Andrew K. Smith
Nonfiction

is, until she mentioned a cognitive gym called Cogmed Working Memory Training. My ears wiggled and eyes lit up bigger than the Empire State Building on Christmas Eve.

“What’s Cogmed?” I asked. My tone of voice was starting to flutter with excitement.

“It’s an experimental computer program that helps people with ADHD, Invented by Dr. Torkel Klingberg in Sweden in 2001,” she remarked.

To myself, I thought that was pretty cool. But I was skeptical. Hell, I was skeptical of everything though. I was the epitome of the word skeptical.

She explained to me that it was an online computer-generated program with exercises that exercised the brain muscles. The skepticism was moving toward more of a cynical vibe now, but that was just my brain fumbling. My brain thought it was too cool for the experimental journey. After an internal bedridden argument with my brain, I mustered up the courage and accepted the opportunity from Lorie who was so kindly trying to help my little soul. I was about to enter what I called the Cogmed Clubhouse.

Continued on landscapes.wsu.edu

Inspiration: Digital Multimedia
By Emily Weeks

“On My Own” was a music video commissioned by Belgian band Psy’Aviah. Some inspirations for the video included Pre-Raphaelite paintings, gothic literature, Romanticism, botanical illustrations, Art Nouveau, Klimt, German Expressionist film, and others. Motifs and themes that I wanted to explore in the video included ghosts, memory, destruction of nature, thorns and tangled foliage, dreams/nightmares, drowning, and memory.

The landscape and flora in the film were influenced by the Palouse, into whose grassy expanses I wandered to make drawings and paintings. As for the animation, for the most part I used colored pencils and watercolor on paper. Almost all the backgrounds are a mixture of various media including pen, pencil, watercolor, and gouache. There are some digital elements incorporated into the backgrounds and animation as well. I composited it in After Effects.