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July 2021 - 3S Art Newsletter

Why do people love looking at sunsets?



Oil Painting by Anthony Russo

Sunsets are a constant source of inspiration to poets, writers and artist. The timeless, powerful experience of watching the day end has a transcendent spiritual element. Taking time to integrate it into one's daily life or weekly life can have a positive, healing, creative and restorative effect.

Research shows that sunsets have many psychological and physical benefits, enhancing long-lasting satisfaction in life and have been proven to relieve stress. So next time you're having a rough day, drive to your favorite spot and watch your worries fade away.

No matter where I am, especially when I am traveling on vacation, I try to make time to watch the sun set. It is beautiful to see the sun set over the Pacific Ocean when you are on the west coast. The sky explodes with reds, oranges and so many beautiful colors. But you don't need to be looking over the ocean. Simply look to the west wherever you are - in a city, a forest or in the

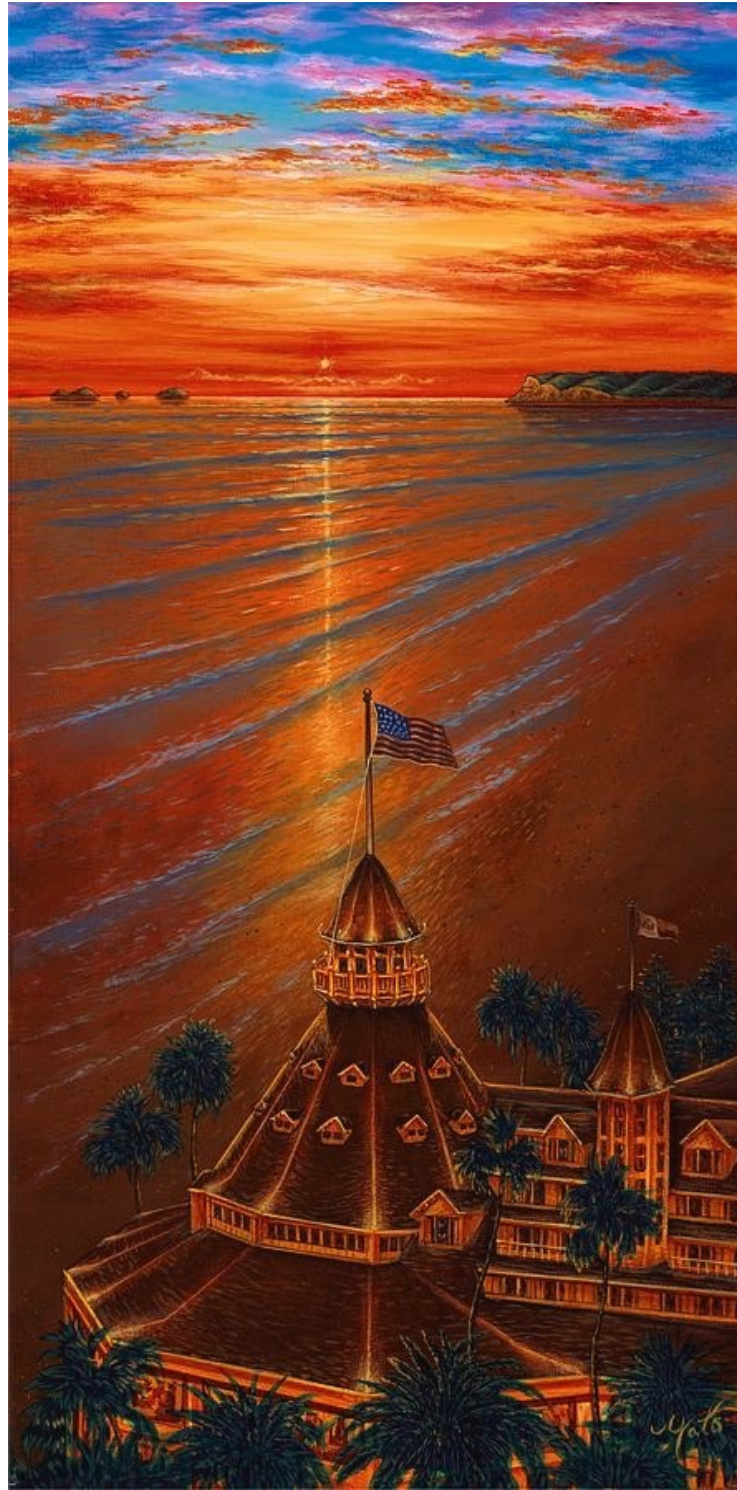
mountains. Maybe take out your iPhone and capture the moment!



Time Lapse videos of Sunsets

The cost of watching the sunset is free and can be done anywhere. Click on the sunset to the left to see a time lapse video of several sunsets that demonstrates the constantly changing beauty of sunset.

Enjoy!



Hotel website

Hotel Del Coronado

One of the prettiest places I have been was Coronado Island across from San Diego to see the sunset. Photograph to the right is the iconic and historic Hotel Del and Coronado Beach on Coronado Island. The Del is a beautiful Victorian resort, which is the second largest wooden structure in the United States. The Del offers amazing photo opportunities during sunset .

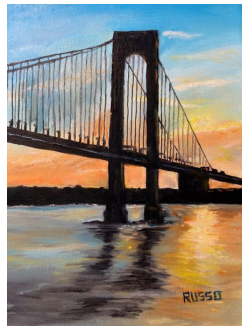
Oil Paintings by Anthony Russo



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*Sunset over the
Verrazano Bridge*

Photography

Sunrise on Cadillac Mountain: Whether climbing on foot to the summit of Acadia National Park's Cadillac Mountain on hiking trails, or by car on the twisting 3.5-mile road, hundreds of visitors, wrapped warmly against the early chill, arrive in the dark to be among the first in the continental U.S. to witness sunrise.

In June 2021, I went on my first art retreat and made the journey to the top Cadillac Mountain. It was foggy that morning but the sunrise did not disappoint. I love the sunrise no matter the conditions. See the photos below.



Visit 3S Art website

Anthony Russo



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