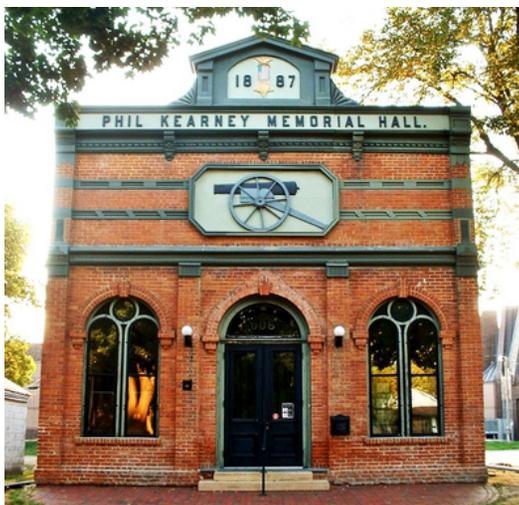


## G.A.R. Hall Art Gallery



YAA Mission: To educate, advocate and enrich Yankton by integrating the arts into the community.

FREE and Open to the Public  
Mon-Fri 1-5pm | Sat 1-3pm

First Friday Receptions | 5-7pm  
First Friday of each month Jan-Nov

Join the arts movement at  
YanktonAreaArts.org and receive  
10% off all purchases in the gallery  
and gift shop!

## 2022 Exhibiting Artists

Susan Heggstad | Jan 7-Feb 15  
Youth Exhibit | Feb 18-Mar 29  
Jensen Twite | Apr 1-May 17  
Nearman/Case | May 20-Jun 28  
Carolyn Albrecht | Jul 1-Aug 9  
Mighty Mo Photo Show | Aug 12-Sept 27  
Connecting Artists | Sept 30-Nov 15  
Crimson Door Holiday Boutique | Dec 3-23

## CONNECT WITH US



Yankton Area Arts  
508 Douglas Avenue | Yankton SD 57078  
605.665.9754 | info@yanktonareaarts.org  
YanktonAreaArts.org

## Because

Susan Heggstad, artist



January 7-February 15, 2022

## G.A.R. Hall Art Gallery

Art Happens Here

## About the Artist

Susan Heggstad is a Vermillion, South Dakota-based artist working in prints, paper and mixed-media sculpture. They have spent their career balancing studio work with being a teaching artist and advocate, working in such diverse environments as K-12 schools, care centers, healthcare, and other public venues.

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## Because

A collection of mixed-media prints on paper  
Susan M Heggstad

“The body keeps the score: If the memory of trauma is encoded in the viscera, in the heartbreaking and gut-wrenching emotions, in auto-immune disorders and skeletal/muscular problems, and if mind/brain/visceral communication is the royal road to emotional regulation, this demands a radical shift in our therapeutic assumptions.”

“Agency starts with what scientists call interoception, our awareness of our subtle sensory, body-based feelings: the greater that awareness, the greater our potential to control our lives. Knowing what we feel is the first step to knowing why we feel that way. If we are aware of the constant changes in our outer and inner environment, we can mobilize to manage them.”

- Bessel Van Der Kolk, M.D., from *The Body Keeps the Score*

Hands and the human form make up the imagery that appears again and again in my work. For me, these elements reference our experience of existence. Our bodies are the vehicles through which we understand the world around us. Everything we know is mediated through the body. The body has its own knowledge; it even thinks and acts independently of our minds.

This work is the product of years of exploration that feed into sculptural pieces in-progress. The impetus behind the work was a surprising epiphany: they are, at their heart, about violence – especially a gendered experience of such violence. They are about the bodily experience of violence, the mental experience of violence, the transference of the ‘cycle of violence’, and healing from violence.

The paper works are heavily embossed with a rich array of textures and colors that are, in some cases harmonious; in others, discordant. The fabric pieces layer literal linens and doilies. Forms are sewn into the picture plane with a decorative stitch. Fields of texture envelope both foreground and background, resulting in a flattening of space that we cannot precisely relate to. The life-sized human forms, however, refuse to let the viewer distance themselves enough to remain unaffected. With titles inspired by Rebecca Solnit's essay 'Men Explain Things to Me', the works refuse to let viewers remain ambivalent.

We are all, to some degree, affected by violence. I am the daughter of a survivor of sexual abuse. I have, as a child, suffered physical and emotional abuse. My oldest children have also suffered physical and mental abuse - by me. Recognizing oneself as a player in this cycle of abuse takes a great deal of support, work, and sometimes, simply some dumb luck. My work has always been about the body, but I'm only beginning to understand why.

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As an artist, I am drawn to printmaking and papermaking, traditionally feminine handicrafts, and installation. The connection, for me, is a keen interest in our gendered experience of the world. Hands and the human form make up the imagery that appears again



and again; our bodies are the vehicles through which we understand the world around us. Everything we know is mediated through the body.

~Susan Heggstad