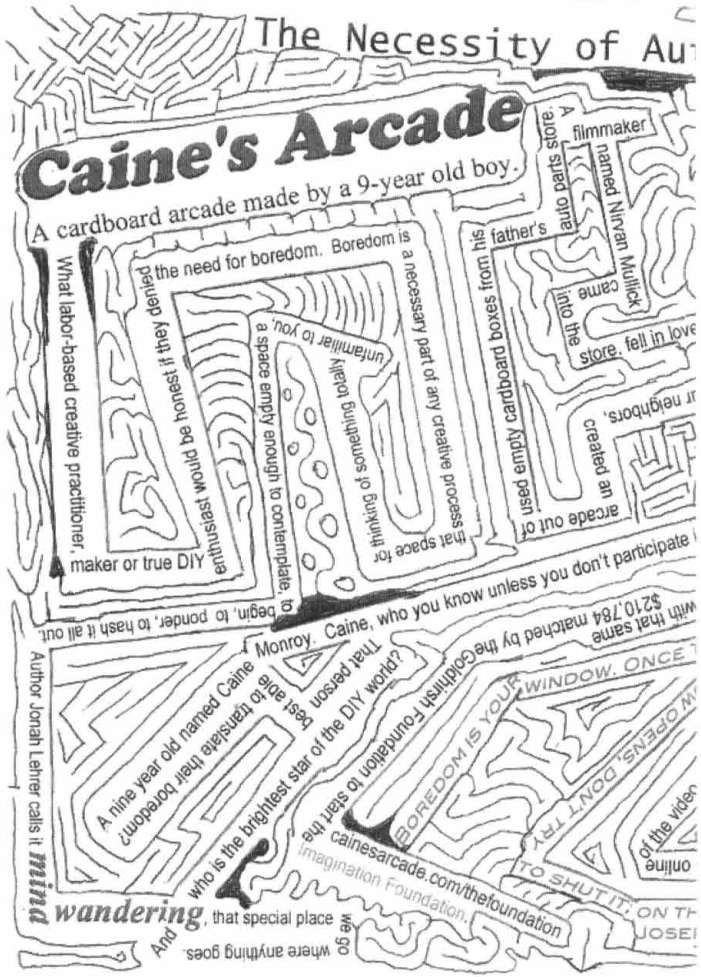

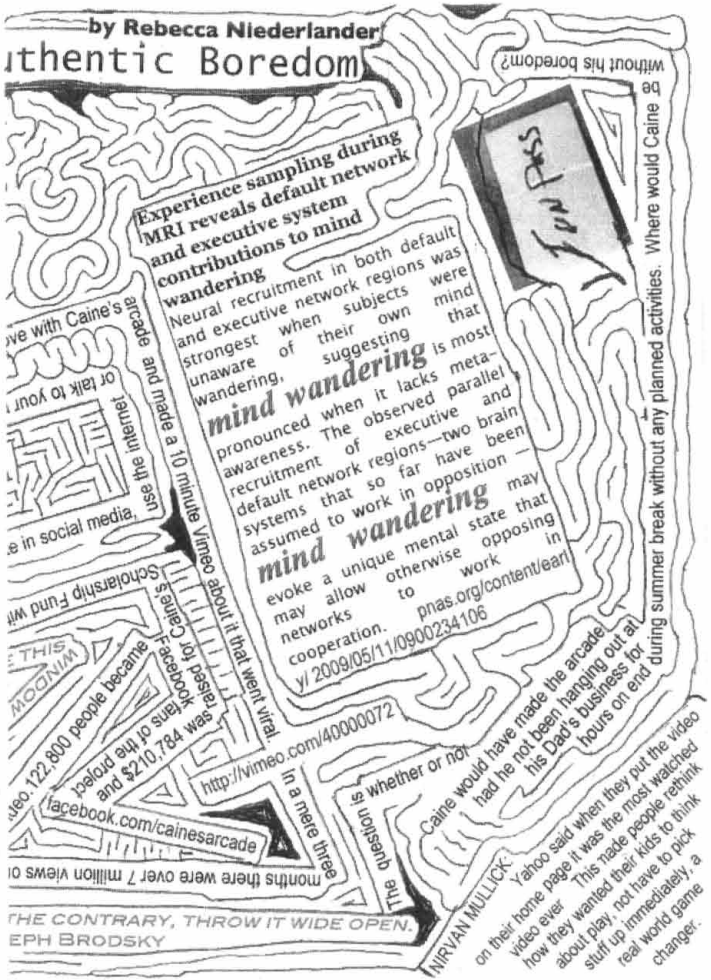

The Necessity of Au[illegible]uthentic Boredom

by Rebecca Niederlander

Caine's Arcade

A cardboard arcade made by a 9-year old boy.

What labor-based creative practitioner, maker or true DIY enthusiast would be honest if they denied the need for boredom. Boredom is a necessary part of any creative process that space for thinking of something totally unfamiliar to you, a space empty enough to contemplate, to begin, to ponder, to hash it all out.

A filmmaker named Nirvan Mullick came into the store, fell in love [illegible] created an arcade out of used empty cardboard boxes from his father's auto parts store.

Monroy. Caine, who you know unless you don't participate [illegible] with that same $210,784 matched by the Goldhirsh Foundation to start the cainesarcade.com/thefoundation Imagination Foundation.

A nine year old named Caine [illegible] best able to translate their boredom? That person who is the brightest star of the DIY world?

And [illegible] wandering, that special place we go where anything goes.

Author Jonah Lehrer calls it mind wandering.

BOREDOM IS YOUR WINDOW. ONCE [illegible] WINDOW OPENS, DON'T TRY TO SHUT IT. ON TH[illegible] JOSE[illegible]

[illegible] of the video online

[illegible]ve with Caine's arcade and made a 10 minute Vimeo about it that went viral. [illegible] or talk to your [illegible] use the internet [illegible] in social media, [illegible] Scholarship Fund wi[illegible] [illegible]eo.122,800 people became [illegible] Facebook for Caine's [illegible] and $210,784 was raised for [illegible] fans of the project [illegible] facebook.com/cainesarcade

[illegible] months there were over 7 million views o[illegible] In a mere three [illegible] http://vimeo.com/40000072

The question is whether or not Caine would have made the arcade had he not been hanging out at his Dad's business for hours on end during summer break without any planned activities. Where would Caine be without his boredom?

NIRVAN MULLICK: Yahoo said when they put the video on their home page it was the most watched video ever. This made people rethink how they wanted their kids to think about play, not have to pick stuff up immediately, a real world game changer.

Experience sampling during MRI reveals default network and executive system contributions to mind wandering

Neural recruitment in both default and executive network regions was strongest when subjects were unaware of their own mind wandering, suggesting that *mind wandering* is most pronounced when it lacks meta-awareness. The observed parallel recruitment of executive and default network regions—two brain systems that so far have been assumed to work in opposition—*mind wandering* evoke a unique mental state that may allow otherwise opposing networks to work in cooperation. pnas.org/content/earl y/ 2009/05/11/0900234106

Fun Pass

[illegible] THE CONTRARY, THROW IT WIDE OPEN. [illegible]EPH BRODSKY