

Artist Statement

I see emotions reflected in the quiet details of the natural world. Photography lets me capture these subtle expressions, giving elements like a shell shown inside and out, or a leaf, complex emotional qualities that mirror our inner experiences. Letting ideas and feelings emerge slowly, photography has become a vital tool for processing and expressing my mental health, and with my images I hope to remind viewers that we are not alone in our struggles.

Still Moving grew from a moment of chance and discovery. While driving by, I noticed the garden walkway to the river and stopped to explore. I met the art coordinator by chance, and our shared love of plants, combined with a photography article I wrote for Northern Gardener called “Botanical Exposure,” became the seed for this exhibit. Our world flows like the Mississippi River, visible and hidden, or sometimes branching in new directions. In stillness, we sense the currents beneath the surface, revealing life’s quiet directional flow.