

Folk Art Show returns to Fearrington

The 2015 Fearrington Folk Art Show will take place on Saturday, February 21, 2015 and Sunday, February 22, 2015 from 10 a.m. to 5 p.m. Each year more than 35 folk artists from throughout the South convene at the big Barn at Fearrington Village. They turn every square foot of the structure into exhibition space for marvelous outsider art and visitors get a rare opportunity to purchase art directly from the Southeast's finest folk artists.

You will not want to miss the special Collector's Preview on Friday, February 20, offering the collector the opportunity to visit, have a more in-depth conversation with the artists, and purchase their work. Purchase your tickets online (<http://www.fearrington.com/folk-art/>) or at McIntyre's Books.

This annual event is an exhibition and sale of widely diverse artwork from self-taught Southern artists who are deeply influenced by the spirit of folk art, naïve art, primitivism and outsider art. Featured artwork includes whimsical paintings, fantastical robots, sculptures, pottery and more. Fearrington has garnered a reputation for bringing together a diverse group of artists who represent some of the best, most unique work to be found in the outsider art world. We hope you'll experience it for yourself!

All sales proceeds benefit the artists directly; Fearrington takes no commission from the artists, nor does Fearrington charge a booth fee to the artists selected for the show. Ticket prices are just \$5 per person at the door.



Steel, glass, resin and paint monkey by Josh Coté of Missouri.

PHOTO COURTESY THE ARTIST

THIS YEAR'S ARTISTS

- STEPHANIE ASTALOS JONES
- CHRIS BECK
- MR. B
- ATHLONE CLARK
- JOSH COTÉ
- MAURICE COOK
- FLEETWOOD COVINGTON*
- THERESA DISNEY*
- DANNY DOUGHTY
- BRIAN DOWDALL
- MIKE ESSLINGER
- JEANNE FLINT
- RILEY FOSTER
- THERESA GLOSTER
- JACKIE HALIBURTON
- CAP MAN
- CHRIS "CHUB" HUBBARD
- VIRGIL JOHNSON*
- CLYDE JONES
- MIKE JONES
- CRYSTAL KING
- TIM & LISA KLUTTZ
- AMY LANSBURG
- ERIC LEGGE
- PETER LOOSE
- JACKIE MACLEOD
- JENNIFER MAY
- MARK MAY
- CHRIS MILK
- MISSIONARY MARY PROCTOR
- MAMA GIRL
- SARAH RAKES
- RICHARD ROEBUCK
- CHER SHAFFER
- GABRIEL SHAFFER
- JOHN SPERRY
- TRÉS TAYLOR
- MIZ THANG
- AB THE FLAG MAN
- BRIAN MERGENTHALER
- DOVER POTTERY

*Denotes new artist joining the show



Cardboard, yarn and paint by Amy Lansburg
PHOTO COURTESY THE ARTIST



Above and left, Riley Foster of Mebane stands by some of the metal sculptures that will grace the Fearrington Barn for the Folk Art Show.

PHOTOS COURTESY RILEY FOSTER

Why you should listen to your mother

by Jeff Davidson

While growing up, many people remember the admonitions of their mother. Eat your vegetables. Don't leave food on your plate. Wash behind your ears. Some remember the advice with fondness, and some with disdain. Three bits of advice that my mother gave to me have stayed with me to this day, and indeed, have proven to be even more valuable with the passage of time.

1. You have to eat a pound of dirt before you die. She didn't mean to actually eat a pound of dirt, on your way to death or, for that matter, to consume any volume of dirt if you could help it. What she did mean was not to go through life being so antiseptic. Everything doesn't have to be crystal clean.

If a dry Cheerio falls on the floor you can pick it up and eat it. Yes, we knew even back then that bacterial transfer probably was instantaneous, certainly in the case of an item like a meatball on a shag rug. If the floor is not visibly dirty, and you dust off the Cheerio, you'll be okay.

Children who live in pristine conditions, are more susceptible today to a variety of illnesses than we were back then. The rise of asthma and other respiratory ailments can be attributed in part to some children not building up sufficient immunity to their external surroundings.

2. Don't do that which, if everyone else did it, would destroy society. I knew what it meant then on one level; today, the advice seems profound. If you allow junk cars to populate your front lawn, and everyone else follows, how long will it be before your town, and everyone's town in the entire world, becomes one big junkyard?

If you smoke while you drive and then throw the butts onto the street, and all other drivers do the same, how long will it be before the streets are impassible or so littered that they disgust motorists? If everyone brings a cell phone to a movie, restaurant, or public gathering, and uses it at will, how long will it take before all society breaks down into a Tower of Babel?

My mother's advice, applied today, tells us that while individual freedoms are worth cherishing, they also require our responsibility. We can't all be free to do exactly what we want all the time, even if the law allows it. We certainly can't all engage in behavior that damages the environment, hinders the growth and development of children, or diminishes other people's rights.

3. When it's time to go to bed, sleep is your only job. This is vital for a generation of fitful sleepers. When you get into bed, you can stew about the events of the day and you can ponder what might happen tomorrow, but you're shortchanging a vital aspect of your existence. At bed time, sleep is your only objective.

I took my mother's advice to heart: in a way she was giving me "permission" to have worry-free nights. Moreover, even at an early age, somehow I understood that a good night's sleep was essential, no matter what trials and tribulations I faced during the day, or would face in subsequent days.

As an adult I've been fortunate in that I am asleep within three seconds after my head hits the pillow. On occasion I actively choose

to ruminate on some particular issue to get clarity, before dozing off, so that I'll have a fresh start on the issue the next day.

Now and then, during some time of crisis, or if I have an early plane flight, I will toss and turn a bit, before going to sleep. I have learned over the years that when deep sleep does not come immediately, simply lying still, and not beating yourself up psychologically because you haven't fallen asleep still yields about 85 percent of the benefits of solid sleep. Most other nights during the year I'm already cutting zzzzs, thanks largely to my mother's earlier admonition.

Jeff Davidson is a regular contributor to Chatham County Line. The Work-Life Balance Expert®, Jeff is the author of "Dial it Down, Live it Up"; "Simpler Living; Breathing Space"; and "The 60 Second Self-Starter". Jeff can be reached at www.BreathingSpace.com

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