

ARE WE THERE YET?



**ARE WE THERE YET? BY DUNCAN MCDANIEL
METRO ARTS PUBLIC ART BIKE RACK
LENTZ PUBLIC HEALTH CENTER**

The public art bike rack, *Are We There Yet?*, is a time-lapse sequence depicting a pair of legs running. As part of our city's green and healthy living initiatives, Metro Arts commissions local and regional artists to design bicycle racks. The first round of artist-designed bike racks was installed in downtown Nashville and adjacent neighborhoods in the spring of 2010. Eight additional artist-designed bike racks have been installed during 2013 and 2014. The full collection can be viewed online at publicart.nashville.gov.

Duncan McDaniel lives and works in Nashville. In addition to working as a professional visual artist, he operates an art handling business Art Up Nashville and notable clients include the Frist Center for the Visual Arts, Cheekwood Museum of Art and the Tennessee State Museum.

METRO ARTS PUBLIC ART FUND

These projects are part of a larger initiative designed to build Nashville's public art collection and to enrich the lives of all Nashvillians. In 2000, a Metro ordinance was passed that earmarks one percent of the net proceeds from general obligation bonds issued for new or major renovation construction of Metro facilities to be set aside for the creation of new public art projects.

METROPOLITAN NASHVILLE ARTS COMMISSION

The Metropolitan Nashville Arts Commission (Metro Arts) is a commission of the Metropolitan Nashville Government and the city's designated leader in arts and cultural programming. Through grants, public art and direct programs Metro Arts aims to: Expand the Creative Workforce, Increase Participation in Cultural Activities and Improve Artistic Quality and Innovation.

Art changes lives. Art changes communities. If every Nashvillian has the opportunity to participate in a creative life, our city thrives.



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CIRCULATE

CIRCULATE BY ERIK CARLSON
METRO ARTS PUBLIC ART COLLECTION
LENTZ PUBLIC HEALTH CENTER

Modeled on the concept of small-world networks and the body's circulation system, the artwork incorporates LCD Smart glass "pixels," parabolic mirrors, and custom software to dramatically animate the ideas of flow and connection. Utilizing motion-capturing technology, *Circulate* translates real-time images of the movement on the stairs into dynamic and ever-changing animations revealed as the 124 LCD glass disks fade between opaque and clear.

ARTIST'S INSPIRATION

Circulate is about action, about choosing movement over passivity. It is centered on the verb "circulate"- to move around, to interact with, to socialize. It is about a decision to flow and interconnect, to disseminate and communicate with the people and places around us. At its heart, it is about making the choice TO move oneself, instead of BEING moved. Working in harmony with the building's design, *Circulate* dynamically illustrates the choice of activity over passivity, and provides a tangible reward when patrons embark on this paradigm shift toward circulation. It may only be a symbolic reward, activating the dramatic animations across the artwork feature wall, but in the context of a public health building, this reward is important. It says 'Good for you!.' Literally.

ABOUT THE ARTIST

Carlson, an artist and composer, is based in Providence, Rhode Island. His public art installations and compositions examine the ways we interact with our built and natural environments. Carlson began incorporating video and light elements into his work in 2004, and expanded his field to include interactive objects and installations, public art, and site-specific performance. His recent work can be found at the San Diego Airport, the Green Valley Ranch Branch Library in Denver, the Rhode Island Department of Motor Vehicles, and in Dubai, UAE. Carlson was awarded the Public Art Network's 2012 Year in Review award for *Cloud Seeding*, an interactive public art installation for a branch library in Denver. For more information on Erik Carlson visit his website, areacmusic.com.



TEN REASONS TO TAKE THE STAIRS

1. The stairs are an easy way to incorporate physical activity into the workday, where we spend 1/3 of our day.
2. Stair climbing makes a significant contribution to the 30 minutes of exercise we all need every day.
3. The daily recommended 30 minutes of physical activity can be accumulated one stairway at a time.
4. Physical activities like stair climbing are a great way to cope with job-related stress.
5. Climbing just two flights of stairs everyday could result in a loss of 6 lbs. per year.
6. Adding stairs to your day can add years to your life, reducing risk of cardiovascular disease and death.
7. Those who climb stairs on a daily basis have greater leg strength and aerobic capacity.
8. Taking the stairs is often faster than waiting for an elevator during peak usage times.
9. Using the stairs requires no special skill, equipment, or clothing and it burns twice as many calories as walking.
10. Stair climbing is a green activity, the only energy source used is what is stored in our bodies.