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CART 360 - Section AA

### Etude I: StrangerThings

#### **Dough**

Dough can be made with four ingredients: flour, water, salt and yeast. Bringing these four simple ingredients together, we obtain a mixture that is elastic, sticky, soft, stiff, wet, dry, etc. In my humble opinion, there is nothing more satisfying than kneading dough. There is a certain tactile sensation that you feel as the dough starts to take shape when you knead it. Over a period of about ten minutes, dough transforms from a wet mixture that resembles *papier-mâché* to a more structural yet still malleable substance. While kneading dough, its unique tangible properties heighten the experience. The repetitive gesture of forming dough can be seen by some as monotonous and tedious, but I find it to be quite relaxing and enjoyable. Once the hard work is done, the dough gets to rest and fermentation begins. Gas is produced and the dough gradually rises until it doubles or even triples in volume. Then you shape the dough, let proof for a second time and then you are ready to bake your bread.

Opening the oven when a loaf of bread has finished baking awakens your sense of smell. All you want to do is cut right into the loaf and take a bite, but you must restrain yourself from the impulse of temptation to avoid burning your pallet. I should know as it can sometimes be too irresistible. The combinations of these sensations are very strong and vivid for me while baking bread. I find the drastic transformation of four simple ingredients to a loaf of bread fascinating. The journey of bread making provides plenty of joy and happiness in my life. I find it delicious and rewarding to eat and to share the finished *chef-d'œuvre* with friends and family. Eating a homemade slice of bread creates a moment of enjoyment and serenity. There are also a lot of varieties of breads you can make with the same process when making dough. I found it to be lots of fun adjusting the ingredients over time to make my ultimate bread. With one recipe and a few modifications, you can make bread, pizza, focaccia, baguettes, buns, pasta and so much more. That is also why I love dough so much. I find the outcome so exciting because even though I used the same recipe, the final loaf is always different than its predecessor. Dough is also conductive.



Source: <https://www.splendidtable.org/recipes/pie-dough-ratio>



Source: <https://www.thespruceeats.com/kneading-dough-bread-baking-for-beginners-427562>



Homemade focaccia



Homemade pizza



## Peppermint candies

Peppermint candies are one of my guilty pleasures in life. I even have a favorite brand. King Peppermints are indisputably the best period. They dissolve at the perfect rate in your mouth without cracking in half while releasing the perfect amount of peppermint to refresh your breath. They also have a calming sensation when I take one. Once the candy hits my pallet, I feel like life slows down a bit, allowing me to think and take a breath. It relaxes me and allows me to escape from all the thoughts in my head. I know, it sounds like the perfect drug. While highly addictive, I only consume them once or twice a week. Surprisingly, you would think I would be addicted to all types of candy, but this is far from the actual case. I find other candies way too sweet, so that is why King peppermints are the only type of candy that I enjoy. These peppermints are strangely special to me as I do not consider them like normal treats. They hold so much more value to me. It may sound silly, but they are an integral part of the small joys of life. They come in a small package stacked one on top of the other wrapped in paper. The entire process is satisfying from unwrapping the paper, to feeling the slightly powered mint with your fingers, to slowing placing it on your tongue, and then closing your eyes to enjoy every second of the experience.

The world around us changes at such a fast past. I am also part of this change as I am slowly discovering how I fit into the world and how to become an adult. However, I like to think that my peppermints are something that keeps me in touch with my past as well as keeps me reminded of the importance of living in the current moment. While it may be naive to think that a peppermint is the ultimate source of wellbeing, it provides me with everything one can desire condensed into a few seconds of happiness. These peppermints can also be enjoyed with others as they have a similar effect as Tic Tacs. Sharing them with friends while working together creates a sense of unity as everyone experiences a somewhat similar tingling sensation on their tongues. As these candies are mostly made from sugar, they do not conduct electricity.



Source: <https://www.amazon.ca/King-Peppermints-Original-Box-pounds/dp/B00472K88G>



Source: <https://www.flickr.com/photos/141230971@N04/27466094848>



Source: <https://www.candywarehouse.com/king-mints-peppermint-rolls-36-piece-box/>

## **Snow**

Snow is one of those things that people always complain about, but still would not want to live without, or at least I would not. Snow is majestic. Water droplets forming into unique geometric structures sparkling as they fall from the sky. The white colour of snow creates a strong contrast with everything that it covers. The cold yet sometimes burning sensation you get when touching snow creates an interesting contradiction in terms of expected sensation when touching the snow. Snow is in a beautiful state that lies between liquid water and ice. It can be sticky and wet or light and fluffy. Its condition is rarely stable as it changes throughout the season. A winter without snow is a year that missed a season. I am always so surprised that some people never saw or experienced snow. It reminds me that there are a lot of things that we have in life that others do not get the chance to experience. Snow also reminds me of the passing of time. If there was no snow, I would think that some of my memories would be lost or entangled with other ones as everything would happen in the same environment. Seasons that contrast with each other like summer and winter creates a nice cycle and balance in my life. As I mentioned earlier snow is majestic. That morning you step outside and witness the first snowfall of the year is a very magical sensation. It is beautiful, calming and joyful. However, too much of it and people start to hate it.

People say that the winter keeps them indoors. While winter can be a reason to partake in hibernation and be like the bears, I think it is plain laziness. I like winter activities such as skiing and snowshoeing. Without snow these activities lose their essence of enjoyment. There are always activities to do as well as things to keep us busy during the winter. Snow is this precious thing that we love and hate. I have lots of great memories that relate to snow such as making my first snow man, making huts with my friends and having snowball fights. People who enjoy going in hot tubs, but never did so while rolling in the snow is missing out on a lot of fun. Snow is also conductive.



Source: <https://www.croatiaweek.com/photos-first-snow-of-the-season-falls-around-croatia/>



Source: <https://www.news.com.au/technology/environment/damaging-winds-hit-south-east-coast-of-australia/news-story/1370ef8ae2ce0355ccc38d9fa0b69c6b>

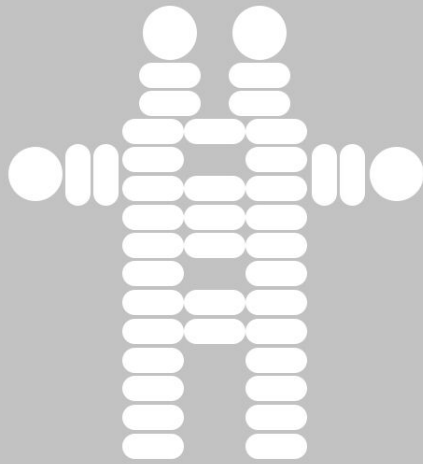




Source:

[https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjOtfCo3t\\_kAhUnzlkKHa9QD7wQjhx6BAgBEAI&url=http%3A%2F%2Fwww.sapporo.travel%2Fseason%2Fwinter%2F%3Fflang%3Den&psig=AOvVaw37RkDfy1AucTWUNddZCutm&ust=1569080271237925](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjOtfCo3t_kAhUnzlkKHa9QD7wQjhx6BAgBEAI&url=http%3A%2F%2Fwww.sapporo.travel%2Fseason%2Fwinter%2F%3Fflang%3Den&psig=AOvVaw37RkDfy1AucTWUNddZCutm&ust=1569080271237925)

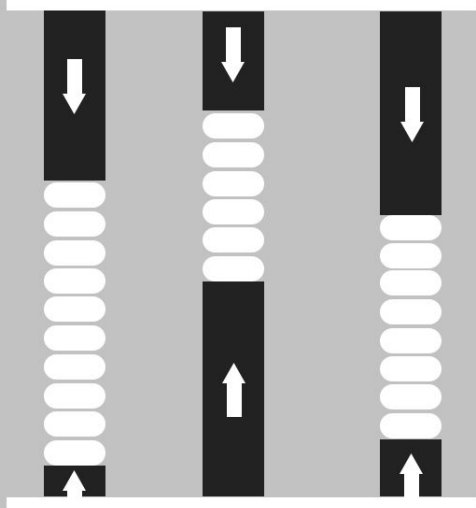
## Interactive artifact or experiential environment



### Emotional peppermint dispenser

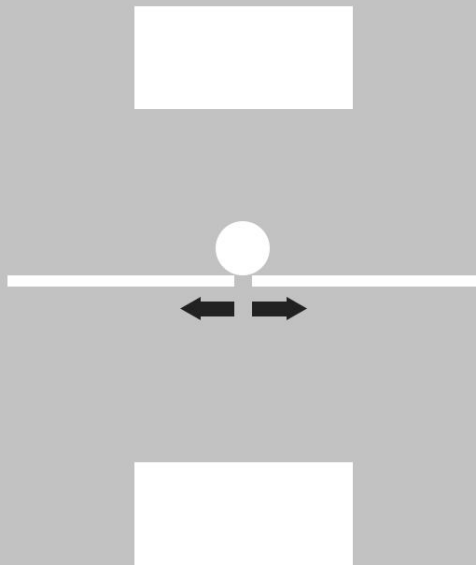
If you are nice to the sculpture by gently touching it and saying nice things, It will reward you with a peppermint. However, if you ignore it, it will start to crush your peppermint stash and output only the reminding crushed pieces.

The sculpture will emulate a companion that needs to be taken care of.



## Giant craking peppermints

You enter a room filled with giant peppermints stacked one on top of the other. As people approach them as giant piston starts compressing the stack. As more people surround the pillars, they start to crack under the pressure. It would be a way to keep a low volume of people in a room or it could attract a larger volume to see what would happen.



## Dissolving peppermints

As you enter the room, you notice a single peppermint on the lege in the middle of the room. As you approach it, you notice that a trap door under the peppermint starts to open. If you run fast enough, you may grab it before it falls in the liquid solution below which will quickly dissolve it. The noise of the dissolving peppermint will dissolve and be amplified. Once you walk farther away, a new peppermint drops from the ceiling and is placed on the lege.

