

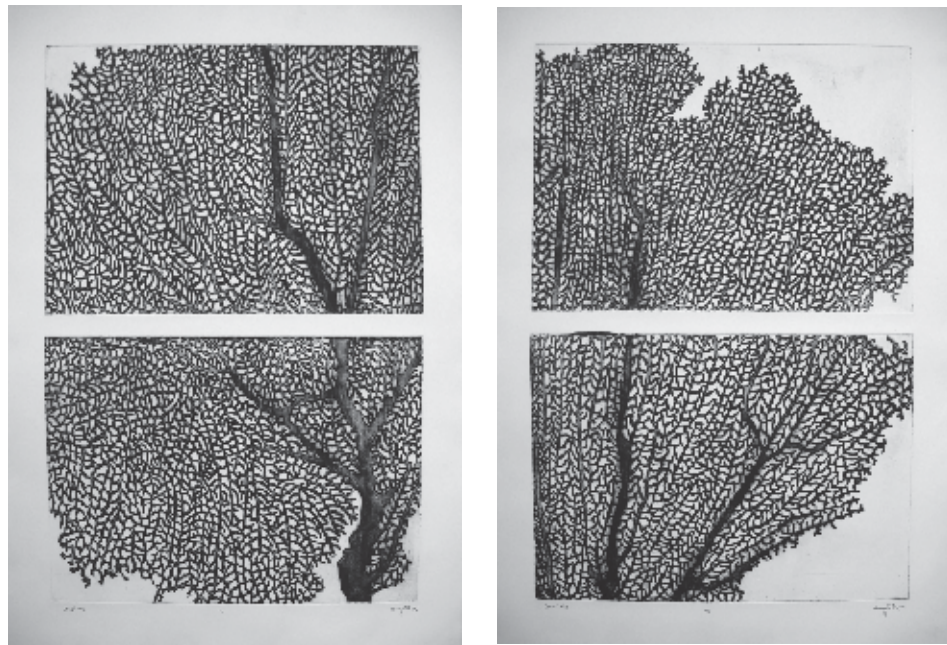
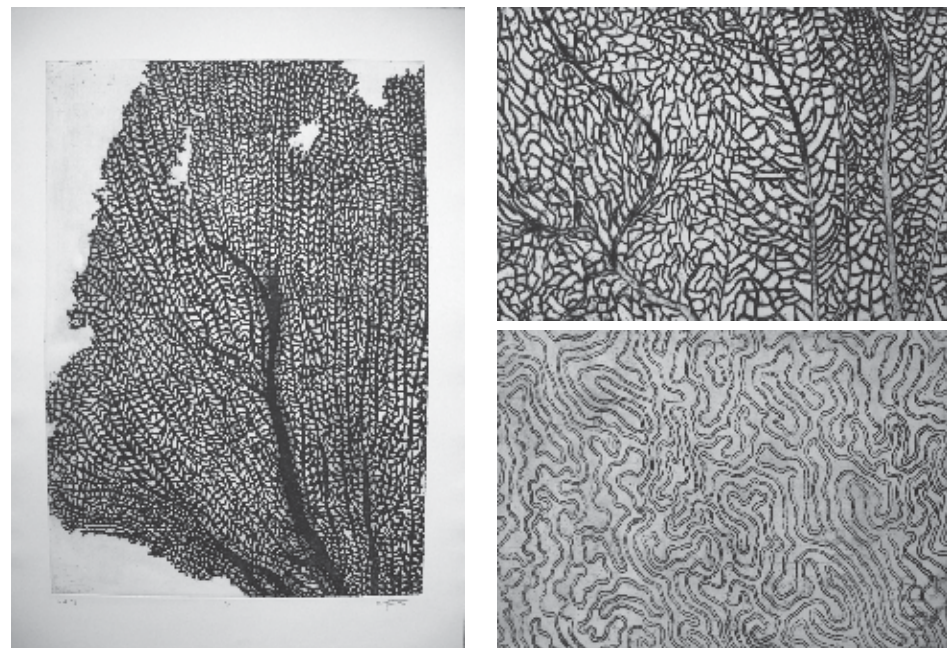
Art Box Artist of the Month: Amy Oates

After growing up in Key Largo, Amy Oates slowly made her way west to study art at Baylor University and then north to Seattle, where she currently lives. She primarily works in painting, printmaking, and cut paper installation and has been an active part of Seattle's arts scene, participating in gallery exhibitions and temporary public commissions, curating multidisciplinary arts events, and investing back into youth through after-school art programs.

Amidst venturing far, Amy has not forgotten her roots. A visit back to Key Largo a few years ago rekindled a fascination with the beauty of the coral reefs. Amy

wished she could take coral away with her to look at continually, but she knew the ecosystem needed protection, not possession. Instead, she did the next best thing - she began making visual studies of corals through copper etchings.

Amy foresees that this new direction in her work has only just begun and she's hopeful for the ways others may become more interested in conservation through close examination with the intricate beauty in coral. She is thrilled to be sharing a small number of these etchings in Key Largo at The Art Box for the month of January. Stop by and see her work!

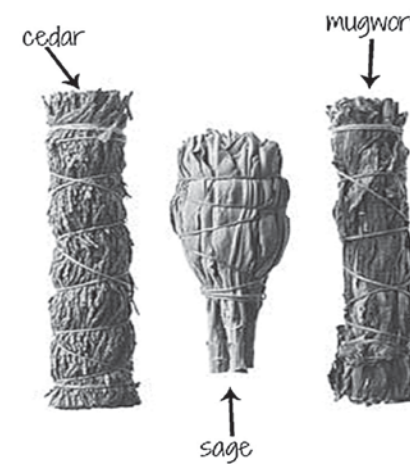


Smudging

I bought a house that had some negative energy from the previous tenants so every now and then I cleanse it with some white sage. Here are the directions.

Smudging is burning herbs, most commonly sage, to get rid of negative energy on yourself, your home or any space. Smudging can be useful when you're feeling depressed, angry, resentful, unwell, or after you have had an argument with someone, or if you have felt a negative presence in your home.

You would normally use a smudge stick to do this, you can make your own or buy them from most new age stores. The process of smudging is thousands of years old - it was used by Native Americans, in ancient Rome and Greece, and ancient Egypt as a way to cleanse a space from bad spirits and negative energy.



To smudge, light a smudge stick and let it catch fire. Extinguish the fire and let the smoke billow from the stick. Walk around your home letting the smoke get everywhere, in every room, in cupboards and small spaces. The smoke is not dangerous and will not harm you or your pets. Use a bowl to catch any ashes.

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