

POETIC ISOLATION

February 12–28, 2026

Box Spring Gallery, Philadelphia, PA

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Reception: Thursday, February 12, 6–9pm

*Box Spring Gallery at Crane Arts,
1400 N American St, 100C, Philadelphia, PA 19122*

*Open Hours: Thursday–Saturday, 1–6pm,
or by appointment by emailing
contact@boxspringgallery.com.*

Christopher Kontoes' photographs are abstractions of lines, layered landscapes, and nature around him in his native New Hampshire. His art celebrates traits specific to film photography. What results are raw collages of color gradients, shapes, perforations, tape, dust and scratches, all there on purpose to uphold the analog artistic process. His contemplative style suggests poetic isolation and a soft melancholy. He often titles his work with thoughtful and emotional phrases such as "they seem to have this pull on you."

Kontoes describes his work, "In these photographs, I have set about trying to record my subconscious renderings of how I saw the world in darker days. We all view life through filters, and these frames are those filters. They are referential to that time, but represent moving forward and celebrating my life, and the lives of others. After generating over 20,000 frames, I have come to see some beauty and brightness in all things."

"I shoot film. I process my work, scan it, and rarely alter it in any way. The dirt, scratches, and burned out portions — all of it plays a part." Just like the varied experiences in every individual, it's relatable — scars and all.



off to the cemetery by Christopher Kontoes

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swoon

35mm film, digital print

12"x 8"

\$180

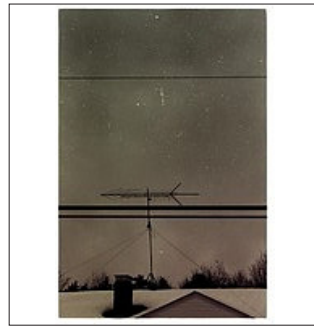


twins argue

35mm film, digital print

12"x 8"

\$180



television dinners

35mm film, digital print

12"x 8"

\$180



they just wait for you

35mm film, digital print

12"x 8"

\$180



ways to be seen

35mm film, digital print

8"x 12"

\$180

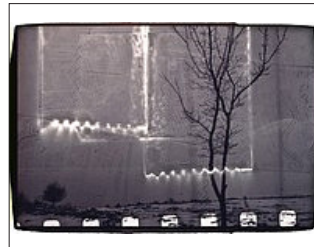


paranoia crawls

35mm film, digital print

8"x 12"

\$180



this is me and you

35mm film, digital print

8"x 12"

\$180

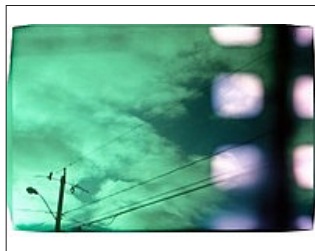


stay to the left

35mm film, digital print

8"x 12"

\$180



what was recorded

35mm film, digital print

8"x 12"

\$180

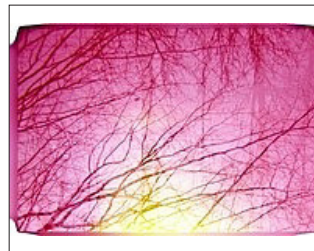


*they seem to have this
pull on you*

35mm film, digital print

8"x 12"

\$180

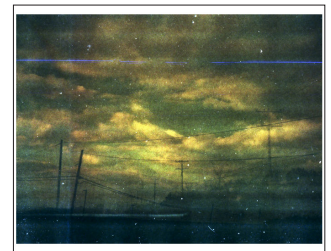


pink sweets

35mm film, digital print

8"x 12"

\$180



quickly learn the language

35mm film, digital print

8"x 12"

\$180

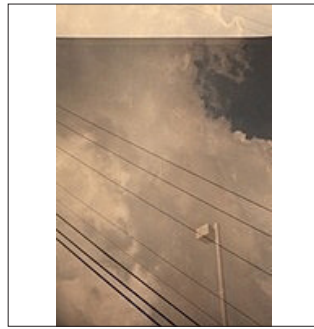
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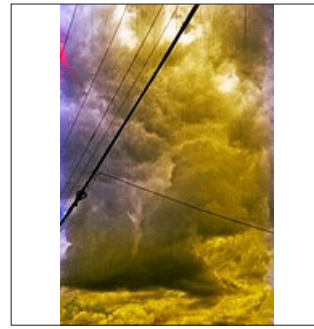
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off to the cemetery
35mm film, digital print
7"x 5"
\$120



i slipped
35mm film, digital print
7"x 5"
\$120



it just rolled in
35mm film, digital print
7"x 5"
\$120



in limited
35mm film, digital print
7"x 5"
\$120



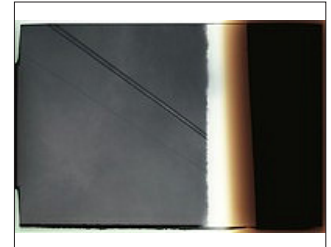
fear of light
35mm film, digital print
5"x 7"
\$120



ease at ill
35mm film, digital print
5"x 7"
\$120



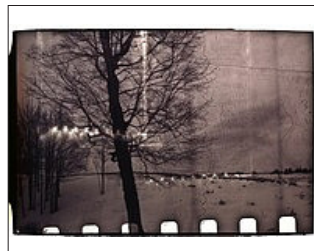
my three best
35mm film, digital print
5"x 7"
\$120



frequency
35mm film, digital print
5"x 7"
\$120



you can hear them
35mm film, digital print
5"x 7"
\$120



all fixed up
35mm film, digital print
5"x 7"
\$120



bird chatter
35mm film, digital print
5"x 7"
\$120



nobody knows all that much
35mm film, digital print
5"x 7"
\$120

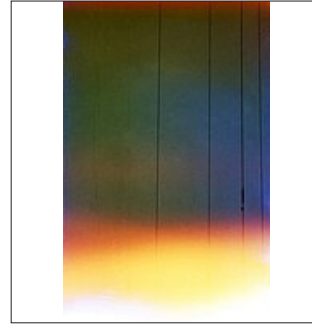
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when you tire
35mm film, digital print
7"x 5"
\$120



william shatner
35mm film, digital print
7"x 5"
\$120

CHRISTOPHER KONTOES

Artist Statement

Everything falls away when I place my eye to the viewfinder. There is silence. It is as if I am isolated in a chamber. Total focus, clarity, and peace consume me, in a beautiful way.

In these photographs, I have set about trying to record my subconscious renderings of how I saw the world in darker days. We all view life through filters, and these frames are those filters. They are referential to that time, but represent moving forward and celebrating my life, and the lives of others. After generating over 20,000 frames, I have come to see some beauty in all things. Light shines brightly.

I shoot film. It is a chemical process, and we are chemical and electrical beings. I process my work, scan it, and rarely alter it in any way. The dirt, scratches, and burned out portions — all of it plays a part.

Biography

Chris graduated from Keene State College with a degree in Film Production. After producing and directing an independent documentary (*We're Very Close*) about the rise and fall of the New Haven, CT rock band, Miracle Legion, he began a full-time pursuit of writing and photography.

His photographs have been featured in Psychology Today, Time Out New York, Time Out Chicago, The Boston Globe, The Boston Herald, The Boston Phoenix, Mojo, Uncut (UK) and Cygnus Media. He is a frequent contributor to Fstop Stock Photography, Getty Images and Veer. He has worked with ESPN.com, NBC Universal, MIT and the Boston Conservatory.



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BOX SPRING GALLERY is the collaborative effort of Gaby Heit and Robert A. Stewart, Esq.

Crane Arts, 1400 N. American St., #100C, Philadelphia, PA 19122

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boxspringgallery.com / [@boxspringgallery](https://www.instagram.com/boxspringgallery) / contact@boxspringgallery.com*

Celebrating where art and design meet, Box Spring Gallery provides carefully curated exhibitions with opportunities to purchase contemporary art and design by a variety of creatives.

Box Spring Gallery aims to be an outlet for new audience visibility, educational exchange and cross-disciplinary discourse. Our main goals are to provide creatives with opportunities, guidance, and to educate the consumer public. We strive to show a wide range of creative discipline, innovation and purpose, and look to collaborate with like-minded partners.

GABY HEIT gabyheit.com / [@gabyheit](https://www.instagram.com/gabyheit) / gaby@gabyheit.com

Gaby Heit is an art/photo director, graphic designer and creative consultant with a master's degree from Pratt Institute. A four-time gallery director and independent curator, Gaby has represented artists from Philadelphia and New York, and has produced numerous exhibitions that celebrate connections between fine art, science, and design. Some include shows for Le Méridien Hotel, Main Line Health, AIGA, DesignPhiladelphia, Philly Tech Week, the University City Science Center, and more.

With many years of experience in print publishing, she has led the creative direction, rebranding and design for national magazines covering fashion, travel, women's services, business, and fine art. Gaby regularly consults with all kinds of creatives on presentation, organization and self-promotion, and her latest project was to open Box Spring Gallery in Philadelphia in June 2024.

ROBERT A. STEWART, Esq.

Robert is a long-time resident of Philadelphia and the husband of artist, Michele M. Tremblay, who passed away in 2022. As a college student he had the good fortune to attend art education classes at the Barnes Foundation in Merion taught by Violette De Mazia and Barton Church. Robert's first art purchase, made in 1973, was an oil painting by Edwin Brent and later he and his wife Michele acquired works by Roger Anliker, Charles Schmidt, Marie Bender, George Sorrels, Carol Oldenburg, Dan Wittels and Roberta Daar. His late wife's work can be viewed online at artofmichele.com, as well as a large mural opposite the entrance to Jefferson Hospital on 9th Street in Philadelphia, which Michele created with New York artist Polly Apfelbaum.