



# Emily Armstrong, Master

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Williamsport Area High School, PA.

## Why I Chose Avery Sauers

I have had the pleasure of working with Avery Sauers in my Photography & Digital Media class. Avery is a dedicated artist and student who thinks complexly about art & creation both within and outside of the classroom. Avery demonstrates proficiency in visual thinking and her commitment to executing her ideas results in some really interesting work. I look forward to seeing Avery continue to develop her skills and creativity and the art that she produces from this.

## Artist Statement

In his 1983 essay “The Real Experiment” Allan Kaprow writes, “what if I were to think art was just paying attention?” Directing my attention toward myself as part of my mindfulness practice has given me the opportunity to honor my experience of witnessing my life as art. In his 1986 essay “Art Which Can’t Be Art,” after discussing his practice of witnessing his elbow dance in the mirror as he brushed his teeth and all the thoughts this inspired, Kaprow concludes that such a practice of witnessing life as art “can charge the everyday with metaphoric power.” The intersection of my mindfulness journey and my exploration of space has given me a taste of this metaphoric power and returned me to my body and the joy I take in movement. The more I investigate the restrictions I experience while trying to express freely through time and space, the more I discover the bulk of the barriers only reside in my head.

In *Dancing with Myself*, I’m exploring the space between the freedom of movement and expression I’ve carved out for myself on this journey, and the frozen, suppressed place I came from.

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