

TALON

Community College of Denver

Spring 2022

Interview with Multimedia Artist Adama Bama

Article by Gabrielle Mendoza

Some Serious Me Time: A Float Tank Experience

Article by Stacy Fiske

You Got to Know When to Fold 'Em

Article by Greg Rucker

Here Comes the Sun

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MEET THE STAFF



DAN SCHAEFER
Assistant Professor,
Journalism & Communication

Dr. Dan Schaefer is an assistant professor of Journalism and Communication at CCD and faculty advisor for the Talon Magazine and the Digital Storytelling Student Club. He is passionate about those genuine true stories that resonate and help us make sense of our world. As a native Michigander, Dan loves two things: fishing and stories of fishing the third coast.



JENNA DUKE
Editor-in-Chief

Jenna is an English major with a passion for telling the stories of others through her writing; she enjoys diving into the backgrounds of individuals and looking through the lens through which they see. Because of this, she takes pride in her role as Editor-in-Chief and loves reading the work of student journalists. She also serves on the Student Trustee Council for the Society of Professional Journalists.



STACY FISKE
Editor

Stacy Fiske is a first-year student at CCD working on a transfer degree to MSU for Journalism. She has lived in six different states from New Hampshire to Washington but calls Colorado home. Her passions include politics and environmental conservation and she hopes to inform the masses someday, with her eye on the big picture. She lives in the Denver area with her two cats, Milo and Ruby.



GREG RUCKER
Editor

Greg is an actor turned bartender turned student turned writer. I'd tell you his major, but let's be real, it will probably change a couple more times. Creative at his core, he enjoys writing stories influenced by his lengthy time here on this planet. A California native, he is not here to ruin Colorado. Instead, he loves the crisp air, warm people, and endless adventures to be had in our backyard mountain range. He loves his mom.



GABRIELLE MENDOZA
Editor

Gabrielle is a first-year student at CCD majoring in Communications. She plans to transfer to CU Boulder after completing her Associates Degree at CCD next year. Her passions include hiking, running, and traveling. She spends her free time exploring different spots around Denver and Boulder, never going to the same place twice.



GRETCHEN OCCHIONERO
Project Manager, DZGN Studio

Gretchen is a graphic designer with CCD's Creative Services and project manager for the Multimedia/Graphic Design Service Learning course. In her spare time, she enjoys traveling, gardening and searching for new trails to hike with her daughter and golden retriever.



SARA BIENIUS
Creative Director & Designer

Sara is a visual artist and a budding designer. She explains her artist name, iamnotunique, as "everyone should remember they're not alone in how they feel, good, bad or otherwise." As a designer, she is excited to enter into the world of children's books and magazines.



ANDREA ORDUNA
Creative Director & Designer

Andrea is a multimedia creative designer based in Denver. Owing to unforgettable encounters, great professors, and personal ambition, this artist seeks to spread artistry on an international scale. She is a determined young lady who's eager to build her skillset. She is excited to graduate in May.



YURITZIA SERVIN
Creative Assistant & Designer

Yuritzia is an artist and multimedia creative designer. She enjoys digital illustration and photo edition the most and is always willing to take on new projects and challenges. She's currently working on her Associates Degree in Graphic Design.



CARSON KAVATHAS
Designer

Carson Kavathas is a Graphic Design student at CCD. She is excited to graduate in May and to be a team member for the Talon Magazine. She has passion for art and design and is excited to see what will come in the professional world.



JEROME SCOTT
Designer

Jerome Scott is a creative Human. Roaming in Denver, CO. The process is taking Idea to Reality. Jerome builds with cool people on fun projects. He experiments in print, and other stuff.



HEATHER THURSTON
Designer

Heather is a designer with a life-long love of creation and imagination. She first began drawing and writing at the age of four and has been honing her skills ever since. Her motto is "Think out, in, and all around the box!"

DEAR READER

I began as Editor in Chief of Talon in the fall of 2020 during my first semester of college, in the middle of a global pandemic, and after moving twelve hours to Colorado from my home state of Iowa. It was a difficult change in my life that brought me (and continues to bring me) to the brink of insanity, in a good way. It has taught me that challenge requires balance, and to balance, you need to make yourself a priority. This semester we wanted to highlight the differed definitions on how to take care of oneself – thus, the self-care issue was born.

On the pages to come, you'll find students grappling with their relationship to self-care. It may look like the confessional essay "Breaking Down Self-Care," or a firsthand account of a trip to a sensory deprivation tank in "Some Serious Me Time: A Float Tank Experience," or the desire for respite and solitude in "You Gotta Know When to Fold 'Em."

The articles proved that there is a deeper complexity to the hackneyed term than we all may have thought. It is not a linear objective nor a "one size fits all" commodity, it is an accessible, versatile pursuit for all because it bends to meet the needs of the individual. It is whatever we want it to be.

This semester marks my last issue as Editor in Chief before I move onto MSU Denver to finish my English degree. I can't help but reflect on the opportunities I've gotten and wonderful people I've met because of the magazine in the last two years.

On March 26th, 2022, I was honored to be able to meet First Lady Dr. Jill Biden when she came to CCD for the White House Initiative Latin Economic Summit. CCD's own President, Dr. DeSanctis, introduced Dr. Biden and the event buzzed with excitement and hope for the future – an emotion not easily encountered these days.

When it was time to meet her, nerves overcame me. Doubt crept in. Who was I to meet the First Lady? Surely there was someone better suited to be in this position than I. I tussled with these thoughts standing in line to shake her hand and take a picture with her, and suddenly I heard Brené Brown's voice in my head: "Talk to yourself like you would to someone you love."

It's important to recognize the balancing act in life, and even more important to recognize when one side may be heavier than the other. That's what this issue is all about: acknowledging how difficult it is to show kindness inward but honoring the moments when we do. I hope my time as Editor in Chief has made a lasting impact in that way.

Welcome to the spring 2022 Talon magazine and thank you for reading with me.

Take care of yourself.

Jenna Duke
Editor in Chief



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Back Cover Photo
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The Navy Seals Leap Frogs Team parachuted onto the Auraria Campus Tivoli Quad, Monday, Nov. 15 2021, for the Veterans Day Celebration.



Ignorance Is Bliss. Adama Bama

Interview with Multimedia Artist **Adama Bama**

A 2022 MEL CARTER SCHOLARSHIP WINNER

AUTHOR **GABRIELLE MENDOZA** PHOTOGRAPHY **ADAMA BAMA & CAMILA GALOFRE**
LAYOUT **CARSON KAVATHAS**

Responses edited for clarity, length, and coherence

What gear do you use to make your art?

The main gear I use to make my art are my DSLR cameras and my iPad.

I have two cameras that I use. My first camera is my Nikon D3100. This Nikon D3100 was the first-ever DSLR camera I ever owned. It was a personal camera of a mentor of mine who passed it down to me because it was her first DSL camera and it had been passed down to her. I use this camera for everyday use, going on walks, and just casual shooting. When I'm photographing something like a family event, I let my younger sister use my Nikon as backup and extra shots while I use my Canon. I have two lenses for this camera. (Nikkor 18-70mm, 1:3.5-4.5G ED, AF-S lens and a Nikkor 50mm, 1:1.8 G, AF-S lens).

The second camera I own is the Canon EOS Rebel T7. This is an amazing camera I saved up and bought after working so many night shifts. I use this one for professional gigs and events. I'll admit it can be stressful to carry this one casually around because it is an expensive nice camera. I have two lenses for this camera (the Canon Zoom Lens EF-S 18-55mm and the Canon Zoom Lens EF 75-300mm).

Finally, my third generation iPad and apple pencil hold a special significance to me and my art. If there was a house fire, my iPad would be the one thing I would retrieve (after my family). No question about it. I honestly just have a special bond with it. I use it to draw my illustrations, for quick sketches, and mockups/layouts for designs, artwork, and even sewing designs.

I also use other borrowed gear to make my art. Currently, I don't own a laptop, but I used to borrow an old Macbook from a nonprofit arts organization, Arts Street @YEA. I also sometimes use computers and Adobe Creative Cloud from school.

What inspired you to start making art?

If I think back as far as I can as to where that initial spark for creativity ignited, it would ironically be library books and libraries. Ironic, because I have been diagnosed with dyslexia. Book illustrations and designs in school libraries made me want to create art of my own.

I remember when I was going to school at an early elementary school in Denver that had just the most beautiful library. Stepping foot in that gigantic colorfully decorated library was a magical experience. There were just so many illustrated books from *The Hungry Caterpillar*, *Chicka Chicka 1,2,3*, *The Rainbow Fish* to the heavy thick scientific books like *The World Book Encyclopedia* that when placed together in the correct order, their colorful spines spelled "WorldBook".

What really got me into graphic design and photography was really all thanks to my high school experience. I attended High Tech Early College and I owe my high school graphic design teacher, Steve Wiant, and all of the wonderful people at the non-profit Arts Street for giving me the knowledge and experience that really built the foundation of my creative understanding. I wouldn't be where I am today if it weren't for them.

What really got me into graphic design and photography was really all thanks to my high school experience.



Encapsulated Exploration. Adama Bama

Where do you get most of your inspiration from?

The internet, various media, Instagram, YouTube, Pinterest, the world around me, and my younger sister's work.

Do you have any artists that you idolize?

There are many artists that inspire me.

Graphic design: Chris Do from The Futur and Zimri Mayfield. **Illustration:** María Dalli and Andry Rasoahaingo. **Photography:** George Edward (@_george_edward) for his places and things and Sorelle Amore for her portraits and Denver's own Juan Fuentes. **Painting:** Denver's very own and well-known Thomas Evans "Detour," as well as Peter Deligdisch AKA Peter Draws. **Poetry and writing:** I look to Shirley Jackson and Orion Carlotto who I love.

Where are you from originally?

I am originally from Côte d'Ivoire (the Ivory Coast) in west Africa. I was initially raised in Liberia. Most of my family and my mom's side is Liberian. I don't remember anything from my early childhood in Africa before I came to Denver in 2005 after my family escaped the war in West Africa.

Does your background influence your art?

Yes, my background influences my art. I am still exploring my strengths and weaknesses as an artist and figuring out my favorite medium.

This Gallery show should provide you with a glimpse of some of my exploration and development in areas such as my photographic eye, my design mind, the nature of my traditional and digital brushstrokes, and even how I decompress through words.

Who is the woman in the 'Tutugirl' cover photo?

The young woman is my sister, Tutugirl Bamba. (Yes, that is her full legal name.) I took the photo of my sister Tutu right after her high school graduation in 2021. She graduated from Martin Luther King, Jr. Early College and is now a Business Marketing student at the University of Colorado Denver. She finished off the year strong despite the pandemic and was grateful the high school was able to have a safe in-person ceremony.

Graduation day she was positively glowing.

When I was ready to take her picture, I positioned myself with my camera so that she would fill the frame leaving out all the distracting waves of other people at the graduation ceremony. This photo was going to be just about her and her accomplishment. In the frame, she almost seemed

larger than life. And for a moment, she closed her eyes with peaceful contentment and faced the sky.

I thought a photo like this was perfect for my exhibition titled Faces, Places, and Change because it seemed to encompass it all. I think it's a beautiful portrait that captures change. She's looking forward to the future and to moving on with her life. It's a transitional period from moving from high school adolescence life to the more mature and college life.

Who are the other people in your photos from your art exhibition "Faces, Places, and Change"?

In the photos "HOPE" and "Ignorance is Bliss" is my youngest little-sister Grace and both pieces were part of the Epic Arts Spring 2020 Exhibition & Virtual Showcase, here is a link to it: <https://www.redlineart.org/epic-arts-spring-2020-1>

Hope

This is a photo of my beautiful little sister sitting inside one of the car tires in my backyard. Due to the quarantine, we had been stuck at home with nothing to do and I really wanted to show my sister that being on her tablet inside or in front of the TV weren't the only places where she could have fun. So, we went outside to play on our phones while messing around with the junk we had sitting around our backyard, distancing together.

It represents the rediscovery of backyard fun pastimes, the quarantine, social class, the feeling of being trapped in something, perhaps even culture. I chose to take this photo and add the word isolation to it to express how we felt. This feeling of being out of our element, isolated, and trapped in our home. The look on her face seems to express the skepticism of others and the unknowns of the outside world.

Ignorance is Bliss

This is a photo of the beautiful ball of sunshine that is my baby sister Grace, hanging onto my leg and looking up at me, not asking for anything, just happy to be and to have us all at home with her.

It represents, well exactly what it says, HOPE, one big reason to keep going and to stay safe is for the protection and preservation of those who are too young to do so for themselves, to protect their change for a bright, joyful and impactful future.

This photo also reminds me that happiness is still possible amidst all of this and still will be in the future because life goes on and it is up to us to decide how we spend that time feeling. I hope when people see this they too can think about those things, people, and places in their life that bring them joy and remind them to hope on.

Condensation

This is a picture of a summer friend. It was a very hot summer day in the studio that day. The heat, my friend's makeup and the reflection of the red-light gel filter sheet bouncing off her skin, provided a good photo opportunity. I like the photo because it appears that she is heating up a window. Like how you breathe closely onto a cold window and create condensation. As a result, I posed her as if she was overwhelmed by the heat, while still looking effortlessly beautiful as she wiped the sweat off her forehead.

One of my favorite things about this photo came from a woman who came to see my exhibition and loved it for a surprising reason. She told me she was most drawn to this photo due to the simple fact, that the model in the photo had braces, and how braces aren't in traditional editorial photography work unless the focus is on the braces. Usually, you just don't see models with braces. The woman who loved the photo, liked seeing braces represented so positively in the photo. As a result, I was surprised that something like that can have such a meaningful impact on people. ■

The photo of my baby sister Grace reminds me that happiness is still possible amidst all of this.



"Faces, Places & Change" Dock Gallery Exhibition

CCD'S JOURNALISM DEPARTMENT

The purpose of journalism is to see life and make sense of the world by sharing our stories. These stories find us, draw us closer, make us feel, and shape our decisions.

CCD's journalism program offers classes that will start you on this path to a career as a journalist or as a public relations professional and give you what you need to transfer to a four-year university. For more information please contact us at journalism@ccd.edu.

DZGN STUDIO

MGD 194/294 Service Learning: In this course CCD students operate a multimedia graphic design firm to provide them with work-based learning opportunities prior to entering the job market and learn professional and business practices. This course provides a great opportunity to gain training in creative problem solving, graphic design and production on working world projects.

THE TALON MAGAZINE PROJECT

The Talon Magazine Project is an online and print magazine produced through a unique collaboration between the CCD Journalism Program and the Service Learning Graphic Design course in Fall and Spring semesters.

Each semester, Talon journalism student-contributors write feature news stories, interview and profile interesting people, report on emerging trends, and take pictures about topics that matter to CCD students on the Auraria campus. This content is then carefully edited and handed over to the Graphic Design team to layout the stories, illustrate, and design the graphic vision for the magazine. Journalism Program and the Service Learning Graphic Design course in Fall and Spring semesters.

All CCD students are encouraged to submit their journalism feature articles, photos, and illustrations for selection. If you're interested in journalism please contact us at journalism@ccd.edu or if you're interested in graphic design contact us at ccd.edu/GraphicDesign.



Intro To Public Relations



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Register for this class to find out how to get out.



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