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Being able to create is an essential part of my life. It is an extension of my innermost thoughts and imagination. My primary focus of art is realism--using oils and acrylics. Occasionally, I switch mediums and design and build three dimensional pieces. Working mixed mediums, I use various wood, metal and paint, thus allowing me to achieve the visual effects I am looking for. Many of my pieces have been derived from my attraction to Art Deco and Ethnic designs. I am not satisfied until each piece, regardless of the medium or size, has reached the highest possible level of aesthetic quality and craftsmanship I can give it.

I have enjoyed creating art since childhood. While a student at Martin Luther King Jr. high school in Detroit, I created and presented a portrait to then Mayor Coleman A. Young. A scholarship from Center for Creative Studies now the College for Creative Studies afforded me the opportunity to work towards and receive a BA in Fine Arts.

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Mr. Heading understands the joy found in art and how it affects a young person's heart. He has shared his love for art as a mentor/teacher at the Virgil L. Carr Center in Detroit, Michigan. Students not only grew in their art experience, but also exhibited at the Ann Arbor Art Fair.

Winning the 2013 MI Great Artist Competition was an honor for Mr. Heading. He is thankful to Park West Gallery owner Albert Scaglione and Oakland County Executive L. Brooks Patterson for the opportunity. Mr. Heading has been featured on ASPIRE TV, shows at the Charles H. Wright Museum of African American History, the National Conference of Artists and other numerous galleries. In addition, he is a book illustrator.

His murals create a beautiful focal point and conversation piece on the walls of homes, churches and health care facilities. His art and furniture is enjoyed and treasured by collectors across the United States and Canada. Kohei Suzuki, the former Mayor of Toyota City, Japan has a box designed by Henry.

His first attempt at mosaic tile was creating a Tiger sculpture to benefit the Detroit Tigers Foundation and the Children's Charities Coalition. The Tiger Town tiger is located in Beaumont Hospital in Royal Oak, Michigan.

Mr. Heading's spare time is spent in his Michigan home studio creating new works, paintings with unique custom framing, treasure boxes, furniture, portraits and commissioned pieces.

Mr. Heading used the artist line, "I'd like to paint your picture", to now wife Sheryl, also an artist and teacher. The creative duo is now Heading Designs LLC which features fine art, jewelry, t-shirts, calligraphy, educational posters and cards.