

**Artist Bio-Doreyl Ammons Cain...** Artist & Writer...Born and raised in the Blue Ridge Mountains of western North Carolina, Doreyl grew up drawing birds in the dirt of the mountain roads around her home. Receiving her first art award in third grade, Doreyl won the South Carolina State Art award for teenagers, a purchase prize at Furman University and an art scholarship to the University of South Carolina.

Later, in California, while achieving a Bachelor of Fine Arts and a Master of Arts degree in Biological/Medical Illustration, she garnered more awards, this time in science as well. She received awards in anatomy, physiology and microbiology, and “The Best in the West Illustration Award” three years in a row.

Her dreams became a reality as she worked in about every artistic venue--storyboarding for films, owning her own design & advertising agency (specializing in logo design) through which she won the Zellerbach Logo Design Award and other design awards.

During this time she exhibited her works of fine art in group and individual shows at the Smithsonian Institute, the Pentagon, Air Force Exhibitions in Washington DC and at traveling art exhibitions in museums and galleries throughout the country.

Since coming home to North Carolina, she cofounded Catch the Spirit of Appalachia, Inc., a not-for-profit organization dedicated to honoring the heritage and creativity of all people ([www.spiritofappalachia.org](http://www.spiritofappalachia.org)). She and her sister, Amy Garza, author and storyteller, have facilitated creativity workshops and performed (storytelling and spontaneous visual art) for millions of children and adults in schools and colleges. In 2005 she won a place in the Kennedy Promotions Best of North Carolina Artists & Artisans book series.

Illustrator of many books, Doreyl paints book covers for Ammons Communications and magazine covers for ‘Fun Things to do in the Mountains.’ Coauthor and illustrator of “Catch the Spirit of Creativity” and author of her own book called “Greatness in a Nutshell,” Doreyl’s book’s help people explore their unique creativity and follow their dream. Today she and her husband, Jerry Cain, have designed a new line of art cards, limited Edition Giclee Art Prints and are creating a nature preserve called “Nature’s Home” where Doreyl teaches pastel painting and biological illustration and Jerry raises Koi fish.

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# Artist Statement

## Doreyl Ammons Cain



Expressing my love for nature and life on this planet can travel through my art when I create spontaneously. Pastel is the art medium that allows this freedom of expression. As a woman pastel artist my art tends toward the spirit that infuses life on every level. Beginning as a biomedical illustrator, my exploration of every cell in a leaf and human body has lead me to a celebrative style of art. Looking at the whole picture, the balance of cool and warm colors, the play of shapes with one another and the energy flowing through my art brings me great joy.

Growing up in the Appalachian Mountains gifted me with a deep connection to nature; it's amazing power and abundant variety. Creativity abounds here. Painting pastel images of the native animals, plants and people captures it's heritage in a new, spontaneous way.

I work with a storyteller, my sister Amy Ammons Garza, and paint large pastel murals behind her, spontaneously bringing to life the spoken word. Continuing with this way of painting, book illustration, magazine & book covers, and posters are other uses of my art.

My original pastel art is sold sometimes even before it's finished, so now my art is available in museum quality Giclee limited edition pastel prints, art cards, tasseled bookmarks. As an American pastel artist my art reflects the beauty of it's landscape, decorative life-style, spirit driven endeavors, and striking people.

Historically pastel has taken second place to the oil and water mediums in American art, yet pastel's pure pigment lasts longer, has vibrant, clear colors and is suited to drawing and painting. Today pastel painting is becoming much sought after and collectors are purchasing pastel art for investment. One of my new endeavors is painting pastel renditions of Koi Art. My husband, Jerry Cain and I are growing Koi fish and are developing a Koi Farm on our Nature Preserve in the southern Appalachian Mountains: [www.koi-krazy.net](http://www.koi-krazy.net).

Websites: [www.PastelArt.SeatofYourPants.org](http://www.PastelArt.SeatofYourPants.org)  
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