

Art Feature: “Friluftsliv”

Whitney Langford*

Including different context reshapes the problem being considered—what is seen, what is ignored, and how meaning gathers around the fragments we choose to hold. “Friluftsliv,” my friend muttered while tilting her head to breathe in the crisp air. When she opened her eyes, she continued, “it is the beauty of nature...something that cannot be translated—only felt.” These photos capture moments of reflections which confronted me to re-frame my thinking. A frame shift begins with the tilt of a head: the dirt-gravel path with insects and critters around rocks shifts into an open panorama of Springfield overlooking landmarks, familiar yet never felt until then. These frame shifts are all throughout research where you reframe the problem you are interested in answering.

Medium: iPhone XS. Edited in Lightroom.



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