



**FOR IMMEDIATE RELEASE**

**For more information contact:**

Kathleen Glass  
Communications Manager  
Asheville Art Museum  
828.253.3227, ext. 116  
kglass@ashevilleart.org

***The Asheville Art Museum Presents a Lunchtime Art Break: guided  
tour and discussion Current Exhibition PLAY***

Friday, June 7, 12:00 – 1:00 p.m.

ASHEVILLE, NC— On **Friday, June 7**, current exhibition *PLAY* will be featured in the Asheville Art Museum’s monthly Lunchtime Art Break series. The Museum’s Education and Curatorial staff will be leading a discussion and tour of the exhibition, which explores themes of leisure, play and creativity. **Lunchtime Art Breaks take place from 12:00 – 1:00 p.m. and are always free with Museum membership or regular Museum admission.**

Hosted by the Museum on a monthly basis, Lunchtime Art Breaks are a unique and engaging opportunity for audiences of all ages to enjoy a guided tour and discussion of current exhibitions. These affordable events are often led by the curator or a featured artist in Museum exhibitions. Art Breaks are held during the lunch hour, offering visitors and members a convenient and entertaining mid-day break at the Museum.

In current exhibition *PLAY*, works such as Ann Pollard’s *The Recorder Player*, demonstrate the intense focus one enjoys when playing an instrument. This is akin to what noted Hungarian psychologist Mihaly Csikszentmihalyi calls *flow*—when an individual is so fully immersed in a pleasurable activity that he or she is unaware of everything else. Artist Louis Finkelstein’s *Park Tennis* demonstrates the social and physical benefits of organized athletic play. Audrey Kirschner’s *Tea Party* celebrates the nature of friendship, camaraderie and laughter, showing that playful activity can extend throughout one’s life.

**PLAY** also acknowledges the role that playful activity has as a primary source of cognitive development in a child's life, through which basic social skills are learned and carried into adulthood. The act of play is also recognized for its relaxing and stimulating qualities, and as a means to make work more productive and pleasurable. As curator Cole Hendrix describes, "By giving ourselves permission to play with the joyful abandon of childhood, we can continue to reap its benefits throughout life." Audiences are invited to consider these unique qualities in **PLAY**, on view through Sunday, September 29, 2013.

This exhibition is curated and organized by the Asheville Art Museum and is sponsored by Mary L. Powell. For more information on exhibitions and public programming at the Asheville Art Museum, please visit [www.ashevilleart.org](http://www.ashevilleart.org).

**Image Credit:**

(Above) Carolyn DeMeritt, *Caitlin/ Bubble*, 1986/2009, silver gelatin print, 18 x 18 inches. 2008 Art Nouveaux Purchase, Asheville Art Museum Collection, 2008.28.02.91.

# # #

**The Asheville Art Museum is the only nonprofit visual arts museum serving the 24 counties of Western North Carolina. Incorporated by artists in 1948, the Museum collects, preserves and interprets American art of the 20th and 21st centuries with a focus on work of significance to the Southeast.**

**Centrally located in downtown Asheville on Pack Square, the Museum is open 10:00 a.m. to 5:00 p.m., Tuesday through Saturday and 1:00 p.m. to 5:00 p.m. on Sunday. Special docent-guided tour packages are available for groups and students.**

**Admission to the Museum is \$8.00 for adults and \$7.00 for seniors (age 60+) and students (K-12 and college students with college ID). Children age five and younger are admitted free of charge. Members are admitted free of charge. The Holden Community Gallery, Museum Shop and Biltmore Gallery (all located on the first floor/street level of the Museum, are open at all times to the general public free of charge).**

**The Asheville Art Museum is accredited by the American Association of Museums and receives general operating support from businesses, foundations and individuals, as well as from the North Carolina Arts Council, an agency funded by the State of North Carolina, and the National Endowment for the Arts, which believes that a great nation deserves great art. Additional support is provided by the City of Asheville and Buncombe County.**

**The Asheville Art Museum asks when reprinting images, please keep all artwork at their original proportions; please do not crop them or alter them disproportionately. Provided image credit information is mandatory and images are not for resale.**