



ТЫ ТО, ЧТО ТЫ ЕШЬ !!!



## **You Are What You Eat!**

By Adeline Leger

*You Are What You Eat!* is a 2024 oil painting created in response to the prompt of an indirect self-portrait. This work is an ode to my unusual cooking habits, typically eating individual ingredients rather than fully assembled dishes, as well as my famously stinky food. I also enjoy dabbling in horror elements, which I incorporated into this piece. Upon seeing my initial sketch, my professor noted its resemblance to World War II Russian propaganda posters and medical illustrations, urging me to get weirder. I eagerly embraced the comparisons and ran with them. The wacky, playful composition combines both 2D and 3D rendering styles, as seen in medical illustrations, complete with a stained-glass-esque background. A vibrant color palette was used to accentuate the absurdity of the piece. The text at the top of the painting mirrors my title, written in Russian as a nod to the inspiration drawn from Russian propaganda posters.

## **Honest Reflection**

By Adeline Leger

My first oil-painted self-portrait, a 2024 piece titled *Honest Reflection*, is a true-to-life representation of myself at the time—flaws and all. The piece highlights warm colors and features subtle, dynamic lighting. My goal in painting this portrait was to experiment with color and earnestly bring out the lively hues of the skin. In a world constantly bombarded by filters and AI-generated images, showing the genuine and raw human form is something society is starved for. I wanted to contribute to that unprocessed version of media by showcasing the activating hues of the skin that so often get grayed over. Being accurate in this way is also valuable for documenting a version of me in time—a moment I lived through but will never replicate again. It is bittersweet to think that your hair will never sit exactly like that again, your skin will never blush quite the same way, and the light will never hit your face precisely as it did then.