

arron capron

SANDWICH

## A serenity of feeling



*Perry Farm*, acrylic/latex on canvas, 2' x 4.5'



*White Dinghy on Shore*, acrylic/latex on canvas, 4' x 3'

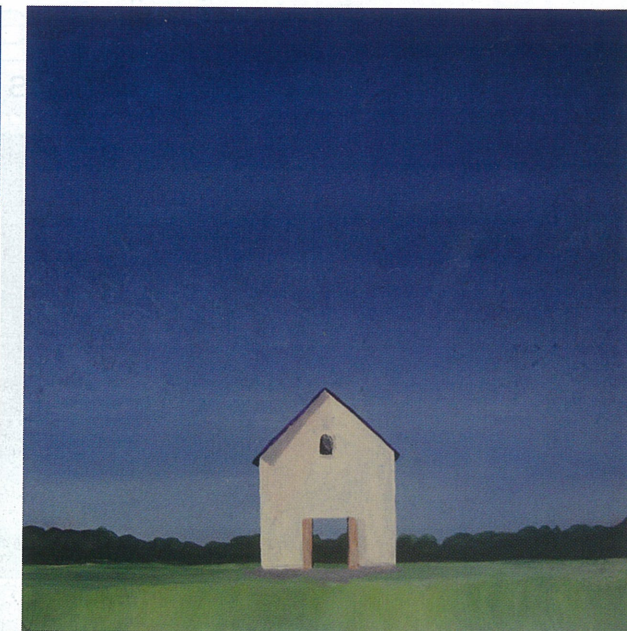
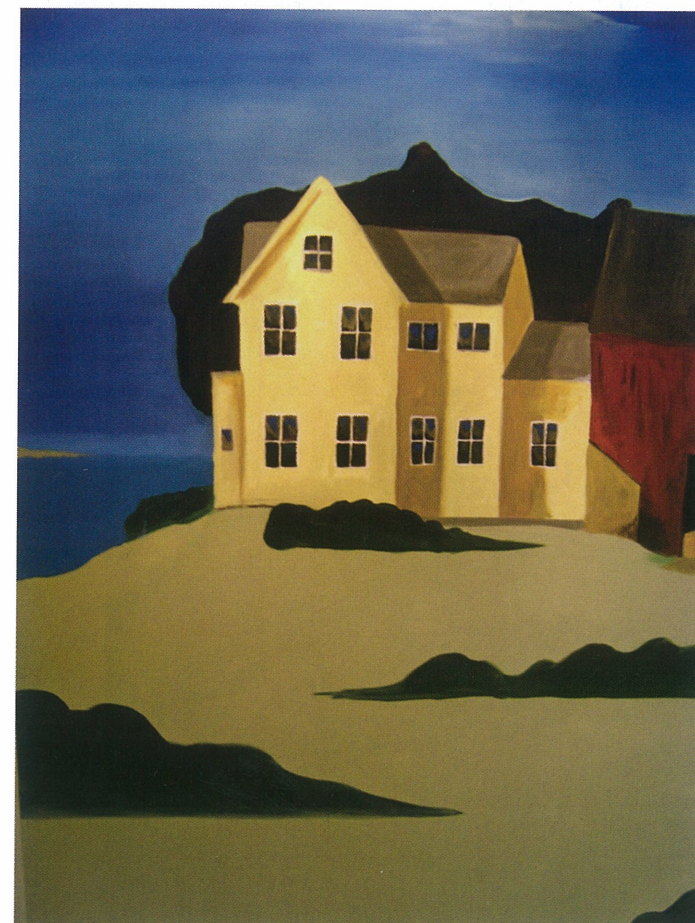
by john grenier-ferris

**It's rare to find artists who look like their paintings,** who somehow can transmit their own personalities to the canvas; whose paintings are about the artist's personality as much as they are about the subject. Arron Capron is one such artist.

He is a big strapping man, standing six feet, three inches tall, and weighing 280 pounds. Yet he is the quintessential gentle giant. Soft-spoken, quick to laugh, self-deprecating, he primarily earns his living as an exercise physiologist and a massage therapist. Healing and inner calmness are his watchwords. He's patient and understanding with his two small children, who constantly interrupt during an interview—he seems as childlike as they are, very much in the moment.

Most of Capron's canvases are fairly large, measuring four feet by five feet and they all have a certain unusual commanding presence—there is a distance, a feeling of loneliness to his work bringing to mind the paintings of Edward Hopper. His subjects—barren seaside and rural landscapes, boats, houses, and barns without people—seem of a time gone by, when all human preoccupation with the objects has ceased.

Capron says the simple yet dramatic landscapes reflect his boyhood on a 90-acre dairy farm near Rutland, Vermont. "We had five or six different barns on the property. Whenever I paint, I think of those barn shapes; big long lines, sloping roofs. My painting is in-



*Barn with Grass*, acrylic/latex on canvas, 3' x 4.5'

*Farmhouse by the Sea*, acrylic/latex on canvas, 5' x 4'

spired by the landscape I grew up in," says Capron, who is a self-taught artist. He enrolled for a year in the art program at Plymouth State University, but says the structure of the program didn't appeal to him. Still, he has always believed in his ability to paint. He has been around art his entire life since his father taught art for 35 years at a local Vermont college. Capron has been painting seriously since high school.

Capron's style could be called uncomplicated, yet his work has a confident, abstract bravura, a boldness of color, shape, and line. He sometimes works with non-traditional materials: gallon buckets of house paint bought on sale and wide, house painter brushes. Painting with sure strokes and blocks of dynamic color, he says he likes the "unneatness," as he calls it, of his paintings.

"I am not really into the art scene," he says when talking about his influences. Still, he does name Roy Lichtenstein and other pop artists as influences. "I want it to be colorful, but I also want it to be easy to look at," he says of his art.

Capron has to squeeze his studio time in whenever he can, with two jobs and two children who take up much of his time. He says he can only paint sporadically. "I try to do most of it in a big burst," he explains. "It's not often that I get down to the studio, so when I do, I try to do as much as I can."

Capron's art toes the line between accessible and deep, easy to look at, yet begging for interpretation. *White Dinghy on Shore* (36" x 48") sums up much of Capron's work. At first glance, it is simply what the title states: a dinghy on the beach. But the dark blues and greys in the water and the green bushes fading into a black background convey a feeling of solitude. A touch of sadness—of things missing or left behind—seem to pervade many of Capron's paintings, giving his art depth and power.

"Some of the paintings were created for a specific purpose, almost like creating a room where I can be calm, relaxed, enveloped inside myself. I am looking for a serenity of feeling," says Capron.

Capron, says that while his art does not pay the bills yet, he will always be passionate about painting. "I hope to always paint," he says. "I need to set aside time in my life to keep painting."

**For information on Arron Capron's work, contact him by e-mail at [earlyred@comcast.net](mailto:earlyred@comcast.net).**

*John Grenier-Ferris is a freelance writer who lives in Quincy. Jason Cook contributed to this story.*