

[TEST] Art and About

Arts Council for Monterey County <info@arts4mc.org>  
To: jazmine@arts4mc.org

Sun, Oct 6, 2019 at 2:43 PM

THIS IS A TEST EMAIL

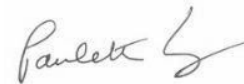


# ARTS COUNCIL *for* MONTEREY COUNTY



To help your loved ones cope with stress, consider the arts are the answer.

Our hearts are with everyone impacted by the horrific mass shootings. If you find your own stress levels overwhelming, you are not alone. The arts can help. When I became Executive Director in 2004, my top priority was finding examples of how the arts benefit our community. I found powerful and profound examples around the country, around the world and throughout Monterey County. Today, neuroscientists and health practitioners are advocating immersion in the arts as a powerful way to manage stress. It can start as simply as taking out your paints or digging out your old guitar from the closet, taking dance lessons or joining a singing group. You can change your life and enrich our community. For more details on how the arts may benefit your health, visit John Hopkins University : <https://www.artsandmindlab.org/heart-health-and-the-arts/>. To find local resources for classes, programs, festivals and more, visit us at [arts4mc.org](http://arts4mc.org) and bring someone you love with you!



*Nominate Our Next Champions  
Extended Deadline - August 15, 2019*



Dottie Dodgion, Lifetime Achievement Champion,  
with Senator Bill Monning

We're now accepting nominations for the 2020 Champions of the Arts Gala, our annual event to recognize and promote those who go above and beyond for the arts. Nominations are due by August 15, 2019. Find out more information and submit your champion on our website.

[NOMINATE](#)

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## FERRARI SOCIAL AT THE BARNYARD SATURDAY, AUGUST 17, 2019



Join us for the 22nd Annual Ferrari Social at The Barnyard on Saturday, August 17 benefit the youth arts education programs of the Arts Council for Monterey County. Wine tastings and nibbles, Ferrari Owners Club exhibition, and entertainment by the Chicano All Stars.

[BUY TICKETS](#)

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## WEST END CELEBRATION

**West End Celebration**  
West End of Sand City  
Ortiz Avenue  
Sand City, CA 93955

**ArtWorks @Pacific Grove**  
Booths 70 - 71

Saturday, August 24, 11:00 am - 6:00 pm  
Sunday, August 25, 11:00 am - 5:00 pm

**Participating Artists:**  
Stacey Ashton  
James Beaulieu  
Jennifer Colby  
Nancy Donaldson  
Julie Franklin  
Deborah Good  
Diane Grindol  
Sue Ann Hillyer  
Julang Kihm  
Carol Marshall  
Michelle Robertson

Paintings, prints, photographs, & art cards by local artists for sale, make-and-take art projects

**ARTWORKS @PACIFIC GROVE**  
Studios & Gallery

**ARTS COUNCIL**  
MONTEREY COUNTY

Hope you can visit our ArtWorks @Pacific Grove artists in their Booths (70 & 71) at the West End Celebration, August 24-25!

*You can make a big impact with your monthly investment!*



Laurie Bend, Board of Directors

Please join me as a new "Friend 4 Art" – an easy and convenient way to make a small monthly donation that makes a big impact. Today more than ever, we find that the arts are the answer for transforming heartache into healing and trouble into triumph. The Arts Council has made so much progress over the years all over the county. As a mom, graphic designer and local business owner, I became an Arts Council board member a few years ago because I strongly believe the arts are the best way to create safe and vibrant communities for our children and families! Join me as a Friend 4 Art!! Choose the level that is best for you and sign up online to donate – [arts4mc.org/donate/friends4art](https://arts4mc.org/donate/friends4art)

When you join the Arts Council for Monterey County's Monthly Gift Program, you join a special group of people investing each month to improve the quality of life for everyone in our region through the arts.



**\$10**  
Support  
ART CLASSES



**\$25**  
Invest in  
AFTER-SCHOOL  
PROGRAMS



**\$50**  
Support  
ARTS AS HEALING



**\$100**  
Invest in  
COMMUNITY  
ART PROJECTS

**DONATE NOW**

**Our Contact Information**  
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