

RISKY CHANGES: An Artist's Metamorphosis from Clutz to Survivor

By Norma Reznikoff Goodridge Furman



Norma RGF 2011

Risky Changes An Artist S Metamorphosis From Clutz To Survivor

Norma Furman



Risky Changes An Artist S Metamorphosis From Clutz To Survivor:

Risky Changes Norma Furman, 2014-11-11 New York City at the end of the W W2 Norma was the so called gifted child of two immigrant parents living in the Bronx Her 10 year old sister and she 5 years risked drunks and sexual predators on the subway for children s art lessons in Manhattan Fast Forward to Washington Square in the early 50 s Cooper Union Art and Engineering School in the East Village odd smells sexism and racism Upon graduation at age 19 a big Bronx wedding led to a life not about art but about diapers smoking yo yo dieting shopping and local politics in the Suburbs Her son s Schizophrenia led her back to college to study Child Psychology and after hitting the glass ceiling she let down her long hair and met Audrey Her consciousness was raised and bisexuality group sex and bigger bolder paintings happened A major risky change Then suburban swinging led to her escape from the burbs to the big apple to risk a new life of art and free love with her new model and new partner Stash who had already lived a risky life as paratrooper and world traveler But group sex and love circles turned ugly unhealthy too risky so they stopped In the mid 70s with New York and the whole world it seemed going Disco crazy Stash and Norma became Disco Van 2000 The Traveling Discotheque at private parties in hotels yachts the Towers at the World Trade Center for record producers rock stars politicians Broadway casts sweet sixteen s bar Mitzvahs and the doomed Studio 54 In order to survive the unhealthy lifestyle in the 80s she made another risky change They sold literally everything and at first as city slickers they camped in a 35ft motor coach but traveling awakened their interest in American history They learned Black powder shooting slept in teepees and covered wagons learned how the early pioneers took risks She produced hundreds of charcoal portraits of mountain Men tradesmen squaws and wenches as Soulcatcher while they traveled and hiked the back roads the width and breadth of Middle America as costumed Muzzleloaders When they discovered the hellishly hot and cleansing southwest it was love at first sight They took the risk to buy primitive land in the San tan mountains wilderness They called it our Rock Peak Retreat they hauled their water and put up solar panels for electricity Norma started painting feverishly in oils and acrylics out doors under a canvas awning with humming birds and bees buzzing her colored brush water They walked the hills experimented with exercise made their own vitamin pills followed fads read books joined gyms with some positive changes but it all felt a little risky The experts seemed to contradict each other One incredibly hot 110degree summer they both enrolled at Arizona State University to major in Physical Education Exercise Physiology with a specialty in Adult Fitness Which became their lives for the next 20 years During the those years in the 80 s and 90 s they lived in the motor coach in the desert off the grid depending on solar panels hauling water painting showing and selling her art locally going to school and teaching exercise she finally quit smoking and age 60 she was in the best shape of her life though still intrigued with the idea that we could always pack up quickly and make another risky change But everything changed again at the dawn of 2000 when Stash was diagnosed with bladder cancer The VA declared him 100% disabled They built a permanent studio home on Rock peak In the next years they struggled through illness

surgery blunders VA forms questionable remedies fasting meditation trial and error academic research exercise static stretching Walkaerobics life experience and healing For sure there is a capacity for improvement and change for the better in us all at any age and in any condition And its never too late to start again and again and again

Whispering the Secrets of Language: An Mental Journey through **Risky Changes An Artist S Metamorphosis From Clutz To Survivor**

In a digitally-driven earth where screens reign supreme and quick communication drowns out the subtleties of language, the profound secrets and psychological nuances hidden within words usually get unheard. Yet, nestled within the pages of **Risky Changes An Artist S Metamorphosis From Clutz To Survivor** a interesting literary prize pulsing with natural thoughts, lies an extraordinary journey waiting to be undertaken. Composed by a skilled wordsmith, that charming opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within ab muscles fabric of every word. Within the emotional depths of the touching review, we will embark upon a heartfelt exploration of the book is key styles, dissect its charming writing type, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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