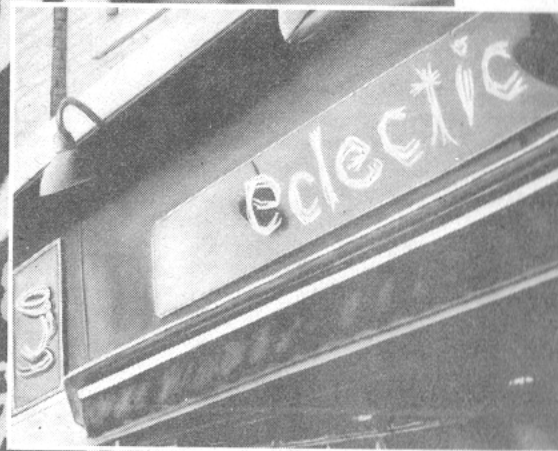
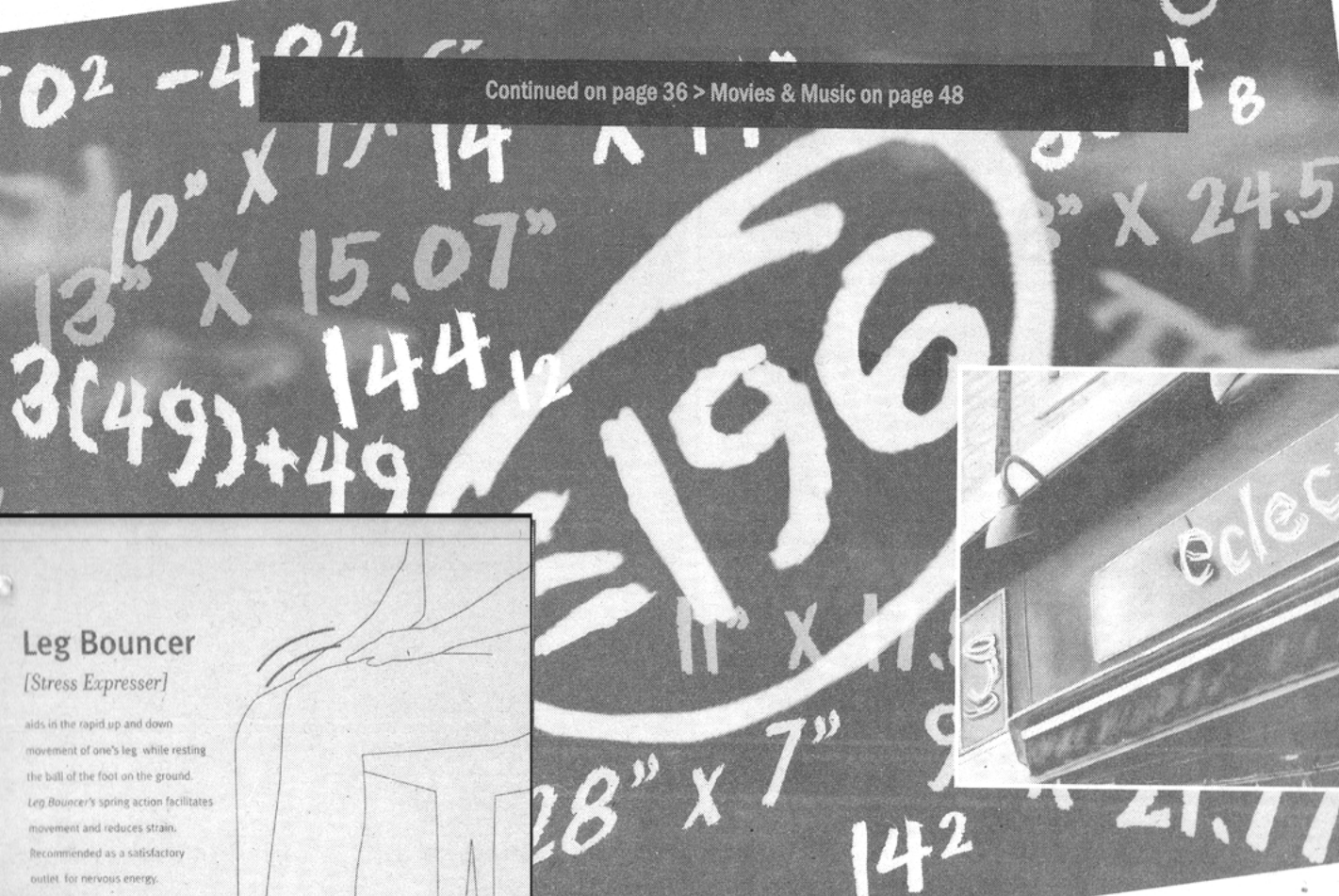


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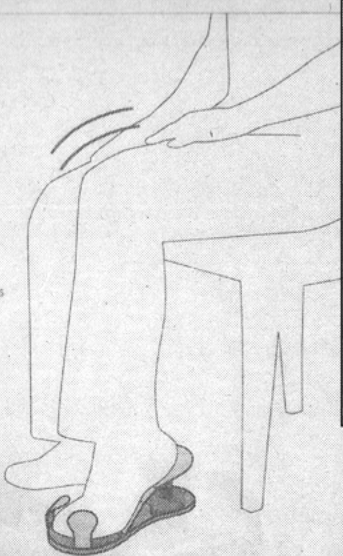
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Leg Bouncer

[Stress Expresser]

aids in the rapid up and down movement of one's leg while resting the ball of the foot on the ground. Leg Bouncer's spring action facilitates movement and reduces strain. Recommended as a satisfactory outlet for nervous energy.



Hanging in there

Sunday, Feb. 13 // Long Branch

The Shore Institute of the Contemporary Arts, SICA, may be moving to Asbury Park in the not too distant future, but until then they'll continue doing what they do best here in Long Branch. And that's presenting outstanding works of contemporary art at 20 Third Avenue, their current HQ. Today, Sunday February 13, they'll be holding an opening reception for their juried show, < 196, from 3 - 6pm.

This show includes 2D art that is less than 196 square inches or 3D which is less than 2,744 cubic inches. The jurors are Elizabeth & Bob McKay, Co-Owners of McKay's Imaging (Red Bank) for photography and Lawrence Cappiello and Rachael Faillace, Director and Assistant Director [respectively] of the Arts Guild New Jersey (Rahway) for all other medias.

They explain that this exhibition was open to all visual artists in all mediums, for works that had been completed in the past five years and that had never been displayed at SICA. There were over 220 works submitted, from which 72 works, by 56 artists were chosen for this exhibition.

For more information on SICA, visit www.sica.org.

Above, left - Jennifer Crupi (Oceanport, NJ) Leg Bouncer: Stress Expresser; mixed media, 2008.
 Above, right - Jennifer Kucher (Montclair, NJ) Cafe Eclectic; Oil on canvas, 2010.
 Right - Rupa DasGupta (Freehold, NJ) Mrityar Maa Amrtam Gamaya; Etching and aquatint, 2006.