

1. What made you choose these pieces for pulp MAG?

It was practical considerations; I looked at my works from the point of view of the magazine. What would look nice in the size of one page, and what would look well on the bright white background. As far as the subject matter is concerned, most of my works deal with mental health questions, so there isn't too much choice there.

2. Is there anything in particular that you're proud of about these pieces, or that you learned while creating them?

I believe that pride is an externally motivated feeling: one matches their achievement against someone else's expectations. For me, the primary motivation for art is internal, so pride does not seem to enter the picture. I did experiment with stencils and layering in this piece, and it produced an unexpectedly dense image with interesting interactions of color and shapes, which I did not necessarily appreciate in the moment when they were happening. I learned that I often don't like my work when I finish it, and I need to let it "cool" for a couple of days before looking again.

3. Where did your inspiration for these pieces come from? What is their "story"?

The story is a major depressive episode, and art being a temporary, short-term refuge from it.

4. What messages/themes do you want viewers to pull from these pieces?

The work is abstract, and unless I tell the viewer what I was inspired by, they likely won't make a connection. I welcome any message, and I think that it is the viewer's perception and life history that form those messages to a greater extent than my intentions.

5. What does your creative process or practice usually look like?

I work at the KPU print media studio, and the process is free-flow; I let the colors and shapes interact on their own, while I may decide on the next layer depending on what the previous layer produced. I notice that I use mostly warm colors in almost everything, and this is probably some unconscious, genetics related choice.

6. What sorts of things inspire you?

Colors and shapes. Anything of color, anything with shapes, anything that interacts in a way that I find interesting. Anything goes from an upside-down toilet placed on the street side for garbage pickup to a painting of an artist recognized as “genius.” Outside art, music and philosophy seem very inspiring.

7. How long have you been creative?

I believe every human being is born creative, and some have the privilege to materialize their creativity, while others may have severe limitations on what they can do. So, I have been creative since I was born, in one capacity or another.

8. Have you ever been published before? Where can we find your work?

This is the first time my work has been published in a printed magazine. I post some of my works online on my website, <https://www.annapolkovni.ca/>.

9. Do you plan on continuing your creative pursuits into the future? If so, what does the next project look like for you?

I hope to continue, and it all depends on where life takes me. I am taking a music technology course at KPU, and it looks like my next project may take the form of a series of music arrangements.