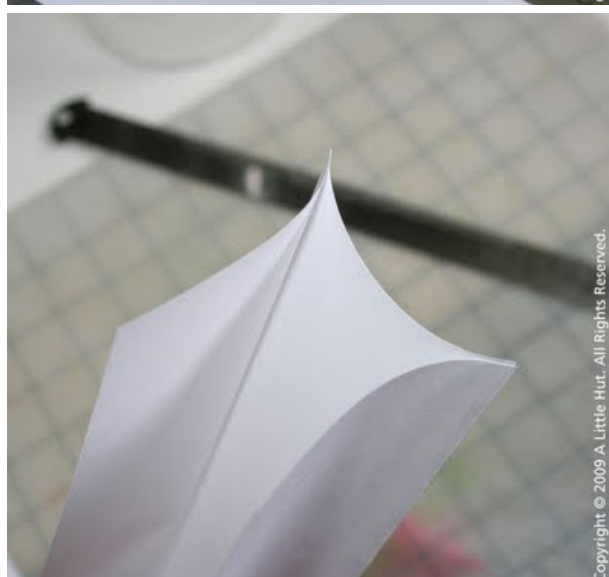
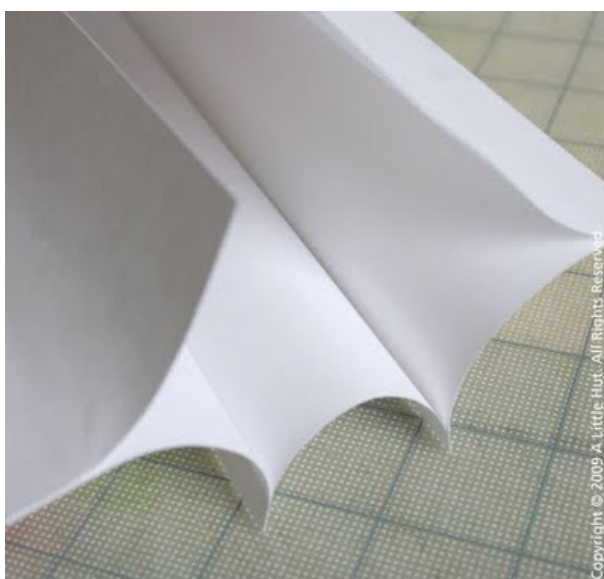
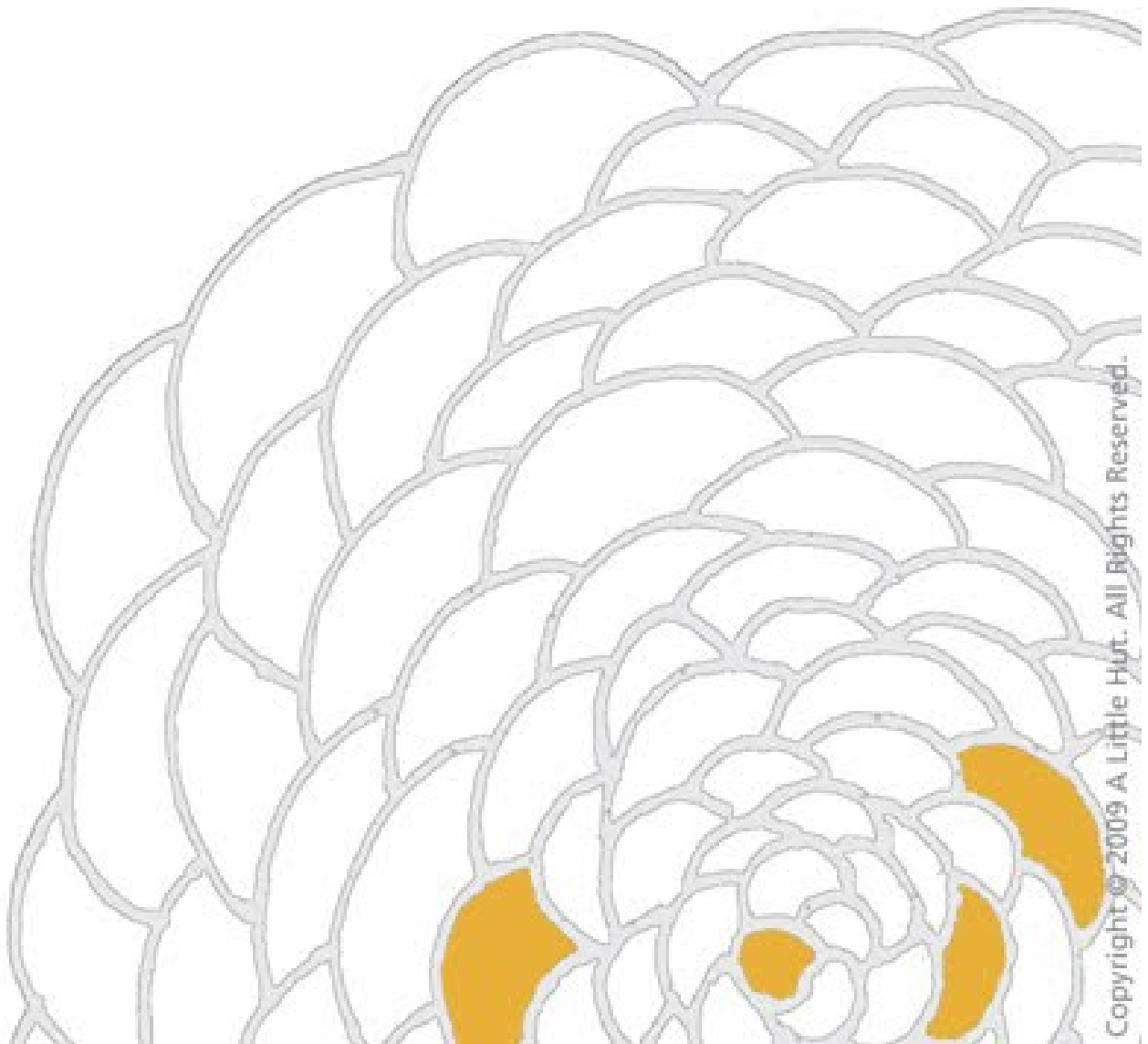


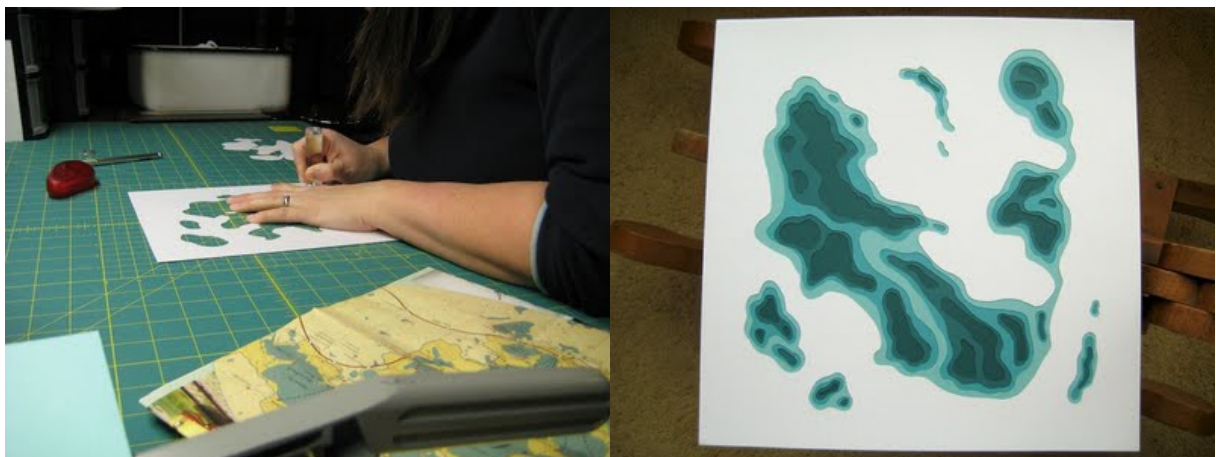




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5 simple things to do when you're creatively stuck

1. Step away from the computer. Computer programs are tools not fountains of inspiration. Staying away from the internet allows time to find inspiration elsewhere.
2. Pick up a good ol' pencil and paper—remember those? Sketch and play and don't work on your current project. In my case, picking up the Xacto works just as well (see photo).
3. Go to a museum, a park or a bookstore and just walk around. They all offer so much food for thought.
4. Enjoy your life. Do something that isn't related to your art.
5. Get a good nights sleep. This may sound silly but the reality is that if you're depleted you won't get very far. If your body is asking for rest, give in.





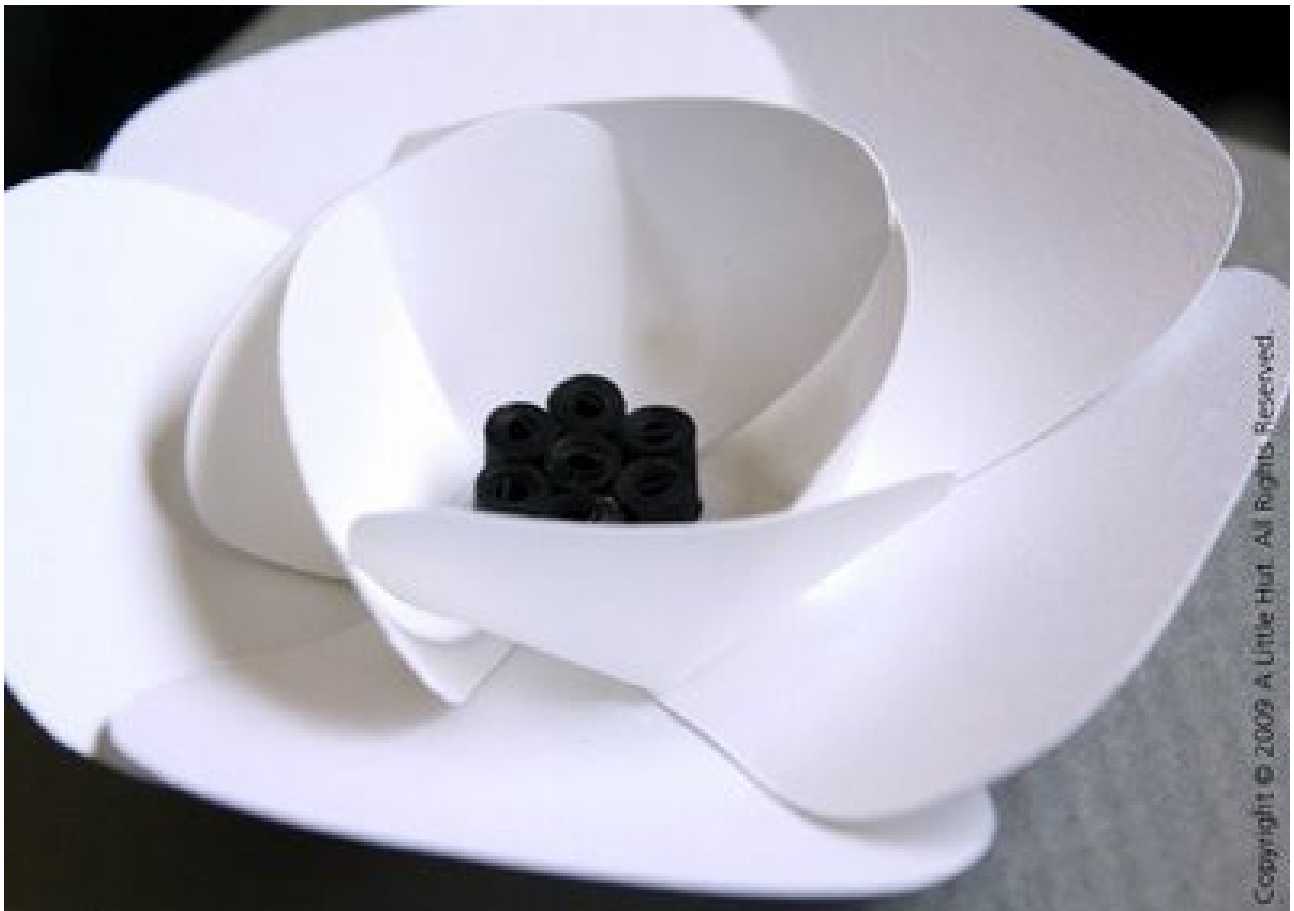










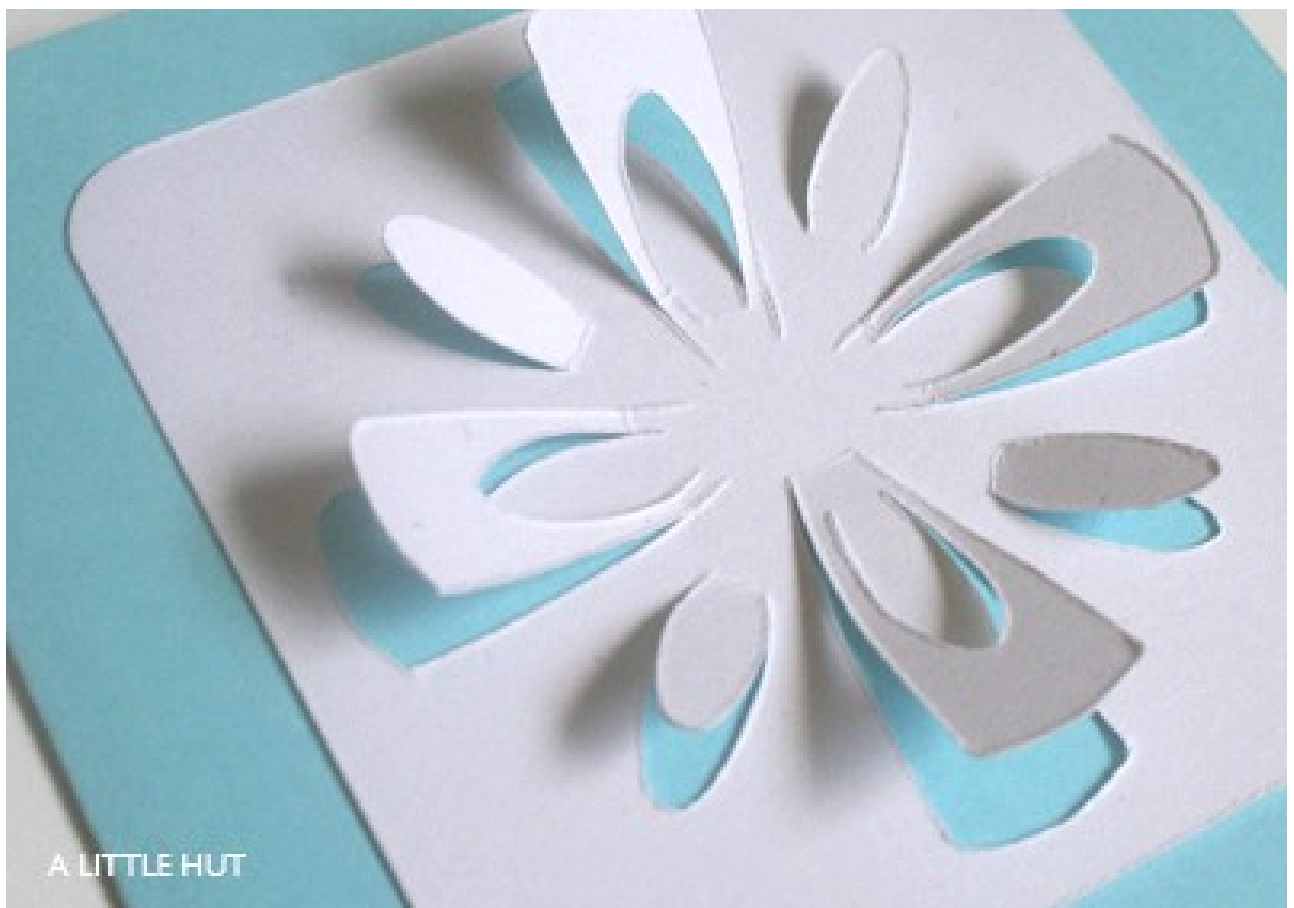




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P. ZAPATA



LUMEN di Adam Frank inc.















CHALLENGE YOURSELF

spend the next 24 hours without

COMPLAINT *or*

CRITISIM *or*

SPEAKING OF THE PAST









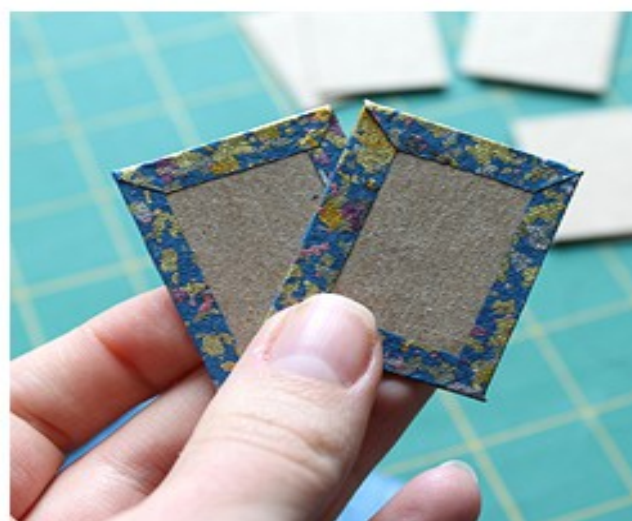


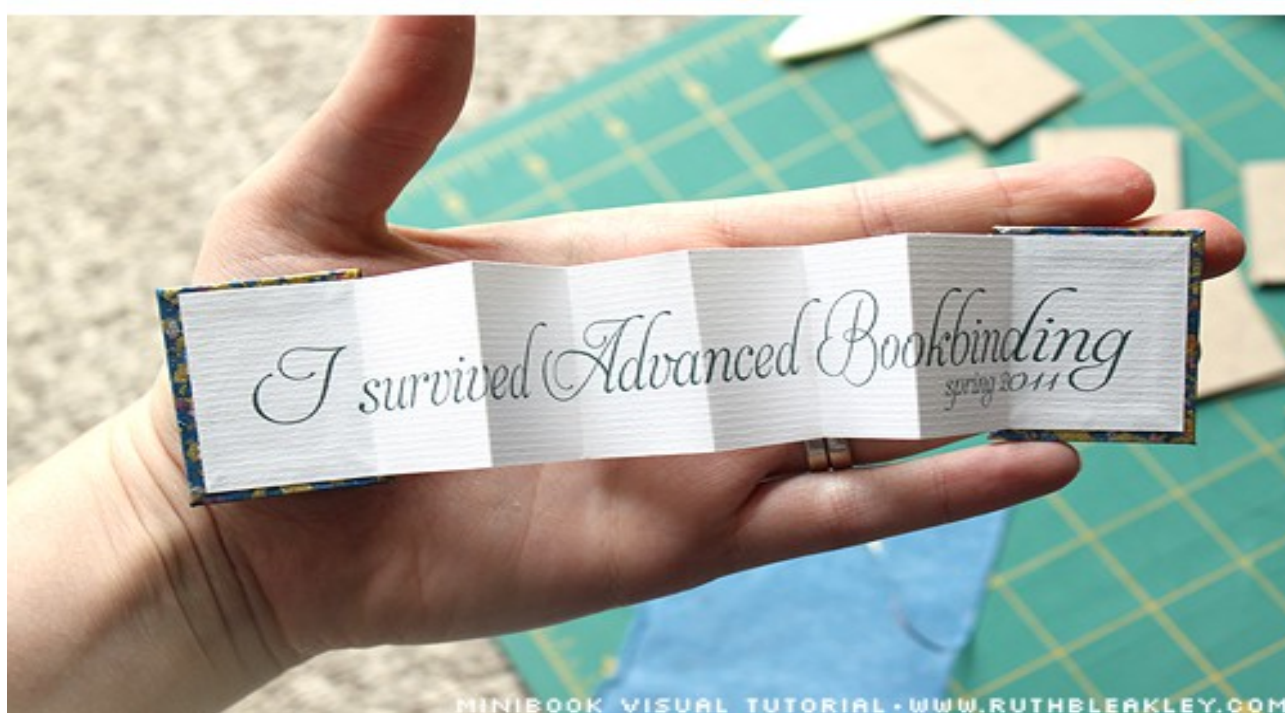






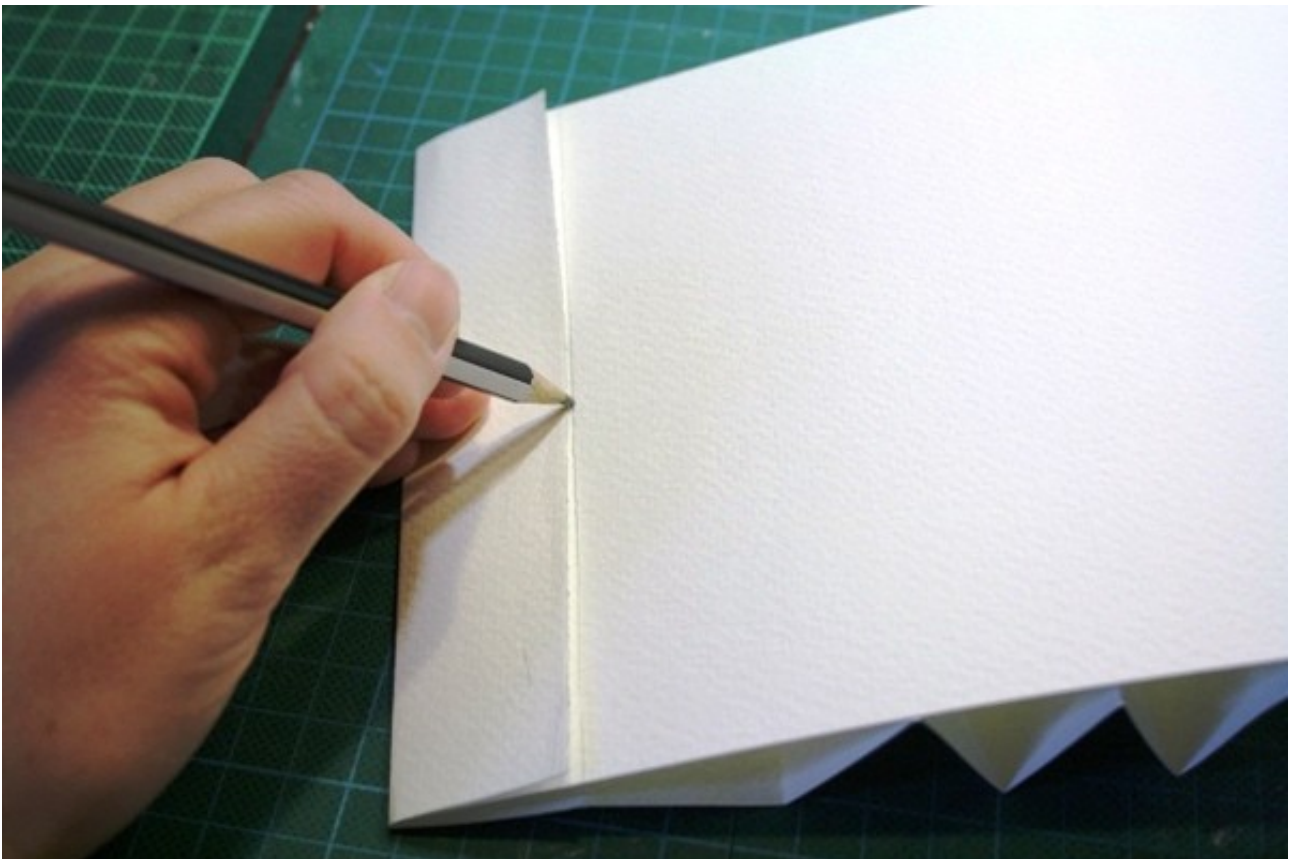
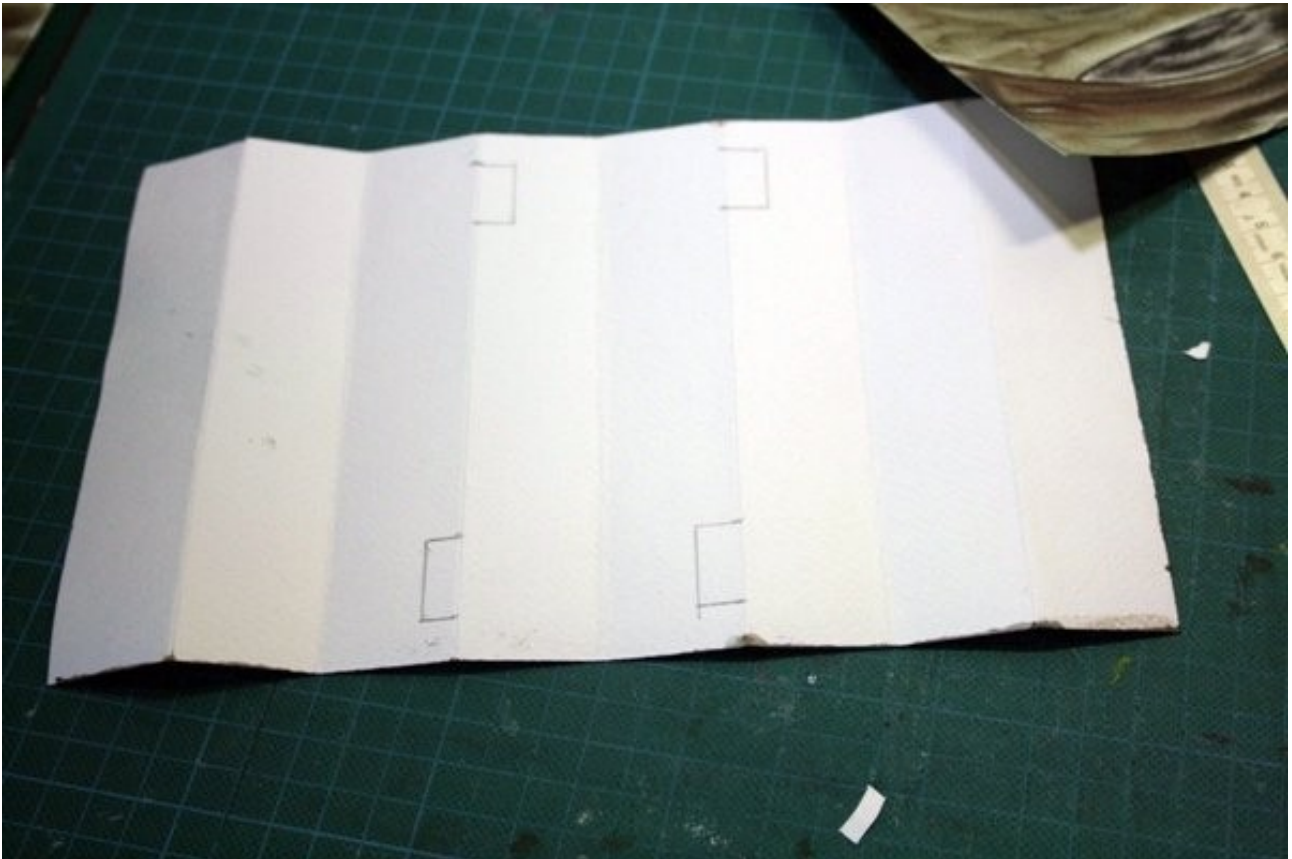


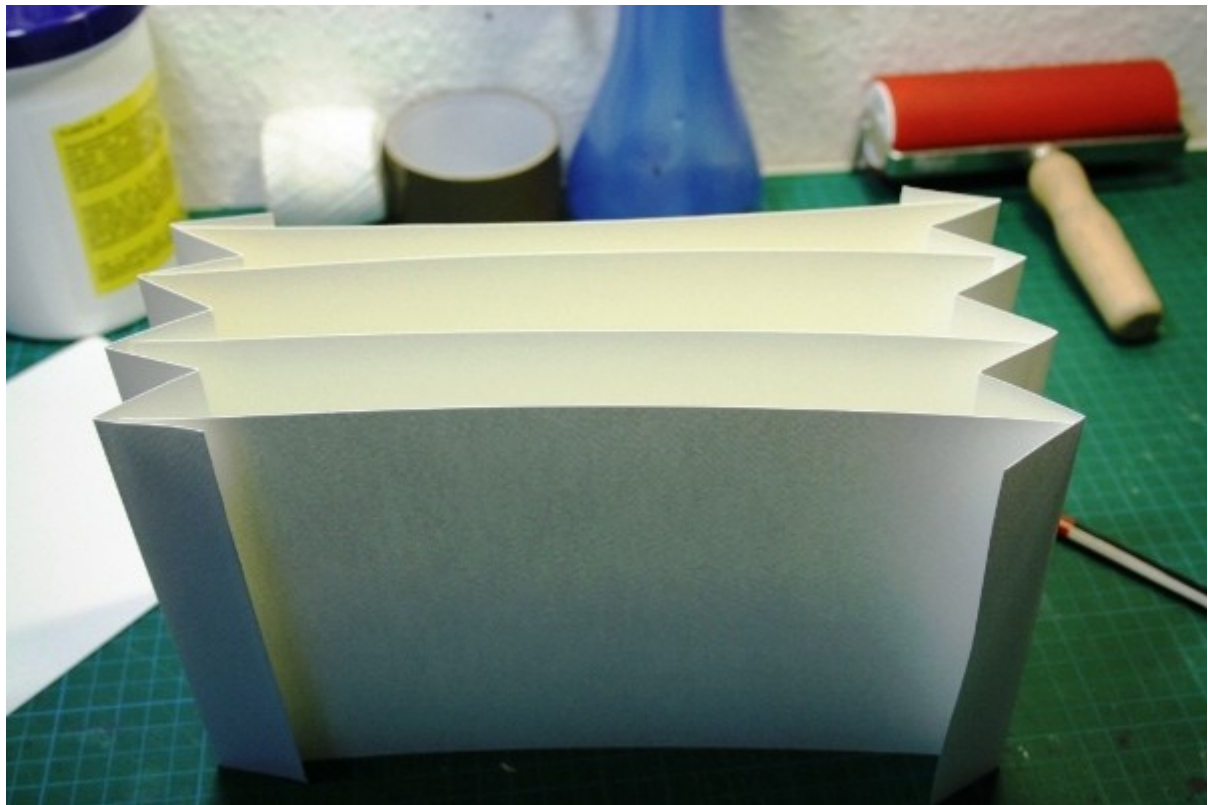


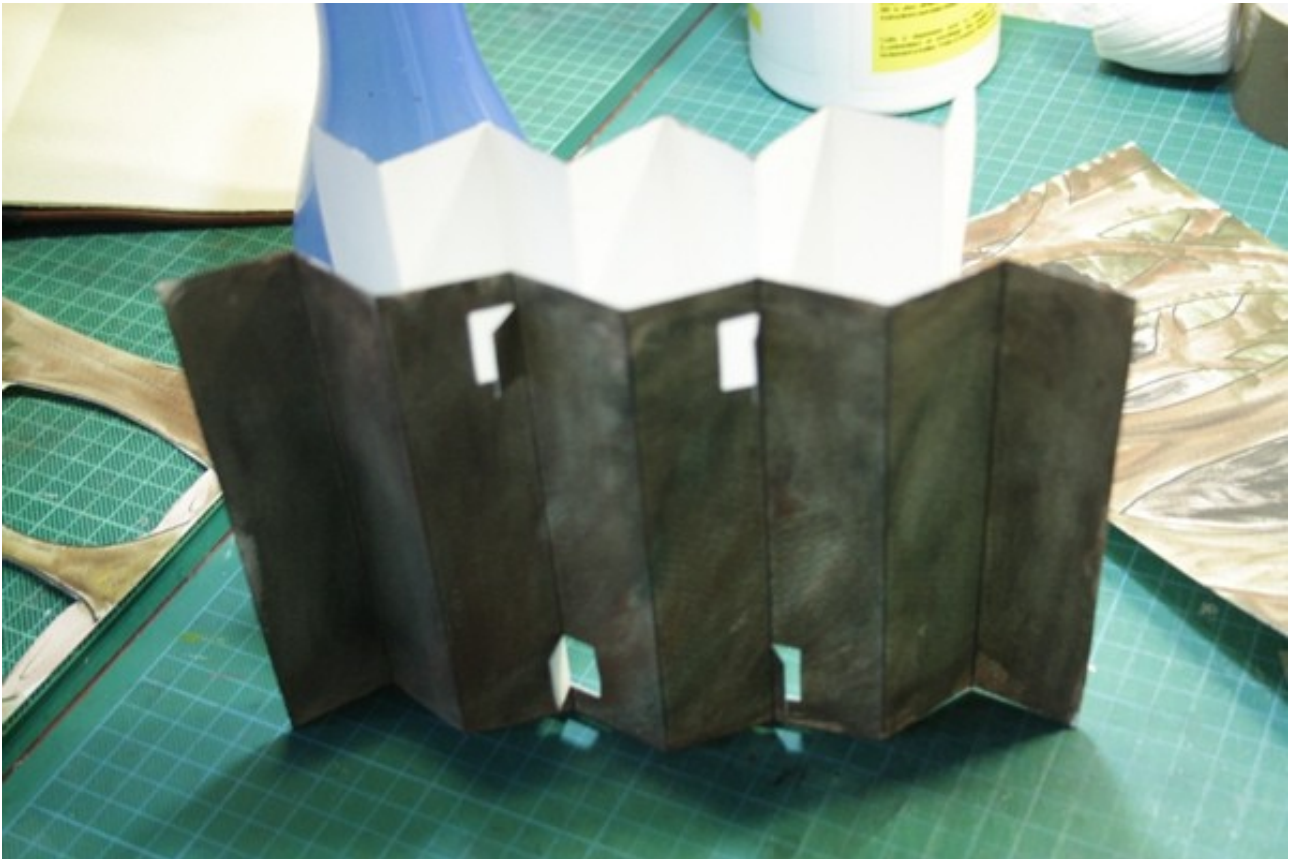
















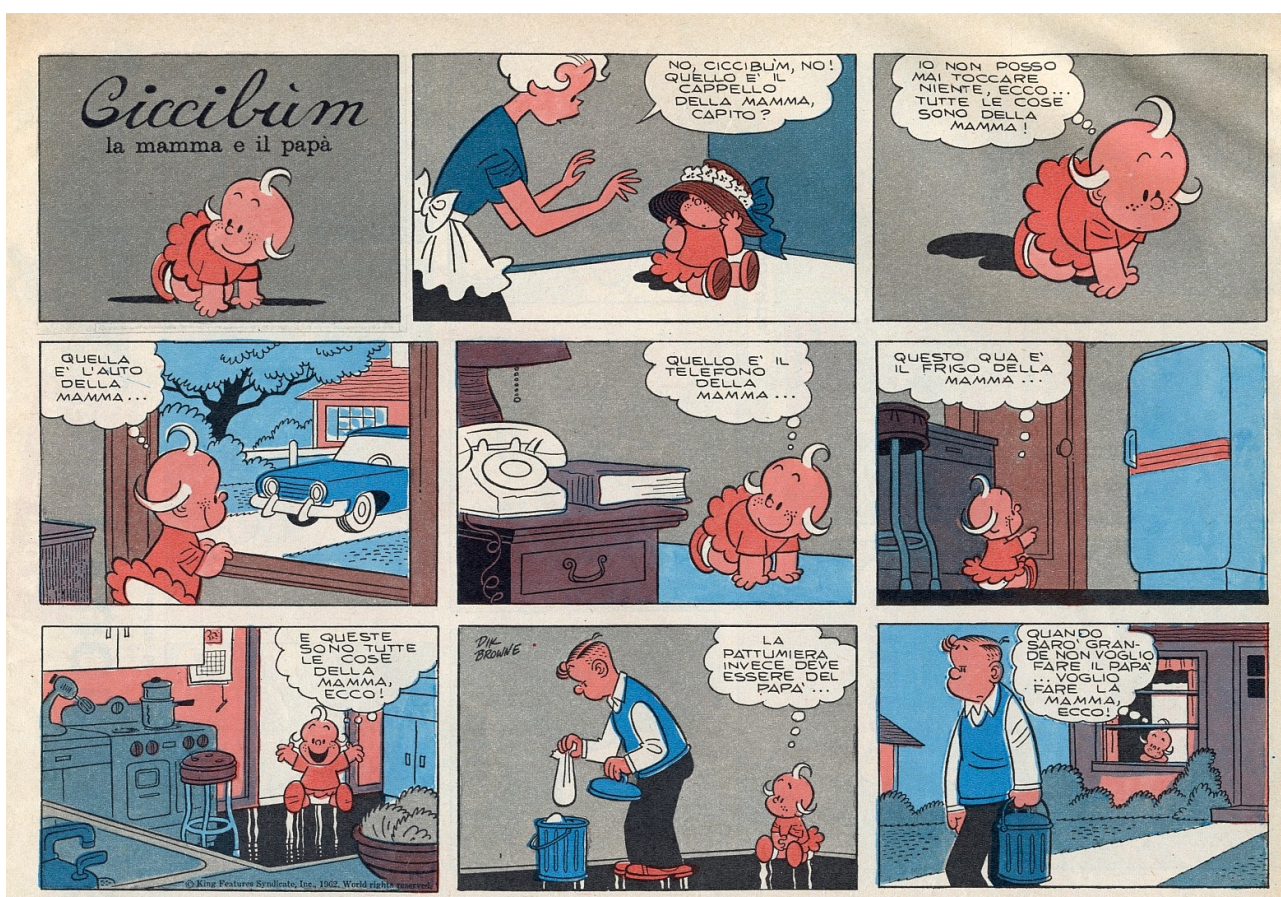




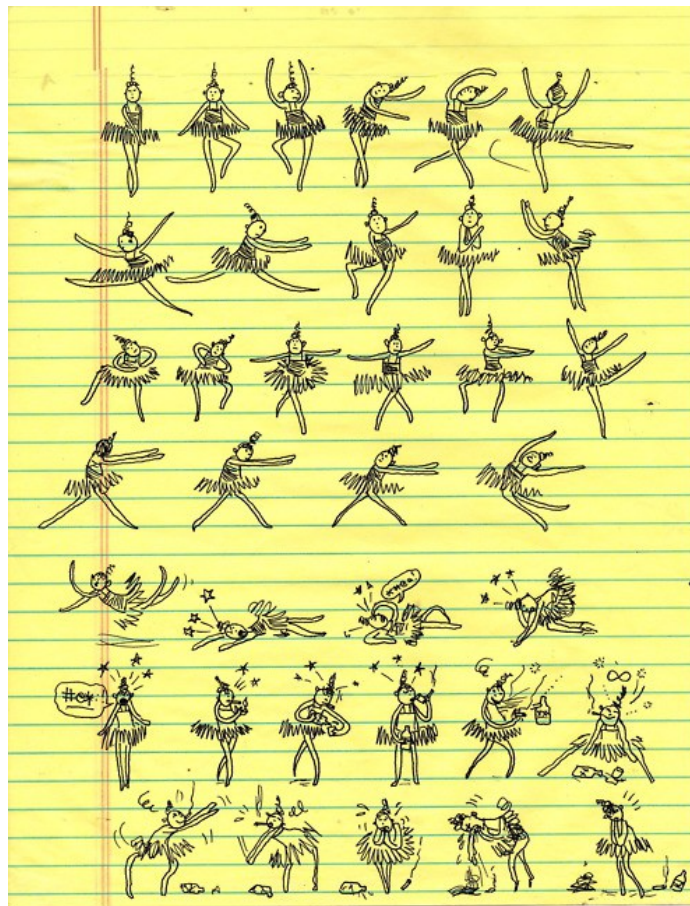
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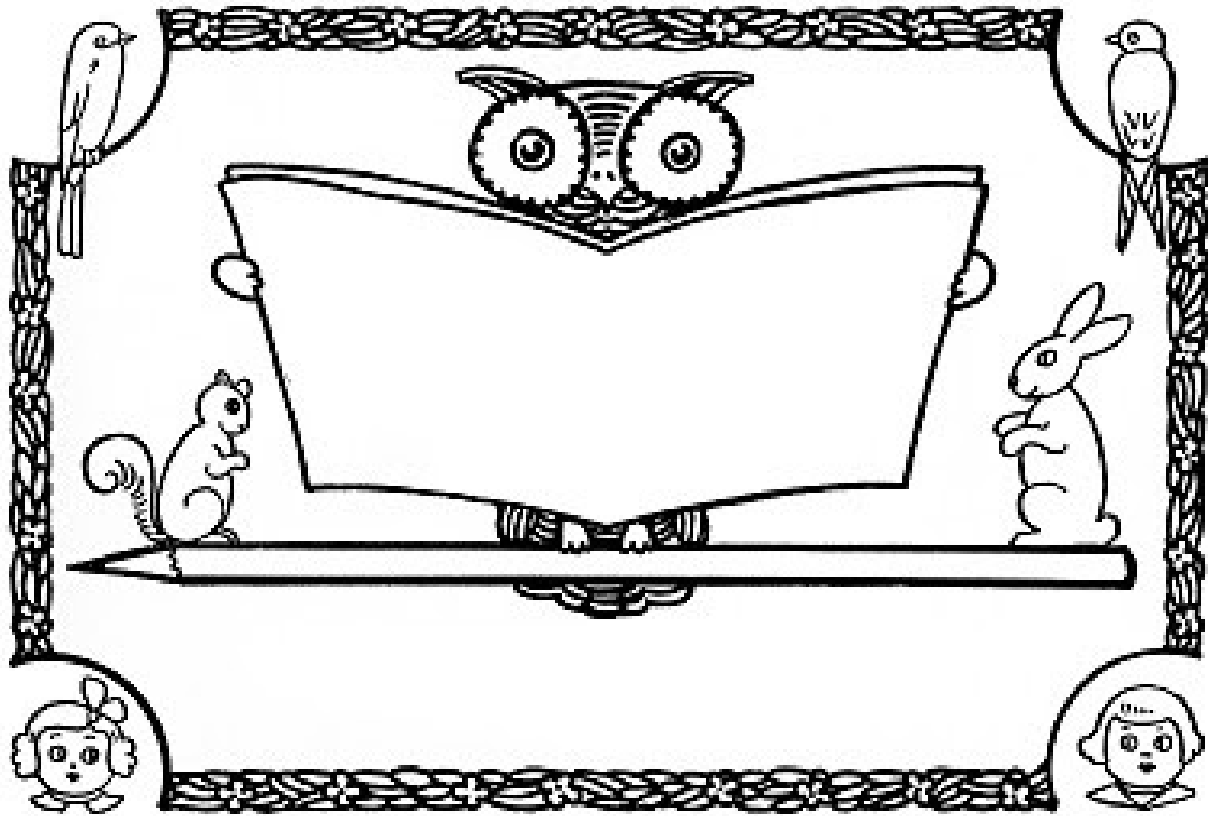






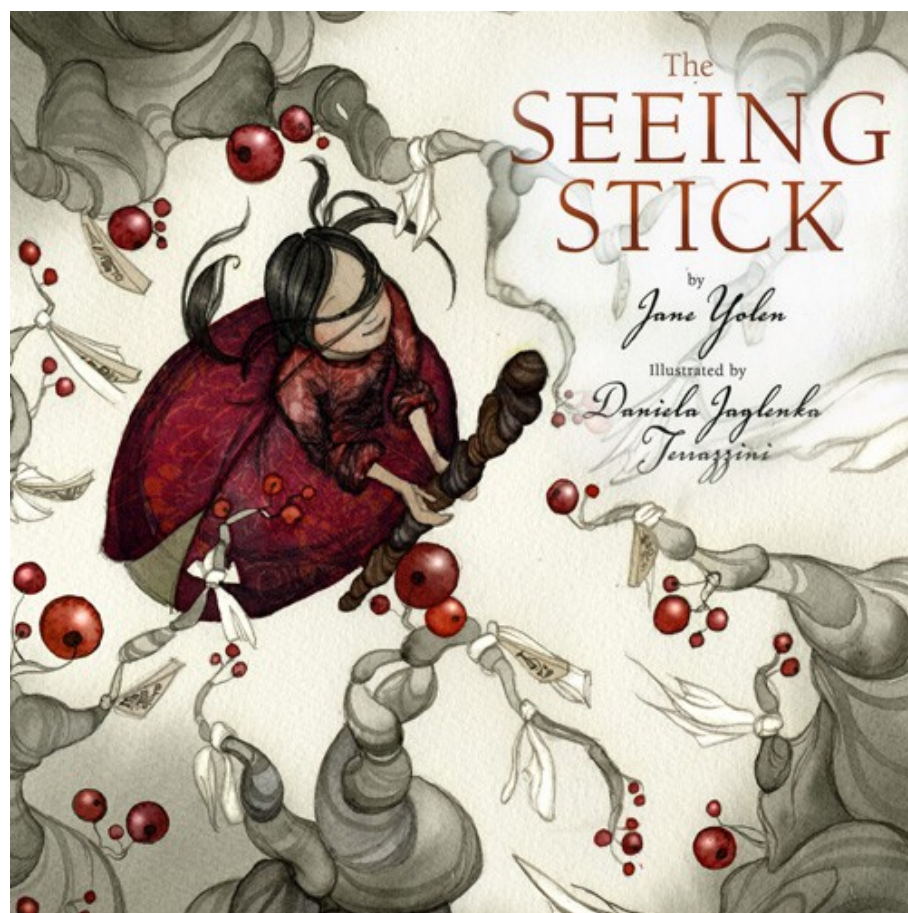
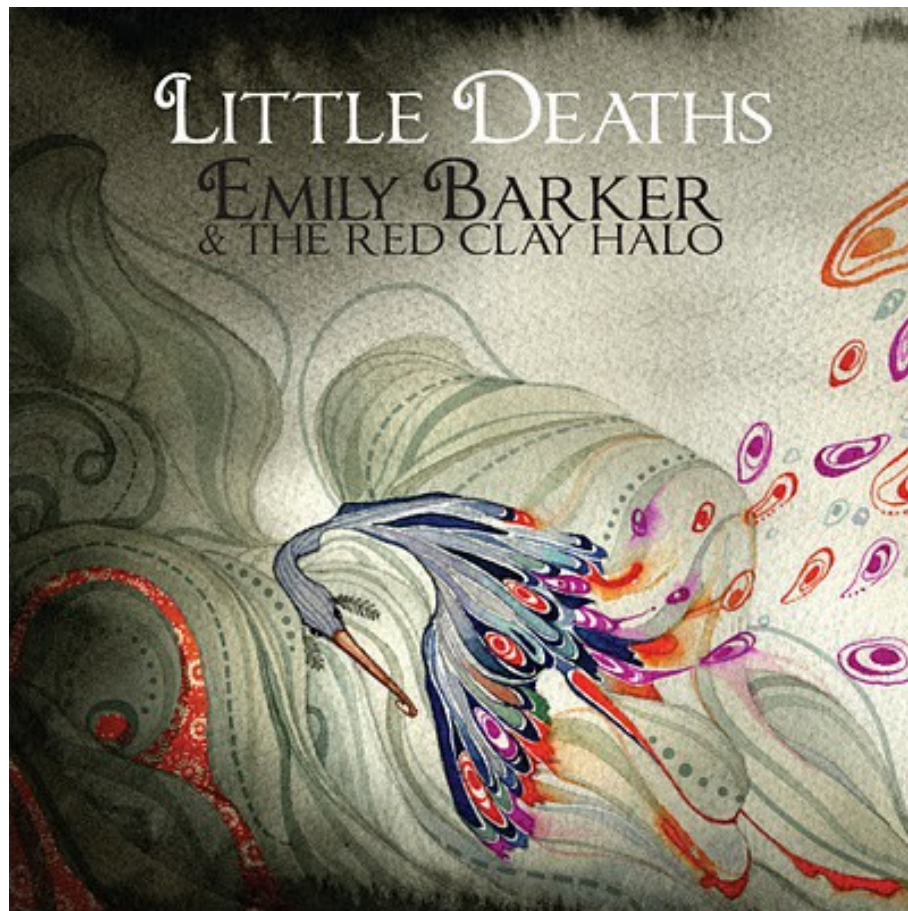














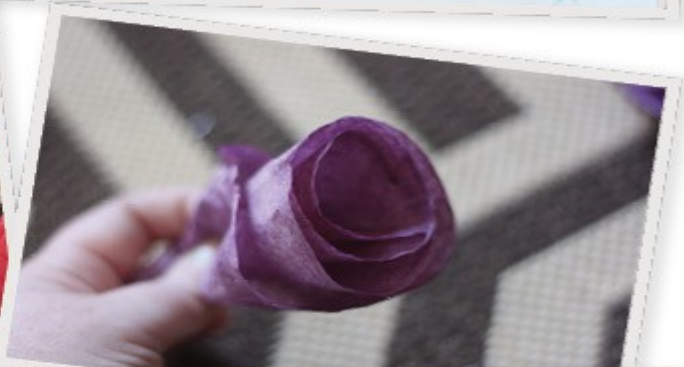


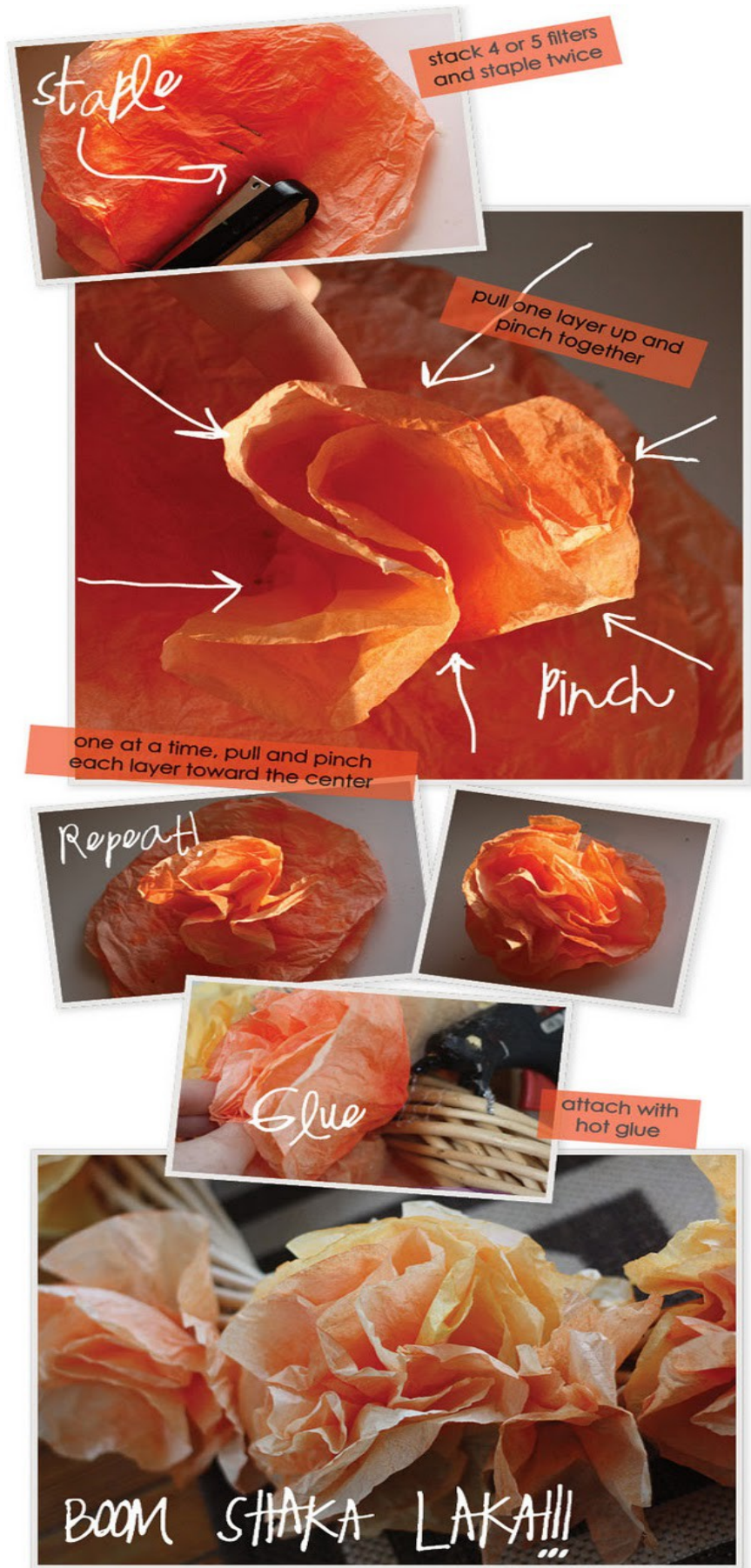


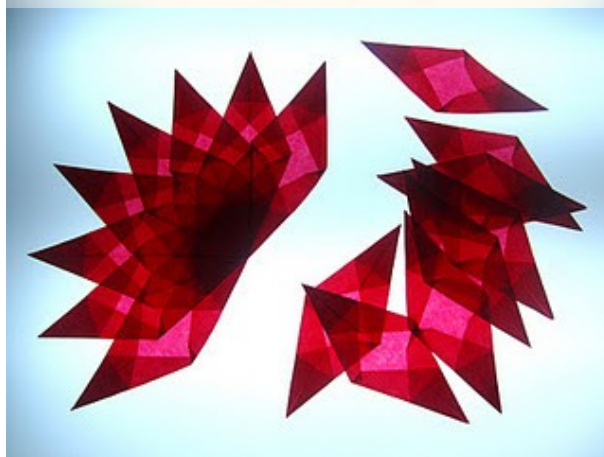
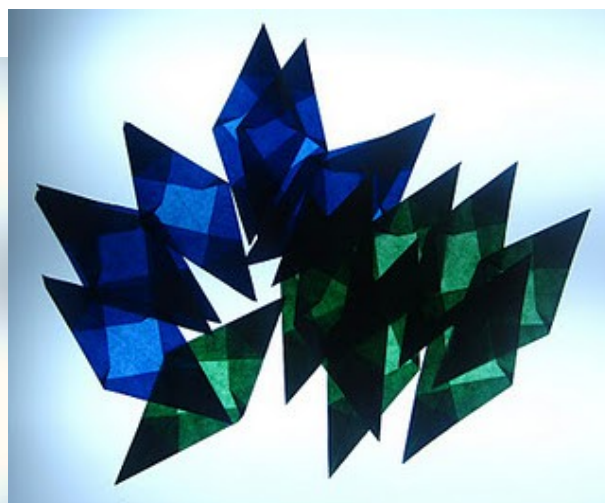
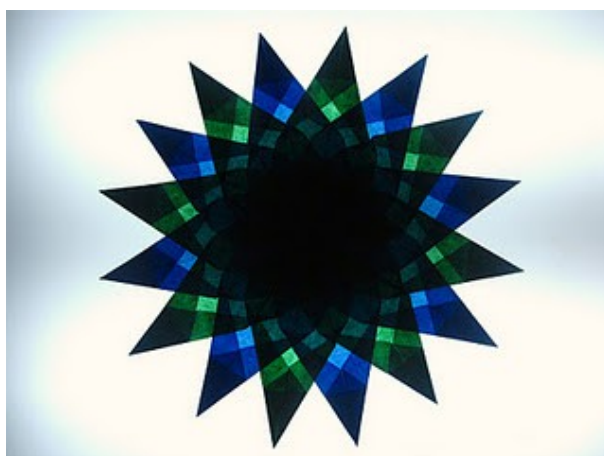


Materials

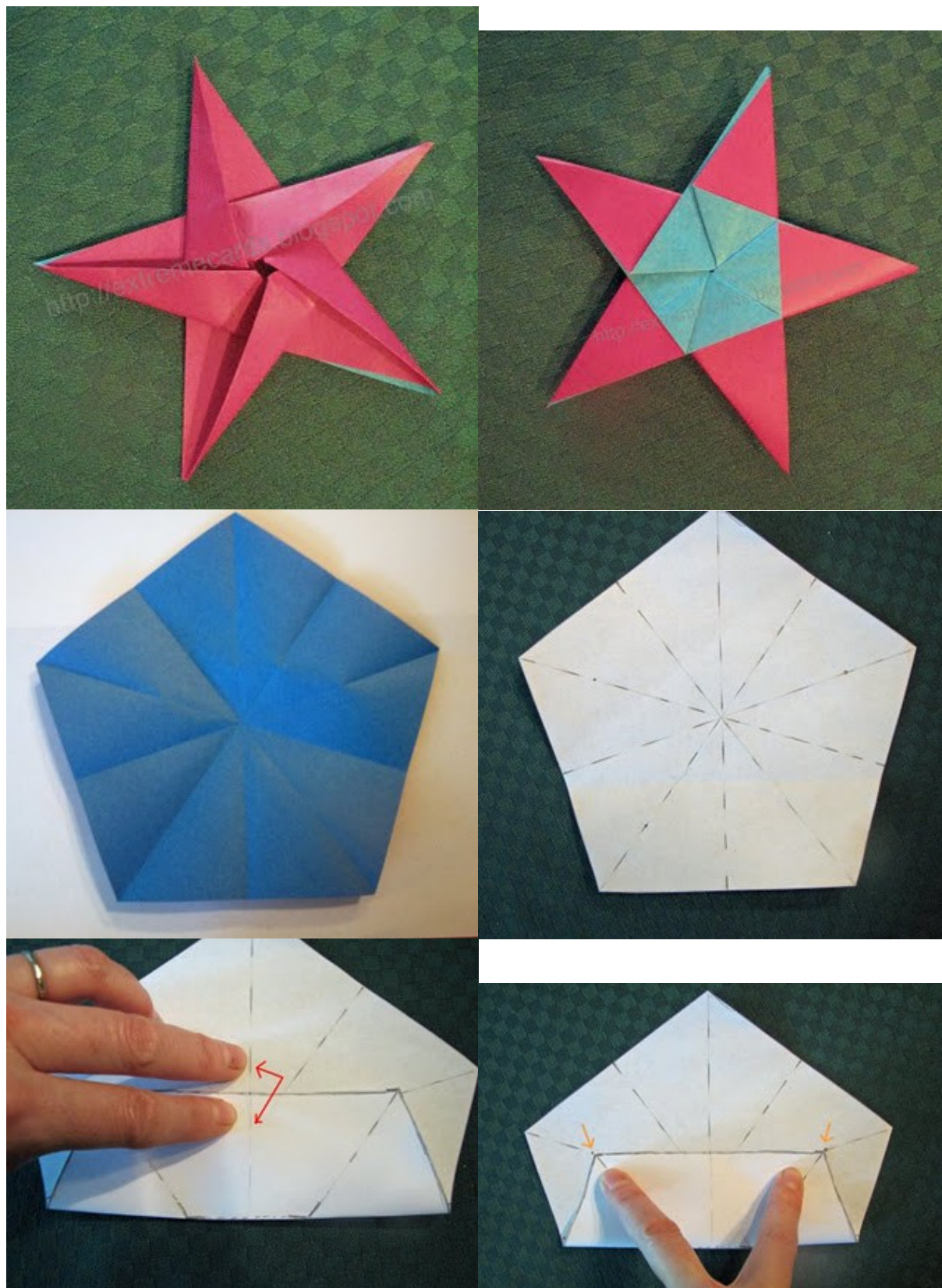


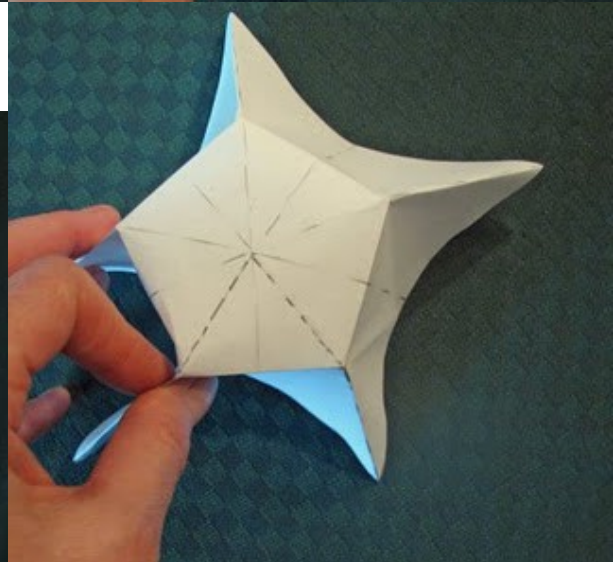
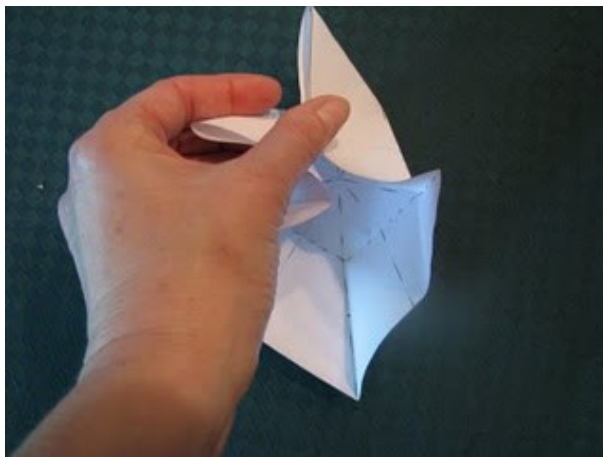
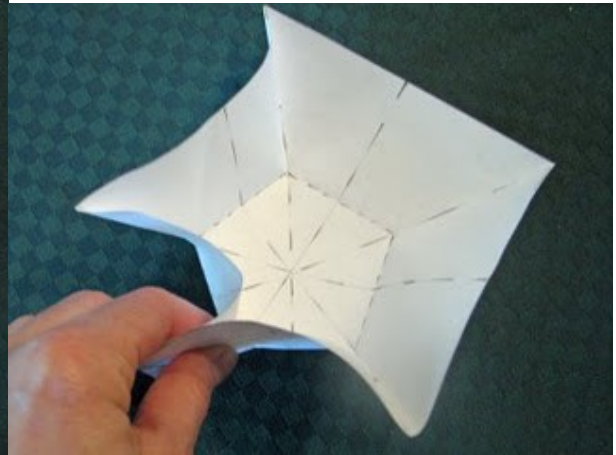
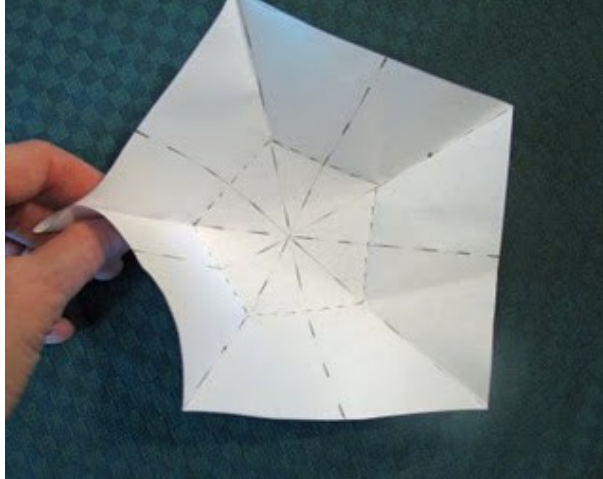
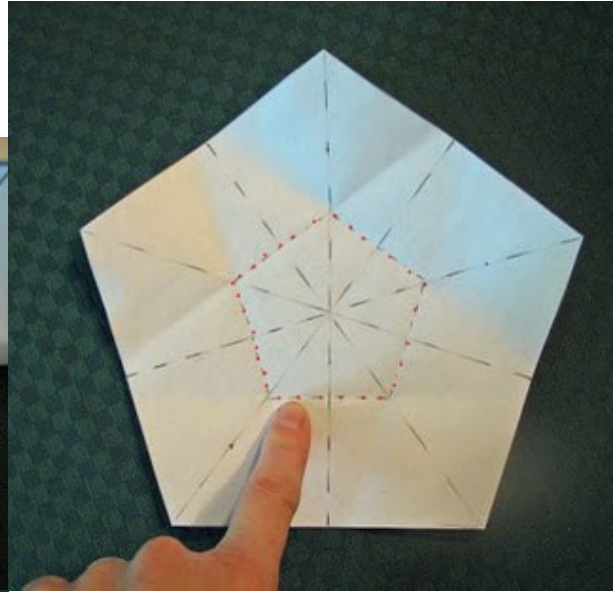
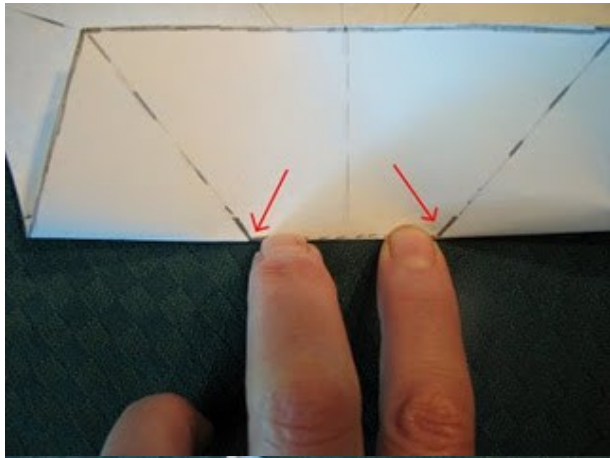


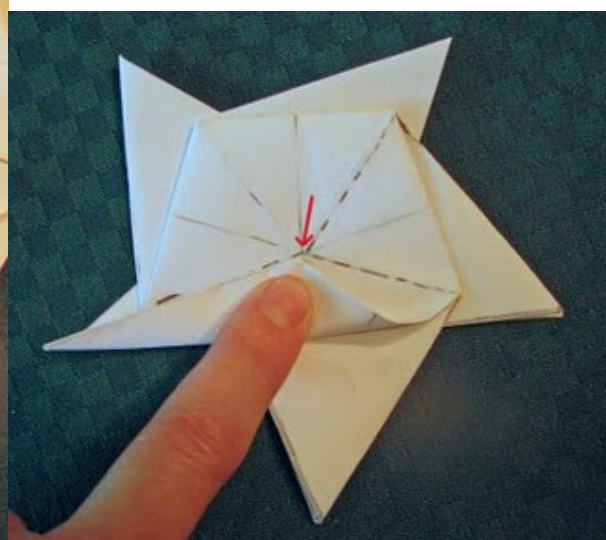
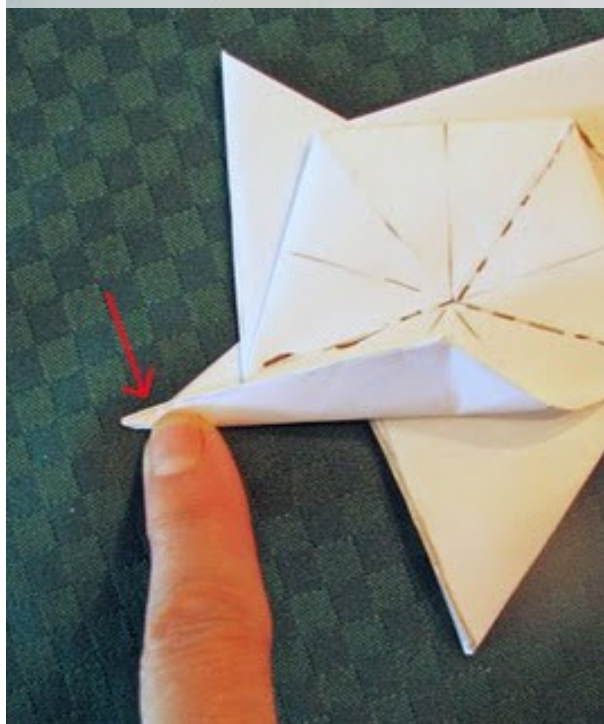
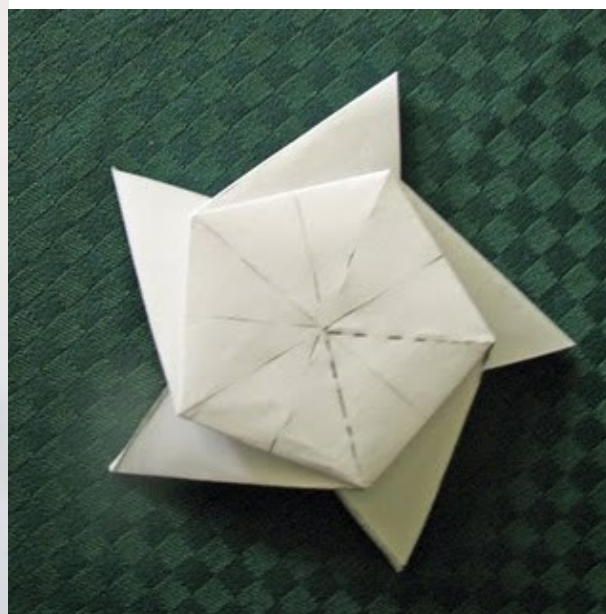
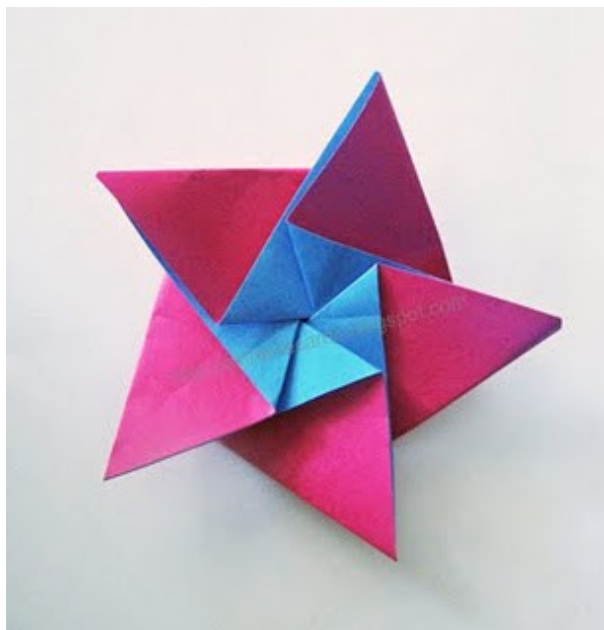


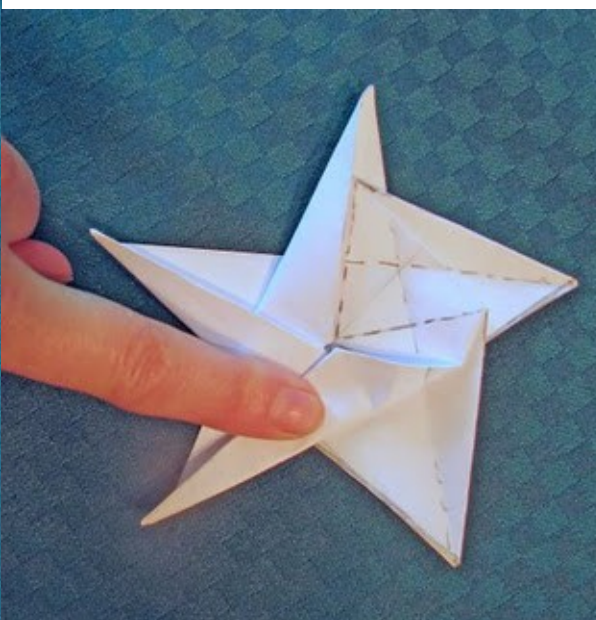
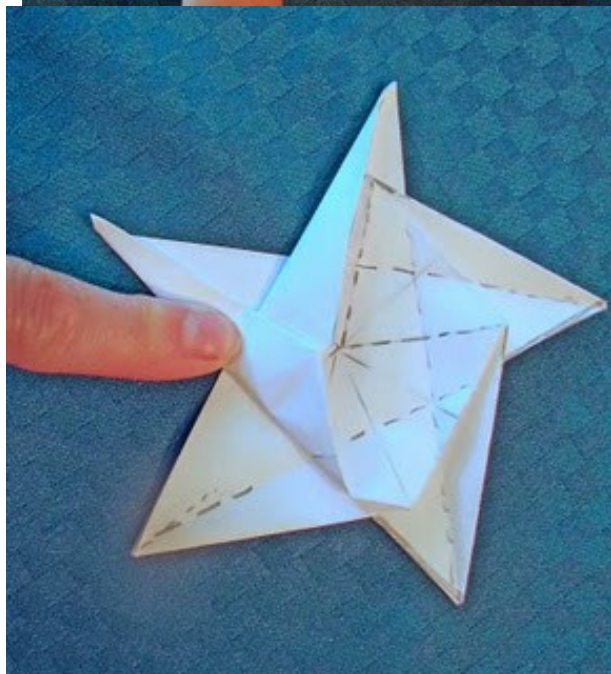
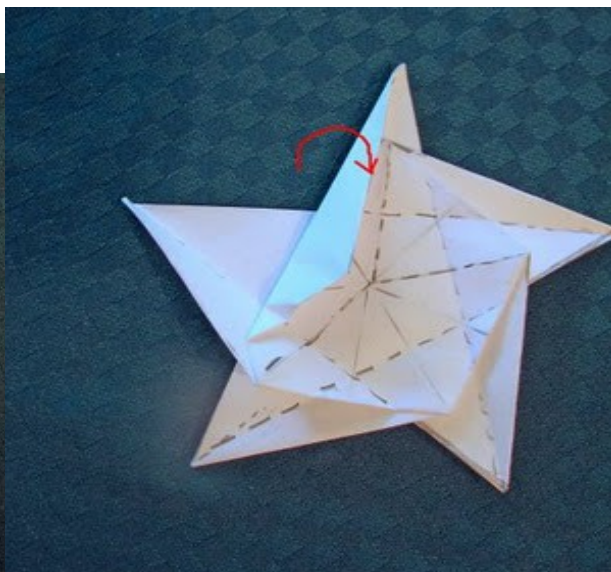
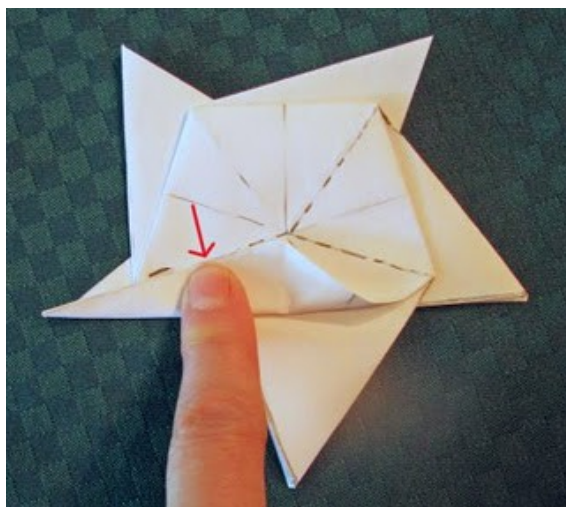


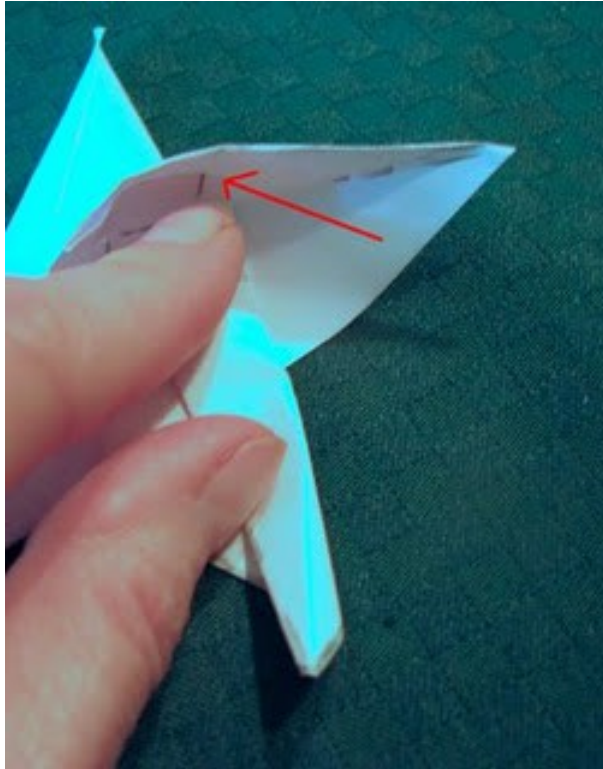






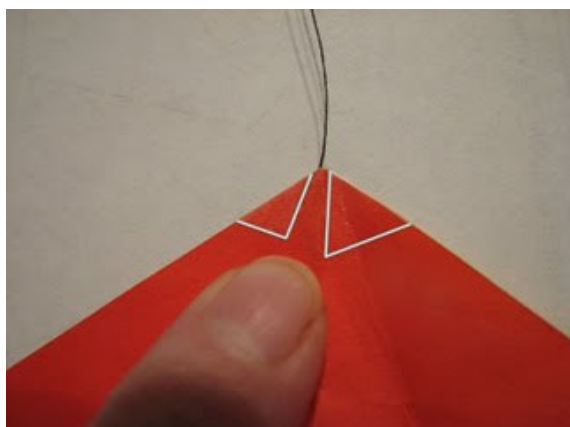
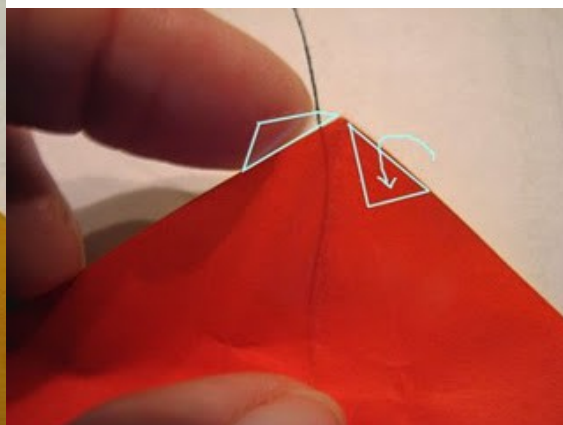
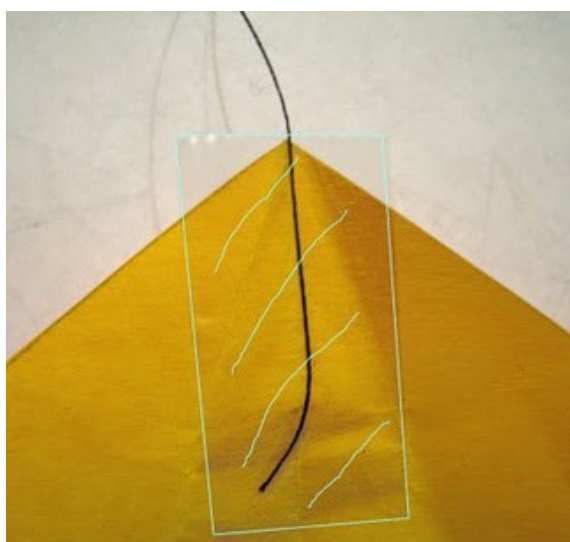


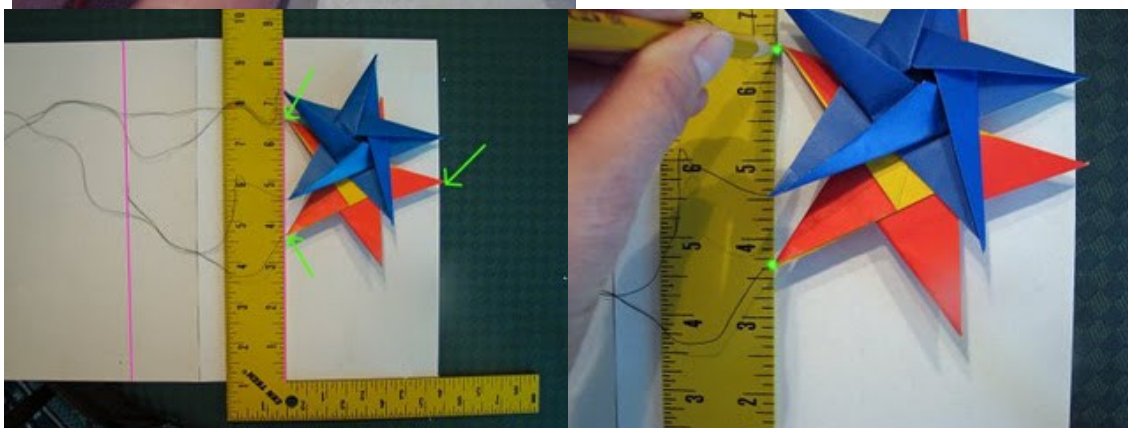
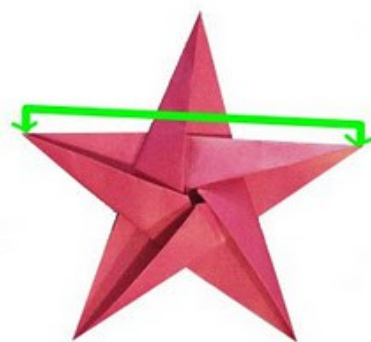
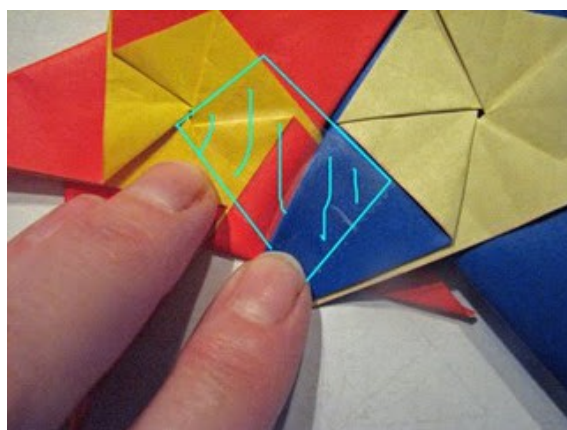
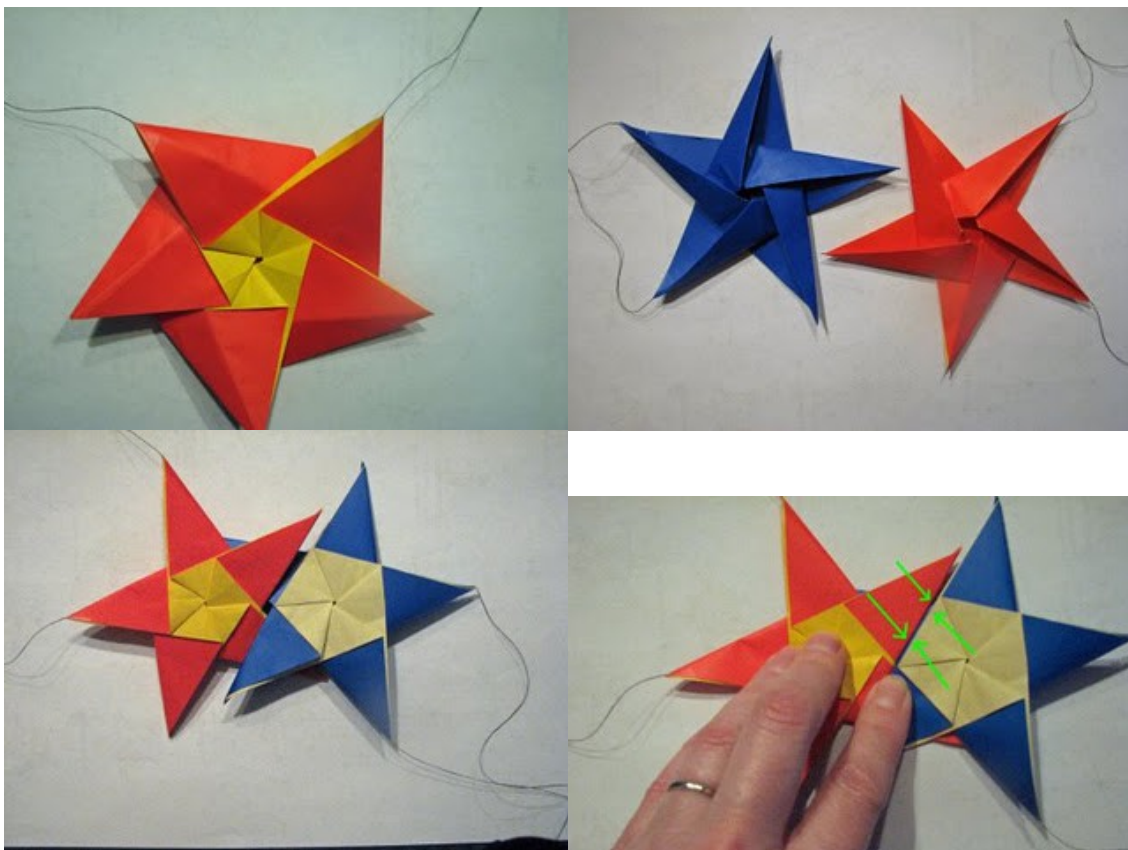


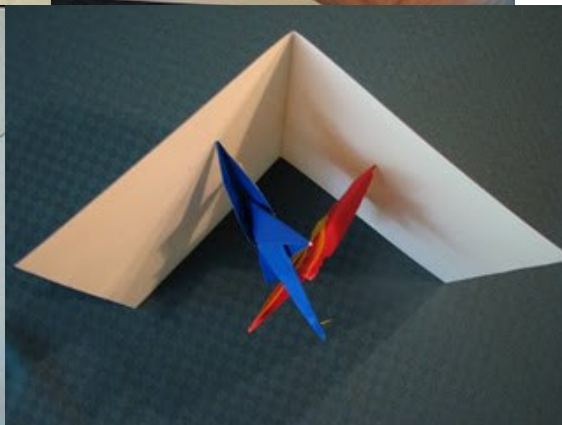
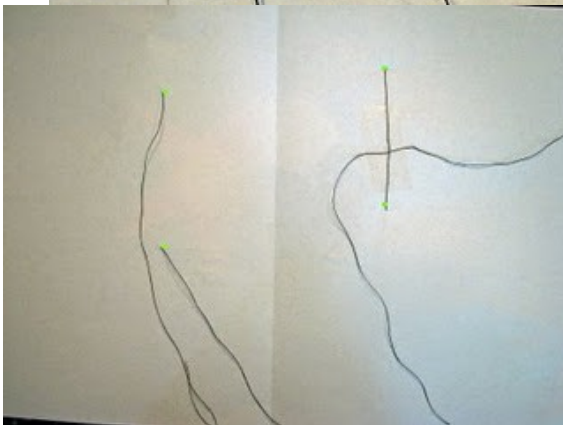
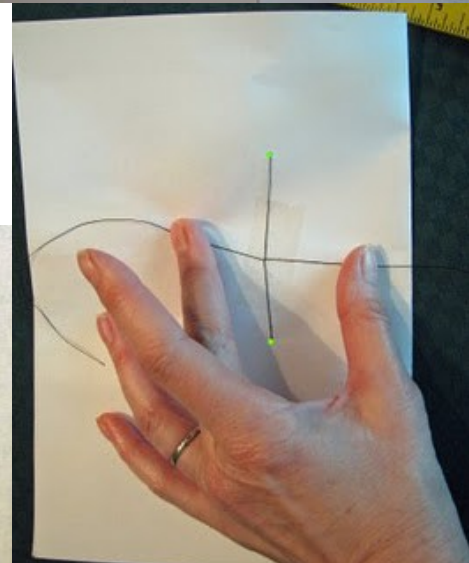
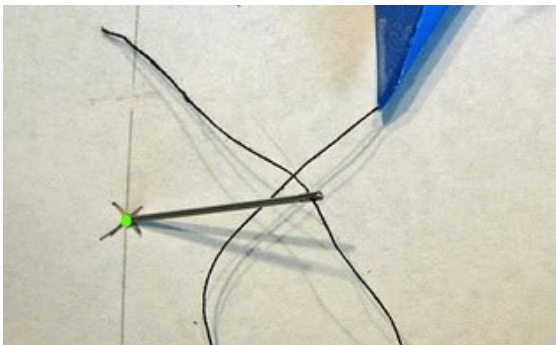
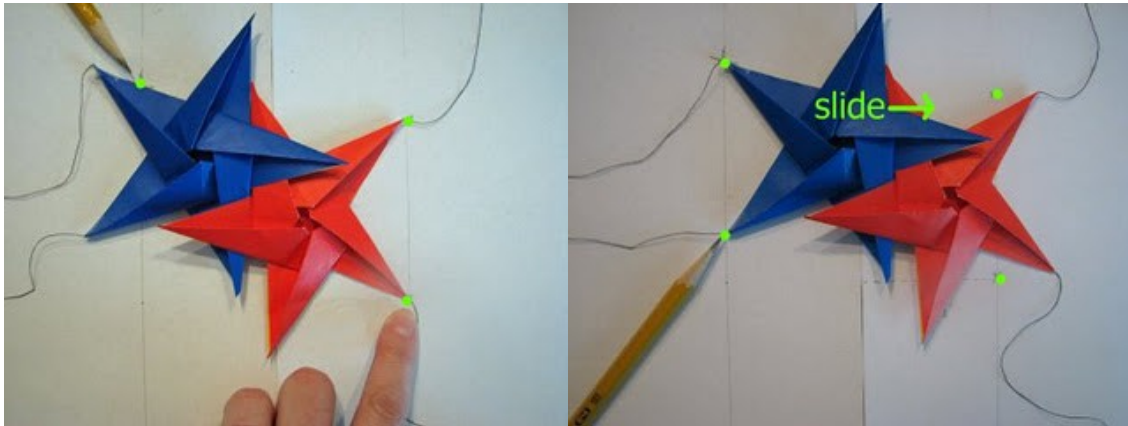


Origami Star Pop Up Card

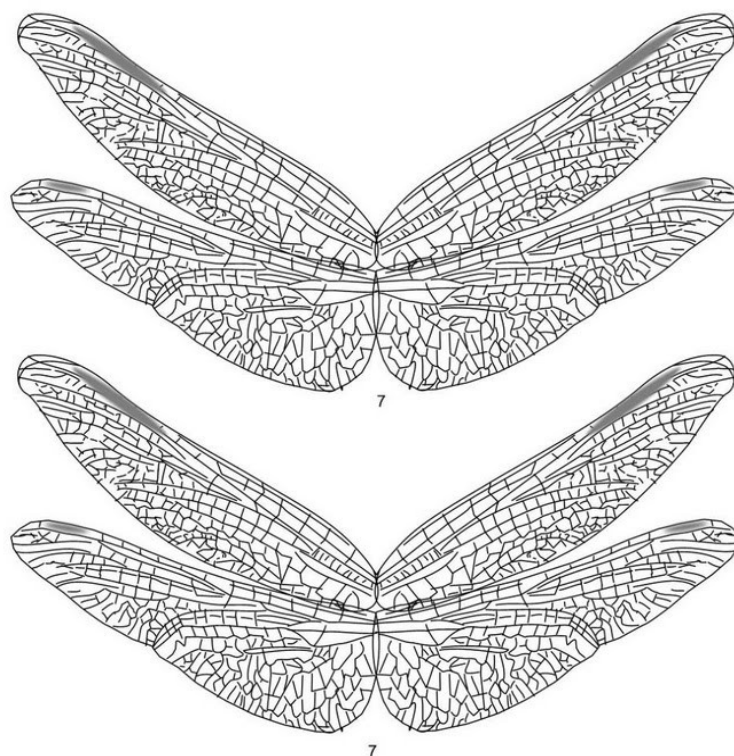
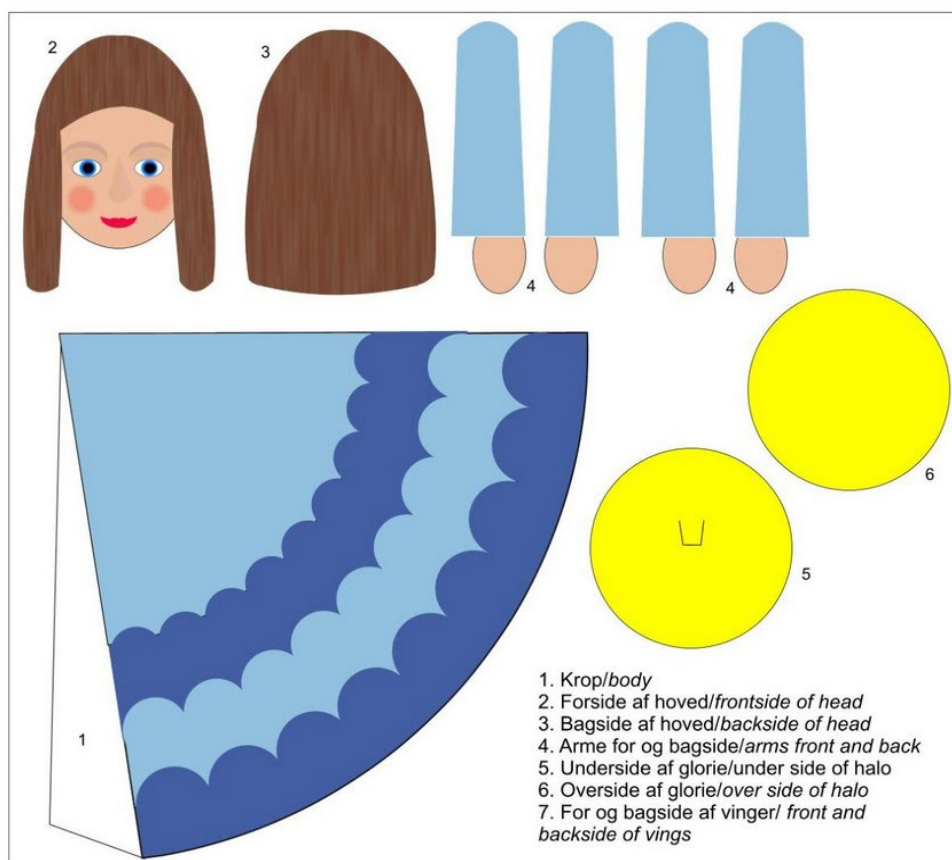
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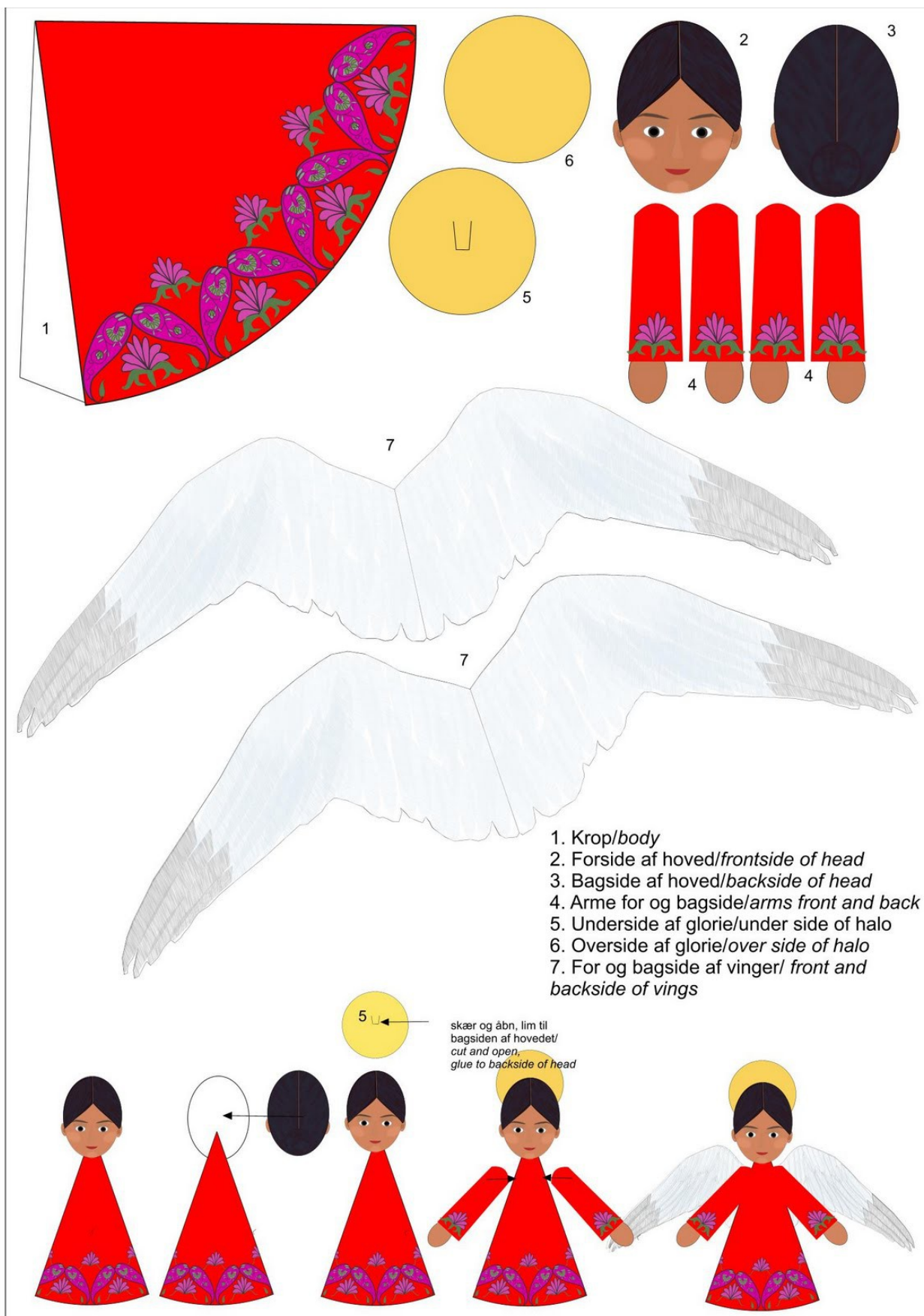


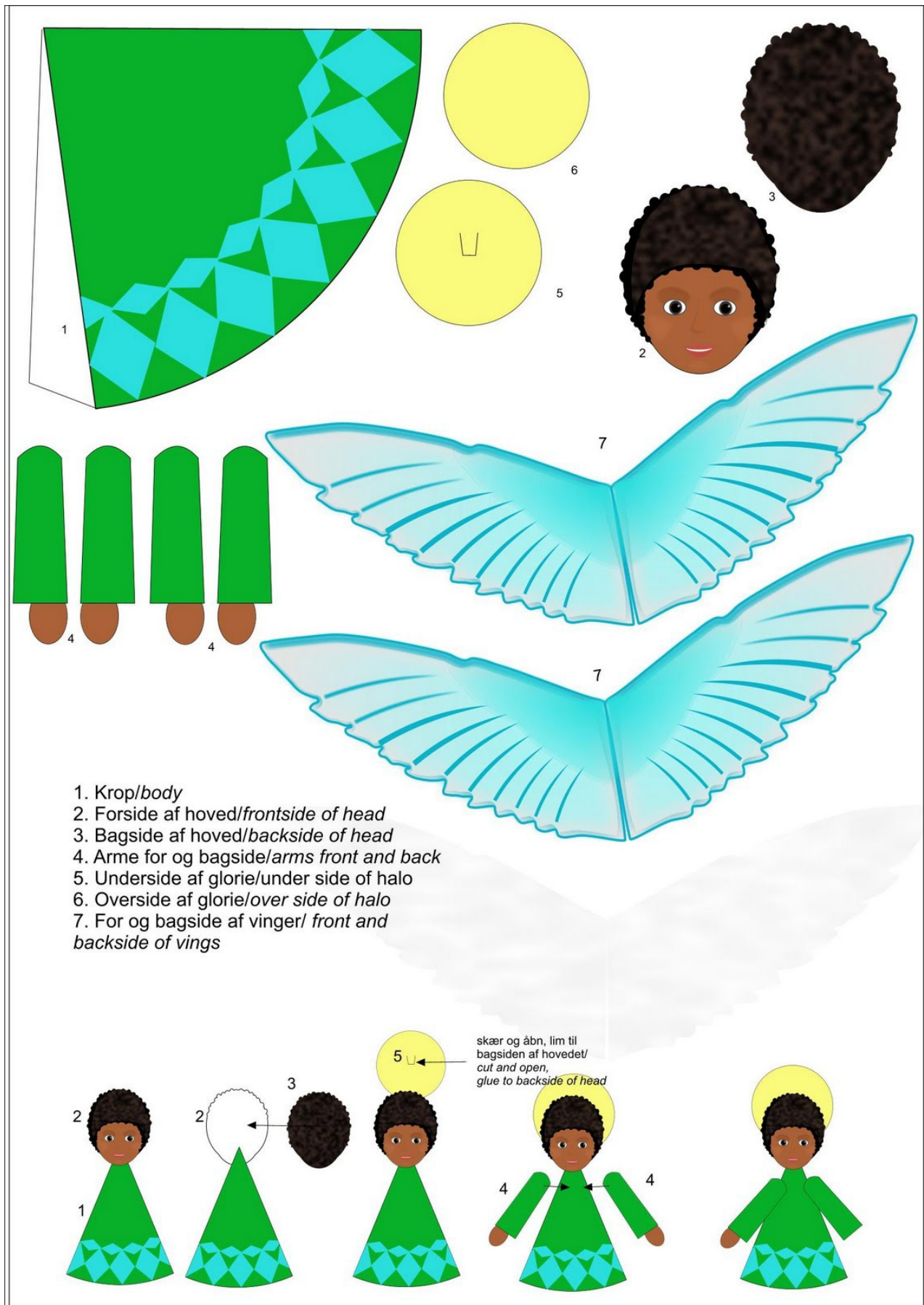


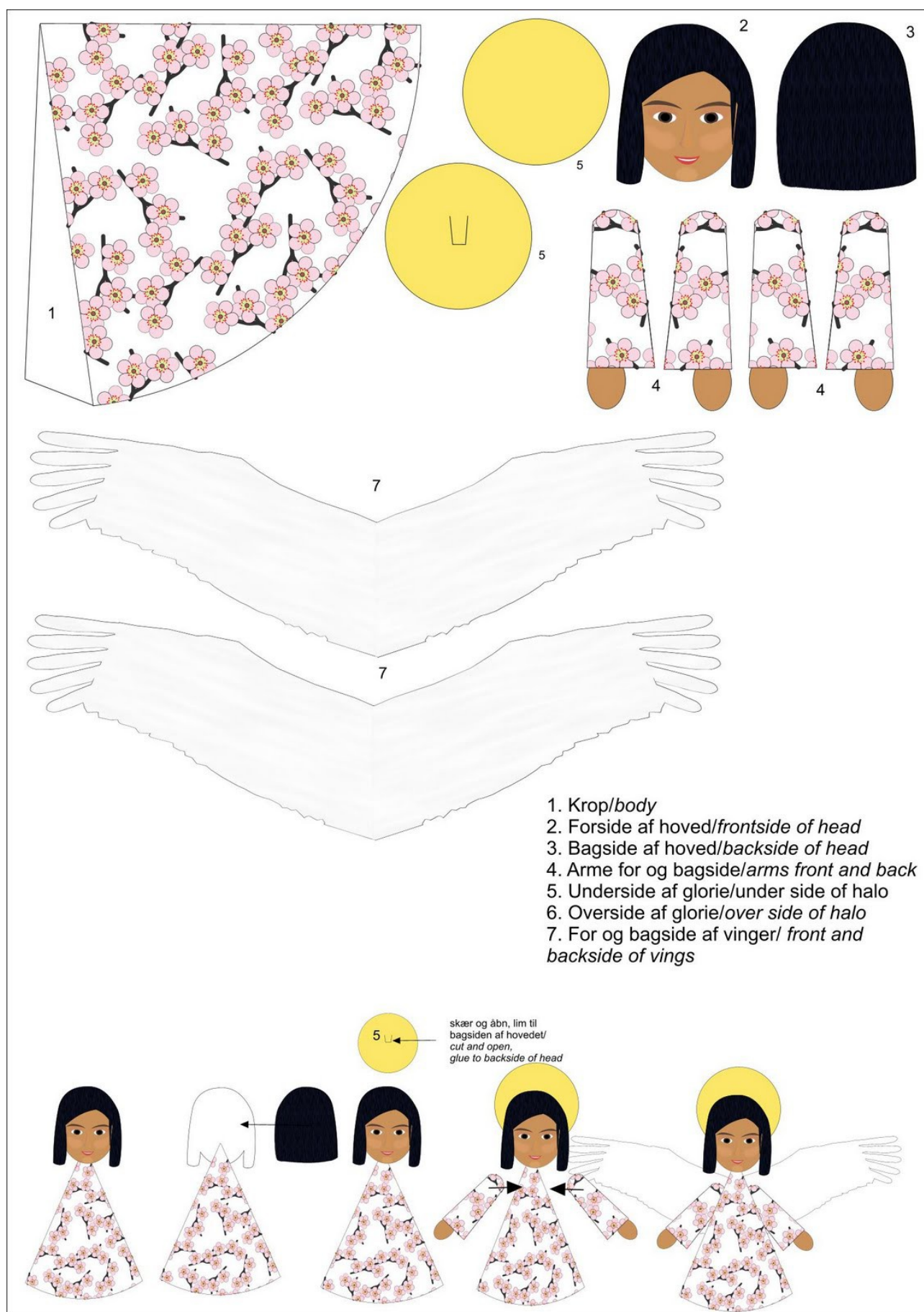


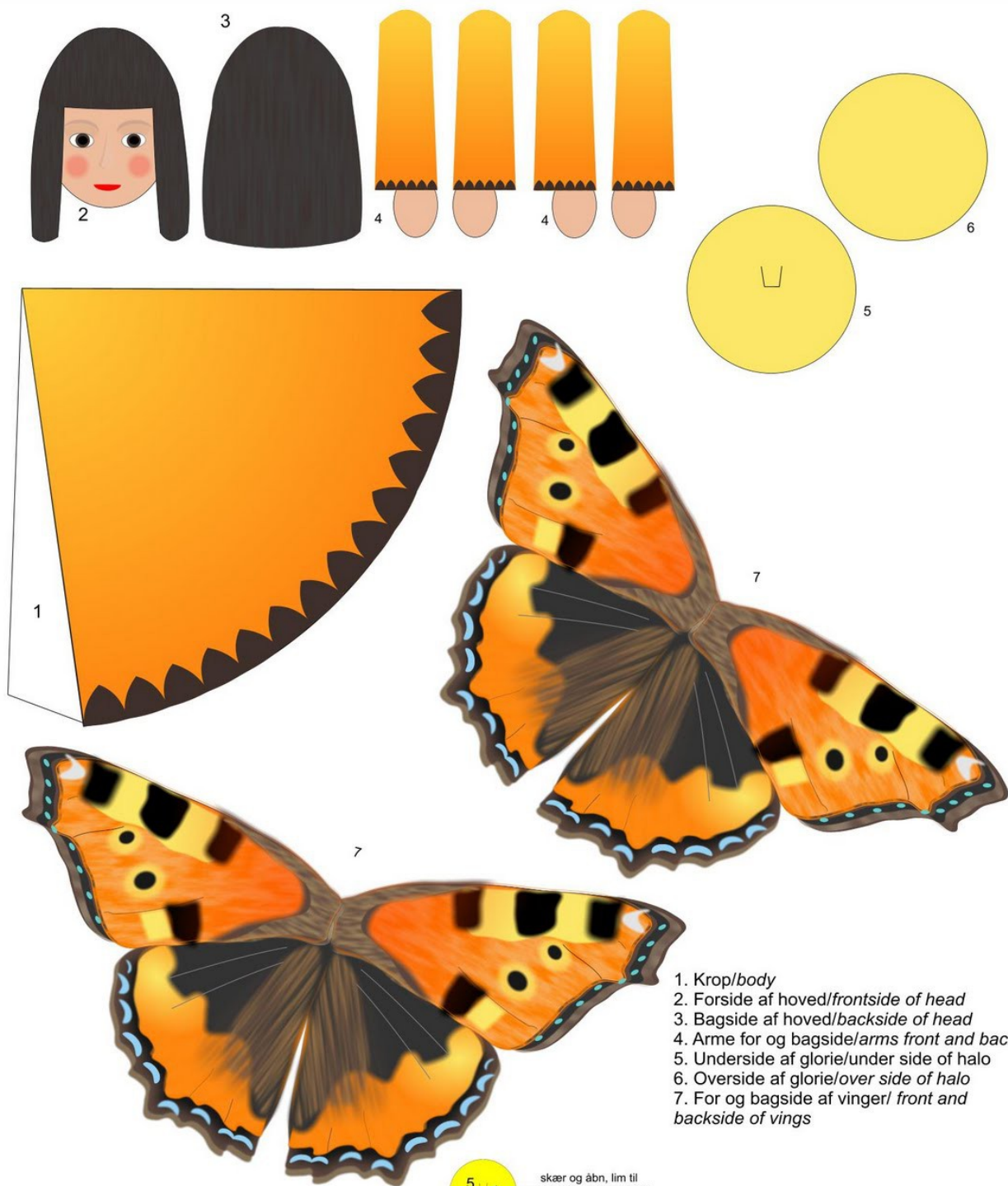






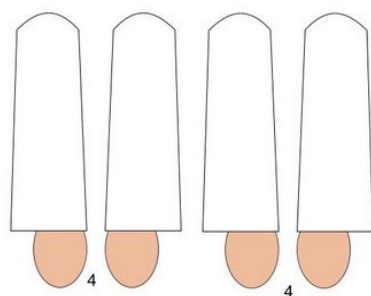
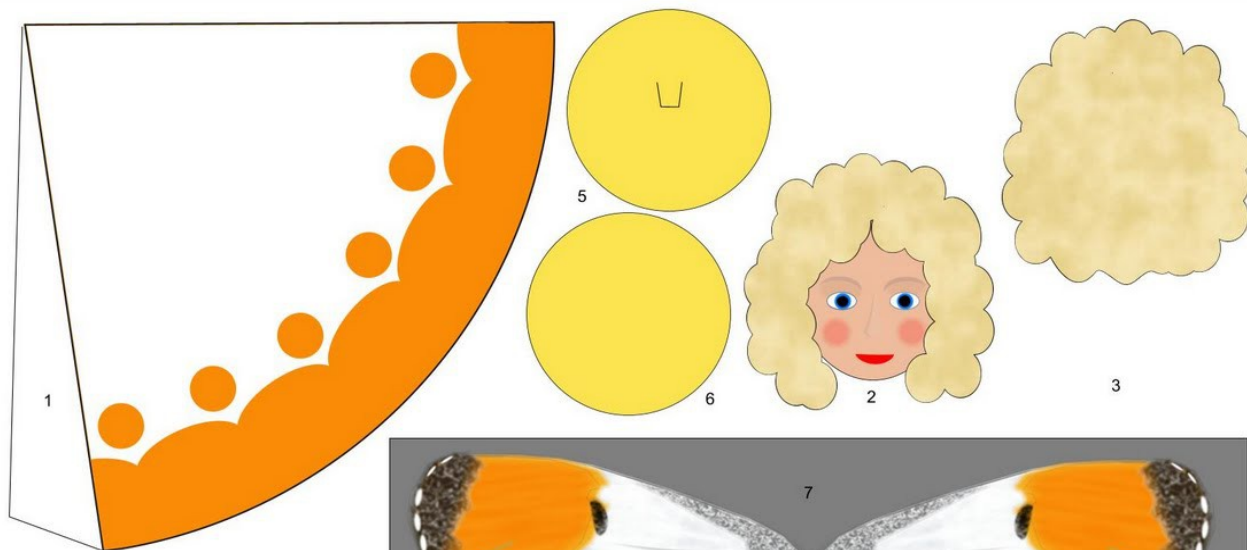




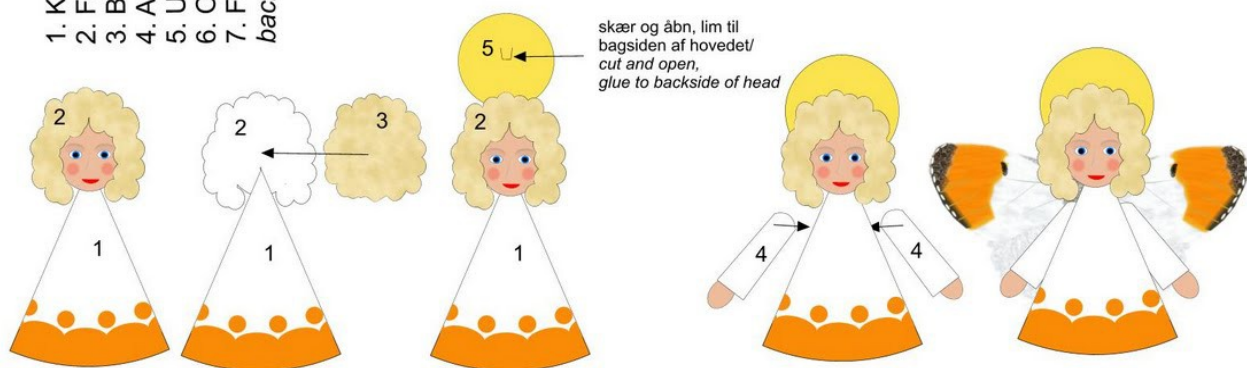
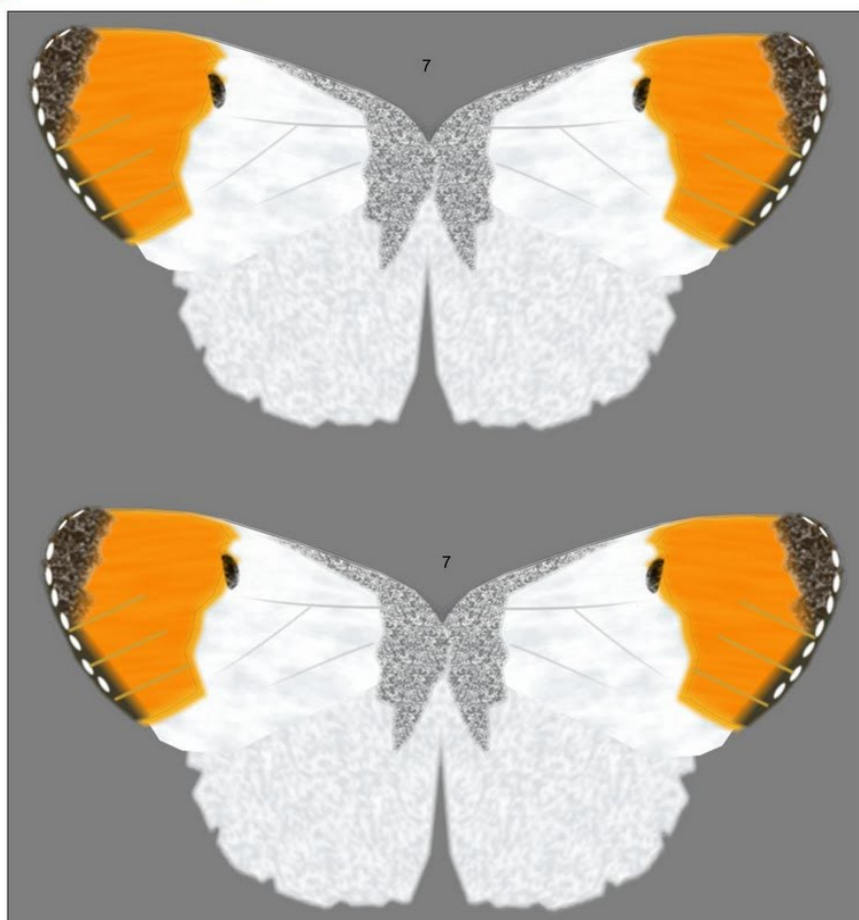


1. Krop/body
2. Forside af hoved/frontside of head
3. Bagside af hoved/backside of head
4. Arme for og bagside/arms front and back
5. Underside af glorie/under side of halo
6. Overside af glorie/over side of halo
7. For og bagside af vinger/ front and backside of vings





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ZITS**BY JERRY SCOTT AND JIM BORGMAN**