

2016 / 2017 ANNUAL ARTS ISSUE

# BREAKING

G R O U N D



Council on  
Developmental Disabilities



**Blossom**

— by Laura Hudson

**LAURA HUDSON**

Laura Hudson of Nashville loves to make people smile and enjoy her art. She says her art takes her anywhere in the world as she imagines beautiful tropical scenes and creatures. She loves to picture nature's gifts of life and beautiful color.



**COVER ART**

**SARAH E. VAUGHN**

Sarah E. Vaughn is an artist on the autism spectrum who specializes in trompe l'oeil style pencil drawings and abstract paintings.

**All Quiet**

— by Sarah E. Vaughn



Learn more about the TN Council on Developmental Disabilities - 615.532-6615; [www.tn.gov/cdd](http://www.tn.gov/cdd); [www.facebook.com/TNCouncilonDD](http://www.facebook.com/TNCouncilonDD); [Tnddc@tn.gov](mailto:Tnddc@tn.gov). Subscriptions to Breaking Ground are free and available through the Council office. Contact us by phone or email with subscription updates or requests, and please include name and mailing or email address.



**From the Council**

Welcome to the 2017 Arts Issue of Breaking Ground magazine! It is such an honor and pleasure to share the amazing talents of Tennessee's artists and writers with disabilities. It is our great privilege to use this magazine - with a reach of nearly 5,000 readers - to emphasize the high quality of creativity we have in this state, and the spectacular, innovative programs that support the state's artists and writers with disabilities.

In this issue, you'll find features on a unique theater and dance company, a teaching artist who promotes artistic exploration through hammering, sawing and drilling, and an intern at SRVS who used her incredible photographic "eye" to capture persons with disabilities engaging with the community-at-large.

We couldn't be more proud to recognize our two co-sponsors for this special issue - VSA Tennessee (a state organization on arts and disability) and the Tennessee Arts Commission. It is wonderful to be in such "good company" with two entities who contribute so much to developing opportunities for artistic expression for Tennesseans with disabilities.

Many thanks to the contributors to the Arts Issue and to the readers of Breaking Ground!

— Wanda Willis, Executive Director, Tennessee Council on Developmental Disabilities

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**From the Tennessee Arts Commission**

The Tennessee Arts Commission continues its mission to cultivate the arts for the benefit of all Tennesseans and their communities. Throughout the year, the Commission invests in arts programs and activities provided by organizations like VSA Tennessee that nurture the creative potential of Tennesseans with disabilities throughout the state. The Commission believes that the arts help increase the vitality of our communities and provide cultural, economic and educational benefits.

As reflected in the Commission's strategic plan, increasing accessibility and participation in the arts for persons with disabilities is a core value. The Commission supports that value by updating website resources and continuing to offer "A Guide for Expanding Access to the Arts for Persons with Disabilities," which was created in partnership with the Council.



We are honored to partner with the Tennessee Council on Developmental Disabilities and VSA Tennessee in this annual arts issue of Breaking Ground magazine that celebrates the power of the arts in the lives of people with disabilities.

— Anne B. Pope, Executive Director, Tennessee Arts Commission  
— Kim Johnson, Arts Access Director, Tennessee Arts Commission

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**From VSA Tennessee**

VSA Tennessee is honored to partner with the Council on Developmental Disabilities and the Tennessee Arts Commission on this 2016-17 annual arts edition. Through the years, VSA Tennessee has had the privilege of working with the Tennessee Council for People with Disabilities on several projects, including a series of work-related webinars that can be found on our website and on the website of the Tennessee Arts Commission, our long-standing partner in many creative enterprises. These webinars provide valuable resources and information for artists with disabilities who are seeking to make a career in the arts.

VSA Tennessee provides programs throughout the year for individuals with disabilities to explore the arts for both potential careers and recreation. We commend Breaking Ground for showcasing these talented artists and arts programs which increases the awareness of the many abilities of people with disabilities. VSA Tennessee knows you will be impressed with the quality and talents of the individuals and programs in the pages ahead of you.

— Lori Kissinger, Executive Director, VSA TN

# BREAKING

G R O U N D



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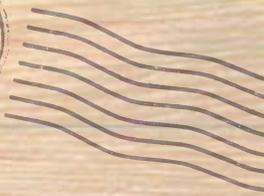
# A Day of a Lifetime

by Brian McHan

It was dawn and the rays of the Sun  
Rose on a baby as the day began  
And it cried and its Mother held it tight  
Then it shined on a child starting the day excited  
Because there was plenty to play with and plenty of time  
Then as it reached over the trees  
A boy went to school for the first time  
And the Mother cried  
As it rose higher in the sky  
A boy looked at a girl with a look that was shy  
Then it shined on a field  
Where a man graduated from high school  
But storm clouds obscured the Sun  
For a war had begun  
And he waited in the trenches  
Ready for the day's assault  
And when the smoke cleared a young drunk man appeared  
After drinking to the memory of Frank, Bill, and John  
But then he tossed the bottle in the sewer  
Because it was turning his mind into manure  
So at high noon he kissed his wife and petted his service dog  
And pledged to raise his newborn son right  
The Sun began to sink in the sky  
But it was a happy day  
For the older man attended the son's wedding that day  
And it sunk lower in the sky  
And the old man played with his grandkids  
And as it sunk towards the ground  
And the stars began to appear  
An old man hugged his son for the last time  
Then the son went home to his kids and wife  
And prepared for a dawn funeral  
And the Sun rose again  
And the family celebrated a life that had been  
And it shone on a baby in the crib  
That was his great grandchild

My name is Brian C. McHan and I am a person with schizophrenia. This is a poem about the lives of soldiers who go through PTSD, inspired by watching sunrises and sunsets.

All Photos by Jennie Harriman and Lori Kissinger



# Hammer, Saw and

When Jennie Harriman gets ready to teach a group of kids woodworking, she comes with no expectations about what they can or can't do, disability or no disability. "I approach anyone I work with without preconceived notions," said Jennie. "Though, truthfully, I do expect kids to have fun with woodworking, because they always do."

Woodworking has been part of Jennie's family for generations. Her paternal grandmother crafted early American furniture for her home; her paternal grandfather taught industrial arts at a secondary school. Her father is a retired carpenter who taught Jennie carpentry skills.

Now, in turn, she teaches those skills, and an appreciation for working with wood, to kids. She believes the medium of wood makes it especially appealing to budding artists, of every skill level. "There's something to be said for basically destroying something and then building it back up again," Jennie said. "You can take a piece of wood that's just a rectangle, and you can cut it into different shapes and make something completely new and different. That's exciting."

She first started providing woodworking activities in her preschool classroom, then offered woodworking classes for children at a community center. She then began receiving requests to present woodworking trainings for early childhood educators.

She has made woodworking projects with children at an exclusive five-star resort, and with children on the Arts Bus in Vermont, where classes are given free of charge to children in rural areas. This past year she conducted two woodworking residencies for special education classrooms through VSA Tennessee, an organization that provides arts and education opportunities for people with disabilities. Utilizing woodworking tools with students with

disabilities is essentially the same as providing this opportunity for any class, youth or adults. "That's what I love about woodworking!" exclaimed Jennie. "Really, the only thing that stands out to me is if someone has low muscle tone, and they might need some extra support for that part of it."

Jennie teaches woodworking classes, workshops or "residencies". A class is like an hour a week; a workshop is a one-shot deal, typically for a couple of hours; residencies, which is what she typically does for VSA, are longer. They involve going into a school or other community program for multiple days, for several hours each day.

A recent residency took place at Bellshire Elementary in Nashville. "We did kind of a two-fold residency, where, with the younger kids I was working with, we did an intro to woodworking – making boats, airplanes, little toys and sanding blocks. With older children I did a Little House on the Prairie theme, building beds and sleds inspired by those stories."

The kids had no experience with woodworking, but were eager to work with the intriguing hammers, saws and drills. "The children in that classroom did need some hand-over-hand help, due to low muscle tone," explained Jennie. "My approach is very adaptable – I have muscular dystrophy, so I have to adapt even what I do. Adapting and just going with the flow of whatever anybody needs in order for it to work for them."

"Hammer, Saw, Drill" is also the name of a book on woodworking that Jennie made with a group of 40 pre-schoolers. "I like that name because it shows action, and that's what we do, unlike little craft kits that you can buy in a store, or when kids go to Home Depot or Lowes and they're basically just nailing something together,"



Jennie said. "In my classes they always get to hammer, saw and drill. It's not that often that kids get to use real tools."

# Drill

by Ned Andrew Solomon, Editor-in-Chief



All the equipment is child-sized, so the young artists can safely and adequately use it, but it is not specifically made for children. According to Jennie, most of the so-called "children's tools" aren't high quality enough to actually do the work. "With a saw, you really want to have a saw that works well," she said.

Besides the appropriate tools and materials, Jennie always has assistants with her to help manage the activities. She prefers to have six to eight students in a class, but that definitely depends on age and ability. Jennie's first priority is allowing the kids to express their individuality, while keeping in mind their individual needs. Sometimes she has children sharing tools, and sometimes she'll do a rotation, setting up a drilling station, and a sawing station and a hammering station, for the kids to explore and progress through.

One of her biggest challenges, believe it or not, is managing the adults in attendance; teachers, paraprofessionals or even parents who hover over the kids – even when support isn't directly needed – out of fear or anxiety. "There are times when I want the adult to just step back, 'it's ok', 'they can do it themselves,'" Jennie said. "It builds their confidence. Certainly, if a child has low tone and needs helping holding up a hammer, that's one thing. But when a parent just comes along and does the project for them, that's not giving them the opportunity."

The adults in the equation have to learn to trust. Jennie knows what kids, with or without disabilities, are capable of. She has high expectations, based on significant training in the arts, and many years of working hands-on with kids. She has an MFA in Interdisciplinary Arts and an MA in Early Childhood Education, and has been an art educator and photographer for 22 years. She's provided creative educational activities to children across the



United States in child care centers, preschools, homeschool groups, private homes, camps, community centers, after-school programs and intergenerational programs. She also provides professional development trainings to early childhood educators through child care resource agencies, conferences, support networks, and the

previously-mentioned Arts Bus Project. She has even collaborated with children to produce six picture books; her first book is about the child of an incarcerated parent.

But no matter how many students she's had, or classes she's taught, she's always thrilled by the growth she sees in the kids as they investigate the arts. Like the boy who made no eye contact when he first came in, but locked eyes with Jennie toward the end of the experience. Or the girl who was afraid to use the tools, and who overcame her fears by the end of the residency. Or the child who entered the class completely unresponsive, and who, three days later, was asking for tools by name, sitting next to other artists, and hugging Jennie and her assistant at day's end.

And although she's often warned about a child's challenging behaviors, they never seem to materialize during her activities. "I think that's partly because this work requires so much concentration on gross motor skills, and because there's something so intriguing about breaking something down and building it back up again," she said. "That combined with building confidence and trust. It all comes together to keep the students engaged."

In April, Jennie will teach a woodworking class at Holston Elementary School in East Tennessee. It was VSA's idea to do a car theme this time. The young artists will construct little automobiles, then take a trip to the Bristol Motor Speedway where they'll get to race their cars on a pinewood derby track provided by a local Boy Scout troop.

It promises to be educational, skill-building, and a whole lot of fun too. All accomplished with a hammer, saw and drill.

*For more information about Jennie Harriman's art activities and programs, please visit [www.artwithjennie.com](http://www.artwithjennie.com).*

**Bill Taylor Blowing  
Bubbles, In Spite of  
Himself**

— by Kathy Tupper



**Bubble Dance**

— by Kathy Tupper

Sometimes,  
When I can't find  
the night sparklers  
I blow bubbles  
instead.  
When dark clouds stomp  
and hide the day colors,  
my heart  
ruffles  
like wind through the trees.  
I dance with the raindrops  
pelting the street below.  
There is no map  
for a road trip to joy,  
I can shift my focus -  
Take a joyful ride  
Instead.

**KATHY TUPPER**

*Kathy Tupper's lifetime commitment is to honor the blessings she's been given: intellectual curiosity, imagination and the facility to use them.*

## BROOKE SNELL

Brooke Snell grew up in Montoursville, PA and after graduation joined the United States Marine Corps where she served 10 years and deployed to Operation Iraqi Freedom in 2007 and Operation Enduring Freedom in 2012. She currently works at Middle Tennessee State University.



# PTSD

by Brooke Snell

You see strong

But I see weak

You see fierce

But I see scared

You see a strong mind

And I see blurred vision

You see the great

And I see the failure

You think I'm making excuses

But I see the truth

You see a victim

When I see the trauma

You see I'm messed up

I see me trying

You live happy

And I live on a roller coaster

You have emotions

But I only feel numb

You live life for the future

And I just try to make it for the day.

## WALK A MILE IN MY SHOES

by April Meredith

Walk a mile in my shoes  
And you will find  
The soles are well worn  
Having trodded  
Countless miles  
Perhaps before you were even born

Get a taste of my life  
And in your mind  
It will be bittersweet  
Whether it seem more foul  
Or the latter all depends  
On where you dare to go with your feet

Stop and smell my roses  
But please be kind  
I'm aware of the weeds amongst some  
For those are my thrivers  
With the strongest thorns and sweetest fragrances,  
My most beautiful blossoms

Look a while from my perspective  
A mind's eye view  
May you see not a world of fear or pity  
But an adaptive one  
With new skills, accessible technology,  
And limitless possibilities  
Take a moment to listen  
With my trained ears and other senses  
Don't forget my cane or service animal  
They all contribute  
To my daily success  
And truly make us equal

Walk a mile in my shoes  
And may you see  
Low expectations left behind  
And this life lived  
As I want  
Accepting myself as one of the blind

### APRIL MEREDITH

April Meredith is an Independent Living & Advocacy Specialist for Empower Tennessee, a 2015 Partners in Policymaking™ graduate, and devoted wife and mother who has Retinitis pigmentosa (RP).

United States Marine Corps  
1st Marine Air Wing, M.F.P.O.  
San Francisco, Calif.

With the Marines  
in the Philippines  
April 3, 1945

*SRVS, an agency that provides support to persons with intellectual and developmental disabilities, partnered with Memphis College of Art to present a photographic exhibit of persons supported by SRVS. The first exhibit was held at SRVS in the Spring of 2016, followed by a public showing at Playhouse on the Square. Entitled, "Community", photographer and Memphis College of Art intern Peri Gildersleeve featured participants and their direct support staff interacting in community activities.*



# COMMUNITY

I spent seven months photographing at SRVS, an organization in Memphis that seeks to enhance the lives of people with disabilities by providing an array of services. Through my work, I chose to focus on the individualities of the faces at SRVS, as they explore their journey through each diverse program offered by the organization.

The more I got to know the energy and different personalities of the people served, the easier it was for me to approach from any angle to get the image needed. With almost no boundaries, this is a collection of images – entitled "Community" – that showcases the diverse "community" that makes up SRVS. I believe the energy emitted from the recipients arises from each image, inviting the viewer to take a closer look.

One of my first experiences working with SRVS was when I walked into a church where they have a program for young children with disabilities. There were multiple classrooms off to each side of me. Stepping into one of them, I was surrounded by little smiling faces. There was one little girl, sweet eyes, beautiful blonde hair. She was sitting in a nook of the classroom by herself, playing with different toys. One by one she'd select a different toy, lay it out in front of her and begin observing what she had chosen.

Each time there was a moment of pure happiness that emanated from her expression. Every time she chose another toy, she'd put the other back in its place.



If another child were to approach her, she'd push the toy over to share and take another one down herself. This was the inspiration for one of the first photographs I took of my series "Community"; to this day it remains one of my favorites. Just to witness the kindness of these small individuals cultivated the notion of community, participation and inclusion.

Working with SRVS was a wonderful opportunity to express my creativity. Watching this amazing group of people joining in the community inspired me to spread their joy and efforts through my photographs. The notion of taking my show "Community" into the public opened up many doors for growth and awareness.

There have been many viewers of this work; exhibiting these photographs broadens the knowledge of the public on the issue of disability, and produces a more in-depth perspective.

I hope to bring happiness and joy to the viewers of my work and ignite their energy to expand their horizons. The connection made with each individual carried me through to the next image, and so on.



# COMMUNITY

by Peri Gildersleeve

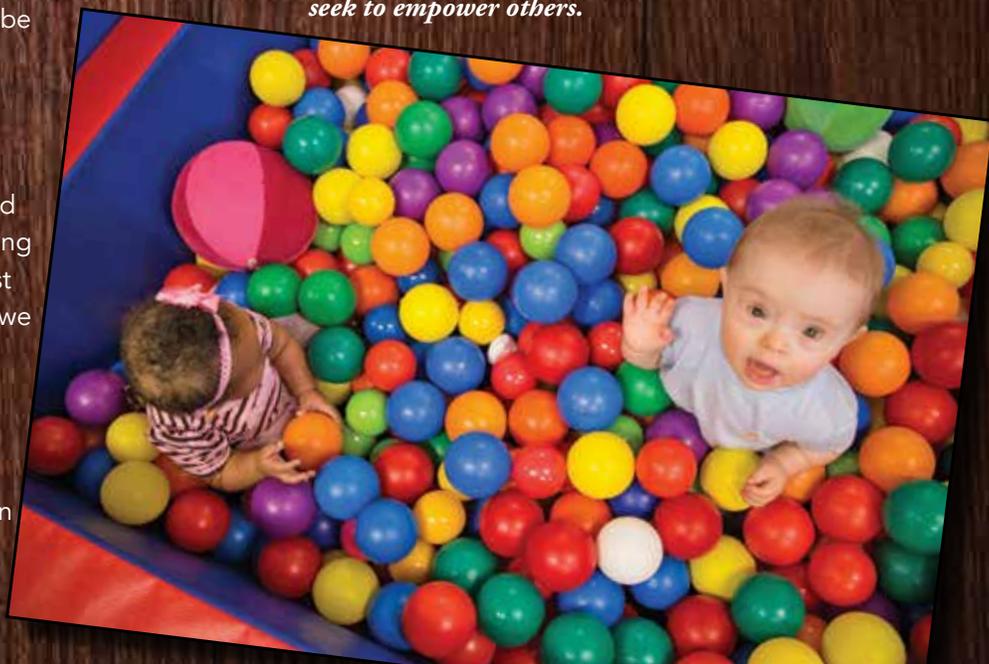
Interacting in the community among others brought many opportunities for these individuals, from stocking shelves at the food bank, or caring for and feeding horses. Through what I've witnessed, dancing has to be their favorite activity. The excitement generated throughout their dance classes can make anyone get up and participate! There's not one still body in the room the minute that music comes on: hips moving, feet shuffling, and smiles radiating - what more could one need!

To watch the growth of creativity between myself and the subject on the other side of my camera furthers my idea of community. I consider myself to be collaborating with my subjects, creating something vibrant and new out of their different personas. Portraying the wide variety of emotions through the images showcases the common emotions shared by all of us, in everyday activities. Bonding through emotion can be one of the most powerful forms of connection; because we are more alike than different.

I hope these moments of captured emotion continue to be shared with others, to further foster that sense of connection and community, participation and inclusion.



*Peri Gildersleeve is a photographer, originally from Louisiana, currently residing in Memphis. She has worked closely with SRVS, and collaborates with organizations that seek to empower others.*



## Safari Animals

— by Edith Hunter-Potts

### EDITH HUNTER-POTTS

Edith is from Clarksville and is on the staff of Centerstone ReConnect Peer Support Center in Clarksville. She says, "Creating art brings out creativity you don't realize you have." Her picture of Safari Animals is based on a Zentangle design with markers on a canvas board painted yellow.



## Day Boy Night Girl

— by Sarah E. Vaughn



## Floating Blue

— by Louise McKown

### LOUISE MCKOWN

Louise has a rare, progressive neurological condition that affects her speech, fine motor control and walking. She has just retired at 67 from working for the past 20 years at the East Tennessee Technology Access Center in Knoxville as their public awareness coordinator and systems change advocate.

### **Faces III**

— by John L. Butts, Jr.

#### **JOHN L. BUTTS, JR.**

John L. Butts, Jr. lives in Clarksville and attends Centerstone Reconnect Peer Support Center. He started drawing in school and says his art helps him to relax and feel good about himself.



### **Tabby Art Crawl 3**

— by Tabitha West

Tabitha West is a 12-year-old 7th grader that has been diagnosed with 1p36 Deletion Syndrome. Tabitha has been expressing herself through painting since the age of four, and has participated in many local and national art exhibits.



Photos by Evin Krehbiel, Colin Smith and Jason Thompson

# In The Spotlight

by Ned Andrew Solomon

Backlight Productions is an arts program in Franklin, Tennessee for adults with disabilities that offers education, training and performance opportunities for its students in theater, music and dance. Backlight allows adults with disabilities to gain experience in the arts, by performing significant roles before live audiences which enhances their social skills and builds confidence both on and off the stage. "We're called Backlight Productions because a backlight is used to keep an actor from blending into the background," said Melissa Smith, the program's president and executive director. "That's what we seek to do for our students in the performing arts world."

## Theater

The theater program was the first Backlight project to be developed. Theater students - there are currently 23 - meet every Monday, 1 - 4 pm. The program brings to stage one large-scale production every year; the next one will be in April 2017. "That gives every student the opportunity to perform lead roles that challenge them," said Melissa.

"It showcases their abilities to audiences of, so far, up to 400 people."



## Film

One of the Backlight students had written a script several years ago that was used to create a short film, which the author co-directed with Melissa. It had its premiere - complete with a red carpet for the Backlight stars! - at the historic Franklin Theater which presents films, shows and concerts by national performing artists. "The film features 19 adults with disabilities," Melissa said.



"Its message is one of hope and perseverance for anyone who experiences difficulties in life."

Backlight offers private showings of the film for any supporters or organizations that are interested.

## Music & Dance

Although Backlight's music and dance programs are new, both are gaining momentum. Private and group lessons in dance are available, which incorporates movement for students of all levels and



abilities. Dance semesters run in 4-month cycles and feature recitals and small-scale shows.

In music, Backlight offers private and small group lessons in drums/percussion, piano, guitar and voice. There are month-long weekly group classes specifically in rhythm/percussion. The music



program runs throughout the calendar year, and like with the dance program, students demonstrate what they've learned in recitals and small-scale shows. "Our hope is that, in time, all three of our programs will be developed enough to overlap and assist with each other," said Melissa.

## *Curriculum*

Word is getting out. Several individuals and businesses have approached Melissa, asking how they could implement the Backlight concept into their already established programs. To that end, Melissa and her assistants are writing out their original curriculum ideas and creating production packages of their original

scripts that can be replicated by other entities. These resources will ultimately be offered for sale on the Backlight website. "Everything we put into Backlight Curriculum will be things we've tested ourselves and found effective with our students," explained Melissa. "However, we're encouraging businesses that use our curriculum to alter things to suit the varying abilities and personalities of their students. Our hope is that Backlight Curriculum will not only enable other programs to have the tools to do what we do, but that it will also act as a revenue generator for our program which we so desperately need!"

## *A Community Endeavor*

Backlight's students are exclusively people with disabilities, yet their connection to the community-at-large is extensive, and vital to its purpose. Its production crew is made up of 20 volunteers who ensure that every external factor of the production runs smoothly, so that the students feel comfortable and supported in order to express themselves. In addition, Melissa relies on various local businesses in town that support the program by donating their spaces or services.

Since the program is based in "Music City", Melissa has been able to call on numerous local musicians who have donated their songwriting, instrumental talent and recording skills to its productions and the offered music classes. "Last year we had a local songwriter teach our students about songwriting and then work with them to write an original song together," said Melissa. "Local musicians donated their talent and recording/



**SPOTLIGHT** continued from page 15

production services to build the back-up track. Then our students had the opportunity to record their part of the vocals at Ocean Way Studios in Nashville, so they could feel like professional recording artists."

Several years ago, Backlight and its students had the opportunity to perform a Christmas production for two local private schools - Grace Christian Academy and Christ Presbyterian Academy. Before the production began, the Backlight students came out on stage to talk about what it means to have a disability, about the struggles they faced when in school, and how they wished people would respond to others who may be different than they are. "After doing this, our students performed their show and were met with a crowd full of

cheering children and teens who rushed to congratulate and love on our students when the show was over," said Melissa. "One of our dreams at Backlight would be to afford the staff it would take to make these kinds of traveling productions possible every year, and to perform at assemblies at area schools.

"Backlight's greatest impact has proven to be on the general society that experiences its output," continued Melissa. "Our mission is to place our students in a spotlight and, by doing so, we give the world a chance to really see them for the wonderful individuals they are."

*For more information, please contact Melissa Smith at 615.693.1234, [melissa@backlightproductions.org](mailto:melissa@backlightproductions.org), or visit [www.backlightproductions.org](http://www.backlightproductions.org).*

In January, the Vanderbilt Kennedy Center (VKC) began exhibiting original work and reproductions of art and poetry by and about Tennesseans with disabilities that are featured in this annual arts issue of *Breaking Ground*. The works will be displayed at the Vanderbilt Kennedy Center through June 2017. The VKC began their Arts and Disabilities program in 1994 to showcase the talents of persons with disabilities. The mission of the Vanderbilt Kennedy Center for Research on Human Development is to facilitate discoveries and best practices that make positive differences in the lives of persons with developmental disabilities and their families.

To learn more about the TN Developmental Disabilities Network, which includes the Council on Developmental Disabilities, Vanderbilt Kennedy Center, Boling Center on Developmental Disabilities and Disability Rights TN, visit [www.tenndnetwork.org](http://www.tenndnetwork.org).

# LIFE WORTHWHILE

by DJ Townley, Jr

## **DJ TOWNLEY, JR.**

DJ Townley, Jr. was 19 years old and on his way to work when he was involved in a serious car accident resulting in a Traumatic Brain Injury. He also lost the use of his right arm. He has channeled his creative energy into writing songs and poetry.

**Walking, talking, being with you**

**These are the things that make life true.**

**To hold your hand, to see you smile**

**These are the things that make life worthwhile.**

**Breathing you in and touching your skin,**

**These are the things that give me peace.**

**To hold your heart against my own**

**These are the things that bring me home.**

**Worthwhile, worthwhile - these are the things that make me smile**

**If I had eyes but could not see -**

**You still would be beautiful to me.**

**What is love**

**Is Joy**

**Is Happy**

**It's the wonders of many beauties**

**It rains over like chocolate**

**It is as sweet as cream**

**It has the potential to rise above all**

**We have stood in its presence**

**And accepted its life**

**And we made it our own**

**We cherish with its memories**

**Special memories that cannot distinguish from our hearts**

**It wants us and we want it**

by John Horton

## **JOHN HORTON**

John A. Horton is a 2016 graduate from Bearden High School and is currently enrolled in the University of Tennessee Knoxville FUTURE Program.



**Within Every  
Child**

— by Sarah E. Vaughn

**Walking with  
Miss Jennifer**  
— by Eric Wilson

**ERIC WILSON**

*Eric Wilson has been taking photographs since he was five years old, using film for the first 10 years. His favorite subjects are people and animals.*



**ERIN BRADY WORSHAM**

Nashville artist and writer, Erin Brady Worsham, whose art has toured nationally and been seen internationally, writes an ALS (amyotrophic lateral sclerosis) blog for the Muscular Dystrophy Association. Worsham has participated in East Nashville's Tomato Art Fest for several years and enjoys the opportunity to express her sense of humor.

**Ground Control to Major Tom**

— by Erin Brady Worsham

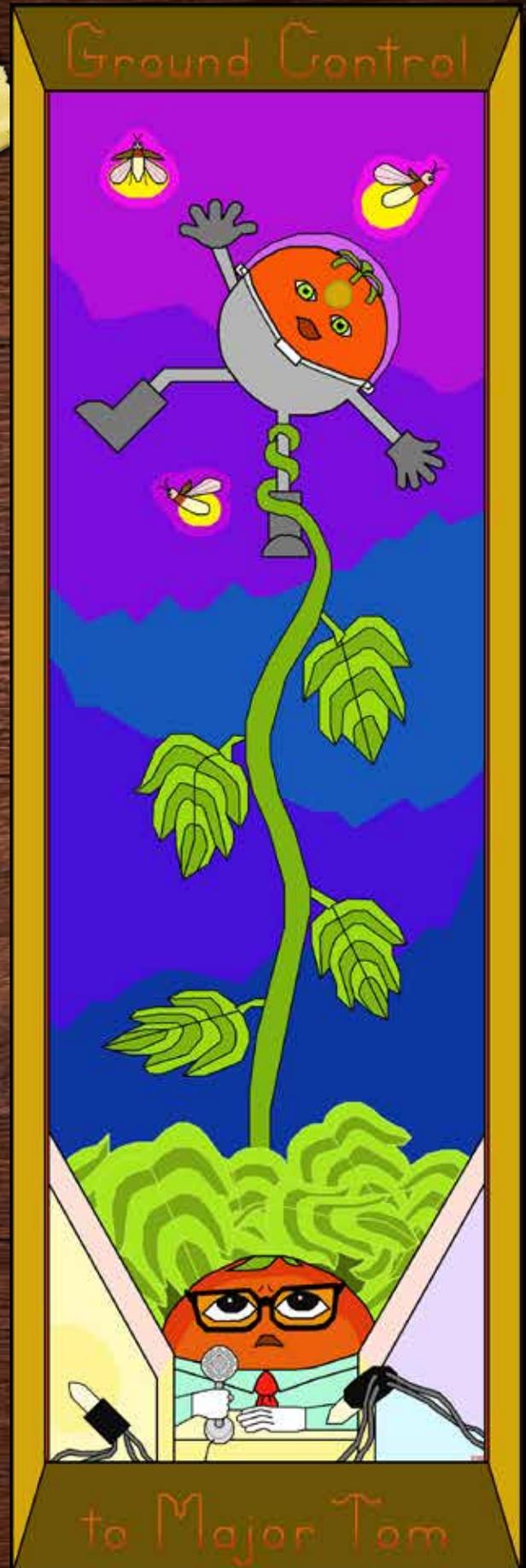
**Psych**

— by Mitchell Wiseman



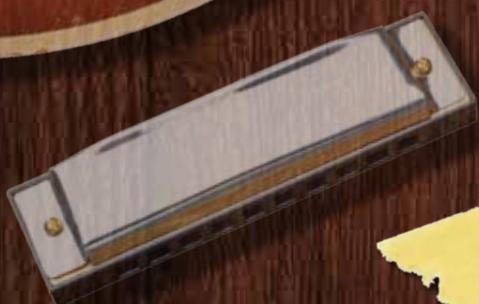
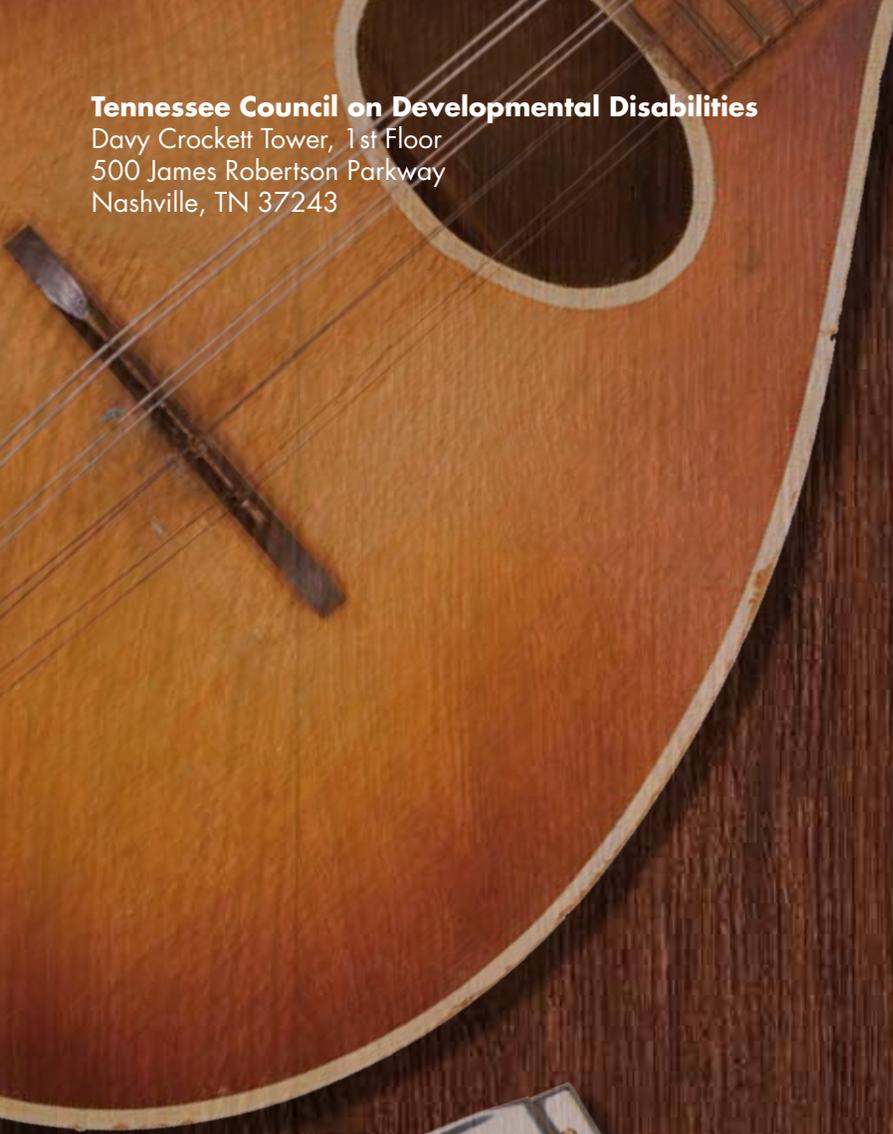
**MITCHELL WISEMAN**

Mitchell Wiseman says that art calms him down and relieves stress. The art he creates makes him happy and the bright colors lift his mood. He finds that abstracts made by drawing lines and filling in the color helps him stay occupied and prevents him from feeling depressed.



**Tennessee Council on Developmental Disabilities**

Davy Crockett Tower, 1st Floor  
500 James Robertson Parkway  
Nashville, TN 37243



**All Quiet**  
— by Sarah E. Vaughn



United States Marine Corps  
111 Marine Air Wing 3 F.P.O.  
San Francisco Calif.

*With the Marines,  
in the Philippines,  
April, 3, 1945*

*phew, Mother told me you  
are so now I am gla  
able to write you  
he says you get a  
part of searching Hein  
suppose there are plent  
them to search too. Well  
I don't need to be there  
in the way you're p  
Nazis. Take good  
self. We Marine  
is*