



## daily GOOD

Life beats down and crushes the soul and art reminds you that you have one. --Stella Adler

### John Barton: A Certain Mathematics

As children, we naturally make art out of our lives. We paint with our fingers, color fantasies with crayons, build living room pillow forts, and dance and hum as we walk. Jim Barton, though, has continued his art-making through his adult life -- transforming decaying tree stumps, junkyard wooden doors, and scrap wood into mystical carvings, giant buddhas, and elegant salmon soaring into the sky. In this conversation, this logger-turned-sculptor describes the lucidity, magic, adversity, and adventure that comes with living a life of art.

### Be The Change:

The gift of creativity lives in each one of us. If one listens, it can appear in so many different forms. Where has it appeared in your life? And where else might it appear?