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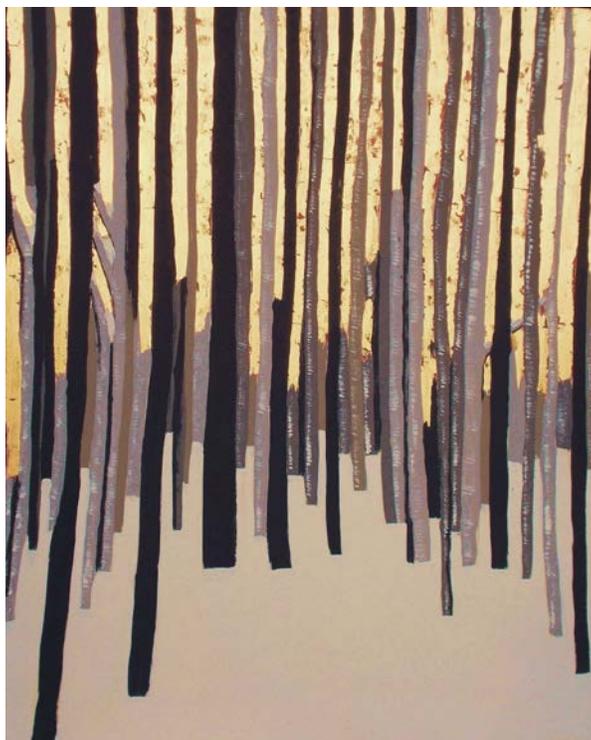
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“Healing, Straight from the Heart to the Golden Hour” Paintings by David Terrar

Opens January 3 at Himmelfarb Gallery, Maryland University of Integrative Health

LAUREL, MD – “Healing, Straight from the Heart to the Golden Hour” features seven paintings by Maryland artist David Terrar and opens Tuesday, January 3, 2017 in the Himmelfarb Gallery at Maryland University of Integrative Health (MUIH). A reception for the artist will be held on Thursday, January 26 from 5:00 – 7:00 pm.

A few years ago Terrar had a heart attack. While in the hospital the medical team referred to his “Golden Hour,” a reference to the last hour of a person’s life. During his weeks of recovery the term ‘Golden Hour’ frequently rang through his thoughts. One beautiful autumn day, he observed the last hour of sun setting on the western horizon through the trees and the color shift in the sky to a golden hue. Everything changed color to various golden shades. The near-death experience led to this series of paintings which capturing that special glow in oil paints and by using real gold (23K).

An experienced painter, Terrar ties his experience of the heart attack and the golden hour of the day into paintings that are both representational and abstract. He aims to connect with people and take them to a different place through symbols he incorporates into these paintings. For those who are suffering he wishes to alleviate their stress and their pain, even if only for a few seconds. He illustrates trees as a sign of strength, power, and stability; the leaves represent the curative effect of herbal and medicinal properties; the golden sun coming through the trees brings warmth and light. Gold has been a symbol of hope for people in darkness for the last thousand years. The color scheme is drawn from the colors of autumn and winter, symbolic of nature's annual period of rest and hibernation.

Artwork from the exhibit will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. Visit the Himmelfarb Gallery online at <http://www.muih.edu/campus-community/about-campus/himmelfarb-gallery>.

What: "Healing, Straight from the Heart to the Golden Hour," Paintings by David Terrar

When: January 3 – March 25, 2017

Where: Himmelfarb Gallery, Maryland University of Integrative Health
7750 Montpelier Rd., Laurel, MD 20723

Gallery Hours: Monday – Friday: 8 a.m. – 7 p.m.; Saturday and Sunday: 8 a.m. – 4 p.m.

About David Terrar

Mr. Terrar is an artist living in Gaithersburg, Maryland. He has been painting for more than 50 years. He's studied at the Museum jeu de Paume in Paris, Universite de Grenoble in France, and St. Leo University in Florida. He learned gold leaf technique by working on icons in the Russian Orthodox church. Additionally Terrar has had a distinguished international career in human resources. He loves to paint landscapes, particularly in rural Maryland and the Chesapeake region. He has exhibited extensively in the Mid-Atlantic region with shows at Maryland Art Place, galleries, hospitals, and local businesses. You can also see Terrar's work at davidterrar.artspan.com

About Maryland University of Integrative Health

Maryland University of Integrative Health (MUIH) educates practitioners and leaders in health and wellness through transformative and relationship-centered programs that integrate ancient wisdom and contemporary science. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as programs for professional and personal development. The on-campus Natural Care Center offers compassionate and affordable healthcare from student interns and professional practitioners, delivering more than 35,000 clinical treatments a year.

About the Himmelfarb Gallery

The lobby of MUIH's main campus building serves as the gallery space and features four exhibits each year that focus on some aspect of healing, wellness, or nature. Since opening in April 2003, the gallery has displayed paintings, drawings, prints, photographs, fabrics, and artist-made paper. For more information, please visit www.muuh.edu.

High-resolution images are available upon request.

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