

Dr. Lulu Shimek's Office

continued from Page 19

right (visual and spatial) functions of the left brain. The experience of painting may share some commonalities with a mild trance state. It is a fairly common occurrence that artists will have difficulty shifting attention to a telephone call which interrupts their work, and may forget the conversation entirely afterwards.

As part of their art, plein air painters regularly seek out beautiful landscape scenes, which are known to produce relaxation and pleasure. The viewer of beauty in art shares some of the same pleasure as the hiker, plein air painter, and other aficionados of the great outdoors. This experience of pleasure reduces blood pressure, muscle tension and anxiety.

Painting with a professional goal can, in itself, be stressful, but the elimination of all stress does not lead to healthy living - some exciting and fulfilling experiences, such as marriage or a promotion at work, can be stressful. Rather, choosing involvement in the creative process, and seeking out beautiful art and natural environments, simply can provide a restorative respite from the rush of modern life.

The paintings in this show depict another major source of healing - friendly home towns with long-term residents who know another, and which provide support of family, friends, churches, small businesses, familiar police and fire, schools and clubs in times of need.

The career choices made by Pendergrass and Dr. Shimek reflect their appreciation for art in our lives - Pendergrass



Work by Virginia Pendergrass

through creation of art, and Dr. Shimek through showing artists' work in her offices.

Pendergrass' artwork can also be seen at the Asheville Gallery of Art in downtown Asheville, Tracks Studios in the River Arts District of Asheville, Art Works of Brevard NC, and the Silver Fox Gallery in Hendersonville, NC.

For further information check our NC Commercial Gallery listings, visit (www.doelulu.com) or (www.virginiapendergrass.com).

Wine Down on Main in Brevard, NC, Offers Works by Noelle Brault

Wine Down on Main in Brevard, NC, will present *Southern Living ... From The Low Country to the Mountains*, featuring original oil paintings by Columbia, SC, artist Noelle Brault, from July 22 through Aug. 19, 2016. A reception will be held on July 22, from 5-8pm.

The exhibit will feature original impressionist oil paintings on linen panels. This will be an excellent opportunity to view and purchase stunning landscapes filled with light and vibrant colors from one of South Carolina's finest impressionist artists.

Brault was born and raised in Columbia, SC, but loves to travel and paint beautiful places. Whether she is painting a bustling urban scene, an idyllic mountain village, or the sunlight as it drenches a majestic live oak, her artwork makes one feel as if they are there to share the moment. Brault has studied under a "who's who" of nationally known artists such as Michel McNinch, Dee Beard Dean, Rick Reinert, James Richardson, Bill Davidson, Larry Moore and Kim English. She currently has a painting hanging in the small drawing room of the South Carolina Governor's mansion as part of their permanent collection.

Treat yourself to a vacation in the



Work by Noelle Brault

beautiful mountain town of Brevard, enjoy specialty wines, and soak in all the lovely original art.

For further information check our NC Commercial Gallery listings, call Wine Down at 828/883-9463 or visit Brault's (www.noellebrault.com).

ART Works Brevard NC in Brevard, NC, Features Works by Cathyann Lautier Burgess

ART Works Brevard NC in Brevard, NC, will present *Over Head and Hills- Sky Dancing*, featuring works by Cathyann Lautier Burgess, on view from July 1 - 31, 2016. A reception will be held on July 22, from 5:30-7pm, during Brevard's Gallery Walk.

Burgess' show of pastel paintings was inspired by the air currents moving the magnificent clouds over Western North Carolina mountains.

A native of New York City, Burgess, along with her husband, Roger, now makes Hendersonville, NC, her home. "Upon moving to Western North Carolina two years ago, the awesome wonder of the skies and clouds here captured my imagination," Burgess says. "I unpacked

my pastels determined to record my feelings. That was the beginning of my artistic journey in my new life."

"It matters little what I paint. It matters much that I paint" is Burgess' motto. "A certain glance, attitude, light or mood communicates enough to motivate me to speak back. Then I go to my studio and pick up chalk or brush."

Burgess is a first generation American child of immigrant parents displaced from the Mediterranean island of Malta by World War II. She credits her father, a carpenter, for instilling in her a love of drawing and music.

Although primarily a pastelist, she also paints in oils and cold wax. Study

continued on Page 21



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