



November 2018

Issue #2

A FEAST FOR THE MIND

Bountiful Celebrations: A Letter of Abundance & Thanks

Cazuela (**ka'θwela**) is the common name given to a variety of dishes across the Americas. It receives its name from the cazuela (Spanish for cooking pot) in which it is cooked. The ingredients and preparation vary from region to region, but it usually contains a thick flavored stock produced from cooking several kinds of meats and vegetables mixed together. While known by different names, cazuelas exist in every culture. When prepared and eaten communally, it reminds us of the caravansary circles made by tired travelers under the stars of the Sahara Desert. Tayeb Salih describes these improvised celebrations:

The driver, who had kept silent the whole day, has now raised his voice in song: a sweet, rippling voice that you can't imagine is his. He is singing to his car just as the poets of old sang to their camels...another voice is raised in answer...then a third voice rose up in answer to the other two...And so we continued on, while every vehicle, coming or going, would stop and join us until we became a huge caravanserai of more than a hundred who ate and drank and prayed and got drunk.

We formed ourselves into a circle. We clapped, stamped on the ground, and hummed in unison, making a festival to nothingness in the heart of the desert. Then someone produced a transistor radio which we placed in the centre of the circle and we clapped and danced to its music. Someone else got the idea of having the drivers line up their cars in a circle and train their headlights on to the ring of dancers...

A bedouin man brought a sheep which he tied up and slaughtered and then roasted over a fire. One of the travellers produced two crates of beer which he distributed around...packets of cigarettes and boxes of sweets were passed round, and the bedouin women sang and danced, the night and the desert resounding with the echoes of a great feast...

A feast without meaning, a mere desperate act that had sprung up impromptu like the small whirlwinds that rise up in the desert and then die. At dawn we parted...The engines revved up and the headlights veered away from the place which moments before had been an intimate stage and which now returned to its former state -- a tract of desert.

We are so honored by how many contributors joined us on this new journey and lent their talents and passions to our feast. We are humbled and blessed by the response our first issue received. The complements and comments are so kind, and for this we are thankful. The excitement we hear in your voices could not be more encouraging. We've distributed nearly 1,000 copies (not too shabby for our first attempt), which wouldn't have been possible without our friends who consistently helped us spread the word and hand out publications to locals and visitors alike.

In these oppressive times, where the world feels like an isolating and inhospitable desert, we are nonetheless thankful. Thankful to have found each other to share our suffering and toil, our dreams and desires, our laughter and leisure. As the world enters dark(er) times, we are thankful that each of us can be guiding lights, showing one another creative ways to protect and provide with generosity.

We are committed to sustaining this monthly practice. We will gather your abundant ideas and thoughts and continue creating bountiful feasts we can collectively enjoy.

Your Hungry Travelers,
Colin Eubank and Sean "Mr. Sean" Brannock

All submissions can be sent to catalina.cazuela@gmail.com

check out Cazuela online!
cazuelapublication.wordpress.com

Recipe for the Issue:

Start with a helping of Articles and Observations:

- "Crass Consumerism" (pg2)
by Rich Zanelli
- "Soul Alignment" (pg3)
by Sky O'Connor
- "Living Your Life List" (pg5)
by Sean Brannock
- "Cadenas de Islas//Island Chains" (pg 12)
by Colin Eubank
- "Name Three Things" (pg13-14)
by Lisa Lavelle

Mix in a handful of Creative Writing:

- "Two Trees" (pg2)
by Kasey Warner
- "BROWN..." (pg10)
by DM LEE
- "Town of Only Churches" (pg14)
by Philip Zorba
- "Becoming" (pg15)
by Sky O'Connor

Season with a dash of Essay:

- "Women of HERstory" (pg2-3)
by Constance Rux
- "The Butterfly & The Flower" (pg6-7)
by Carlos de la Rosa
- "Mother Suspiriorum" (pg 10-11)
by Leonardo Foley
- "Why Astronomy?" (pg12)
by Ayoub Sahri

Add a few aged Missives:

- "Cruising on the Friend Ship" (pg 2)
by Karen O'Connor
- "The Ants & the Grasshopper" (pg2)
An Aesop Fable
- "The Bear & His Party" (pg6)
An Aesop Fable

Sprinkle in a pinch of Community Shares:

- "The Power of Shared Goals" (pg5)
by Jessica Herzog
- "A First Review of Cazuela" (pg11)
- "Still Hungry? Reading recs to tide you over until the next issue of Cazuela" (pg 11)
by the Editors
- "Why We Need Checks & Balances" (pg 15)
by Rich Zanelli

Steep all the above with Visual Art:

- Grove of Island Oaks (pg2)
by Carlos de la Rosa
- [No Title] (pg3)
by Cereyna Bougouneau
- Dreamers (pg3)
by Leonardo Foley
- #SurvivorLoveLetter (pg3 & 15)
- Saint Francis (pg9)
by Valerie Fanarjian
- Catalina Icon: Bison (pg10)
by Caprice Rothe
- Experiments in Exposure (pg10)
by Beth Cohen
- An Avalon Meme (pg13)
by Ricco Dominguez
- A Sketch (pg13)
by Michael Vargas
- November Cover Art: Morgan Brannock
- October Cover Art: Ann Marie Boyle

Cruising on the Friend Ship

by Karen O'Connor
www.karenoconnor.com

A few years ago I took a cruise to the Inland Passage of Alaska. I especially enjoyed the fact that everything I needed or wanted from a vacation was right there in one place. To take advantage of what was offered, however, I had to walk to specific locations: a piano bar in one room, a stage show in another, an art auction in still another.

Today the image of that large cruise ship came to mind. I envisioned the many friends I have who contribute to me in diverse ways—each one onboard my life but showing up in different compartments. One brings humor. Another offers wisdom and a listening ear. Some are available for walks or hikes. And still others provide counseling, editing, party advice, dance lessons, decorating help, and gardening tips. And many of the same people simply enjoy, as I do, sharing a good time in each other's company.

As I move around my Friend Ship I see that nearly everything I need and want I receive through my faith, family, and friends. Each individual is precious to me. I never want to take anyone or anything for granted, nor to hold one in higher esteem than another.

As we cruise the waters of life together, giving and receiving, I'm going to keep in mind the words of Joseph Addison. "Friendship improves happiness, and abates misery, by doubling our joys and dividing our grief."



Photo courtesy of unsplash.com
Photographer: Vidar Nardi-Mathison

Crass Consumerism

by Rich Zanelli

A recent study says that American citizens are exposed to up to 5,000 advertisements every day. Is that not an astonishing number? Billboards, television, Facebook (and other online) advertisements are ubiquitous. Have you ever thought about the purpose of advertisements? Every ad we see is designed to make us unsatisfied with what we already have. That cell phone in your pocket...you can do better. The food you eat...restaurants make it tastier. The clothes you wear...so last year. Nothing that you have is good enough. You need to upgrade to the latest version. And, we fall for it. We spend money we don't have on products we don't need.

And, where does that lead us? We buy things from China, and other

countries, and they send us products wrapped in plastic and cardboard, effectively sending us their trash so that we have to throw it into our landfills. And, what about the products that they send us? A generation ago or so, products were designed to last. Now, planned obsolescence is the rule and not the exception. Products are designed to wear out so that we have to buy over and over again and throw out the old version of... whatever.

Then, what? We get rid of our old stuff. Have you ever considered this: When we throw stuff away...where is away? Our local landfill is approaching its capacity. Stuff that is not disposed of properly ends up in the ocean during the next significant

Two Trees

by Kasey Warner

Fires burn and the water flows,
Seeds drop down ready to grow,
Two little beings starting together,
Trusting each other to brave the weather,
Darkened soils birth new life,
Reaching leaves towards the light,
Roots travel down holding on strong,
Branches above carry birds with a song,
Endless energy comes from the sun,
The real sacred journey has hardly begun,
Now two trees share the same ground,
Dancing to life's enchanting sacred sound,
Earth's primal beat guiding the way,
Expanding their canopies forever to stay,
Those two small seeds have created a home,
Carving a path where their young may roam.



Grove of Island Oaks by Carlos de la Rosa

The Ants and the Grasshopper

(An Aesop Fable)

The ants were spending a fine winter's day drying grain collected in the summertime. A grasshopper, perishing with famine, passed by and earnestly begged for a little food. The Ants inquired of him, "Why did you not treasure up food during the summer?" He replied, "I had not leisure enough. I passed the days in singing." They then said in derision, "If you were foolish enough to sing all the summer, you must dance supperless to bed in the winter."

rainfall. And it is happening all over the world. That is why the Great Pacific Garbage Patch exists. It is also why Long Beach Harbor looks so disgusting after a rain event when we are waiting at the Catalina Express terminal to get on a boat to come back home.

It is an unceasing cycle that can only be broken if we acknowledge and address the root cause. We get snowed by advertising that tells us that we need more and better stuff. We need to stop paying attention to the advertisements where celebrities and famous athletes tell us what to buy because, well, they say so. The time has come to be satisfied with what we have.

SOUL ALIGNMENT

Life throws us some painful punches.
But it's not about what happens to us, it's about how we respond to it.

Are you going to wallow in misery and blame?
Or are you going to see the silver lining, and the lesson in everything?
Stay curious. Stay present. Listen to your intuition.

And I must say, following your intuition is not always logical. Sometimes your soul is leading you somewhere because you need to go through an experience in order to have what you want.

And often this can be uncomfortable or painful.
And a lot of the time it's a total surprise where we end up!

Listening to this inner voice is something that we must strengthen like a muscle.
Often it's just a feeling, and you just have to go with it.
You just have to trust and take the leap.
Only YOU know what is right, only YOU know your unique experience.

Commit to growing even if it's hard.
Commit to growing even if other people don't understand.
You owe it to yourself to get clear on what your soul wants.

You deserve to be happy.
You deserve to have all that you want.
You deserve to leave situations that don't serve you.
You deserve to listen to your heart even when it doesn't seem logical or everyone else tells you you're crazy.
You're allowed to want more.
You're allowed to follow your deepest desires.
You're allowed to take risks.
You're allowed to burn it all down to build anew.
You're allowed to break your heart as many times as it takes.
You're allowed to go it alone as long as you need to.
You're allowed to take as much time as you need to become all of you.
Until you love all of you.
Until you are completely aligned with your soul.
Until you remember that you are complete.
Until you remember you have been whole all along.

My name is Sky O'Connor and I help women align with their soul's true purpose and desires, let go of limiting beliefs, and create the life of their dreams. I help my clients awaken out of unworthiness and learn to deeply love themselves. If you're ready to strengthen your intuition, get into your own flow and follow your soul's guidance and you could use some help and someone to hold you accountable, or if you would like to see more of my written work you can find me at:
Facebook.com/skyoconnorcoach or Instagram @skyoconnorcoach

Women of HERstory:

Mary Shelley
The Mother of Sci-Fi

by Constance Rux

Mary Shelley was just 18 when she wrote *Frankenstein* -- the novel that gave birth to the genre of science-fiction. Throughout modern literature there were writers (such as H.G. Wells and Jules Verne) who had written of daring and bold men who explored using science, or stretched the imagination with futuristic technology. But it was Mary that dared explore Man's capacity to create something he could not control. What if monsters could be the results of science run amok? No one had raised this kind of question before.

The conceptual parameters of monstrosity were burst open to include countless new possibilities. Monsters were no longer only the familiar cast of Dracula, the spirit of a long departed Pharaoh, an undersea monster or moon man. Sci-fi horrors such as *Dr. Jekyll and Mr. Hyde*, *the Isle of Dr. Moreau*, the (many, many, many) zombie apocalypse scenarios, and out of control AI (think Terminator or Westworld) joined the dark corners our imaginations.



[No Title] by Cereyna Bougouneau



Dreamers by Leonardo Foley

Even most of our modern day Superheroes would not be possible without man overreaching and creating things that he did not fully understand. Where the "super" in literature used to be reserved for gods, people blessed by gods, or the odd demon/dark abnormal (werewolves, sirens), Mary opened the door for Man himself to create the "super" (Captain America, Hulk, Spiderman) by accident or for means to his own ends.

Mary created the sci-fi we know and love by raising the haunting ethical question for human ambitions enabled by the wonderful knowledge of science: "We can, but should we?"

So who was Mary Shelley? The second daughter of feminist Mary Wollstonecraft, (whose first daughter Claire was an illegitimate birth from an earlier affair and broke protocol by naming her daughter after herself) Mary was never afraid to take risks that broke the social norm. Mary's mother wrote a paper in 1792 arguing the controversial belief that women were not inferior to men in intellect, but were portrayed that way due to the lack of access to education and called for women to have equal access to the privileges of men. Even though Wollstonecraft died giving birth to Mary, this feminist philosophy was instilled in her daughter. Mary Shelley's father, William Godwin, was famous in his own right. His publications during the French Revolution included writing historically linked to utilitarian and anarchist philosophies. He raised Mary (and later children from a second marriage) in an environment of **(continues on next page)**

Mary Shelley
The Mother of Sci-Fi
(continued from pg 3)

controversial literalists and philosophers. At the age of 14, however, Mary's new stepmother convinced her father to send her away for several "extended visits" to acquaintances. It was on one of these visits she met her future husband.

At the age of 16, Mary Shelley (at this time still Mary Wollstonecraft Godwin) eloped to Italy with a famous poet of the time -- Percy Shelley. Percy was still married at the time, so the two were considered outcasts. They had a daughter who they lost shortly after her birth. Although later Mary had four children throughout her life, only one survived. She later was said to have adopted a girl, rumored to be an illegitimate daughter of her oldest sister Claire, though her true parentage has never been discovered) who also passed. Mary and Percy were married after his wife's suicide in 1816. Percy had two of his own children, but his late wife's family brought Percy to court to keep the two children and won the case. This was not the only tragedy and suicide to touch Mary's life that year. Her younger half-sister also committed suicide in 1816. Mary said she often felt these ghosts and was "haunted" by them often.

It is on this backdrop of death, controversy, uncommon upbringing, and affairs that Mary Shelley found inspiration one

stormy night for *Frankenstein*. Mary said her monster came to her one night in a nightmare. This pieced together, reanimated corpse. It isn't hard to imagine the many deaths in Mary's life would have led her to imagine if those lost could be brought back, would it be for the better or worse? Was it a divine hand that took these lives, and if so would it be an abomination or a blessing to have the power to return the dead to life? *Frankenstein* was first published in anonymity in 1818, and later Mary penned her name to it. Mary went on to publish other novels, though none matched the fame of *Frankenstein*. She was at times the only breadwinner between her and her husband Percy. They lived mostly on the income from Mary's success.

The tragedy did not stop there for Mary. Her husband Percy drowned in 1822 in Italy. Leaving Mary to care for their only living son. Returning to England and racked with grief, she did not allow Percy's heart to be buried with him. Mary kept the heart by her side until her own death in 1851. Their son Percy (after his father) then kept the heart and was buried with it in the family vault in 1889. The mother of sci-fi was a controversial outcast who was ever followed by tragic happenings. However because of this, or maybe in spite of it, she left us with open doors for our imagination to wander through, a series of fantastic and practical ethical questions, and a monster that continues to inspire.

Next in HERstory - the women who inspired the creation of Wonder Woman

"Healing from abuse has taught me to believe in magic. How else would we be able to alchemize violence into a loving vision of hope?" - Tani Ikeda, #SurvivorLoveLetter

#SurvivorLoveLetter started as a single act of radical self-love. On the anniversary of her rape, Tani Ikeda wrote a love letter to her younger self. The letter was a creative departure from the norms of care associated with survivorship. The letter was an invitation Ikeda gave to herself to have a more complex relationship to the suffering and healing of making possible a more just world.

That private letter between Ikeda's selves became a public one. It took to the Internet and a single letter turned into collection of letters by and for survivors and allies from all corners of the web. The letters became posters. Posters became murals. Each mural became a site of performances, clinics, and programming to celebrate sexual assault survival while building strategies with survivors and allies for healing communities.

Bolstered by the incredible momentum of this now-viral social movement, the #SurvivorLoveLetter team hasn't missed a beat. Comprised of Tani Ikeda, Jess X. Snow, Layqa Nuna Yawar, Nik

Zaleski and partner organizations (such as O Positive), the team has been hard at work spreading their message – which has

become especially prescient in the media over the past couple months. They write: "The painful reality of this political moment is personal for many of us. As Kavanaugh becomes our new Supreme Court Justice, let the survivors of the world know that they not only are believed, not only are they supported, they are loved."

The #SurvivorLoveLetter team takes quotes from shared letters and turns them into posters and murals. Wheatpaste posters like "Jaden Fields" (by Jess X. Snow) are plastered all over brick walls, electrical boxes, and phone booths around the United States. They are available for free online, so people can spread them to walls of their own hometowns. And recently, some of the murals have been outfitted with an augmented reality component which can be accessed on mobile devices. These "monumental augmented reality murals" serve as a way to honor and pay tribute to the women of color and trans survivors of color who have started social movements, while sharing the gifts of these movements by engaging wider audiences.



Living Your Life List

by Sean Brannock



We are all familiar with the expression bucket list, a list of items we hope to accomplish before we die. We fill it with exotic locations or daring feats. It becomes this "wish list" that seems out of reach and unobtainable. Now that the bucket list has been created, what efforts do we really make to check those items off the list? We usually don't, because we've filled it with wistful prospects that would be amazing if we ever had the chance to experience them but we know we never will. There is a bleak finality to the bucket list: with it comes the inevitable conclusion of death before all those wishes and desires are achieved.

What if we changed our thought process and decided to live our life list instead? A list filled with attainable goals that are meant to improve your quality of life as you're actively participating in it. From large to small and everything in between. Last year I completed my 2-year life list, which had big items on it such as a trip around Cape Horn and smaller items like, stay positive in order to inspire others. The final item on my list was to see Paul Simon in concert.

So, how did I do it? I lived it and worked for it. Again, I made sure everything was attainable. For larger items I saved and scrimped, changing my priorities to fit my ultimate goal. For smaller items, I made a decision every morning when I place my feet on the floor how I was going to approach the day. Was it easy? Not in the least! But it was definitely worth it. Life has a tendency to get in the way -- trust me, I spent over a year in and out of a hospital and lost 5 toes in

the process. But this only fueled me to stay focused on my life list. Now, I'm so excited about working towards my new list.

Here are some of the things I have learned: Passports lead to travel. It will never be the right time and you'll never have the right amount of money (and if that's what you are waiting for, it probably won't happen). You have to make it happen. You need to be an active participant in living your life list, instead of wishing to complete your bucket list.



I want to encourage each of you to create your own Life List and then go and live it. Life is too short to wait for a bucket list, when you can be making it happen now. What is on your list?

check out Cazuela online!

cazuelapublication.wordpress.com

The Power of Shared Goals

Dear Avalon Residents,

At the May 2018 CHOICES task force meeting, business owners and community stakeholders expressed concerns regarding the behavior of Avalon's local youth and its effects on employee recruitment, retention and visitor experiences. It is clear that the social and economic conditions of Avalon are interdependent on each other. Providing superior visitor experiences needs to become a shared goal among all Avalon residents, including children, to ensure the long-term success of our town's tourism based economy. This promotes a sense of community as all Avalon residents recognize they are truly dependent on one another for our shared future success. So how do we shift our fractured social climate to one that unites the community to ensure each visitor departs ready to write a glowing review and book their next visit?



Education is the best place to start, and using behavioral science is one way to bring awareness to all residents for the need to respect and appreciate each other and our visitors. The science and data that support this field of work make implementing interventions for behavior improvement a secure investment. Decades of research have produced the resulting scientific foundations of Applied Behavior Analysis or behavioral science.



You may have read in the Islander newspaper or seen references to *Actively Caring for People* in the Chamber's weekly email or on Facebook. The founder of this educational and action oriented community building process, Virginia Tech's alumni distinguished professor E. Scott Geller Ph.D., recently visited Avalon to kick-off this grass-roots

effort. We are currently seeking funding to recreate the successful study that helped reduce bullying in elementary classrooms by over 50% in 6 weeks. By first improving the social climate for students we can build the foundations needed to enhance our entire community. If each business will contribute to this process in increments over time, we can then share these learning principles with the adults of our community who can sustain this critical shift in attitude and behavior for our long-term economic and social success.

Please make an initial tax-deductible contribution of \$75 or more to fund this essential community improvement effort and receive a complimentary copy of *50 Lessons to Enhance Your Life, Proven Principles from Psychological Science* by Professor Geller.

Sincerely,
Jessica Herzog, MS Applied Behavioral Analysis
Avalon AC4P Change Agent
(937) 612-2247

THE GOAL: Providing superior visitor experiences is valued by all Avalon residents, including children, to ensure the long-term success of our town's tourism based economy

FIRST STEPS: A fun system using Behavioral Science and acknowledgment of positive behaviors will improve the social climate for students to build the foundations needed to enhance our entire community.

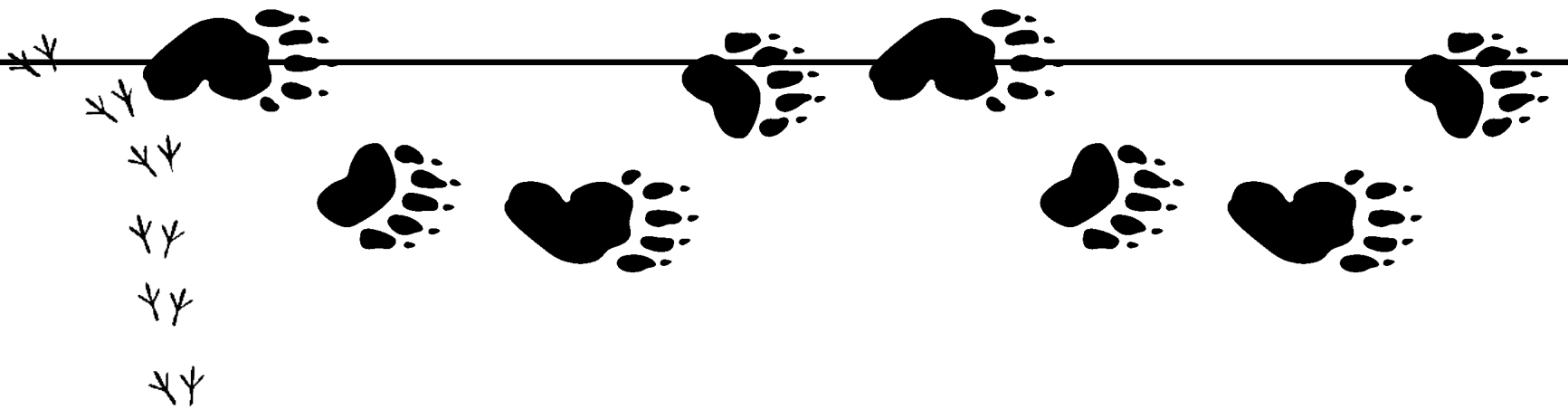
LONG RANGE: Each business contributes to this process in increments over time, these learning principles are shared with all adults in our community who can sustain this critical shift in attitude and behavior for our long-term economic and social success



The Bear & His Party (An Aesop Fable)

A bear entertained all of the animals of the forest at his birthday party. Arriving late, the lion, king of the beasts was jealous at seeing the attention lavished on the bear. Especially after a beautiful, honey-filled birthday cake was presented to him. The lion engaged his servant, the rat, saying "I will give you all of the honor and respect you seek, if you should only steal for me that cake and thus lavish the attention of the party on me." The rat readily assented and replied, "I too desire attention and will therefore share in yours when you have the cake." While the other guests were much entertained with games at the party, the rat stole the cake. The rat was bringing it back to his master when, tripping over his own tail, he flung the cake into the lion ruining his majestic mane and covering him in honey! All of the animals turned and laughed at the site of the pathetic lion. "I see that you were envious of the attention lavished on me," said the bear, "you now have our attention, is it all you hoped?"

Seek attention and you may find it in an unpleasant form.



The Butterfly and The Flower: Love is on the Wing

by Carlos de la Rosa

The relationship between flowering plants and insects go back millions of years to the time when dinosaurs roamed and hunted in the forests and the plains, and mammals were rat-sized creatures shyly scampering in the undergrowth. Dinosaurs may have dominated the large food webs, but insects dominated the small-creature world. Flowering plants evolved quickly to take advantage of this abundant mobile "resource" that could transport their pollen from one flower to another.

Insects relate to plants in different ways. The larvae and the adults of many insects eat the leaves, flowers, fruits and even the wood of many plants, and plants have responded by developing defenses against these assaults. They acquire bitter tastes, push poisons into their leaves, or exude sticky substances from their wounds.



*The Avalon hairstreak (*Strymon avalona*) is a regular visitor to milkweed flowers. These flowers have adaptation to stick pollen packets on visitors for transportation to other flowers.*

In some extreme cases, they have evolved into death traps for insects—even eating them, like the carnivorous Venus flytrap or the many species of pitcher plants. However, insects also help some plants in their reproduction, primarily by moving their pollen from one flower to the next. Between the arms race to protect its tissues from hungry insects and the symbiotic relationship of producing attractants (perfume and nectar) to bring insects to the flowers and use them to transport their pollen, the relationships between plants and insects evolved to become

more and more complex and specialized.

Some plants have become absolute masters in attracting insects to their flowers. The scientific term for these is "entomophilous," literally "insect-loving flowers." And the insects, finding great rewards and predictability in their resources from these plants, have learned to be loyal and visit them in predictable ways. This form of co-evolution is the hallmark of some of the most remarkable plant-animal associations in nature.



The endemic Avalon hairstreak can be very subtle in its coloration, grayer and duller than its close relatives. This female is laying eggs on a patch of flowers.

On Catalina Island, the Avalon hairstreak (*Strymon avalona*) is an endemic species of butterfly that clearly found the right formula for surviving and thriving in this semi-arid environment. The butterfly lays its eggs within the flowers of the giant buckwheat (*Eriogonum giganteum*), a Channel Islands endemic species that
(continues on next page)

The Butterfly and The Flower (continued from pg 6)

is relatively common on rocky outcrops on the windward side of Catalina Island. The butterfly lays her eggs among the blooms while sipping the nectar from the flowers. The little caterpillars hatch in a few weeks and begin their long growth period, feeding on the tissues of the host plant. But the butterfly also visits other plants that produce nectar during the period the butterfly is active.

All of these flowers provide the butterfly with a most valuable resource: the nectar that powers its flight. Fueled with this nectar, the Avalon hairstreak roams far and wide in search of the host plants that will feed its larvae. While it moves from flower to flower, the butterfly picks up pollen on its head, legs and mouthparts. This pollen gets transported to the next flower helping the plant carry out its reproduction.

The Santa Catalina Island manzanita (*Arctostaphylos catalinae*), an endemic species of shrub, has a very particular type of flower. The flowers look like little urns or miniature amphora with a narrow entrance, and this shape makes it hard for an insect to enter and get to the nectar and pollen.

Some butterflies can reach the nectar with their long proboscis (the technical word for the butterfly's mouthparts), but insects like bees, flies or wasps can't get to the nectar so easily. However, manzanitas also can pollinate themselves. Their flowers have both male and female organs. The



The Santa Catalina Island manzanita (*Arctostaphylos catalinae*) is one of our endemic shrubs. Its vessel-shaped flowers are delicate and, frankly, gorgeous.

insects and hummingbirds that visit the flowers may actually help them self-pollinate by shaking them, loosening the pollen within.

Another plant common on Catalina Island, the chaparral mallow (*Malacothamnus fasciculatus catalinensis*), is a species thought by some to be endemic to Catalina and to some parts of the Santa Monica Mountains. The mallow also depends on a wide variety of insects to



Where there are busy insects, there's sure to be a waiting spider, like this endemic species of crab spider. Pollen has also rubbed on its body. They can change colors depending on the substrate they sit.

transport

its pollen from flower to flower.

Blooming during the best part of the summer, the chaparral mallow is a seemingly inexhaustible source of nectar for hungry insects. And there's no shortage of insects on Catalina! On a lazy afternoon at the peak of blooming of the Island bush mallow, you can see busy bees and lazy flies, tiny thrips and huge bumblebees, night-flying moths and day-loving butterflies. And where you find insects, you can also find the ubiquitous spiders. Some of them, like the crab spider, even change their colors to match the colors of the flowers on which they sit, camouflaging themselves against detection by potential prey as well as by predators. The mallow's formula, like that of most insect-pollinated flowers, is a big hit in the insect world. Pollen, nectar, and perfume are the main ingredients of a healthy and long-lasting plant-insect marriage.

Next time you walk to the beach in the summer and see a blooming giant buckwheat hanging on the sunny rocks, or run into a gorgeous

manzanita in full bloom, or see the unmistakable signature of little bluish/purple flowers of the bush mallow, stop for a few minutes and enjoy the parade of insects working their magic with their flower associates.



Two bees compete for the nectar of the endemic Catalina Island bush mallow. In the process of getting their reward, they collect pollen all over their bodies, helping the flower cross-pollinate with other flowers.

**GET INVOLVED:
CONTRIBUTE TO THE NEXT
ISSUE!**

Next Deadline: December 10

**¿Escribe o trabaja en Español?
¡Perfecto -- nosotros también!
Queremos todos los idiomas aquí
La Fecha Tope: 10 de Diciembre**

**Submit to:
catalina.cazuela@gmail.com
OR**

cazuelapublication.wordpress.com

Mother Suspiriorum

a conversation that basically says "go see this movie"

(*Suspiria*, Luca Guadagnino 2018)

Many reviews of Luca Guadagnino's *Suspiria* remake, I feel, are often incredibly biased and pretentious, using jargon that screams "I know movies better than you" to cast their judgment on the film, while not a bad thing, is not very casual. Some of these reviews take a comparative approach: treating the film as just a remake of the old cult classic by Dario Argento and evaluate the plot, score and other details on this metric. The disorienting character of *Suspiria*, while not always remarked upon as negative, is often met defensively ("Why is it so confusing? Where's the logic? Nothing made sense, I don't get it").

This aims to be an article that isn't a critique or a comparison but simply a conversation. I'm not going to pretend to be an expert on the film, or even to fully understand it, but I do just want to talk briefly about *Suspiria*, what I got out of it, and why I feel it is an important film in today's day. It may get messy but bear with me.

Luca's version of *Suspiria*, yes we're on a first name basis, is a film with layers upon layers of meaning that relies on a concept of visual feeling (as opposed to verbal, explained feeling) to convey these things to the viewer. The movie is chock-full of occult symbolism, socio-political symbolism, feminist theory and so much more. It is an almost all-female cast with the only male characters being two dumb cops and an older, widowed gentleman (named Josef) who is actually played by Tilda Swinton. Some say the movie is a mess -- and yes, it is very ambitious and wants to say a lot, which is inherently difficult when trying to visually express something that doesn't have words -- but I wouldn't call it a mess.

A Brief Summary (Really Quick):

Suspiria (2018) takes place in 1977 in a divided, Cold War era Berlin. It's bleak. Susie Bannion, played by Dakota Johnson, moves to Berlin with hopes to enroll in the world renowned Markos Dance Academy. Despite showing up unannounced, she auditions and Madame Blanc, the lead dance instructor played by Tilda Swinton, grants Susie enrollment. Madame Blanc takes Susie under her wing for the

ultimate purpose of using her as a sacrifice to keep one of the elder witches (Mother Markos) alive. But little do they know there is more than one wolf in sheep's clothing.

It is a horror film that does witches right with maniacal laughter, strange incantations and feral rituals that will make your skin crawl. A matriarchy in a patriarchal world, doing what they can to survive without letting any man dictate their existence. A film where women come to a school of dance and magic and learn the language they will need to become their strongest selves, to survive in a world colder than death. A film where dance is the language and the human body is the mouth.

Back to the Program:

Despite the many layers of the film, I just want to talk about how, to me, the movie is largely about language, empathy and the concept of a "feeling" and how that "feeling" can be depicted into a visual language of bodies and shared gestures

It is often hard to find words for particular feelings. Even when you do find a word that is sort of what you're feeling, it still doesn't quite paint the full picture. This film is a thoroughly visual experience and doesn't totally appeal to your traditional, logical (dialogue-driven) movie experience, which is expected (and often desired) by the average moviegoer.

Throughout the film there is constant mention of being able to feel energies. There's many moments where instead of sharing words, characters share glances and show us that they feel the same things instead of using dialogue as exposition. Classic show don't tell. "But they're not even telling us anything!" said a few confused and unhappy fans. My cop out response to that would be: well, the movie is about witches and magic (of course it's more than that)



suspiria movie poster accessed via IMP Awards (at impawards.com)

and there is an interconnectedness (extreme empathy), that they share, that we can't and won't totally understand. But it's important to recognize and appreciate that the characters in the film DO understand. The characters don't need to exhaust themselves with words because they are living in a separate, magical plane of existence that just so happens to cross paths with our regular concept of reality.

There is one character that is seemingly connected to all the girls that keep getting brought in to be groomed for sacrifice to preserve the life of a dying, decaying, false leader, who can't handle the torment of these young women and eventually offs herself (I won't say who it is).

There is also a scene towards the end that is an exchange between Madame Blanc (Tilda Swinton) and Susie Bannion (Dakota Johnson) where they are talking but no one's lips are moving which some would say is their magic and communicating telepathically but could also be looked at as voice over exposition to put words to their simply physical (platonic) conversation that would, in reality, not be a verbal conversation but simply a conversation through feeling where both people in the room just get each other.

Dancing plays into this idea of feeling and nonverbal communication...The choreography in the film is feral and combined with the hard editing it creates a visceral experience that reminds me of the idea of Dionysian festivals (continues on next page)

"[Suspiria] is a horror film that does witches right...where women come to a school of dance and magic and learn the language they will need to become their strongest selves..."

Mother Suspiriorum (continued from pg8)

where folks just give themselves to their animalistic instincts. At the end of the movie, there is a scene with slow shutter speeds and crazy lights and a handful of dancers thrashing about in a pool of blood, which screams with the ferocity of a wild animal. The sound design of the film helps highlight this where every major movement in the film is accompanied by an exaggerated thud or clap. Watch it and you'll know what I mean.

I feel this type of film is important today in a world where there is still a crushing patriarchy and false leaders that have society under their thumb. Much like in the film, we live in a divided world with radically differing views and the act of listening is more important than ever. This is a film that requires viewers to truly listen, to actively listen, which is a rarity not commonly found today. There is a push for empowerment and speaking your mind in today's world, which is good, but it occasionally causes those to forget to listen, particularly when it matters most. We live in a world where concerns are shrugged off as delusion and voices aren't heard because those live exclusively in their own existence and forget what empathy is. This film shows us to not shrug concerns off as delusion, as "not serious" but to take what people are saying into true consideration and truly hear what it is they are saying. This film shows us empathy and how much of a fight it is to survive in a world where you are at a disadvantage.

I realize this type of film has a very niche audience. It's the type of movie you have to go into expecting something different. It requires those to not just simply watch the movie but to actively listen. You have to lend yourself to the experience and let it happen instead of using all logic to follow, making sure it hits all the "correct beats". So I must ask you, will you give yourself to the dance?



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Saint Francis

Patron saint of: ecology and the natural world, merchants, laborers, and dioceses

Symbols: birds, wolves, deer, lighted lamps, fire

Feast day: October 4

concept & image by Valerie Fanarjian
words by Quinn Kreminski



Francis was born in 1181, the child of a wealthy Spoletan silk merchant. Though first enamored with the material trappings of his inborn wealth, he began to display extreme compassion upon meeting a beggar during a business deal, after which he chased the beggar down and gave the man all the money he had on him, earning the ridicule of his friends and peers and the ire of his father. After a brief career in a minor noble's military force, during which he experienced visions he later attributed to divine messages, he withdrew from his former friends and social activities and went on several pilgrimages, restoring the ruined chapels he saw on his travels and attending to leper colonies, bearing the stigmata in one of the earliest recorded examples of the phenomenon. Becoming a monk and devoting himself body and soul to the church, he founded a monastic order bearing his name that exists to this day. He traveled the world for the rest of his life attempting to avert warfare through the teachings of Christ. Among the miracles attributed to him are an otherworldly companionship with animals, including one famous instance in which he is attested to have tamed a man-eating wolf with nothing but the word of God, who then lived in the city peacefully, being buried under the chapel upon its death some years later, and much beloved by the congregation it had once hounded. Saint Francis's feast day is the fourth of October. He is revered as the patron of the natural world, merchants, laborers, and various dioceses.



Experiments in Exposure:

This photo set spans a 2014 summer sequence on Catalina. Analog film was partially exposed to light at random intervals to manipulate photographs. This coordinated method allowed for a small experimental space to study how limited, chance encounters with the natural environment could leave specific impressions on photographic imaging.

Beth Cohen



294

294

BROWN...

by DM LEE

294-1
Shortbread

Let's make this **SHORT**

BREAD... just eat half of what they give you.

294-2
Toast

TOAST... no butter please.

The future of building...
ADOBE

294-3
Adobe Tan

TAN... don't get one

TRIPOLI... we'll stay away for a while

294-4
Tripoli

Everyone said stay off
CHESTNUT

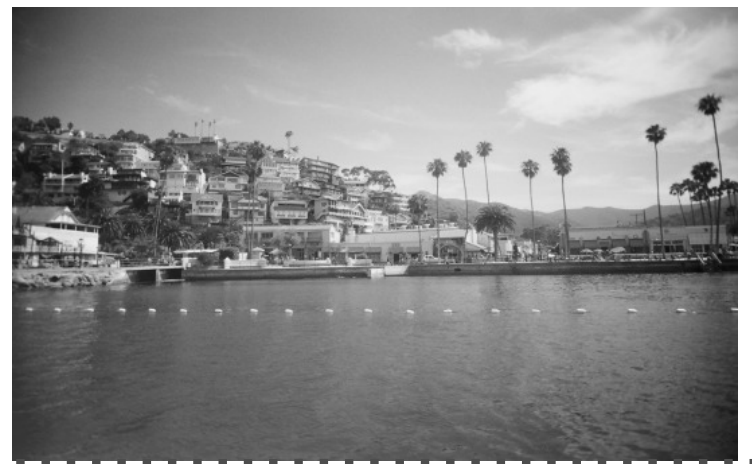
294-5
Chestnut Ridge

RIDGE... well if you want to see

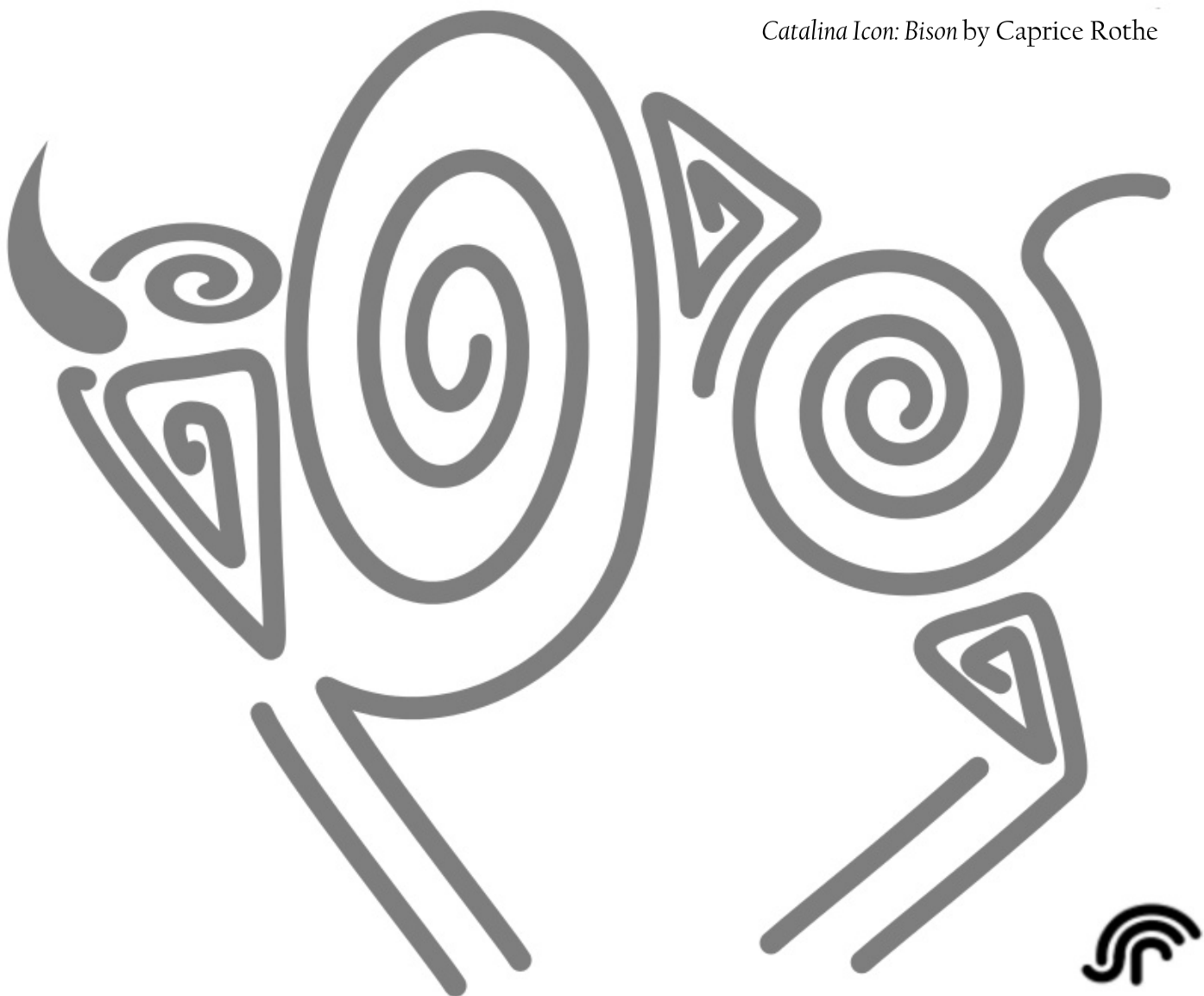
There is not enough
COPPER

294-6
Copper Penny

PENNY... pick it up.



Catalina Icon: Bison by Caprice Rothe



Reading Recommendations: a few places to get your fix until our next issue

by
the Cazuela Team

So you've finished *Cazuela*, but you're still hungry for more material. We know that feeling -- and we got you covered! Below are a few outlets sure to provide tasty morsels of creative writing on art, politics, and current cultural events between our monthly servings of *Cazuela*:

The Nib

Interested in current events? Like cartoons? Great! The Nib is a daily publication that delivers a mix of politics, journalism, essay, and memoir about timely events exclusively in comic form. It features a variety of guest artists and illustrating styles, but one thing that remains constant is the creative and tasteful wit. Even when controversial, the comics always remain true to the spirit of the Nib: provoking thought in humorous ways that challenge – rather than irritate – readers. Break up your monotonous newsfeed by following the Nib on Facebook. Or check them out at www.thenib.com

N+1

Most writing today plays hostage to the sound-byte addicts we have all become. *What's the point? Put it at bold at the top. Or make it the title of the article, even.* N+1 kicks this petty kind of fiendish thinking right out of you, one line at a time. What we like best about N+1 is that it melds creative writing and prescient issues that occupy our subconscious.

The First Review of Cazuela

Hello,

I would like to start off by congratulating you guys for this awesome new start of Cazuela. I really enjoyed reading the first issue, I especially enjoyed reading the College-Bound Q&A and would really like to see more interactions with the youth of Catalina. Best of luck!

Sincerely,
Salvador Macias

Dear Salvador,

We are so elated to hear these kind words, and honored by your insights. More of Catalina's youth need to be in these pages!

One of the things that's motivated the creation of Cazuela is the desire to create a space for experimentation and practice that never quite felt possible as a kid and student growing up in Avalon. This isn't for lack of community or lack of care (Catalina is in an incredible abundance of these, actually). We believe it has more to do with inventing a language wherein we know our community will support us in our youthful endeavors. This means a community that will learn from and with us as we discover our passions.

A few collaborations with Avalon HS students are in the works, and hope they will be enjoyed by all in the near future. Youth of all ages are invited to propose ideas and submit to Cazuela – it's all for you, so please do!

The Cazuela Team

Enjoy a particular contribution from previous issues of *Cazuela*? Have more general feedback or suggestions? We're all ears! Send reviews, comments, or suggestions to catalina.cazuela@gmail.com

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The pieces, whether fiction or political reportage, are long-form. This means that the essays maintain a space for the readers and writers to really build trust with each other. En route to addressing a given topic, detours happen. The writer and reader get lost together, learning more about the stakes that make the topic at hand important. Not much writing today, at least, takes these journeys. Writing from N+1 takes time to enjoy – and that's the way a worthwhile read should be. So next time you've got a lazy afternoon, go ahead and give it a try at www.nplusonemag.com

Poets.org

But I don't even like poetry. Like I don't even get it. Yeah, sure, that's what they all say. Our hunch is that most people don't "like" poetry actually just don't know where or how to start. Poets.org has come up with a solution: a consistent dose of diverse poetry straight to your email every single day. Poem-a-day is a really cool resource for veterans and newcomers to poetry alike. The poetry selected ranges from the recognizable classics to contemporary juggernauts and newcomers to the international poetry scene. Plus, each poem is accompanied by a brief bio of the poet, a recording of the poem, and a bit of information about the significance behind the poem's creation. So dig into some poems! And, after a few weeks, even those of us that still don't even like poetry might have a better sense of why. Sign up for poem-a-day at www.poets.org

Guernica // A Magazine of Global Art & Politics

Featuring photography, interviews, policy analysis, fiction, poetry, political profiles, audio, travel writing, reportage and a variety of visual arts, Guernica boasts an amazing variety of current developments at the edges of every creative medium. But what we like most about them is the truly global approach from which their contributions are sourced. Each visit to their website quickly turns into an adventure to a new part of the world. Visit www.guernicamag.com to give it a try for yourself.

Cadenas de Islas // Island Chains: An Article Series Exploring Island-to-Island Connections by Colin Eubank

In our last installment of *Cadenas de Islas // Island Chains*, we began thinking about islands as paradoxes -- or sites of peculiar possibility.

Now, let bring this concept with us and take momentary leave of the California Channel Islands and surrounding Pacific Ocean. Below the Gulf of Mexico, on the near side of the Caribbean Sea close to a stretch of coastline where the American continents kiss, live a cluster of small islands (about as many as there are days on the calendar). Each island is covered with white sand, hugged by tropical microclimates, surrounded by transparent waters.

Viewed individually, it's the kind of island they turn into screensavers and desktop backgrounds -- visual aids for daydreaming a "paradise" far from the entrapments of an office cubicle. When considered together, however, these islands form the greater part of an incredible autonomous zone: a terra-aqueous region around the caribbean coastline of Panama inhabited by the indigenous Kuna peoples.

Anti-Colonial Growing Pains

The *comarca*, or autonomous province, of Kuna Yala as it is known today (also spelled Guna Yala, or popularly called the San Blas Islands or Golfo de San Blas) remains historically indebted to the Kuna-led Duele Revolution of 1925. This collective uprising fought back against the intensifying colonial administration of the region. Here's a historical snapshot:

In the years since Christopher Columbus set eyes on the shores of this "New World" of the Americas, the seas around the islands of Kuna Yala had been traversed by imperial forces, pirates, and privateers sailing under just about every different flag and creed. The islands were often used as havens for contraband or places of refuge against imperial skirmishes to control Caribbean trade routes. But intensifying regional occupation, and the desire for the settlement of the islands/coastline, came by way of Spain.

Decades pass. Spanish colonies gave way to newly formed states across Central and South America. Occupation of Kuna coastlines continued, but this time over the management of Colombian administrators. A few more years go by. With the assistance of the United States, the newly-formed Republic of Panama declares itself free from Colombia; Panamanian police forces take over where the Colombia had managed Spain's imperial legacy.

Mass anti-colonial mobilizations for Kuna self-determination paved the way for treaty negotiations that successfully resulted in the recognition of Kuna Yala as an autonomous province. This designation meant that the Kuna peoples of the island communities and coastline would collectively decide for themselves how to interact with different peoples, plants, and animals in a way that encouraged respect and prosperity. So, for instance, although technically understood to be part of Panama, the jurisdiction of Kuna Yala is self-regulated. Visitors to the region, for instance, must provide their passports (just like crossing any other national border territory).

An Alternative Approach to Conservatism

Collective self-governance of the islands has brought a number of interesting developments over the decades of renewed anti-colonial autonomy. In recent years, with the increasing speed at which people and goods circulate the globe, tourism has become especially important for the islands of Kuna Yala. This boom in eco-tourism, and increased reliance on a Kuna Yala economy oriented around the tourist industry, come a few interesting insights in the realm of cultural and ecological conservatism.

The hard-fought struggle for the self-rule of Kuna Yala by and for Kuna allows for more than profit-maximization schemes -- it lends credence to different orientations toward the world; a more intimate spiritual story about the relationships between peoples, their communities, and the land/sea. Tales from Kuna cosmology adorn the

patterned molas (dress) worn and sold by these island communities. These guide the Kuna Indians on the cares one ought to provide for the spirits in nature, those other beings that make up the complex ecosystems we all rely upon to survive.

The autonomy of these islands allows for concrete enforcement derived from these Kuna principles. Tourists to the islands are regulated, and so are their behaviors. Statutes help protect Kuna peoples and protect their livelihoods. Photography of sacred sites, such as graveyards or drink houses, is prohibited as well as any other filming for purposes for economic gain. Campfires, extraction of natural resources, and other environmentally damaging activities (such as the use of water thrusters or exploitative modes of fishing) are prohibited.

There are other practices designated in Kuna Yala as "lucrative activities" which means visitors can only engage in them with the guidance of Kuna peoples. This sharply contrasts the often-repeated "customer's always right" mentality of many tourist destinations. Instead, I think this "lucrative activities" caveat prompts two interesting insights: (1) it encourages moments of cross-cultural learning and teaching between visitors and indigenous guides. It exposes tourists to responsible ways of fishing, cooking, and living with nature that emphasizes sustainable harm-reduction. This respects the expertise of Kuna knowledge and techniques, while emphasizing the importance of learning and sharing. But (2) this caveat always promotes economic opportunities which respect both the Kuna island communities at large and the natural environments they call home. So rather than allowing visitors free-reign, the "lucrative activities" caveat creates employment opportunities for locals that build upon unique/local skill-sets and ensures that the money of the visitors can be more equally divided between the families to satisfy the needs of the many rather than the few, without having to bring more visitors than necessary -- which would result in the degradation and abuse of the local environment.

Now this isn't to say the Kuna Yala islands are perfect. At the forefront of recent concerns have been ways to combat global climate crises, wherein rising tides and more frequent storms pose severe dangers to the archipelago of Guna Yala. Pressing, too, are larger dynamics of oceanic pollution in the Caribbean Sea and globally. The inefficient disposal of waste by locals and visitors which pose quite concrete ecological threats.

Why Astronomy? by Ayoub Sahri

ألف دولار 53.7 (Keck) بتكلفة سنوية تصل لـ 30.8 مليون دولار، يكلف مرصد كيك (James) مقابل قيمة ليلة واحدة لتشغيل المرصد. ويكلف تلسكوب جيمس ويب الفضائي تقريبا 8.8 مليار دولار للوصول للمدار. ومن المتوقع (Webb Space Telescope) سيكلف 38 مليار دولار (Orion) أن نظام الإطلاق الذي سيحمل كبسولة أوريون.

بعد ما ذكرنا هذه الأرقام والنقود التي ستظل في عدها الى ما لانهاية. ستطرح سؤالا: لماذا يجب أن نضع كل هذه الأموال وهذا الكم الكبير من النقود على علم الفلك؟ في ماذا سيفيدنا وسيفيد المجتمع؟

يواجه علماء الفلك هذه المسألة على أساس يومي. عدد من علماء الفلك الأوروبيين أعطوا إجابات

لمموسة تتعلق بالتقدم في علم الفلك والعلاقة التي تربطه بالتقدم في الصناعة، الفضاء، الطاقة، الطب، التعاون الدولي، الحياة اليومية والبشرية.

اليوم، يتأثر ملايين الناس في جميع أنحاء العالم بالتقدم في علم الفلك

: لنبدأ بالصناعة

- (CCD) هي عبارة على جهاز يشتغل بنظام الشحن iPhone الكاميرا الخاصة بهاتف - وهو أداة تقوم بتحويل حركة الشحنات الكهربائية لقيمة رقمية. وتم تطوير هذه التقنية في الأصل لعلم الفلك، وتستخدم الآن في معظم الكاميرات وكاميرات الويب والهواتف المحمولة.

Kitt هي مخصصة في الأصل للتلسكوب الموجود بمرصد، Forth لغة البرمجة -

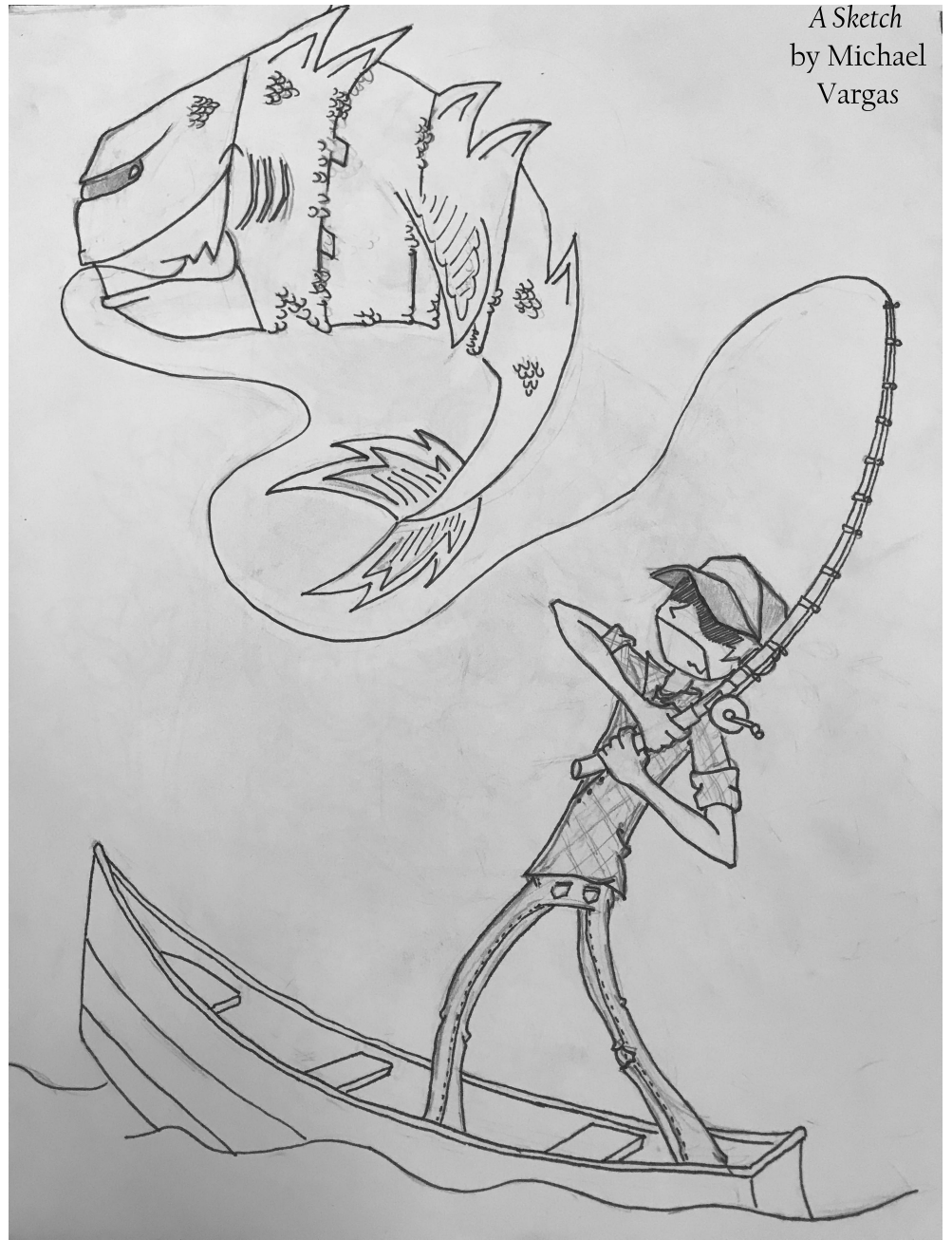
Tourist: Any good Chinese food in town?

Me:



A meme is a system of meaning that is passed from one person to another (usually by way of imitation). On the Internet, memes are combinations of particular arrangements and variations of images, videos, and text to humorously cope with the world.

This meme combines 3 images of pablo escobar (referred to as sad pablo escobar) with the text: "Any good Chinese food in town?" to illustrate the still unresolved mourning of the loss of Mr. Nings.



Name Three Things

by Lisa Lavelle

I just returned from a conference in Austin. The subject – Global Food Tourism. I know what you're thinking. Lisa – that sounds like a conference (great excuse) for people from all over the world get together (and drink way too much while getting too little sleep) to talk about food and tourism. Right you are.

It's the time of year where our small but mighty leadership team, also known as Erin and Lisa, gets to step out of the office and off the hamster wheel for a few refreshing days. We nosh and imbibe while we commiserate with the people who know our business best – other food tour operators. Generally, these conferences are a combination of a mini vacation in a new city – Chicago, Seattle, Montreal – plus a roadmap for the next hurried twelve months. The time allows us to reflect on the year that was. After taking a breath from the crazy summer season, we stroll, we meander, occasionally we frolic. We reconnect with professional collaborators, who have become friends over the last five years, from around the country and the globe.

We attended the usual conference-y type sessions – numbers, marketing, sales data along with some invigorating ideas about delivering over-the-top service and developing high-quality guides in our community. We went on a food tour that hosted 112 people! We ate brisket for breakfast (kolaches from Kerlin's - you

should try them) and hung out on a rooftop bar that had a seesaw made for grown-ups (yes, it was just as fun and comedic as you're picturing), called the Handle Bar. Their crew all have handlebar mustaches and they even had the ring game like the one that used to exist on the tree that used to provide shade at Descanso. Some of us even got to see Paul McCartney in concert – we cried, we laughed, it was magical – a phenomenal time. But this year, something happened that really threw me for a loop. A friend of mine, Joe Martin, the Director of Products for our ticketing company, gave a presentation towards the end of the final day of the conference. His focus was to get away from the numbers and get at the root of what drives us – why we're in business, who we're working for & what they want, and how we shape what we do. And he asked this question:

WHAT MAKES YOU HAPPY?

Specifically, Joe gave us a couple minutes to write down three things that make us happy. I've never had a blank piece of paper intimidate me so. I scribbled the numbers on the page 1, 2, 3... and stared at the lined sheet some more. I looked around at the people seated near us. The guy from NorCal was furiously filling his notebook, saw me look at him, and then moved his paper as if he didn't want me to look at his answers on a test – you know, where you kind of hide your sheet with your forearm? The ladies from Florida and the Caribbean seemed to have it together and were jotting down their thoughts with ease. Everyone else in the room was writing, too.



A portion of our food tourism crew at Icenhauer's on Rainey St. in Austin.

Erin and I glanced at each other, pages still empty, pausing for much longer than we should have. Could it really be this difficult to name three things that make me happy? Was I so focused on the negative that I had a hard time even jotting something down? Maybe? It's way easier to point out what's wrong with a business or a person than what's right. Was I unhappy? No, of course not – I mean, I could write down three things people think should make them happy – my family and nature and world peace. Those people/things do make me happy. They bring me joy in different ways. I could give those socially acceptable answers at a beauty contest or throw them out to this room and feel mostly satisfied that everyone found me worthy of answering the question. But is happiness that generic? It can't be. Was I afraid to admit what really makes me happy? Perhaps...

And then my brain went into analysis paralysis, because that's where I live most of the time. (continues on pg14) **Page 13**

Our Cazuela was conceived as a way to address what we feel are pressing and perennial needs in our community.

Needs such as:

// A platform to showcase and share the diversity of cultures in our community.

// More creative teaching and aspirational role-modeling for our youth.

// Reliable ways to explore new things, experiment with the unknown, get weird, and have fun!

// More vocal and responsible support for unique artistic and community practices.

// The creation of a network from our own island connections to make available opportunities in creative fields for our community.

// An archive of the contemporary moment sustained by and for locals and visitors alike.

Cazuela is our way of combining common and local experiences to make something flavorful to enhance the lives of our friends, students, and residents. But we can't do this without your help!

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Town of Only Churches

by Philip Zorba

In the deep grey of the night stand blocks upon city blocks of intricately designed churches, synagogues, temples, and mosques. When a new hour begins, their bells are deafening. One's body stammers. The brain begins thoughts that meet the tollings and then those thoughts restart. And again. It's hard to think of anything but the sound. When the time is tolled and the last echo of the bells fades an uncanny silence filters in. One strains to hear the wind underneath the silence but there is no wind sound to give any sense of familiarity.

No lights are on, but the presence of lit candles inside the houses of worship seems certain. Walking down the streets it is obvious that the smell of incense would be striking if you walked into one of them. But there is terror in the thought of an icon lit by candlelight in the small entranceway of a church at night. One pictures the face of a saint half cast in shadow by candlelight, perverting a holy symbol into a rugged watchman. Would their eyes move to follow you past their entrance room?

The roads stand in starker contrast, a deeper black, from a rain that fell earlier and gave its lingering musk to the town. At the centerpoint of the entire town of only churches, mosques, and temples, I found myself looking down at a puddle with no reflection of myself in it.

I watched my arm separate halfway through the bicep and fall to the ground like tiramisu, the spongy tissue and muscle plopping into the water followed by foamy drips from the point of severance. The nerves felt like they stayed in place, though. I still saw and felt the arm like a dotted outline was visible to the naked eye. But no attempt to move it was successful. Its ladyfinger-like material just dissolved and spread apart before me, for the first time showing a part of me at such an unnatural distance. In that moment of viewing I felt the following:

It's a sickness to spend too much time viewing yourself how you think others see you. It rearranges you and splits apart the idea of who you must be from who you want to be. It creates an impossible town of a destination. And despair at not finding it on a map with a clear name and route to take to reach it.

Carrying now an arm with half a bicep I kept moving through the town, past a canine statue black as the night.

Name Three Things

(continued from pg 13)

I could write down a person's name, but then I hadn't even admitted to that person that they make me happy, yet. I could say swimming, but then people would picture me in a swimsuit and I don't even like to picture me in a swim suit. I could say the Dodgers - does that make me shallow? Would guys be overwhelmed that I follow sports as much as or more than them? The fear of others judging me about what makes me happy stopped me dead in my tracks. This rabbit hole of a question gave me a therapy-sized discussion in my head. Hey, you might make him happy, too. You are great in a swimsuit - they're just clothes. You exude confidence in the face of judgment all the time. You love the Dodgers. Yes, they lost (again) but there is joy, even in the losing because there's always next year. Be you. You are good. You are enough. You are worthy.

As the rest of the room wrapped up, I quickly scribbled down three things I could maybe share if someone asked later in the day, because you know

the convo would go there over drinks at the bar. I wrote down some initials and lightly penciled in some short phrases as if I wasn't certain enough in those answers to boldly, permanently record them on the page. The exercise went on to ask what each of us was doing in our small-business lives to fulfill what makes us happy. How are we connecting the things that make us happy with the goals of our business so that we're finding balance and joy throughout? I'm still working on those answers. I'm using less personal time for work related stuff. I'm not picking up the phone every time it buzzes and even turning off the buzzing sometimes on purpose. I'm spending more time reading and being with family and laughing than I used to.

In the month since we've been back from Austin, I've stepped back from the edge of the rabbit hole. I've also figured out my list a little more and made the wonderful revelation that it isn't a set list - it morphs and wobbles and changes to suit me and has grown to include several things:

- Long, luxurious, multi-course meals with good company - no rushing, no

running off to somewhere, no wolfing down food that deserves to be relished

- Reading - it gives me time to check out of the real world for a bit or even delve into the real world more deeply - it's educational, informative, entertaining, and yes, even sexy

- Snuggles from my nieces and nephews - sometimes they are crazy and loud and can't be contained (which I also take joy in because they live how they want when they want), but when they are ready for a nap or get to our house in the AM. and run up with a big hug - it's just the best

My challenge to you this month (thanks, Joe) - name three things that make you happy. What are you doing to bring those points of happiness into your life on a more regular basis? Do your work, free time, daily schedule (or lack thereof), and friends & family support you in seeking out those things of happiness? Make the list without worrying about what others will think of you. Find what makes you happy and seek to add more of that to your life. Otherwise what are you living for?

Why We Need Checks & Balances

“Power tends to corrupt, and absolute power corrupts absolutely.” --Lord Acton

A very wise man once told me that “power does not necessarily corrupt. It reveals”. If you want to find out what kind of person someone is, give them power and no instruction as to how to wield it. Absolute power was on the minds of our founding fathers when they created our Constitution with the system of Checks and Balances that is supposed to keep our country’s leaders from abusing their authority. But none of this matters if: A) one branch of our government is, in any way, beholden to another branch; or, B) one entity is given absolute power with no system in place to insure that no abuse is occurring. If either of these situations occur the system breaks down. When a Congressperson votes with the President 99% of the time, that is a clear signal that the system has broken down. When Congress approves a Supreme Court Justice candidate that has a 36% approval rating from the population of the United States, that is a clear signal that the system has broken down. When Congresspersons vote along party lines instead of basing their decisions on what their constituents—the very same people that elected them—want...you get the picture.

I do not typically comment on things political, but, in my opinion, our politicians have forgotten for whom they work.

Politicians are, or at least should be, employed by the people of this great country. Abraham Lincoln said that our government was “of the people, by the people, for the people”. Does anyone feel like this is still the case?

Here is where this comes to a distinct focal point for me. I have witnessed companies and organizations in our beautiful town where the executives and administrators have such absolute power that they can make statements about their employees, and those statements become truth even if they have no basis in fact, and in some cases are outright fabrications. It is even worse when people with absolute power are allowed to make decisions—without some level of Checks and Balances—that affect the lives of other people. Such abuses of power (particularly those that seem designed to ruin other people’s lives) set a terrible example for our youth, have no place in our community and should not be tolerated. This is what allows bullies to retain their power over others. And yet, we tolerate them. This is mystifying to me. By the way, if any of the above hits too close to home for you, and especially if you feel like any of my comments apply directly to you, it is time to examine your conscience, soften your heart and change your ways.

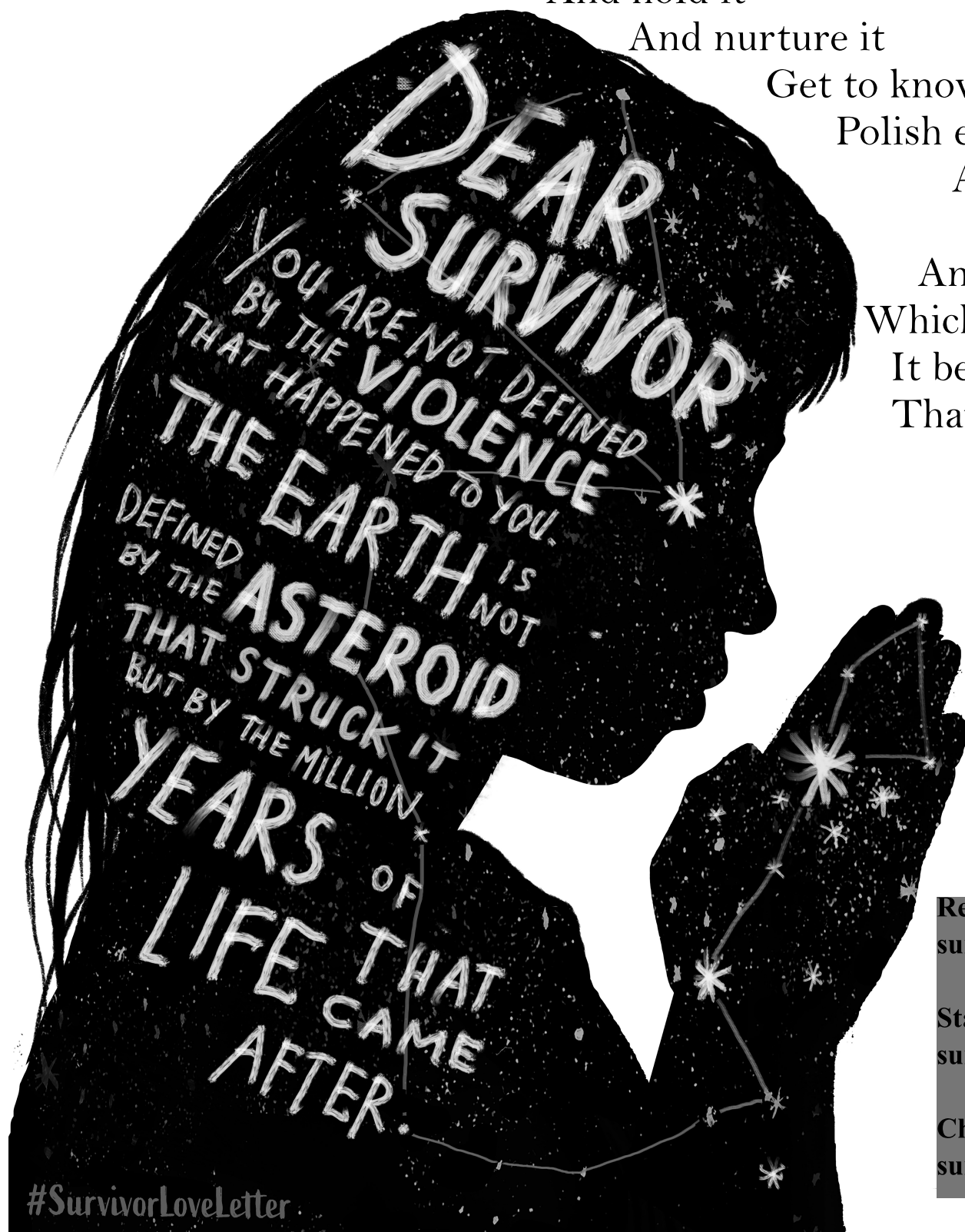
by
Rich Zanelli

I will leave you with the next line from Lord Acton [see quote above]. He wrote, “Great men [read this as ‘any people with absolute power’] are almost always bad men”.

I had to fall apart
So I could gently pick up each tiny jagged piece
And hold it
And nurture it

Becoming
by Sky O'Connor

Get to know every edge
Polish each sharp corner
And slowly, lovingly, become
whole again.
And each time I break open
Which happens from time to time
It becomes easier to remember
That I am just becoming more
Myself.

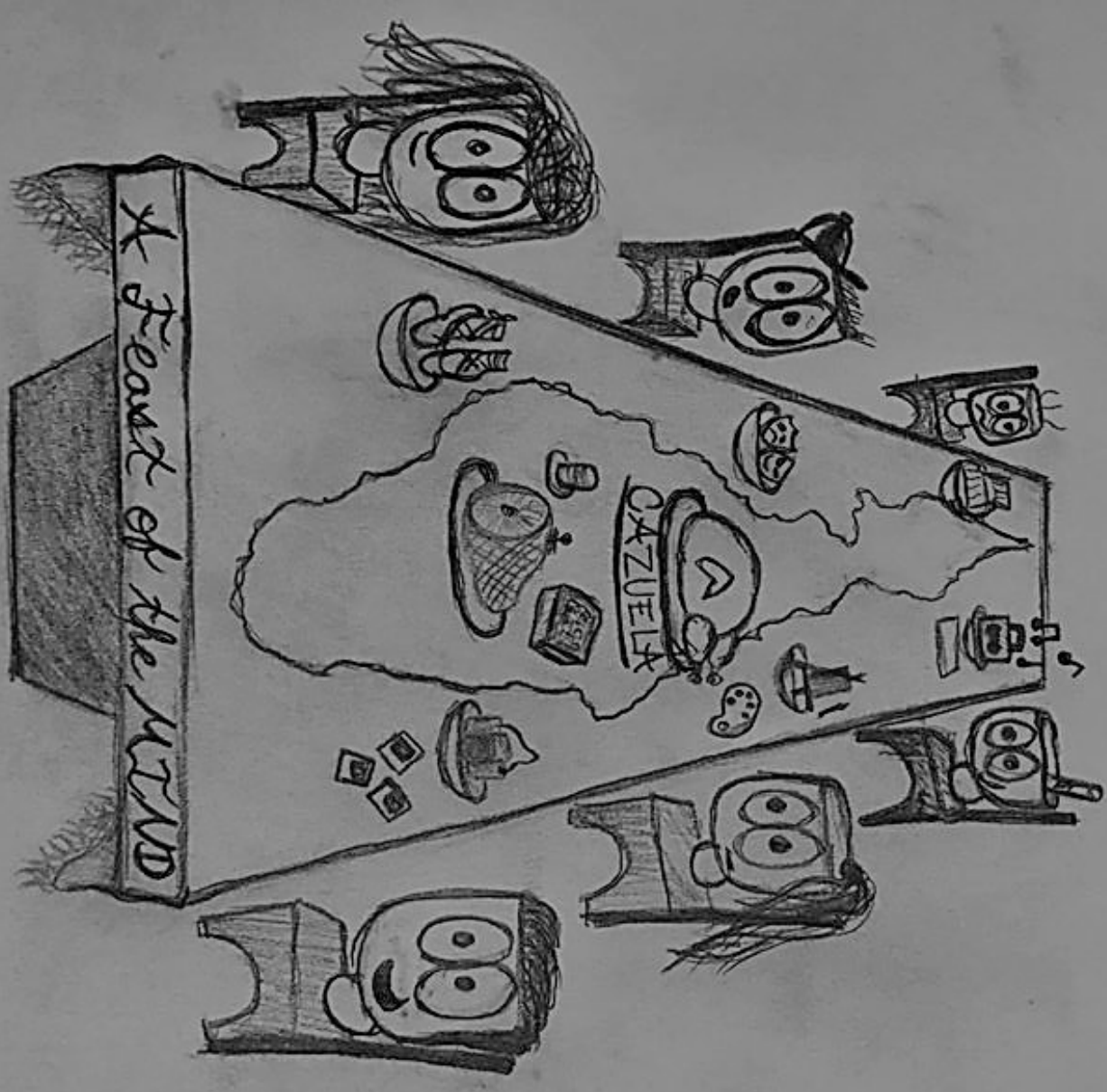


“Join us this winter as we flood the internet with love letters for survivors of sexual assault. Whether you’re a survivor or an ally, we invite you to write your own love letter to a survivor in your life and use our hashtag”

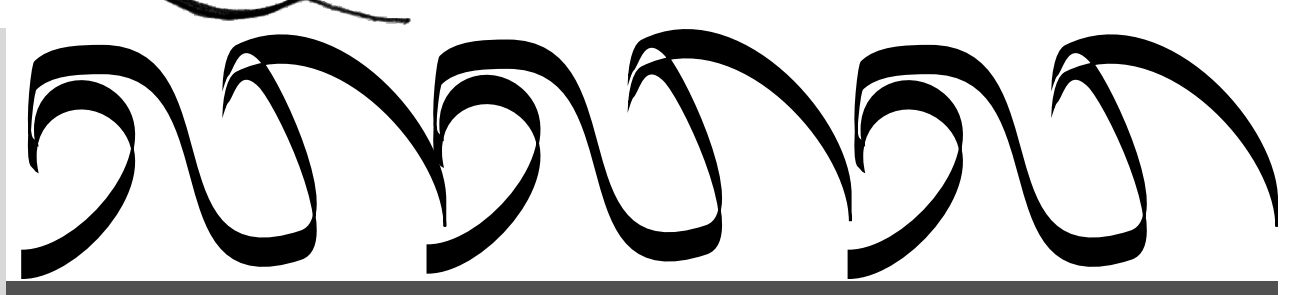
Read through an archive of letters:
survivorloveletter.tumblr.com

Stay up to date and support the movement:
survivorloveletter.com/home

Check out more posters and murals:
survivorloveletter.com/gallery



THE GREATEST FEASTS ARE KNOWN BY THEIR ECHOES
PULL UP A CHAIR
LEND US YOUR LAUGHTER
SHARE IN THIS BOUNTY



SPECIAL THANKS TO THOSE WHO HELPED MAKE THIS ISSUE POSSIBLE:
Michael Bergstedt
Morgan Brannock
Jake Brannock
Gene Eubank
Erin Eubank
Lisa Lavelle

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