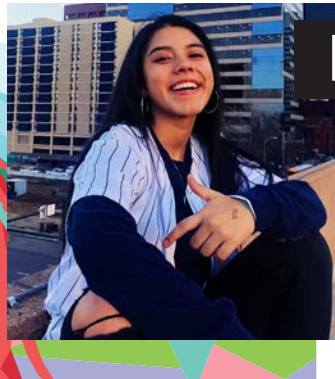




RECIPE FOR...

MEET THE TEENS



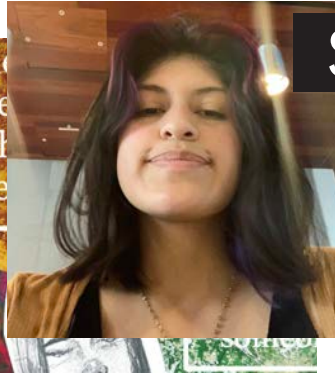
REBECA

pg. 16-17
& COVER ART



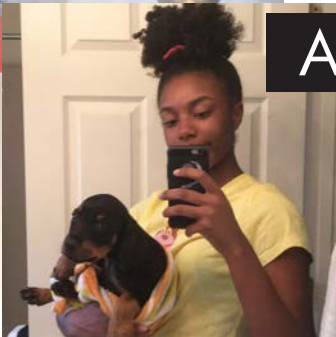
JONAS

pg. 5



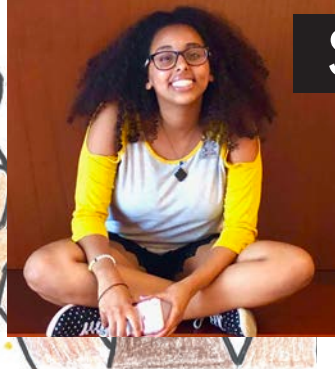
SARAH

pg. 18-19



ALESSIA

pg. 6-11



SELIHOM

pg. 20-23



MICHAEL

pg. 12-13
48-49



TANAJA

pg. 24-25



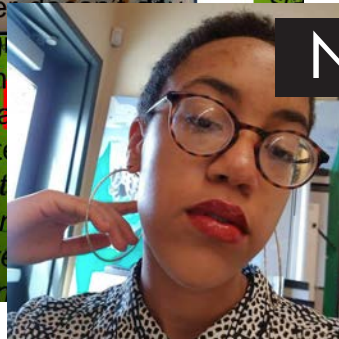
ELIAZAH

pg. 26-31



JULIA

pg. 40-41



NINA

pg. 32-35



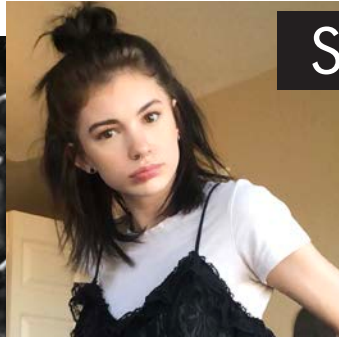
CESAR

pg. 42-43



NOAH

pg. 36-37



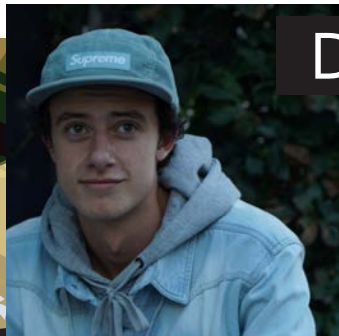
SYD

pg. 44-47



JACK

pg. 38-39.

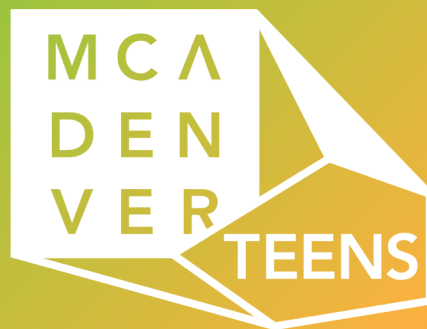


DANNY

pg. 50-51.

Recipe For... is the fourth volume of a collaborative zine created by teens in MCA Denver's Point of View, aka POV. Over the course of a semester teens from across the Denver area come together weekly at the museum to connect with each other through contemporary art and ideas. These connections at MCA Denver spark conversations, revelations, and inspire the collaborative zine.

To learn more about POV, Museum of Contemporary Art Denver's teen programs and events, or to read previous issues, visit mcadenver.org/teens or follow @mcadenverteens and remember, MCA Denver is FREE for everyone 18 and under, ALWAYS.



The Greatest Moment In NBA History: Jordan's Last Shot

The Setting:

It's 1998 in Salt Lake City, Utah. The temperature outside Delta Center is 40 degrees Fahrenheit and The six-time NBA champs Bulls are visiting The Utah Jazz. Both teams have coaches that are future Hall of Famers and Both teams best players would be known for being the elite talent of there decade.

Outcome: After a steal from Jordan and twenty seconds on the clock. Jordan goes down the court and calls an isolation play. Then with 6 seconds left he shoots the ball heavily contested over the Jazz defender. It goes in...

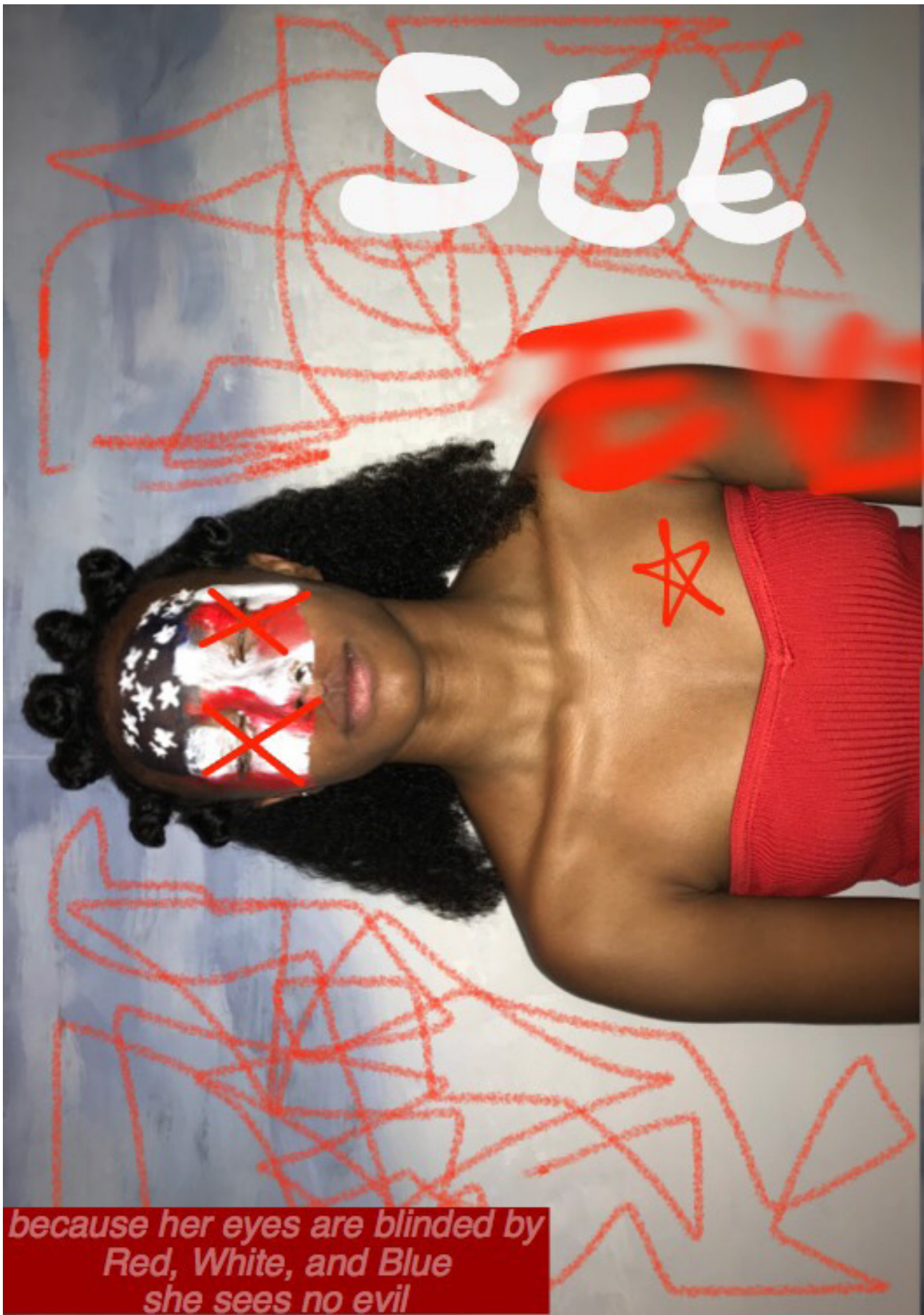
Impact: A Few weeks later Micheal Jordan would announce his retirement. With that announcement, the NBA would see a new golden age of dominance from Spurs and Lakers teams. Also, it was a look back at a career which brought full and utter dominance in the game of basketball and his career transcended racial and economic boundaries as a black man in America.

The History:

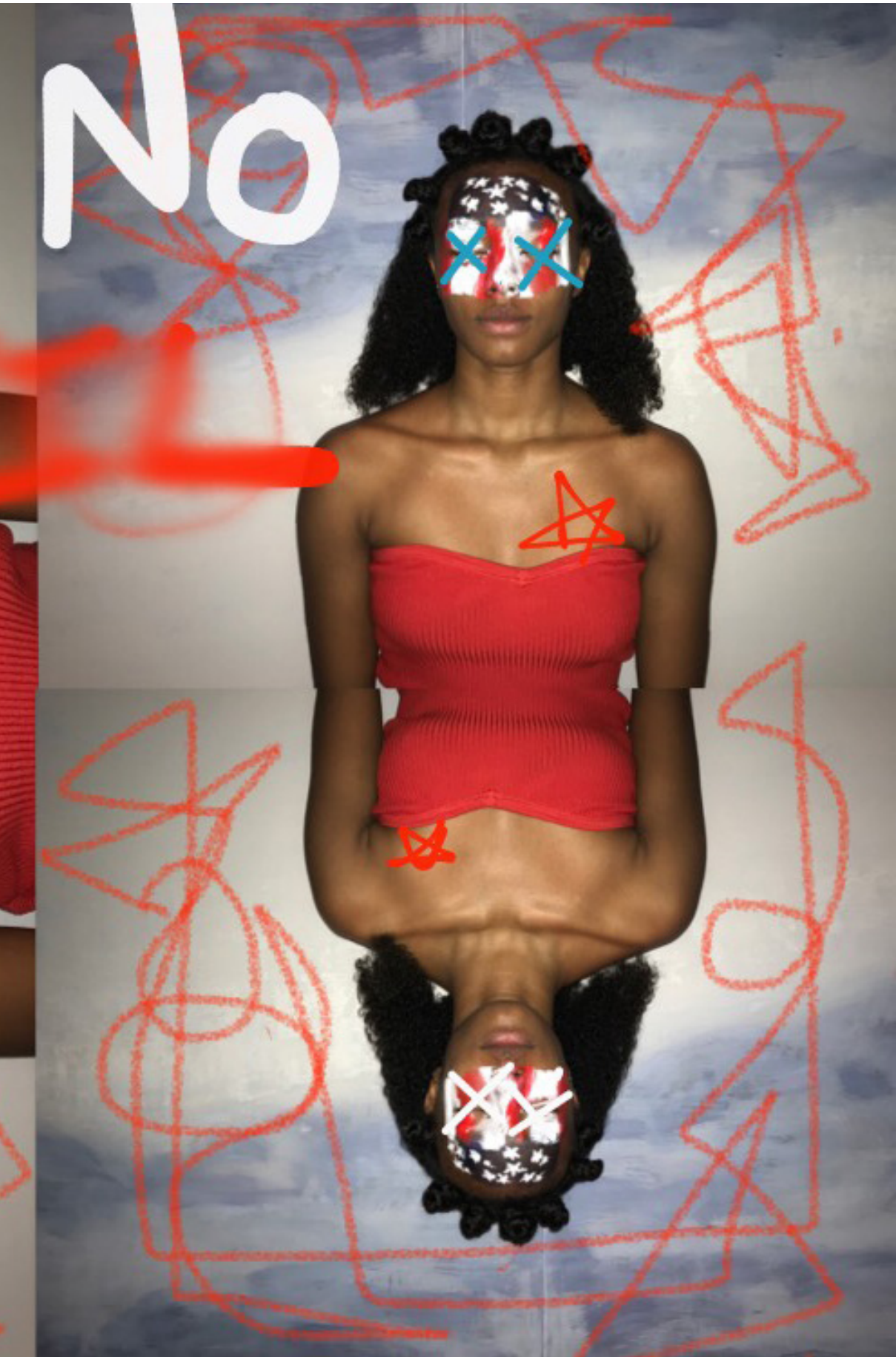
This is Michael Jordan's last career game in a Bulls jersey. He has already solidified his role in NBA history as the greatest player of all-time. But now in his career, he's aging fast and everyone in the league is ready for a new era of basketball. But just the year before game 6 of the NBA finals. Jordan's Bulls had the best record in the NBA and went on to win that year's championship. It's no longer 1997 and 1998 has not been an easy road for the bulls they are tied with Jazz in the standings and they don't have the tiebreaker. That's because of a 22 point comeback from the jazz later in the season to sweep the bulls. So game 6 is played in Utah and the bulls just need one win to win it all... Jordan had his chance last game but missed the game-winning buzzer beater.

Picture:





*because her eyes are blinded by
Red, White, and Blue
she sees no evil*





*because her mouth is stitched shut by
Red, White, and Blue
she speaks no evil*





*because her ears are streaked by
Red, White and, Blue
she hears no evil*



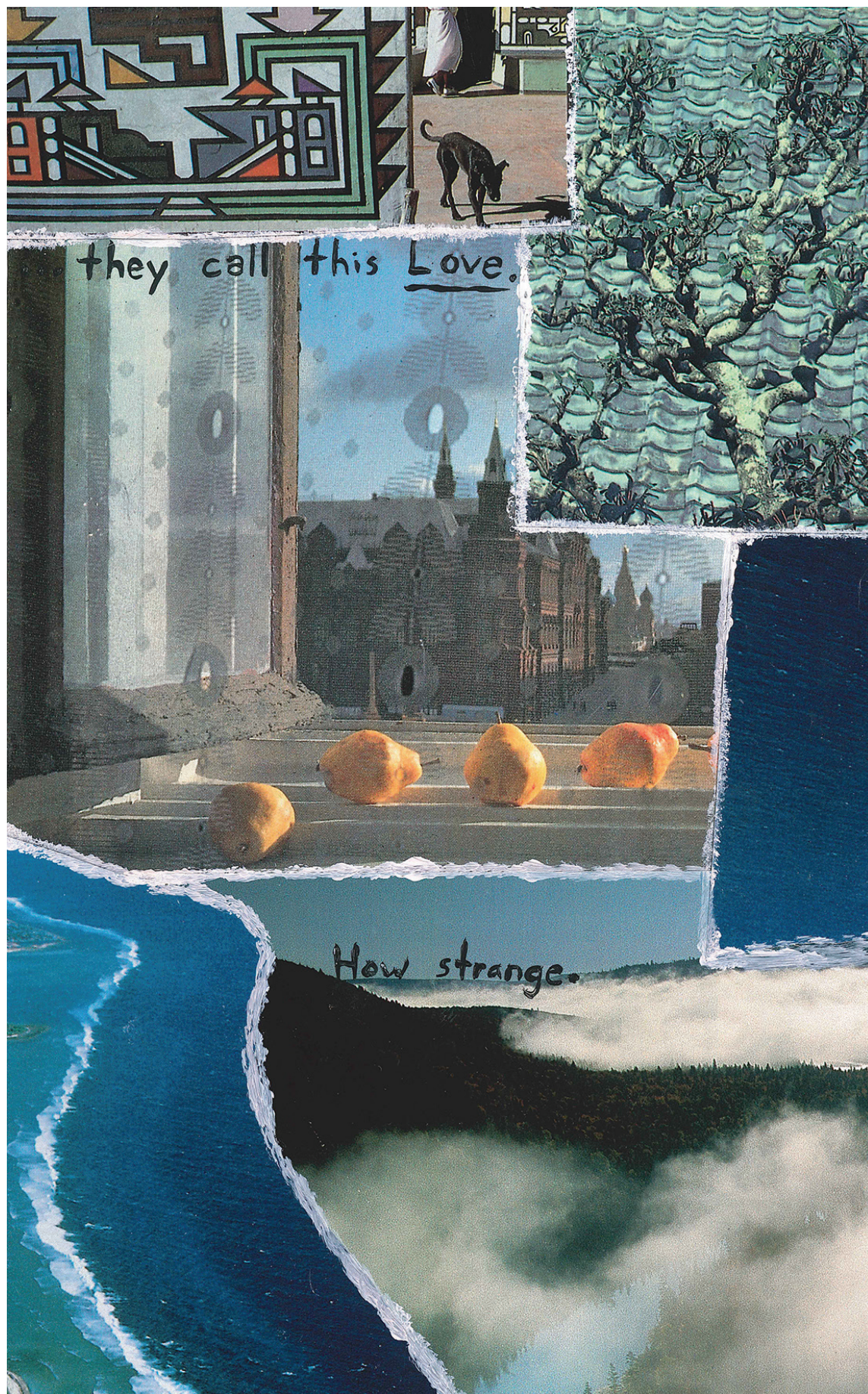


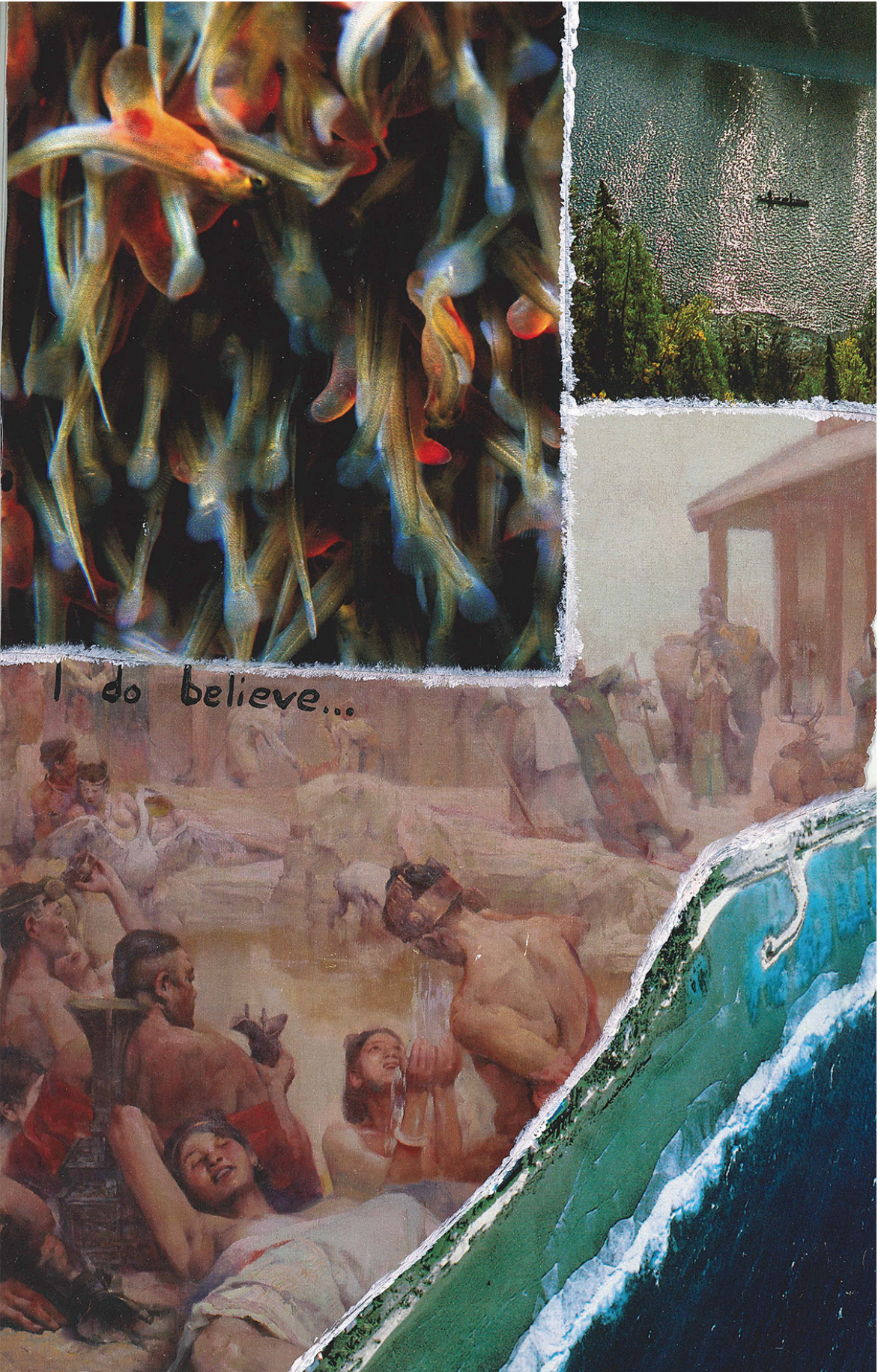


because she is

Red, White, and Blue

she has no mouth, no ears, no eyes





I do believe...

YOU'RE MORE THAN YOUR SURROUNDINGS

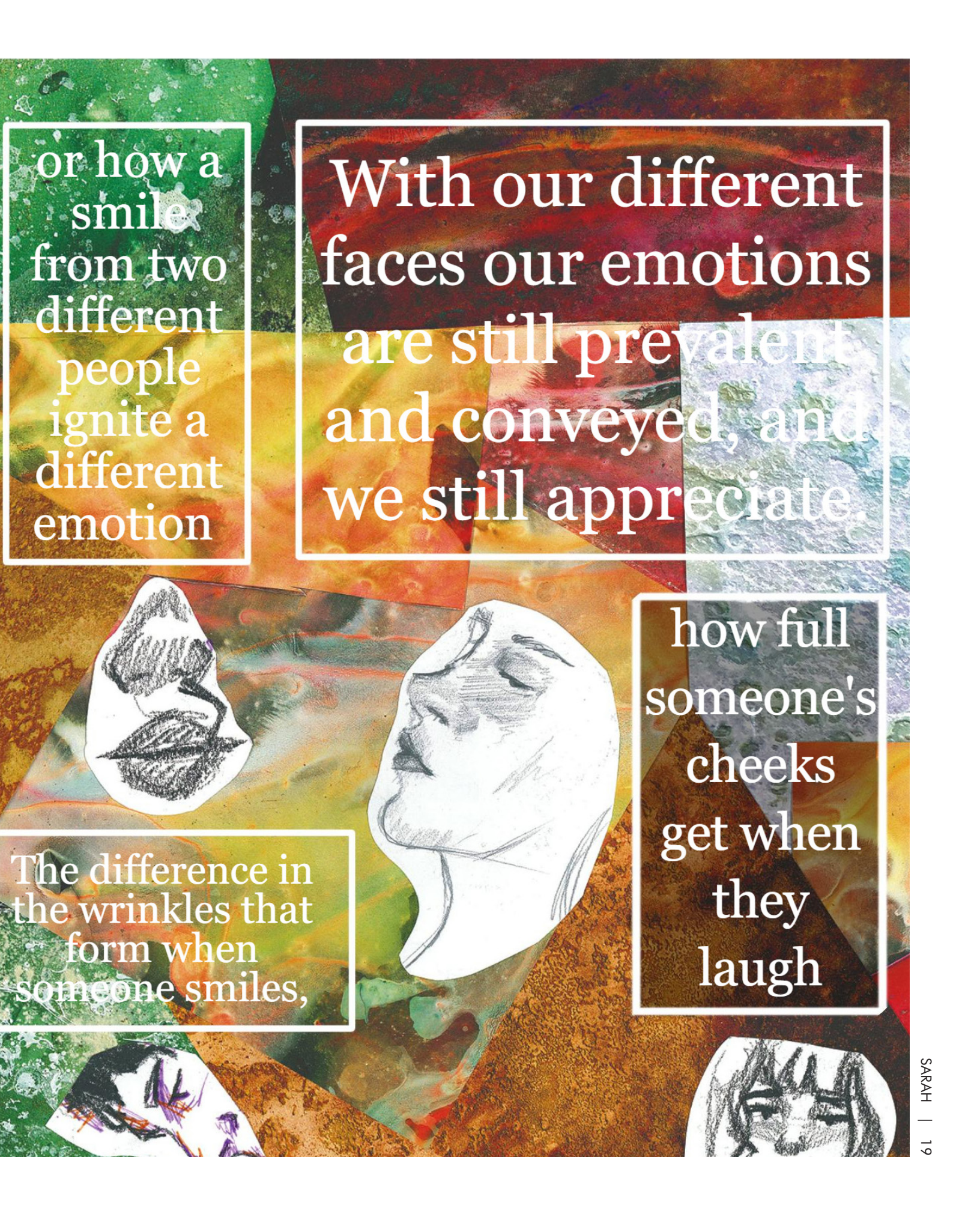


We are born to see
and understand the
faces and emotions
that surround us

And its
a
privilege
to see
all the
variety



Th
the
so



or how a
smile
from two
different
people
ignite a
different
emotion

With our different
faces our emotions
are still prevalent
and conveyed, and
we still appreciate.

how full
someone's
cheeks
get when
they
laugh

The difference in
the wrinkles that
form when
someone smiles,

INTERSECTIONAL FEMINISM



"Our approach to
Equality
need not be identical,
but it must be
Intersectional & Inclusive"



~ Janet Mock



INTERSECTIONAL FEMINISM

■ **Intersectionality** "refers to the interconnected nature of social categorizations such as race, class, gender, or religion regarded as creating overlapping & interdependent systems of discrimination or disadvantage" ~ Oxford Dictionary

■ **Intersectionality** is crucial to social equity work. More dynamic conversations are occurring & being advocated for by activists & community organizations, about the differences in experiences among people with different, overlapping identities. Without an intersectional view on social issues, events & movements (such as Feminist movements like #MeToo, #BLM, pride, etc.) aiming to address injustice surrounding one group may end up perpetuating systems of inequities towards other groups.

■ **Intersectional Feminism** allows for the inclusion of all women and the recognition of their respective experiences & struggles no matter their race, **sexuality**, religion, class, **age**, and more. IF your feminism isn't intersectional, it is NOT FEMINISM!



OF PRIVILEGE & OPPRESSION

White

Racism

Politics of Appearance

Attractive

Upper & Upper-Middle Class

Classism

Language Bias

Anglophones

Colorism

Light, Pale

Anti-Semitism

Gentile (non-Jew)

Pro-natalism

Fertile

Genderism

Eurocentrism

Heterosexism / Homophobia

Sexism or Androcentrism

Ableism

Educationalism

Ageism

Gender "deviant"

Non-European Origin

LGBTQ+

Usism

People of Color

Old

Illiterate

People w/ Disabilities

Female

Beauty Standards /

WESTERN

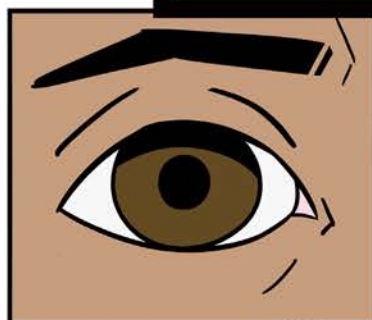


WHY DO I HAVE TO
HAVE ARTIFICALLY
TANNED SKIN?

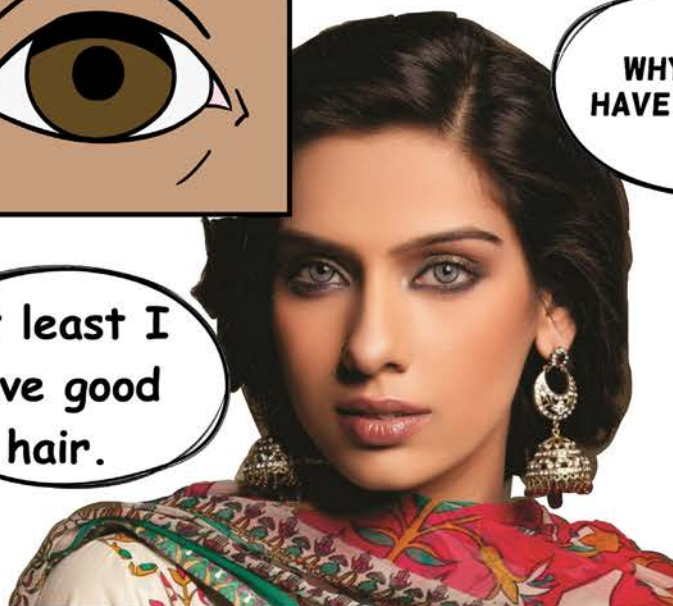
Blonde hair is
soo cute!



INDIAN



At least I
have good
hair.

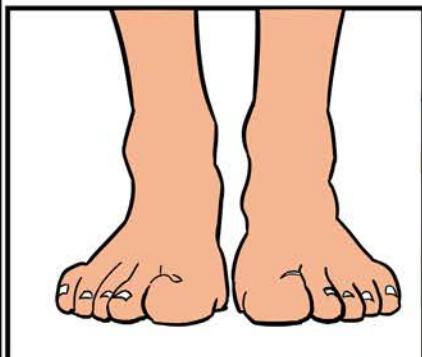


WHY MOST I
HAVE BIG EYES?

s Around The World

ASIAN

Why do I have to have small feet?



WHY MUST I HAVE A THIN FACE?

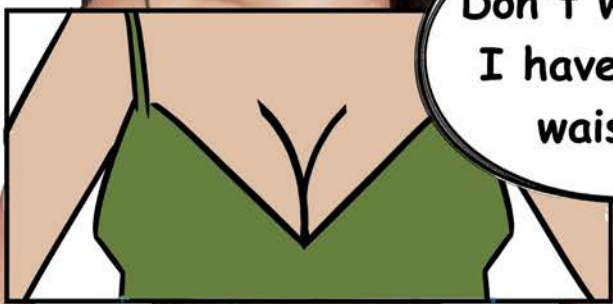


WOW!

SO PALE!

MEXICAN

WHY DO I HAVE TO HAVE BIG BREAST?



Don't worry boys, I have a thin waist too!



You like my curves but not with my skin
You love my curls but only when they aren't
too coiled up
You say you love everyone as they are but only
if they look the way you want them to
Chocolate, you love it but only if it's luscious
dark chocolate or so mixed with chocolate you
can barely tell
You tell me I'm perfect but continue to show
me every way I'm not
Strong but not too strong
Yeah you're pretty, but not pretty enough
Skinny but not so much that you look anorexic
Yeah my butts big but not big enough for you
Not tall enough to be tall, not short enough to
be short
not big or "thicc" enough for instagram
My boobs are big but they're "too much"
Too big, too short, Curly not kinky
Constantly told that I should accept my body
with it's imperfections and all but shown that

I AM NOT ENOUGH

So when does it change?
When is it finally going to be okay?
Will we ever see that everyone is enough
in their own way? Will I see that?



No, I don't look like her
I'm not enough, at least according to you
My hair isn't curly it's kinky and that's okay
with me
My skin has more melanin than hers. Is that
okay?
I'm not tall enough, skinny enough, rich
enough, and not enough of a bitch to finally be
ENOUGH for you
So how do I learn to love my self in a society
that's only taught me to hate someone that
looks like me
Do I starve again so that you might accept
me?
Do I work out and build muscle in the places
you would eventually tell me should be fat?
How can I love myself if I'm not enough?
How can I feel pretty when I set myself to your
standards?
When I see myself as nothing more than "an
angry black woman"
When it's only okay when I'm strong?
Words aren't supposed to have any control
over me but they cut like knives
Can it be okay that I'm not enough for you?



I'm not enough for you
But I'm enough for my mom, my sisters, my
dad and all the people who love me
Most importantly I'm enough for me
My thighs aren't strong but they support me
when I walk, my eyes can see when I have the
support, my smile is straight and chews all the
food I need to eat , my stomach isn't flat but it
holds all the organs so I can breathe
No I'm not enough for you and I never will be
I'm enough for myself and that's all that's
important more important than being enough
for you ever will be
I love the way my eyes sparkle in the sun and
the way my hair appears when it's wet
I love the way my voice can take a persons
breathe away
I love the way I argue when something is
unjust
I love the way I love myself and the way I write
my own love song I love that I am enough and
that nothing you say can take that away

Why don't you make a choice. I'm not going to change because of you. Why are you so ugly towards me. Now these are my boundaries and you're crossing one of them. A hateful person doesn't show kindness, doesn't show love. And you think yelling is abusive but it's not. I'm not being abusive, I have in the past but I'm not being abusive now. You're a sucker. Well I never really liked candy too much. Well, I can see why you don't like yourself. You're just a 15 year old little girl, of course I know more than you. You lack friends. You abuse me. You blackmail me. You punish me. A loving and caring daughter doesn't say "ew, stop touching me, you're gross." You've been lying to me and punishing me. I feel sorry for you. I feel sorry you have to punish someone to make you feel better. This one I object to a lot bc this statement is a misrepresentation of me! I don't remember because I stress myself over trying to remember everything you do and say to me so when I tell the therapist I forget chunks of it when I really wish I didn't

BITCH

SLUT

WHORE

ASS

SLUT

OBJECT

BITCH

I can't believe you- I can't believe I have this pathetic excuse for a dad! The nerve. I just want to make sure my mental health is & will be ok & by that I get rid of toxic people in my life- DUH!! You can't fix this I don't want to & it should be my say so if I want to continue feeling this bad & I don't. I'm done, good riddens. I want to leave- please. That's all. I can't tell if he's emotionally abusing me or if it's my fault. Stop trying to get into my head you're nothing to me. He keeps blaming me. This sucks, everything sucks over here- I can't believe it's my fault- I'm being stupid. And it's my problem he's like this to me. I stayed up late because I feel like complete trash. I need sleep, I'm tired of fighting. I... illogical. He makes me look like I'm just a teen going through problems when it's a really big problem. I'm tired & I want to take a shower. I feel like garbage because my dad, who I don't even consider him anymore, is guilt tripping me so much I just feel so... distressed. I know feelings are a sign of weakness which they are according to shockwave but... It's like I like or dislike- I just want to be done. I am done!

BITCH

SLUT

WHORE

ASS

SLUT

OBJECT

BITCH

What does it mean to be a black girl with all these crazy mental illnesses...

Why are they here? What are they doing? I didn't ask for them to be here? Why it gotta be like this? What is up with all of this pressure? What's it mean?

Damn...

Maybe it means I'm a junkyard bot who just happens to find diamonds among me.

Maybe it means I'm a strong black girl with skin as tough as a T-Rex.

Maybe it means I'm a crazy alien from space who just steered herself out of a big asteroid belt.

Maybe it doesn't mean I have to be this
standard barbie doll black girl who's going
through a lot.

Or this super math loving black girl who's
going through a lot.

Or this dope tough gangsta black girl who's
going through a lot .

Maybe it just means I'm a

Weird

Crazy

Sexy

Cool

Strong black Woman... With glasses

// Great Music = Transference of Emotion . Duh

If I told ya to think of some of the most iconic songs you'd eventually find songs like "Bohemian Rhapsody" weaseling their way into your head, and then continue to sing it in your head (or out loud. Hey I don't judge ya) Even if I asked you about the most iconic songs of each genre or era you'd find the Rolling Stones or the Beatles stepping up to their respectable corners of the ring to represent their genres AND era of music. All of these songs are great not because of all of the technical aspects like stereo panning, or extreme crescendos, but because they are songs that evoke emotion of some sort. At the same time, there's probably just as much, if not more, emotion present when these songs are being made. It's actually quite amazing to see that we don't need all of the fancy technicalities of musical theory to understand that humans just like music. It's part of our nature to seek out rhythm and that's awesome.

Music is born with some wicked Mammoth tasks flutes

Folk music and church choirs (most likely)
(A long time ago but NOT in a galaxy far far away)

Hollow bodied Instruments start to become hip
600 BC

Opera also becomes hip (and so does shattering glasses lol)
Sometime in the 1500s

Bach and Handel are born. Huff said
In ie 1600s

Classical starts to catch on
1700s

Beethoven, Schubert, Mozart, Debussy.
1800s

Jazz, Blues, Juilliard
The roarin' 20s

The Hammond organ is made (foundation for synths)
1933

The electric guitar is made (guitar = AMAZING)
1936

Big Crosby, Ratpack, Christmas music
1940s (Before Ait - Man w/ da Rzees)

Rock. N'. Roll. Elvis. (Need I elaborate??)
19450s/60s

Beatles and Disco
19460s/70s

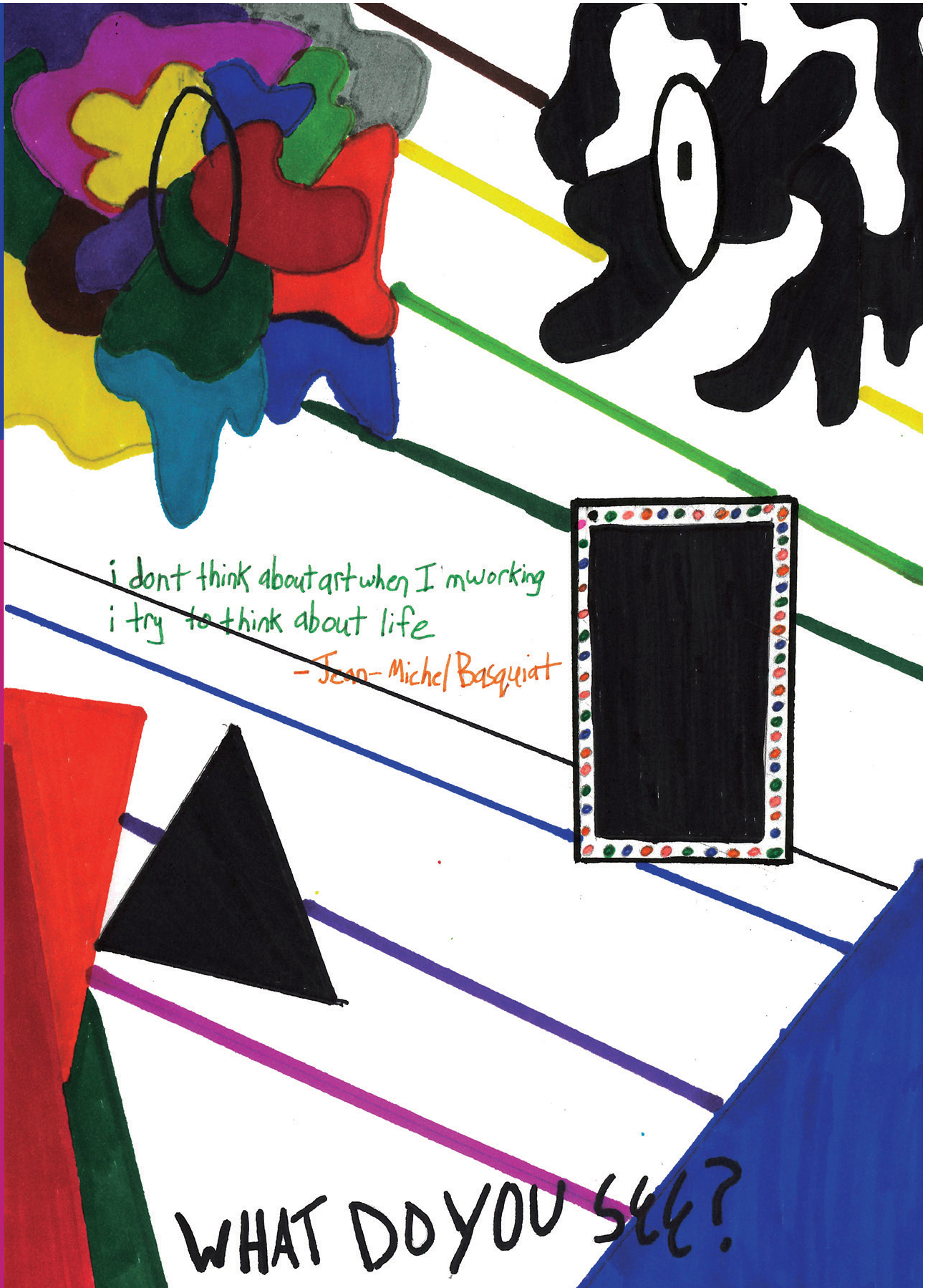
Pop, Hip hop, Rap, Walkman (Synths galore)
80s/90s

Steve Jobs w/ iTunes
2003

Digital streaming (Music at our fingertips)
Technically 1993 but didn't gain traction until recent years



<https://soundcloud.com/noah-lopez-17/lovely>



i dont think about art when I'm working
i try to think about life
- Jean-Michel Basquiat

WHAT DO YOU SEE?

WHAT
DO YOU
HEAR?

i hate you



starving

Space is just as important
as the notes[words]

— Miles Dewey Davis

i love you

SHHHH
OK
SOUND

it's ***

COLTRANE

TYLER
the
CREATOR

the addiction of music



Music Is the MANIPULATOR

Addiction is defined by intentionally using something to alter your state of mind. Most often addiction is affiliated with drugs and alcohol, however, following the same chemical addictive principal, is music.

Music incites our emotional state in a way that we otherwise wouldn't solely feel.

Becoming aware of our reliance on sound can help us be cognizant of the emotions that are its result.

Within silence, you are more in tune with your internal motivators of emotion. Music has replaced this.



The danger lies within utilizing music to determine how we should feel. As music masks silence, it masks our cortex by projecting emotion onto us. We lose touch, to some extent, by absorbing what we hear. We let it consume us to an addictive place.

Offee



Robin Carretti

Love has torn at the seams
Bad dream hot hit

bounty hunter

Bunny ears of the hop heart

it skips divine lips like a light tower

No other apology cries the thunder
So scared of losing people

No idea, you've already lost yourself

still grows.

the pain of what they said

just let it all go,

let it go,

And no matter how much you could just

in your head.

over and over and over

But they replay

make little sense.

You know the words

Alek Mielnikow Mar 22

Art can be seen by many minds in many ways

David John Mowers Mar

are a study on a subject matter

that someone else has undertaken


on your behalf

Murdering of Minds





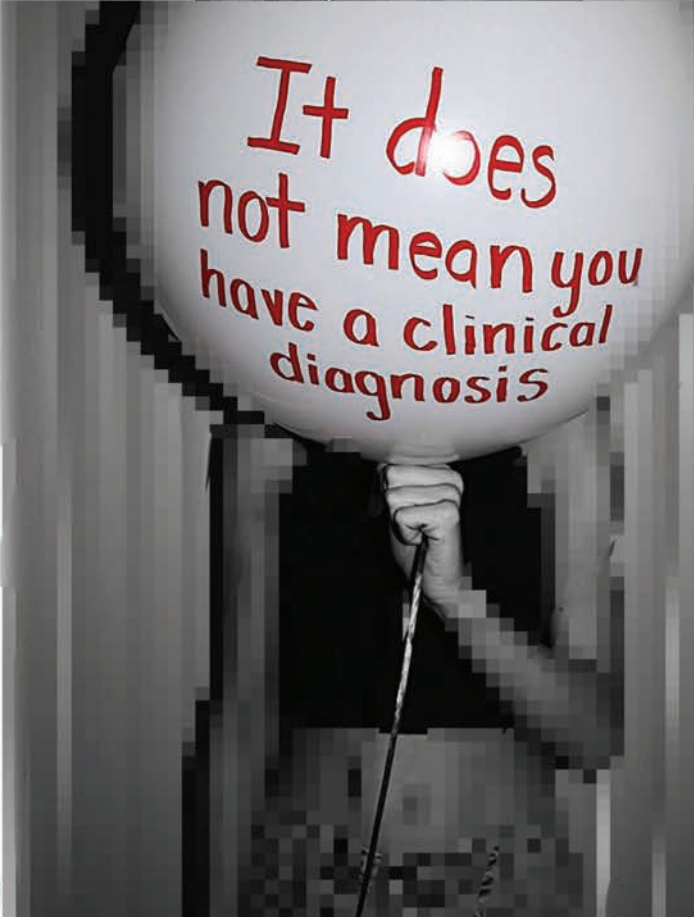
Mental
Illness can
be a serious
diagnosis



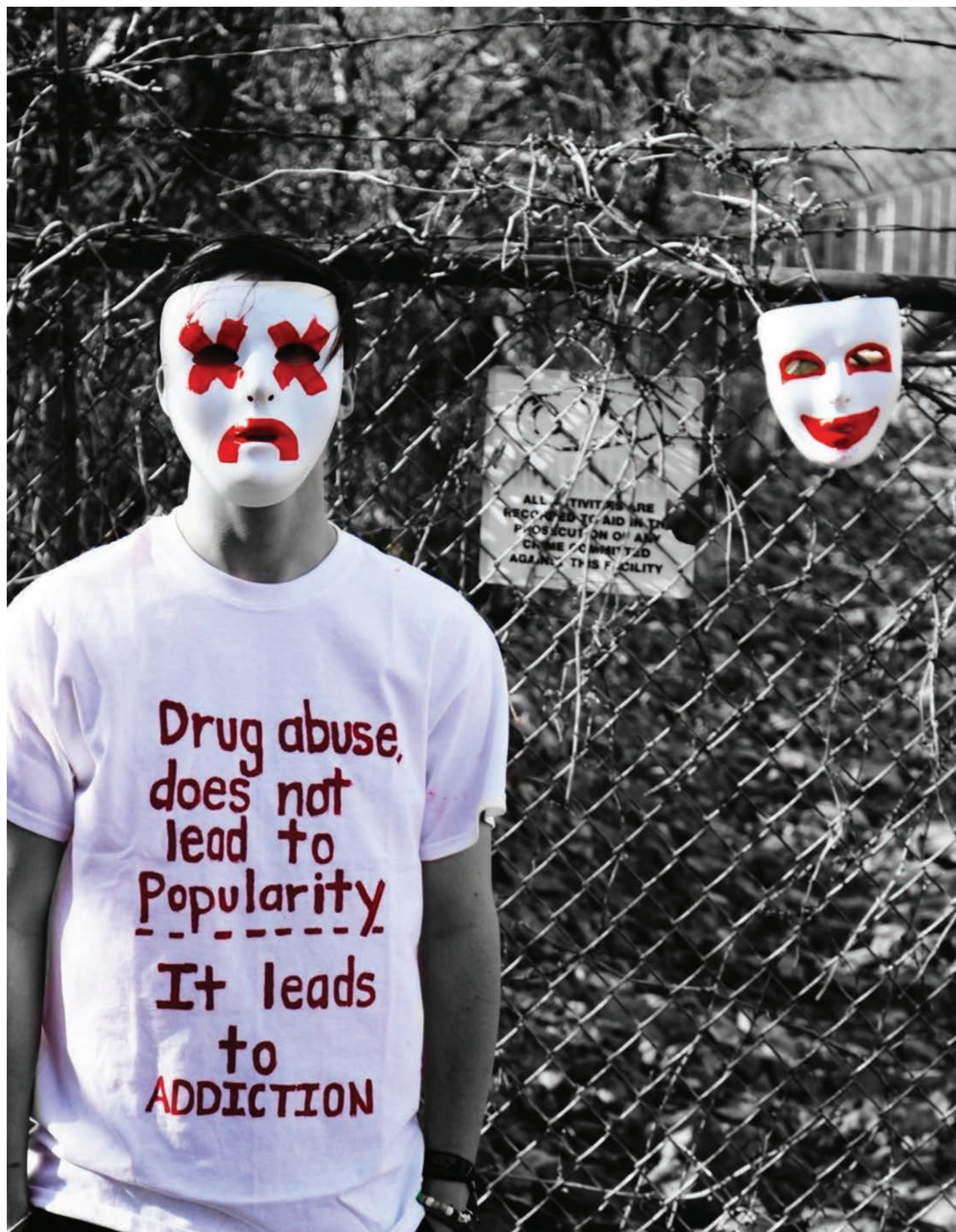
It should
not be
glamourized
or used for
aesthetics

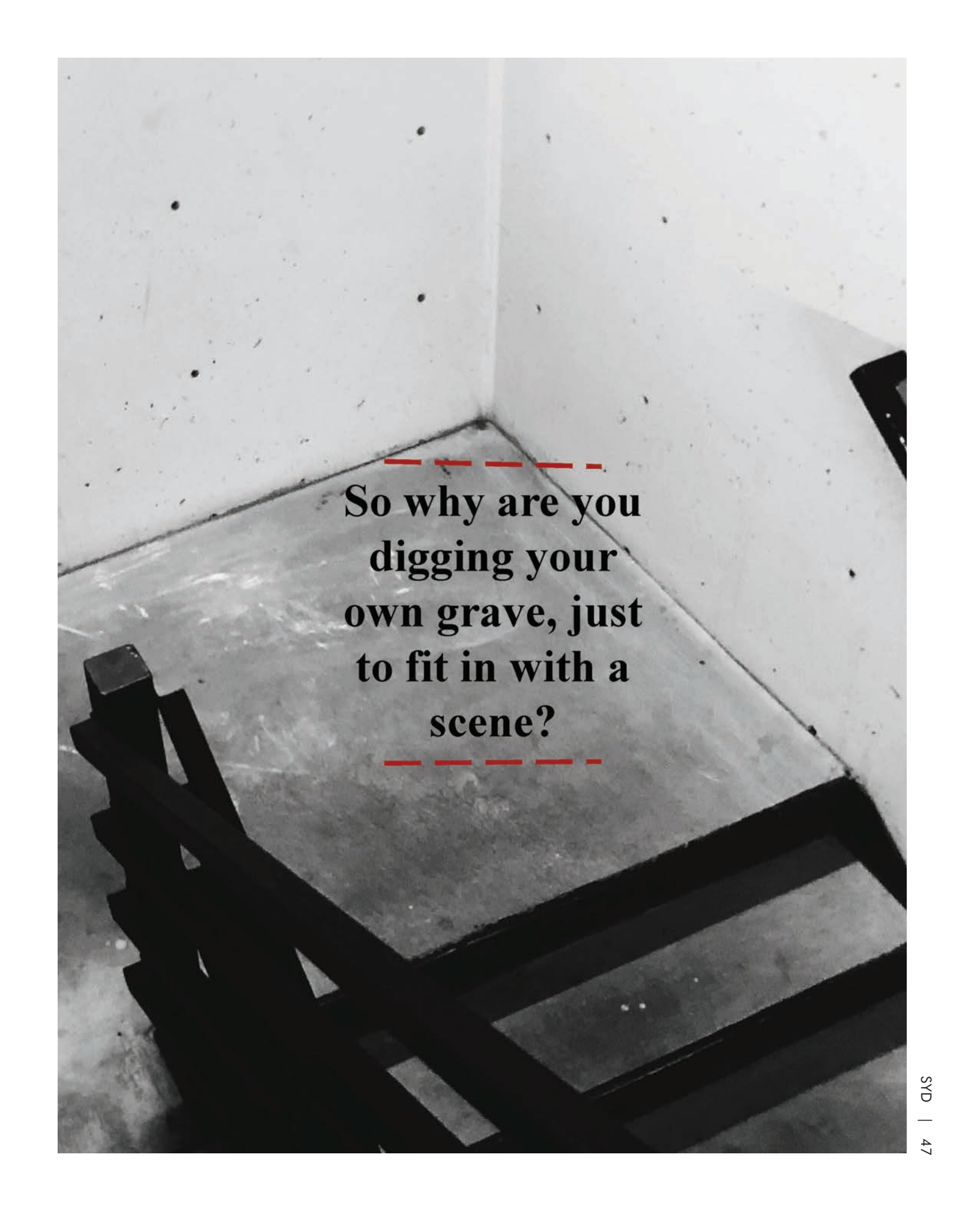


Sadness and
anxiety are
normal emotions
to feel...



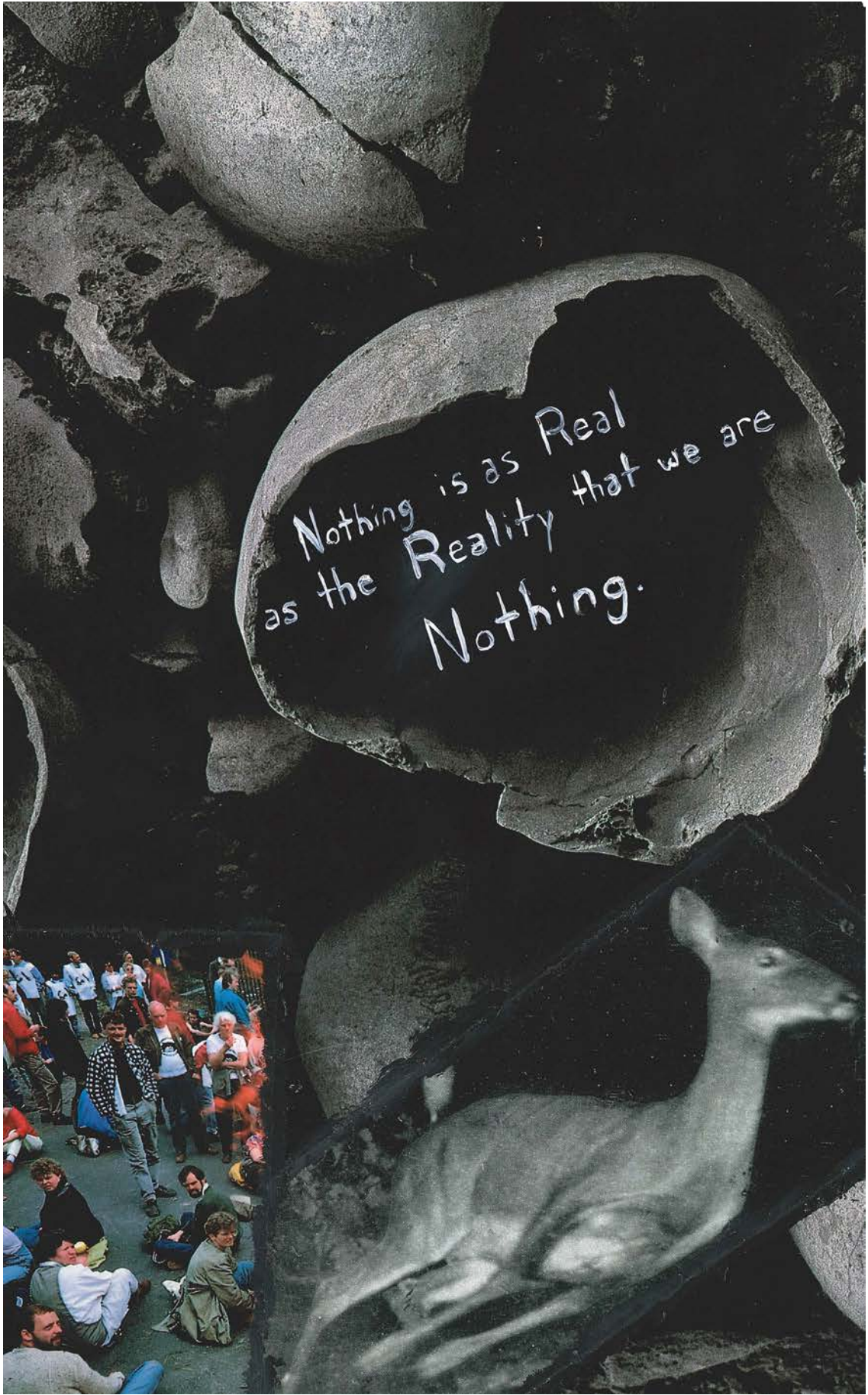
It does
not mean you
have a clinical
diagnosis





**So why are you
digging your
own grave, just
to fit in with a
scene?**





LOST YOUR WAY?



THINK.

WHERE were you going?
WHY were you going there?

WHAT is there for you?
WHEN you get there will you feel
more content?

WOULD you be sad if you ended
up somewhere else?
WHICH path do you intend to take?

ISOT 7115
STILL LOST?

