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Drawing Competition 2015: Tips and Hints from Professional Illustrators

The [Get Smart Competition](#) is now accepting entries from children ages 12 and younger. Summer is a great time to be outdoors, catch up with friends, and try out some new hobbies. Maybe you or your kids are new at creating art. Here are 10 tips from expert illustrators, Adrienne Wright, of the SCBWI, Val Jones, Patricia Kreiser, and Virginia Law to help get you started.



10 Tips from the Pros

-  Before you begin, make sure you have all your supplies ready.
 - ✎ Protect your clothes with an apron or wear old clothing and tie back long hair.
 - ✎ Be comfortable! In a well lit room, stand or sit at a table that's the right height for you so you can reach the top of your paper and all of your art supplies.
-  Wash your hands. You don't want sticky, oily food or outside dirt to spoil your artwork before you start.
-  Inspiration is all around you. Look for it in the most unlikely places. It could be in the shapes of the food on your plate or the patterns in the clouds, the look on your baby brother's face while he smears it with egg, or an insect buzzing around a flower. Use your imagination to make it uniquely your own work.
-  Sketch in lightly the general shapes first before beginning work on the details. This way you can plan out your picture and make sure you have room for everything. Draw light guide lines on the paper first -- where the top of the figure's head will be and the bottom of his feet. Then start dividing the figure up -- where the waist should be, head, shoulders, knees, etc.
-  Work on your whole picture at the same time -- don't finish one corner and then start working on another corner. This way you can balance the colors and tones.
-  If you need to erase a pencil line, make sure your eraser is clean. (Sometimes seeing light pencil lines can look beautiful — don't be afraid to leave your "mistake" drawing lines. Many artists don't use erasers at all!)
-  Typography (or lettering) is an important part of posters and comics. If you are including lettering in your artwork, allow space for it, and remember, sometimes typography IS the artwork!
-  Mistakes aren't always bad. Sometimes an accidental blob of color on your artwork can lead to a whole new idea and even improve your artwork. Spontaneous events can be so creative!
-  Many times we draw figures standing face forward, square on, with no background or setting. Once you draw their figure this way, start putting the character in action - in different emotions and settings.
-  And most importantly: Have FUN!!



Antibiotics and Coevolution: Like Cheetahs and Gazelles

The TEDMED talk entitled "The Coming Crisis in Antibiotics" given by Ramanan Laxminarayan, Director and Senior Fellow at the Center for Disease Dynamics, Economics & Policy, outlines the development and evolution of the crisis with antibiotic resistance.

In the early 1940s, antibiotics were first used on humans, even though Alexander Fleming's discovery of antibiotics occurred nearly twelve years prior. Today, while antibiotics are used to heal many sick patients worldwide, these powerful, life-saving drugs are also used in other industries. Antibiotics are used sub-therapeutically to make chicken and pigs grow faster; simply to save a little money in meat production. Overuse and misuse of these drugs has led to the problem of resistance and is a global issue, affecting both the

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rich and the poor.

Conservation of antibiotics is a game of “coevolution.” Laxminarayan asks us to consider the example of cheetahs and gazelles. Cheetahs evolved to run faster because if they didn’t, they wouldn’t get any lunch, and the gazelles evolved to run faster so they wouldn’t be lunch.



We’re the gazelles, trying to stay one step ahead of the bacteria that can reproduce and evolve in a matter of just minutes. So in an effort to stay ahead of the game, we can work on new drug development, but we can also work to prevent the need for these drugs in the first place through hospital infection control and vaccination, especially for the flu. Seasonal flu is one of the biggest drivers of antibiotic misuse. Bacteriophages, probiotics, quorum sensing, and synbiotics are new research topics for alternatives to antibiotics, but, as with anything, nature will find a way.

We are encouraged to rethink about antibiotics as natural resources -- the kind of resources that must be conserved, not only for our own health, but for future generations. Encouraging appropriate use, sales, and prescribing of antibiotics is just the beginning of changing the way we do business, heal infections, and protect the effectiveness of these valuable drugs. The full TEDMED talk can be found [here](#).

The Four Core Actions to Fight Resistance

According to the Centers for Disease Control and Prevention (CDC), there are [four core actions](#) to fight resistance. In this month’s newsletter, we will address the second action:

2) TRACKING

The CDC collects data on antibiotic-resistant infections and whether there are particular reasons (risk factors) that caused some people to get an infection. This helps experts to develop strategies to prevent those infections and prevent the resistant bacteria from spreading.

Here in Pennsylvania, the Department of Health also tracks infectious diseases in various ways:

- ◆ **Collecting and analyzing data on selected diseases affecting persons in the commonwealth;**
- ◆ **Disease outbreak investigations and surveillance; and**
- ◆ **National Antimicrobial Resistance Monitoring System (NARMS) retail meat testing.**

Check out next month’s newsletter for more on the third core action, **Improving Antibiotic Prescribing/Stewardship.**

Looking Ahead...

- The Get Smart Application for smartphones and tablets is coming soon. Check back for updates on the new program.
- This year, child care centers that participate in our drawing competition are also eligible to win prizes. If you are a child care director, and at least 70 percent of your children submit completed entries, complete a brief group submission form to be entered to win prizes. Details will be posted on the website soon.