

Concentration is disciplined, requiring practice.

I am a visual artist, primarily. I paint and draw. My studio practice languished with the pandemic's escalation here in NYC where I live and work, so the necessary concentration came hard. Making the piece, "*Flip Book, March 2020*," was the means to move through my inertia and give my thoughts and hands a place of focus.

Most mornings my husband and I take long walks to Flushing Meadows - Corona Park in our home borough of Queens. We have plotted a route skirting contact with people, arriving at the park consoled to be in such open space. Quite possibly, the landscape in FM-CP is the current largest, unoccupied panorama in NYC. The Unisphere, commissioned for the 1964-65 World's Fair, has become a fixture of my study. Designed by Gilmore D. Clarke, the steel monument represents the world's continents and major mountain ranges in relief and is encircled by three rings that represent the orbits of early satellites. As my perception of the monument changes with light and weather conditions, I am unfailingly fascinated. I drew this motif as a landmark in *Flip Book's* composition, next painting an over-sized microscopic coronavirus overhead a draped torso (me). Beneath this vellum layer is a second paper layer with a painted shadowy figure encircled by text and continuous calendar numbers. The text reads:

December November Octo

Octobet October No ember

Dee rember Janu Can uary

Feb February

March March

March Fevery January

June May April Apart May B

Maybe Maybe Jump July A

August September See

See Ember Ag

A Gust July Why

Jump June May A

Maypole May Pop Hop

Hop Hop Jump

Skip

Flip Book

The circle of our walks to the Unisphere intersects the orbit of changing information transmitting the world's pandemic condition. The studio becomes a satellite in these rings – a space to process and make something of my finite movement.

Although my studio is only one flight down from my home floor in my building, I take a big breath, open the door, and hurry down the stairs.