

Will Admiring Art Extend Your Life?

Roberto Salazar, Up & Coming Weekly 1/23/02
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Does your life consist of deadlines, meetings, errands and little time? Do you need a mental break? Rather than zoning out in front of the TV, how about trying something different. Yes, you guessed it! I'm talking about visiting a local art gallery or art museum. The Fayetteville Museum of Art is currently exhibiting the works of Deborah Cavanaugh and Doug Dacey in its museum shoppe exhibit until March 3, 2002, so be sure to take a break from life and pay the museum a visit.

Deborah Cavanaugh brings a fresh and relaxing style of impressionist painting to Fayetteville. Her bright and whimsical watercolors relax you with their simplicity. Cavanaugh draws you into her paintings and then blurs your sense of reality by depicting common and everyday events in a fantasy world. Cavanaugh makes this combination of reality and fantasy work by using familiar memories to connect the viewer to her paintings. Her depiction of a woman working in her garden, hanging clothes on the line and interacting with her children gives the viewer a familiar and calming sense of normalcy in her fantasy world.

Doug Dacey, is a porcelain and pottery sculptor who depicts geological formations through sculptural pottery. Dacey's sculptures display terra formations through repetition and balance. His mimicking of known geological formations and his use of natural colors are what make his sculptures work. Also displayed are some of Dacey's more traditional porcelain pieces, each piece is a tribute to his 25 years of pottery designing.

Will admiring art extend your life? This is a question only you can answer after years of admiring it. I do know this though; art doesn't care about your financial situation, it doesn't care if you've combed your hair, and it doesn't care if you have any make-up on. Art will be your companion for life and it will always be mentally and emotionally stimulating. You can normally view art for free and at your own leisure. So how can you go wrong with art!

The Fayetteville Museum of Art is located at 839 Stamper Road, Fayetteville, NC 28303. The museum shoppe is open to the public Monday through Saturday from 10 am - 5 pm and Sunday 12 - 5 pm. For more information on this exhibit or other events and programs, call 485-5121.