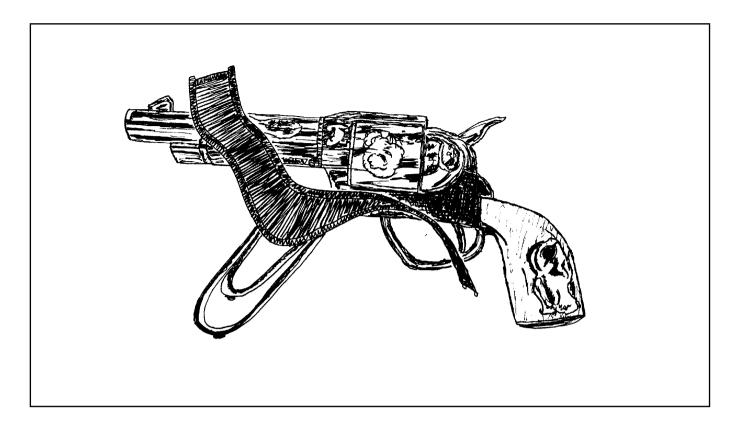
What is red and smells like blue paint?

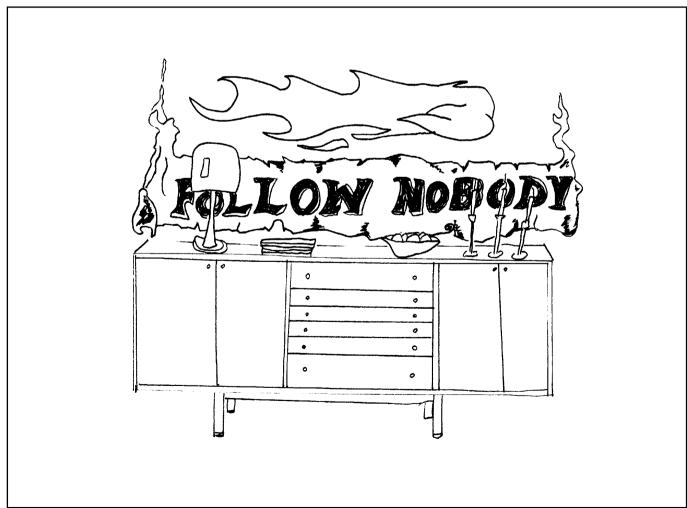
Check out the answer here:











Flash Rat 106

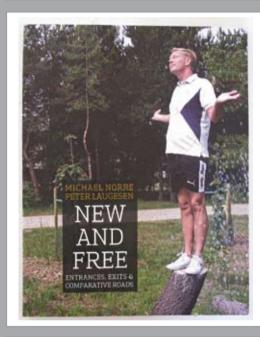
Bibliopole Presents

DIAMOND DOCS PRESS

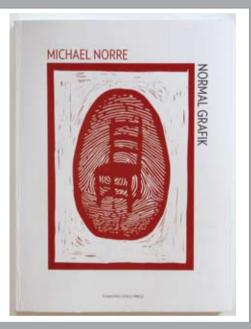
WARNING: MAY NOT FUCK YOU UP!

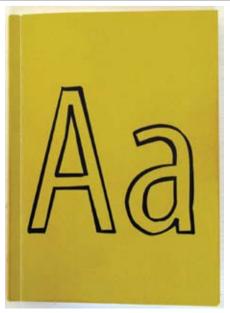




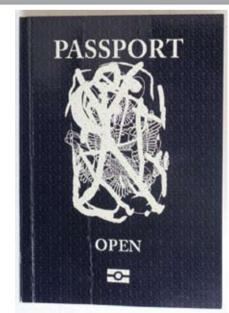


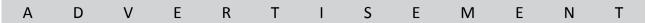
Normal Grafik + New And Free

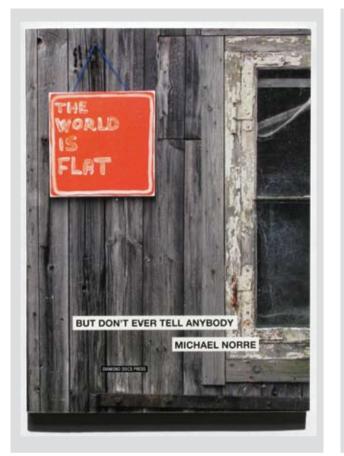


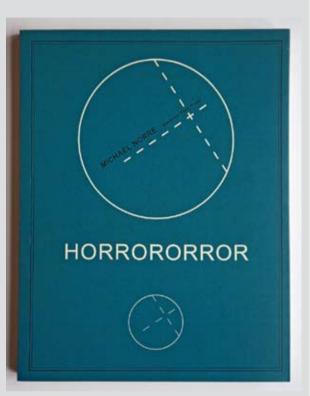


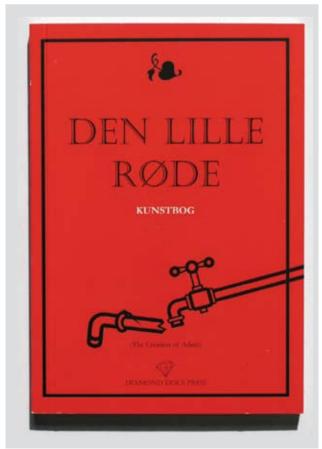


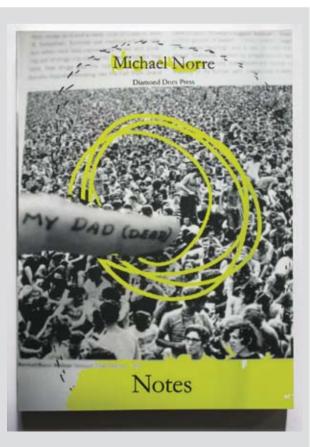


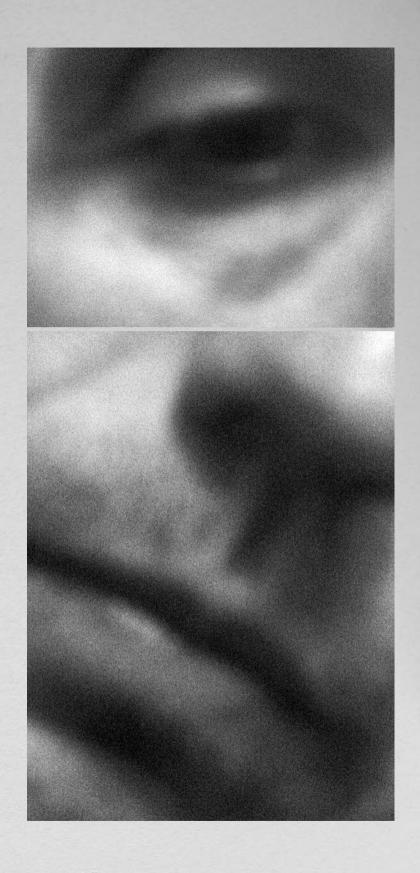




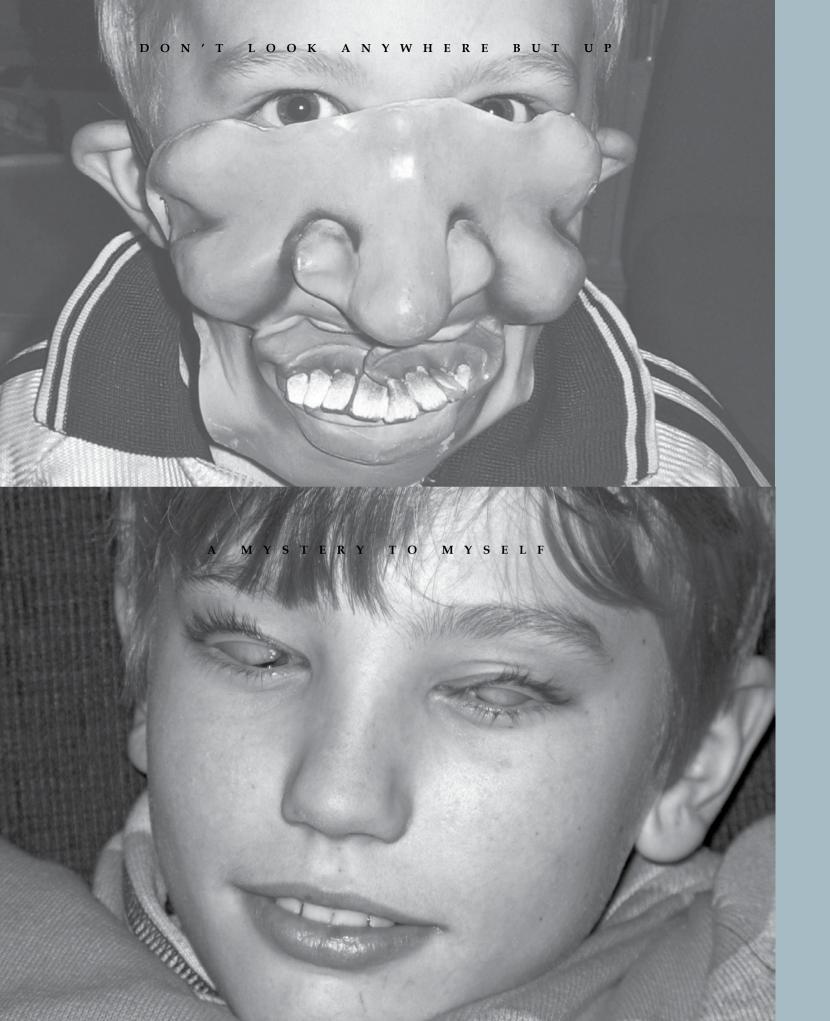








The Joy of Storage A home for all the things you love



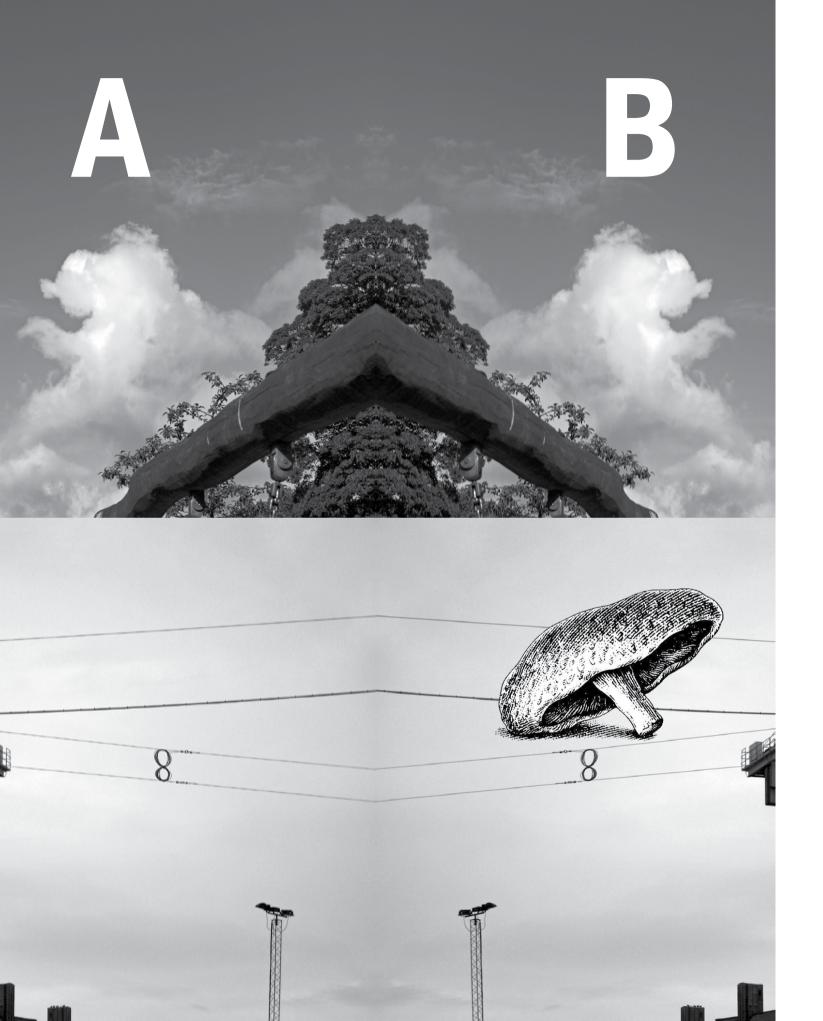


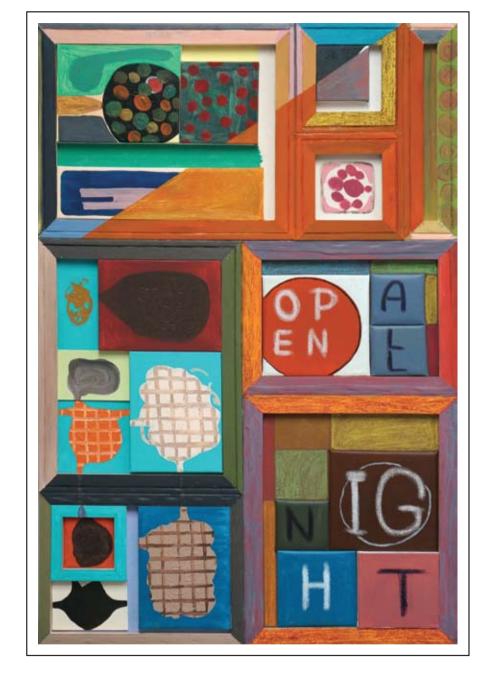
"The Exhibition"

2014, OBJECT PAINTINGS, MIXED MEDIA ON FRONT AND BACKSIDE CANVAS, 200 X 200 CM

COLLECTIONS - INSTITUTE OF CANVAS DESIGN

MORALE ENRICH





EXHIBITION

PAINTINGS BY LANCER HOMIER

"Open all night ll", 2013/14, Oil & acrylic on front and backside canvas, 120 x 80 cm

THE COLLECTION OF D.D.P















It will make you a smarter, happier, more interesting person.

I realize an empty apartment, a bag of new hardcovers and a cold bottle of Sauvignon Blanc isn't everyone's idea of the perfect Friday night. So for those of you who don't think reading is more fun than hanging around some loud, crowded bar, I've compiled a list of foolproof reasons why you need to start reading more, like, yesterday. And for my fellow book nerds who need no convincing? Now you have more ammunition for next time your friends try to drag you out of your house before you're done with The Goldfinch.

1. It makes you more empathetic.

This is the most important reason of all. In his now-famous Kenyon College commencement address, David Foster Wallace argues that a liberal arts education, the foundation of which requires reading a lot of literature, makes you a kinder, more empathetic person.

When you read, you replace your own life with someone else's. That is an act of empathy, and empathy is the cornerstone of human connection. Empathy will make you a better friend, a better lover, a better employee, a better sister, a better child — it will make you a better everything.

My favorite quote from DFW's speech demonstrates this point: "But most days, if you're aware enough to give yourself a choice, you can choose to look differently at this fat, dead-eyed, over-made-up lady who just screamed at her kid in the checkout line. Maybe she's not usually like this. Maybe she's been up three straight nights holding the hand of a husband who is dying of bone cancer. Or maybe this very lady is the low-wage clerk at the motor vehicle department, who just yesterday helped your spouse resolve a horrific, infuriating, red-tape problem through some small act of bureaucratic kindness ... if you really learn how to pay attention, you will know there are other options. It will actually be within your power to experience a crowded, hot, slow, consumer-hell type situation as not only meaningful, but sacred, on fire with the same force that made the stars: love, fellowship, the mystical oneness of all things deep down."

Here's full-text of DFW's speech. Try not to cry.

2. Books force you to concentrate.

Sometimes, after a slow day at the office, I find myself suffering from Internet brain. I ping-pong from site to site, refreshing my Twitter and Facebook feeds, desperate for the tiny endorphin hit of a funny status or a retweet. After too many hours online, my brain gets almost itchy — probably from spending so much time with my attention scattered in a million different places. The perfect antidote? Curling up with a book. It can be a little hard to focus your mind at first, but once you get sucked in, I promise that itchy feeling will fade away. There is nothing passive about reading, even if you're in pajamas on the couch while you're turning those pages. Every sentence is like a push-up for your brain.

3. It will make you more fun to talk to.

I was once at a dinner party where everyone was complaining about how they can't remember anything anymore be-

cause the Internet makes our brains so goddamn itchy. My friend, a prolific nonfiction reader, chimed in, but instead of adding another story about how she forgot to feed her cat or left her phone in a cab, she told the table about a book she was reading by Joshua Foer, called Moonwalking With Einstein. In the book, Foer describes how he became the memory champion of the United States by creating imaginary memory-palaces where he "stored" his memories. Her anecdote, which was about 4 million times more interesting than our communal bitch-fest, transformed the conversation into an epic version of that I'm-going-on-a-picnic memory game we all used to play on childhood road trips. The more you read and the more widely you read, the more you'll be surprised how much you have to say (and how much people want to listen).

4. It improves your spelling, grammar, and vocabulary.

Is anything a bigger turnoff than someone who can't spell? Last weekend my hairdresser had me howling with horrified laughter when she showed me a barrage of texts from a guy trying to woo her - a guy who didn't know the difference between there and their and who spelled super S-O-P-E-R.

"Are you sure it's not just a typo?" I asked.

"I wish," she said, scrolling to at least six other texts with the same misspelling. And that wasn't all — the dude spelled panda wrong.

Though poor spelling is forgivable in certain cases, there's nothing better than a grammatically correct, smartly punctuated, and uniquely worded love letter/email/text. Reading is the best way to absorb all those tricky grammatical rules — if you read enough, graceful communication will become second nature. Need proof? Check out this study by Berkeley scientists, or this one at LD OnLine, a resource for learning disabilities and ADHD.

5. It helps you relax.

What's your No. 1 de-stressing tactic? A glass of white wine? A two-hour yoga class? Deep-breathing? Your ocean screen-saver? Sex? A nighttime cup of chamomile? Destroying villains on your PlayStation 3? Binge-watching Grey's Anatomy?

That's all well and good. The more de-stress techniques the better. But according to neuropsychologists at the University of Sussex, reading a book blows all your other chillax strategies out of the water. A group of brave volunteers were subjected to tests designed to raise their heart rate and generally stress them out. Then scientists exposed them to a variety of common relaxation methods — a long walk, a cup of something warm to drink, video games, music, etc. Just six minutes of reading reduced their stress levels by 68 percent — that's leaps and bounds better than every other method they tried. Next time you need to unwind, turn off the TV and open a book. It even eases muscle tension.

6. It might make you better at MATH.

This research actually blew my mind. I thought reading was to blame for my universally crappy math grades. I used to

Flash Rat 116



hide Vonnegut novels in my Algebra II textbook and read for the entire class period. Divvying up a restaurant bill has given me a panic attack. But according to the Guardian, the British Cohort Study found that kids who read for pleasure have universally higher test scores than kids who don't, in all areas — including math. The increase was so significant it led the researchers to conclude that the way a kid reads has a bigger impact on test scores than whether his or her parents have a post-secondary degree. Crazy. Also, thanks, British Cohort Study. Now I have no excuse for the fact that math makes me want to cry.

7. It keeps your brain healthy and staves off Alzheimer's.

I recently read an unnerving article in the New York Times about how advances in medical science and better treatment for common killers like lung and heart disease are increasing life expectancies. That's not the scary part — the scary part is that longer life spans mean more people will suffer from Alzheimer's and cancer, two illnesses that afflict aged cells.

It's not too early to start reducing your Alzheimer's risk. Aside from a healthy lifestyle, one of the best things you can do to stay sharp is engage in brain-boosting activities. Reading is at the top of the list. In fact, a study published in Neurology suggests that vigorous mental activity — like reading — slows age-related cognitive decline.

8. Reading is a cheap way to expand your horizons.

Prisons, hospitals, waiting rooms — have you ever noticed that places where people get stuck are always well-stocked with reading material?

I grew up with a single mom in rural Northern Michigan, an hour and a half drive from the nearest shopping mall. But by the time I was 13, I'd been a student at Hogwarts, an adulterous wife stifled by my doctor husband, a South African orphan with a dream of becoming a boxing champion, and the daughter of a missionary in the Congo. No matter where you are, a book is a door that opens into another life. If you're a bored and lonely teenager, trapped in a dead-end town and surrounded by people who don't understand you, it's an escape hatch. If you're a curious adult, it's a chance to travel the world for no more than the price of a Kindle download or a paperback. Or hit up the library to globe-trot for free

9. Because, you guys, IT IS FUN.

Don't let horrible memories of high school English class convince you that reading isn't fun. There's a really charming excerpt on Huffington Post from Wendy Lesser's Why I Read: The Serious Pleasure of Books, a conversational tour through her reading history that's also a reminder about the quiet joy of losing yourself in language.

"When it comes to literature, we are all groping in the dark, even the writer. Especially the writer. And that is a good thing — maybe one of the best things about literature. It's always an adventure of some kind. Even the second or third or tenth time you read it, a book can surprise you, and to discover a new writer you love is like discovering a country."

10. Because everyone has a thing for sexy librarians.

I am very, very nearsighted — so nearsighted that even the ultra high-index lenses in my glasses are coke-bottle thick. I'm kind of self-conscious about how small my eyes look when I wear my glasses, and as a result, I wasn't confident enough to wear them out in public until I turned 25 and reached the glorious fuck-it stage of life. The weird thing? With my glasses on, guys check me out more, and I am not one of those lucky freaks who look really good in goggles. Also, my glasses are HUGE. And yet I swear to you — if I wear my glasses to a bar, I'm way more likely to get hit on.

I consulted my dude friends about this phenomenon, and they unanimously agreed that glasses are sexy because glasses are associated with books, and books are associated with smart people, and smart brains are sexy. Works for me. It's kind of hard to definitively prove this one, but judging by the volume of steamy librarian porn out there, plus Tumblr accounts like Hot Guys Reading Books and its counterpart, Hot Girls Reading Books — I think it's safe to say that a lot of people find glasses-wearing, bookwormy smarty-pants pretty hot. There's even a dating site that matches people up according to their taste in literature. I bet you my nerdy firstborn that Alikewise creates longer-lasting matches than OkCupid.

11. It teaches you how to read minds.

A few months ago, the Internet was all aflutter about a study published by social psychologists at the New School who discovered that reading literary fiction improved people's ability to interpret social cues. Subjects who read literary fiction (authors like Alice Munro, Charles Dickens, and F. Scott Fitzgerald) for five to ten minutes demonstrated a higher ability to understand others' mental states.

Why is this important, and how will it help you be a kinder, more thoughtful and socially fluent version of yourself? Because the literary-fiction readers aced tests that measured Theory of Mind, defined by the researchers as the ability to understand others' mental states. Essentially, the study measured each subject's mind-reading skills. Could they pick up a flicker of sadness betrayed by a slow-to-bloom smile? Or realize that a coworker's noisy exhale means they've been talking about their cat for too long? After engaging in the kind of reading that demands attention and interpretation, people were significantly better at putting themselves in another's shoes. This gets back to what David Foster Wallace was saying in his speech.

12. Because being a sharp and prolific reader might help you land, and succeed, at your job.

There are a ton of scary articles out there about how low literacy rates contribute to things like early incarceration, unemployment, and even health problems. But the happy inverse of that problem is that high literacy is a skill that will benefit you in every aspect of your life — and particularly in the workplace, where the ability to communicate effectively is one of the top skills employers look for in new hires. Check out this list on Forbes.com — reading more will make you stronger in almost every area.

When you tackle a literary novel like David Copperfield, you're doing half the work — Charles Dickens provides the text, but your imagination provides the scene. In other words, you problem-solve. You anticipate. You infer things about characters based on details. You and the author, during the course of the book, are a team. So what are you waiting for? Go read. Your life will thank you by becoming even more awesome.

Flash Rat 118

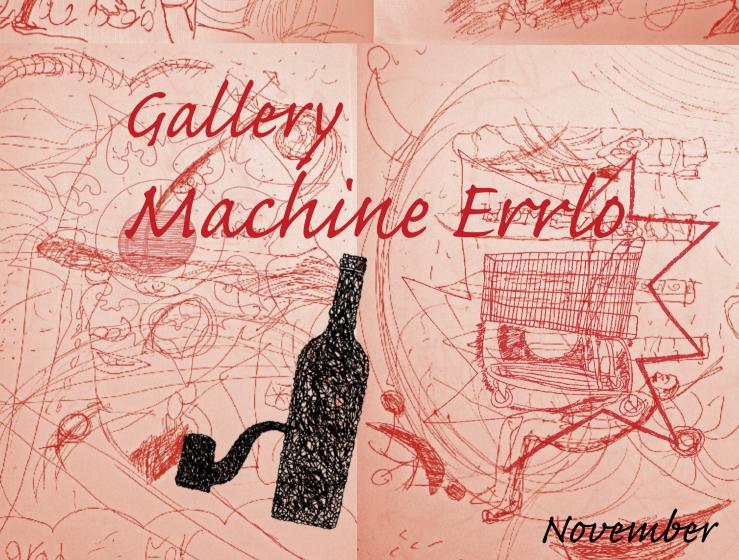
The Wine Drawings

BY Lancer Homier

"No longer drink only water, but use a little wine for the sake of your stomach and your frequent ailments." (Timoteus, 5, 23.)



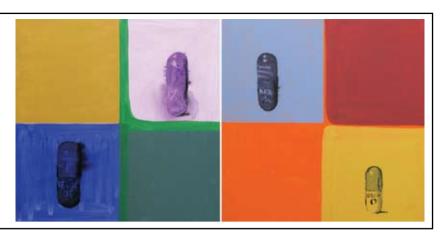


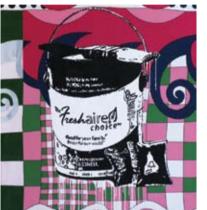


The Four Seasons,
Consuming And Being
Consumed



Acrylic on canvas, 2010, 60 x 120 cm





FROM THE SERIES

PAINT ON CANVAS

Oil, 60 x 60 cm, 2010



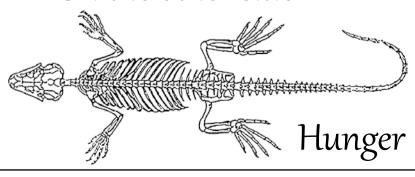
It's Happening

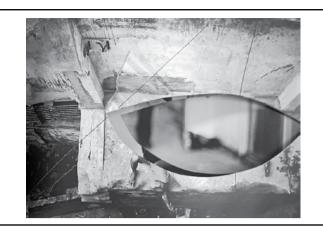
Getting out of Zen with the Hair on your Head





On the other side









July

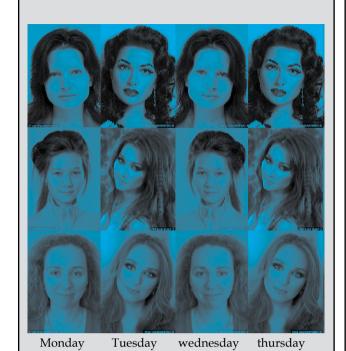
no; a negative answer.

Nej, jag har inga pengar med mig. No, Thave no money with me.



SEPTEMBER KEIN ADLER BY **RECLAIM HERON**

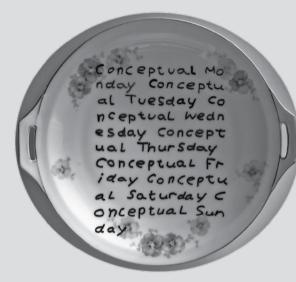




Emboldened by this I continued to relate the course of the night. My friend's grandmother said thank you for

telling her. Not every one can sense the invisible things around them. I even continue to have encounters with my deceased cat, but that is another story.

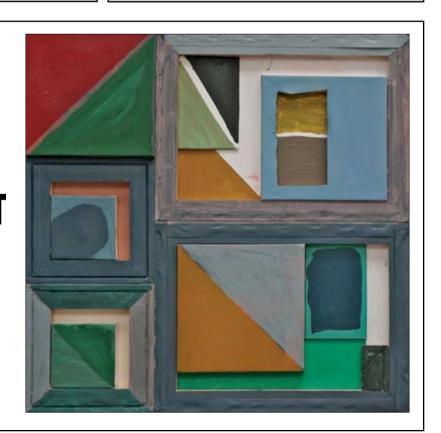
THEORY SERVED



EXHIBITION

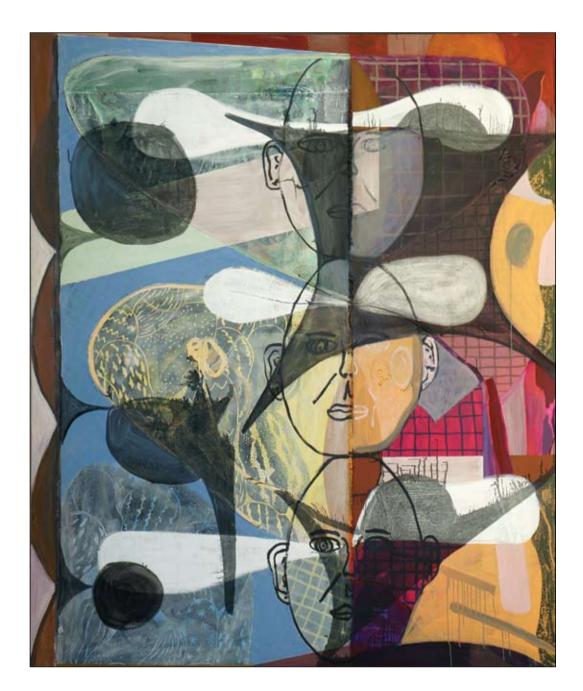
NEW FOREST

PAINTINGS BY **MANLIER OCHRE**



Flash Rat 122 Flash Rat 123

GALLERY RANCOR LEE HIM



The Colporteurs

CHORALE MINER

2013/14, oil- acrylic- crayon on canvas, 140 x 160 cm COLLECTION COMTE AND COMTESSE PIZZA DI BERGE COURTESY DIAMOND DOCS PRESS

AUGUST

MARINE CHOLER

PAINTINGS ON HARD BOARD





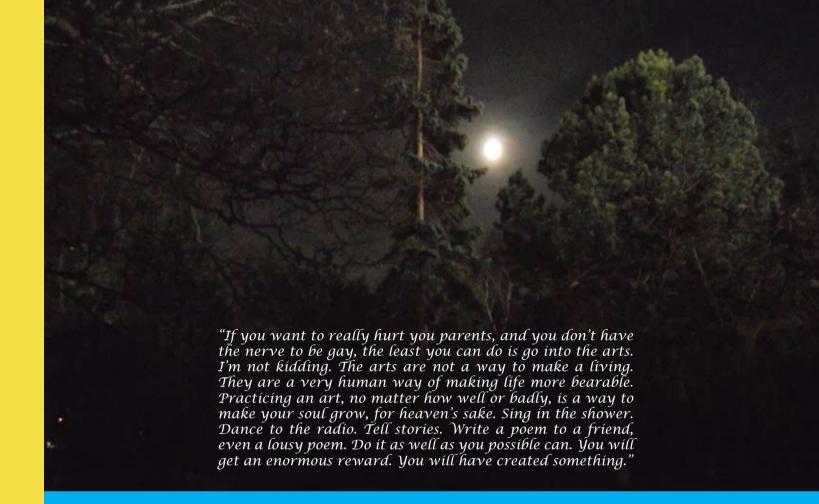




2011, Mixed media on hardboard, each 80 x 110 cm

GALLERY ACNEMI LERRHO

COURTESY DIAMOND DOCS PRESS





Ambient ARoS Unlimited, 2010, Acrylic & oil on canvas, 130 x 140 cm

EXHIBITION

"AMBIENT OUTPOST"

BY

MINERAL CHORE

ART STUDIO
RACE ENROL HIM

Landscape:
Today, Friday 31/01/2014
Time Forecast Temp. Precipitation Wind
23:00-00:00 Cloudy -1° 0 mm Light breeze, 2
m/s from south-southwestLight breeze, 2 m/s from southsouthwest
Tomorrow, Saturday 01/02/2014

06:00–12:00 Cloudy 0° 0 mm Gentle breeze, 4 m/s from southeastGentle breeze, 4 m/s from southeast 12:00–18:00 Rain 2° 0.5 – 0.8 mm Gentle breeze, 5 m/s from southeastGentle breeze, 5 m/s from southeast

18:00-00:00 Rain 3° 2.6-3.7 mm Gentle breeze, 5 m/s from south-southeast Gentle breeze, 5 m/s from south-southeast Sunday, 02/02/2014

Time Forecast Temp. Precipitation Wind 00:00–06:00 Cloudy 2° 0 – 0.1 mm Ligh breeze, 2 m/s from south-southwestLight breeze, 2 m/s

from south-southwest

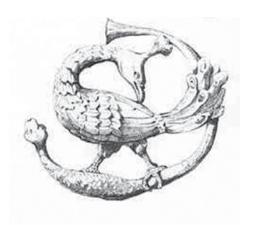
06:00–12:00 Cloudy 3° 0 mm Light breeze, 2 m/s from south-southwestLight breeze, 2 m/s from south-southwest

12:00–18:00 Cloudy 2° 0 mm Light breeze, 3 m/s from south 18:00–00:00 Cloudy 2° 0 mm Light air, 2

Art varies in its forms from ancient cave paintings to traditional landscape paintings. We have no trouble determining these things are works of art.

m/s from southLight air, 2 m/s from south









"In the beginning was the image. Words are images. A certain kind of images that tend strongly towards taking over all consciousness and call it REALITY." Asger Jorn



R E V I E W S



The curator of a Western art museum commissioned a local artist to paint a mural-sized painting of Custer's Last Thought. The artist was told to make it highly symbolic of Custer's mindset during the debacle at the Little Big Horn.

Deep in thought, the artist went to his studio. After many false starts, he proceeded to paint an enormous oil painting. Finally, after many months of work, the painting was unveiled for the curator.

In the foreground, a beautiful crystalline blue lake with a single fish leaping. Around the fish's head is a halo. In the background, the hills and meadows are covered with naked Native American couples copulating.

The curator is both disgusted and baffled by what he sees. In a rage he turns to the artist and asks, "what the hell has this got to do with Custer's Last Thought?"

The artist replied, "It's simple; Custer's last thought had to have been: Holy Mackerel! Where did all these fucking Indians come from?"

WHAT YOU ON ABOUT?



I painted her in oils because she had a face like a sardine.



We have discussed some possibilities about what is Art, from women in Art to market oriented paintings. Since art forms have evolved over time from traditional to more abstract works, a better question may be:
Blah blah blah Art?

"Cacoethes"

— an urge to do something inadvisable



Flash Rat 130









Achrome Liner; First camera, 1979, Friheden, Copenhagen

IAM

I AM AUTHENTIC, CREDIBLE, AND TRUSTWORTHY

I AM ETHICAL AND EQUITABLE

I AM EMPATHIC AND COMPASSIONATE

I AM COLLABORATIVE AND RESOURCEFUL

I AM ACCOUNTABLE, AVAILABLE, AND RELIABLE

I AM RESPECTFUL AND HUMBLE

I AM COMMITTED AND PASSIONATE

I AM PERSISTENT AND RESILIENT

I AM ENTHUSIASTIC AND OPTIMISTIC

I AM VISIONARY, INSPIRATIONAL, AND MOTIVATIONAL

I AM KNOWLEDGEABLE - ABOUT SELF, OTHERS, AND CONTEXT

I DO HAVE THOROUGH UNDERSTANDING OF THE ELEMENTS OF GOOD DESIGN

I DO POSSESS EFFECTIVE COMMUNICATION OF IDEAS/DEVELOPMENT OF PRESENTATION SKILLS

I DO HAVE AN OVERWHELMING DESIRE TO CREATE

I DO NOT HAVE FEAR OF CLIENTS, OR OF TELLING CLIENTS THINGS THEY MIGHT NEED TO KNOW BUT ARE AFRAID TO HEAR

I DO HAVE A POWERFUL INTELLECTUAL CURIOSITY

I DO HAVE A STRONG SENSE OF CRAFTSMANSHIP

I DO HAVE PROVEN ABILITY TO MANAGE SOME RELATIONSHIPS

I AM TEAM ORIENTED

I AM ABLE TO TROUBLESHOOT AND BE SOLUTION ORIENTED

I DO THINK STRATEGICALLY

I DO HAVE A VISION OF WHERE I WANT TO BE AND ACHIEVING THIS VISION

I AM EFFECTIVE SOLVING PROBLEMS

I AM SELF-MOTIVATED

I AM BEING CHARISMATIC, ASSERTIVENESS AND I DO UNDERSTAND EMPATHY

I AM EMOTIONAL INTELLIGENT

I AM ABLE TO EXPRESS MYSELF CLEARLY IN WRITING

I AM ABLE TO SPEAK AND UNDERSTAND OTHER LANGUAGES

I DO HAVE AWARENESS OF ACHIEVEMENTS, ABILITIES, VALUES & WEAKNESSES & WHAT I WANT OUT OF LIFE I DO PRESENT A STRONG, PROFESSIONAL, POSITIVE IMAGE TO OTHERS WHICH INSPIRES CONFIDENCE & COMMANDS RESPECT

I DO CONTINUE TO LEARN THROUGHOUT LIFE. DEVELOPS THE COMPETENCIES NEEDED FOR CURRENT & FUTURE ROLES

I DO MAINTAIN EFFECTIVE PERFORMANCE UNDER PRESSURE

I AM ABLE TO DECIDE WHAT STEPS ARE NEEDED TO ACHIEVE PARTICULAR GOALS AND THEN IMPLEMENT THESE I AM ABLE TO DETERMINE THE BEST COURSE OF ACTION. EVALUATES OPTIONS BASED ON LOGIC & FACT & PRESENTS SOLUTIONS

I DO RECOGNIZE & RESPECTS DIFFERENT PERSPECTIVES. OPEN TO THE IDEAS & VIEWS OF OTHERS

I AM ABLE TO MANAGE TIME

I DO UNDERSTAND THE COMMERCIAL REALITIES AFFECTING LIFE

HEY, MICHAEL NORRE







