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For Immediate Release
March 1, 2013

Smith Island: A moment out of time

Photographs by Ben Cricchi
Opens March 8 at Himmelfarb Gallery
Maryland University of Integrative Health
(formerly Tai Sophia Institute)

LAUREL, Md. (March 1, 2013) – “**Smith Island: A Moment Out of Time,**” an exhibit of photographs by Baltimore artist Ben Cricchi, opens Friday, March 8, in the Himmelfarb Gallery at Maryland University of Integrative Health. An artist reception, which is free and open to the public, is scheduled for Thursday, March 14, from 5:00 p.m. to 7:30 p.m.

The black and white photographs in this exhibition illuminate a place in Maryland that is lost in time, a place where the pace of life is very different than the rest of the state, a place most of us will never visit. The stillness depicted in these images invites viewers to pause and perhaps find a calm they may seldom experience.

According to Cricchi, “This set of photographs was taken during the past couple of winters in the very serene and healing environment of Smith Island. To get there you must drive to a desolate town on Maryland’s Eastern Shore, and then take a boat for 45 minutes to arrive at the island. Smith Island is a far cry from all the traffic and people congestion of the Baltimore/Washington area. I feel I’ve captured the essence of quietude. This quietude was a retreat for me, and I hope people can revisit these feelings with my photographs.”

When shooting these photographs, Cricchi says that the stillness is palpable. “When I go to Smith Island, I stay in my friend’s house with a wood-burning stove. Life is very rustic there. I find this stillness to be a healing balm.”

Artwork from the show will be on sale through the Meeting Point Bookstore, which is adjacent to the gallery. [Visit the Himmelfarb Gallery online.](#)

What: “**Smith Island: A moment out of time**”
Photographs by Ben Cricchi
When: March 8 – June 1, 2013
Where: Himmelfarb Gallery, Maryland University of Integrative Health
7750 Montpelier Road, Laurel, MD 20723

Artist Reception: Thursday, March 14, 5:00 p.m. – 7:30 p.m.

Gallery hours: Monday–Thursday: 8:00 a.m. – 7:00 p.m.; Friday: 8:00 a.m. – 5:00 p.m.;
Saturday: 8:00 a.m. – 4:00 p.m.



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“Smith Island: A moment out of time” Opens March 8

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About the Artist

Ben Cricchi, a Maryland native, is a photographer who earned his B.A. in photography from the University of Delaware. His adolescent years were characterized by introversion and alienation, however he feels art and individual expression saved him, as charismatic high school teachers fostered his creativity. Later he found photography as his niche for artistic expression. Travel became important to him and continues to contribute to his need to collect images. This led to his living in Paris for a year. He often photographs marginalized people because that is a reflection of his own marginalization as a man living with mental health challenges. Recently he had the honor to be included in the permanent collection of Sheppard Pratt Hospital in Baltimore. For more than a decade he has exhibited in group shows throughout the United States. His work regularly appears in the Baltimore City Paper.

About Maryland University of Integrative Health

Maryland University of Integrative Health (formerly Tai Sophia Institute) is a private, nonprofit educational institution based in Laurel, Maryland. MUIH is one of the nation’s leading academic institutions for health and wellness education. Founded in 1974, the university has evolved into a diverse resource providing graduate academic programs, continuing professional education, and clinical services. MUIH’s 12-acre main campus also houses a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

About the Himmelfarb Gallery

The lobby of MUIH’s main campus building serves as the gallery space, and features four art exhibitions each year. Each exhibition focuses on some aspect of healing, wellness, or nature. Launched in April 2003, the Himmelfarb Gallery has been home to paintings, drawings, prints, photography, fabric, and artist-made paper. It is a place where art and healing intersect.

(Note to Journalists: Digital images are available by request.)

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