

Proposal for Third Year Grant
Heeran Karim

Project Title: Five Stages of Grief

Introduction:

The five stages of grief are not often understood until truly experienced. Denial. Anger. Bargaining. Depression. Acceptance. Whether after a grave loss or an unfortunate experience, the stages of grief can be difficult to accept, but this process is an experience that most people will endure in their lifetime and learn valuable lessons from for the future. How can we expose this concept to people and learn to acknowledge this idea from an early age? We must learn to accept that it is okay not to be okay and to realize that our friends, families, and peers may be undergoing a rough period in their life.

Growing up, I lost my father due to cardiac arrest. I was a 13-year-old who did not understand how to navigate her emotions as I often remained bottled up. I unknowingly went through the five stages of grief, and I came out of it a better person with a stronger understanding of the world. Loss at a young age causes one to mature early, forcing a child to overcome obstacles that most people experience later in their lives.

My father's medical conditions and his passing have inspired me to become a doctor. As a premed double majoring in studio art with a concentration in printmaking and human biology, I recognize art in medicine constantly: images of those in a waiting room or a doctor completing a surgery can act as stories. There is beauty in our experiences of life and death, and these should be expressed to display the emotions and reality associated with medicine.

Project Overview:

I plan to create a picture-book of approximately 20 prints associated with the 5 stages of grief. Each print will involve a mixture of planography, intaglio, and relief; I hope to have many layers on a single page. Each stage of grief will have 4 prints associated with that certain stage. The prints involving denial will portray numbness, processing, isolation, and shock. The prints involving anger will portray redirected anger, resentment towards the world, hidden emotions, and bitterness. The prints involving bargaining will portray questioning and "What if..." statements, the desire to go back in time, confusion, and feelings of helplessness. The prints involving depression will portray a weight on one's shoulders, emptiness, loss of interest, and an emotional fog. The prints involving acceptance will portray a major change, growth, an acknowledgement with reality, and an investment in our relationships again. The beginning of each "chapter," being a stage of grief, will have the name of the stage subtly embedded into the first image of that chapter. The entire book will be in black and white; however, each stage of grief will have one color associated with it. Each page will have one small item or part in its assigned color. The story of the book will follow a character in their journey of life; they will experience loss and embark in the five stages of grief. I hope to portray their emotions and process in finding themselves and acceptance. I hope to create each piece in the UVA print studio and eventually publish and print several hard-cover books.

Participation in the Arts:

Classes in the Arts:

ARTS 2000 Introduction to Studio Art with Amy Chan: A

ARTS 2610 Drawing I with Elizabeth Schoyer: A

ARTS 2650 Special Topics in Printmaking with Akemi Ohira: A

ARTS 2672 Introduction to Lithography and Relief Printmaking with Jackson Taylor: A

ARTS 2710 Introduction to Water-Based Painting with Megan Marlatt: A+

ARTS 2670 Introduction to Intaglio and Monotype Printmaking with Akemi Ohira: Currently Enrolled

ARTS 3672 Intermediate Printmaking II with Akemi Ohira: Currently Enrolled

Extracurriculars in the Arts:

Cavalier Daily: Member of UVA Newspaper Graphics Team 2020 - Present

- Illustrate and develop weekly digital graphics for articles on the UVA newspaper through procreate

Honors College of UVA: Chair of Public Relations Committee of Echols Council 2020 - Present

- Create the weekly newsletter for the Echols Program at UVA and advertise speaker events, social gatherings, and fundraisers through social media
- Founder and Editor in Chief of the Echols Literary Magazine with the first issue being released Spring 2022

Timeline:

Summer 2022: I will complete a final draft of each page on drawing paper. I will begin to collect my materials and experiment with color combinations, etchings, and carvings. I will begin to scratch plates and carve linoleum blocks.

Fall 2022: I will begin and finish printing four chapters of the book: denial, anger, bargaining, and depression.

Spring 2023: I will finish printing the last chapter on acceptance. I will begin the publishing process and once I finish, I hope to print multiple hard-cover books with a printing company.

Budget:

- Copper Plates: 6"x9" (10) \$150 (for etching) <https://shop.takachpress.com/plates/copper-zinc-plate/copper-plate/>
- Zinc Plates: 6"x9" (10) \$180 (for etching) <https://shop.takachpress.com/plates/copper-zinc-plate/zinc-plate/>
- Linoleum Blocks: 45 feet x 12" roll (1) \$190 (for carvings) <https://www.dickblick.com/products/blick-golden-cut-linoleum/?fromSearch=%2Fsearch%2F%3Fq%3Dlineoleum>
- Aluminum Plates: 30 X 36 X 0.015 in. (10) \$310 (for lithography) <https://shop.takachpress.com/ball-grained-litho-plates-30-x-36-x-0-015-in/>

- Mezzotint rocker: (1) \$135 <https://shop.takachpress.com/edward-c-lyons-mezzotint-rocker-2-5-in-85-line-l335-2-5-85/>
- Carving Tools: (1 set) \$80 <https://shop.takachpress.com/mt940-4mm-mixed-profile-micro-tool-set/>
- Stones Crayons: (5 per hardness for a total of 35) \$105 (for lithography) <http://www.stonescrayons.com/crayons/quarter-inch-2>
- Liquid Tusche: 8oz (1) \$31 (for lithography) <http://www.stonescrayons.com/tusches/liquid-tusche-8oz>
- Paste Tusche: 80ml (1) \$36 (for lithography) <http://www.stonescrayons.com/tusches/paste-tusche-35ml>
- Stick Tusche: (1) \$15 (for lithography) <http://www.stonescrayons.com/tusches/stick-tusche>
- Crayon Holders: (3) \$13 (for lithography crayons) <http://www.stonescrayons.com/crayons/crayon-holder>
- Brayers: (Pack of 4 Sizes) \$196 <https://shop.takachpress.com/takach-hand-brayers/>
- Baren: (1) \$30 https://shop.takachpress.com/search.php?search_query=baren
- Cheese Cloths: (15) \$30 (for etching and lithography buffing) https://shop.takachpress.com/search.php?search_query=cloth
- Fine Pore Sponges: (3) \$15 (for lithography) https://shop.takachpress.com/search.php?search_query=sponge
- Stainless Steel Bowl: 3qt (3) \$15 (for lithography) <https://shop.takachpress.com/3-quart-stainless-steel-bowl/>
- Assorted Brushes: (pack of 6) \$13 (for ground application in etchings and gum stop outs in lithography) <https://www.dickblick.com/items/blick-scholastic-wonder-white-bright-brushes-set-of-6-long-handle/>
- Carbon Black Akua Ink for Proofs: 16oz (2) \$56 (etching ink) <https://www.renaissancegraphics.com/product/carbon-black-intense-8oz-jar/>
- Charbonnel Etching Ink for Prints in Universal Black, Cardinal Red, Ultramarine Blue, Green Lake, Primrose Yellow, and Apricot Yellow: (200ml cans) (3 black cans and 1 of each color) \$288 <https://www.renaissancegraphics.com>
- Mulberry Thick Roll (52g/m²): 38"x10yd (2 rolls) \$146 <https://store.hiromipaper.com/collections/featured-items/products/mulberry-thick-roll?variant=52590098379>
- BFK Rives Printmaking Paper Cream-White 115gsm: 26"x40" (40) \$176 <https://www.dickblick.com/items/bfk-rives-printmaking-paper-26-x-40-cream-white-115-gsm-light-sheet/>
- BFK Rives Printmaking Paper White 250gsm: 22"x30" (40) \$210 <https://www.dickblick.com/items/bfk-rives-printmaking-paper-22-x-30-white-250-gsm-single-sheet/>
- Tracing Paper: 24"x20yd (1 roll) \$15 <https://www.dickblick.com/items/speedball-tracing-paper-24-x-20-yds-white-roll/>
- Pacon Newsprint Roll: 36"x100ft (1 roll) \$21 <https://www.dickblick.com/items/pacon-newsprint-roll-36-x-100-ft-white/>
- Printing/Publishing Books: Could be approximately \$25 per hardcover book depending on style, paper, spine, etc. (quantity of books around 20) \$500 <https://www.blurb.com>

Total: Approximately \$2956