

VOLUME 16 | ISSUE 9

SEPTEMBER | 2022

women's View

Inspiring, educating, empowering and
celebrating women in our community

MAGAZINE



Big Ideas

More inside:

"More Than A Body"
Art Installation
It's More than Meets
the Lens

Inside September



4



6



10



13



16



18



20



22



24



26



28

4 WOMAN'S SPOTLIGHT

Meet Maura Trice, a local artist whose photography exhibit, "More Than A Body," celebrates diversity and uniqueness in women.

18 THE FOUNTAIN OF YOUTH REVEALED

Fitness instructor Cynthia Ross provides an inspiring glimpse into the secrets of a pair of her best students — two women in their 80s.

20 FIRE UP THE GRIDDLE

You may want to kick your grill to the curb after reading the cooking possibilities with the Blackstone griddle. Local cooks share recipes this month.

22 OUTDOOR ALMANAC FOR

September 2022



Woman's Spotlight

Maura Trice

By Ashley Shirley

Maura Trice is a storyteller.

Without pen or paper, she creates a bold view of the human experience and displays her subjects as symbols of the lives they've led rather than the bodies they possess.

Born and raised in the same country that produced Michelangelo, Da Vinci and Raphael, her work reflects a love of people and the worlds they carry inside of them. From a city named Treviso, not far from Venice, Trice knew from an early age that she was meant to put beauty into the world.

"I've always been surrounded by art," she told *Women's View Magazine*. "To me, art is a way

to express myself, and I've always had a desire to leave a mark, do something meaningful. I realize art is my way of doing that. With art, you can bypass the rational and go straight to the emotion of a person. It's a good way to express meaningful ideas as a message."

Raised in a family of artists — her grandfather was a musician and music teacher, her uncle a painter and her brother, an illustrator — Trice began her creative journey as a singer. Unable to pursue music once she moved to the states, Trice turned to different mediums to express her artistic spirit. While she dabbled in painting and drawing as a hobby, Trice found inspiration in the diverse cultural landscape of the Sandhills.

"I like it here," said Trice. "It's quiet, a nice place to grow and raise a family. You can meet people from everywhere. Here in this area, if you're willing to, you can meet anyone. The first thing I found fascinating was the many cultures here."

It is precisely due to Trice's interest in the many types of people who make their home here that led her to create her first exhibition, "Hidden Figures."

"I was so fascinated by the diversity here; I started painting faces," she explained. "I painted different people, and they became different stories. I'm a very curious person. Anything I found fascinating became a painting."

"With art, you can bypass the rational and go straight to the emotion of a person. It's a good way to express meaningful ideas as a message."

Trice's new exhibition, "More Than A Body," has a weightier responsibility and goes beyond mere storytelling. Through her lens, Trice creates artistic discourse around self-love and compassion for others.

With "More Than A Body," Trice shares the images and lived experiences of 10 different women while also spreading a message of acceptance. Citing her experience with aging and the cultural preoccupation with appearing younger, thinner and better, "More Than A Body" is Trice's way of assuring her audience that no



Ashley Shirley is a Fayetteville writer originally from Auburn, Alabama, a military spouse and mama of two very cool kids. When she's not writing, she can be found reading, baking or both!

matter where they are on their journey, they're already "picture ready."

"We are always our own worst critic," Trice said. "I want people to be kinder to themselves, love themselves more, to contrast the push to look different than how we look. Weight, hair color and so much unhappiness with who we are. I want people to be happy with themselves — you can't run away from yourself; who you are in the mirror is who you are. I would also like for people to stop judging each other," she said. "We are the person inside our bodies; (we are) not our bodies."

Trice began working on the collection in the summer of 2021 and, after obtaining funding from the Fayetteville Cumberland County Arts Council, pushed herself to be finished in the spring of 2022. Though the quick turnaround and marathon schedule were draining, she knew it was a project worth pursuing. In capturing the images of these 10 women, Trice understood it was necessary to capture their stories as well.

"This project evolved on its own from the initial idea," she said. "The more I spoke to people and heard their stories, the more the project informed itself. I wasn't thinking about putting a story within it."

"Still, I liked the idea of women speaking for themselves and sharing that with people, she continued. "To me, when you're looking at a picture, you're looking at a story. They understood telling their story would help others. I was shocked at how willing the women were to share their lives with me; it was an honor." When asked about the women

who've inspired her along her journey as a woman, an artist and a person, Trice cited her mother as having a significant impact on her and her work.

"For sure, my mother. I have a close relationship with her," she said. "She inspires me to help other women become stronger and recognize their strengths. Women should give themselves more credit."

In addition to painting and photography, Trice still sings and also writes poetry. She admits that without a creative outlet, without art, she would be "miserable." Additionally, Trice is also the mother of a 10-year-old son and has a "regular" 9-to-5 job, which she feels enriches her experience as an artist. The idea that one must suffer or struggle to be an authentic artist or that motherhood must come at the expense of one's passion is not a philosophy to which Trice subscribes. Ultimately, she is grateful to be able to serve all the important parts of herself.

"Artists often have to compromise their message to make sales," she explained. "The regular job gives me the freedom to explore and experiment. I'm a very responsible person; I would be afraid to make art my primary form of income — I think I have a good balance."

Through her unique vision and voice, Trice empowers her subjects and viewers to confront their notions of beauty, success and failure. Through the camera lens and digital art, "More Than A Body" explores the complex interiority of women and invites her audience to see beyond the superficial.

Learn more at www.mauraartphotography.com.



All photos above provided courtesy of Maura Trice.

See "More Than A Body" through Sept. 17 at the Fayetteville Cumberland County Arts Council, 301 Hay St., in the Local Artist Spotlight Gallery.