



Nathan Carmody

2026 Spring

Capstone - Graphic Design

Department of Art and Art History

Artist Statement:

As a designer, I feel drawn to create works that are tactile, handcrafted, and approachable. One of the core tenants of design that resonates with me most is how design should be for everyone. Understanding that your creations will never be for *you* is one of the hardest parts of being a designer, but after embracing this truth, design becomes a bridge through which we as artists are able to build connections through intentional, human crafted experiences.

Marrying a humanist approach to design, with my practice as a printmaker allows me to slow the practice of design down. In a culture that is driven by consumerism and instant gratification, honoring the texture, imperfection, and physicality of making becomes a way to reintroduce thoughtfulness into the process. My work aims to create moments of connection where people find meaning in the tangibility of the images they are seeing. They don't sit behind the gloss of a screen. They exist on the same level the viewer, occupying physical space in a way that encourages a more deliberate way of viewing.

Title	Original Format
Figure 1: The Only Constant in Life (Cover)	Illustrated book, Canvas, Cyanotype 8.5 in x 5.5 in
Figure 2: The Only Constant in Life (Spine)	Illustrated book, swiss binding, 8.5 in x 11 in
Figure 3: The Only Constant in Life (Spread)	InDesign, Cyanotype, 8.5 in x 11 in
Figure 4: The Only Constant in Life (Spread)	InDesign, Cyanotype, 8.5 in x 11 in
Figure 5: Julie & Julia (Cover)	Photoshop, InDesign, 8.5 in x 5.5 in
Figure 6: Julie & Julia (Spread)	Photoshop, InDesign, 8.5 in x 11 in
Figure 7: Julie & Julia (Spread)	Photoshop, InDesign, 8.5 in x 11 in
Figure 8: ACT film festival poster	InDesign, Monotype, 18 in x 24 in



Figure 1: The Only Constant in Life (Cover)



Figure 2: The Only Constant in Life (Spine)



Figure 3: The Only Constant in Life (Spread)

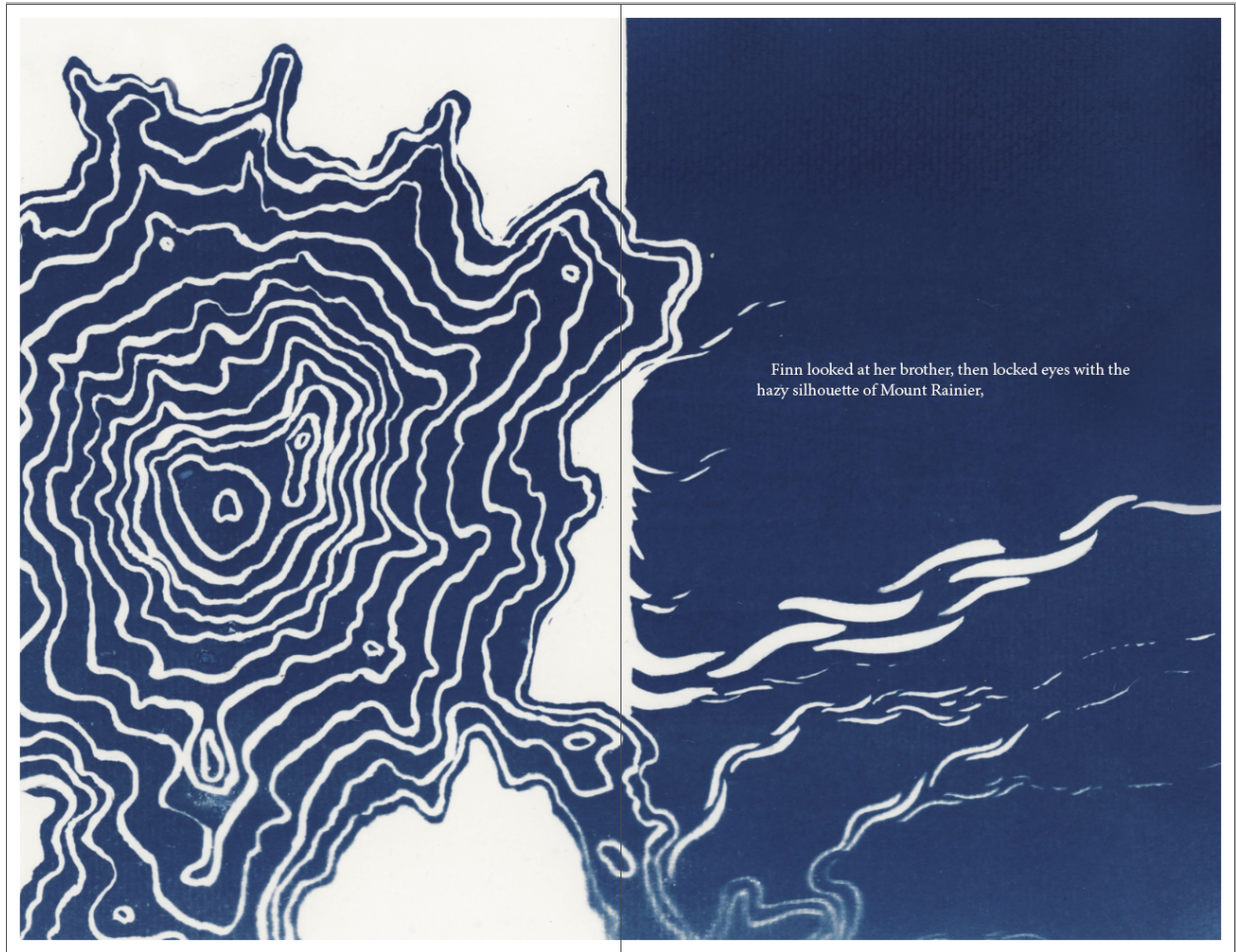


Figure 4: The Only Constant in Life (Spread)



Figure 5: Julie & Julia (Cover)

Julia Child's Onion Soup

Ingredients:

5-6 cups yellow onions, thinly sliced
(about 1 1/2 to 2 lbs) 1 tablespoon
cooking oil
2 tablespoons butter
1/2 teaspoon sugar
1 teaspoon salt
3 tablespoons flour
6 cups beef stock
1/2 cup wine (dry white wine or dry white
vermouth)

salt and pepper
12 ounces swiss cheese, grated
4 ounces parmesan cheese, grated
one half raw yellow onion
2-3 tablespoons cognac
8 slices French bread
4 tablespoons olive oil, for drizzling

Instructions

1. Place a large bottomed dutch oven on the stove with medium heat. Place olive oil and butter in the bottom.
2. Add sliced onions and stir until they are coated in the oil, cover and let cook for 20 minutes. Turn the heat down and continue to caramelize onions until brown and jammy (this is when to add sugar).
3. Once caramelized, add flour, stir and coat, then add 1 cup of stock to pan and remove all stuck on bits from the bottom and sides. Add the rest of the stock, the wine, and let simmer for half an hour.
4. Drizzle olive oil and sliced bread, and toast in the oven for a few minutes.
5. While bread is toasting, and after soup has simmered, grate a few tbsp of raw onion into the soup, add cognac, and add cheese
6. Put soup into smaller baking dishes, and top with bread and more cheese. Place into the oven on the broil setting, and let cheese bubble and melt.
7. Garnish with parsley and enjoy.

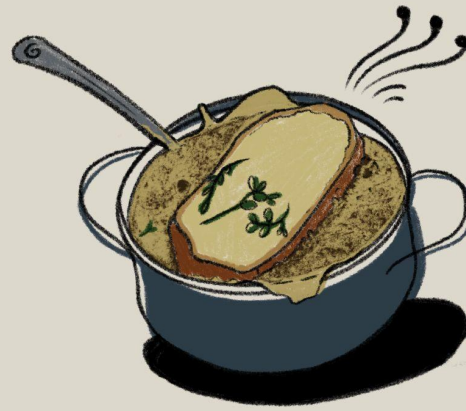
Useful tips

1. When using simple, humble ingredients, like onions, time is essential to maximum richness of flavor. Do not skip out on any step during caramelizing and take your time for the best results.
2. A homemade beef stock is going to provide the best flavor, but if this option is taken, make sure to add more salt to your broth before adding to soup.

Pairings:

Assuming you've made your way through an appetizer, or if this is the start to your meal, onion soup has a reputation for being one of the most warm and invigorating soups in any cook's repertoire. A light salad balances the ultra rich flavors that come from the caramelized onion and broth.

If you're looking for a wine pairing, Burgundy Pinot Noir pairs well with French Onion Soup due to its delicate yet complex profile. The tart cherry and truffle notes in the wine complement the soup's savory and caramelized flavors.



"The road to hell is paved with onions and potatoes"
-Julie Powell

Figure 6: Julie & Julia (Spread)

Julia Child's Bruschetta

Ingredients:

3 medium heirloom tomatoes
3 stems of basil
1/2 cup of high quality olive oil
Heavy crusted bread
Ground black pepper
Salt to taste
Optional: Fresh sliced mozzarella

Instructions

1. Dice tomatoes.
2. Shred basil leaves.
3. Mix tomatoes and basil in bowl with 1/4 of olive oil, reserving other 1/4 cup for frying. Let this mixture sit for 30 minutes.
4. When the 30 minutes is up, add a generous sprinkling of salt and pepper to the mixture and let it sit for

- anywhere from 10 to 30 minutes
5. Now is when you can heat up 1/4 cup of olive oil (your goal is to have 3mm of oil in the pan) over medium/low heat.
 6. Once hot, fry your slices of bread until golden.
 7. Remove bread from pan and top with tomato mixture.

Useful tips

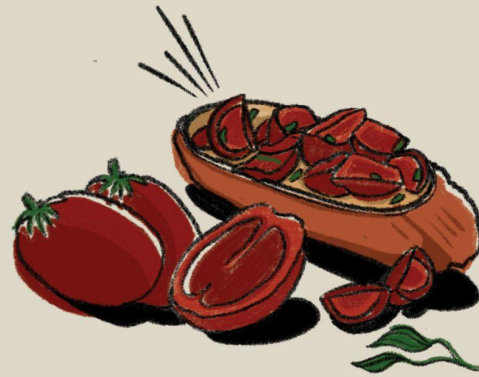
1. To test if your oil is hot enough to fry place the end of a wooden spoon in the oil. If the tip forms bubbles right away, it's at the right temperature to fry.
2. Use fresh, crusty bread. Whole slices! Not a baguette.
3. Wait until summer for the best results. Tomatoes should be at their ripest and juiciest before making this delicious recipe.

Pairings:

Bruschetta is the perfect starter to any meal, serving with a charcuterie board, or a grazing plate is an excellent way to highlight the fresh flavors of this delicious classic.

For a cocktail pairing, A bold Negroni, with its blend of gin, Campari and vermouth, balances the tangy flavors of tomato and basil in a traditional bruschetta.

With a glass of wine is another excellent way to enjoy bruschetta, a well structured white like Vermentino di Gallura pairs well with the taste of bread and olive oil. It also holds its own with the fragrance of garlic.



"If no one's in the kitchen, who's to see?"

-Julia Childs

Figure 7: Julie & Julia (Spread)



HUMAN RIGHTS FILM FESTIVAL

Awaken Connect Transform

April 9-12, 2026

Fort Collins, Colorado

actfilmfest.org



COMMUNICATION STUDIES
COLORADO STATE UNIVERSITY

Figure 8: ACT human rights film festival poster