

Minimum Daily Requirements

Aug. 15-Dec. 10, 2014

“Minimum Daily Requirements” focuses on the topic of physical, mental and emotional well-being and pulls together four artists with installations that inspire conversations about health and personal resilience.

Each artist approaches the theme differently based on his or her own art and experiences with the idea of “well-being.” Crystal Daigle’s work ties the art of tango dancing into a tribute to resiliency, Joan Baron’s installation regales the healing aspects of plants, Peter Bugg literally and symbolically drills holes into tabloid magazines and Ann Morton brings awareness to homelessness and the human need for meaningful daily activities.

“Viewers will ask themselves, ‘What are my minimum daily requirements? How do I fill them?’ Although accessing health care is on a lot of people’s minds, many don’t realize that their well-being is largely in their own hands if they will only listen to their bodies,” Daigle said. “I hope that this exhibition urges viewers to question their beliefs about wellness and take action towards healthier, happier lives. They’ll find it is easier than they think if they’ll simply listen to their own bodies.”

Crystal Daigle, of Tempe, was born in Schenectady, N.Y. Her childhood was filled with movement, including gymnastics, bike riding and dancing. When her mother gave her a sewing machine at age 8, she fell in love with making art. She studied fibers and painting at the Philadelphia College of Art and later earned a Bachelor of Arts

in theatre at Temple University in Philadelphia. After battling thyroid cancer in 2002, she moved to sunny Tempe to help ease ongoing pain and fatigue. Despite her symptoms, she took up Argentine Tango. “It lessens the internalized stigma of long-term illness,” she said. CrystalDaigle.com

Joan Baron, of Scottsdale, grew up in a mile high corn field in Northern Ohio and claims to still catch whiffs of fresh tomatoes and melons. Digging in the earth led her to study at Washington University in St. Louis and garnished her studies with a Master of Fine Arts from the Chicago Art Institute in ceramics and sculpture.

Her experiences with blending clays and glazes in the lab was a precursor to her later studies with The Institute of Noetic Sciences, Aromatherapy and Naturopathic in Petaluma, Calif. Today, Baron uses her interests in the environment, gardening, food production and art by creating large and small scale public artworks. She has been known to delight her neighbors by passing out seed packets on the street corner and surprising city trash collectors with her secret gardens in the alleys near her home. joanbaron.com



Joan Baron: *The Curtain of the Alchemist Delight*



Peter Bugg: *Less is More-Bristol Palin*

Peter Bugg, of Tempe, was born and raised in Madison, Wis., and earned a Bachelor of Arts degree in economics from the University of Chicago and a Master of Fine Arts degree in photography from Arizona State University. In 2009, he participated in the Arizona Biennial at the Tucson Museum of Art and interned at a paparazzi photo agency in Los Angeles where he gained an inside perspective

on stardom and the Hollywood machine. His latest work is a commentary on Hollywood, gossip magazines and the general discord these tabloids propagate. peterbugg.com

Ann Morton, of Phoenix, is an active artist and educator. Following a 35-year practice as a graphic designer, she earned a Master of Fine Arts degree with an emphasis in fibers from Arizona State University. Today her artwork and efforts with community engagement are a blend of traditional art making with a social engagement twist. Over the past two years, Morton founded a new organization called “Street Gems” that seeks to help homeless individuals through art making, job training and personal development. annmortonaz.com facebook.com/streetgemspfh