

WE HAVE ALL THE INGREDIENTS.

A LECTURE-DEMO IN 2 MOVEMENTS.

Carolina Caycedo, 2012.

First Movement. Inside.

In a small auditorium, the artist addresses the audience from a lecture stand or podium, while assistants manipulate the microscope. The microscopic image is projected.

(HeLa cells are examined)

PLEASE... HAVE A GLIMPSE OF IMMORTALITY

A **HeLa cell** is a [cell](#) type in an [immortal cell line](#) used in scientific research. It is the oldest and most commonly used human cell line. The line was derived from [cervical cancer](#) cells taken on February 8, 1951 from [Henrietta Lacks](#), a patient who eventually died of her cancer on October 4, 1951. The cell line was found to be remarkably durable and prolific as illustrated by its contamination of many other cell lines used in research.

The cells were propagated by [George Otto Gey](#) shortly before Lacks died of her cancer in 1951. This was the first human cell line to prove successful [in vitro](#), which was a scientific achievement with profound future benefit to medical research. This means HeLa were the first cells to reproduce themselves outside the human body. Gey freely donated both the cells and the tools and processes his lab developed to any scientist requesting them, simply for the benefit of science. Neither Lacks nor her family gave Lacks's physician permission to harvest the cells, but, at that time, permission was neither required nor customarily sought. HeLa cells, are termed "[immortal](#)" in that they can divide an unlimited number of times in a laboratory cell culture plate as long as fundamental cell survival conditions are met (i.e. being maintained and sustained in a suitable environment). There are many [strains](#) of HeLa cells as they continue to evolve in [cell cultures](#), but all HeLa cells are descended from the same tumor cells removed from Mrs. Lacks. It has been estimated that the total number of HeLa cells that have been propagated in cell culture far exceeds the total number of cells that were in Henrietta Lacks's body

When her sample was taken it was a time where benevolent deception was a common practice,

doctors often withheld even the most fundamental information from their patients, sometimes not giving them any information at all. They believed it was best not to confuse or upset their patients with frightening terms they might not understand, like cancer. Doctors knew best, and most patients didn't question that. Especially black patients in public wards. You see, Henrietta Lacks was an afro-american who grew up in the tobacco fields of Clover, Virginia. Segregation was law in 1951 in Baltimore, and it was understood that black people didn't question white people's professional judgment. There was no obituary when Henrietta Lacks died on October 4th 1951. when her husband Day went to collect her body to Hopkins Hospital, they convinced him to agree to an autopsy, arguing that it might help his children someday. George Gey had been experimenting with her cells already for 8 months. Hela were the first live cells to be successfully shipped in the mail. On memorial day on 1952, from Baltimore to Minneapolis. These Hela were bought over the mail, they descend from Henrietta Lack-s cervix, they were shipped from los Angeles and cost around 200 dollars.

The first -ever cell production factory, started at Tuskegee-Alabama with a single vial of hela shipped by Gey. Papers reported: UNIT AT TUSKEGEE HELPS POLIO FIGHT, CORPS OF NEGRO SCIENTISTS HAS KEY ROLE IN EVALUATING DR. SALK'S VACCINE, HELA CELLS ARE GROWN. Black scientists and technicians, many of them women, used cells of a black woman to help save the lives of millions of americans, most of them white. They also started to commercialize Hela selling them to any scientist interested in buying them, for 10 dollars plus air express fees. Hela grew much faster than normal cells , producing faster results, hela was a workhorse: it was hardy, it was inexpensive, it was everywhere. couldn't we say the same about slaves??? slowly, a multibillion-dollar industry selling human biological materials was born. At first, the cell line was said to be named after a "Helen Lane" or "Helen Larson", in order to preserve Lacks's anonymity, and the fact that she was afro/american. Imagine the thousands of white kids inoculated with polio vaccine all over the US, imagine some of those parents knowing that their kid was being injected with black cells, black DNA.

The term **informed consent** first appeared in court documents in 1957, it focuses in what doctors have to tell their patients, but there was little protocol on how it may apply to research, in which the subject weren't necessary the researchers patient, or if it applied to tissue no longer attached

to the human body.

Nothing biological was patentable until 1980, when the supreme court ruled in favor of Ananda M. Chakrabarty, who patented an engineered bacteria that consumes oil and helps clean oil spills. This victory opened the possibility of patenting other living things, including GMO animals and cell lines, and patenting cell lines did not require permission from the cell donor.

Many people turn their body into business, including nearly 2 million of americans who currently sell their blood plasma, many of them on a regular basis.

For several years the public has been sending samples by the millions to personalized DNA testing companies, which only provide customers with their genealogical information if they first sign a form granting permission for their samples to be stored for future research. scientist use this samples to develop everything from flu vaccines to penis enlargers. they put cells in culture dishes and expose them to drugs, radiation, cosmetics, viruses, household chemicals, and biological weapons, and study their responses.

Developer of products that rely on human biological materials make billions of dollars...but without these tissues there would be no tests for diseases no vaccines, no new promising drugs..., or CONSENT AND MONEY...for most people knowing if and how their tissues are being used in research is a far bigger issue than profiting from them.

In 1999 the Rand corporation published a report /the first and last of its kind/ with an estimate that more than 307 million tissue samples from more than 178 million people are stored in the United States alone. They sit in lab freezers, on shelves or in industrial vats of liquid nitrogen., stored at military facilities,the FBI and the National Institute of health, we are in biotech company labs and most hospitals. Biobanks store appendixes, ovaries, skin, sphincters, testicles, fat and even foreskin from most circumcisions. They also house blood samples taken from most infants born in the US since the late sixties when states starting mandating the screening of all newborns for genetic diseases.Yet storing blood and tissues for research does not legally require informed consent.

As in words of a special congress commission about the subject in the mid 90s “the use of human cells and tissues in biotechnology holds great promise for improving human health, but raises extensive ethical and legal questions that have not been answered and to which no single body of law, policy or ethics apply. we recommended specific changes” but little happened.

HeLa cells have been star players in medical research for decades, they have been used for "research into cancer, AIDS, the effects of radiation and toxic substances, gene mapping, and many other scientific pursuits", HeLa was on the moon, she has been in nuclear bombs and yeah, they made the polio vaccine with her, but her family still can't afford health care...

ALL TESTING, ALL CONFIRMATION AND DISCONFIRMATION OF A HYPOTHESIS TAKES PLACE ALREADY WITHIN A SYSTEM. AND THIS SYSTEM IS NOT MORE OR LESS ARBITRARY AND DOUBTFUL POINT OF DEPARTURE FOR ALL OUR ARGUMENTS, NO, IT BELONGS TO THE ESSENCE OF WHAT WE CALL AN ARGUMENT. THE SYSTEM IS NOT SO MUCH THE POINT OF DEPARTURE, AS THE ELEMENT IN WHICH ARGUMENTS HAVE THEIR LIVES.

Philosophy and experimental learning have prospered together. We are not only able to behold the works of Nature, or barely to sustain our lives by them, but we have also the power of considering, comparing, altering, assisting, and improving them to various uses.

The visual component has always been a crucial element of our sense of wonder and curiosity. The understanding of ourselves and our contexts might be described as LOOKING IN and LOOKING OUT...

LOOKING IN AND LOOKING OUT- INSIDE AND OUTSIDE- INSIGHT and FORESIGHT

The microscope and the telescope are technologies born at the end of the 1500s both based in grinding lenses, the microscope focuses on the minutiae, it scrutinises the inner workings of life, the telescope that turns to the stars, brings the universe to earth and examines it for meanings. These instruments work as a third eye.

microscope (from the Ancient Greek: mikrós, "small" and, skopeîn, "to look" or "see") is an instrument used to see objects that are too small for the naked eye. Galileo had called it the "occhiolino" or "little eye" (little eye tattooed on right hand?).

Insight is the understanding of a specific cause and effect in a specific context.

the act or result of understanding the inner nature of things or of seeing intuitively in Greek called noesis-an introspection-the power of acute observation and deduction, penetration, discernment, perception called intellection-an understanding of cause and effect based on identification of relationships and behaviors within a model, context, or scenario

An insight that manifests itself suddenly, such as understanding how to solve a difficult problem, is sometimes called an epiphany.

People in a better mood are more likely to solve problems by insight. Interestingly, people experiencing anxiety showed the opposite effect, and solved less problems by insight.

Foresight is the ability to predict, or the action of predicting, what will happen or what is needed in the future. Studies suggest that much of human daily thought is directed towards potential future events.

hindsight is the understanding of a situation or event only after it has happened.

Hindsight bias, also known as the knew-it-all-along effect or creeping determinism, is the inclination to see events that have already occurred as being more predictable than they were before they took place.

IF SOMEONE IS LOOKING FOR SOMETHING AND PERHAPS ROOTS AROUND A CERTAIN PLACE, SHE SHOWS THAT SHE BELIEVES THAT WHAT SHE'S LOOKING FOR IS THERE.

THE SQUIRREL DOES NOT INFER BY INDUCTION THAT IT IS GOING TO NEED STORES NEXT WINTER AS WELL. AND NO MORE DO WE NEED A LAW OF

INDUCTION TO JUSTIFY OUR ACTIONS OR OUR PREDICTIONS.

(SAMPLE TAKING CHEEK CELLS, first of the artist followed by the public, they can come to the table to give their samples, Hela cells are removed from the microscope and the different CHEEK CELLS samples are viewed in the microscope in the same order they were taken)

The body, my body, your body as both a particular and a general human specimen, vacillating between our own gender specificity and what may be called our species-specific corporeal otherness.our body is our innate other/self because (1) we lack visual access to a large portion of her torso; (2) we cannot control or fully comprehend most of our inner organs, somatic networks, and psychic strata; (3) we are able to function most efficiently when our body recedes from our awareness and becomes virtually “absent”; our body ages and dies a bit every minute in spite of our self-will.

Saliva is a watery substance located in the mouths of organisms, secreted by the [salivary glands](#). Human saliva is composed of 99.5% [water](#), while the other 0.5% consists of [electrolytes](#), [mucus](#), [glycoproteins](#), [enzymes](#), and [antibacterial](#) compounds .

Saliva serves a lubricative function, wetting food and other stuff and permitting the initiation of swallowing, and protecting the mucosal surfaces of the oral cavity from desiccation.

Saliva is not a harmful substance but a bacteria killer.

[Spitting](#) or expectoration is the act of forcibly ejecting saliva or other substances from the mouth.

It is often considered rude and a social [taboo](#) in many parts of the world, including Western countries ,because it was thought to facilitate the spread of disease;

Spitting upon another person, especially onto the [face](#), is a universal sign of [anger](#), [hatred](#), [disrespect](#) or [contempt](#). It can represent a "symbolical regurgitation" or an act of intentional contamination.

For some cultures spitting is customary for protection from [evil eye](#) (or nazar).Shopkeepers will sometimes make a spitting gesture on the cash proceeds from the first sale of the day (called [bohni](#)). Spitting is also rapping, mouthing discontent, or plain bullshitting. You can also be the

spit image of someone else. An exact double, an identical image. E.g. "She was the spit of her when she was Jane's age, but now she's dyed her hair and wears glasses."

Saliva makes it easier to talk, a fact recognized by those who experience stage fright and the associated dry mouth while giving a presentation. Xerostomia is a medical term used for dry mouth due to lack of saliva - It is also informally known as pasties, cottonmouth, drooth, doughmouth or des (from desert)... We all get a dry mouth sometimes - when we are upset, under [stress](#) or extremely frightened. xerostomia is not a disease; it is a symptom, just like [headache](#) is a symptom and not a disease.

DO WE SUFFER OF DRY MOUTH SYMPTOMATOLOGY, DO WE REMAIN SILENT, DO WE ASK QUESTIONS? DO WE REMAIN SILENT, DO WE TAKE THINGS FOR GRANTED, DO WE REMAIN SILENT, DO WE CROSS-EXAMINE. DO WE TAKE THINGS FOR GRANTED, HOW DO WE EXTERIORIZE THOUGHT AND SPIT OUT CRITIQUE? or DO WE REMAIN SILENT?

by the way, sometimes its ok to spit upwards

Tongue-in-cheek is a phrase used as a [figure of speech](#) to imply that a statement or other production is humorously or otherwise not seriously intended and it should not be taken at [face value](#). The [facial expression](#) typically indicates that one is joking or making a mental effort. By 1842, the phrase had acquired its contemporary meaning similar to "take what I am saying with a [grain of salt](#)," indicating that a statement was not meant to be taken seriously. The ironic usage originates with the idea of suppressed mirth—biting one's tongue to prevent an outburst of laughter. BITE YOUR TONGUE TRY TO LAUGH.

Swallowing is a complex mechanism using both skeletal muscle ([tongue](#)) and smooth muscles of the pharynx and [esophagus](#). Swallowing, known scientifically as deglutition, is the process in the human or animal body that makes something pass from the [mouth](#), to the [pharynx](#), and into the [esophagus](#), while shutting the [epiglottis](#).

To believe without question- to fall for something or to swallow is to believe a lie. /To put up with (something unpleasant)/ To refrain from expressing; suppress:/To consume or destroy as if by ingestion; devour- /to ignore one's sense of pride.-a difficult thing to accept.- /to take back; retract: to enunciate indistinctly; to mutter

BELIEVE

Believe in that fundamental American promise that, even if you don't start out with much, if you work hard and do what you're supposed to do, then you should be able to build a decent life for yourself and an even better life for your kids and grandkids.

LEARN about dignity and decency – that how hard you work matters more than how much you make...that helping others means more than just getting ahead yourself.

LEARN about honesty and integrity – that the truth matters...that you don't take shortcuts or play by your own set of rules...and success doesn't count unless you earn it fair and square.

The fundamental american promise is based on WHAT LAYS BENEATH AND WHAT LIES BEHIND

MIND BODY NATIONS- CONFLICT SWELLING WAR

MIND BODY NATIONS- CONFLICT SWELLING WAR

MIND CONFLICT

BODY SWELLING

NATIONS WAR

MIND CONFLICT

BODY SWELLING

NATIONS WAR

(SAMPLE TAKING, ARTIST TAKES HER OWN BLOOD SAMPLE WITH A LANCET, AND IT IS VIEWED IN THE MICROSCOPE)

BLOOD

Blood is a specialized bodily fluid in animals that delivers necessary substances such as nutrients and oxygen to the cells and transports metabolic waste products away from those same cells. Blood accounts for 7% of the human body weight,

The bleeding of patients is practised since Babylonian . "Bleeding, bloodletting, or phlebotomy was used prior to the mid-nineteenth century to release disease and ease the suffering of ill patients. IMAGINE "A man sitting on a stool is being bled by another man standing next to him and holding his arm in one hand and, in the other, a bowl into which the blood spurts."

It was an age of "heroic" medicine that consisted of "copious bleeding and massive doses of drugs.

So many of us stand here tonight because of their sacrifice, and longing, and steadfast love...because time and again, they swallowed their fears and doubts and did what was hard. And if our parents and grandparents could toil and struggle for us...if they could raise beams of steel to the sky, send a man to the moon, and connect the world with the touch of a button...then surely we can keep on sacrificing and building for our own kids and grandkids. And if so many brave men and women could wear our country's uniform and sacrifice their lives for our most fundamental rights...then surely we can do our part as citizens of this great democracy to exercise those rights...surely, we can get to the polls and make our voices heard on Election Day.

Thank you so much,...we are so grateful for your family's service and sacrifice, ...and we will always have your back ,

Dr. Paul Volberding, had just started a new job at San Francisco General, when he saw his first HIV related/Kaposi's sarcoma patient. On his first day of work, July 1st, 1981.

Volberding and others rushed to personally refurbish Ward 86 at the hospital to prepare for the onslaught of patients, Ward 86 would become the first AIDS clinic in the nation. What emerged became known as "the San Francisco model" of AIDS care, a model that was replicated around the world.

There was a time when Mayor Feinstein's AIDS budget for the city of San Francisco was bigger than President Reagan's AIDS budget was for the entire nation.

No city experienced epidemic levels of HIV faster than San Francisco.

in 1987, when I was 9 years, the AIDS DAY was established every 1st of December

HIV/AIDS stigma exists around the world in a variety of ways, mainly three categories:

- Instrumental AIDS stigma—a reflection of the fear and apprehension that are likely to be associated with any deadly and transmissible illness
- Symbolic AIDS stigma—the use of HIV/AIDS to express attitudes toward the social groups or lifestyles perceived to be associated with the disease
- Courtesy AIDS stigma—stigmatization of people connected to the issue of HIV/AIDS or HIV- positive people.

In 2005, when I was 28 years, I had to get complete immunizations and I was HIV tested as part of my immigration process to stay legally in this country

On November 2, 2009, The Department of Health and Human Services (HHS) and Centers for Disease Control and Prevention (CDC) has removed HIV (human immunodeficiency virus) infection from the list of diseases that keep people who are not U.S. citizens from entering the United States.

Key revisions, which became effective on January 4, 2010, include:

- HIV infection is no longer defined as a communicable disease of public health significance
- Testing for HIV infection is no longer be required as part of the U.S. immigration medical screening process.
- HIV infection no longer requires a waiver for entry into the United States.

MIND BODY NATIONS- CONFLICT SWELLING WAR

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(SAMPLE TAKING HAIRS, first of the artist followed by the public. THESE ARE VIEWED IN THE MICROSCOPE IN THE SAME ORDER)

We say ‘defense mechanism’ to refer to the means used by the conscience to prevent threatening subconscious penetrations. We should insist here in the microcosmos equals macrocosmos equation, because every repudiation, every rejection against our environment is an external manifestation of an internal psychic one. Our ego is consolidated by every repulsion, because it accentuates separation. That's why negation is way pleasing than assertion. Every NO, every form of resistance allows us to feel our limits, our borders, our ego, while with each communion, this limit is blurred, and we cease to feel ourselves.

POROSITY from Latin porus, passage;

Porosity or void fraction is a measure of the void (i.e., "empty") spaces in a material,

Porosity can be generated by the [development](#) of fractures, The signifier dissects the body and subordinates it to the constraints of the signifying network.

A signifier becomes porous, perforated, when it is penetrated by enjoyment. The enjoyment that flows cannot be symbolised, its presence in the field of the signifier can be detected only through the holes and the inconsistencies of this field, so the only possible signifier of enjoyment is the signifier of the lack in the Other, the signifier of inconsistency. But, isn't this impossibility precisely what makes the play of resignification possible? the porosity of the other is precisely what allows it to undergo constant transformation, the voids and cracks in the signifier contain the possibility of counter hegemonic articulations of meaning.

PERMEABILITY from Latin permeāre to pervade;

Capability of being passed through, PENETRATED or permeated, especially the ability of a porous element to transmit fluidly through pores and cracks.

English is the most spoken second language in the world. It is constantly permeated by the first language of the bilingual subject. As a language it is modified, reshaped, and resignified fluidly. The boundaries between dialects and languages has become permeable. Alteration by permeation, border permeability, knowledge from the border, border epistemology, or Critical border thinking is the epistemic response of the subaltern to the Eurocentric project of modernity. Critical border thinking is sub/altern knowledge located in between, critical of both imperial global designs, global coloniality, and anticolonial nationalist strategies or internal coloniality. Nationalist and colonialist discourses are thinking from a power position in the colonial divide, whereas subaltern subjects are thinking from the subordinate side of colonial difference.

The impossibility of security and the permeability of borders have grown in western capitalist modernity. The circulation of people and commodities is never complete. The political focus is therefore on the regulation and control of border-crossing to legitimate security mechanisms with respect to those circulating persons constructed as dangerously different. Instead of strictly guarding against those who are dangerous, however, this regulative manner of governing focuses on preventive strategies: the anticipation of flexible, contingent tactics of crossing borders. The flexibility and contingency of the control of the border is, among other things, a violent reaction to the flexibility of migration, which can intertwine with the practices of traveling.

The american border regime is never about complete isolation against migration, but rather a process of step-by-step incorporation, which generally demands the subordination of the needed non-american labor force.

The regulation of the permeable border produces hierarchy inclusion processes, which mean, an accordant differentiation of the legal status of the immigrants. From a demographic perspective, or rather a biopolitical perspective, the permeability of the border becomes at once a question of “survival”. Rather than securing an existing collective, the border contributes to the production of a heterogeneous population.

In San Francisco, around the 16% of the population is gay, lesbian or bisexual.

In San Francisco , around 34% of the population is immigrant.

In San Francisco there are around 130,000 gay, lesbians or bisexuals.

In San Francisco there are around 276,000 immigrants.

812,826 people live in San Francisco

(AUDIENCE IS INVITED TO MOVE OUTSIDE, FOR SECOND MOVEMENT)

Second Movement. Outside.

Rooftop or terrace. Two or more telescopes pointing to celestial objects or city landmarks. The artist stands behind a table with a pot of boiling water. Artist speaks through a P.A. system while she brews tea, audience is invited to look through the telescopes.

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The rhythm analyst will not be obliged to leap from the inside to the outside of the bodies he observes; he should be able to succeed in listening to them together and allying them, by taking his own rhythms as a reference: by integrating the inside to the outside and vice-versa.

PROJECTION. To project means that we fabricate an exterior, and outside, with half of all our principles, with those that we do not want in our interior. Everything that we don't want to be, that we do not admit of our identity, forms our negative, our shadow. What is rejected by a human being passes on to its shadow, that is the sum of everything he doesn't want. This is done

through projection.

Our exterior world is built by the same archetypal principles of the interior world. In hermetic philosophy this equation is expressed by microcosmos equals macrocosmos.

Our environment works as a mirror, where we can see ourselves, and very specially our shadow, which we cannot see within ourselves. The same as we can only see part of our bodies, as there are parts we need the reflection of a mirror to see them, like the eyes, our backs, our face...our mind and soul also has a partial blindness, we can only see the invisible part with the help of our exterior world or environment-. Polarity is necessary for recognition. Sincerity with oneself is one of the hardest demands. Our inclinations have the surprising ability to dress up like ideology.

Behind every man now alive stand thirty ghosts, for that is the ratio by which the dead outnumber the living. Since the dawn of time, roughly a hundred billion human beings have walked the planet Earth.

Now this is an interesting number, for by a curious coincidence there are approximately a hundred billion stars in our local universe, the Milky Way. So for every man who has ever lived, in this Universe there shines a star.

But every one of those stars is a sun, often far more brilliant and glorious than the small, nearby star we call the Sun. And many - perhaps most - of those alien suns have planets circling them.

So almost certainly there is enough land in the sky to give every member of the human species, back to the first ape-man, his own private, world-sized heaven - or hell.

How many of those potential heavens and hells are now inhabited, and by what manner of creatures, we have no way of guessing; the very nearest is a million times farther away than Mars or Venus, those still remote goals of the next generation. But the barriers of distance are crumbling; one day we shall meet our equals, or our masters, among the stars.

Men have been slow to face this prospect; some still hope that it may never become reality.

Increasing numbers, however, are asking: "Why have such meetings not occurred already, since we ourselves already venture into space?"

Heaven. Heaven's bodies Whirl around make me wonder And they say back then our universe

was an empty sea Until a silver fox and her cunning mate began to sing A song that became the world we know

Heaven. Heaven's bodies Whirl around me. Make me wonder And they say back then our universe was a coal black egg Until the God inside burst out and from it's shattered shell He made what became the world we know

Heaven. Heaven's bodies Whirl around me make me wonder And they say back then our universe was an endless land Until our ancestors woke up and before they went back to sleep They carved it up into the world we know

Heaven. Heaven's bodies Whirl around me make me wonder And they say back then our universe wasn't even there until a sudden bang and then there was light, was sound, was matter and it all became the world we know

Heaven. Heaven's bodies World around me a dance eternal

A telescope is an instrument that aids in the observation of remote objects. Its used in terrestrial applications and astronomy. The word "telescope" (from the Greek tele "far" and skopein "to look or see"; eleskopos "far-seeing"). Galileo had used the term "perspicillum". from the latin verb perspicio, I see through something. or .perceive or discern clearly. Perspective and perspicacity, are english derived words.

Earth is a complex system made up of four interacting components — **rocks, water, air and life** — and is surrounded by outer space.

THE customs and Border Protection is one of the departments of US homeland security, whose mission is to secure the land, sea and air borders, keeping terrorists and their weapons,, unlawful immigrants, unlegit goods and drugs out of the US. The uniformed men and women of the custom and border protection make up the largest law enforcement organization in the nation.

The Japanese government estimated that the tsunami swept about 5 million tons of debris into the ocean, but that 70 percent sank off shore, leaving 1.5 million tons floating. There is no estimate of how much of that debris is still floating, now that it has been at sea for more than a year.

Some debris in West Coast states has been tested, including items known to be from the tsunami, and no radioactive contamination above normal was found.

So far, items that are confirmed to have come from the Japan tsunami include vessels, buoys, sports balls, a floating pier, and a motorcycle in a container. Other types of debris that could wash up include floating debris such as fishing nets, lumber, plastics, household items, foam pieces, and possibly chemical or oil drums.

we can build walls in between countries, we can have a state of the art radar protection system, we can have the largest enforcement organization protecting our borders, but can we rupture something that is connected at the core?

LIMIT/BORDER AND LIMITATION and the PARADOXICAL FACT OF EXPANDING OUR 'VIEW' BY FOCUSING THROUGH A LENS. To see through the lens we close one eye. It seems that to see MORE we have TO EDIT OUR VISION:

How do we understand, exercise and live physical and conceptual borders and limits?

Everything around us is porous in a way, our atmosphere, our geographical border, our bodies and our feelings.

How do we permeate each other? What is the horizon?

what and where is our collective horizon?

what and where is our personal horizon?

SITE SPECIFIC TEXT ACCORDING TO LOCATION

DAY ONE: CALACADEMY AT GOLDEN GATE PARK

WE ASSUME THAT THE SUN HAS EXISTED FOR MANY YEARS PAST, OR SOMETHING SIMILAR, THEN OF COURSE IT SOUNDS STRANGE THAT WE SHOULD ASSUME SUCH THING. BUT IN THE ENTIRE SYSTEM OF OUR LANGUAGE-GAMES IT BELONGS TO THE FOUNDATIONS. THE ASSUMPTION, ONE MIGHT SAY, FORMS THE BASIS OF ACTION, AND THEREFORE, NATURALLY OF THOUGHT.

The Sun's [stellar classification](#), based on spectral class, is [G2V](#), and is informally designated as a yellow dwarf, because its visible radiation is most intense in the yellow-green portion of the [spectrum](#) and although its color is white, from the surface of the Earth it may appear yellow because of [atmospheric scattering](#) of blue light.

Like other natural phenomena, the Sun has been an object of veneration in many cultures throughout human history. Humanity's most fundamental understanding of the Sun is as the luminous disk in the [sky](#), whose presence above the [horizon](#) creates day and whose absence causes night. In many prehistoric and ancient cultures, the Sun was thought to be a [solar deity](#) or other [supernatural](#) phenomenon.

Sunset or sundown is the daily disappearance of the [Sun](#) below the [horizon](#) in the [west](#) as a result of [Earth's rotation](#). The time of sunset is defined in [astronomy](#) as the moment when the trailing edge of the Sun's disk disappears below the horizon in the west. The ray path of [light](#) from the setting Sun is highly distorted near the horizon because of [atmospheric refraction](#), making the sunset appear to occur when the Sun's disk is already about one diameter below the horizon. Sunset is distinct from [dusk](#), which is the moment at which darkness falls, which occurs when the Sun is approximately eighteen degrees below the horizon. The period between sunset and dusk is called [twilight](#).

Sutro Tower is the Bay Area's most visible icon. Antennas on the 977-foot-high steel tower safely deliver clear signals throughout the San Francisco Bay Area for television and radio stations; essential communication services for public safety, transportation and other agencies or private providers; and unique, non-stop transmission opportunities for emerging technologies. Sutro Tower is used by 11 television stations, four FM radio stations, satellite and cable providers, and nearly two dozen public and commercial wireless communication services. Signals originate from each TV station's studio, are delivered to the Sutro Tower transmission building by microwave or fiber optic cable, amplified in its transmitter equipment and sent up the tower to the antenna, which transmits the signal throughout the region.

It is sometimes referred to light-heartedly as the Sutro Monster. Despite the initial revulsion of residents, Sutro Tower is now mostly tolerated by locals and figures in local art, TV, and movies as one of the architectural symbols of the city.

Top Ten Sutro Tower Facts

1. Sutro Tower is 977 feet high, with a base elevation of 834 feet, so its highest antennas are 1,811 feet above sea level.
2. The Tower's three legs are embedded in 15 million pounds of cement.
3. The Tower is made of 3.5 million pounds of steel.
4. The Tower opened on July 4, 1973.
5. From 1949 to 1973 there was a 588-foot tower nearby, but it did not provide a clear television signal to many parts of the Bay Area.
6. A two-person cage elevator takes workers up the Tower.
7. Emissions from the Tower are measured regularly at 200 nearby locations, and have never reached or exceeded safety standards for radio transmission.
8. Independent engineers inspect the Tower regularly to ensure safety.
9. The Tower's colors are white and "aviation red".
10. The Tower is not open to the public.

The magnificent Hamon Observation Tower provides unparalleled panoramic views of San Francisco, the Pacific Ocean, Marin headlands and the lovely landscape of Golden Gate Park. The Tower is the perfect space for a cocktail hour to kick off your reception, or for an intimate wedding and reception.

Price: \$5,000

Seated capacity: Call for details

Reception capacity: 150 people

Since the 1980s, the city of San Francisco has grappled with what to do about large encampments of chronically-homeless people living in Golden Gate Park, which have been criticized as unsanitary, unsafe and "demoralizing" for park users and workers. The camps have been described by journalists as full of garbage, broken glass, hypodermic needles and human excrement, and the people in them are described as chronically homeless, many suffering from serious addictions, and often behaving aggressively with police and park gardeners. There have been occasional incidents of violence and vandalism related to the homeless in the park, including the 2010 park beating to death of a homeless man and an attack on park visitors by dogs owned by a park resident, also in 2010.

Starting in 1988 under then-mayor [Art Agnos](#), and continuing under the direction of subsequent mayors including [Frank Jordan](#), [Willie Brown](#) and [Gavin Newsom](#), San Francisco police have conducted intermittent sweeps of the park aimed at eliminating the camps. Tactics have included information campaigns designed to inform homeless residents about city services available to help them, waking sleeping homeless people and making them leave the park, issuing citations for infractions and misdemeanors such as camping, trespassing or public intoxication, that carry penalties of \$75 to \$100, and the seizure and removal from the park of homeless people's possessions.

More people die by suicide at the Golden Gate Bridge than at any other site in the world (see [List of suicide sites](#)). The deck is approximately 245 feet (75 m) above the water. After a fall of approximately four seconds, [jumpers](#) hit the water at around 75 mph or approximately 120 km/h. Most jumpers die from impact [trauma](#) on contact with the water. The few who survive the initial impact generally [drown](#) or die of [hypothermia](#) in the cold water. Most suicidal jumps occur on the side facing the bay. The side facing the Pacific is closed to pedestrians.

An official suicide count is kept, sorted according to which of the bridge's 128 lamp posts the jumper was nearest when he or she jumped. By 2005, this count exceeded 1,200 and new suicides were occurring about once every two weeks. For comparison, the reported [second-most-popular place to commit suicide](#) in the world, [Aokigahara Forest](#) in Japan, has a record of 78 bodies, found within the forest in 2002, with an average of 30 a year. There were 34 bridge-jump suicides in 2006 whose bodies were recovered, in addition to four jumps that were witnessed but whose bodies were never recovered, and several bodies recovered suspected to be from bridge jumps. The California Highway Patrol removed 70 apparently suicidal people from the bridge that year.

There is no accurate figure on the number of suicides or completed jumps since 1937, because many were not witnessed. People have been known to travel to San Francisco specifically to jump off the bridge, and may take a bus or cab to the site; police sometimes find abandoned rental cars in the parking lot. Currents beneath the bridge are very strong, and some jumpers have undoubtedly been washed out to sea without ever being seen. The water may be as cold as 47 °F (8 °C). In addition, because of the relative difficulty of finding and recovering bodies compared to most bridges, the Golden Gate Bridge is suspected of being a favorable site for those who, for

whatever reason, wish to *fake* a suicide. The fatality rate of jumping is roughly 98%. As of 2006, only 26 people are known to have survived the jump.

DAY TWO: SFMOMA AT SoMa

South of Market SOMA

Throughout the 1940s and 1950s, South of Market was home not only to warehousing and light industry, but also to a sizable population of transients, seamen, other working men living in hotels, and a working class residential population in old Victorian buildings in smaller side streets and alleyways giving it a "skid row" reputation.

Redevelopment plans were first planned in 1953. These plans began to be realized in the late 1970s and in the early 1980s with the construction of the conference center, Moscone Center, which occupies three blocks and hosts many major trade shows.

With the opening of the San Francisco Museum of Modern Art in 1995, the Mission and Howard Street area of the South of Market has become a hub for museums and performances spaces.

The area has long been home to bars and nightclubs. During the 1980s and 1990s, some of the warehouses there served as the home to the city's budding underground rave, punk, and independent music scene. However, in recent decades, and mostly due to gentrification and rising rents, these establishments have begun to cater to an upscale and mainstream clientele that subsequently pushed out the underground musicians and its scene. Beginning in the 1990s, older housing stock has been joined by loft-style condominiums, many of which were built under the cover of "live-work" development ostensibly meant to maintain a studio arts community in San Francisco. During the late 1990s, the occupant of the "live-work" loft was more likely to be a "dot-commie", as South of Market became a local center of the dot-com boom, due to its central location, space for infill housing development, and spaces readily converted into offices.

A major transformation of the neighborhood was planned during the 2000s with the Transbay Terminal Replacement Project, which if funded, is planned to be open by 2013. In addition, new highrise residential projects like One Rincon Hill, 300 Spear Street, and Millennium Tower are transforming the San Francisco skyline.

SOMA was a Vedic ritual drink praised for its energizing qualities, in Western artistic and cultural depictions, Soma often refers to some form of intoxicating drug.

Soma is the name of a fictional drug in Aldous Huxley's 1932 novel, [Brave New World](#). In the novel, the population voluntarily consumes Soma to dispel any anxieties or negative emotion. The saying is, "One cubic centimetre cures ten gloomy sentiments."

Marriott hotels are known for including the Book of Mormon in hotel rooms, along with the Bible. The **San Francisco Marriott Marquis** is a 133 m (436 ft) 39-[story skyscraper](#) in the [Financial District](#) of [San Francisco, California](#). Situated at the intersection of Fourth and [Mission Streets](#), across from the [Sony Metreon](#) and [Moscone Convention Center](#), the building is recognizable by the distinctive [postmodern](#) appearance of its high-rise tower. The building was completed in 1989, and contains 1,500 hotel rooms. The San Francisco Marriott is the second tallest hotel in San Francisco, after [Hilton San Francisco Tower I](#).

The hotel was at the heart of the city of San Francisco's development of the central blocks in the [South of Market](#) area during the late 1970s and early 1980s. The San Francisco Marriott Marquis is one of eight [Marriott International](#) hotels in the city along with Courtyard San Francisco Downtown, Courtyard San Francisco Fisherman's Wharf, San Francisco Marriott Fisherman's Wharf, San Francisco Marriott Union Square, [JW Marriott San Francisco Union Square](#), [Stanford Court Renaissance San Francisco](#), and the [Ritz-Carlton, San Francisco](#). Also known as the Jukebox.

THE SKY LIFE- Welcome to One Rincon Hill—San Francisco's most recognized high-rise. Offering unparalleled views in one of the world's favorite cities, One Rincon Hill is distinguished by world-acclaimed architecture, a sophisticated urban lifestyle and extraordinary resort-style amenities. This commanding tower, visible from throughout the Bay Area, is nearly sold out. Remaining penthouses are available for sale from \$1,795,000 to \$2,495,000.

Extensive, beautifully-landscaped park level with full-size heated swimming pool, sundeck, whirlpool spa, gourmet barbecue area and a stunning reflecting pool with an infinity edge and fireplace. Private fitness center with locker rooms, steam rooms and showers.

Spacious, handsomely furnished hospitality room with high-definition DVD theatre, catering kitchen for hosting gatherings and parties, outdoor patio.

Gracious lobby with ample seating areas. Full-service valet parking and on-site City Car Share
Free WiFi in the common areas. Storage. Bicycle room

Homeowners also enjoy the benefits of a full-time, dedicated hospitality team. 24-hour
doorman/lobby attendant. Concierge. Receiving room with valet/dry cleaning service, package
holding, etc. On-site management office. On-site building engineer

7 a.m.

Another spectacular sunrise, so we enjoy our coffee on the patio watching the boats go by.

8:55 a.m.

We take a morning stroll along the waterfront to the Ferry Building, where the scene is magic.
There's a real European feel of Justin Herman Plaza, mix of old and new architecture, waterfront,
streetcars, bicycles, palm trees and arts and craft merchants; however, the California sunshine is
one-of-a-kind. On Tuesday, Thursday, and especially Saturdays from 8 a.m. to 2 p.m., some of
San Francisco's best-known chefs, and most famous farmers, can be seen at the Ferry Plaza
Farmer's Market. I can spend the entire morning there and get fun, fresh local organic produce
for the entire week. I'm always on the hunt for great heirloom tomatoes.

11:30 a.m.

Today, we're meeting my favorite cousin at Gott's (formerly Taylor's Refresher). I think she
visits from Pleasanton just for their sweet potato fries — and the people watching. While the
Ferry Building Marketplace is the ideal place to take out-of-town visitors, I enjoy jogging there
for some solitary exploring, too. My latest find is the mushroom truffle salt from Far West Fungi.
It makes yummy topping for Parmesan flatbread. I never leave the Farmers' Market without a
bouquet of fresh flowers for decorating our entry table, as well.

5:15 p.m.

We are taking in afternoon mass at historic St. Patrick's Church, located in the heart of Yerba
Buena, which is truly one of the world's finest urban parks. There's always something going on
in the gardens, the surrounding architecture is jaw-dropping with museums in every direction,
including SFMOMA and the new Contemporary Jewish Museum with its blue dreidel-like
architectural feature.

5:59 p.m.

Looking up, it's impossible to miss the blue green glass of the west façade of One Rincon Hill,
literally sparkling in translucent shades of silver and gold and pink in the late afternoon sunshine.

6:01 p.m.

After mass, we head to Tropisueno — one of the great new spots along Yerba Buena Lane — a fun spot to enjoy chips and salsa. We often stop there after a big Union Square shopping exertion, too. We always pick up some plum truffles next door at Schoggi(Swiss for chocolate), or visit Beard Papa, for their famous crème puffs.

7:08 p.m.

We decide to take in a movie at the Loews Metreon.... It's so nice to have theaters close by.

DAY THREE: SFAI AT RUSSIAN HILL

Human civilizations' longest lasting artifacts are not the great Pyramids of Giza, nor the cave paintings at Lascaux, but the communications satellites that circle our planet. In a stationary orbit above the equator, the satellites that broadcast our TV signals, route our phone calls, and process our credit card transactions experience no atmospheric drag. Their inert hulls will continue to drift around Earth until the Sun expands into a red giant and engulfs them about 4.5 billion years from now. These communications satellites will ultimately become the cultural and material ruins of the late 20th and early 21st centuries, far outlasting anything else humans have created.

International Space Station is the largest Satellite to be put in orbit. It is approx. the size of a football or soccer field. Orbits the earth each 90 min. at an orbit 250 miles above the Earth. The current crew consists of 2 Americans, 3 Russians, and 1 Canadian. The station has been continuously occupied for 12 years and 30 days, Since Expedition 1, which launched Oct. 31, 2000, and docked Nov. 2, the space station has been visited by 204 individuals.

The ISS serves as a [microgravity](#) and [space environment](#) research laboratory in which crew members conduct experiments in many [fields](#). The station is suited for the testing of spacecraft systems and equipment required for missions to the Moon and Mars. [The Station simplifies individual experiments by eliminating the need for separate rocket launches and research staff.](#) [The primary fields of research include Astrobiology, astronomy, human research including space](#)

[medicine](#) and [life sciences](#), [physical sciences](#), [materials science](#), [Space weather](#) and weather on Earth.

As of July 2012, there have been 125 launches to the space station since the launch of the first module, A total of 162 spacewalks have been conducted in support of space station assembly totaling more than 1,021 hours.

The station is divided into two sections, the [Russian orbital segment](#) (ROS) and the [United States orbital segment](#) (USOS), which is shared by many nations. The space station, including its large solar arrays, spans the area of a U.S. football field, including the end zones, and weighs 861,804 pounds, not including visiting vehicles. The complex now has more livable room than a conventional five-bedroom house, and has two bathrooms, a gymnasium and a 360-degree bay window. On 25 May 2012, [Space Exploration Technologies Corporation](#) (or [SpaceX](#)) became the world's first privately held company to send a cargo load, via the [Dragon spacecraft](#), to the International Space Station.

An international partnership of space agencies provides and operates the elements of the ISS. The principals are the space agencies of the United States, Russia, Europe, Japan, and Canada. The ISS has been the most politically complex space exploration program ever undertaken. The ISS is funded until 2020, and may operate until 2028.

Jupiter dominates our current night sky. It contains 2.5x more mass than all the rest of the planets, their moons, and everything else combined. Although it is 11 times the diameter of the Earth it rotates every 10 hours. Jupiter has, as of last count, 67 Moons, 4 of which we see tonight. The 4 brightest moons first viewed by Galileo. The Galilean moons. From left to right, [Io](#), [Europa](#), [Ganymede](#), [Callisto](#). This order is also the order of increasing distance from Jupiter. These are big moons that attend the largest planet. The smallest of the lot, Europa, is the size of Earth's moon while Ganymede is the largest moon in the Solar System.

Jupiter is composed primarily of [gaseous](#) and [liquid matter](#). It is the largest of four [gas giants](#) as well as the largest [planet](#) in the [Solar System](#) .

[Io](#), [Europa](#), [Ganymede](#), [Callisto](#). derive their names from the lovers of [Zeus](#): The Romans regarded Jupiter as the [equivalent](#) of Greek [Zeus](#), Jupiter is usually thought to have originated as a sky god. His identifying implement is the thunderbolt, and his primary sacred animal is the eagle, As the sky-god, he was a divine witness to oaths, the sacred trust on which justice and

good government depend.

Vega is the brightest star in the [constellation Lyra](#), the [fifth brightest star](#) in the night sky and the second brightest star in the northern [celestial hemisphere](#), after [Arcturus](#). It is a relatively close star at only 25 [light-years](#) from Earth, and, together with Arcturus and [Sirius](#), one of the most luminous stars in the [Sun's](#) neighborhood.

The name Wega (later Vega) comes from a loose transliteration of the [Arabic](#) word wāqi‘ meaning "falling" or "landing", via the phrase an-nasr al-wāqi‘ "the falling eagle".

Vega has been extensively studied by astronomers, leading it to be termed "arguably the next most important star in the sky after the Sun." Vega was the [northern pole star](#) around 12,000 BC and will be so again around the year 13,727

Vega was the first star other than the Sun to be [photographed](#) and the first to have its [spectrum](#) recorded. It was one of the first stars whose distance was estimated through [parallax](#) measurements. Vega has served as the baseline for calibrating the [photometric](#) brightness scale, and was one of the stars used to define the mean values for the [UBV photometric system](#).

Vega is only about a tenth of the age of the Sun, but since it is 2.1 times as massive its expected lifetime is also one tenth of that of the Sun; both stars are at present approaching the midpoint of their life expectancies. Based on an observed excess emission of [infrared](#) radiation, Vega appears to have a circumstellar disk of dust. This dust is likely to be the result of collisions between objects in an orbiting [debris disk](#), Stars that display an infrared excess because of dust emission are termed Vega-like stars.

END OF SITE-SPECIFIC TEXT

WE ARE CARRYING PARTICLES OF EVERY CONTINENT CREATURE AND AGE-IT HAS BEEN RAINING ON THE PLAINS OF OUR VISION FOR YEARS-OUR SENSES ARE SO MUDDY...

WE ARE ALL TRYING TO EMBRACE THE CLEAR SKY-OCEAN..WHAT DO SAD PEOPLE HAVE IN COMMON? IT SEEMS THEY HAVE BUILT A SHRINE TO THE PAST..

THIS SKY WHERE WE LIVE IS NO PLACE TO LOOSE YOUR WINGS
SO LOVE LOVE LOVE
YOUR SOUL SOMETIMES PLAYS A NOTE AGAINST THE SKY'S EAR THAT EXCITES
THE BIRDS AND PLANETS
STAY CLOSE TO ANY SOUNDS
THAT MAKE YOU GLAD YOU ARE ALIVE

We must not see any person as an abstraction. Instead we must see every person a universe with its own secrets, with its own treasures, with its own sources of anguish, and with some measure of triumph. SALUD

YOU CARRY ALL THE INGREDIENTS TO TURN YOUR LIFE INTO A NIGHTMARE
DONT MIX THEM
YOU HAVE ALL THE GENIUS
TO BUILD A SWING IN YOUR BACKYARD
THAT SOUNDS LIKE A HELL OF A LOT MORE FUN
LETS START LAUGHING, DRAWING BLUEPRINTS
GATHERING OUR TALENTED FRIENDS
I WILL HELP YOU
YOU CAN TAKE MY WORDS INTO YOUR HANDS
LIKE GOLDEN SAWS, SILVER HAMMERS POLISHED TEAKWOOD AND STRONG
SILK ROPE
YOU CARRY ALL THE INGREDIENTS TO TURN YOUR EXISTENCE INTO JOY
MIX THEM, MIX THEM

TEA TURNING:

ARTIST SERVES TEA AND INVITES THE AUDIENCE TO DRINK IT AT THE SAME TIME. AUDIENCE IS INSTRUCTED TO FORM A LINE, SHOULDER TO SHOULDER. ARTIST SHOWS HOW TO 'TURN' THE TEA, HOLDING THE TEACUP WITH THE LEFT HAND AND MOVING IT AROUND YOUR BODY. STARTING FROM YOUR RIGHT FOOT UPWARDS, AROUND YOUR HEAD, THEN DOWNWARDS TO YOUR LEFT FOOT,

FINISHING WITH AN OUTWARDS MOTION TO THE LEFT.

TEA SHOULD BE TURNED 2 TIMES, THEN A SMALL SIP IS TAKEN AND SPIT OUT TOWARDS THE LEFT SIDE OF THE BODY.

EVERYONE DOES THE 2 TEA-TURNINGS AND SPIT-OUT AT THE SAME TIME.

THE END.

Carolina's Cleansing Tea:

Bring to boil 1 litre/34 fl oz. of water. Add 1 teaspoons of each ingredient below, except for the ginger honey crystals. Boil at low heat for 20 minutes. Add the ginger honey crystals and stir. Turn the heat off. Let the tea stand for 5 minutes. Serve.

- Dry Goji Berries: Vitamins, antioxidants and minerals source. Fights bacteria and fungi.
- American Ginseng: Boosts immune system. Reduces physical and emotional stress.
- Baby Chrysanthemum Buds: Aromatic. Treats circulatory disorders. Clears liver and eyes.
- Licorice Root: Harmonizing ingredient. Cleans respiratory tract and bowel.
- Ginger Honey Crystals: Sweet and spicy. Expectorant, Soothes stomach.

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