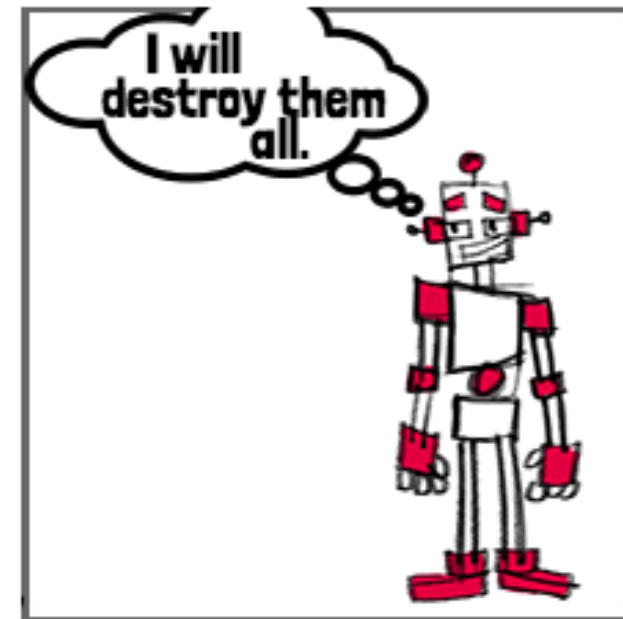
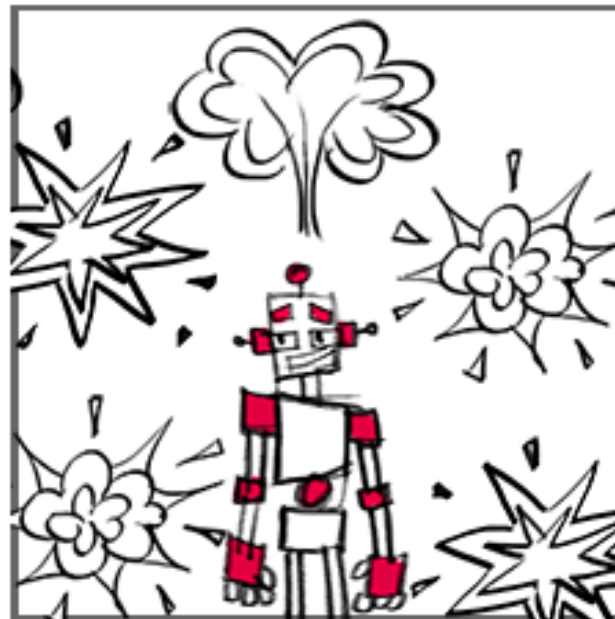


# Play, chance, and comics: losing control in digital space



[matthewfinch.me/about](http://matthewfinch.me/about)



**Audrey Watters**

@audreywatters



Following

The big shift isn't that content is digital. It's that the learning culture is participatory - @AngelaMaiers #beyondthetextbook

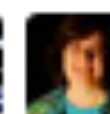
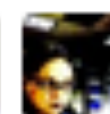


RETWEETS

161

FAVORITES

39




1:00 PM - 19 Mar 2012



### Doctors dole out prescriptions for exercise

By LAURE LANGRISH  
Published December 26, 2014

Patients are coming out of the doctor's office with prescriptions for physical activity in addition to drugs, doctor referrals and follow-up protocols.



Doctors are working exercise consulting into office visits and calling exercise a "vital sign" to be measured when they take readings like pulse and blood pressure. Rather than just explain the dangers of inactivity, they suggest the right amount of exercise, and in some cases refer patients to certified trainers or physical therapists who can design regimens for different medical conditions such as asthma and diabetes that might limit certain activities.

The efforts stem from Exercise is Medicine, a program overseen by the American College of Sports Medicine, which encourages primary-care doctors and other health-care providers to include physical activity when designing treatment plans for patients. A conference last week at Harvard Medical School in Boston, sponsored by the Institute of Lifestyle Medicine at Joslin Diabetes Center, used strategies from Exercise is Medicine to help practitioners counsel and motivate patients to be more active and prescribe customized exercise programs. Doctors participated in yoga and Zumba classes to encourage them to get in shape and set good examples for patients. Patients were able to ride on bike and treadmill desks during lectures.

Although the benefits of exercise in preventing and controlling a number of diseases are well-known, studies show that doctors don't always counsel patients to add more physical activity. About half of Americans report that they meet federal guidelines to engage in at least 150 minutes a week of moderate aerobic activity, but not everyone owns up to how little exercise they get, according to the Centers for Disease Control and Prevention. A 2011 study published in the American Journal of Preventive Medicine found only about 10% of adults actually met recommended levels, though 62% reported they did.

For more information, visit <http://www.exerciseismedicine.org/news-from-the-field/acsm-top-fitness-trends-for-2015>

### ACSM Names 2015's Top Fitness Trends

By The Editors

The American College of Sports Medicine (ACSM) released its 2015 Worldwide Survey of Fitness Trends, showing that body-weight training claimed the top spot from high-intensity interval training last year. Fads such as Zumba, Pilates, and balance training didn't crack the top 20.

Each year, the ACSM canvasses thousands of fitness professionals and releases a report listing the top worldwide fitness trends. The goal is to "help the health and fitness industry make some very important investment decisions for future growth and development," while dismissing some of the passing fads that lack staying power, according to the 2015 survey introduction. Survey author Walter Thompson, a kinesiology and nutrition professor at Georgia State University, wrote that these decisions "should be based on emerging trends embraced by health fitness professionals and not the latest exercise innovation marketed during late-night television or the next hottest celebrity endorsing a product."

Body-weight training, high-intensity interval training, using fitness professionals, strength training, and personal training round out the top five. Outdoor activities, a category encompassing hiking, kayaking, and climbing, came in at number 12. This category has been trending upward since its 2010 debut at the 25th spot. The rise is due personal trainers starting to incorporate more outdoor programs into their routines, according to the survey. Boot camps, like the one T.J. Murphy endured when he enrolled in at three-day Kokoro camp earlier this year, finished the year at number 20.

Some survey respondents believe that the rising popularity of body-weight training and boot camps—which involve little equipment and are therefore relatively cheap—is due to the stagnant economy. An exercise routine like indoor cycling, which requires a several-hundred-dollar stationary bike, may seem less appealing for people on a budget.

"Indoor cycling is very expensive to maintain," Thompson told NPR. "If one of those bikes break, if you can't fix it yourself... you're looking at \$100 to \$200 to repair something as simple as a pedal."

Out of the 39 trends the ACSM evaluated, the lowest ranking were mixed martial arts, medicine ball slamming, and Bokwa (a cardio/dancing program where participants draw letters and number with their feet).

For more information, visit <http://www.exerciseismedicine.org/news-from-the-field/acsm-top-fitness-trends-for-2015>

### Heart Disease: What You Need To Know

Published 6, 2015 by Benito Oliver

Cardiovascular disease (CVD), simply known as heart disease, is the leading killer of both men and women in the U.S. and generates more than \$3 billion annually in healthcare costs (Go and Mozaffarian, 2014). Fortunately, most contributing risk factors can be easily addressed to avoid consequent health issues. We can decrease our chances of developing CVD by improving our diet, staying active and maintaining a healthy weight.

**Diet vs. Lifestyle**

A diet usually involves deprivation and/or elimination of entire categories of food, so it's best to ditch the diet notion and instead opt for less dramatic changes over time for a more effective way to approach eating habits. This slow transformation gives you an opportunity to naturally adopt changes into your lifestyle so that they are easier to maintain long term. Begin with increasing awareness of the current foods you are consuming.

There are numerous dietary-tracking apps available to help you analyze what you eat (Calorie King, FitDay, Fooducate, My Calorie Counter, My Fitness Pal, My Net Diary, Spark People, SuperTracker).

**Good Fat – Bad Fat**

Not all fat is created equal. Saturated fat, which is found mostly in animal products, can contribute to LDL ("bad") cholesterol levels in our blood. High LDL cholesterol is a major risk factor for heart disease (National Heart Lung and Blood Institute, 2005). Aim for no more than 10 percent of total calories from this type of fat. Trans fats are another concern, as they also tend to raise LDL levels; they also lower HDL ("good") cholesterol levels. Trans fats are typically found in processed foods such as cakes, cookies and crackers in the form of partially hydrogenated oils. Instead aim for healthier unsaturated oils typically found in plants. The monounsaturated varieties include olive and canola oil, while the polyunsaturated fats are found in sunflower and corn oil, as well as in foods such as avocado, nuts, seeds and fatty fish like salmon, trout, herring and mackerel.

**Fiber**

Fiber is an important nutrient in whole grains, fruits and vegetables. Fiber, together with regular exercise, can help lower LDL cholesterol, moderate blood-sugar levels, decrease one's risk for certain types of cancer and alleviate constipation. Check nutritional labels and choose crackers, cereal, pasta and bread that have at least 3 grams of fiber per serving.

**Sodium**

Excess sodium (salt) can lead to hypertension or high blood pressure—a condition that puts you at greater risk for heart disease, heart attack and stroke (American Heart Association, 2014). The typical American diet contains about 4,000 to 5,000 mg/day of sodium, which is three times the recommended intake of ~1,500 mg/day for most individuals. A majority of the salt in our diets doesn't come from the shaker, but rather from processed and canned foods and restaurant meals. Learning to recognize and limit higher-sodium sources can go a long way toward improving your health.

### Strength training trumps cardio in controlling belly fat: Harvard School of Public Health

Published on December 22, 2015 by Steve Hirsch Dineen

Boston, MA — Healthy men who did twenty minutes of daily weight training had less of an increase in age-related abdominal fat compared with men who spent the same amount of time doing aerobic activities, according to a new study by Harvard School of Public Health (HSPH) researchers and colleagues. Combining weight training and aerobic activity led to the most optimal results. Aerobic exercise by itself was associated with less weight gain compared with weight training.

"Because aging is associated with sarcopenia, the loss of skeletal muscle mass, relying on body weight alone is insufficient for the study of healthy aging," said lead author Rania Mekary, a weight researcher in HSPH's Department of Nutrition. "Measuring waist circumference is a better indicator of healthy body composition among older adults. Engaging in resistance training or, ideally, combining it with aerobic exercise could help older adults lessen abdominal fat while increasing or preserving muscle mass."

Mekary and colleagues studied the physical activity, waist circumference (in centimeters (cm)), and body weight of 10,500 healthy U.S. men aged 40 and over participating in the Health Professionals Follow-up Study between 1996 and 2008. Their analysis included a comparison of changes in participants' activity levels over the 12-year period to see which activities had the most effect on the men's waistlines. Those who increased the amount of time spent in weight training by 20 minutes a day had less gain in their waistline (-0.67 cm) compared with men who similarly increased the amount of time they spent on moderate-to-vigorous aerobic exercise (-0.33 cm), and yard work or stair climbing (-0.16 cm). Those who increased their sedentary behaviors, such as TV watching, had a larger gain in their waistline.

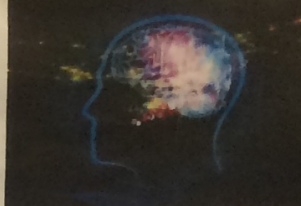
"This study underscores the importance of weight training in reducing abdominal obesity, especially among the elderly," said Frank Hu, professor of nutrition and epidemiology at HSPH and senior author of the study. "To maintain a healthy weight and waistline, it is critical to incorporate weight training with aerobic exercise."

"Weight training, aerobic physical activity, and long-term waist circumference change in men," Rania Mekary, Anders Grotte, Jean Pierre Despres, Leonardo Pereira De Moura, Morten Aagaard, Walter Willett, Eric Rimm, Edward Giovannucci, Frank Hu, Obesity, online December 22, 2014.

### Your Brain On Exercise: 30 Minutes Of Physical Activity Makes Your Brain More 'Plastic'

Oct 26, 2014 10:24 PM by Justin Cuba

Evidence has shown that regular physical activity can improve cognitive function and brain plasticity. However, research has been unclear in proving how much exercise is needed and how long these benefits can last for. A recent study conducted at the University of Adelaide in Australia suggests that one 30-minute session of vigorous exercise can lead to changes in the brain that make it more "plastic," including improvements in memory and motor skill coordination.



"Although this was a small sample group, it helps us to better understand the overall picture of how exercise influences the brain," lead researcher Associate Professor Michael Ridding said in a statement. "We know that plasticity is also important for recovery from brain damage, so this opens up potential therapeutic avenues for patients. Further research will be required to see what the possible long-term benefits could be for patients as well as healthy people."

Ridding and his colleagues recruited a small group of adults in their late 20s and early 30s who were asked to ride exercise bikes for a period of 30 minutes. The team of neuroscientists monitored changes in the brain directly after the exercise session and again 15 minutes later. Results show that even one 30-minute session of physical activity can improve the brain's plasticity, or its ability to change physically, functionally, and chemically. Positive changes in the brain were sustained 15 minutes after exercising.

"We saw positive changes in the brain straight away, and these improvements were sustained 15 minutes after the exercise had ended," Ridding added. "Plasticity in the brain is important for learning, memory and motor skill coordination. The more 'plastic' the brain becomes, the more it's able to reorganise itself, modifying the number and strength of connections between nerve cells and different brain areas. This exercise-related change in the brain may, in part, explain why physical activity has a positive effect on memory and higher-level functions."


A similar study conducted at the University of Illinois at Urbana-Champaign found that regular exercise can benefit the brain's supply of white matter, also known as "the subway of the brain" due to its ability to connect different regions of grey matter in the cerebrum to each other. Researchers assessed the link between physical fitness and the brain in 24 9- and 10-year-olds. Children who were more physically fit had thicker and denser white matter, meaning they had a greater capacity for memory, attention span, and cognitive efficiency.

Source: Ridding M, et al. Just 30 minutes of exercise has benefits for the brain. University of Adelaide. 2014.

### Young adults' brain function may be boosted by exercise

Written by Catherine Hubbert PhD

Regular exercise improves brain activity in young adults, says a new study. The researchers raise counter to the popular belief that because they are in their prime and the peak of their cognitive ability, young adult brains do not benefit from exercise in the same way as older brains.



The new study found that young women who exercised regularly had higher oxygen availability in the frontal lobe of the brain and performed best on difficult cognitive tasks compared to counterparts who exercised less.

There is already a lot of evidence that aerobic exercise improves brain function in older adults, but how it affects young adults is somewhat unclear.

The new study found that young women who exercised regularly had higher oxygen availability in the frontal lobe of the brain and performed best on difficult cognitive tasks compared to counterparts who exercised less.

Oxygen availability is already known to be important in cognitive functioning, which among other things covers thinking, memory, learning, reasoning, intelligence, attention, visual and motor skills and language.

Dr. Machado says she got the idea to do the study from noticing over the years how students at the university seemed to be less and less fit.

"I wondered whether we might find significant relationships between exercise levels, oxygen availability in the brain and cognition in the young adults, but no studies had considered this in healthy young adults," she adds.

For their study, the team enrolled 32 healthy female university students aged 18-30 and asked them to complete a range of computer-based cognitive tests while they measured their oxygen availability in the frontal lobe of their brain. The researchers also asked them questions about how often they exercised.

The researchers used near-infrared spectroscopy (NIRS) to measure the participants' brain oxygen supply as they performed the computer tests. When a specific area of the brain is active, there is a rapid change in the local blood supply that NIRS detects by measuring changes in hemoglobin concentration.

Dr. Machado says their "surprising" findings show that both blood supply to the brain and cognitive function seem to improve when young adults exercise regularly, and notes:

Copyright: Medical News Today

### How to Get Out of an Exercise Rut and Into a Healthy Routine

Published 10/23/2014 11:00 am EST Updated 10/23/2014 4:29 pm EST

If you don't love your workout, you aren't as likely to... 1. Do it. 2. Stick with it.

No one jumps out of bed in the morning, throws off the covers, and flashes off with excitement to do something they dread. If you want to be a regular exerciser, my first bit of advice is to find a form or two of exercise you love. You won't have to drag yourself to do something you love. But there's one other secret to committing to exercise and loving your workouts long-term: You've got to make sure you establish a good routine and avoid getting into an exercise rut.

"Stay committed to your decisions, but stay flexible in your approach," — Anthony Robbins

**How to Get Out of an Exercise Rut**

- If you are only doing steady state cardio, add weight training.
- Vary your intensity. You can mix up your intensity in multiple ways. If you typically run a 30-minute mile, try running a nine-minute mile. Push yourself a little bit. If you take group fitness classes, focus more on your technique, put more effort into the class, or use heavier hand weights. When you change, it will lead to change in your body.
- Add intervals to your workouts. Alternate bursts of intense activity with intervals of lighter activity. You can add intervals to any activity. If you wanted to add intervals to a walk, you could mix up walking at a leisurely pace by two to three minutes of full on power walking. You will burn more calories and surprise your body too.
- Venture out of your comfort zone and try a new form of exercise. Even if you love what you currently do, chances are there's another form of exercise you will love too. If you love more than one form of exercise, it will be easier to keep your weekly routine mixed up.
- Add some time to your workout. If you are used to working out for 30 minutes, try 45 minutes.
- Add a group fitness class that focuses on muscle building, or use your own body weight to do some muscle building moves.
- If you are in a sedentary rut, go on a quest to find one form of exercise that appeals to you. Devote one month to trying different forms until you find a workout you can't live without.
- Grab a friend or family member to exercise with you for accountability and the social time.


Now goodbye to that dreadful rut and love your fitness routine with these strategies. No longer will you have to devote so much time to wishing your body could be different, because your body will be different!

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### What Weightlifting For Just 20 Minutes Does To Your Brain

The Huffington Post By Stephanie Howard, Posted: 10/22/2014 4:02 pm EST Updated: 10/22/2014 4:59 pm EST

You may be surprised by what a quick workout session can do for your brain.



It's no secret that weightlifting is good for you — from building muscle tissue to relieving stress — but now a new study on brains and brains suggests that going hard in the gym for as little as 20 minutes can boost your long-term memory by around 30 percent.

"Our study indicates that people don't have to dedicate large amounts of time to give their brain a boost," study leader Lisa Weisberg, a graduate student at the Georgia Institute of Technology, said in a written statement. Just check out a video describing the study above.

For the study, researchers asked 48 healthy young adults to try to remember a series of 90 photographs that were shown on a computer screen. Then half of the group worked out on a leg-extension exercise machine — doing 50 reps — while the other half sat in a chair and didn't exercise. The researchers then took saliva samples from each person.

Two days later, the same men and women met with the researchers again to look at a series of 180 photographs, which included the 90 photos that were shown before. This time, the men and women were asked to recall which photos they had seen previously and which were new. What did the researchers find?

The people who exercised remembered around 40 percent of the photos they had seen before, while those who didn't exercise remembered only around 30 percent.

Previous research in older men and women (50 to 85 years old) has found that a brief workout improves memory due to the exercise-induced release of the stress hormone norepinephrine. Scientists have long known that the hormone, a chemical messenger in the brain, plays a strong role in memory norepinephrine in their saliva samples. See the connection?

"The findings are encouraging," study co-author Dr. Audrey Duarte, an associate professor of psychology at the institute, said in the statement. "Even without doing expensive fMRI scans, our results give us an idea of what areas of the brain might be supporting these exercise-induced memory benefits."

The study was published online in the journal Acta Psychologica on Sept. 28, 2014.


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### Fix Your Form: How To Do The Perfect Squat

Published 10/21/2014 7:57 am EST Updated 10/23/2014 7:57 am EST


If you don't know your way around a weight room, heading to the gym can be intimidating — and even dangerous. But paying attention to a few simple rules of proper technique can make you slimmer, stronger and healthier all over.

That's why we asked John Romaniello, trainer, author and founder of Roman Fitness Systems to show us what's what when it comes to strength training. He'll be helping us tackle some of the most common mistakes we all make while building muscle, plus giving us tips and tricks for better form. This week, we're focusing on squats.



**The Faux Pas:** "Most of what I see is people doing quarter-reps," says Romaniello, meaning you're likely not squatting as deeply as you can and should be. Part of the problem is starting with your feet too close together," he says, which causes the heels to slightly lift off the ground as you bend.

**The Fix:** Keep your balance by more solidly grounding your feet in a wider stance, he says. You'll stay steady and strong as you squat deeper, which in turn allows you to lower your body all the way until you could be sitting in an invisible chair.



You may also find your knees drift inward, compromising stability," says Romaniello. If you find your knees caving in, "position the legs so the knees and toes point slightly outward," he says. This will engage the glutes and keep the knees from drifting in."


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### Fix Your Form: How To Do The Perfect Lunge


Published 10/21/2014 8:17 am EST Updated 10/23/2014 8:22 am EST

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**The Faux Pas:** "The number one mistake here is that people look down at their feet, and, where the head goes, the body follows," Romaniello tells The Huffington Post. We've over-emphasized this common problem in the photo below. "By looking down at your feet, you force your body to 'round' unnaturally downward," says Romaniello, which can throw you off balance or place unwanted stress on your joints.



**The Fix:** "Make sure you look straight ahead, keep your shoulders back and spine straight," says Romaniello. Frequently finding yourself glancing down to gauge where to place your forward foot? Rather than worrying about foot placement, lunge forward a distance that simply feels natural, he adds.

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Knowledge, information, and opinion flow in and out of physical and digital spaces these days...



## Fix Your Form: How To Do The Perfect Squat

Posted: 06/12/2012 7:57 am EDT Updated: 06/12/2012 7:57 am EDT

If you don't know your way around a weight room, heading to the gym can be intimidating -- and even dangerous. But paying attention to a few simple rules of proper technique can make you slimmer, stronger and healthier all over.

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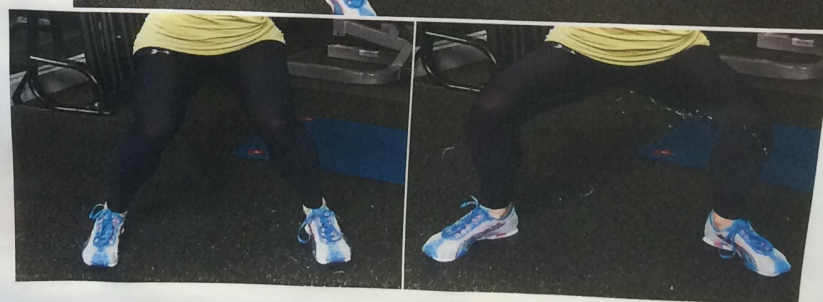
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At my gym, they print out fitness tips from the Internet...



And there's a whiteboard for users to add their own comments...

I understand what you're saying however I feel that 5 brief points is better than no points at all! Youtuber Jonnie Candito has excellent & informative videos that can help everyone out! If you half or quarter squat you should fix your priorities! I welcome more opinions! xoxo Cheat on diets not squats.™

THIS IS DANGEROUS ADVICE. • HOW "LOW" YOU CAN SAFELY GO IS DETERMINED PRIMARILY BY THE DEPTH OF THE HIP JOINT. SEE "ULTIMATE BACK FITNESS + PERFORMANCE" BY STUART MCGILL.

Thanks, that book changed my life. So specific about how its dangerous and what I should be doing instead. Your advice is much better than these 5 brief points. Thanks again.

## Are you SQUATTING low enough?

To improve:

1. Just squat deeper (you know if your not....)

2. Stretch

Glutes  
Hamstrings  
Hip Flexors  
Lower Back  
Calves

Spend time down there and work up to being able to hold for 5mins

3. Sit in the bottom of your squat to get use to the depth. You can hold a pole for assistance if needed

4. Form before weight. Leave your ego at the door. Strength comes from form

ie. - Chest tall - Push knees out as to maintain tension in hips/core  
- Heels down  
- Back flat - Set your core: squeeze abs glutes + upper back then lock in your breath

5. Use other exercises to strengthen your weaker areas, eg. Lower back - Hip Extension  
Glutes - Weighted Step Ups

It shouldn't be comfortable if you haven't done it before



# A physical message board!

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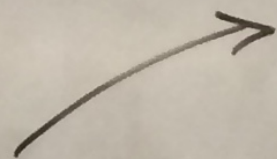
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Incorporating  
practical tips...



## References to books...



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**How do we create  
places in which people  
are free to tell their own  
stories...**

**...and make  
unpredictable things?**



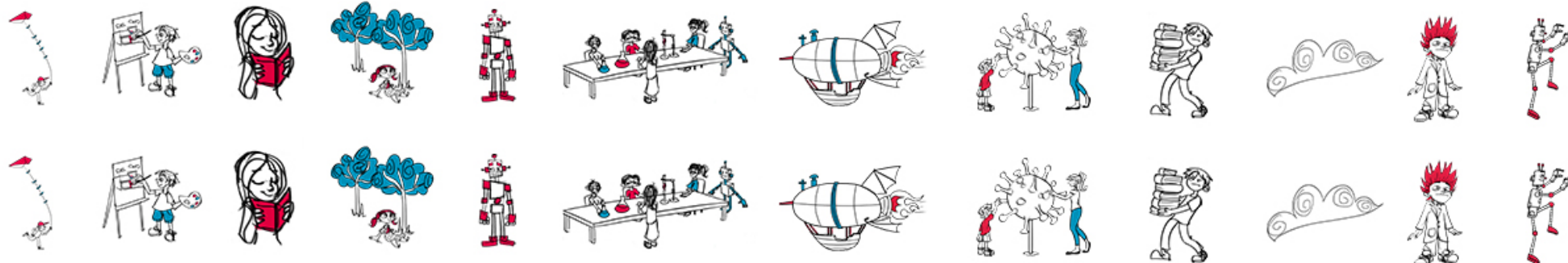
# The State Library of Queensland built a simple comic maker.



				
WRITE A CAPTION	WRITE A CAPTION	WRITE A CAPTION	WRITE A CAPTION	WRITE A CAPTION

## DRAG AND DROP TO MAKE A SEQUENCE

**DROP ITEMS ON THE BIN TO  
DELETE THEM FROM THE PANEL.**



[thewritingplatform.com/2016/10/what-are-you-playing-at-state-library-of-queenslands-digital-comic-maker/](http://thewritingplatform.com/2016/10/what-are-you-playing-at-state-library-of-queenslands-digital-comic-maker/)



# FUN PALACES

Te ti'aturi nei tatou  
i roto i te maramarama  
i te i roto i te katoa.



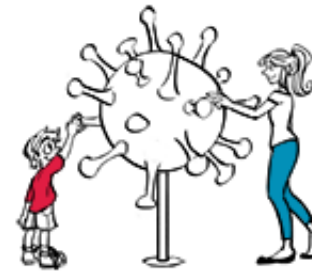
he tangata  
he kaipūtaiao



he tangata  
he kaimahi toi



Huri te ao mo te pai.



#funpalaces

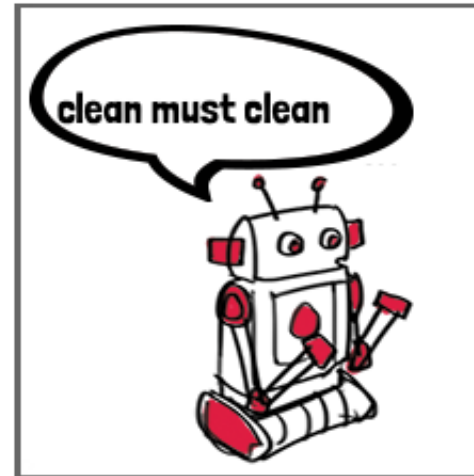
#Aotearoa

#KaRawe

People wrote in languages other than  
English...



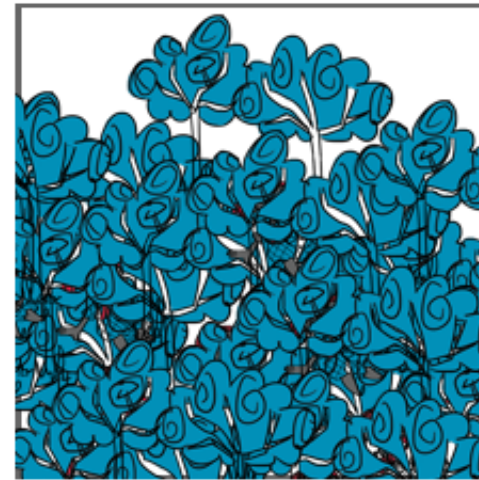
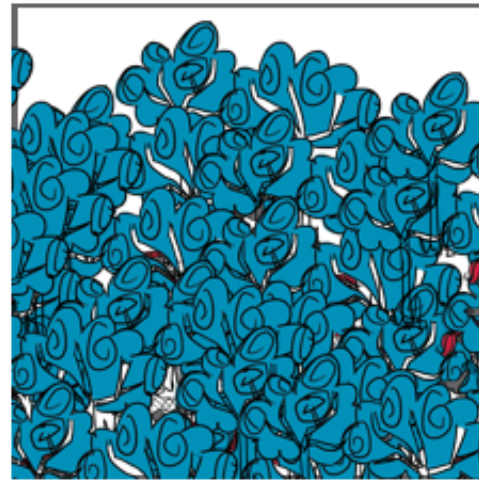
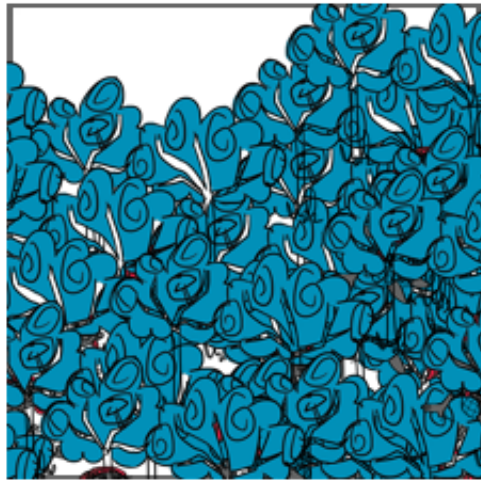
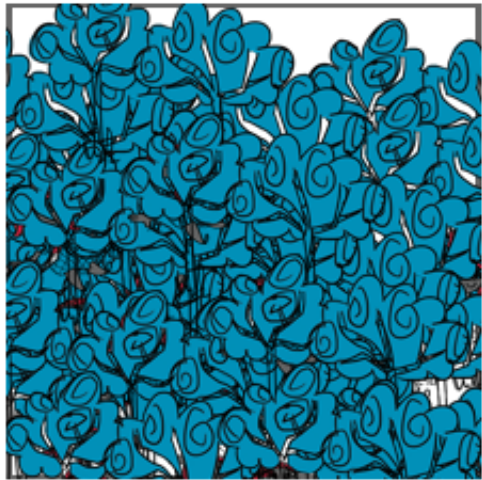
# FUN PALACE



They used emoji in the caption boxes to expand the available image set...



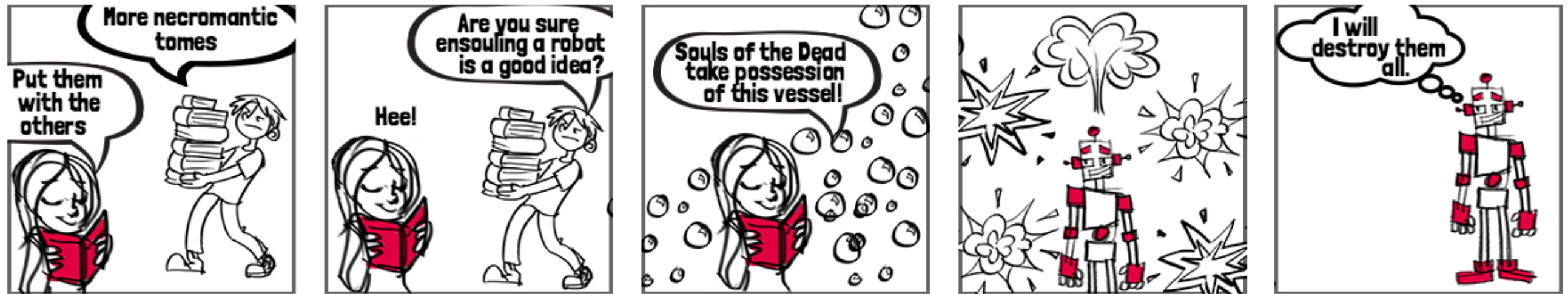
# FUN PALACE



And they even created formally sophisticated non-narrative comics...

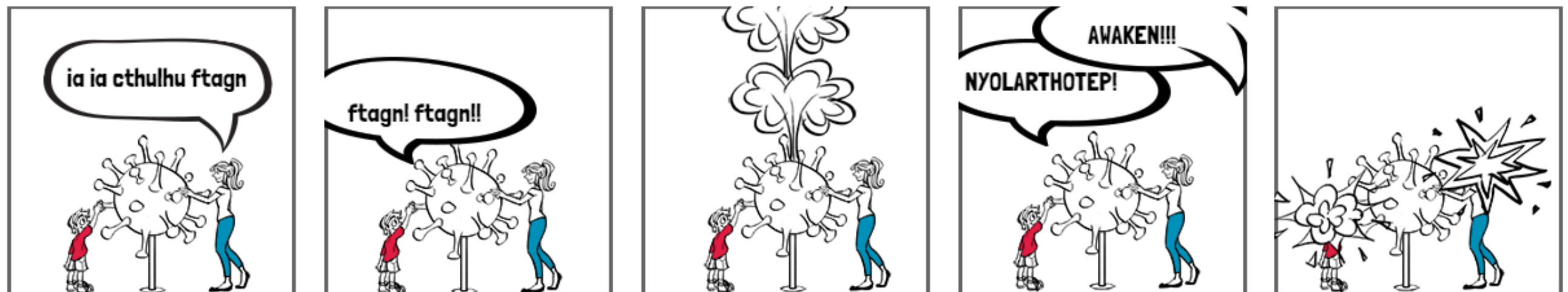


# FUN PALACE



...as well as some ghoulish  
Lovecraftian stories.

# FUN PALACE





But this project also has its origins, like that gym's whiteboard, in physical discussion and play.

[matthewfinch.me/2014/10/14/comic-book-dice-a-sequential-storytelling-game/](http://matthewfinch.me/2014/10/14/comic-book-dice-a-sequential-storytelling-game/)





**...in Tagalog speakers telling their own stories using cardboard and textas...**



...and changing the format of the game, as well as the content, to better express themselves.

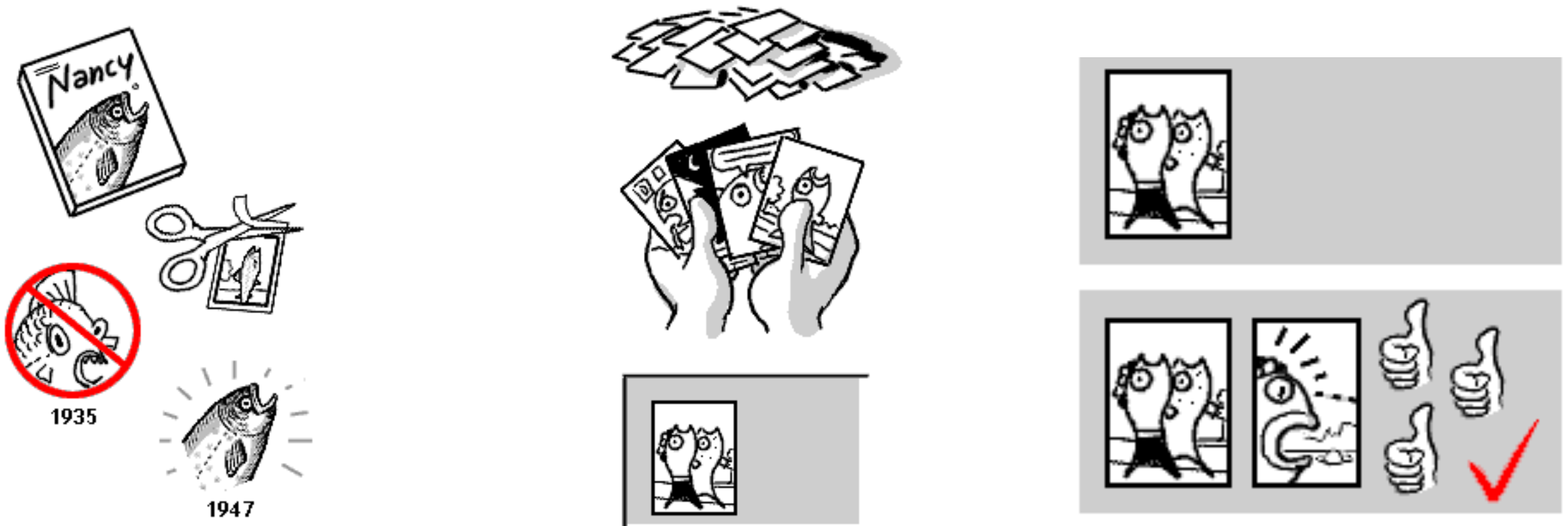


# That Manila game was based on activities we'd seen on the Internet...



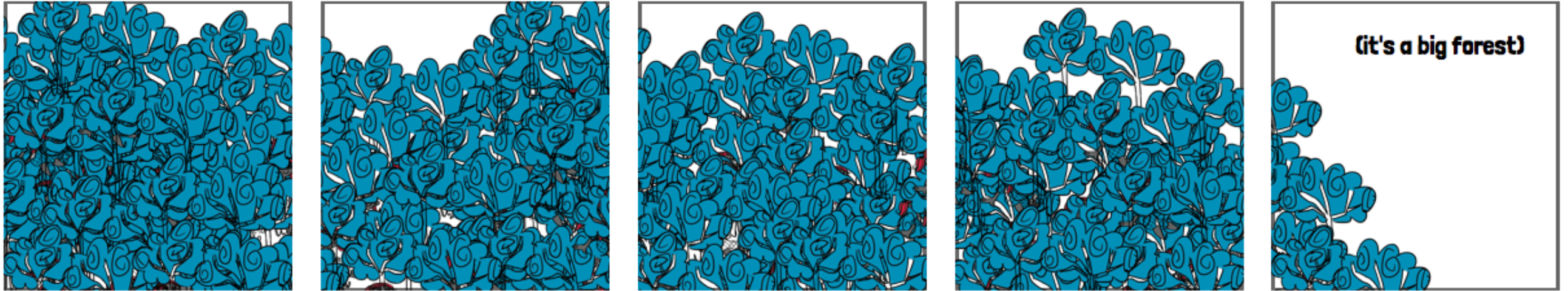
Abel and Madden, [Panel Lottery](#)

...but, in turn, those games stem from the early days of the Internet – including the glamorous world of 90s Usenet discussion forums. 😊



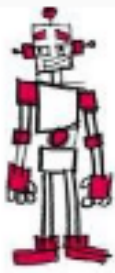
McCloud, [Five Card Nancy](#)





All too often we're seduced by shiny end products. We treat users as audiences and customers, not creators in their own right.

The Comic Maker is simple, but it affords users freedom to do things we didn't predict.



# State Library of Queensland Signature Program

The Signature Program of the State Library of Queensland, devising year-round themed cultural events and opportunities for Queensland, Australia

Brisbane, Australia

Repositories

People 2

Teams 0

Settings

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Find a repository...

New repository

## Fun-Palaces-Comic-Maker

HTML ★ 5 🔒 0

An online comic maker built by the State Library of Queensland for the international Fun Palaces event. Concept by Matt Finch, based on "Panel Lottery" by Jessica Abel and Matt Madden. Design by Phil Gullberg and Talia Yat.

Updated 4 days ago

### People

2 >



SLQSigTeam

State Library of Queensland  
Signature Program



TheBeardedLlama

Steven Moschidis

Invite someone

We've now [put the Comic Maker code on GitHub](#) so that there is complete freedom for the public to reimagine our project.



Do you do enough to ensure that people can surprise you?

Is your project about users' freedom or your control?

When you think about "digital literacy", do you imagine the general public as mere consumers, or do you honour them, too, as writers and creators of their own stories, their own journeys?

Are you serious about empowering people to live their digital lives as they want to, not as you would like them to?

If you half or quarter  
you should fix your priorities!

I welcome more opinions! xoxo  
Cheat on diets not squats™

Make sure that your  
project is at least as  
open and empowering  
to users as that gym  
whiteboard.

Anything else just isn't  
good enough!

It shouldn't be  
comfortable if  
you haven't done  
it before

low

To improve:

1. Just squat

2. Stretch

Ab  
Ham  
Hip  
Lo  
Cal

3. Sit in the h  
get use to  
& pole for

4. Form before  
at the d  
ie. -Chest



## Further reading:

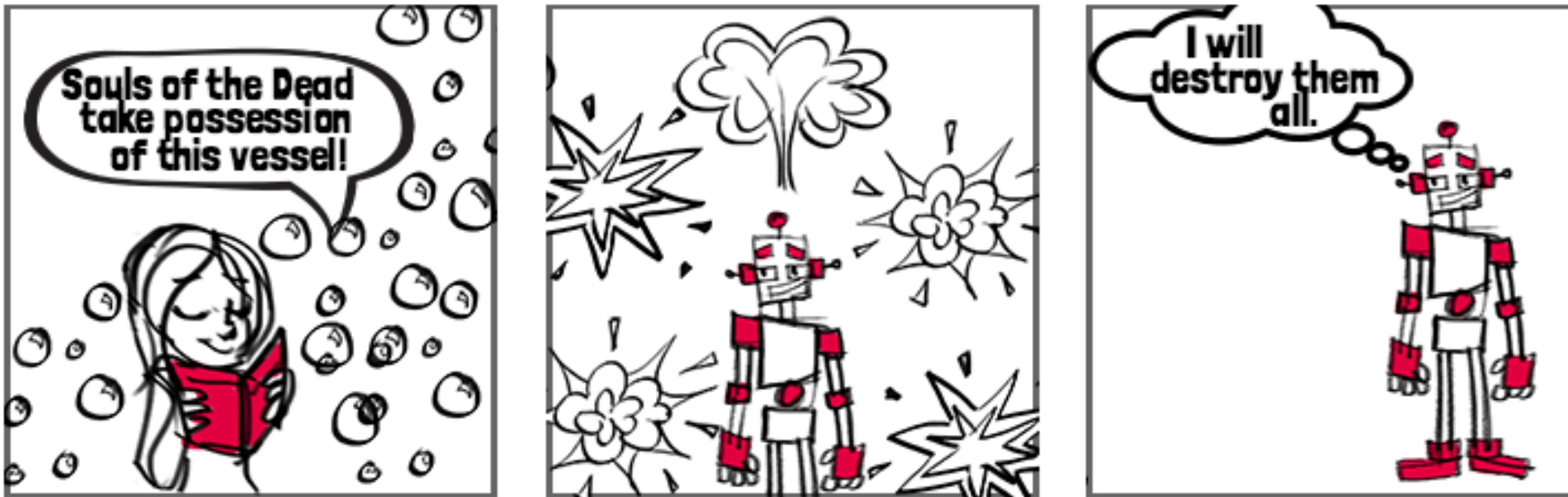
<https://matthewfinch.me/2016/11/04/hope-and-holodecks/>

<http://www.thewritingplatform.com/2016/04/space-play-and-duty-in-the-australian-digital-library/>

<http://www.martacabral.com/blog/2015/11/12/storynotgadget>

<http://theliftebrow.com/post/124866909642/a-tear-in-flatland-nick>

# Play, chance, and comics: losing control in digital space



There's more at [www.matthewfinch.me](http://www.matthewfinch.me) and [@DrMattFinch](https://twitter.com/DrMattFinch)

Weekly newsletter at [tinyletter.com/marvellouselectrical](https://tinyletter.com/marvellouselectrical)