

MEDIA BURN  
COOKBOOK

a reader

MAY 2020

**I: Recipes and Stories**

**II: Manifestos**



## I: RECIPES

## Double Good Macaroni And Cheese

1 8 oz pkg elbow macaroni

3/4 C sour cream

1 t salt 1/8 t pepper

2 t grated onion

1 lb cream style cottage cheese

1 egg, slightly beaten

1 8 oz pkg sharp cheddar cheese, shredded

Cook macaroni, drain. Combine cottage cheese, sour cream, egg, salt, pepper, onion, and cheddar cheese in a large bowl; mix lightly until blended; fold in macaroni. Spoon into a baking dish, 9 x 9 x 2. Bake at 350 for 45 min. or until bubbly. Makes 8 servings.

# Mac and Cheese

## Or, Double Good Macaroni and Cheese

### Frank Spillane

Serves 8

#### YOU WILL NEED

- 8oz elbow macaroni
- 1/3 cup sour cream
- 1 tsp salt
- Pinch of pepper
- 1 tbsp grated onion
- 1 lb creamy cottage cheese
- 1 egg, lightly beaten
- 8 oz sharp cheddar cheese, shredded

#### DIRECTIONS

Cook macaroni, then drain. Combine sour cream, salt, pepper, onion, cottage cheese, egg, and cheddar cheese in a large bowl. Mix lightly until blended. Fold in macaroni. Spoon into a 9x9x2 baking dish. Bake at 350 for 45 minutes or until bubbly. Serve.

This is my mom's side of the family's very WASP-y mac and cheese recipe. If someone asked me to share a recipe that looks like it would be absolutely disgusting, but actually tastes amazing, I would use this. It's truly incredible, highly recommend (and I swear I'm not being biased). Everyone always asks for the recipe, and I guess it's a little point of family pride.

This recipe is how my mom always makes it, and how she made it through my whole childhood. The recipe was originally written down by my mom's mom. She died in 1983, when my mom was 10. I know my grandmother made it for my mom when she was little. I don't consider myself to have a big family, especially not on my mom's side. I can count on one hand how many of her relatives I've ever met. So this recipe isn't really evocative of a greater family history for me, but a much more personal one. It also happens to be delicious.





## NOTAS

4 cups bread flour } together in  
1 1/2 teaspoon salt. } red bowl.

1 tablespoon sugar } together in  
2 teaspoons yeast } measuring jug  
10 oz hot water

WAIT FOR YEAST TO RISE.

Pour wet mixture into bowl with flour + salt  
Add 1 1/2 tablespoons oil.

Mix all together. Cover + let rise

Dust loaf tin with All Purpose Flour &  
also work surface.

Tip raised dough onto floured surface.  
Beat out air and roll in flour.

Place in tin until risen.

~~Oven 350° - 25 min.~~

425°

10 mins

395°

- 20 mins





from Kieran, whose family doesn't have recipes

## Chatham Greenfield

I have two recipes in order to represent both sides of my family!

The first is my bubbe's mundel bread recipe. I grew up as a member of one of two Jewish families in my southern small town. My dad doesn't practice Judaism, so most of my experience with Judaism growing up came from visiting my bubbe's home in Framingham, Massachusetts and having her stuff me with food (perhaps the most Jewish experience you can have). She was delighted when I asked her for the recipe and texted me this:

MUNDEL BREAD (Also known as KAMISH BREAD) European

3 large eggs

1 cup sugar. (Not level, a bit more)

2 sticks butter (8 ounces) melted in microwave

3 cups of flour. (Not level, a bit rounded)

2 tsp baking powder

2 tsp vanilla

1 cup chocolate chips (rounded) more or less to your liking

( can use chopped walnuts or almonds) or plain

Beat eggs and sugar, add melted butter and vanilla.

Add chocolate chips and blend well

Add flour mixed with baking powder in 3 stages mix well after each addition. It will form a soft dough, do NOT add more flour

Prepare a large cookie sheet with tin foil, spray with cooking spray

Shape dough into 3 long logs, using your hands to shape and re-shape the logs so they are long and narrow.

Bake at 350 degrees for 25 to 30 minutes till golden

Soon as it's ready, remove from oven and cut immediately while hot into approximately 1/2 inch pieces.

Cool for about 1/2 hour or so, until pieces are cooled enough to handle without breaking, and place each piece on its side, back in the oven to brown more. You'll need a second cookie sheet for this and put each one in separately.

Makes 5 to 6 dozen depending on how you cut them, I usually get 6 dozen

Enjoy, love you Bubbie

The second recipe is my (maternal) grandfather's coffee cake recipe. He actually just found it in an airplane magazine but for some reason, it's very special to my family. We're only allowed to have it on Christmas morning. My mom insisted I include it! You can only have it once (or SOMETIMES twice, if you're desperate) a year so choose the date wisely!!

### Dad's Sour Cream Coffee Cake

350 Degrees for 50 Minutes: Use an Angel Food Pan

#### Wet Ingredients:

1 stick room temperature butter  
1 Cup Sugar  
3 lightly beaten eggs  
3/4 container of 16 ounce Sour Cream

#### Dry Ingredients:

3 Cups Sifted Flour  
3 teaspoons Baking Powder  
1 teaspoon Baking Soda

#### Filling:

3/4 cup Sugar  
1 1/2 teaspoon Cinnamon  
1 1/2 teaspoon Cocoa  
1 Cup Chopped Walnuts

#### Directions:

Cream Butter and Sugar together; Add Eggs.

In another bowl, Sift Dry ingredients together.

Add Half of the dry ingredients to the wet, then fold in 1/2 of the Sour cream. Then add the remaining dry ingredients and fold in the rest of the sour cream- just until it is all mixed.

Grease the Angel food cake pan and coat with a little of cocoa.

Pour 1/2 of the batter into the pan.

Sprinkle 1/2 of the Cinnamon filling and then put the remaining batter on top. Sprinkle the remaining Cinnamon filling on top.

Use a sharp knife to make about 4 or 5 cuts in the batter starting at the center where the middle tube is out to the outer pan.

Bake 350 degrees for 50 minutes until the long toothpick ( I use a wooden skewer), comes out clean.

# CINNAMON SWIRL PANCAKES

Lee-Elle Aboutboul

## Pancakes

- 1 ½ cups all-purpose flour
- 3 ½ teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons melted butter

## Cinnamon Swirl

- ½ cup melted butter
- ¼ cup brown sugar (add more for desired thickness)
- 2 teaspoons cinnamon sugar
- 1 teaspoon pumpkin spice seasoning

## Directions

- Mix flour, baking powder, salt, and sugar into a bowl
- Mix egg, milk and melted butter into second bowl
- Slowly mix both bowls together (add dry mix to wet mix in small parts)
- Take a small cup and melt ½ cup of butter in the microwave
- Add brown sugar and spices to the melted butter fully mix
- Let the mixture cool for 5 minutes
- Get an empty cup and a large ziplock bag
- Open the zip lock bag and stretch the ends over the glass so the glass is holding the bag open
- Put the butter and brown sugar mix into the bag, seal the bag while removing extra air
- Cut a VERY small hole in the corner of the bag so you can squeeze the mixture out
- On a hot pan loaded with butter, take ¼ cup scoops to make your pancake
- When you start to see bubbles appear on the bottom on the pancake, take your butter and brown sugar mix and make a swirl on the bottom of the pancake
- When the pancake is fully cooked on one side, flip the pancake and let cook for about 30 seconds until it is cooked
- DONE!

\*Disclaimer\* Make sure to wipe off the pan between each batch so it doesn't burn any excess sugar which will cause a lot of smoke and your smoke alarm will probably go off

The first time I made these pancakes was one of the first meals I ever cooked by myself. It was a Saturday morning and my best friend had slept over the night before. We both woke up super early and wanted to have pancakes but my mom wasn't awake yet so we decided to do it ourselves. We made a HUGE mess and somehow managed to get pancake batter on every surface of the kitchen and although they turned out pretty well, we forgot to turn the burner off and the sugar from the bottom of the pancakes was making a lot of smoke and by the time we noticed what had happened, it was too late and the fire alarm went off. My mom woke up and was freaking out because she thought we started a fire. All was well in the end and now I make the pancakes on lazy Saturdays for my family and I.

# All You Eat Is Broccoli

Alex Sturm

## Ingredients

1 bushel of broccoli. Seasoning of your choice.

I like garlic powder and sesame seeds and maybe soy sauce.

1 cup of brown rice 4 cups of cool water 1 tsp of salt

1. Decide that cooking and eating is probably more important than laying in bed. It's already 9pm.
2. Take out all the ingredients and lay them out in a line on the counter (avoid the sticky spots). It feels more manageable this way.
3. Begin by rinsing the rice with cold water for 30 seconds.
4. Why not put on some music
5. Bring the water and salt to a boil over high heat.
6. When the water is boiling add the rice, stir and partially cover (don't cover completely or else it will all spill over-again) and cook on medium-high heat for 30 minutes.
7. Take the bushel of broccoli and rest it on the cutting board, and then take the biggest scariest knife in the cupboard-gingerly-cut the bushel into florets.
8. Sit on the table and wait
9. Shut the heat off. Cover tightly for 20 minutes so steam finishes cooking the rice.
10. Heat a medium sized pan on medium heat. Drizzle in the olive oil. Put in the broccoli. Don't let it burn.
11. Sauté for 10 minutes
12. Uncover the rice and fluff with a fork.
13. Bump rice and broccoli into one shallow yet wide bowl
14. Season to your liking
15. Feel a sense of accomplishment?



## Story

(tw brief mention of disordered eating)

This recipe rears a very rudimentary meal, yet I found myself returning to it countless times throughout my third year of college.

Hampshire College has an immense problem w food insecurity on campus.

My response to this, coupled with my own issues with both food and other things, was simply not to eat much if at all my freshman year. Sometimes my friends and I would force ourselves to go to the dining hall and end up not eat anything at all. I didn't want to accept that this was not a healthy pattern.

This continued through my transfer to Sarah Lawrence.

Despite it being across the street from my dorm, I would sometimes find myself not being able leave my room, even to get lunch or dinner from the cafeteria. When I did make it to retrieve food, I felt a mixture of pride and shame which I couldn't and still can't quite decipher.

During my second semester, my friends would take me grocery shopping with them. I had never been the best at cooking and didn't have a lot of money so I wasn't very courageous with my choices. Therefore: broccoli and rice.

There's something so self-affirming about being able to cook for and feed oneself. I don't think I realized this for myself until I experienced a lack thereof.

# the only good thing to ingest

## A recipe from me (annabel) and the internet 2 u

### Annabel Cantor

#### Sauce ingredients:

2 red bell peppers

1 red onion

4 small cloves of garlic

1 cup unsweetened OAT MILK (other nondairy milk is fine i guess if u have not seen the light of our dear lord the oat)

2 heaped tbsp peanut butter

4 tbsp Nooooooch (nutritional yeast)

Salt to taste

scant tsp your favorite red spices?? (my selection depends on my location. Feel it out!)

1-1.5 tsp oregano

1/2 tbsp cornstarch to thicken

Black pepper to taste

LOTS of red pep flakes

#### Other ingredients:

like 10oz of a nice shapely pasta

#### Let's do ittttttt:

Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius) and line a baking sheet with parchment paper.

Slice the peppers into strips, quarter the onion, and peel the garlic cloves. veggies → baking sheet  
drizzle some oil on top and roast in the oven for about 15-20 minutes. I'm always lazy and want to do 15 but 20 makes the taste and consistency SO MUCH BETTER so it's worth it I promise.

Meanwhile.. cook the pasta.

Meanwhile.. measure the other ingredients.

Add all sauce ingredients to a blender and blend until very smooth

Taste and realize... there's not enough spice or peanut butter so randomly throw some more in

Pour the sauce into a skillet or pot and heat it up over medium heat. Let simmer for about a minute, add the pasta and stir with a spoon.

Taste and adjust seasoning. Add more salt/black pepper/red pepper flakes to taste if needed. The spice balance of this dish is PIVOTAL and really hard to get perfectly. It should have a little zip at the beginning and then mellow out. It's quite challenging, but I'm a lifelong learner. One day I'll get it right (and remember what I did).

ENJOYYYYY (simple side salad encouraged (aka leaves from a bag (with some oil and/or vinegar)))

Adapted from Elavegan's recipe



I love food so much and i'm bad at superlatives so I'm submitting two recipes, one that mum makes every time we have people over, and my cousin and i steal from the kitchen before it can go out. The second I started making my sophomore year of college. The first time I made it was my birthday in 2017. It'd been a year since I became vegan (right after experiencing Thanksgiving for the first time the year prior) (horrific), and I'm perfectly happy with meat alternatives and cooking for yourself was one of the most liberating experiences I'd felt at the time. No real story behind either, I think. Mum says the cutlets is a recipe she got from her mum.

# Meat Cutlets

## Ingredients

- 1 kg Minced Meat (keema, not the british thing)
  - 2 large Onions – chopped small
  - 4 Green chillies – chopped small
  - 50 grams Ginger – chopped small
  - 7 large Potatoes
  - 1 tsp Haldi (Turmeric powder)
  - 2 tsp Kashmiri red chilli powder
  - Salt to taste
  - Breadcrumbs
  - 2 eggs
  - Oil for frying Method
1. Boil or pressure cook the potatoes till very soft. Peel and mash the boiled potatoes and keep aside
  2. Add the turmeric powder, Kashmiri red chilli powder and salt to the minced meat and mix well. Add  $\frac{1}{2}$  a teacup of water to the minced meat and cook till done. Drain out excess water and fat
  3. Heat 2 tsps oil in a kadai. Add the onions, green chillies and ginger and fry till the onions are transparent. Add cooked mincemeat and fry for about 5 minutes stirring all the while, mixing well
  4. Place the fried mixture on a large bowl. Add the mashed potatoes and mix well with your hand. Add more salt, if required
  5. Beat the eggs in a bowl. Add a pinch of salt. Place the bread crumbs on a plate
  6. Make round or oval shaped cutlets (size and thickness as desired). Dip them first in the beaten eggs and then cover them with breadcrumbs
  7. Shallow fry in a frying pan till both sides are brown. Make sure you don't burn them.

# Sausage and Broccoli

## Ingredients

- 2 - 4 spinach pesto sausage (or any tofurkey plant-based sausages)
- vegan shredded mozzarella cheese/cheddar jack shreds, or a block of cheese to shred
- frozen broccoli (or like, fresh but I'm a college student so i pick my battles)
- tuoing ót sriracha
- seasoning of your choice. i usually go with cayenne and too much salt, or none at all

## Method

1. Come back home at two am, Fiona Apple/Sigur Rós playing through your head phones. If its your birthday, it's Urge for Going by Joni
2. Take out broccoli to thaw, switch to treacherous by taylor swift, then Born Slippy (Nuxx)
3. Cut up the sausages and put them in a buttered (I prefer this to oil) pan. Play St. Purple and Green by wolf alice. Add broccoli and mix until soft. Alice Practice by crystal castles.
4. Switch to Moon hooch, add cheese, wait for cheese to melt, add more cheese. Massive Attack, then add seasoning. Switch between medium and high heat depending on mood and change in verse (don't overdo it, the high heat thing is just for pyromania-adjacent folks)
5. Add tons of sriracha sauce. Mix, add more, turn heat off, put all of it in bowl
6. Get a can of Sapporo and watch Hannibal or Skins. No more Smiths tonite

(also important: bacon weave apple pie, and prawn pepper chilli fry :)

--Aria Chaturvedi





India Fuchs

Scone Recipe

## • APRICOT, WHITE CHOCOLATE, AND WALNUT SCONES •

Apricots, white chocolate, and toasted walnuts make a wonderful flavor combination. The heart-shaped variation is perfect for a romantic addition to breakfast in bed. You can shape the scones into heart shapes ahead of time. Wrap the unbaked scones tightly in plastic wrap and aluminum foil and freeze. Bake the still-frozen scone hearts about 20 to 25 minutes.

2 cups all-purpose flour  
1/2 cup granulated sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 cup unsalted butter, chilled  
1/2 cup heavy (whipping) cream  
1 large egg

1 1/2 teaspoons vanilla extract  
6 ounces white chocolate, cut into 1/2-inch  
chunks  
1 cup toasted coarsely broken walnuts (see  
Note)  
1 cup finely chopped dried apricots

Preheat oven to 375°F.

In a large bowl, stir together the flour, sugar, baking powder, and salt. Cut the butter into 1/2-inch cubes and distribute them over the flour mixture. With a pastry blender or two knives used scissors fashion, cut in the butter until the mixture resembles coarse crumbs. In a small bowl, stir together the cream, egg, and vanilla. Add the cream mixture to the flour mixture and knead until combined. Knead in the white chocolate, walnuts, and apricots.

With lightly floured hands, pat the dough out into a 9-inch-diameter circle in the

center of an ungreased baking sheet. With a serrated knife, cut circle into 8 wedges. Bake for 15 to 20 minutes, or until the top is lightly browned.

Remove the baking sheet to a wire rack and cool for 5 minutes. Using a spatula, transfer the scones to the wire rack to cool. Recut into wedges, if necessary. Serve warm, or cool completely and store in an airtight container.

Makes 8 scones

Note: To toast walnuts, place the walnuts in a single layer on a baking sheet and bake at 375°F for 5 to 7 minutes, shaking the sheet a couple times, until the nuts are fragrant.

Variation: To make scone hearts, on a lightly floured work surface pat out the dough to a thickness of about 1/4 inch. Using a 3 1/4-inch heart-shaped cookie cutter, cut the dough into hearts. Gather the scraps of dough together and repeat until all the dough has been used to make the hearts. Transfer the hearts to a baking sheet and bake as above. Makes about 9 hearts.

# SWEET POTATOES WITH SPICED LAMB & MUSHROOMS

serves 2 (or 1 with leftovers!)

## Ingredients

- 1 tsp. salt
- 1 large sweet potato or a handful of the smaller dudes (more is good too because they're yummy. also normal potatoes work fine—just nothing extra starchy)
- 1 fennel bulb, thinly sliced (plus fronds for garnish if you're feeling fancy) (if you don't have fennel, cucumber can be really nice)
- ½ small red onion, thinly sliced (sometimes I don't have a red onion and I don't worry about it)
- 1 yellow onion
- some apple cider vinegar (or rice vinegar—nothing fancy)
- olive oil
- ½ lb. ground lamb (beef is fine too, or if you're not in a meet mood, more mushrooms!)
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- 1 tsp. Aleppo-style pepper (chili flakes are ok too, but they're spicier)
- 8 oz. mushrooms, sliced (I'm very unspecific with my measurements when I make this. my protocol is usually just all the mushrooms I have. I'm a fan)
- ½ cup plain yogurt (full-fat is best)
- 2 Tbsp. fresh lemon juice (add some zest too!)
- ¼ cup mint leaves (I've never had mint leaves when making this, so do what you will)

## Preparation

Preheat your oven to 425°F. If the skin is tough, you probably want to peel your potatoes. Cut the sweet potatoes into planks or cubes or some nice roastable shape. Drizzle with olive oil and toss with a couple pinches of salt. Roast until browned with some crispy bits, about 40 mins.

Meanwhile, toss sliced fennel, red onion, vinegar, and ¼ tsp. salt in a bowl. Let sit, tossing occasionally, at least 10 minutes and up to 30.

Heat about 2 Tbsp. oil in a large skillet over medium heat. Add your diced yellow onions, and continues to still until they turned from translucent to slightly browned. Turn heat up to medium-high, and add lamb, cumin, cinnamon, 1 tsp. pepper, and ½ tsp. salt. Stir, breaking up big clumps. Cook until meat is completely browned. Scrape mixture into a bowl.

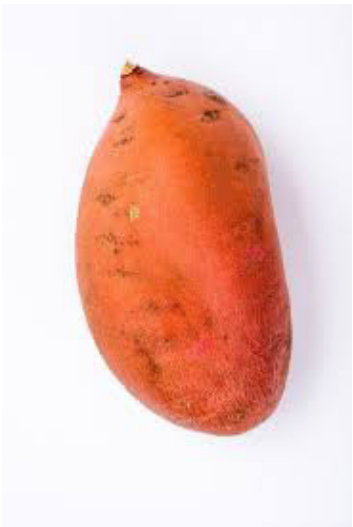
In the same pan, add mushrooms in an even layer; season with salt. If the pan is dry, add some more oil (butter is also extra yummy for mushrooms). Turn the pan down to medium heat and cook, stirring gently so that the mushrooms don't burn. Continue to cook until mushrooms are golden brown. Add lamb and onions back into the pan to mix and keep warm before serving.

Whisk yogurt, lemon juice, lemon zest, 1 Tbsp. oil and ¼ tsp. salt in a small bowl.

## Serving

Place potatoes in your bowl or plate first, then add your mushroom and lamb mixture. Drizzle with yogurt sauce, or heck, plop it on. Lift fennel and onion out of vinegar and scatter over your meal. Discard vinegar (or come up with a cocktail! Save some of the fennel for garnish if you do this!) Top with mint and fennel fronds if you have them. Yum.







## Story

I first made a version of this recipe for a good friend who came to visit me in New York. Our plan had been to spend some of Spring Break together, going into the city to museums and bars and concerts. Then there was a global pandemic and mobility in this world changed, and our plans did too. Foolishly (pandemically speaking), he maintained his travel plans and we spent a couple days staying in my room, watching movies, reading, listening to music, and cooking. Mostly we ate toast with various things on it, but one night we made a delicious meal together and drank tequila with various food refuse in it. The leftover vinegar, cucumber, and chili flakes made an excellent cocktail.

In my life so far, I have not cooked much for other people. I love cooking, but I cook mostly for myself and usually very simply. This was a meal made a little more special by the circumstance and celebration that it was—of ingredients, flavors, time, company—but it was also a bookend to my time in the kitchen at school. I suspected that I might not be back.

I've made this meal for my family two times since returning home. The first time we didn't have mushrooms or yogurt or cumin. The second time we didn't have fennel. Both times were equally delicious.

I hardly ever follow a recipe when cooking, but I often read them for inspiration. These cooking events were no different. The measurements and recipe for a similar meal was by Anna Stockwell. I'm sure it's good too.

--Glenna Adkins

Alexandra Duncan

## Trader Joe's Pork Gyoza Potstickers: Pork and Vegetable Dumplings

### Ingredients:

- 1 bag of potstickers
- 2 Tablespoons of cooking oil
- 3 Tablespoons of water
- 2 Tablespoons of soy sauce

### Instructions

1. Pour 2 tablespoons of cooking oil into a medium heated pan
2. Place frozen potstickers in the pan and brown them for about 1 minute
3. Reduce the heat to low and add 3 tablespoons of water
4. Cover the pan and simmer, allowing the potstickers to steam for 5 minutes
5. This meal is best served on a plate and covered in soy sauce :)

I used to make this for dinner at least once a week when I went to Hampshire and lived with my best friend Benin. Our kitchen was small and usually dirty af thanks to our housemates. Trader Joe's potstickers are a quick, easy, and delicious meal to cook on days when you don't want to put much effort into your dinner.

## **II: MANIFESTOS**

**Spring 2020 manifestos  
by the Media Burn class  
in order of appearance:**

**Alexandra\_E Sturm;**

**Lee-elle\_M Aboutboul;**

**Nathaniel Marvan;**

**Chatham\_Greenfield;**

**Kieran\_M Pilling;**

**Alexandra\_G Duncan;**

**Annabel\_J Cantor**

**Aradhana\_M Chaturvedi;**

**Glenna\_O Adkins;**

**India\_I Fuchs;**

**Frank\_Spillane;**

an introvert's manifesto

(to be declared internally ...with an inside voice)

we vow to watch carefully

counting seconds between

breaths

before making our move

we vow to overanalyze the state of things

like our hair

and your tone of voice when you address us

we vow to find elation in alone-ness

in dark quiet places

where our thoughts can bounce freely

into our unclenched hands

we vow **never** to cry out

even in the presence of pain

(to be still is to be powerful)

## Mad Lib - Artist Statement

\_\_\_\_\_ is an artist who works with \_\_\_\_\_. By focusing on techniques and  
Name media // material

materials, \_\_\_\_\_ finds that movement reveals inherent \_\_\_\_\_, a humor that echoes  
Name emotion

our own vulnerability. The artist also considers movement as a metaphor for

\_\_\_\_\_.  
Thought evoking statement

## Mad Lib Manifesto - What Art Makes Us Feel

We as people look for ways to document and express the human condition through \_\_\_\_\_  
news // media

and in recent years have expanded to explode what goes on beyond the bounds of

human consciousness. For example the \_\_\_\_\_, and \_\_\_\_\_ movement  
Artist movement(1) Artist Movement(2)

Emphasize the typical need for \_\_\_\_\_. And use this in their rhetoric intended for shock value  
Theme

And intends to achieve revolutionary effects. The arts address a wide series of issues including,

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. These \_\_\_\_\_  
World issue Personal struggle existential statement adjective

statements aid in the Construction of our \_\_\_\_\_, \_\_\_\_\_ towards the  
Adjective strong emotion

\_\_\_\_\_ of development of society.  
mental state



## Mad Lib Manifesto - Our Terms

- 1) \_\_\_\_\_ is an essential part of the artistic practice.  
Noun
  - 2) The practice of \_\_\_\_\_ introducing new materials into a project to rejuvenate your  
Adverb  
piece.
  - 3) The conceptualization of \_\_\_\_\_ as the new ideal of beauty  
Noun
  - 4) We demand to be \_\_\_\_\_ understood as a new form of objectivity  
Adverb
  - 5) Despite our inevitable existence in a world full of \_\_\_\_\_ \_\_\_\_\_ we claim  
Adjective Noun (s)
- To hold our belief of \_\_\_\_\_ being seen in everything around us from  
Artist name
- \_\_\_\_\_ to \_\_\_\_\_.  
Noun Noun

ALL YOUR ART SHOULD BE:

1. INDULGENT - Make something you would stop and look at if you saw it in your periphery.
2. SPECIFIC - Not every piece of you goes into everything you make.

ALL ART SHOULD BE COLLAGE!!

Do not pretend your art is original. Do not try to make your art original. Wear your influences with pride like a BRAND NEW CRISP LEATHER JACKET! LIKE SPONSORS ON A NASCAR DRIVER!! OBNOXIOUS!!

Dont move a thing move the shit connected to the thing.

TAKE A BIG FAT DUMP ON INTELLECTUAL PROPERTY LAWS!!

DENSITY IS THE SOUL OF WIT!!

make something really bad every month. if you can stand to look at it for more than ten seconds at a time its nowhere near shitty enough.

Plot holes are good actually :)

write a fanfiction for once in your useless life its a great exercise just get over yourself and do it

community !! share it baby/!!

dude just come back to it youll figure it out later dont even sweat it bro you can just figure it out as you go nobody will notice or maybe they will and if they do thatll be pretty fucking funny right at least i think so anyways just move on to something else seriously

Liver? I hardly know her!

-a Chatham Joan Greenfield manifesto

1. I am too tired to make my words pretty or my transitions clean so I will not bother.
2. I will not bother to pretend 10 hours of sleep or 12 or even 14 is enough for me. I will not bother to pretend to have a body that eats and rests and sleeps and moves like yours.
3. It is untrue to say I don't owe anyone anything. I owe my best friends a great deal. However, I don't owe anything to the people who look me in the eyes and quickly look away and pretend they didn't once hold me and tell me I was theirs and they were mine.
4. In this vain: I will continue with my philosophy of only surrounding myself with people who bring me more joy than pain. If you spend more time begging someone to love you than being loved by them then they are not worthy of getting to have you.
5. My art gets to have me and my art is very lucky for that.
6. I'll listen to even more Fiona Apple. I'll watch even more bad television. I'll rewatch *You've Got Mail* for the umpteenth time just for the part when Joe Fox says, "If I hadn't been Fox Books and you hadn't been *The Shop Around the Corner*, and you and I had just, well, met...I would have asked for your number and I wouldn't have been able to wait twenty-four hours before calling you and saying, 'Hey how about some coffee or, you know, drinks or dinner or a movie...for as long as we both shall live?'"
7. I'll write and create for love that feels like that. I'll write and create for forgiveness that feels like that.
8. The liver forgives but this doesn't happen naturally. I have to help it. When the going gets tough, I'll let it worsen and then heal it again and again and again. I won't forget that I am stuck between death and a hard place and I am choosing the hard place again and again and again.
9. I think often of the final scene in *Labyrinth*, when Sarah says, "I need you, Hoggle. I don't know why, but every now and again, for no reason at all, I need you, all of you."
10. I need you. Every now and again, for no reason at all, I need you, all of you, all of the people and things who love me without having to be asked. Thank you for letting me need you. What a privilege it is to have people and a liver and art to owe a great deal to.

## **kieran pilling**

all subtitles must be yellow and pixelated

the phrase “punk rock” about a piece of artwork should be illegal

poptimism is a sham

all art should be made by and for the working classes

Take Jesus – Take Marx – Take Hope

the poor image is the best image

america has not ushered an interesting art theory since Burroughs\*

\*and even he copied someone

jeff koons should be illegal\*\*

“prog” is only good if its

1) not American, Canadian, or British 2) Communist 3) Minimal

\*\*and burned for fuel

Hyphens should be used more often, and new Words should be created,

READ

postmodernism is a Ponzi scheme

Repetition & brevity”

Occasionally

Collage

Folk

i am a modernist

1. white boards, planners, and an iphone aid the forgetful mind
2. go to bed early so that you may wake up while the sun still hangs high in the sky
3. continue to be patient and mindful
4. remember to save enough energy for yourself
5. be just as kind to yourself as you are to others
6. create portraits
7. use this semester as an opportunity to explore Yonkers and make art

Ah, what a burgeoning narcissist I would have to be to adopt the aesthetics of the manifesto in earnest, and what a tired postmodernist, to adopt them in irony. The part of me that wants to write manifestos is the same part that throttles good work, with her brandy-snifter-bravado. I have done my best to keep her subdued, relegated to the past. Precocious children have a predilection for manifesto-ing. I think once I get better at merging on the freeway i will get better at writing my own kind of manifesto, freer from this baggage. There is a certain kind of confidence that i am cultivating.

I sort of absolutely refuse to give you any absolutes, nothing you can yell off a rooftop, or serve up on a platter because I have yet to find any of them. Maybe my metal detector is faulty, set to search for wood or plaster. I do not yet have any reliable habits or any fixed personal routines. I am also cultivating discipline, (but I'm not telling you to do so). I'm just an undergrad, so I'm not authorized to prescribe.

I am reading this aloud as i write because I feel the need to put things into the air. My thoughts crystallize with more clarity when spoken aloud.

And that is what i want out of art, too.

I want a tangibility of things, a closeness. I like a corporeality from all things, even ((especially?) those that seem to lack it.

According to the Values in Action (VIA) profile, I am most driven in this world by an “””””appreciation of beauty and excellence”””””

so much so that going for a walk with a clean pair of contacts  
is the only way to instantly mainline black tar serotonin into my brain.

But beauty is one of the most subjectivest things

And when asked, i cannot identify in any simple way what it is that i find to be beautiful. I am drawn to fruit. I am drawn to bodies in space. I am drawn to light in air. I am drawn to words that attempt to encapsulate novel elements of the experience of existing. I am drawn to moments in which simplicity and complexity seem to coexist. But most consistently, The nexus of the visual and tactile and experiential. The feeling of copresence, withness.

And it's because of this withness that I do not wish to outlast my body

I don't want (my work) to live on

I want to be with you, as we experience it live and die.

I don't want to claim to know how art should be made, or what art we should be making.

But if I like what you do, eventually i'll extend an invitation, if i ever get over feeling shy/nervous/boxed in by my usual medium.

I want to discover things with you, if you'd like to join me. Over tea or over the phone or under a table, playing bomb cellar or 5th grade sleepover.



## • MANIFESTOOOO

walked alone to le poisson rouge What a dream what a dream

Flowers are meant to be Eaten —  
masticated and swallowed and regurgitated into another's throat

Attack generator output to gate input: PURPLE  
Trigger from generator to sequencer: PURPLE  
Trigger to sequential voltage source: RED

Translate from Estonian  
(could not translate tweet)

Classic "was a shaman in her previous life" problem

what song plays in your head when you think about Italian Futurism?

"There are black roses sewn to your forehead  
And they smell like shit, seriously"

**Like Cook Ding isn't hacking against the ox but following the ox with his knife. you don't have to experience everything to have a generosity towards another; to view other people's ideas as being valid. This is a critique on the failure of imagination, and continues to insinuate the importance of reciprocity or empathy. I don't think the point is what side he would be on. The entire project is about the ability to see beyond yourselves.**

i thought i could organise freedom

Helvetica is a disease  
Naked, and a pilfered lilith:

The first person who made me feel viscerally like I feel about art was R. then I came home for the winter of 2016 and something happened; I started to miss people. I know I attribute starting to miss people to you, because we like to quantify and organize, and maybe you did, but today I look back and all I can think of is R. I separate the two because I'm not in love with you, and you don't make me feel the way she does. But in pockets, sometimes.

taylor swift is the only truth we have left in this sorry world

i'm scared of ordering nachos at the movies  
in case i start throwing up and every one in  
the theater tries to pull out my tongue

it's so interesting 2 find references 2 ancient Chinese philosophical texts in boyband music

I'm gonna have to kill myself soon  
there's too much orange in this room

firm believer in the ubiquity of cosmic pandering

no more biting nails, no more using the word "discursive". art is brave and serves truth, not flattery and riches. It is for the miners, the farmers, the artisans and the fisherman

and i am thrilled to announce that i did not get that internship at le poisson rouge

starting is hard  
Avoidance. Delay. Denial.

Write a to-do list for the third time.  
Organize your desk. Then do the damn thing.

“oh, that wasn’t so bad”

Be receptive to the flaw as inspiration.

Follow the glimpse of a thought. It will lead you elsewhere  
sometimes that’s where you need to be.  
Look back at your traces sometimes. It can be nice to go home.

Do not grip too tightly to that space called art; you’ll miss those things that are actually there.

Be unserious with a serious purpose. Think: *believing* rather than *knowing*.  
What do you *really* know?

Believe in bravery in the face of art.

Believe in putting strange things together to see if they rub off  
take off  
get off

Believe in the bravery of each other.

What happens when they get in bed after the show?

Believe in pies that look ugly and taste good.  
(Maybe it was strawberry rhubarb and it made you cry)

Believe in the beauty of ashes.  
Look for the embers.

Believe in the lightness.

– glenna adkins

## Spring Manifesto - india fuchs

1. And if it turns out real, then love can turn the wheel.
2. Remember Mary Magdalene's selfless emotional labor for others.
3. You're not a work.
4. Explain very simply in a sentence how you feel.
5. Shower before pregaming.
6. Dance often.
7. Don't talk loudly about people you like.
8. You're an insulting girl on her bike riding down the hill, but you skid to a stop and stare them down and surprise them. They need to stop being surprised by you.
9. Make AR filters on Instagram.
10. Remember/Stop forgetting.
11. How will i get home? I have no money
12. Have more sleepovers.
13. show them the way you've learned and pay attention when they show you their way
14. earn more money to pay for the limo
15. Don't forget Talisa's birthday
16. call mother when you're crying in bed. stop listening to johnny greenwood because you will cry in the library and colette can hold your hand why are you so upset.

Frank Spillane  
Spring Manifesto

Life is beautiful. The world is a beautiful place and it is beautiful to live and be alive.

INDULGE IN:

1. life
2. living
3. intense and frightening emotions
4. swooning passions
5. frivolity
6. ecstatic melancholy
7. feminine masculinity
8. oxymoron
9. youthfulness
10. balmy weather
11. earnestness
12. collecting
13. aesthetic pleasures
14. nostalgia
15. romanticism
16. hedonism
17. maximalism

DO NOT:

1. indulge capitalism, fascism, racism, sexism, antisemitism, ableism, etc
2. romanticise hatred and hatefulness
3. let nostalgia taint harsh truths of the past
4. let maximalism be an excuse for prescribing to capitalism
5. let yourself believe that anyone is lesser than you
6. hurt others
7. become embittered with the world
8. lose your belief in the inherent good in humanity
9. let outside perception stop you from enjoying things
10. try to look for “purity” in art— it doesn’t exist
11. limit yourself aesthetically



**Forget-me-not — Stock photos**  
**Media Burn 2019-20 Sarah Lawrence College**  
**guided by Jenny Perlin**