

Note: This section functions as an interpretive and experiential appendix to Olivia Comstock's essay, "Table Remains: Sites of Discipline and Alternative Empathies, or an Invitation for Found Object Transformation." Designed to accompany and extend the themes of the essay, these instructions offer a hands-on way to engage with the concepts explored—particularly through the act of transforming found objects into new forms of meaning and memory. If viewed on its own, consider it a creative framework for reflection and material inquiry.

Instructions for Found Object Transformation

1. As you go about your daily life, pay attention. Look for an object to which you feel drawn, even if you can't explain why. (You may find it at the thrift store, discarded on the side of the road, or in your junk drawer or closet.)
2. Set aside 10–30 minutes to work with your chosen object. Invite friends, family, or children to participate with their own objects.
3. Using any material for transformation (clay, paint, fabric, yarn, aluminum foil, paper, pencils, dirt, or anything else you have), transform your found object into a new object. Think expansively while creating the new object—it should not be an exact replica.
4. While you are making your new object, reflect on what memories, histories, materials, labors, etc. are contained in your found object. What stories could it hold?
5. Once you are done making your object, reflect on what new memories, histories, or materials are now embedded in your new object. How are these different from the found object?

At the end, reflect on the entire process. How did using your own hands to repeat Quezada's process affect your understanding of *Table Remains*?

