

**NEW SUBMISSIONS!**

**ART, PHOTOGRAPHY,  
MOVIES AND MORE!**

**EXCLUSIVE INTERVIEW:  
ANDREW PIRES**

**THREE RIVERS ARTS AND  
LITERARY MAGAZINE**

**ISSUE:  
SPRING 2023**

# QUILL AND BRUSH STAFF

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**Managing Editor:** Emma Ayala

**Advisor:** Kevin Amenta

Quill and Brush is a student-operated club that creates and publishes art and literature for Three Rivers Community College. Open to students, staff and faculty, this bi-annual magazine is published free of charge and made available every semester and can be found around the TRCC campus. Thank you to all our talented artists for their great submissions this year.

*Sincerely,*

The Quill and Brush Staff

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# ARTIST SPOTLIGHT: ANDREW PIRES

WRITTEN BY: CHLOE BOUCHER

Glitch artist, Andrew Pires, returned to Three Rivers Thursday night for the opening reception of the Visual Fine Arts Graduate Exhibit. Andrew graduated last semester from TRCC but has arrived back to share some of his art with us in the latest gallery exhibit.

When Andrew was younger, he found himself drawn to visuals in video games and comic books. His earliest art was trying to mimic the style of the characters in the comic books he would read. It wasn't until later on in his life that he began to really look into making art in a more dedicated way.



"Maybe like 5 years ago I downloaded this app, it was this glitch app (...) and I just saw all these new things that you could do with photography and it just seemed like such a new interesting thing. I didn't get hooked on it right away. I kinda messed around with it for a few years and then eventually I decided to start taking it seriously, probably like three years ago, and I've just been doing it ever since."

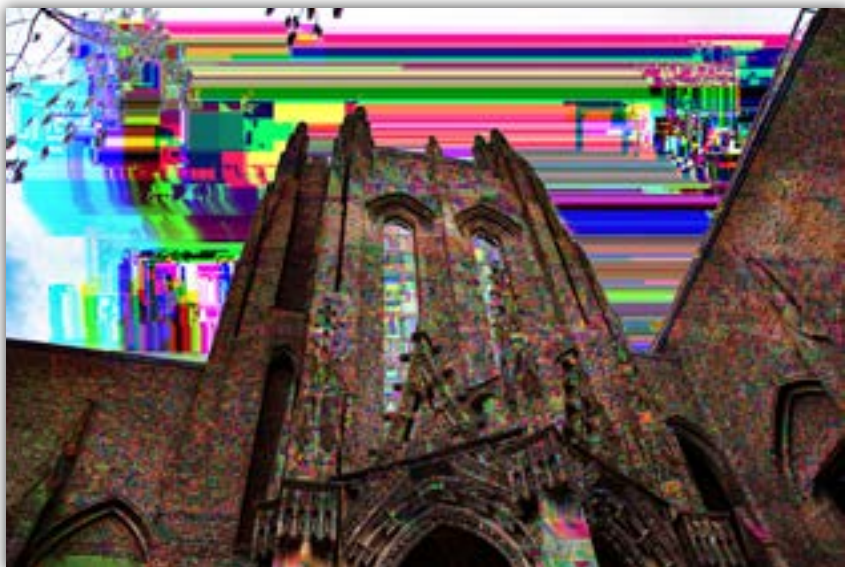
Andrew's start in the arts stemmed from a more musical side originally. He listened to a wide variety of music in highschool and played the guitar in bands for a couple years. Inspired by his love of music, Andrew takes a lot inspiration from the sounds and feelings of what he listens to.

“It's not just the album covers, it's also the music itself kinda like If you hear a song or a musical piece and try to think of how you can turn that song into visual art, so that's what I like to think about.” Andrew also takes inspiration from taking in the world around him and shifting it into his own individual style.

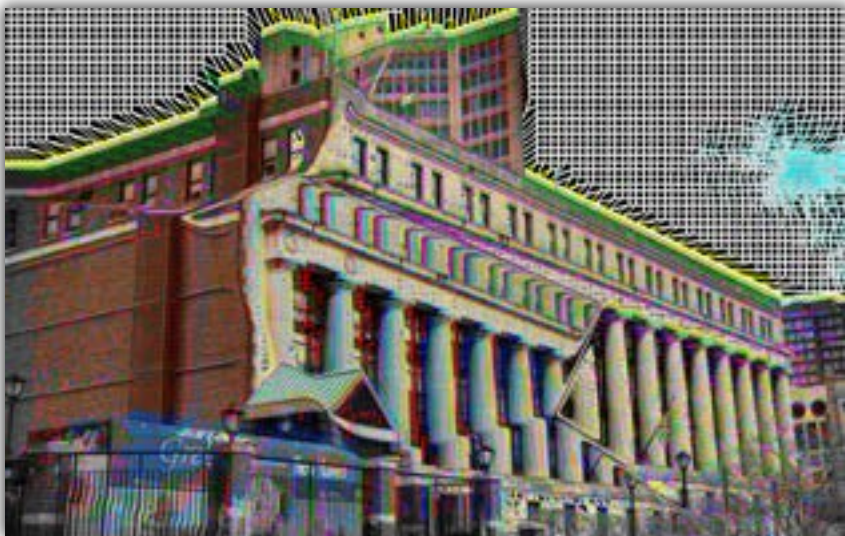
“So this is something that's kind of difficult to explain, a lot of times when I see object just out in the real world, like environments, for instance I used to drive around the cities during covid, like any small city in New England from Connecticut to Rhode Island to even Massachusetts and New York City, I would just go there and take a bunch of pictures and edit them (...) The idea behind it was like you see something really mundane or see something that maybe represents a certain type of artwork but you distort it into something that's completely different.”



*Examples of Glitch Art*



*By: Andrew Pires*

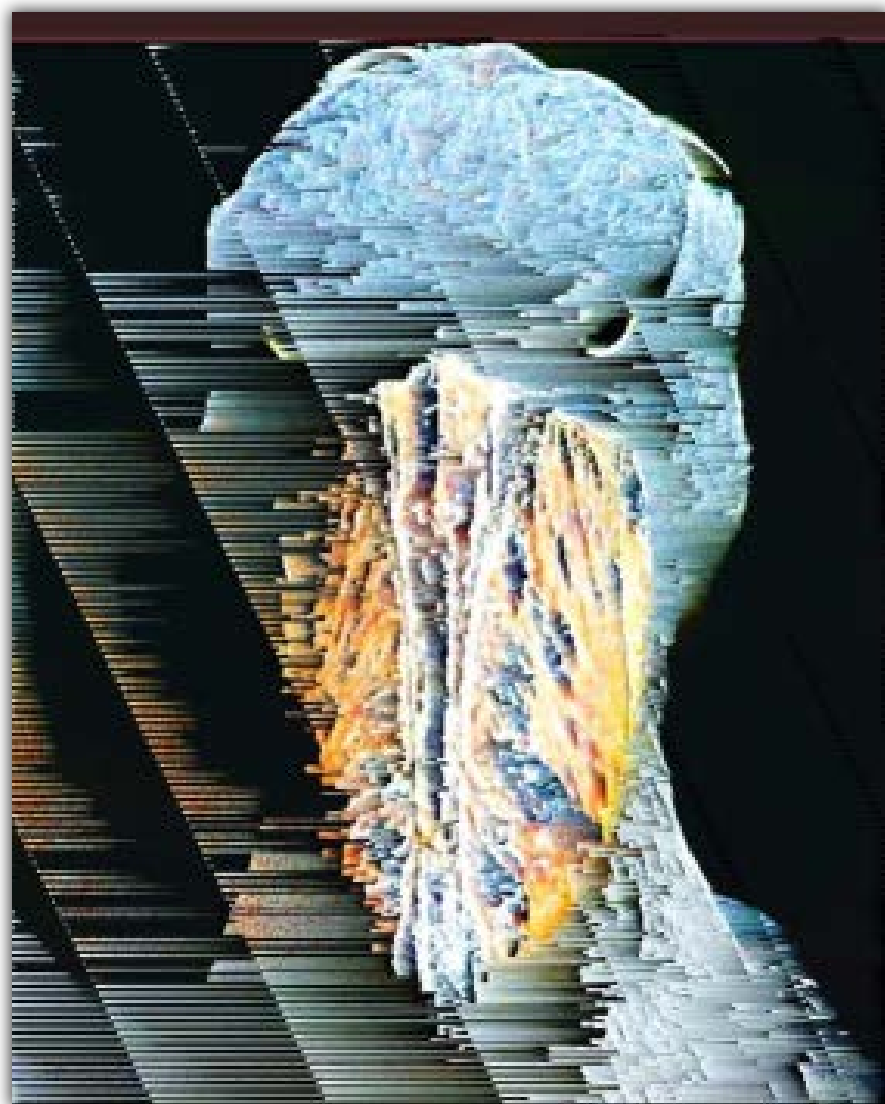












# DIGITAL ART

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*Briston Maroney "Sunflower" Album Cover Extension*



*By: Chloe Boucher*

*Spaceship Digital Art*



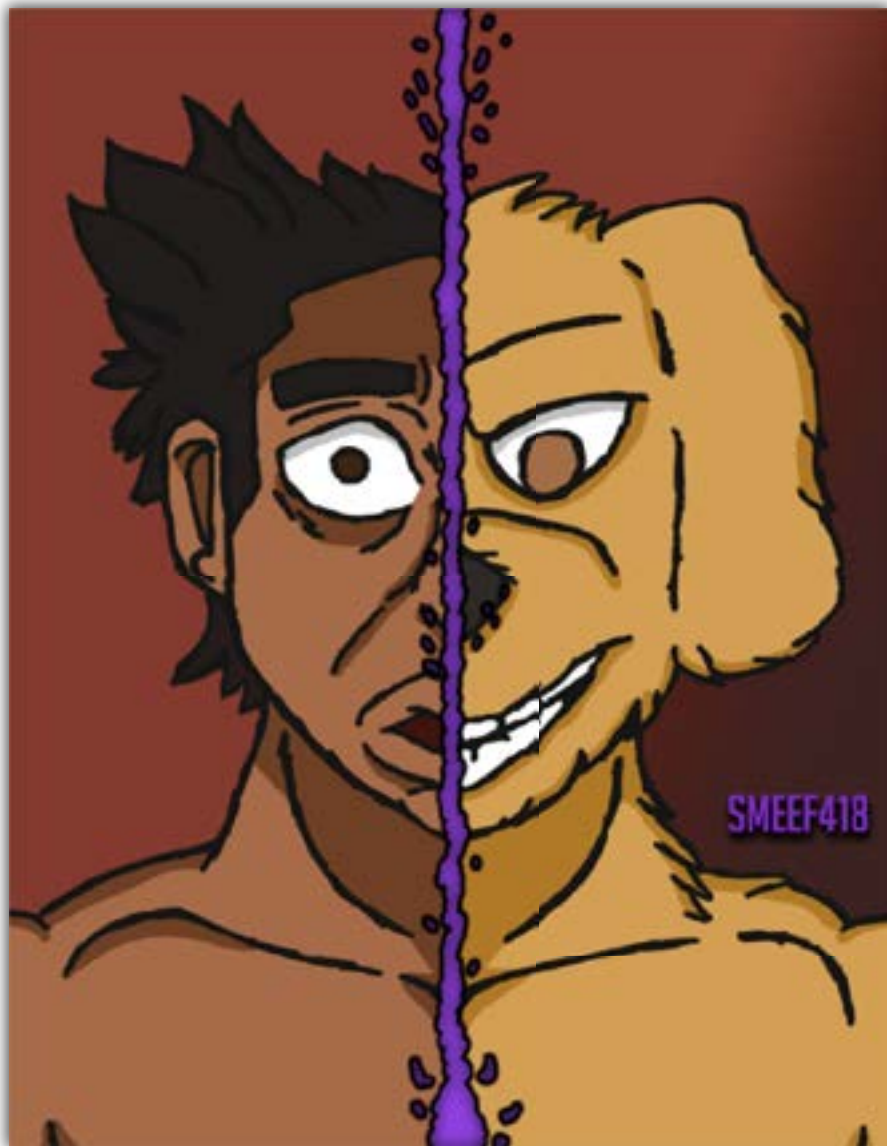
*By: Chloe Boucher*

*Open Your Mind!*



*By: Kevin Amenta*

*IShowSpeed vs. Talking Ben*



*By: Brian Gaffney*

# DIGITAL IMAGING

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The very talented and creative students from my Digital Imaging I class were asked to follow the instructions on how to build their own lighthouse using complex shapes.

They each chose one lighthouse from a list of America's most beautiful lighthouses. They took a screenshot of their favorite one and then built a reproduction of it using Adobe Illustrator. They then chose the colors to include on it and finally post a side-by-side image of the lighthouse they liked with the one they designed.

~Professor Amenta



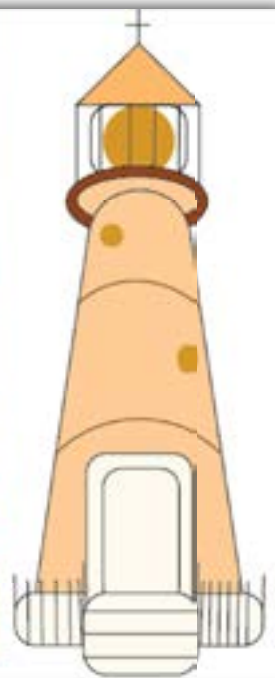
*New London Ledge  
Light, Connecticut*



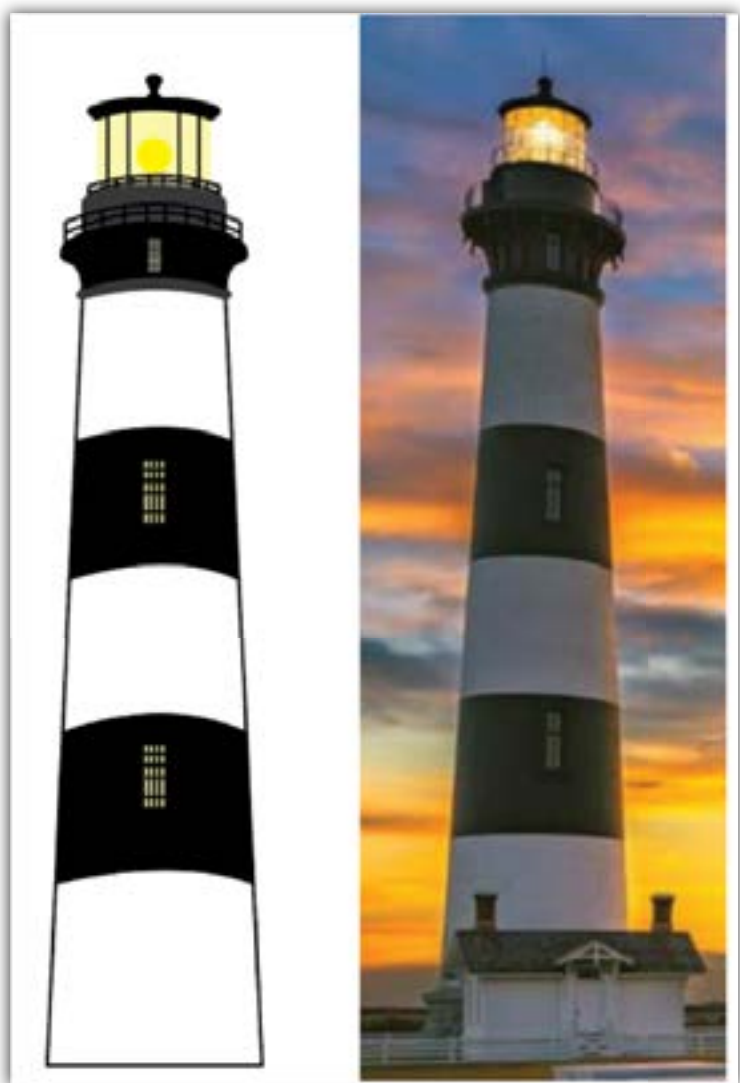


*Battery Point  
Lighthouse, California*

*Biloxi Lighthouse,  
Mississippi*



*Bodie Island Light Station,  
North Carolina*



*Cape Florida  
Light, Florida*



*Currituck Beach,  
North Carolina*

*Cape Henry's  
Lighthouse, Virginia*



*Lorian Lighthouse, Ohio*



*Cape Hatteras Lighthouse,  
North Carolina*



*Marshall Point Lighthouse,  
Maine*







*Split Rock Lighthouse,  
Minnesota*

*Point Bonita Lighthouse,  
California*





# DIGITAL PHOTOGRAPHY

*Sunset*



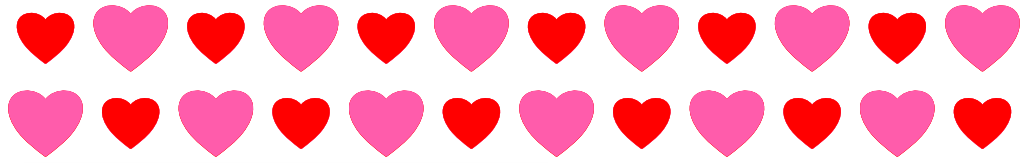
*By: Adrian Atad*



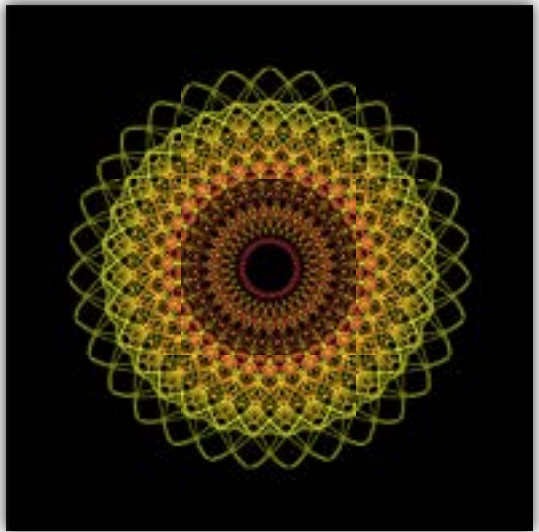
*Fence*  
*By: Adrian Atad*



*P4*  
*By: Adrian Atad*



*Norwich State Hospital*  
*By: Alex Cruz Velasquez*



*Sunflower*  
*By: Alex Cruz Velasquez*





*Hollow Heart*



*By: Alex Cruz Velasquez*





*Blinded By The Light*  
By: Melanie Stanley

*A Bird Browsing the Different Grains*



*By: Melanie Stanley*

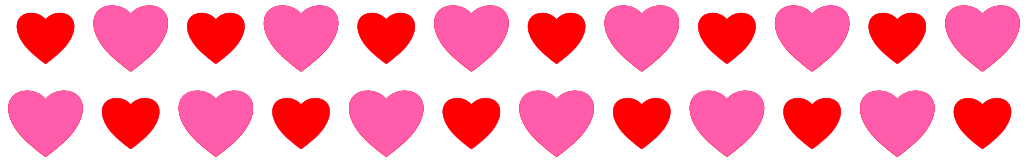




## *Fresh Grass*



*By: Kevin Amenta*



*Chillaxing*



*By: Kevin Amenta*



*How u doin!*  
*By: Kevin Amenta*



*A Perfect Ending*  
*By: Kevin Amenta*

# FINE ART

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## *Rainy Thoughts*



*By: Mikhail Armentia*

*Zhou-Chen (DnD Design)*



*By: Mikhail Armentia*



*In Another World*



*By: Tristan Lao-ang*





*By: Tristan Lao-ang*

*Graphite Sketch*



*By: Chloe Boucher*

*Two Ducks Having Fun!*



*By: Melanie Stanley*

# INFOGRAPHIC

The advanced students from my Graphic Design II class were asked to create an infographic. They needed to choose one of the 8 different types of infographics to present their information.

Everything needed to be shown in a visual and concise manner. They researched factual information on their topic and grouped the factual information into categories. Finally they designed their infographic using the Adobe software we use in class.

~Professor Amenta



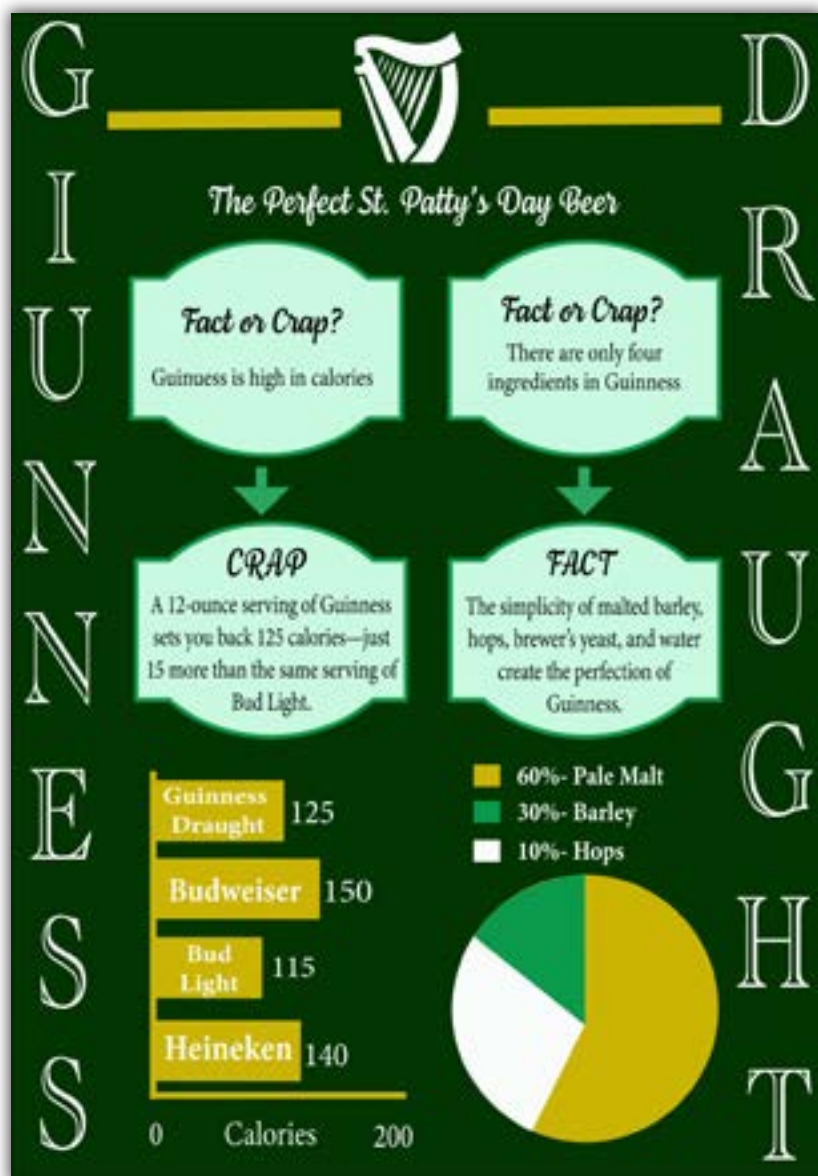
Top 10  
Electric Cars  
By:  
Aaron Scott

## The Best-Selling Video Games of the Decade



By: Sarah Osborn

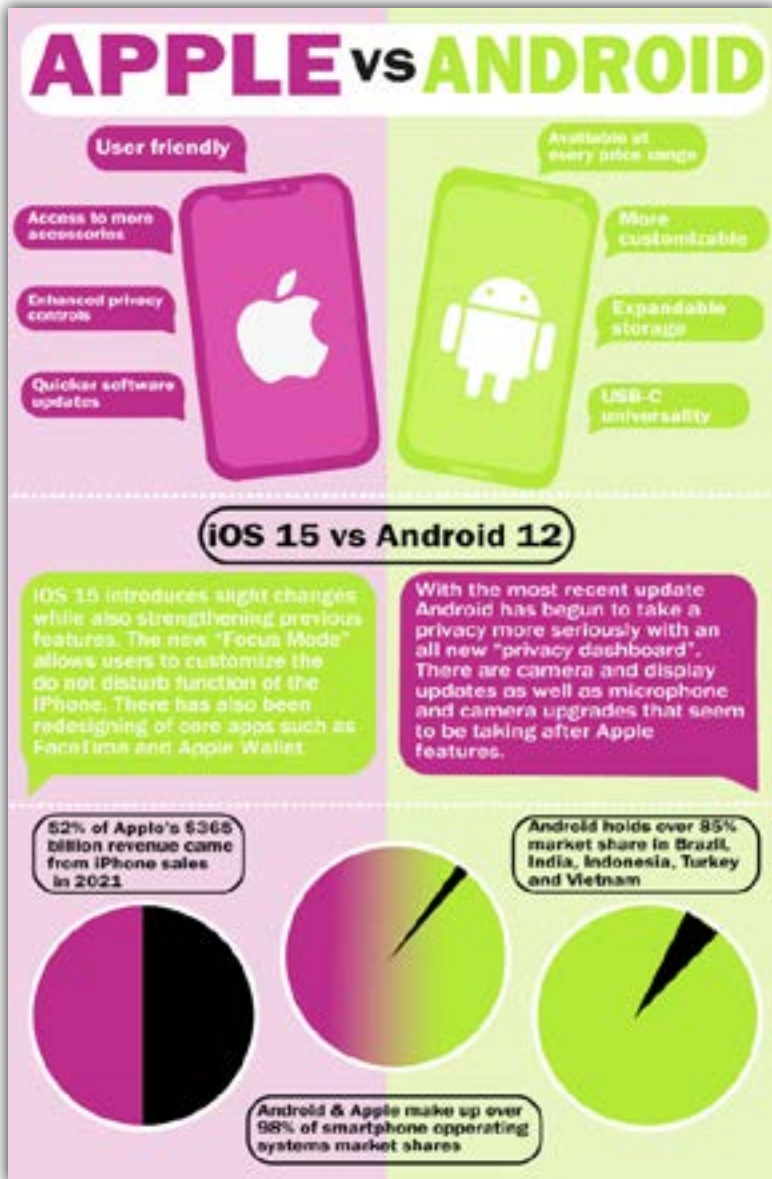
## The Perfect St. Patty's Day Beer



By: Emma Ayala



## Apple vs. Android



By: Chloe Boucher

## Roll Initiative!

The goblins come screaming into the chamber, taking you and your companions by surprise. The Dungeon Master looks around the table and says the magic words...

You've entered the *Initiative*, now what?  
Let's go through your options...

### Cast a Spell

Buff your friends, or cast an offensive spell

### Attack

Use a melee or ranged weapon to attack

### Dash

Move to a better vantage point

## Be proactive!

Don't wait for your turn to think about what you will do.

### Disengage

Get out of the way!

### Help

Lend a hand to a companion in need

### Dodge

Anticipate an incoming attack

### Hide

Never a bad choice to hide from danger

Most Importantly!

**HAVE FUN!!**

### Search

Rifle through a downed opponent's pockets

### Ready

Get the drop on the baddies

### Use an Item

Chug a potion or use a magic item

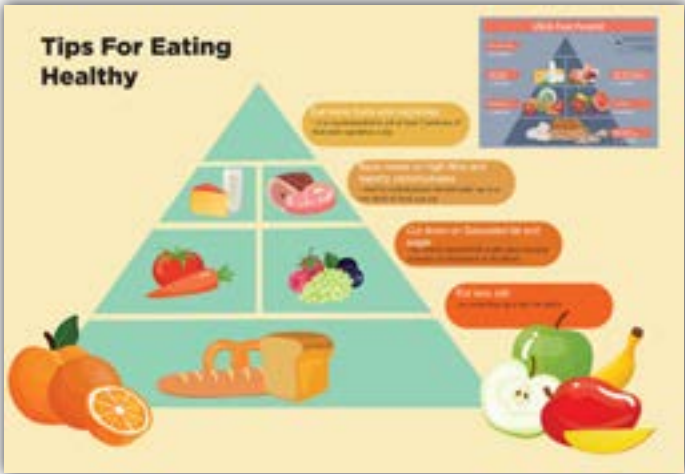
D&D

By: Lee Metzger



*Stainless Steel Water Bottles vs. Disposable Water Bottles*  
By: Juliet Kimble

*Tips For Eating Healthy*  
By: Mikhail Armentia



## 12 Health Benefits of Walking

# 12 Healths Benefits of Walking

**1 IMPROVES CIRCULATION.** Wards off heart disease, brings up the hear rate, lowers blood poisoning and strengthens the heart.

**2 STRENGTHENS YOUR BONES.** Stop the loss of bone mass for those with osteoporosis.

**3 LIGHTEN YOUR MOOD.** Releases natural painkilling endorphins to the body - one of the emotional benefits of exercise.

A California State University, Long Beach study showed that the more steps people took during the day, the better their moods were.

**4 STRENGTHEN MUSCLES.** Tones your legs and abdominal muscles - and even arm muscles if you pump them as you walk. This increases your range of motion, shifting the pressure and weight from your joints to your muscles.

**5 IMPROVES SLEEP.** Taking one-hour morning walks, women 50 to 75 were more likely to relieve insomnia than women who didn't walk.

**6 IMPROVES YOUR BREATH.** Walking increases your breathing rate, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

**7 ENJOY A LONGER LIFE.** Research finds that people who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than their non-walking counterparts.

**8 SLOW DOWN AGE-RELATED DECLINE.** A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, found that age-related memory decline was lower in those who walked more.

**9 SUPPORT YOUR JOINTS.** The majority of joint cartilage has no direct blood supply. It gets its nutrition from joint fluid that circulates as we move. Movement and compression from walking compresses the cartilage, bringing oxygen and nutrients into the area.

**10 LOSE WEIGHT.** A brisk 30-minute walk burns 300 calories. Over time, calories burned can lead to pounds dropped.

**11 LOWER ALZHEIMER'S RISK.** A study from the University of Virginia Health System in Charlottesville found that men between the ages 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease than those who walked less.

**12 BOOSTS IMMUNE FUNCTION.** Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 30 minutes a day, at least five days a week, had 43% fewer sick days than those who exercised once a week or less.

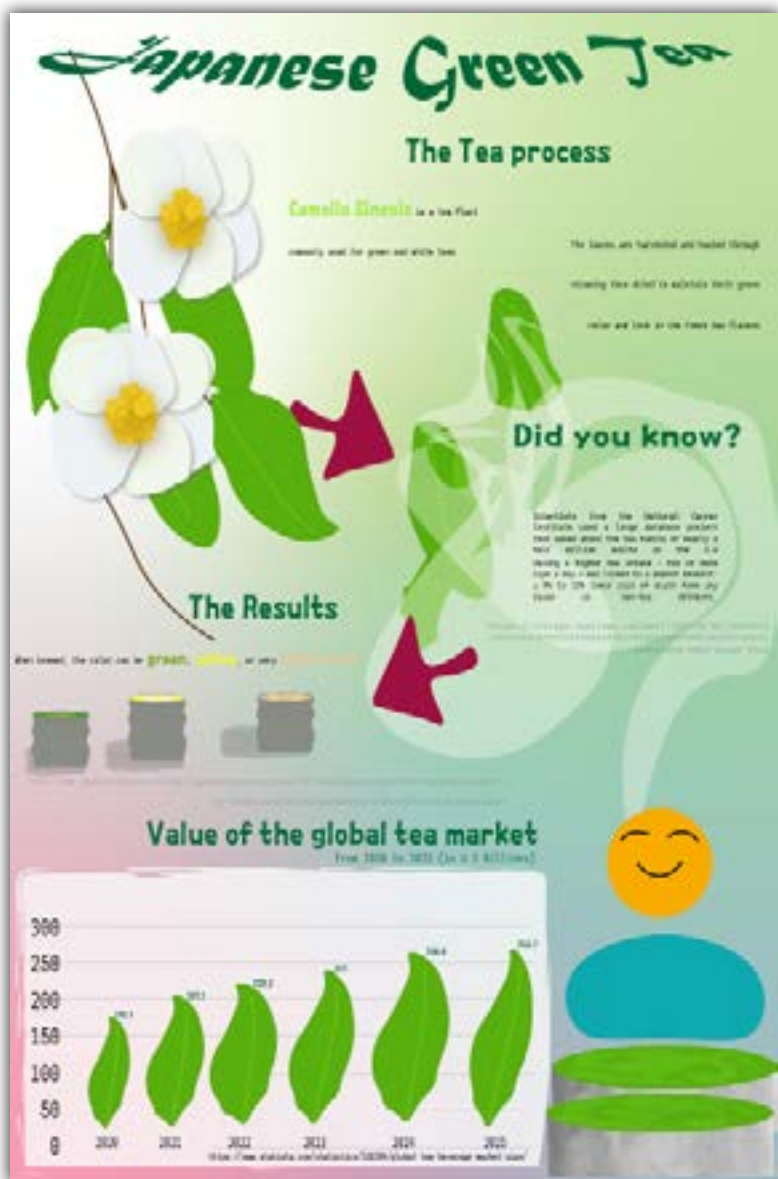
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<https://www.health.harvard.edu/staying-healthy/12-surprising-benefits-of-walking>

Kimberlin R. Stanford  
Graphic Design II, October

By: Kimberlin Stanford

## Japanese Green Tea: The Tea Process



By: Melanie Stanley



# VIDEO PRODUCTION

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## Fake Nike Shoe Ad - Nike “Soapy Shoes”

This fake ad was made in Graphic Design II in 2022. The video is a parody of a certain scene from the video game Sonic Adventure 2.

Brian Worth and Caleigh Dobo play the roles of Sonic and Shadow the Hedgehog and talk about the new “Nike Soapy Shoes.”

~Brian Gaffney









## Tool - H. Music Video

This music video was something I produced in Video Production in 2021. The story of the music video follows Brian Worth and Anthony Pont looking for “The H. Treasure” which is worth \$100,000.

The duo go on a journey across Connecticut searching for the treasure to no success. After returning home, Brian and Anthony receive an anonymous text entailing where the treasure is, in which they fight over it.

~Brian Gaffney







**FOR FUTURE SUBMISSIONS, PLEASE CONTACT  
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