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10.00.00.00	<p><i>Text</i></p> <p>Baffin Island, Nunavut 67°33'N, 64°01'W 2,500km north of Montreal</p>
10.00.27.00	<p><i>Narrator</i></p> <p>In Medieval maps danger was drawn at the edge of the world. This barren place was labeled Terra Incognita, an unknown land, an icy wasteland of unending darkness.</p>
10.00.50.00	<p>In these places, these liminal places, strange animals and monstrous races were thought to lurk in distant lands. This map imagines fearful things circling us at the edges of the world.</p>
10.01.23.00	<p>Today we pride ourselves on our ability to map the world. Knowledge is everything. But perhaps there are still things that cannot be mapped, cannot be measured, cannot be known.</p>
10.01.52.00	<p>From above this arctic land is a vast expanse of pristine featureless white.</p> <p>We see no cities, no forests, no life. We know it as pure, clean and untouched.</p>
	<p><i>Title up: INVISIBLE</i></p>
10.03.17.00	<p><i>Janet</i></p> <p>We eat our traditional food probably twice a month, and it just depends on whether or not somebody's been out hunting and has given us some, or my partner's been out hunting. My mother gives us a lot. It's a very traditional practice for hunters to give elder single ladies whale meat or seal. So whenever she cooks something up, or cuts something up, she gives us a call, and Jago and I are usually the first to come running.</p>
10.05.18.00	<p><i>Eric</i></p> <p>I wonder whether we would even know about it if somebody hadn't come up just to think about looking at the arctic as a pristine, scientists call it, sort of area where there is no pollution.</p>
10.05.38.00	<p><i>Eric</i></p> <p>The arctic was thought to be the best controlled area where people could come up and say 'this is what people should look like in the rest of the world'.</p>
10.05.49.00	<p><i>Eric</i></p> <p>We wanted to look at a population that never was exposed to chemicals, and so the arctic was a prime place to come, because, you know, these people are isolated, the communities are isolated, there's not a lot of pollution up here and certainly there wasn't any type of chemicals that have been used in other parts of the world.</p>
10.06.12.00	<p>So when we were studying levels of PCBs in human bodies in the south, for comparison we went to the arctic to collect blanks... pristine samples with non-detectable pollution levels.</p> <p>We collected breastmilk from Inuit mothers living in remote communities, and sent it to the lab for testing.</p>
10.06.35.00	<p><i>Text</i></p> <p>But when the tests came back the chemical concentrations were going off the scale</p>
10.06.51.00	<p><i>Sheila</i></p> <p>They thought, oh there must be a mistake, the methodology or something, there must be something wrong, so they kept testing</p>
10.06.59.00	<p><i>Text</i></p> <p>But the data overloaded the labs equipment. The levels of PCBs were 7 times higher than in women anywhere else in the world.</p> <p>Something was wrong with the arctic milk.</p>

10.07.28.00	<p><i>Eric</i></p> <p>All of a sudden it was like well, how is this happening? How is it that a people up here in the high arctic who have never been exposed to DDT and to Mercury and PCBs and all these other things. How is it that they have these high levels in their systems?</p>
10.08.24.00	<p><i>Sheila</i></p> <p>A lot of it of course is as a result of our diet. These persistent organic pollutants make their way up through the weather systems and end up in the arctic sink, and in the marine mammals, the Seals, the Walrus, the Whales all of what we are avid eaters of as Inuit. And then ultimately into our bodies and in the nursing milk of our mothers</p>
10.08.53.00	<p><i>Janet</i></p> <p>When I first found out I was about 7 months pregnant with my son and I had breast fed my daughter for just over a year, and when I found out about contaminants the first thing I learned about them was how they actually get into the human body and that is through eating our traditional foods. And I had spent my entire lifetime eating traditional foods. And the second thing I found out was that the only way for contaminants to leave my body was through breast milk. So that was very frightening.</p>
10.09.48.00	<p><i>Theo</i></p> <p>In essence they are moving northward, moving more and more. And they just keep accumulating up around the arctic circle. And where? In the fatty tissue of the fish, the Seals, the food that the people who live in the arctic depend upon, that's their sustenance diet.</p>
10.10.27.00	<p><i>Sheila</i></p> <p>Imagine if we lived in fear every time we put something in our mouth what would that mean if we had to now stop eating our country food. That would mean that we couldn't hunt anymore. How could this be?</p>
10.12.06.00	<p><i>Sheila</i></p> <p>The aspect of sharing country food and eating together is very powerful for us. It's always been the Inuit way where we share the hunt and eating from the same animal is a powerful thing to do, and so we do that very frequently, very often.</p>
10.12.51.00	<p><i>Janet</i></p> <p>I like most of my food either raw or frozen. I like frozen Caribou meat, its um...frozen food gives you a real kick! I don't know how else to say it. It might be hard to believe, but it warms you from the inside-out. And so when we are having frozen Caribou, frozen Seal or frozen fish everybody is involved in the preparation, everybody...you get to choose how much you want to eat. Its one of those things where you sit down to eat Caribou meat, we don't cut it up in portions, everybody gets an Ulu or a knife and you eat until you are full. And that could take 5 minutes or it could take an hour. And it can take longer if more people come and join you because you don't want to leave them eating by themselves so you just continue to eat.</p>
10.14.03.00	<p><i>Girls</i></p> <p>My favorite part of the seal is the um...um...the meat, the fat I don't like. I like the fat when its cooked and its with the Caribou meat and its delicious The Polar Bear is sometimes dry, the polar bear is dry when you leave it for like 5 minutes, but the Seal it doesn't, its good and it tastes good with mustard. Not only! Ketchup, pickles....</p>
10.14.56.00	<p><i>Janet</i></p> <p>My absolute favorite is Narwhal, raw, with just a little bit of fat on it. And I can probably eat a couple of pounds of raw Narwhal in one sitting. And want more.</p>

<p>10.15.15.00</p> <p>10.16.02.00</p>	<p><i>Lucy</i></p> <p>Right around July, August, that's when the fresh, really really fresh Narwhal comes in, and you know just the texture of it is different. When its so fresh it's completely different, like anything fresh right? You know when it comes in.</p> <p>Its just something that you look really really forward to, and then now just recently we have heard that they carry more contaminants than any other animal. Being a marine mammal, and where I guess it carries fat that's where it stores most of the contaminants.</p> <p>When it comes that enjoyment is taken away from you. I think that's the one that really affects me...is the Narwhal, Narwhal skin. Muktuk we call it.</p>
<p>10.16.32.00</p>	<p><i>Eric</i></p> <p>You look at a Beluga whale and they are highly contaminated, so much so that sometimes they are considered toxic waste when they land on shore.</p> <p>I think it was Health Canada advised that Inuit only eat a sugar cube of Muktuk a week. And that was just ridiculous. People said I eat this much Muktuk a week, I'm not going to eat a sugar cube of Muktuk a week.</p>
<p>10.17.04.00</p>	<p><i>Lucy</i></p> <p>But that's not going to stop us, but still, just knowing that, you think about...how much is in that? How much can I eat? Especially when I am pregnant. And how much of it stays?</p>
<p>10.17.20.00</p> <p>10.18.24.00</p> <p>10.18.47.00</p>	<p><i>Sheila</i></p> <p>Eating of Seals is highly nutritious it keeps us warm in -50°, -60° Seal meat is very high in iron, very high in omega 3 fats.</p> <p>If you had a piece of Seal meat the size of my palm, one piece, it's equivalent to about 5 pieces of beef. If an Inuk does not have country food for a few weeks at a time, things start to break down. Our systems are even physiologically made to have frozen food. We Inuit cannot survive on cooked food for long periods of time. We are meant to be eating raw food, that's all part of our make up.</p> <p>This is who we are, people of the Arctic, we are people of the ice and snow. We are people who have lived in snow houses.</p> <p>We have a lot to lose. Its not just about contaminants on our plate, this is about an entire way of life, a cultural way of life.</p>
<p>10.19.45.00</p>	<p><i>Janet</i></p> <p>Its really important to me to follow the traditional beliefs that I was raised to follow, and I take them very seriously and have a very clear understanding of why I was taught to be happy when I breast fed, and I also have a very clear understanding of the possible neurological side effects that it could have on my baby. And I did have a few moments, quite a few moments where I found myself thinking about contaminants when I was nursing him and had to work really hard to push those thoughts out of my head. So I was torn. I was torn briefly quite a few times and just took my son by the hand and smiled.</p>
<p>10.20.59.00</p>	<p><i>Lucy</i></p> <p>You know it shouldn't be a privilege to be able to breast feed because it comes so naturally. With Inuki right away I knew I was going to breast feed him. Where you develop a special bond between you and your child. And studies show that breast-fed babies develop better than bottle-fed babies, and just the idea of not being able to do that, not being able to give that to your child. As a mother you feel guilty if... if I wasn't able to do it.</p>
<p>10.21.42.00</p>	<p><i>Janet</i></p> <p>When I am in situations when I am having to discuss the idea of looking for more contaminants in our animals and looking for more contaminants in our mothers...I am torn, because I was raised not to look for something because if you look for it you might find it and then what are we going to do with that information. Because we know that we're not going to stop eating this food. We know that we are not going to stop breast feeding.</p>
<p>10.22.40.00</p>	<p><i>Eric</i></p> <p>I don't think anyone ever told people not to breast feed, but it came about in the research that your infant is getting contaminants from your breast milk. People took that and said 'okay, well I'm not going to allow that to happen to my baby, so I'm just not going to breast feed them'. And so they may have turned to milk suppliments, formulas which is very very expensive up here. Or they might turn to Carnation milk or who knows what else, you know I've seen people with Coolaid mixtures in bottles, there's no alternatives.</p>

10.23.24.00.	<i>Theo</i> What can you do, where can you go. You can't go to the Arctic or the Antarctic, you can't go to the tropical countries. This stuff is everywhere. So it's a whole new patina of contamination that we've put over the surface of the earth. And the oceans are just as contaminated.
10.23.53.00	<i>Sheila</i> Can you imagine a world we have created when Inuit women far from the source of these POPs has to think twice about nursing her baby. Can you imagine the world that we have created when this happens?
10.24.13.00 10.24.29.00	<i>Text</i> We fear everything that is unfamiliar. We fear the invisible, and we fear what we see about us. We fear the spirits of life, of the air, of the sea and of the earth. <i>Tanya sings</i>
10.25.53.00 10.26.19.14	<i>Theo</i> Its all around in the air, its in the dust. No matter where they have looked around the world, they couldn't find a human anywhere on earth that didn't have some of these chemicals in their body. Some of the chemicals known as endocrine disruptors interfere with the hormones, enzymes, growth factors, that control development and function. And what we are discovering is that there are a lot of chemicals out there that can do it. If this is going to block the transport of natural hormones in the body that are needed, we are in trouble.
10.26.57.00	<i>Eric</i> The negative impact that contaminants have is at that crucial time period of the development of the foetus. Its that moment in the baby's growth cycle when they can be impacted the most by contaminants.
10.27.18.00	<i>Theo</i> The womb environment has been a factory where we are producing a baby. And something has just been going wrong in that factory. Not only is the foetus vulnerable to these chemicals that can get in there, but its also so sensitive that the very very low doses that are getting in there are causing changes that couldn't possibly happen later in life because we are past that stage of development.
10.27.53.00	<i>Theo</i> What's happened here is that we have got chemicals that don't quite act lethally. but they change how the organ has been constructed. So that if it's the brain then the brain doesn't function the way it should. If it's the reproductive organs, then you don't reproduce the way you should, or could ordinarily do.
10.28.24.00	<i>Eric</i> I will eat Muktak as much as I have it because I have no concern really on the levels of contaminants in my body. They're not going to ever be harmful for me or affect me, but it could potentially be for a young baby, because its growing and its forming and all those things are happening at one point,
10.28.46.00	<i>Theo</i> We thought that these chemicals couldn't penetrate the placenta, they couldn't get into the womb, and they couldn't get into the brain. But as technology got more sophisticated we began to produce synthetic chemicals that are small enough that they can slip in and around between cells which the natural chemicals the body produces don't. They can get into the placenta, they are getting in through the placental barrier through the mother's bloodstream. These synthetic chemicals seem to be getting in and interfering wherever they can get into the system.

10.29.43.00	<i>Theo</i> In essence what happens is then you end up with a system that isn't functioning properly and yet the baby can be beautiful when it is born, and you just put all the love and everything into that baby, but in the end maybe that baby is not going to reach its fullest potential by the time it reaches adulthood. But we have to wait generations to find these effects
10.30.13.00	<i>Janet</i> It's a frightening thought to think that even before her life began I had expelled the contaminants that had accumulated in me into my little baby daughter I chose not to drink, I chose not to smoke, I chose to eat healthy. I didn't choose to put PCBs into her, I didn't choose to put methyl mercury into her body and I don't know how those chemicals affected her body. And I don't know how those chemicals affected the eggs that she was born with, so I don't know how it's going to affect my grandchildren. I don't know how its going to affect my great grandchildren, and its really frightening to know that it is going to have an effect
10.31.32.00	<i>Narrator</i> Tradition dictates, when a boy catches his first seal, he must lay himself down flat on the ice, then, before the seal is dead, his father must drag the seal across his back. This will prevent the seals from being afraid of him.
10.31.59.00	<i>Lucy</i> Our lives seem to surround animals and the land. And when we eat, you don't eat country food by yourself, its better to be around your friends and family, the food just tastes better, and sharing becomes natural, for everybody else, for the community...its just a way of life.
10.32.43.00	<i>Narrator</i> All the bones of this first-caught seal must be gathered up and dropped through a blowhole. When this is done, the soul returns to the bones, and the young man may keep on catching the same seal over and over.
10.33.41.00	<i>Janet</i> Hunters are a really integral part of our community
10.33.47.00	<i>Sheila</i> When we are eating we are not just eating the animal we are honoring the hunter and our ancient way of life, which is the hunt and our connection to the land and all that is around us.
10.34.14.00	The lessons learned on the land are not just about aiming the gun, killing the animal and skinning the seal.
10.34.32.00	The lessons learned on the land are character skills, of learning to be bold under pressure, to be courageous, to be patient, how not to be impulsive, how to have sound judgement and ultimately wisdom.
10.35.50.00	<i>Eric</i> You know, I wish that we could open up an animal and see worms and say yes, those are the DDT and just scrape them away, or don't eat that type of thing, but its an invisible problem, and it becomes a very difficult one for hunters to identify with. Every time I have gone into a community, they have asked us, okay, how can I see if a seal is sick. Its like 'where is the mercury, where is the PCBs that I can cut out and make sure we only eat the healthy part?' You can't see it, it looks healthy, it is healthy, its good to eat. But, you can't just trim away the PCBs from that food
10.39.06.00	Our knowledge comes from observing the animals Our songs are created from the pattern of their voices
10.40.09.00	<i>Eric</i> So we are dealing with this invisible problem, and for a society that is incredibly visual that everything is done by looking at the health of an animal and seeing even if its just skinny or fat or it swam a little differently, or it behaved a little differently, and all those kinds of aspects are noted and understood, but we can't connect that to anything with contaminants, its extremely frustrating

10.40.55.00	<p><i>Sheila</i></p> <p>You don't see the immediate effect, negative effect, of contaminants. You can only assume sometimes when there are so many new diseases coming in. Or with children, when they start to have breakdown of their immune system, that this could be connected to contaminants.</p> <p>But there is no real hard evidence that is all coming out yet. But our worry has been how long term, these issues, when do they come out, do we continue to eat our country food and then 20-30 years from now we find out... it's the unknowns that we just don't know, because if it does come to that day, then its too late then too.</p>
10.41.50.00	<p>I am still an avid eater of country food, I am an avid eater of Seal meat and Muktak, and so I do sometimes think about that and say 'hummm, I wonder what is accumulating long term in my body?'</p>
10.42.21.00	<p><i>Theo</i></p> <p>We always had these problems, you know every one of the 20 or so disorders now that are on this list that we have epidemiological and significant evidence to show that they have increased since the 1970s. Every one of them occurred before, but they were rare events. You didn't see them very often, they didn't happen very much and these are no longer rare events.</p> <p>And if you look at the curve, it started around the 1970s as we began producing individuals who were already exposed in the womb to these chemicals.</p>
10..43.02.00	<p><i>Text</i></p> <p>Obesity, Testicular cancer, Asthma, Miscarriage, Undescended testicles, Penis abnormality, Prostate cancer, Autoimmune disease, Endometriosis, Breast cancer, Osteoporosis, ,Diabetes, Fewer boys being born, Aneuploidy, ADHD, Dyslexia, Autism, Juvenile violence, Low intelligence, Poor sperm quality, Premature puberty, Infertility</p>
10.43.18.00	<p><i>Theo</i></p> <p>And then they are producing children and you know their reproductive systems are not quite the same as their mothers and fathers, so why wouldn't they be producing even more problems and of course the children are exposed to more chemicals,</p> <p>We are up to 100,000 chemicals in use now. A new chemical comes on the market practically every day, more than one a day.</p>
10.44.10.00	<p><i>Theo</i></p> <p>We used to use the animals in the wild as our sentinels of what could be happening to our health because of the PCBs that had accumulated out in the environment.</p> <p>But we realize now that the average individual or human being is probably exposed to a lot more of these things indoors in their homes,</p> <p>Homes that we are trying to weatherproof, stormproof, energy conscious homes are sealed up more, so consequently these things are building up in the homes and not getting out of the homes.</p>
10.45.46.00	<p><i>Janet</i></p> <p>That's really frightening. To think that the sofa that you are sitting on, or the carpet you are standing on is leaching chemicals into your body. And we don't live in igloos anymore, and a lot of homes in our communities are carpeted and a lot of the furniture that we sit on now is treated with flame retardants.</p>
10.4.23.00	<p><i>Theo</i></p> <p>I'm sitting here looking at this couch, and I look at the upholstery, that has been treated.</p> <p>And then I think about the cushion, even as much as 50% by weight of that foam cushion is flame retardants. So we are still protected from fire, this has made our lives safer, possible to fly in airplanes, use all the equipment you and I are using here sitting talking.</p> <p>These have made our lifestyle, our modern lifestyle possible.</p>
10.47.02.00	<p><i>Theo</i></p> <p>Anyone who has any new furniture in their home will be exposed to these things. They are everywhere.</p>

10.47.14.00	<p><i>Narrator + others</i></p> <p>2 televisions, 4 cameras, 2 telephones, 2 mobile phones, 126 compact discs, 12 DVDs, 75 video tapes and every other electrical thing. 3 sofas, 3 mattresses. 8 cushions, 10 pillows, 4 chairs, 1 table, 1 microwave, the carpet in 3 rooms, vinyl flooring in 2 rooms, the curtains at my windows, 2 venetian blinds, 1 shower curtain, the chair I am sitting on, the mattress on my bed, every cushion and every pillow, 12 lampshades, 3 plastic toys, 3 bottles of perfume, 2 bottles of shampoo and 1 conditioner, shaving foam, 4 different moisturisers, 18 nail varnishes, 5 milk, 3 butter, 10 bottles of water, 5 non-stick pans, 3 toothbrushes, the toothpaste, my lipstick, the fillings inside my mouth, all the clothes that I wear, my computer, the desk that I'm sitting at, the tinned food in the cupboard, and the food in the fridge, the kitchen cabinets and the worksurface, the non-stick saucepans, the board where I chop my food, the water I drink, the soap powder I use to wash my clothes clean, to polish the floor and scrub out the bath, the airfreshener spray and the soap in the dish, all the paint on the walls and the varnish on the floor, the dust in every room and the air that I breathe...</p>
10.48.44.00	<p><i>Theo</i></p> <p>Try to find a unexposed human population is impossible anymore.</p> <p>This is just from constant everyday exposure</p>
10.49.13.00	<p><i>Janet</i></p> <p>There's nothing conclusive, its extremely frustrating. Year after year, study after study, we are still told that the benefits outweigh the possible risks.</p>
10.49.30.00	<p><i>Narrator</i></p> <p>Thousands of studies, but it took an accident to find it.</p> <p>When Inuit discover a new fact, they also think about all the interconnections between that fact and everything else they know.</p> <p>Western science investigates the tiniest of aspects in isolation. We look for the obvious. We only look for things that we expect to find.</p>
10.50.30.00	<p><i>Text</i></p> <p style="text-align: center;">Science is fragmentary, incomplete; it progresses slowly and is never finished; life cannot wait.</p> <p style="text-align: center;">Emile Durkheim The Elementary Forms of Religious Life. 1912</p>
10.50.59.00	<p><i>Theo</i></p> <p>They are woven into the very chemistry that sustains life. That chemistry that assures the perpetuity of life on earth...and yet we haven't seen it, its difficult to see, and no one really understands, that's my big concern.</p>
10.51.39.00	<p><i>Theo</i></p> <p>So as I say its insidious. Did you ever look up the work insidious in the dictionary its great?</p> <p>Hidden but with dire consequences.</p>
10.52.29.00	<p><i>Janet</i></p> <p>There is a very traditional Inuit belief that states: you shouldn't imagine something happening because you might make it happen. That advice is usually given at the time of somebody's pregnancy, where in the old days you would be told not to look at anybody who was deformed so that your baby didn't end up being deformed. Not to look at anybody who is ugly so that you wouldn't have and ugly baby. Now its transferred into – when I first became pregnant with my daughter my mother told me that I was not allowed to watch the news anymore or read the newspapers, and that I was only to think happy thoughts. And I knew what she was saying when she gave me that advice, and it was so that my baby would be healthy.</p>

10.53.55.00	<p><i>Text</i></p> <p style="text-align: center;">At the farthest reaches of the world often occur new marvels and wonders, as though nature plays with greater freedom secretly at the edges of this world than she does nearer us in the middle of it.</p> <p style="text-align: center;">Ranulf Higden, Polychronicon. 1327</p>
10.54.41.00	<p><i>Theo</i></p> <p>They say these chemicals are going to be around for geologic time, in other words they are going to be around like the rocks, they are never going to go away. Every one of them that have ever been produced have barely started to break down.</p>
10.54.59.00	<p><i>Sheila</i></p> <p>A lot of persistent organic pollutants are still frozen there in the arctic. If the sea ice starts to deplete more and more, the arctic sink will warm more and more, it will re-release all of these POPs that are at the bottom of the arctic sink.</p>
10.55.33.00	<p><i>Narrator</i></p> <p style="text-align: center;"><i>What goes around, comes around. What's laid in the ground, won't stay in the ground. And the rainfall washes down, and with the sun it rises. And in the rain it all comes down, and with the heat it rises. And the arrow points to north.</i></p> <p style="text-align: center;"><i>What comes around goes around, What's put in the ground, don't stay in the ground What the rainfall washes down, the sun can take it high It blows across the sky, then in the rain it all comes down And the arrow points to north.</i></p>
10.56.07.00	<p><i>Theo</i></p> <p>They are blowing around on the air, they are picked up in currents and they have been moving northward. They condense at night and then the sun comes out the next day and they volatilize and they blow a little bit more towards the north east, and they just keep accumulating up around the arctic circle.</p>
10.56.31.00	<p><i>Eric</i></p> <p>I learned this from a scientist, he came to a community with a can of spray, and he said now listen, contaminants are like this and he sprayed it in front of this light so when it came out of the can you could see it, and it sort of evaporated into the air, and then it disappeared and it was gone. And he said in a minute everyone in the front row will smell that, and everybody in the back row will probably smell it in about 5 or 10 minutes, and you won't be able to see it, When you spray something into the air it doesn't just fall right in that one space, it travels and goes into the north.</p>
10.57.09.00	<p><i>Narrator</i></p> <p style="text-align: center;"><i>And the snow it tumbles down, its laying thick upon the ground, And as the generations turn, our sons and daughters learn, When the sun begins to burn, the wheel it starts to turn, Its building up again, we cannot break the chain.</i></p> <p style="text-align: center;"><i>What goes around, comes around Now what's laid in the ground, gonna stay in the ground. And the snowfall tumbles down, and now it cannot rise, And in the ice it's fast, what's there is gonna last, And the arrow points to north.</i></p>
10.57.43.00	<p><i>Theo</i></p> <p>Everything in life is connected. And that was what I was saying about the Arctic. We are leaving footprints up there every day, as things are blowing in we are transporting things up there. Those footprints shouldn't be there.</p>

10.58.08.00	<p><i>Eric</i></p> <p>In the last 5 years we have realised that the arctic is really the area on the earth that is the barometer of the health of the world.</p>
10.58.18.00	<p><i>Sheila</i></p> <p>We understand that all our actions have an impact on everything that is around us. Not only on your next door neighbour, the next country you live in, but even in fact in the next hemisphere.</p>
10.59.10.00	<p><i>Narrator</i></p> <p>In seals, in polar bears and killer whales, in panthers, alligators, dolphins and birds, doubling every 5 years in our bodies and theirs, in Texas, in San Francisco and London, in Stockholm, Tokyo, Sydney and Paris. In this place, in your place, in you, and you, and you....</p>