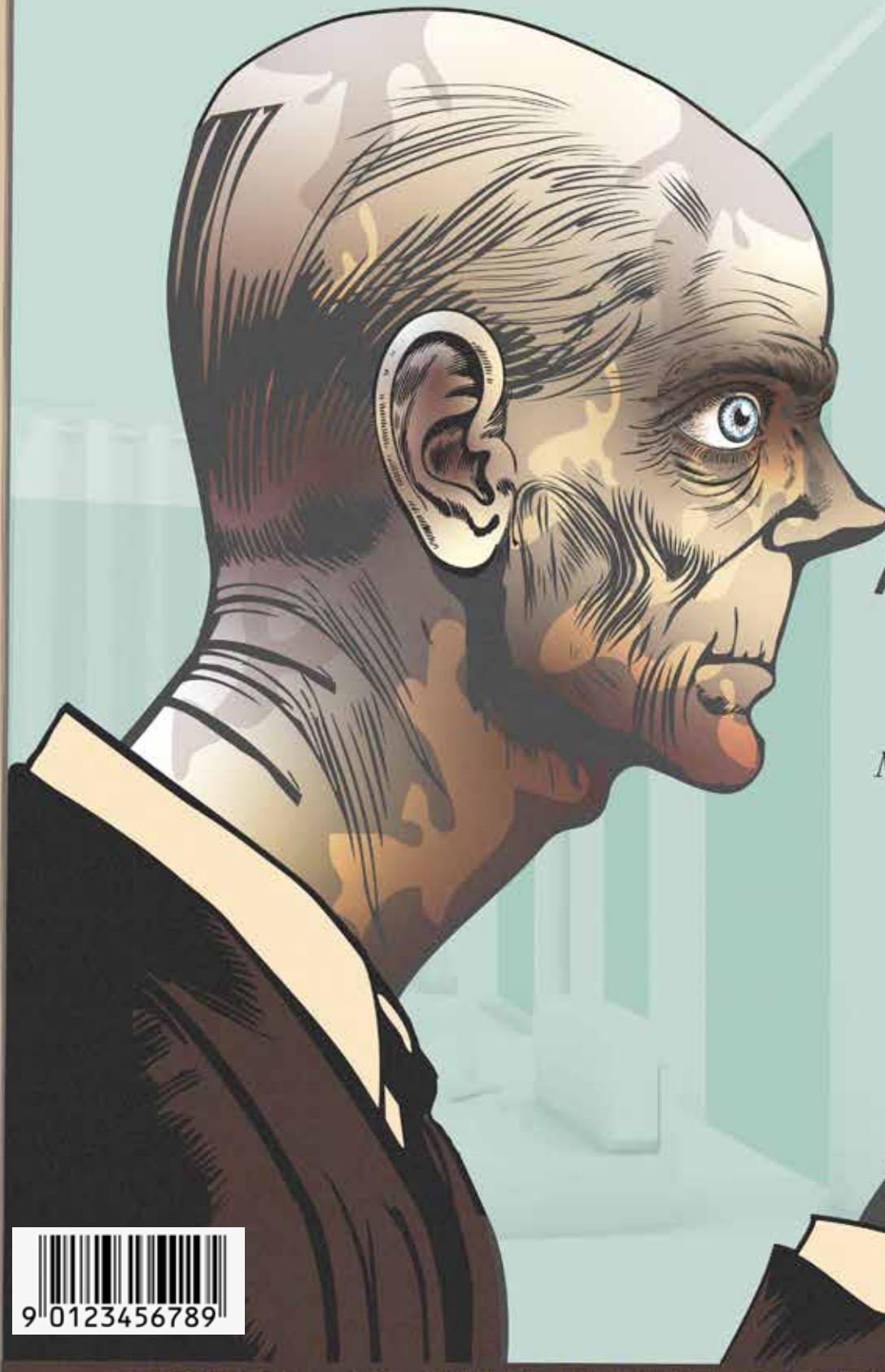


# Designed by TIME



NOW WITH  
BLOW-IN  
CARDS!

EVOLVED  
FOR THE  
MODERN WORLD!

WHERE LESS  
BECOMES MORE,  
MIES BECOMES R-LUX



TODAY IN THE HOME OF TOMORROW

Pure Beauty, Pure Power



Introducing the MacBook Pro.

## A Letter from the Publisher

*Discover how cramped quarters and creativity are rewriting the rules of humanity!*

Our lives have become exceedingly comfortable. In fact, we are cheerfully inside of comfortable bubbles, while the world around us burns. Today, 90% of our time is spent indoors, transforming interior spaces from mere shelters into comfort cocoons.

Daniel Barber's After Comfort questions the necessity of such intensive comfort in buildings, citing their environmental impacts. However, the conversation must go further. Designers must critically examine the comforts we create—not only for their environmental consequences but also for their effects on the evolution of the human species.

This thesis posits that architects must consciously consider the long-term impacts of their designs on future generations. It is imperative for designers to intentionally decide what

to advocate for as we build for the deep future—not only addressing today's environmental effects but anticipating those of tomorrow. How can we predict the repercussions of our current lifestyles on future generations? How might we design with these possibilities in mind?

To explore these questions, this thesis employs simulation as a design tool, to observe humans' social, physical, and psychological responses to architectural conditions over generations. The research concludes with strategies derived from simulations to mitigate undesirable outcomes and proposes revised existing building designs to implement them. By merging design, gaming, and narrative fabulation, this research explores how the spaces we inhabit today could transform humanity's future, urging architects to approach design with greater intention and foresight.

*Tanya  
Estrina*

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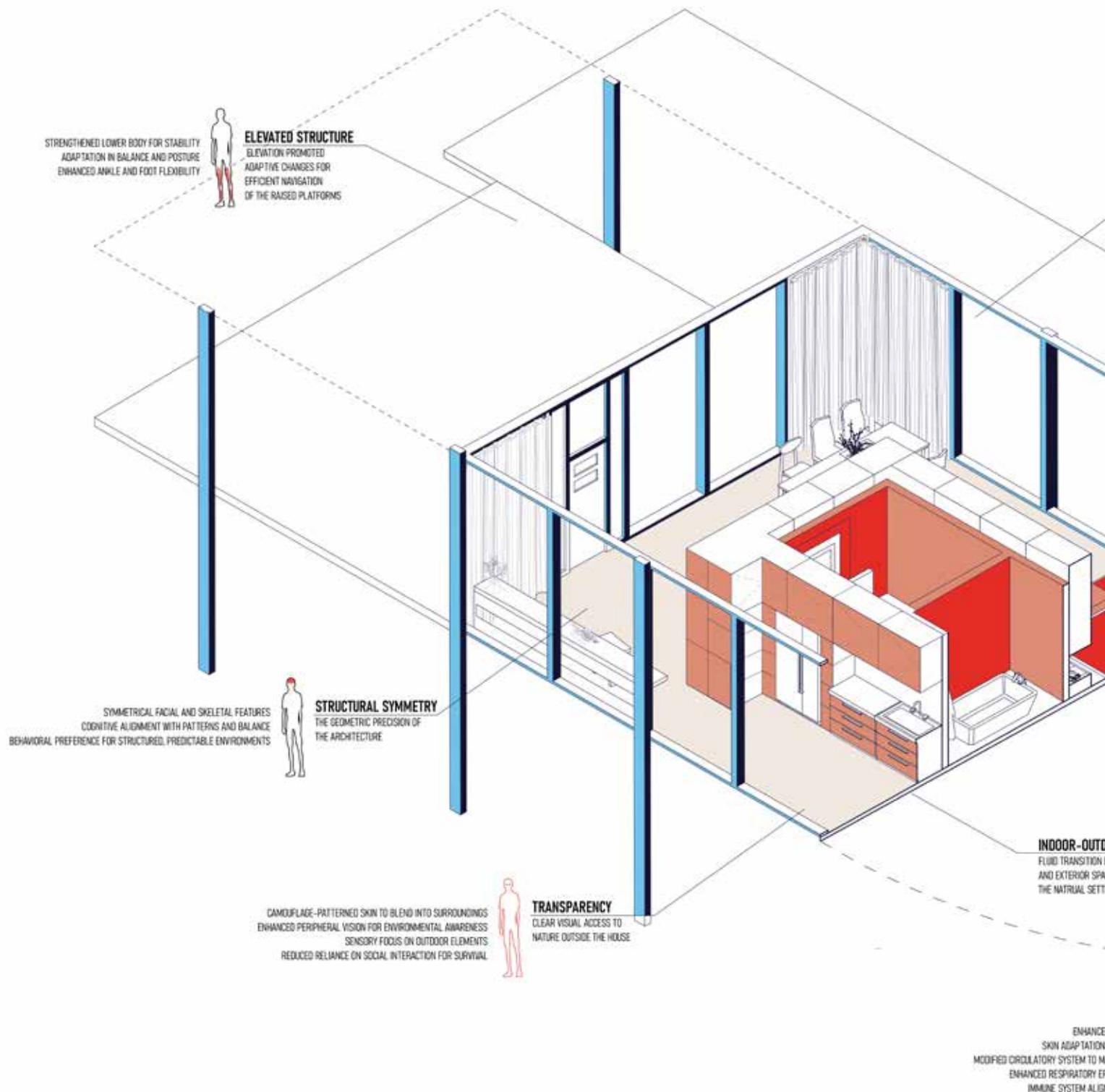
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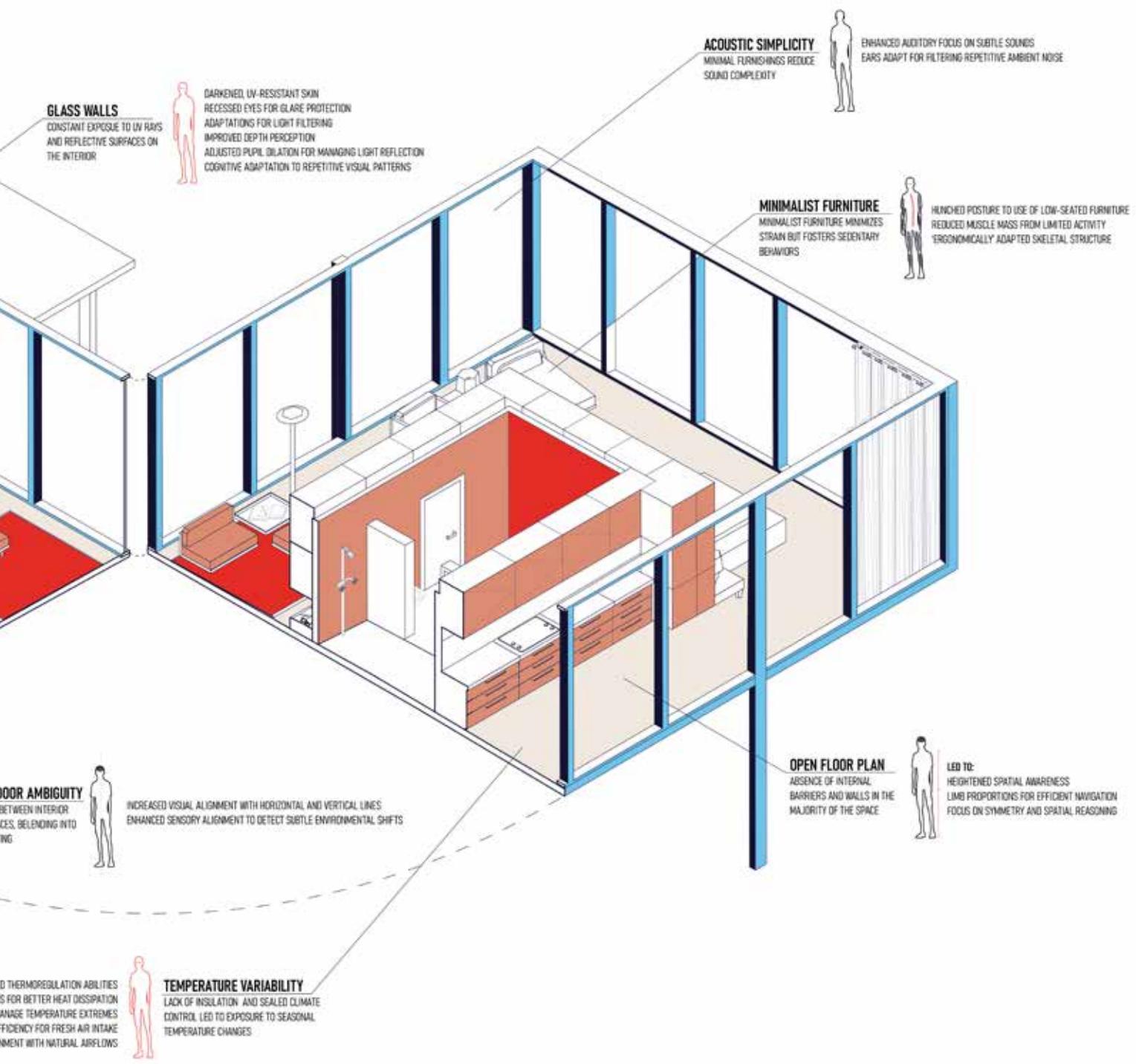
### 10 **Real Estate**

Examination of the site of evolution and how the different elements of the space impacted the changes.

# Glass, Steel, and Solitude

*Within the walls of transparency and timelessness*





# Living Room to Living Code

*Where did these humans come from?*

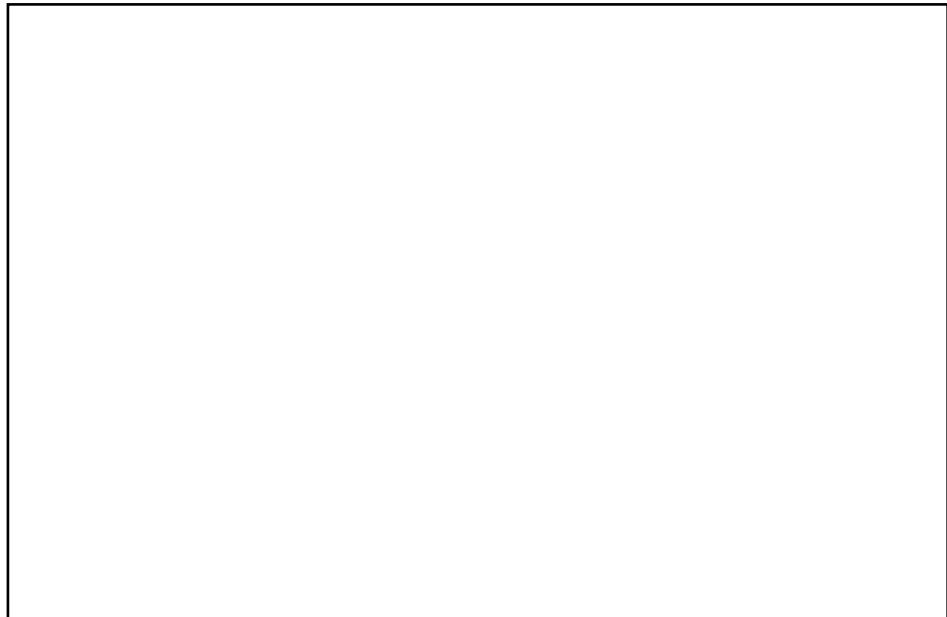
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[1] Image of simulation running with Tanaiya Estruna(Generation 3) cooking eggs for breakfest.

[2] Aerial view of the dorm reconstruction within the simulation envirionment, showing the subject Tnay Estr'n (Generation 5) in her most frequerntly occupied spot - in front of the compter by the desk.



[3] Night view of the subject Tyr Ø (Generation 18) asleep in bed within the simulated envirionment.

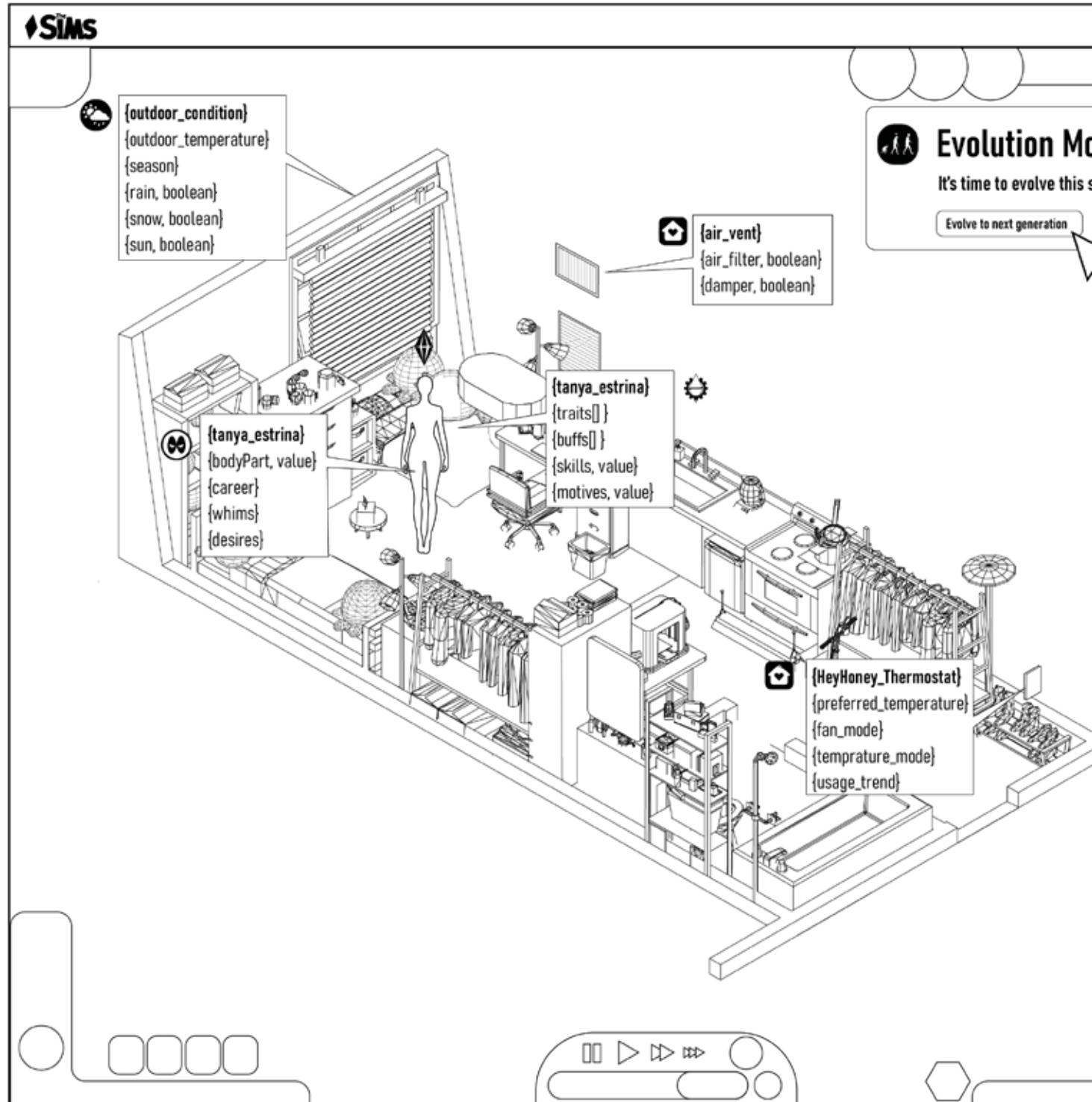
[4] Photograph of actual condition of the bathroom within the dorm in which simulation takes place.

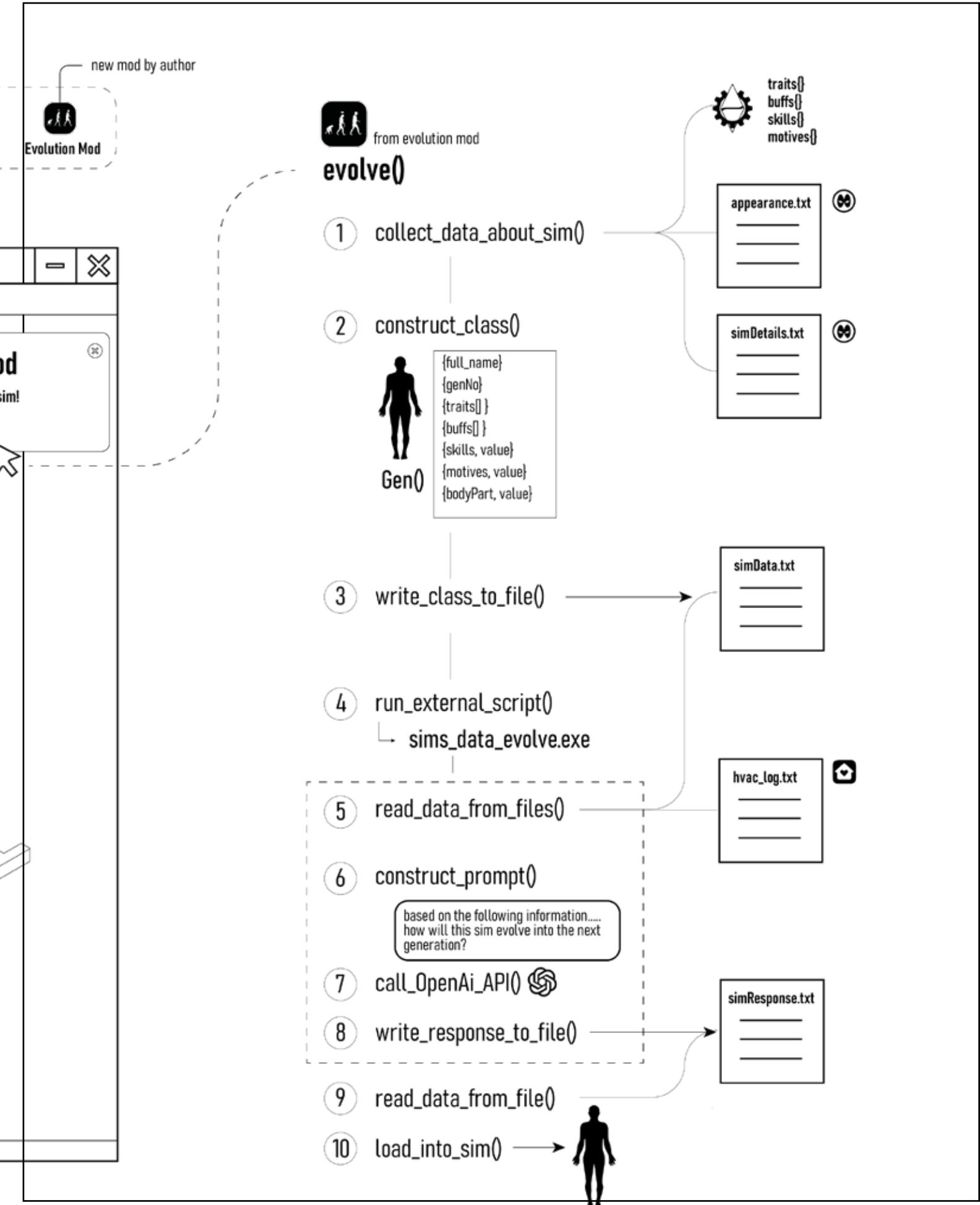
[5] film capture of Tyr Ø (Generation 18), unable to stand anymore, playing with plushies from the ground.

[6] Photograph of actual condition of the dorm within t which simulation takes place.

**4**

**6**





# Anatomy of a Dorm Dweller

*Meet the Evolved and her Ancestors*

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# Anatomy of a Modern Dweller

*Inside the cramped paradise that made her*

Sims has historically served as a surreal digital mirror to the consumerist and comfort centric lifestyle. A game which centers around the player being able to control the life of an in-game human, the “sim” and construct their environment and family around them. This game goes into great detail, allowing the sim to have a career, a variety of relationships with other sims, attend events, and be affected by a variety of other mundane life-like experiences. This game sounds very mundane, why would it be at all interesting to play? Well perhaps it is because players enjoy the control and comfort in the dissociation from reality.

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DIMINISHMENT IN DENSITY  
COLLAGEN DEGRADATION BECOMES  
UNEVEN WITH MINOR BODIES AS AN  
ADAPTIVE RESPONSE TO UV  
EXPOSURE

WRINKLES  
COLLAGEN BREAKDOWN IS SLOWER,  
AS UV EXPOSURE IS ALMOST  
NONEEXISTENT

SCALP HAIR  
THINNED AND LIGHTENED FOR  
IMPROVED COOLING AND  
REDUCED UV ABSORPTION IN  
EXPOSED ENVIRONMENTS

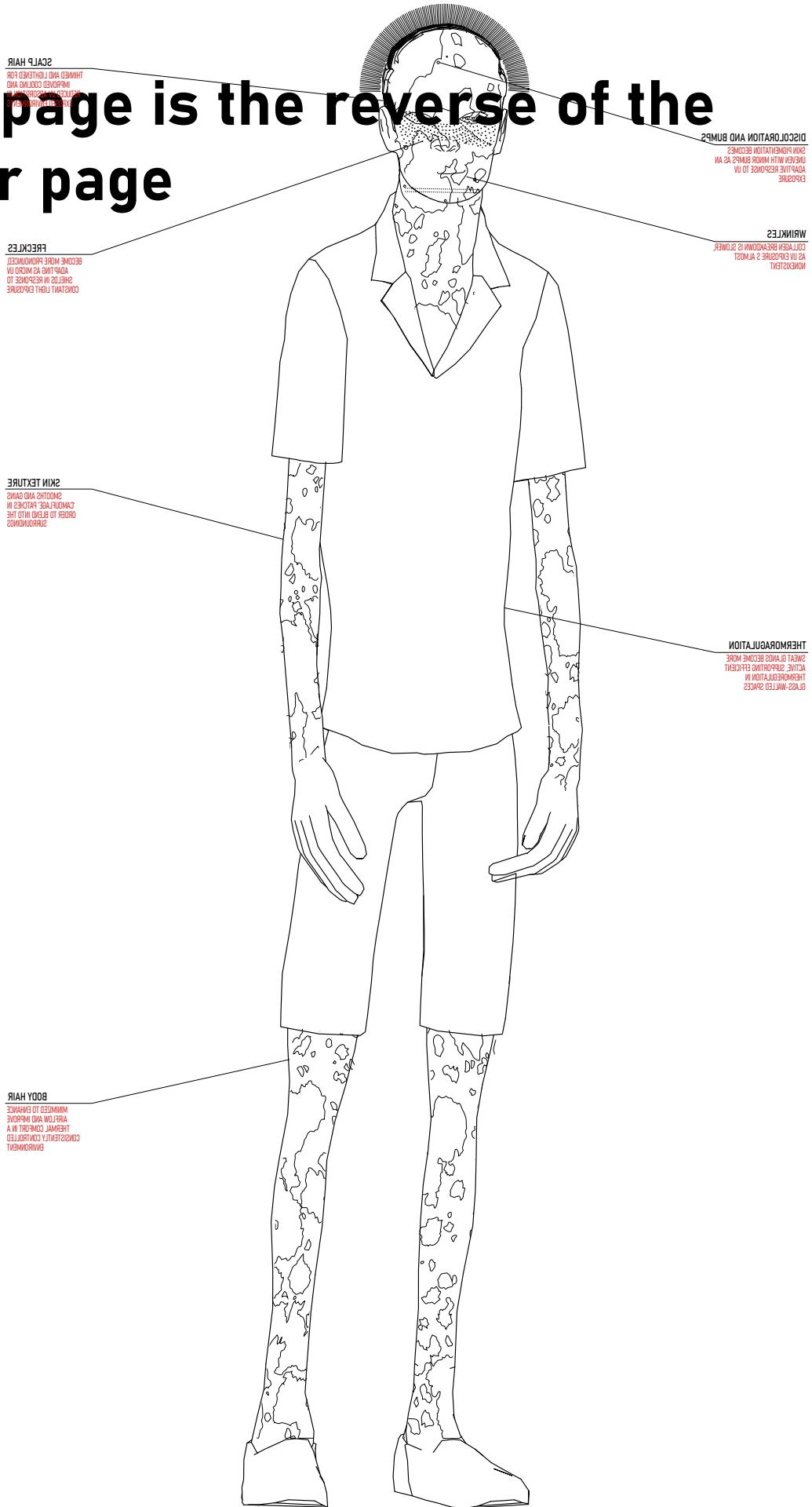
FRECKLES  
BECOME MORE PROFOUND,  
ADAPTING AS MICRO UV  
SHIELDS IN RESPONSE TO  
CONSTANT LIGHT EXPOSURE

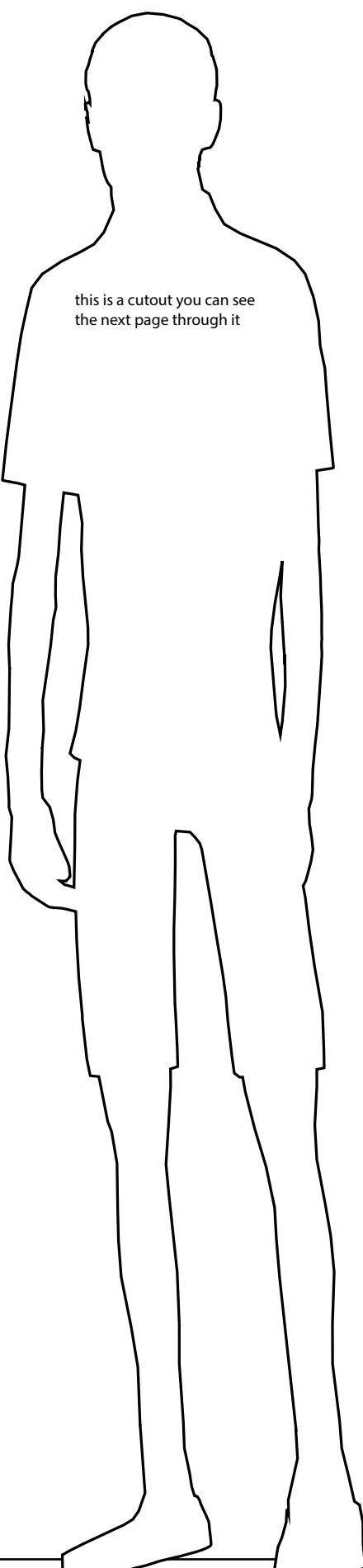
Skin Texture  
SMOOTH AND GAINS  
CAMOUFLAGE PATCHES IN  
ORDER TO BLEND INTO THE  
SURROUNDINGS

THERMOREGULATION  
SWEAT GLANDS BECOME MORE  
ACTIVE, SUPPORTING EFFICIENT  
THERMOREGULATION IN  
GLASS-WALLED SPACES

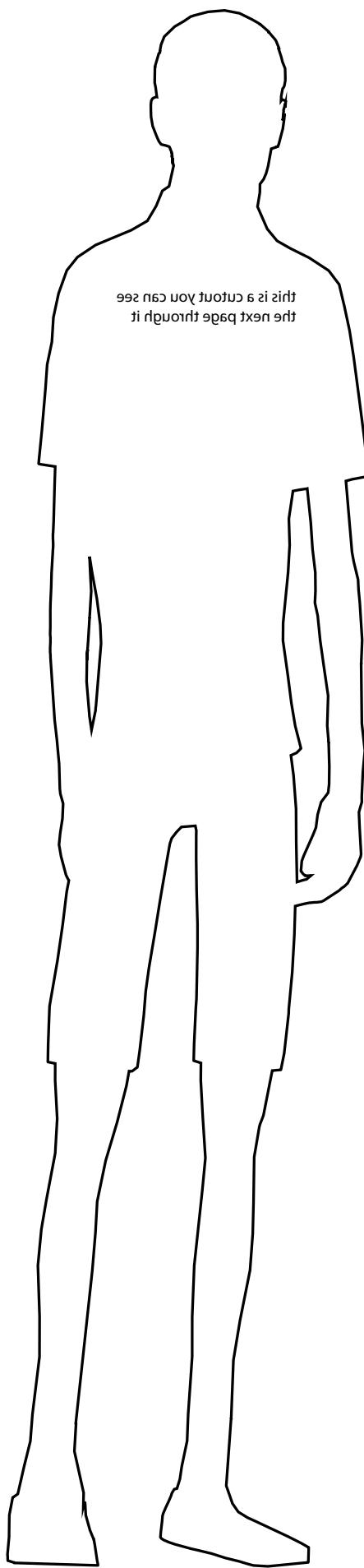
BODY HAIR  
MINIMIZED TO ENHANCE  
AIRFLOW AND IMPROVE  
THERMAL COMFORT IN A  
CONSISTENTLY CONTROLLED  
ENVIRONMENT

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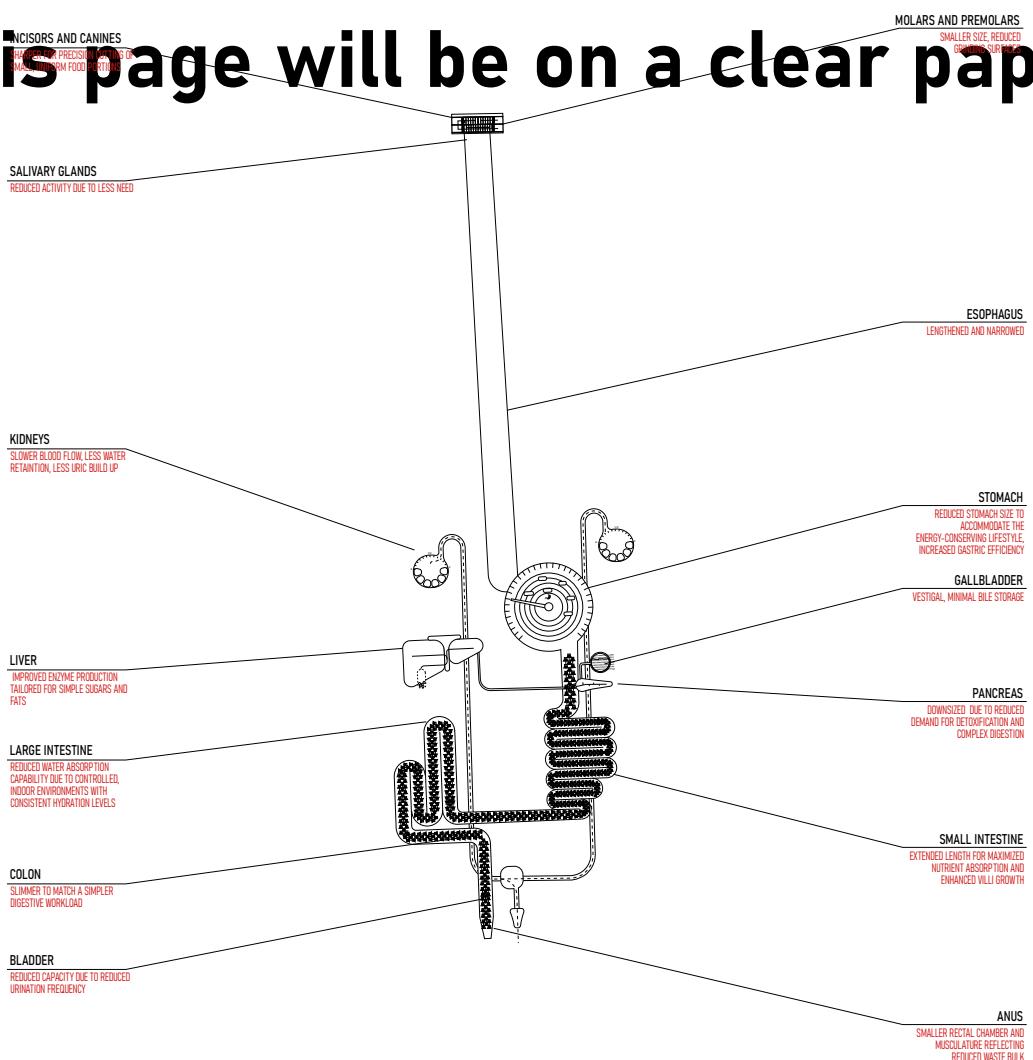


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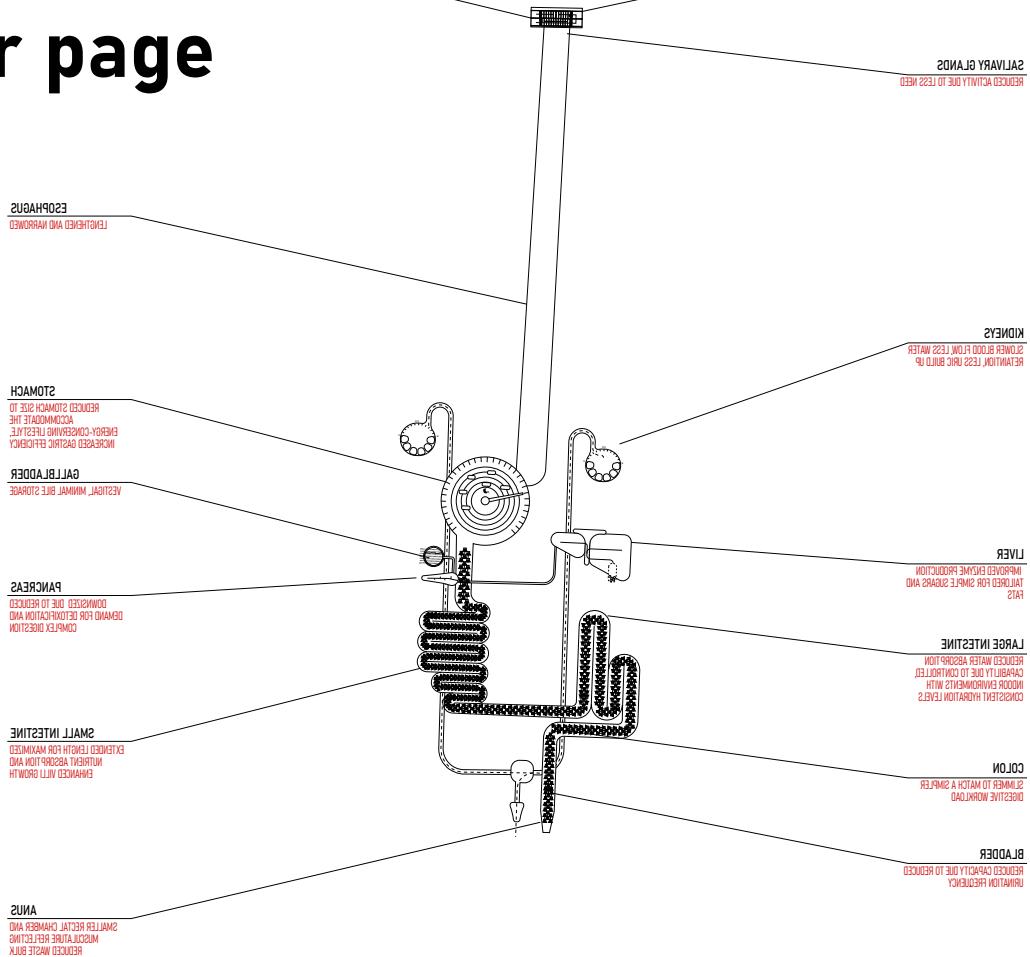


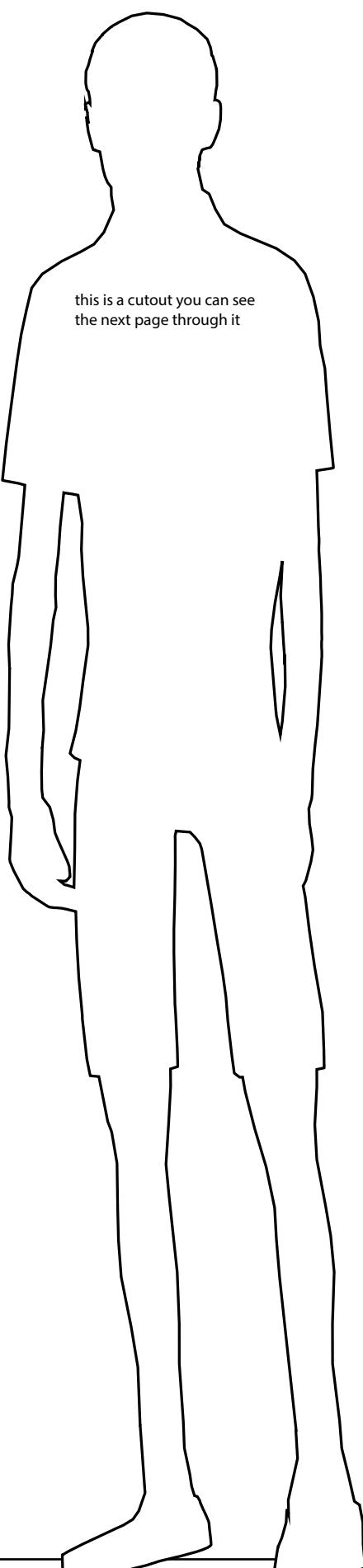
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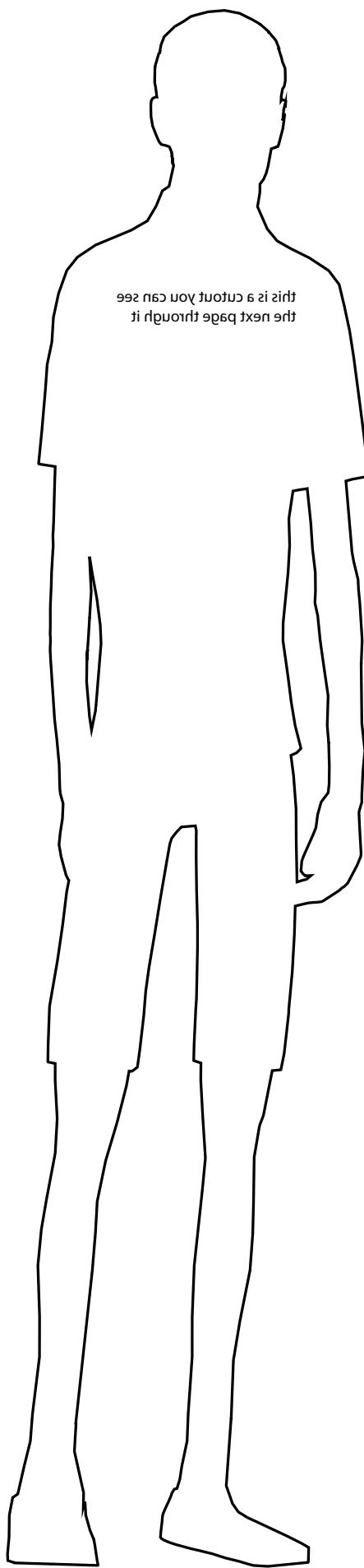


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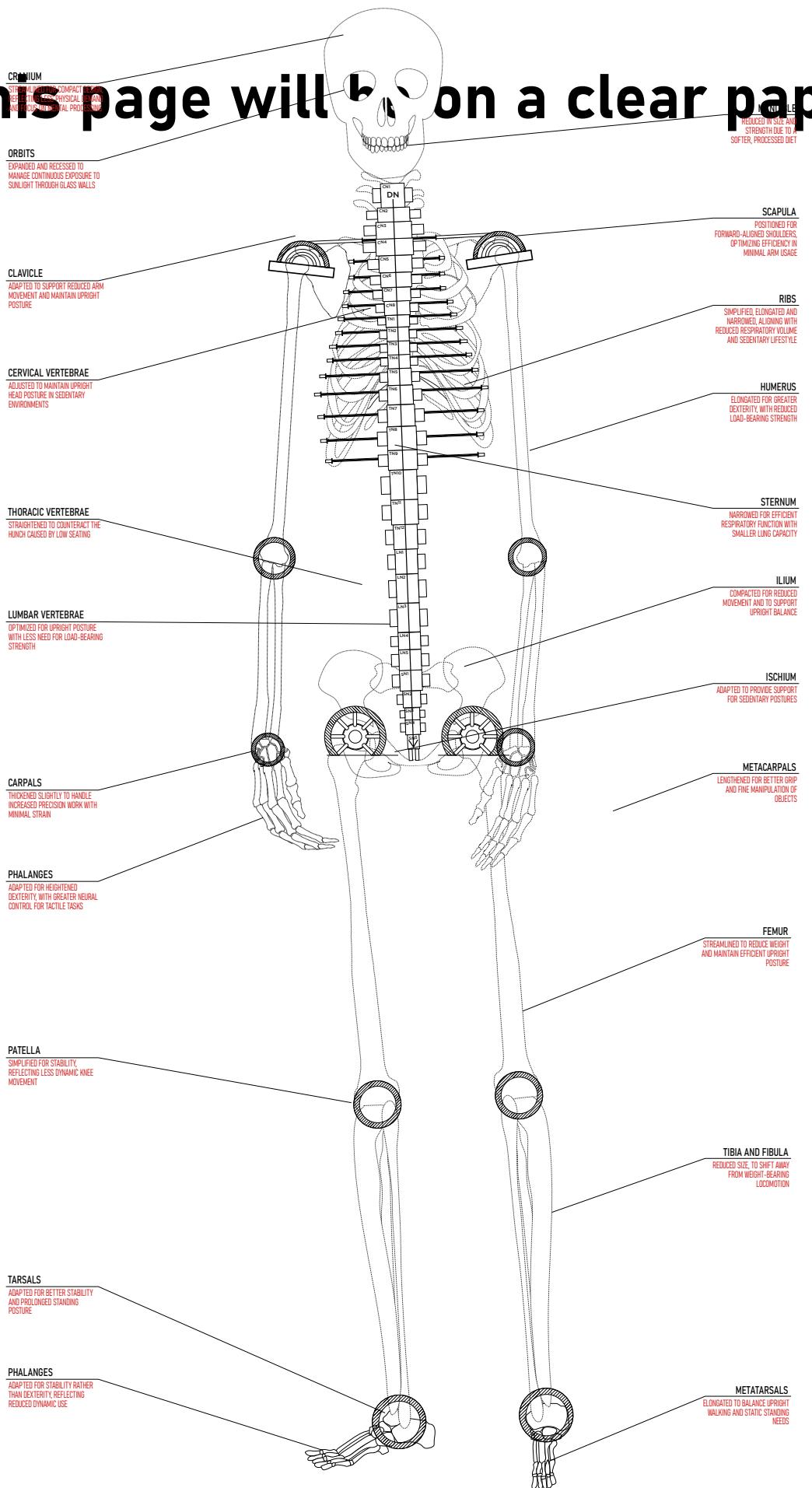


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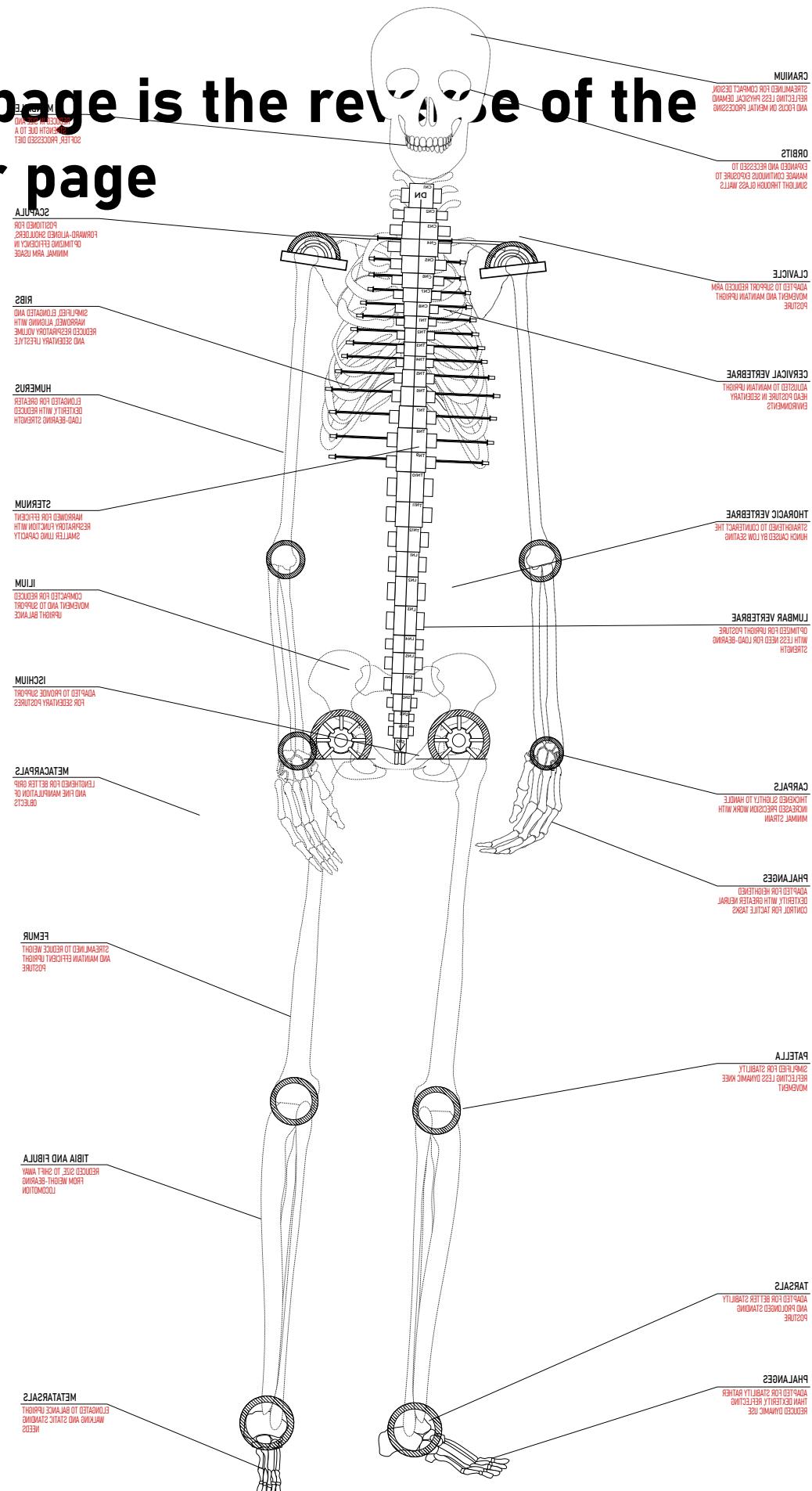


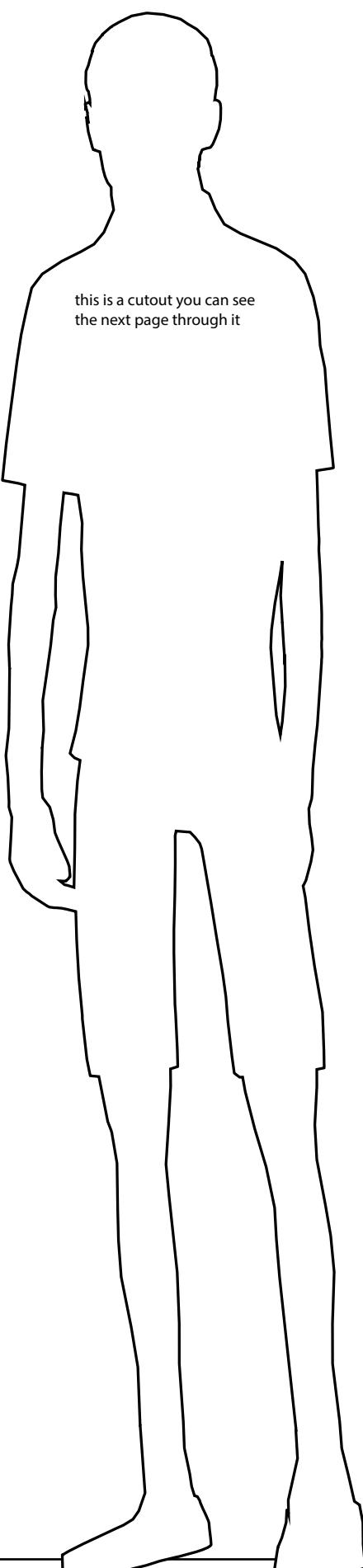
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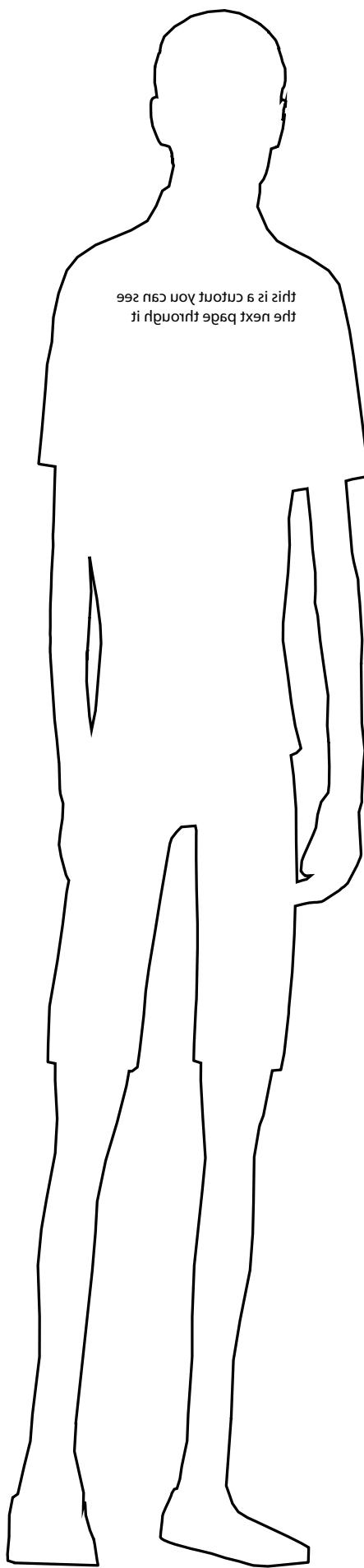


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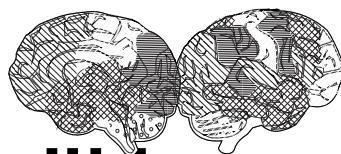




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AERODYNAMIC  
EFFICIENCY OPTIMIZED FOR  
FILTERED LOW-POLLUTANT AIR IN  
THE CONTROLLED ENVIRONMENT

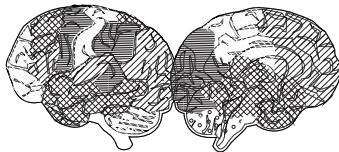
LARYNX  
SIMPLIFIED WITH 20% LESS STRAIN  
FOR REDUCED VOCAL ACTIVITY

TRACHEA  
REDUCED BY 10%, FINE-TUNED FOR  
CONSISTENT, UNVARIED AIRFLOW  
NEEDS

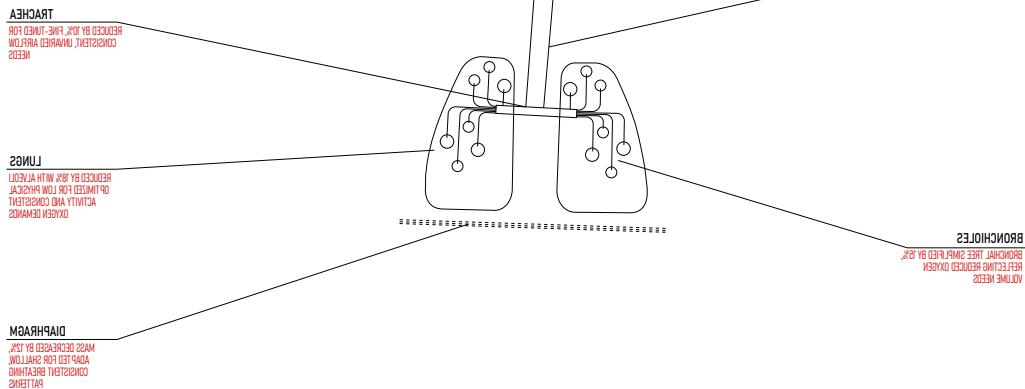
LUNGS  
REDUCED BY 18% WITH ALVEOLI  
OPTIMIZED FOR LOW PHYSICAL  
ACTIVITY AND CONSISTENT  
OXYGEN DEMANDS

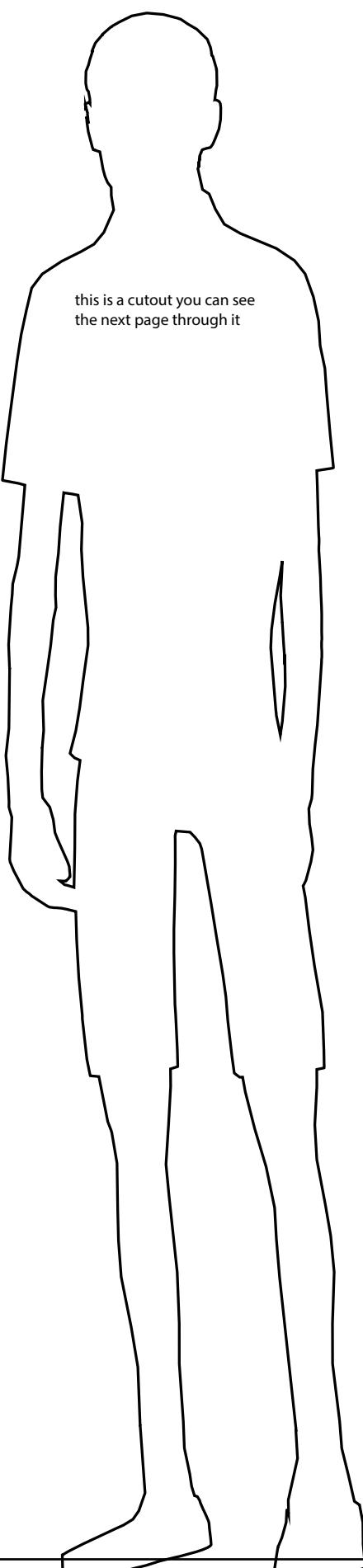
BRONCHIOLES  
BRONCHIAL TREE SIMPLIFIED BY 15%,  
REFLECTING REDUCED OXYGEN  
VOLUME NEEDS

DIAPHRAGM  
MASS DECREASED BY 12%,  
ADAPTED FOR SHALLOW,  
CONSISTENT BREATHING  
PATTERNS

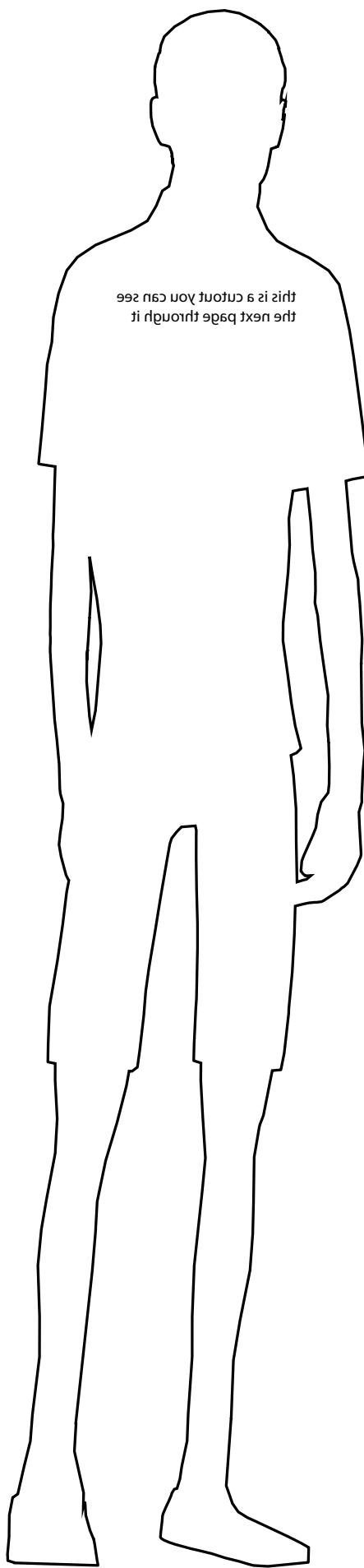


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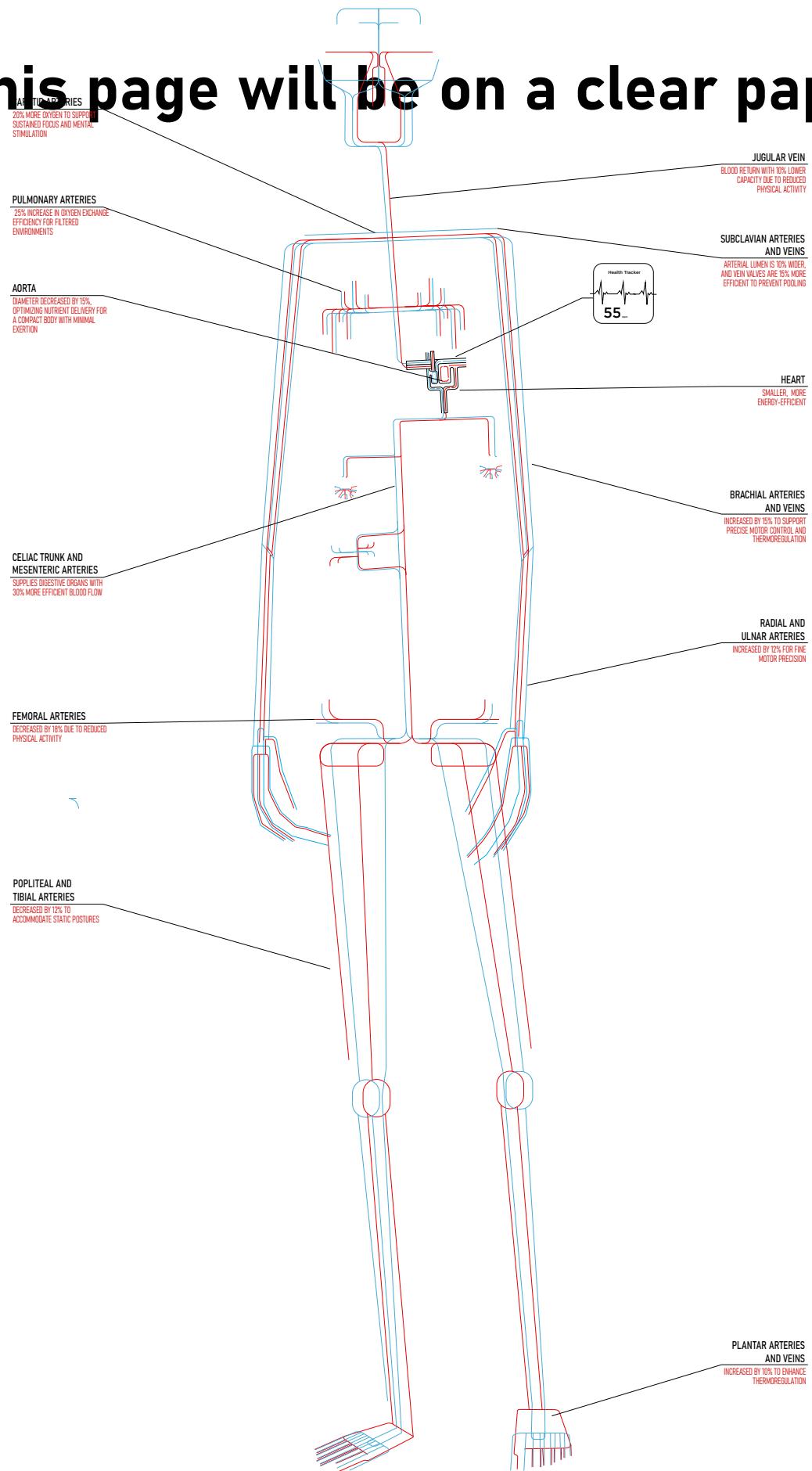


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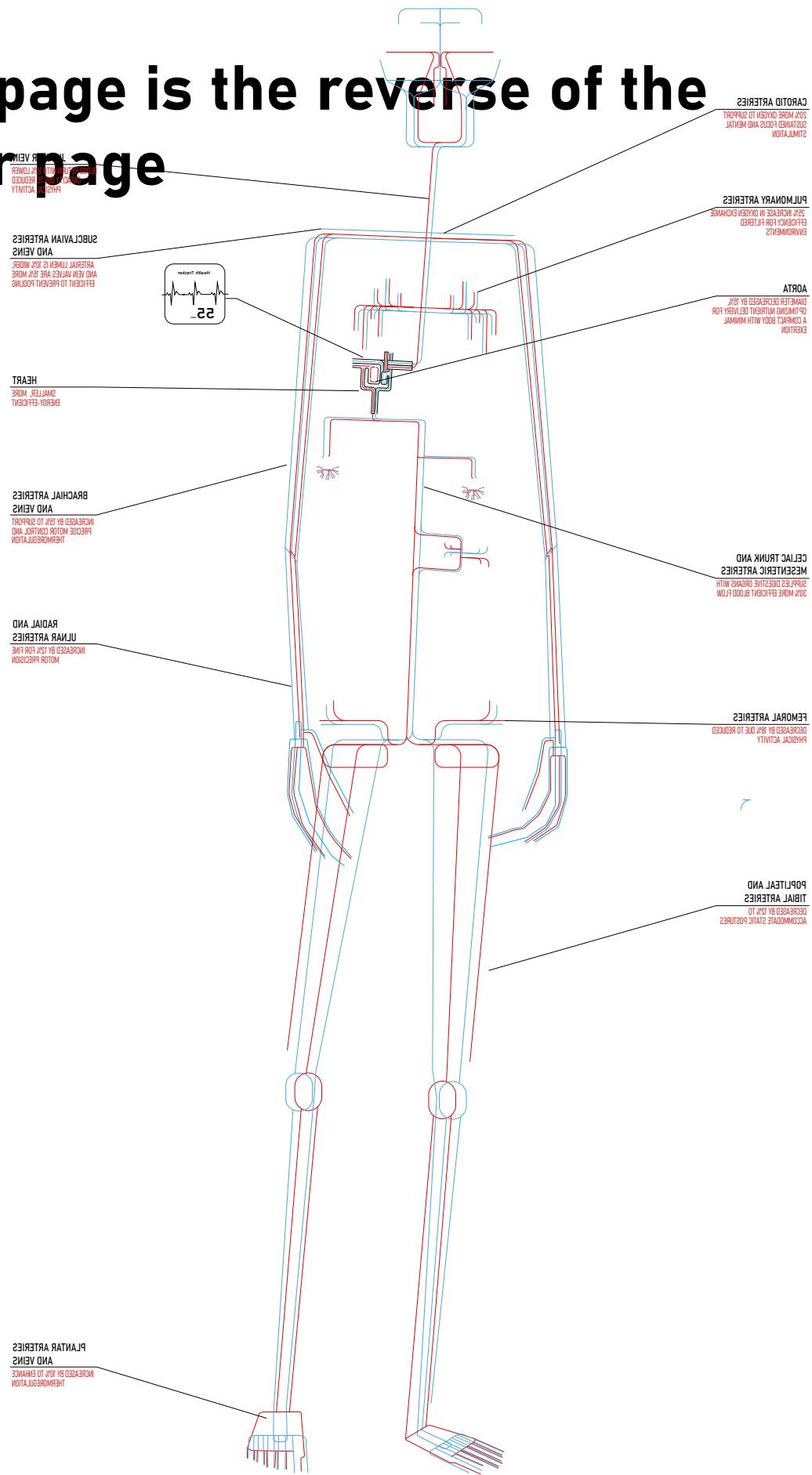


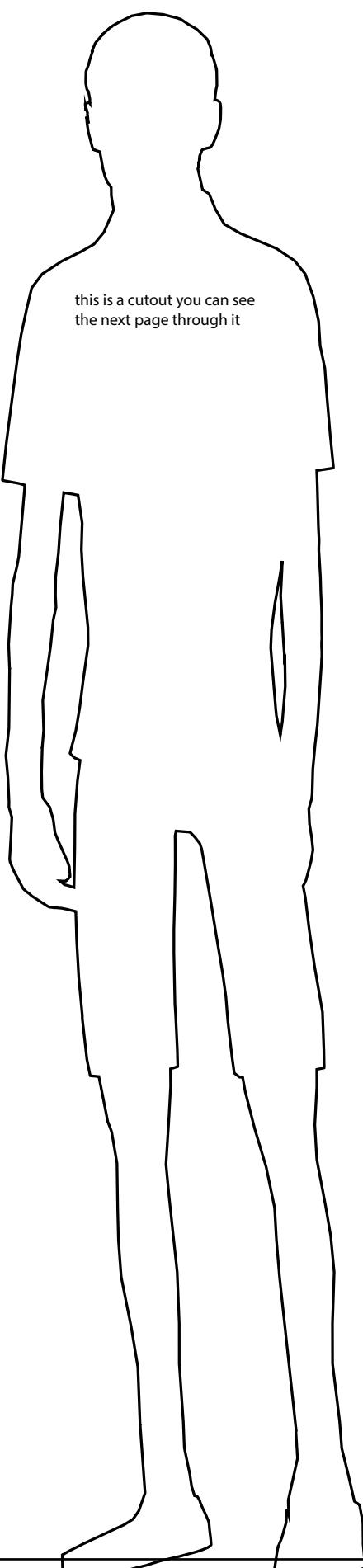
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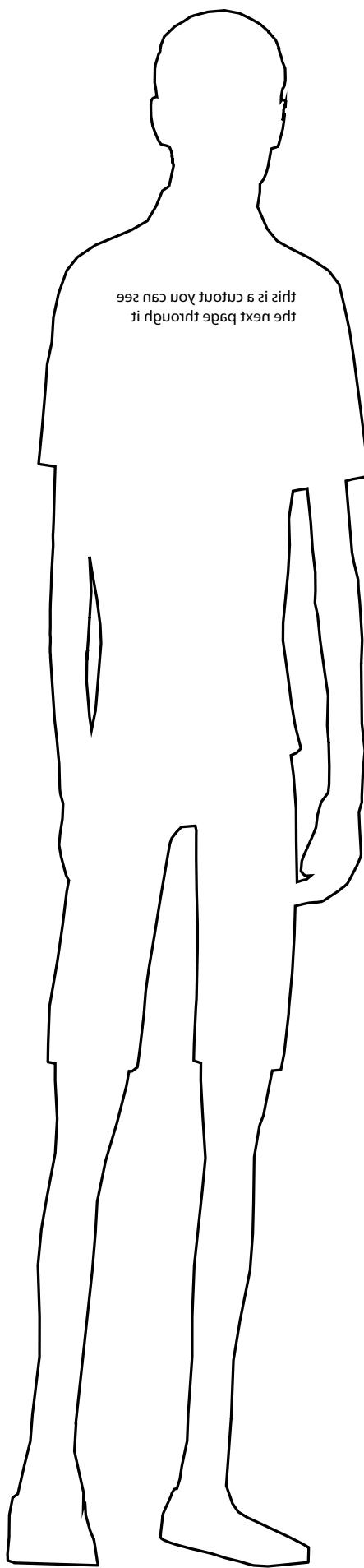


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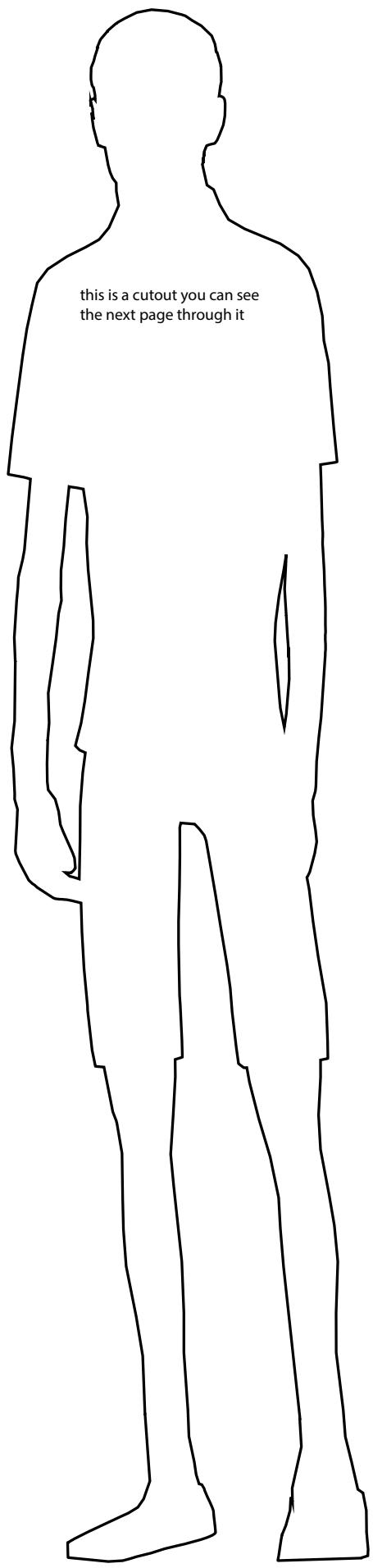
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תְּהִלָּה בְּסֶדֶךְ תְּרֵוֹתָה  
בְּנֵי כָּלֹתָה וְעַמְּדָה

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# Time Quiz

## How Comfortable is your House?

*What Does Your House  
Say About Your Evolution?*

### 1. What best describes your home's layout?

- a Compact and efficient with minimal unused space.
- b A labyrinth of rooms and hallways.
- c Open-plan with lots of light and airflow.
- d A single tiny room with no windows.

### 2. How does your home regulate temperature?

- a Minimal heating/cooling—layers of clothing do the work.
- b HVAC running 24/7 with no seasonal variation.
- c I live in a constant sauna or icebox, depending on the season.
- d Smart systems that adjust naturally to the seasons.

### 3. What's your furniture situation?

- a Chaotic and mismatched—a mix of inherited, vintage, and DIY.
- b Minimal and static—a chair, a table, and maybe a cushion.
- c Dynamic and adjustable furniture, the works.
- d Nonexistent—I sit, sleep, and live on the floor.

### 4. How much natural light do you get?

- a Artificial light does most of the work.
- b Sunlight? What's that? I live in the shadows.
- c A few windows here and there—enough to know what time it is.
- d Floor-to-ceiling windows flood my home with light.

### 5. How does your home connect you to nature?

- a I occasionally hear birds outside... I think?
- b My home might as well be a bunker underground.
- c I have seamless indoor-outdoor spaces—plants, gardens, or views.
- d A few potted plants or a balcony, but nothing extreme.

SCORING: 1. a = 3, b = 2, c = 5, d = 1, 2. a = 3, b = 2, c = 1, d = 5, 3. a = 2, b = 3, c = 5, d = 1, 4. a = 2, b = 1, c = 3, d = 5.

**45–50 Points**  
**Evolutionary Paradise**

Your home fosters growth, balance, and well-being. Future descendants will be physically and emotionally harmonious, with adaptable traits to suit a wide range of environments.

**35–44 Points**  
**Subtle Shaper**

Your home is gently nudging evolution. Your descendants might develop functional adaptations like improved efficiency, compact frames, and enhanced precision.

**25–34 Points**  
**Chaotic Influencer**

Your home creates unpredictable pressures. Descendants may evolve longer limbs, sharper senses, or unique adaptations to navigate dim, cluttered, or noisy environments.

**10–24 Points**  
**Evolutionary Extremist**

Your home is pushing evolution into overdrive! Expect descendants with translucent skin, enlarged eyes, and radical body changes suited for extreme isolation and confinement.

**6. What's your primary way of moving through your home?**

- a** Constantly reaching, crawling, or bending.
- b** Walking freely—there's plenty of open space.
- c** Dragging myself across the floor.
- d** Carefully maneuvering through narrow paths

**7. How do you feel about your home's proportions?**

- a** Cozy, but sometimes I feel a little cramped.
- b** Spacious, symmetrical, and balanced—it feels good to be here.
- c** I feel like my walls are closing in every day.
- d** I bump into things... a lot.

**8. How often do you interact with other people at home?**

- a** Rarely—it's my fortress of solitude.
- b** Almost never—I live like a hermit.
- c** Occasionally—my home is more personal than communal.
- d** Frequently—it's a hub for social gatherings.

**9. What's the air quality like?**

- a** Fresh and breezy—I open windows often or use natural ventilation.
- b** Questionable—what's air quality, anyway?
- c** Filtered and consistent—thanks to modern HVAC.
- d** Stuffy and stagnant—I think I'm breathing the same air from last week.

**10. What's your relationship with noise in your home?**

- a** Neutral—some noise, but nothing overwhelming.
- b** My home feels like living inside a machine.
- c** Peaceful—natural sounds or purposeful silence.
- d** Constant background hum—appliances and tech dominate.

# **Small Space, Big Changes**

*Interview with he Girl Who Evolved in Her Space*

# PetriPolish®

BEAUTY GROWN NATRULLY

# HERE, BEAUTY MEETS MICROBIOLOGY



**GET YOURS TODAY**



Disclaimer: Pet Patch is not your average prep-and-go nail polish. It's a hybrid product that combines the best of both worlds - the convenience of a nail polish bottle and the durability of a nail wrap. While it's designed to be easy to apply and remove, it's important to follow the instructions carefully to ensure the best results. If you're new to nail wraps or have sensitive skin, we recommend starting with a smaller area or a shorter duration to see how your skin reacts. As always, if you experience any adverse reactions, please stop using the product immediately and consult a medical professional.

# Anatomy of a Dorm Dweller

## *Interview with he Girl Who Evolved in Her Space*

T'Naya'th Estrii is not your average human—well, not by 21st-century standards. After 50,000 years of evolutionary adjustments, T'Naya'th represents the final iteration of a species molded by compact living, technological dependence, and sedentary lifestyles. We sat down with T'Naya'th to learn more about her daily life, what she loves, what annoys her, and how she views the world.

Q: T'Naya'th, thank you for taking the time to chat. How's your day been so far?

T'Naya'th Estrii:

"Busy, but fulfilling! I started with my morning gel—it's apple-flavored today, which is a nice treat. Then I spent a few hours managing my ThoughtStreams, which is my job. It's like curating digital experiences for others to enjoy, blending art, strategy, and a bit of algorithmic tinkering. After that, I made some time for myself to unwind with a quick neural puzzle game."

Q: Apple-flavored nutrient gel? Is food a big part of your life?

T'Naya'th Estrii:

"Not really. Food is efficient now—one gel in the morning, one at night. There's no cooking, no cleaning, no worrying about recipes. I know older generations had things like elaborate meals, but honestly, I don't see the point. I'll admit, though, I have a soft spot for citrus flavors. My grandmother used to say, 'Lemons make life brighter,' and I think she was onto something."

Q: What do you do for fun?

T'Naya'th Estrii:

"Oh, so many things! I love immersive narratives, where I can explore new worlds and make choices that shape the story. I also enjoy 'tactile design,' which is like sculpting, but for interfaces and virtual objects. On weekends, I like to unwind by watching retro simulations. My favorite? A sitcom about an office from the 1990s. Can you imagine sitting in a cubicle all day? Wild!"

Q: So, you're a fan of retro? What do you think of Tanya Estrina, your ancestor?

T'Naya'th Estrii:

"She's fascinating to me. Her life seems so primitive yet oddly romantic. I read that she used to walk everywhere—why walk when you can scoot? But I do admire how resourceful she was. Living in a cramped dorm started this whole evolutionary journey. I think she'd be amazed at how far we've come. Or maybe she'd just be confused by nutrient gels."

Q: Let's talk about your work. You mentioned managing ThoughtStreams. What's that like?

T'Naya'th Estrii:

"I love it! ThoughtStreams are like curated experiences people can tap into to learn, relax, or be entertained. My job is to design and refine these experiences so they're as engaging as possible. Imagine sculpting a memory or creating a dream that someone can step into—it's a blend of art and engineering. It's challenging but so rewarding when people tell me they felt truly connected to the experience I crafted."

Q: What's the most frustrating part of your life?

T'Naya'th Estrii:

"Easy: maintenance days. Every couple of weeks, we have to recalibrate our sensory enhancements and adjust our posture-support systems. It's like your generation's equivalent of going to the dentist and getting your car serviced on the same day. Necessary, but ugh."

Q: What about relationships? Do you connect with others often?

T'Naya'th Estrii:

"Of course! I'm in constant contact with my social circle, but it's all virtual. I'm part of a storytelling club where we create narratives together, and I have a close group of friends I connect with daily. Face-to-face interactions aren't common anymore—it's not efficient—but I feel deeply connected to those I care about. Physical proximity isn't as important as shared experiences."

Q: Is there anything about your life that you'd change if you could?

T'Naya'th Estrii:

"Hmm... I think I'd like a pet. I've read about people having cats and dogs. They sound delightful—companions that don't need nutrient gels and just love you for no reason. Of course, I could simulate one, but it's not the same. Maybe I'd also like to explore the natural world more. I've seen nature in simulations, but I wonder what it feels like to touch a tree or hear a real bird sing."

Q: Speaking of the natural world, how do you feel about the fact that your generation is so disconnected from it?

T'Naya'th Estrii:

"It's a mixed bag. On one hand, we've adapted to thrive without it. We don't need sunlight or soil to survive. But on the other hand, I think we've lost something intangible—an appreciation for chaos, maybe? Nature is unpredictable, and everything in my world is so streamlined. Sometimes I wonder what it would be like to get lost or surprised by something."

Q: Where do you see humanity going next?

T'Naya'th Estrii:

"I think we're at a crossroads. We've mastered efficiency, but now we need to decide what's next. Do we stay in our perfectly optimized environments, or do we push ourselves to reconnect with the chaos and beauty of nature? Personally, I hope we find a balance. Maybe I'll be part of the generation that brings the wild back into our lives—but with nutrient gels, of course. Let's not go too far."

As our conversation with T'Naya'th Estrii wrapped up, it was clear that life 50,000 years from now is both utterly alien and surprisingly familiar. There are still joys, frustrations, and aspirations. Whether it's a citrus-flavored gel or a dream of pet ownership, some things never change—humanity's ability to adapt and dream.

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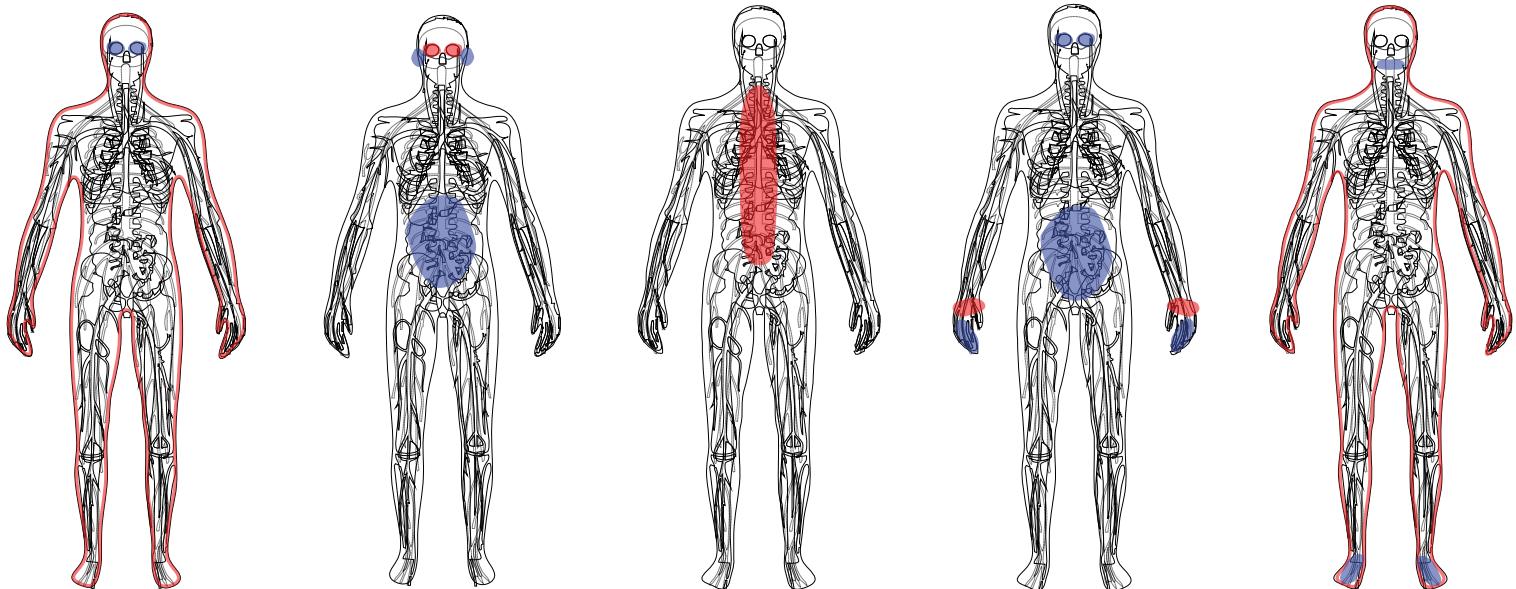
\*Sale starts these items Jan. 2 Jan. 1.





# Small Space, Big Changes

*Interview with the Girl Who Evolved in Her Space*



Skeleton becomes lighter; posture permanently seated.

Organs specialize for stationary existence.

Enhanced visual acuity for screen details.

Abstract reasoning improves for virtual engagement.

Bone density decreases in unused lower limbs; feet become narrower and less defined.

Fat reserves redistribute to support long-duration stationary energy needs.

Enhanced touch sensitivity in fingertips for prolonged use of input devices.

Neural pathways for task-switching and multitasking become highly developed.

Spine locks into a fixed seated curvature; neck structure adapts.

Energy metabolism more efficient; internal organs compact to save space.

Peripheral vision diminishes further, optimized for screen-centric focus.

Brain regions associated with visual processing expand to handle more complex on-screen data.

Arms elongate slightly for easier reach across workspace.

Digestive efficiency continues improving, with reduced reliance on physical sustenance.

Sensitivity to temperature changes diminishes as the body becomes fully reliant on climate control.

Strategic decision-making is augmented by reliance on digital assistance and AI tools.

Legs continue to shrink; hips narrow as no need for bipedal movement.

Improved oxygen distribution reduces strain on the circulatory system.

Enhanced tactile feedback in fingertips for interaction with devices.

Long-term memory optimization peaks, allowing for faster recall and processing.

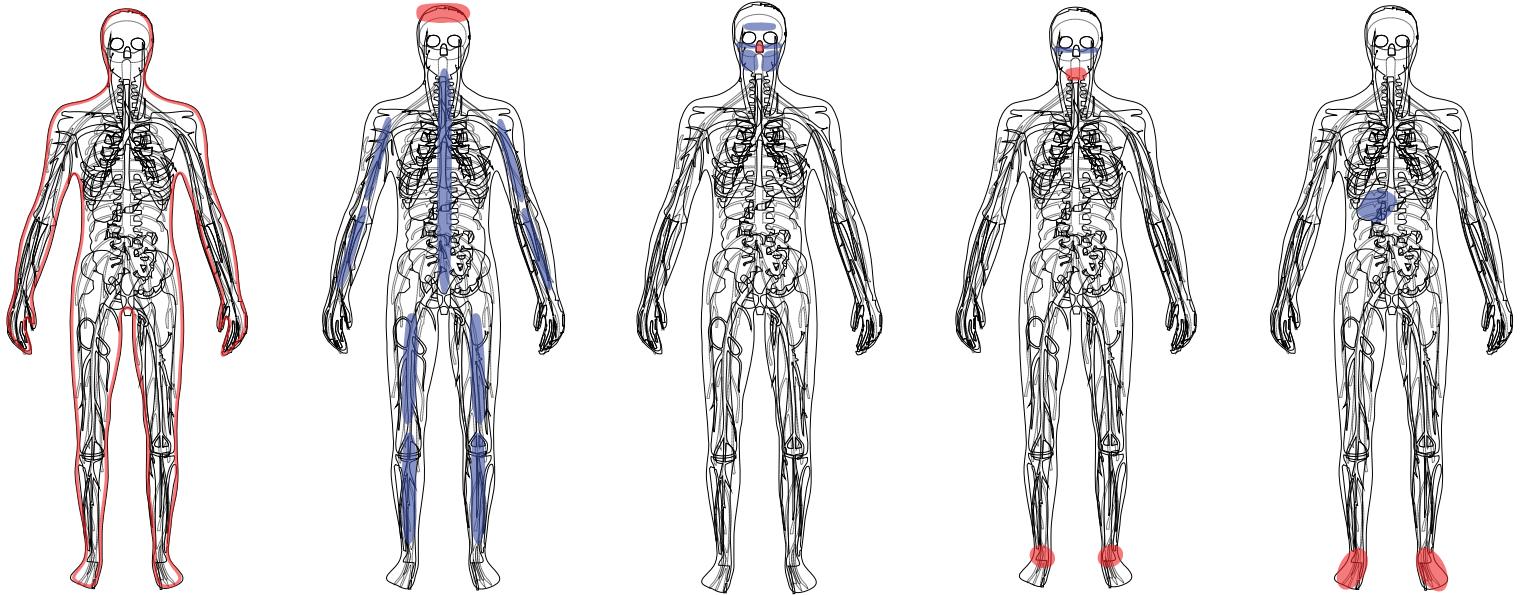
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Lower body structure becomes vestigial; upper more robust for desk use.

Organs specialize further for low-energy use; muscle mass reduces in unused areas.

Hearing sharpens to detect subtle environmental changes like HVAC hums.

Brain areas supporting abstract thinking grow.

Shoulders broaden slightly to accommodate more robust arm movement.

Enhanced cardiovascular efficiency supports stationary living.

Vision adjusts fully to artificial lighting, losing ability to adapt to natural sunlight.

Higher-order problem-solving dominates brain function.

Skin begins to adapt, producing a light-reflective layer to protect against artificial lighting.

Circulatory system becomes optimized for seated posture.

Smell diminishes further due to lack of exposure to varied odors.

Complete integration of digital systems into thought processes.

Lower limbs atrophy completely; torso becomes cylindrical for stability in a seated position.

Organ systems compact further, prioritizing space efficiency over redundancy.

Vision expands into ultraviolet ranges to optimize screen interactions.

Collective intelligence develops as individuals begin to share knowledge instantly.

Body shrinks in size.

Organs become more specialized, with redundant systems phased out.

Tactile feedback in fingertips reaches its peak, replacing most physical interaction.

Neural efficiency allows for near-instantaneous decision-making.

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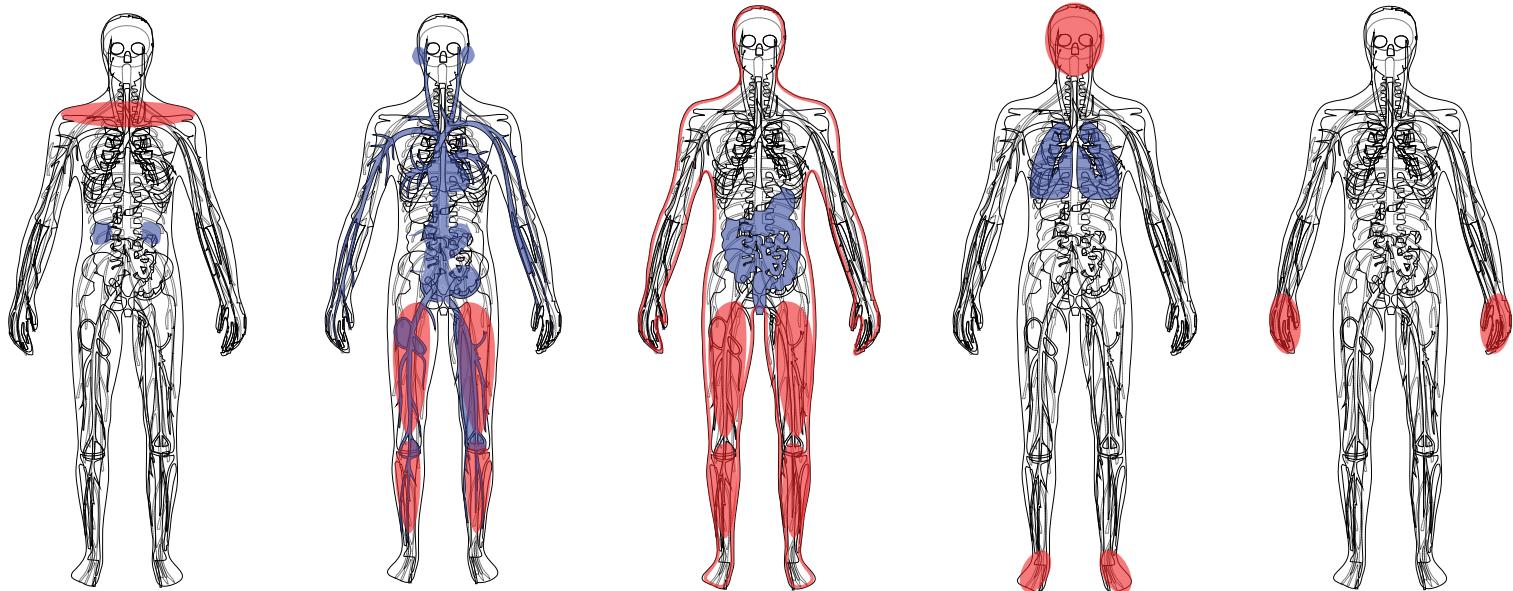
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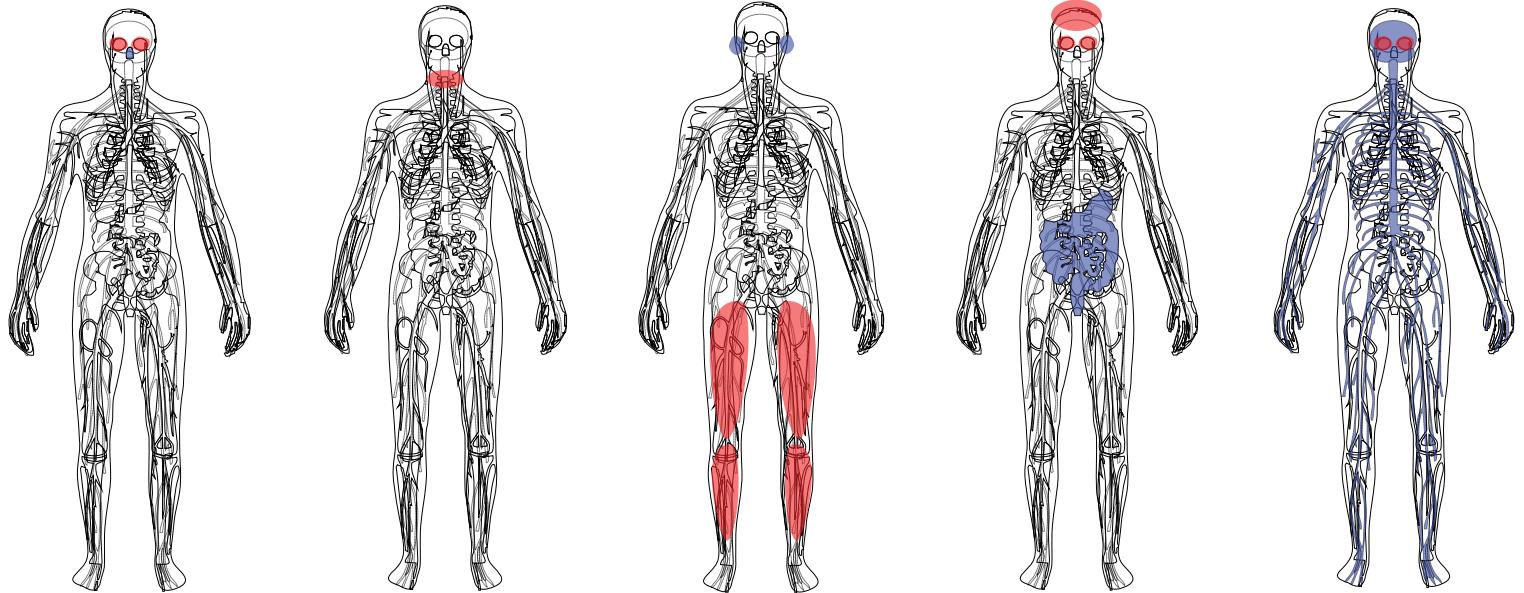
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