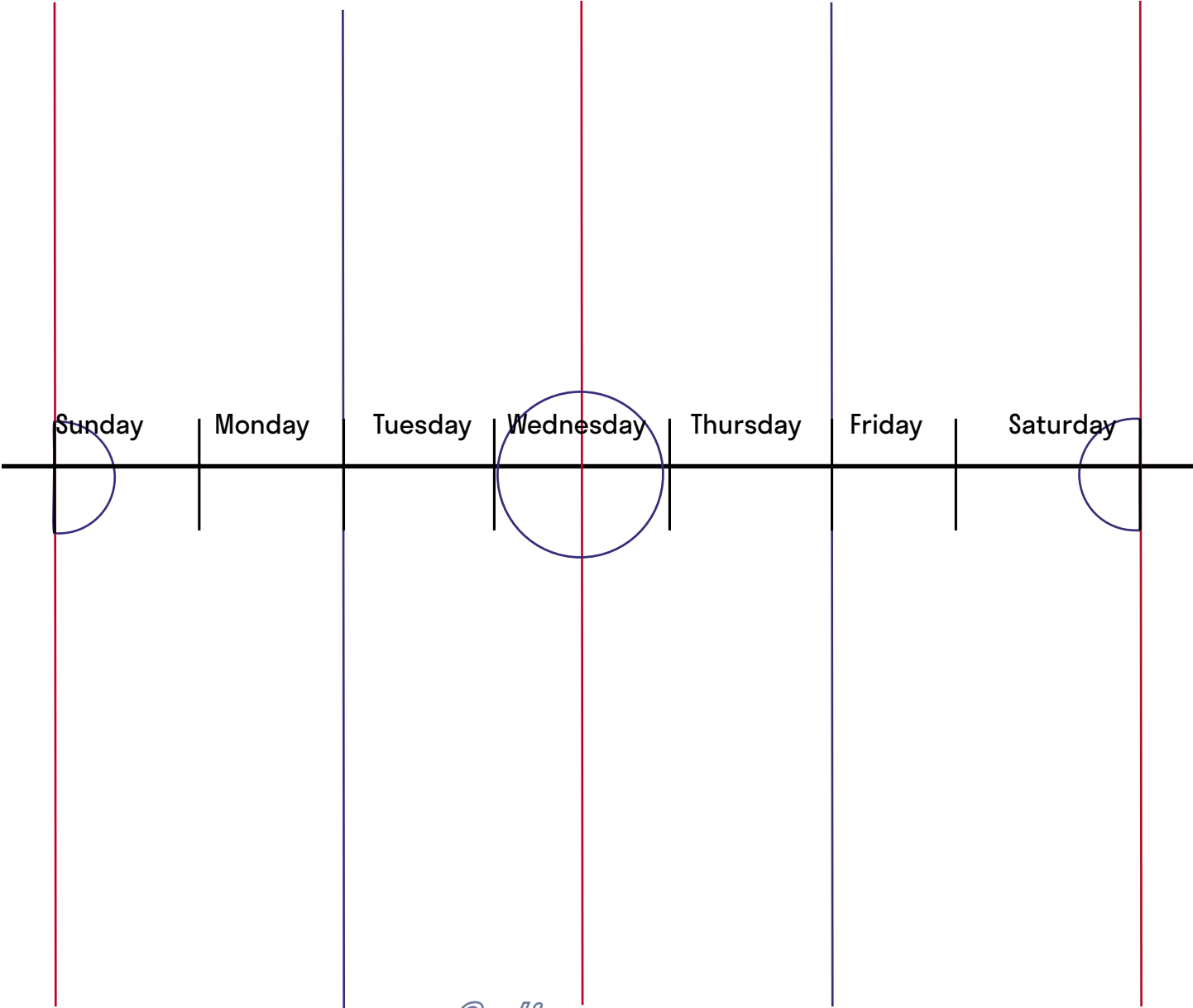


COMORBID SYMPHONY MANIFESTO



By *Celia* Glastris

I AM A WRITER BECAUSE I AM COMORBID.

1.

MY UPBRINGING MADE ME PRIORITIZE WORK

2.

I LEARNED TO LATCH ON TO MY OBSESSIVENESS AND TO USE IT TO WORK HARD, A CORE FAMILY VALUE.

3.

THINGS DON'T MAKE SENSE SO I MUST PROCESS THEM THROUGH WRITING.

4.

THINGS ARE TOO MUCH SO I MUST PROCESS THEM THROUGH WRITING.

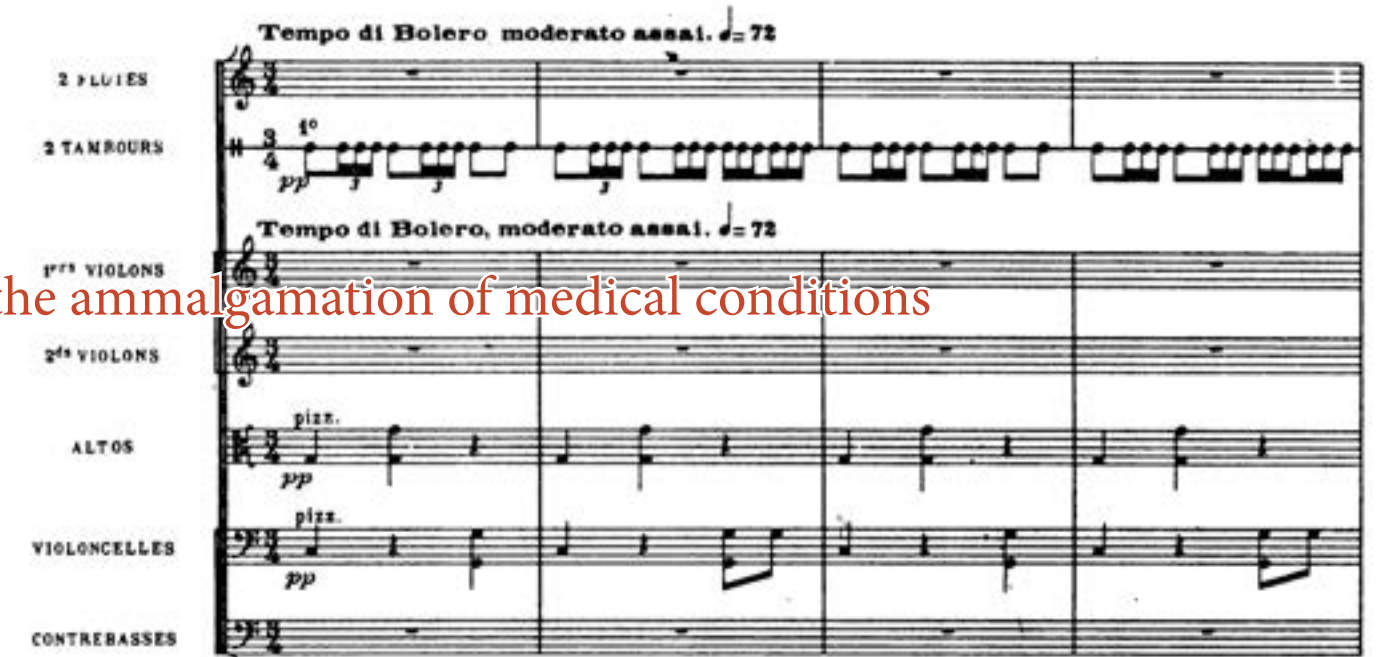
à IDA RUBINSTEIN
BOLERO

MAURICE RAVEL

the comorbid mind is an orchestra
musicians are distinct symptoms

the amalgamation of medical conditions

layering onto one canvas and one lifetime
to create



one symphony production

one voice

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A COMORBID SYMPHONY:

CELIA IS RAVEL'S DRUMMER BOY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

AND CELIA IS THE CONDUCTOR

-----*GLASTRIS'*-----
 -----*MIND ORCHESTRA*-----*NOW PLAYING*-----*HYPOMANIA*-----

An old theatre stuck on the same show

Over and over

A resident I am
Of hypomania

A manic
Is supposed to have several houses

Or none

But compulsivity
Controls me

in this place

Harnesses the productivity of hyperactivity, mania and grandiosity

Keeps me in a constant state
of hypervigilance
(Unbearably nauseous and never-ending)

The drummer of Bolero

Tortured by the score
Monday Tuesday Wednesday Thursday Friday Saturday Sunday (Round)
Bum duh duh duh Dum duh duh Dum duh duh duh Dum duh duh Dum (Round)

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Maurice Ravel (1875-1937) was a French composer, pianist, and conductor. His most famous work *Bolero* was produced for the Russian ballet dancer Ida Rubenstein. Bolero was first danced by Rubenstein's troupe at the Paris Symphony in 1928 where it was met with high regard. Ravel is from the Basque region of France near Spain thus the piece gains its inspiration from his heritage. Bolero has a percussion that repeats over a slow crescendo. The piece is unique for its use of this repetition. It is postulated that Ravel's interest in repetition came from his developing progressive aphasia. As a result of his illness, Bolero was one of his final works.



Figure 1: Ida Rubenstein

Chicago Symphony Orchestra

THIS WEEK

MAURICE RAVEL, Guest Conductor



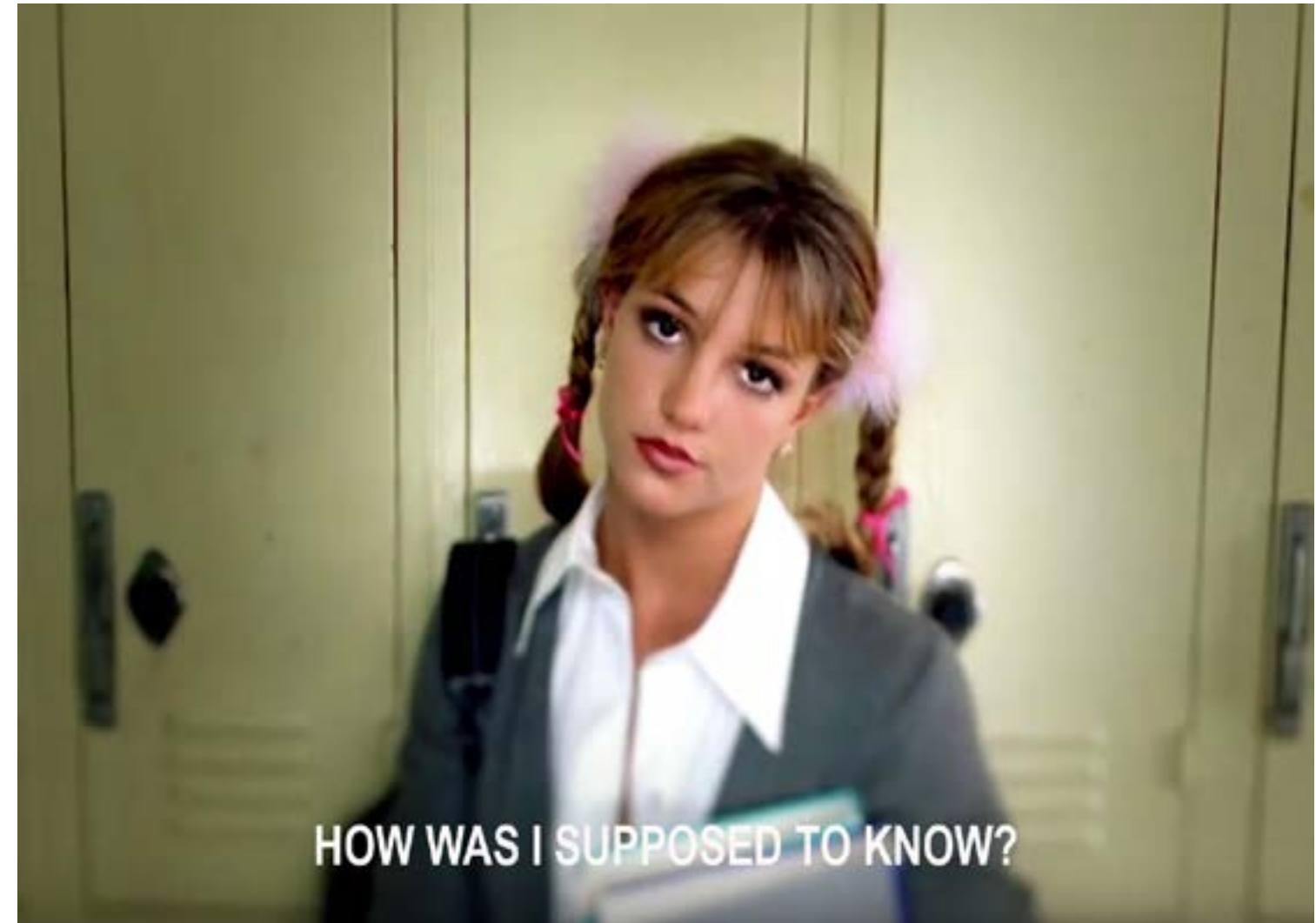
Maurice Ravel was born in 1875 at Ciboure (in the Department of Basses Pyrénées), France. He was given his training in music at the Paris Conservatoire, which he entered when about fifteen years of age as a member of Anthiome's preparatory piano class. A year or two later he passed into the piano class directed by Charles de Bériot, in which he remained four years, studying at the same time harmony with Hector Pessard and counterpoint and fugue with André Gédalge. He later became a pupil in composition of Gabriel Fauré.

Mr. Ravel is a pianist, as well as a composer of note. It is in the latter capacity, however, that his name has become a familiar one on symphony orchestra programs. His first introduction to these audiences was in November, 1909, when his

Rhapsodie Espagnole received its first Chicago performance. Other works from his pen performed here are: "Mother Goose" (five children's pieces); Valses Nobles et Sentimentales; "La Valse," choreographic poem; orchestral fragments from "Daphnis et Chloé"; Albarado del Gracioso; Introduction and Allegro for harp (Enrico Tramonti, soloist), string orchestra, flute and clarinet; and Tzigane for violin and orchestra (Samuel Dushkin, soloist).

Figure 2: An advertisement of Ravel's first and only trip to North America at the Chicago Symphony Orchestra January 17, 1928.

I. UPBRINGING (LABOR MAKES RHYTHM)



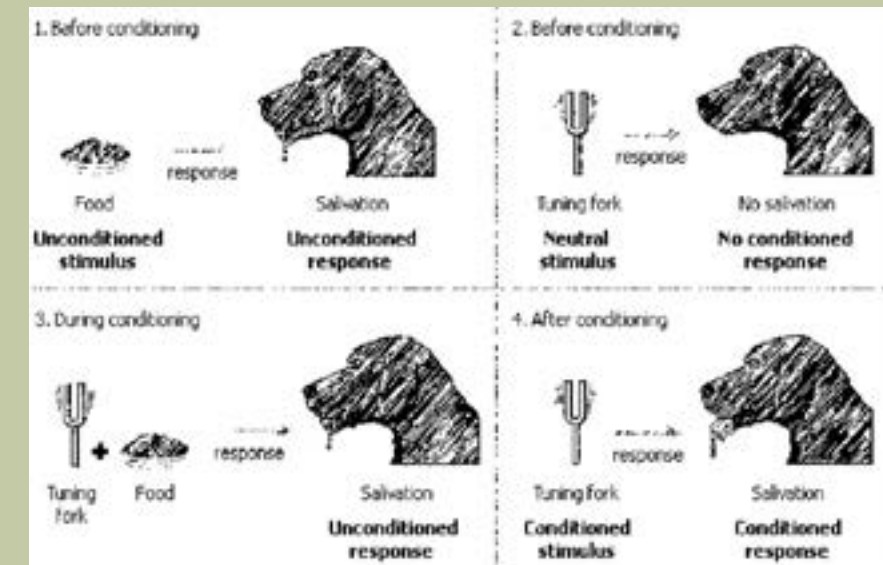
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Ivan Petrovich Pavlov (1849-1936) is a Russian physiologist who is known for his research on canine behavioral physiology. This research was funded by an exchange for their gastrointestinal secretions which was used to treat dyspepsia, otherwise known as indigestion.

In order to collect these secretions to pay for Pavlov's research a fistula is connected into the gastrointestinal tract to collect the secretions.

Dogs salivate when they are exposed to food. It is a natural response to what is called an unconditioned stimulus. The unconditioned stimulus is food because it is evolutionarily expected for any animal to salivate in response to food as it will generate a sense of hunger. In fact, much of Pavlov's research was a continuation of Darwin's.

Pavlov wanted to induce a state of salivation in the dogs without giving them this unconditioned stimulus. Thus he trained his canines to learn that when they heard the ringing of a tuning fork this meant that food was imminent. This conditioned stimulus induced the state of salivation, allowing for Pavlov to collect gastrointestinal secretions to pay for his research.



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B.F. Skinner (1904-1990) was an American psychologist whose work on **opperant conditioning** added to the research canon of Ivan Pavlov.

Opperant Conditiong deals with reinforcement and punishment. It is a behaviorist method of studying learning.

B.F. SKINNER’S OPPERANT CONDITIONING:
REINFORCEMENT AND PUNISHMENT CAN BE POSITIVE OR NEGATIVE.

THE FOUR WAYS A SUBJECT CAN BE EXPOSED TO OPPERANT CONDITIONING

1. POSITIVE PUNISHMENT
2. NEGATIVE PUNISHMENT
3. POSITIVE REINFORCEMENT
4. NEGATIVE REINFORCEMENT

Positive reinforcement means that the individual will be conditioned with a positive reward such as a treat, negative reinforcement means that the individual will be conditioned with a reward such as taking away something uncomfortable like a leash.

Positive punishment means that the individual will be conditioned with a positive punishment such as a shout or beating. Negative punishment would mean that the individual would be punished with something like taking away play time or a toy.

	POSITIVE/+	NEGATIVE/ –
REINFORCEMENT	I know it’s childish but I collected stickers for every clean program as I trained for Junior Nationals I was very proud of every new gold star I received on my notebook	Not having to do a double run throughs because I landed my triple loop
PUNISHMENT	“Идти! кататься! Блядь! Сука!”	“Why are you late to our lesson.” “Г--” “Get off the ice now.”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

JULY 27, 2009
FLIMS, SWITZERLAND

(ROUND)

Celia does a clean long program. Celia pants, extra exhausted by the altitude and returns to Viktor Kudriatsev, the coach from Moscow that Celia is training with.

"молодец!"

says Viktor Kudriatsev.

Celia does not know what the phrase means but has heard it many times with Celia's other coaches Sergei and Lera and knows its to be a good thing.

Celia sighs with relief—

"еще раз!"

says Viktor, and Celia knows this means

'again.'



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

I. UPBRINGING (LABOR MAKES RHYTHM)

II. NATURE AND NURTURE



I wonder often if the first 17 years of my life started out differently

if I would be as scrambled as I am now.

I don't know but I do know that

some relation has to exist between
when it all started to fall apart

and when I started to get my diagnoses.

The first medication I went on was lexapro at 10
then shortly after vyvanse

I was injured when I was thirteen

I feel like my inner child never recovered

I can tell you that a proper childhood is important for a stable mind

I don't make a good roommate which I am deeply ashamed of
I'm always losing things and
forgetting I put things places

I never learned object permanence

It's a symptom of ADHD but also
I spent my time in the ice rink
when most kids were on the

playground

and

I'm afraid of the kitchen

I can count with my fingers the amount of times I turned on the stove last semester

And all I do is sit and write
During the pandemic I barely left my computer

It's a real bummer to live with

I'm not upset with anyone for how things turned out

I don't think

But really what I hate
Is that I exist in a world
That disables me
I myself
Am not disabled
And neither is any other person who claims the title

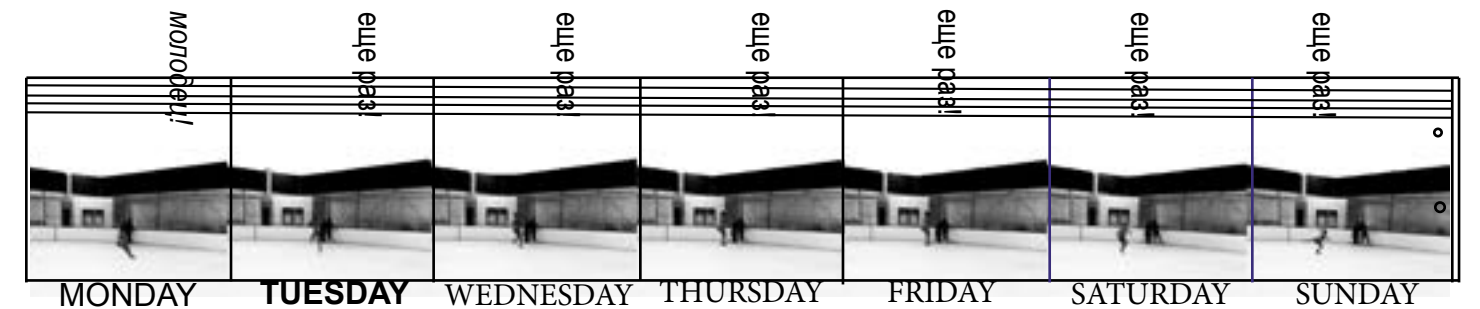
The environment around us simply is not built
to accommodate comorbid lives

And does not understand how much energy it takes
To make it through each day

And that makes me very, very
upset

Loss is not nothingness

it is absence that takes up space in the body that remembers the presence of what is gone forever¹.



July 29 2021²
Hyde Park, Chicago, Illinois

¹ Lexapro (escitalopram) is a Selective Serotonin Reuptake Inhibitor (SSRI) that is used to treat depression and anxiety. It works by restoring the balance of serotonin to the body. It may improve feelings of well-being or nervousness.

² Today is my third day without lexapro.

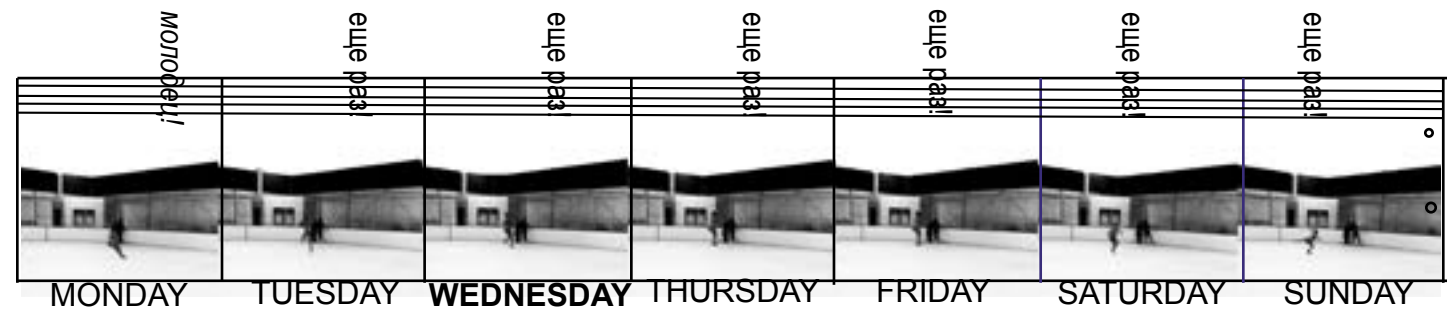
I. UPBRINGING (LABOR MAKES RHYTHM)

II. NATURE AND NURTURE

III. RUMINATIONS



TIME TRAVEL

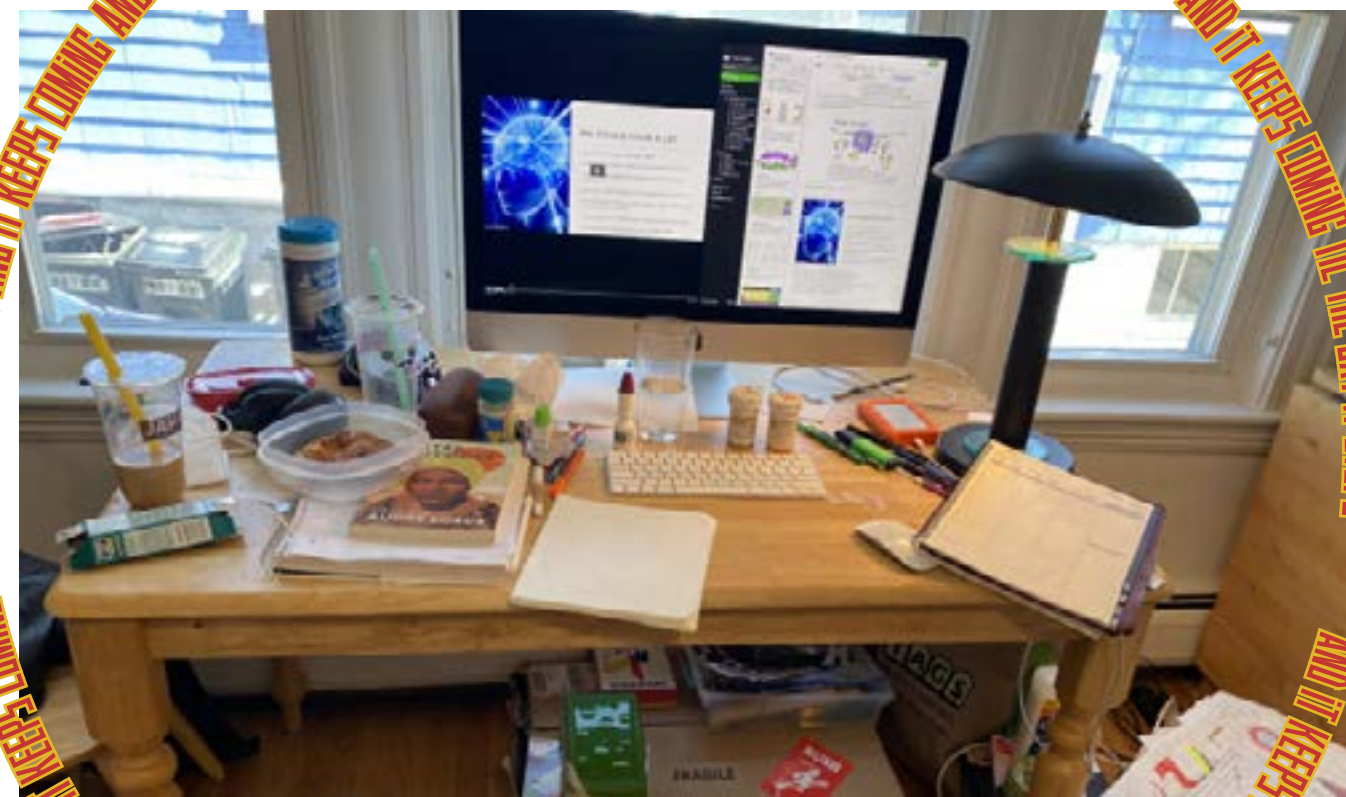


March 17, 2021
SOMERVILLE, MASSACHUSSETS

Hooks of pop songs repeat constantly in my head
LCD Soundsystem's Someone Great is a common one
When I'm on a deadline
Which is always

*Images of fiery circus rings appear at my desk
as the time passes*

and I must run to jump through them



*(I have something to prove)
(to thirteen year old me)
(that it was all worth it in the end)*

I. UPBRINGING

II. NATURE AND NURTURE

III. RUMINATIONS

IV. IMPULSIVITY (ON SHAME)



APRIL 27, 2016 ----- (ROUND)

WINNETKA, ILLINOIS

and it keeps coming
and it keeps coming
and it keeps coming
and it keeps coming
and it keeps coming
and it keeps coming
and it keeps coming

till the day it stops

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

I have a habit

of tapping my fingers against my thumb

I picked it up from when I took

piano lessons

My senior year of high school

after i quit figure skating



KEY:

- 1: thumb
- 2: pointer
- 3: middle
- 4: ring
- 5: pinkie

1/4 1/5 1/4 1/3
 1/2 1/3 1/4 1/5
 round

INDEX:

Celia was accepted to a prestigious New England liberal arts university called Tufts University much to her* surprise.

Some context of Celia's freshman year:

Celia has a learning disability and therefore meets with an executive functioning coach at the Danish Pastry House, off campus rather than at the library where it is customary. Celia hides this from her* friends. She* has lied about the situation on multiple occasions. The first was to the cool queer journalist she* looks up to once, in which she* told them that it was someone from the art history department. Another time her* best friend saw her* at the Danish Pastry House and Celia made something up that Celia cannot recall but it was confusing.

Celia hides from her friends that she gets time and a half on tests. She* says she* was somewhere else mysteriously after a test.

Every Sunday around 9 pm Celia huddles in a corner of her dorm room to ration out her medication and place them into her weekly pill organizer. Celia counts the pills twice. Celia takes 5 mg lexapro 250 mg lamotrigine 50 mg seroquel (PM) 40 mg vyvanse (AM) and evekeo 10 mg afternoons as a booster. This has since changed.

Every month Celia goes to the mail services to pick up lexapro lamotrigine seroquel vyvanse and evekeo.

Celia avoids emails from the Student Accessibility Services that say things like "Learn How to Manage Your Time With SAS!"

Celia is in denial that she* is manic to her* high school friends on FaceTime that witnessed her* episodes because at this point it has only ever happened once.

Celia orders frozen yogurt from Scoop and Scootery on Seroquel to Lewis Hall half awake. With one eye open Celia eats a huge ice cream sundae in front of her* roommate at midnight while slurring her* speech. Celia falls asleep with the sundae cup in her* bed. This is a common occurrence.

Celia's peers have read the syllabus before they arrive to class on the first day. Celia has not. Celia carries this shame with her* throughout the semester.

Celia is afraid of her* peers that have read the syllabi and therefore have done the assignments. Celia does not know what is happening in class.

Celia does not know about queer culture and does not understand that when the cool queer person invited her* to hang they were trying to crack Celia, a baby trans egg.

Celia feels alone at Tufts.

Celia develops a stutter her* freshman fall.

Celia is a freshman at this university walking with two friends* out of the library.

Celia stutters and cannot find words in a conversation with her* two friends*.

"There was this really interesting New Yorker piece where a linguist broke down Sarah Palin's speech patterns and found that they literally make no sense."

"You kind of talk like Sarah Palin!"

Celia cries her* way back to the dorm alone.

Celia relates to Sarah Palin.

***Celia used she pronouns at the time. For accuracy they are included, however Celia now uses they pronouns.**

Aphasia

It sounds so severe
Maybe because it is
the inability to communicate or understand speech

typically due to brain damage

fall
on the ice
over and over
goose eggs and blurry vision

i don't think it came from that
i hear similar word patterns in my mother

sarah palin talks like me
a classmate brought it up once and i have never recovered from it
it's one of the meanest things anyone has ever said to me

i hope this helps you understand why i write
it comes from a place of

well its hard for me to collect my thoughts when i speak
they move so fast
so writing them down makes that easier

i

is the inability to communicate or understand speech typically due to brain damage.

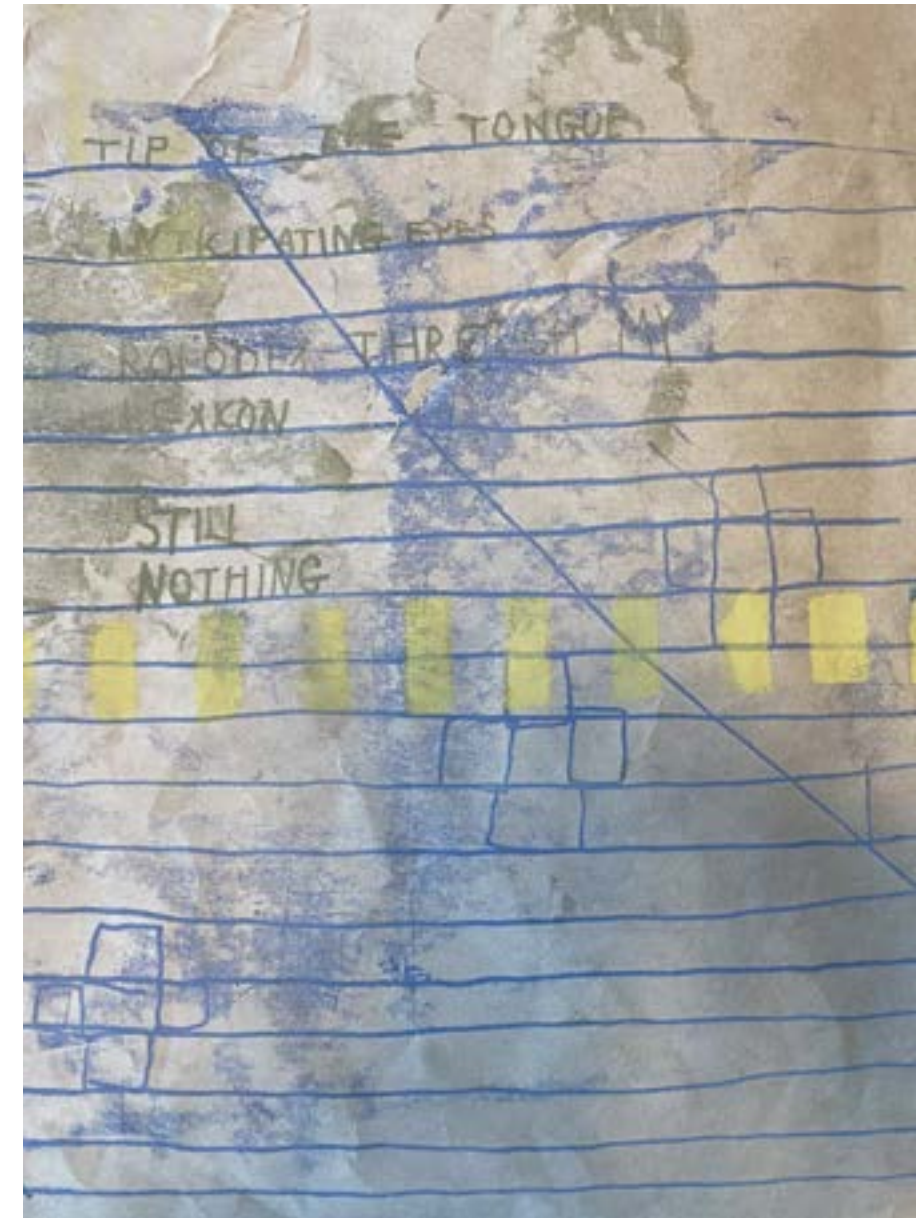
*Where is the
the
the machine*

Your face is confused

My brain is frozen
What is that word I am looking for?

It is hard for me to collect my thoughts so I write them down to see them on paper. Writing has helped me gain agency.
I don't come up with the right words in conversation.

Aphasia's effects are virtually indescribable through words.



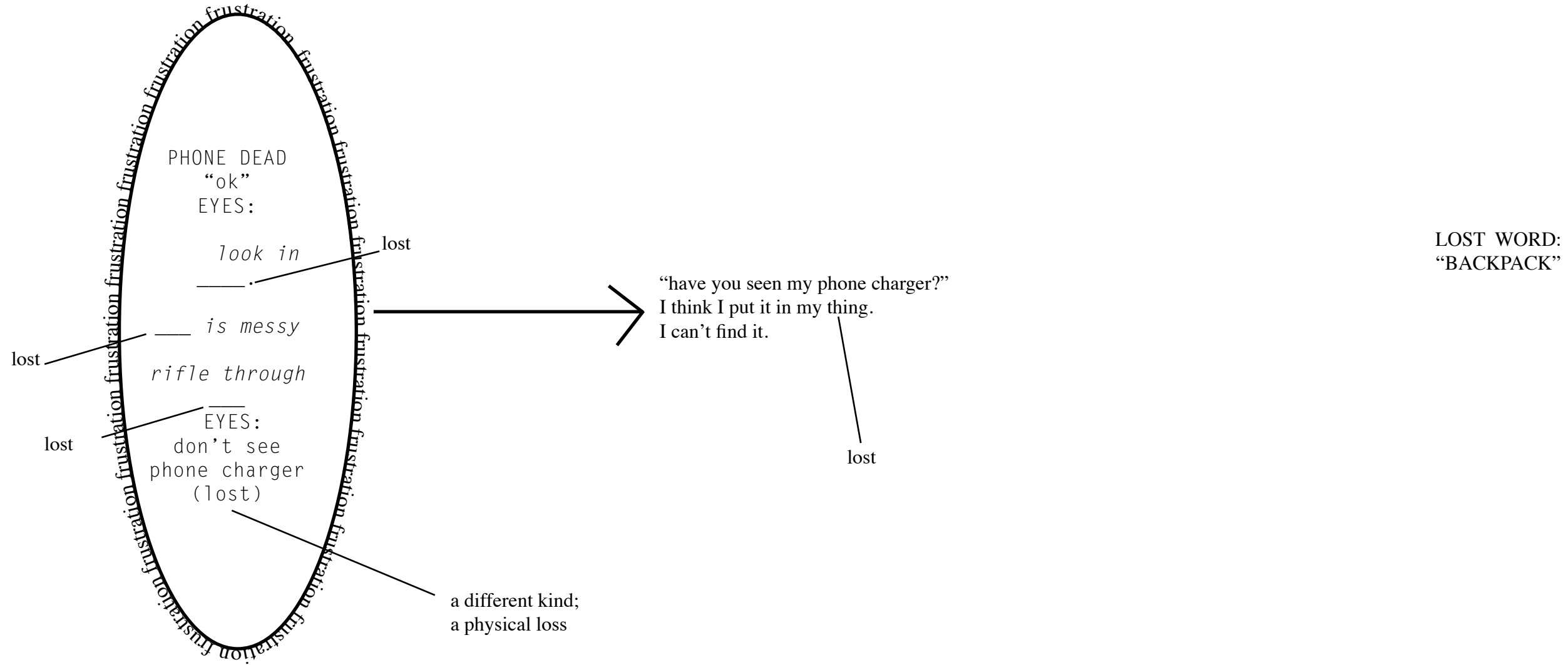


Fig. 4: Word retrieval failure in working memory due to unknown reasons in patient A. Possible reasons for chronic word retrieval failure may be a symptom of attention deficit hyperactive disorder (ADHD) or due to concussions from figure skating as a youth. Patient A requires neuropsychiatric testing to diagnose the illness.

I. UPBRINGING

II. NATURE AND NURTURE

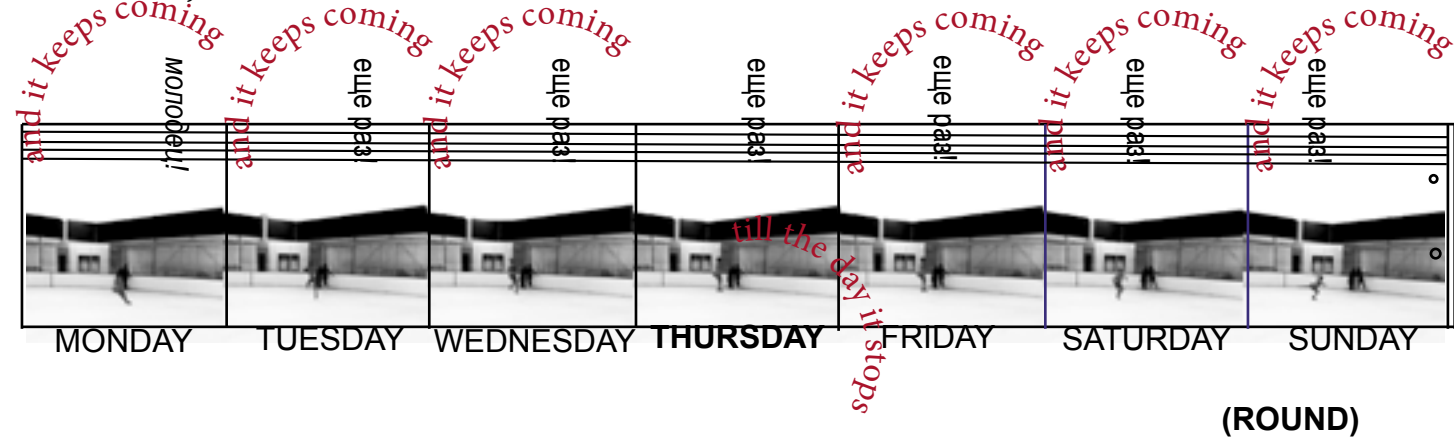
III. RUMINATIONS

IV. IMPULSIVITY (ON SHAME)

V. RACING THOUGHTS



April 17, 2020 -----
 WINNETKA, ILLINOIS



My sister Georgia and I were studying in lockdown when she told me about how she had considered naming her beagle Maizey after one of Ivan Pavlov’s dogs. I googled to find out what their names were.

From Quora.com: “What was Pavlov’s Dog Named?”

William Halmeck, M.A. Biology, Western Connecticut State University (2009) provided an in-depth response citing the research of Tim Tully as a reference for anyone interested in further study. Alongside his description, he included the list from Tully’s study.

Tim Tully is a scientist who conducts research on drosophila flies. He is teaching the flies to respond to stimulus, a study similar to Pavlov’s classical conditioning. So Tully went to Saint Petersburg to find the names of dogs.

Tully and I have something in common. We both have a connection to the dogs. Both made a metaphor out of these names.

The dogs live on in the flies, I think it’s poetic. Finding the names of the beings that helped build behavioral psychology and ultimately the field of psychology itself. But these beings gave their life for it. They were tested on, a live experiment. The physiological response, something that typically is so personal to someone, was controlled all the way up to the millisecond in them. I think of a loss of bodily autonomy when I think of the dogs. And I think of discipline. (Dis discipline dis discipline dis dis discipline dis diciplinedisciplinediscipline (round))

The forty recovered names of Pavlov's dogs

1. Bierka
2. Nalyot
3. Golovan
4. Arap
5. Arleekin (Clown)
6. Avgust
7. Baikal
8. Barbus (Big Dog)
9. Box
10. Chingis Kahn
11. Chyorny (Black)
12. Diana
13. Drujok (Buddy)
14. Ikar
15. Iks (X)
16. Jack
17. Joy
18. Jurka
19. Krasavietz (Beauty)
20. Laska (Ferret)
21. Lyadi (Lady)
22. Martik
23. Mikah (Nice Girl)
24. Milord
25. Moladietz (Good Boy)
26. Murashka (Cute Little Thing)
27. Nord
28. Norka (Mink)
29. Novichok (New One)
30. Pastrel (Fast One)
31. Pingiel
32. Rex
33. Rijiy I
34. Rijiy II
35. Rogdi (Old Russian Prince)
36. Ruslan
37. Tungus
38. Umnitza
39. Valiet (Jack)
40. Zloday (Thief)





Молодец

(And when I think of the dogs I think of myself.)

I. UPBRINGING

II. NATURE AND NURTURE

III. RUMINATIONS

IV. IMPULSIVITY (ON SHAME)

V. RACING THOUGHTS

VI. FROZEN



April 17, 2020 -----
WINNETKA, ILLINOIS

The image shows a musical score for a Russian song. The lyrics are written in Cyrillic and English. The Russian lyrics are: понедельник, вторник, среда, четверг, пятница, суббота, воскресенье. The English lyrics are: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday. The score is written on a five-line staff. There are red annotations: "and it keeps coming" above the first three days, "and it keeps coming" above the last three days, and "until the day it stops" written vertically across the Thursday and Friday frames. A yellow box highlights the word "молодежь" (youth) in the first frame. Below the score are seven small video frames showing a street scene with people walking.

I have been studying Russian on Duolingo in between schoolwork
as a break

also to reclaim something I lost

The screenshot shows a Duolingo quiz question. The question is "Он _____ человек?" (He is _____ human?). The options are: НЕ (No), НЕТ (Not), А (And), and НИ (Neither). The correct answer is "НЕ". Below the options is a green box with the translation: "Translation: Is he not human?". There is a "CONTINUE" button at the bottom.

"CELIA НЕ ЧЕЛОВЕК"
"is not human"

