

Need a break? Create art in downtown Columbus

Get creative

WHAT:

Art Break Day

WHEN:

9 a.m. to 5 p.m.
Friday

WHERE:

The Commons, 300
Washington St.

COST:

Free

INFORMATION:

376-2539
artsincolumbus.org
artbreakday.com

STAFF REPORTS

In a world that seems to create stress, area arts leaders are urging residents to do their own creating Friday.

It's all part of the free Art Break Day, to be celebrated at 17 locations worldwide, including downtown Columbus.

The idea: Take a moment between 9 a.m. and 5 p.m., and draw or paint or participate in another medium — just for fun. The event is open to anyone, even those who can't even draw attention.

Besides, successful local artists Marilyn Brackney, Bill

Melvin, Linda Peterson, David Williams and Andy Young will offer free instruction and guidance.

"We want this to be a relaxing event free of judgment," said Arthur Smith, marketing director of the Columbus Area Arts Council. "Not everyone has the talent of a great artist. And that's the point. We just want everyone to be able to create art. It's about taking time out of our busy lives to create and have fun."

A tent and tables will be set up and passers-by will be provided with art supplies. For the past two years, more than

10,000 people in cities across the country have participated. This year's Art Break Day will be celebrated from West Africa to India. There is no time limit on participation.

Art Break Day was created and is managed by the non-profit art organization Art is Moving. Co-founding director Lisa Rasmussen said the gatherings are meant to help people discover or rediscover the positive impact of art.

"For some," Rasmussen said, "the event is a way to relieve stress. For others, it's an opportunity to meet new people. They all leave feeling

grateful that they took a moment out of their day to express themselves through art."

"Art Break Day is all about connection," said co-founding director Lauren Odell Usher.

"People connect with their creative sides while making art. People also connect with one another by making art at the same table," Usher said.

"And, because we share the art made at Art Break Day tables on the Internet, participants across the globe can be connected. Art is a great way to display our individuality as well as our common humanity."