

Kate Alboreo -- Hands So Far Away – March 6th-End of April, 2026 – Lagoon

Website Piece

Written By: Adele Blanton

Interjected with quotes from conversation with Kate Alboreo

In her solo show *Hands So Far Away*, painter Kate Alboreo considers her evolutions as both a painter with affinity for physicality and as an individual in an increasingly digital landscape. While humanity conferences and confides in its screens, Alboreo's prioritization of celebrating human presence in physical space feels all the more pertinent. Pulling from a longstanding love of abstractly depicting wrestling and nature, she dives into facing the music of modern-day technology in a hyper-physical manner.

This work is about being a body in a digital world in which, particularly, our bodies are so politicized. I'm acting on instinct every step of the way.

Returning to oil painting after a nine-year devotion to water-based media, she's approached the pieces in this collection with a push-and-pull experimental lens and challenged herself to bring familiar motifs to the canvas in more literal senses.

The paintings, themselves, are not only of bodies, but oil painting is such a physical, in-person activity. It's something a computer cannot do. Leonardo Da Vinci was painting like this; he was using the same techniques, the same materials, centuries and centuries ago. It's very much by-hand.

Alboreo has spent years painting abstract wrestling scenes with limbs and tangled bodies splayed in bright colors across her large canvases. For this solo show, she's pushed herself to communicate her messages onto smaller pieces, and has melded her love of intentional abstraction with the accidental abstraction that artificial intelligence can produce.

We're talking to artificial intelligence to help us figure out how to be human, and one thing I love about AI is that you'll tell it to make an image and then in it, somebody will have six fingers. There will be something that's just like a little bit off. I've always been doing that with my art, where things don't quite turn into what you think they're going to or they turn into something that you don't expect to see. I love leaning into that uncanny aspect of things.

Pulling inspiration from American realist painter George Bellows, Alboreo has found her paintings for this show to be more realistic than ever. They are not exactly accurate,

though . . . She still seeks to invoke contemplation and deep feeling in her audience that she feels comes with looking at something that challenges the eye.

I love images that make you really feel something, especially when you don't know exactly what you feel like and you really have to think about your feelings. I like work that leaves you contemplating, and I think you've got to get somebody's attention before you can get them really thinking. Really visceral, physical imagery is a way to do that.

Alboreo's pieces for *Hands So Far Away* include nine new works portraying scenes from wrestling matches, recent films, and nods to the current political climate. Regardless of the image painted, her work is a consistent celebration of present, abstract physicality -- both her own and in those around her.

I was taught growing up that our bodies are these little cages for our pure, eternal soul. It's like we're in a trial while we're in our body, and I think it leads not treating your body like it's you. I'm not counting on an afterlife to be happy in. I want to live this life and enjoy it, you know? And I want you to know my body is not just a part of me. It is me. I exist here.

Hands So Far Away will be exhibited in Lagoon New York, a store and event space in Bed Stuy, New York. Upkeeping high-quality sustainability, Lagoon covers creation of wearable art, jewelry and household items with the aim of engaging with their local community. Co-opened by designers Amalya Meira and Logan Blagg, the space celebrates eclectic inspirations and attitudes.

EVENT DETAILS:

Location: Lagoon New York – 293 Nostrand Avenue

Store Hours: 11:00am – 7:00pm Every Day (Closed Tuesdays)

Opening Reception – Friday, March 6th, 6:00-9:00pm

**Show runs until end of April