December 2018

Issue #3

A FEAST FOR THE MIND

A Letter on Taste: "we make paradise possible"

The colored etching on the cover of this issue was produced in 1811 by the satirist Charles Williams, entitled "Implements Animated, Pl.2, Dedicated to the Housemaids and Cooks of the United Kingdoms." Williams indulges the perceptions of the UK's rich industrialist class, playing on the capitalist sensibility which transforms working people into comically exploitable oddities. The image features two caricatures, each a misshapen body constructed of household tools. Viewers are hard-pressed to find anything distinct or human about the figures – no facial expression, no affect – besides the differences of their respective service crafts. The cook has a pot-head, the housemaid a mop-bucket-torso; and so on.

On Catalina, we're quite familiar with service relations. Often patrons are kind, but we each know how it feels to be taken for granted and treated as *the help*. Either way, our livelihoods are secured by cooking, cleaning, and entertaining visitors. And Summer-time means double-time: when teachers and students become servers and busboys, tour-guides and docents, concierges and cooks. We're all tied into this leisure economy.

But like any good piece of satire, "Implements Animated" bears a double-meaning. Williams' dedication to service workers reads as both praise and warning. There is a vital force animating the everyday objects. This life-giving, creative force is our labor – that thing that exceeds the spoons and brooms we wield. He praises our tasteful combinations which create an entire world and ensures it keeps going 'round. And herein lies the warning: Forgetting the labor that binds us together means dismissing the humanity of others. It means abandoning the company of others for the comfort of cash and believing paradise is but a divine gift. But remember, our sweat and tears make paradise possible.

Our *Cazuela* is a dish offered in the service of something otherwise: not for a world of servants and masters, but in celebration of a world shared between a community of comrades and strangers. Our *Cazuela* practices the ingenuity of necessity, born by the *cocina pobre* tradition of making more with less. Our *Cazuela* attends to the unknown with the presumptions of a feminist mutuality, retooling our senses in connection with the openings of others. Our *Cazuela* inspires itself with the reckless abandon of a child's imagination, never afraid of faulty logic, failure, nor a bit of benevolent theft. Our *Cazuela* is seasoned with the artful wit of *gramática parda*, a way of listening to the world and being led by it.

* * *

There's a popular aesthetic tradition which believes the hungry cannot have taste. It posits that the desirous pangs of an empty stomach impede the finer senses of the mouth and cloud objective judgments of the mind. To this we retort: If the hungry cannot taste, can the ugly not make something of beauty? Can the sinner not discern the good? Can the unlearned not appreciate brilliance? Can the poor not enjoy abundance? Can the blind not be capable of sight? Can the worker not engage in the creative arts? Quite the contrary, we'll contest it on all counts. Hunger can hone our desires and heighten our senses. Where others find scraps and junk amidst ruins, we find the faces of humanity and the promise of a world-to-come.

Let none our modest worth presume. Lest they forget, we make paradise possible.

With Hunger & Taste,
Colin

The Instruments of Human Sustenance: Cooking in the manner of Guiseppe Archimboldo (1569)

Recipe for the Issue:

Start with a helping of Articles and Observations:
- "To Listen" (pg2) by Jordan Monroe
- "Unplug Your Kids" (pg2) by Rich Zanelli
- "Winter Solstice - New Beginnings" (pg 3) by Alison Neville
- "Here's Lookin' at You, Kid!" (pg9) by Rich Zanelli
- "Soul Alignment" (pg10) by Sky O'Connor

Add a few finely aged Missives:
- "The Crab & Its Mother" (pg3) An Aesop Fable
- "The Crab & The Fox" (pg6) An Aesop Fable
- Here's Lookin' at You, Kid!" (pg9) by Rich Zanelli
- "11 11 Be-Here-Now" (pg15) by Sean Brannock

Mix in a handful of Creative Writing:
- "Silence" (pg2) by David Pascoe
- "Tuesday Night Hosting Shift" (pg6) by David Pascoe
- "What If..." (pg11) by Ron Long
- "Empty Buoys" (pg12) by Michaela Edwards

Season with a dash of Essay:
- "Women of HERstory: Women Who Inspired Wonder Woman"(pg4-5) by Constance Rux
- "Sticks & Shields" (pg10-11) by Carlos de la Rosa

Add a pinch of Conversation:
- "A Wonder Woman Inspired Woman: Catching Up With Carla Moreno" (pg5)
- "More About Chef Greg From Seaport Bistro" (pg7)

Sprinkle on top a small bunch of Community Shares:
- "Delicious Island Dishes" (pg7) by Chef Greg Wenger
- "Research & Respect" (pg12) by Avalon AC4P Movement
- "Let's Talk Mental Health" (pg13) by Viri Vega
- Cool Image, Right? (pg14) by The Cazuela Team
- Freshly Served: Reviews (pg14) by The Cazuela Team

Steep in Visual Art:
- Cactus (pg8) by Carlos Martinez, Mamba's Art
- 26 Feet Under the Sea: A Photo-Series (pg8-9) by Blanca Alvarez
- FoneFauna (pg9) by Caprice Rothe
- Fragment of Avalon Bay Lino (pg13)
- An Avalon Meme (pg15) by Ricco Dominguez

TO LISTEN:

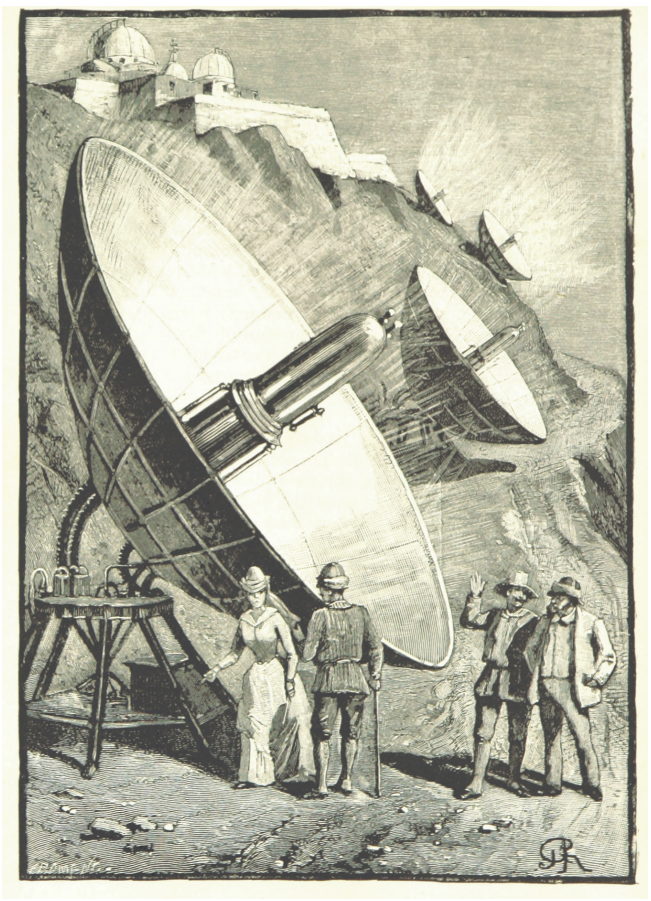
podcasts & audio stories on the go

by Jordan Monroe

"It is not necessary to remind you that the fact that your voice is amplified to the degree where it reaches from one end of the country to the other does not confer upon you greater wisdom or understanding than you possessed when your voice reached only from one end of the bar to the other."

-Edward R. Murrow, 1958. Speech to the Radio-Television News Directors Association

The relevance of this quote today now goes beyond the radio and television workers, it applies to anyone with social media. Our ability to connect with other people from almost anywhere, as if they were at the other end of the bar, is amazing, but all too often the content of those connections is less than inspiring. It is too easy to type a snarky retort, piling them on day after day. But as soon as the feed updates that comment is old news. And if the power goes out, those 'insights' will be lost. Before audio recordings the same could be said for the spoken word. If you didn't hear what was said, you never could hear it exactly again. However, Guglielmo Marconi, considered the father of radio, had a thought that maybe there is a chance that you can actually hear These Words Forever. Episode 12 of **The Memory Palace** podcast, which originally broadcast on June 1, 2009, titled These Words Forever, explores Marconi's idea in just 3 minutes 17 seconds. This episode is why I subscribed to The Memory Palace, which is one of my favorite shows. Starting at Episode 12, about the father of radio (although he gets too much credit), and the idea that sound never dies -- that the sound waves are permanent, but just get weaker -- seems like a perfect introduction to listening, and The Memory Palace.
http://thememorypalace.us/2009/06/episode-12-these-words-forever/



Once you've explored the idea of radio, and listening to the people of the world throughout history, check out **The World According to Sound**. It's a 90 second podcast that brings you nothing more than an audio clip of some sound, natural or manmade. In its simplicity, the tape (radio lingo for a recording -- a throwback to the analogue days), and a brief description, in a minute and a half, this podcast really makes you listen, just listen to that moment, or place, or person in the world. It is a fast listen, obviously, but it brings so much with it. It is so important to listen, really actually listen sometimes, to something that might otherwise be overlooked as nothing. It's kind of like taking a moment to enjoy the side dish as the main course. It doesn't really matter where you start, but try Episode 24: WiFi, as that is a part of our daily life. Then for something a little more odd, try Episode 45: Cat Organ and Episode 78: Sound Audio- Year in Food. Listen to whatever you want, but end with Episode 71: Gassy Exchange. It is so important to listen to "nature", the earth doing something it has, and will do, for a long time, and think about that.
http://www.theworldaccordingtosound.org/episodes/

Now that you are tuned in to listening actively, really listening, to people - past and present - and the world around you, it is important to recognize the value of hearing. Now I am not talking about paying attention, taking the time to understand what you are hearing, but just the actual process of hearing itself. Episode #14, Hearing Loss from **Twenty Thousand Hertz** will make you rethink the volume of your headphones, or not wearing ear plugs to the concert. And it gives you a scientific understanding of the process of hearing. What you then decide to do with your ability to hear, is now up to you.
https://www.20k.org/episodes/hearingloss

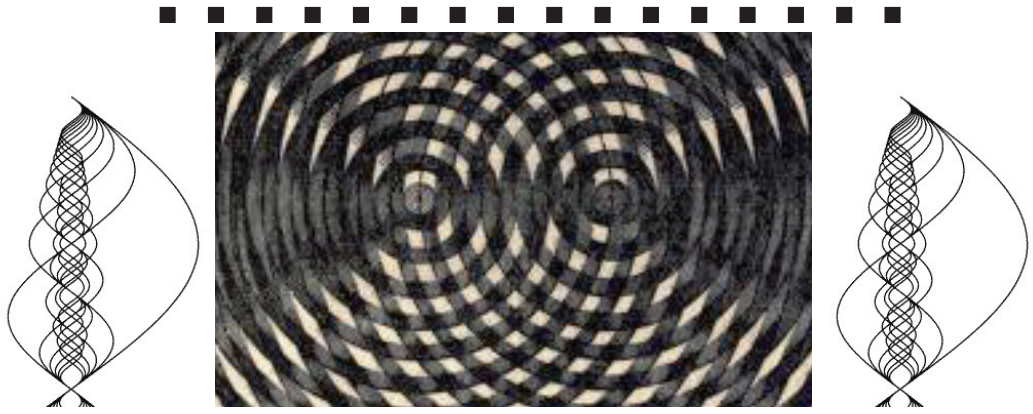
I love radio because it makes you listen, just listen to someone, in a personal way, like reading a book is a personal experience, you hear and process each piece personally. It is a good skill to have when interacting with people and the environment around you, and not just trying to unproductively argue with them, whether verbally or online. As Rob Rosenthal of transom.org says, *listening is primal*. Long before texts or email, letter or books, or even paintings and music, we communicated orally -- and that is something that shouldn't be taken for granted.

Bonus: check out **Threshold** -- a podcast about listening to the data we've collected as humans. I'll let them say it: "This is a pivotal moment in human history. In the future, people will look back at our era and wonder how we could have talked about anything other than the way humans are changing — and being changed by — the planet. We don't lack data. Loads of facts and figures on environmental change can be found with the click of a mouse. What we lack is context and perspective. If we don't absorb the meaning of what we're taking in, the data is almost worthless."
https://www.thresholdpodcast.org

Silence

by David Pascoe

And when they had eaten their fill of each other's lips,
the silence dripped from the mattress
and gathered in puddles under the bed,
slowly spreading its way across the floor
until the whole room had become
a lake of silence
and the only noises
were ripples
across its still surface.



Unplug Your Kids
by Rich Zanelli

It is now common for kids to have a cell phone by the age of 10 years old. But MRI evidence shows that screen time is more harmful than tobacco, alcohol and other drugs. Screen time causes a thinning of the cerebral cortex, which processes information from the five most recognized senses. Kids who spend more than two hours a day connected to an electronic screen score lower on tests of language and thinking. Skills gained by playing with apps or video games do not translate into real life abilities.

In an era where cell phone apps are being designed to capture and keep kids' attention, it is becoming more clear that these shiny bells and whistles are harming the brains of their target audience. People think that their children are just doing what we used to do when we were younger: going online to research and discover. The reality is that our kids are going online, more and more frequently, to gossip, bully and participate in activities that could be extremely dangerous. What we do not take into account is that there are thousands of engineers on the other, undisclosed, side of that device who are tracking tendencies.

Screen time releases dopamine in the brain, the same chemical that stimulates craving and desire. This creates a situation where young people act impulsively and causes them to compulsively log on to their social media. Teenagers now use their phones, on average, about four and one-half hours a day. Most of them cannot even remember a time when cell phones did not exist. While this has led to a documented decrease in teens who drink alcohol or have sex, there has been a marked increase in teens who self-report depression and loneliness.

Smart phones are a wonderful technological advance, but they should be useful to us as a tool, not as a tool that uses us.

The Crab & Its Mother
(An Aesop Fable)

A CRAB said to her son, "Why do you walk so one-sided, my child? It is far more becoming to go straight forward." The young Crab replied: "Quite true, dear Mother; and if you will show me the straight way, I will promise to walk in it." The Mother tried in vain, and submitted without remonstrance to the reproof of her child.

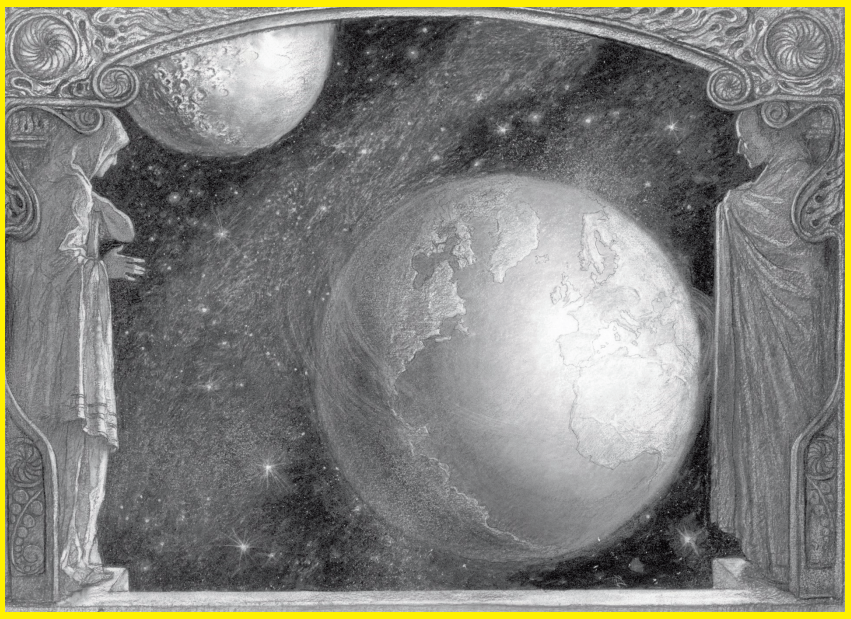
Example is more powerful than perception

Winter Solstice ~ New Beginnings

by Alison Neville

In our Northern Hemisphere on December 21, 2018 at 2:23pm is Winter Solstice. Revered all over the world for its spiritual and cultural meanings, it is so much more than just the first day of Winter.

We humans are cyclical creatures. In body, mind, and spirit we move through cycles. But nature all around us moves in its own cycles, too. Finding ways to sync with nature's cycles was something that came easily for our own ancestors looking to ensure their survival. Just think about it: during times of tumult, when your life becomes unbalanced, do you find peace in nature? Nature is a wonderful guide to recalibrate one's personal life compass. The tides go in and out, rise and fall. Plants sprout, bud, blossom and decay. The sun rises and it sets. The moon rises and it sets. There is a certainty to cycles. And when life goes awry, we can look to the fact the most ups have an eventual down and most likely an upside again.



The secret of learning how to surf the waves is in balancing our cycles, which is why I use Winter Solstice as my starting point for new beginnings. It's the first day in my New Year. Starting my New Year with nature on the shortest day of the year makes sense to me.

If we think about the sun bringing in light energy, Winter Solstice could be the annual starting point of that seasonal process. It's the day of the least light and longest night. Beginning with Winter Solstice means beginning our journey in darkness. Darkness has a quiet stillness that is essential to our inner cycles, and the stillness of Winter Solstice can become a moment for reflection: What do we need to bring in and what do we need to let go in our lives? We hold onto so much junk, especially emotionally. Winter Solstice, in its quiet darkness, becomes the still point where a tradition of letting go and bringing dreams to life is celebrated.

<u>SOLutions Over Resolutions!</u>

We all know the usual perils of New Year's resolutions. For me, they were always a frantic attempt to resolve whatever in my life wasn't aligned. But, somehow, it always felt unsuccessful before I even started. As time went on, I just gave up on even attempting to create a list of hopeful change, because a part of me never felt committed to its success in the first place.

A fascination with the seasonal and lunar cycles sparked in me a few years ago, after studying how ancient spiritual cultures celebrated Winter Solstice. I felt a longing to create more intention and discipline to my own personal experience, so I began writing on Winter Solstice. Something similar to my discarded tradition of writing out New Years resolutions developed. By candlelight I sit with my thoughts, writing a prayer for my new year and asking for the inspiration to bring my best self forward into this new journey.

Maybe writing Winter Solstice SOLutions is the new New Years resolutions? Casting a wish into tomorrowland where each day sheds more light on our dreams. When Summer Solstice arrives, we can bask in the daylight and see if we are manifesting our heart's desires wished upon in last winter's darkness. Did we make that change? Did we act according to our intentions?

Remember -- It's nature's New Year. It's the still point of the whole year. Everyday day after Winter Solstice will bring a little more energy into what you wish to create in your life. There is a time and season for everything. Perhaps Winter Solstice can be a fantastic time to let go of what has its grips on you that isn't serving your best self. There are also some things dancing in your head waiting for your imagination to light a fire under. Follow your cycles. Allow nature to remind you of yours. But, most all, enjoy the new beginning that Winter Solstice is offering. Happy Winter Solstice on December 21st!

Women of HERstory:
The Women Who Inspired Wonder Woman

by Constance Rux

Planned Parenthood. Lie detectors. Women's suffrage. Pin-ups. Feminism. Comic books and a polyamorous relationship. Some of these things might seem unconnected. Or at least, not connected by straight lines. They are all, however, closely connected to one woman who is as well known as the Man of Steel, the Dark Knight, and that kid who was bit by a spider on his class field trip and started climbing walls.

Wonder Woman: A Brief Introduction

Although usually called the first female superhero, that title actually belongs to Fantomah, an Egyptian superheroine who made her debut in 1940. But Wonder Woman does have plenty to call her own. She was the first female superhero to have her own comic book. Her book debuted in 1942 and she did not make her debut quietly. Diana of Themyscira was a damsel saving men in distress -- and she did it in a skirt, ruby red lipstick and heels. Or, to quote cartoonist Bob Thaves about another leading lady, "Sure he was great, but don't forget that Ginger Rogers did everything he did...backwards and in high heels."

Wonder Woman's creator was a writer, psychologist, and contributor of the polygraph, William Moulton Marston AKA Charles Moulton. She was drawn by artist H.G. Peter to Moulton's specifications. Moulton was not only a feminist, believing women to be equal to men, he inherently believed women to be superior to men. He created a world for his Amazon warrior called Paradise Island. It was paradise because it was a peaceful, secluded, beautiful land hidden away from men. It *was* paradise until the war of men found it, and dragged the only Amazon who was 100% never touched by anything male (being in her original storyline made of clay by her mother and given life by the gods) into it.

Illustrating Systemic Oppression; Subverting a Patriarchal World

Some thought the idea of an all female society was meant to be alluring to the male reader. This is not so. It was meant to demonstrate how a society of all women, strong, independent, and still (somehow *gasp*) having a women's figure, could be better than the male dominated world. Left to their own devices, women could create a utopia. Think the opposite of *Lord of the Flies*.

Another often misconstrued aspect of the early Wonder Woman books was the way "bad guys" often tied Diana up physically, effectively showing her in bondage. This was said to be solely added as a male fantasy. But that these scenes are automatically seen as serving *only* male fantasy is a precise point Moulton was trying to make, and one made quite successfully. He wanted to show woman in bondage as a physical representation of the bondage women faced in society every day. The social constraints of the time being placed on women by "the man." So it being construed as being for male readers to enjoy was another parallel to be made about the male dominance of women being enjoyable to men. As an alternative, however, he also believed that if men saw a beautiful woman who was also as "capable as a man" (and that all women were, when left to their own devices) then they would be more than happy to submit to that woman.

That being said, Moulton was not a purist, or ignorant to the fact that his comic book did have many innuendos. They were intentionally placed. With his many feminist beliefs he held the conviction that people were overall, somewhat hypocritical when it came to love. That things that people would openly call taboo or shame, were in fact mainstream. At least, behind closed doors. He wanted women especially to be okay with embracing their sexuality -- to be open with it. This leads us to Olive, Elizabeth, Ethel, and Margaret.

The Women Who Inspired Wonder Woman

In 1916, Margaret Sanger opened the first birth control clinic in the United States. She was arrested and sentenced to 30 days in jail for breaking the Comstock Law. This law forbid contraceptives as an illicit substance. She reopened her clinic after her release and continued being arrested and fined for her refusal to comply with the law. In 1938, one of Margaret's cases led to a ruling that lifted birth control out of the Comstock Law and legalized their use for married couples. This was a huge ruling and opened the doors for Planned Parenthood. Through her own efforts, she was able to raise over $150,000 in the 1950s (she was over 80 by this time) to develop the birth control pill. It was legalized in 1965, although use of the pill for unmarried women was not legal until the 70s. But I am getting way off subject. Margaret was Ethel Byrne's sister.

Ethel Byrne opened the 1916 birth control clinic with her sister. They were both arrested and sentenced to 30 days. Ethel did not serve her sentence quietly, however, and went on a hunger strike. She was on strike for over 185 hours until she was subjected to force feeding; making her the first incarcerated women in American history to be force-fed. While her sister is the more famous of the two, Ethel was more instrumental in bringing attention to their cause and passing out literature on safe sex. The two began traveling the country and spreading family planning (AKA Planned Parenthood) education. Ethel passed away before birth control became legal, so most credit for the development of birth control goes to her older sister.

SO this brings us to Olive Byrne. Olive was Ethel's daughter, Margaret's niece, and Charles Moulton's life partner. Olive met Moulton as a senior in college. He was her psychology professor. Olive is credited with Moulton's inspiration for Wonder Woman's looks. She even wore those chunky bracelets! In the comic book, these bracelets were meant to symbolize the shackles of being a woman in a man's world. This makes, in essence, Ethel - Hippolyta (Wonder Woman's mother), and Margaret - Antiope (Wonder Woman's aunt, known as the fiercest Amazon warrior). Olive takes us to Elizabeth -- Elizabeth Moulton being William Moulton's legal wife. The three of them lived together in a polyamorous relationship.

Elizabeth and Olive were both educated and pioneers for women's rights. Elizabeth had an MA in law -- paying her own tuition with income from selling books door to door. She was one of the first practicing female lawyers in a time when women still did not have the right to vote. She is also credited with helping her husband develop the early versions of the polygraph. Elizabeth used her law experience and Moulton contributed his

psychology background to prove, in 1922, that women could serve as jurors not just as well as men, but often better. They demonstrated that women could process the spoken evidence and emotion of the witnesses on stand better than their male counterparts. That said, women serving on a jury did not become legal in all 50 states until 1973.

Elizabeth was also an editor for the Encyclopedia Britannica. But what does this have to do with Wonder Woman? Well, Elizabeth wanted to prove women were as capable as men, or more so in some areas. She wanted males and females to be seen as equals. Women could be whatever they wanted to be, and should be represented in all professions. Not as a secretary, or an assistant, but in the same careers and positions in society that men held. Wonder Woman looked like Olive, but had the character of Elizabeth. Elizabeth had an even more important role in Wonder Woman's creation. When Moulton spoke to Elizabeth about his desire to portray his ideas of love and truth being stronger than brawn -- Elizabeth told him to make the hero a woman.

Both women had two children with Moulton. They each named one of their children after the other woman and continued to live together after Moulton's death and raised their four children as siblings. Olive stayed home to raise the children, and Elizabeth continued her career outside of the home. There is no solid evidence that Elizabeth and Olive ever had a physical relationship, even though a romantic relationship was portrayed in the recent movie titled, "Professor Moulton and the Wonder Women." Elizabeth's granddaughter has categorically denied this, stating in various interviews that the two women lived together after her grandfather's death because it was a practical thing to do, rather than being romantically attached.

Elizabeth, Olive, Margaret, and Ethel were the women who inspired the creation of an icon. Diana of Themyscira is a symbol and role model for millions. Her story and the comic art change with the times, keeping her current and meaningful to each new generation. But the women that inspired her creation, their real stories and lives, are just as inspiring and impactful; their legacies as meaningful and colorful. They fought just as hard, and faced as many oppressors. To quote Gail Simone - who was given the task to write Wonder Woman from 2008 to 2010 - "If you need to stop an asteroid, you call Superman. If you need to solve a mystery, you call Batman. But if you need to end a war, you call Wonder Woman."

A Wonder Woman Inspired Woman: Catching Up With Carla Moreno

Wonder Woman has always been a part of Carla Moreno's life. As a little girl, she watched all the cartoons and TV series. She jumped off couches, fearlessly imitating the beautiful superheroine. As an adult, Carla channels her own inner Wonder Woman to face the world's challenges and overcome personal obstacles. From physical discomfort to emotional distress, financial hardship to familial struggle, Wonder Woman allows Carla to keep herself clairvoyant and honest.

So how did Carla get the idea to transform her own struggles into a creative Wonder Woman themed photo series? And where did she get the courage to share it with the world at large on Instagram? We had the chance to catch up with Carla Moreno to find out:

Do you remember when you first began taking photos of Wonder Woman? How did it begin?
So at first it was kind of a personal project. Hiking is difficult for me, just incredibly draining physically, so I needed a little extra goal to help me push through the pain. I'd seen online people who would bring dolls with them while travelling and post photos in exotic locations, So I thought that making a goal to photograph her at the end of hikes would be a perfect incentive to help me push through.

But the project quickly evovled because during these hikes I would talk to myself and process my life. Bringing Wonder Woman with me also made her a part of the conversation, like a companion. I would try to figure out what I wanted to accomplish or identify certain obstacles that needed overcoming, and her strength and wisdom would inspire breakthroughs about my life that I wouldn't have been able to see otherwise. Her presence brought a confidence and honesty. That's one of the reasons why my Wonder Woman photos are life-sized. I wanted her to seem like she was there on those mountains, because she accompanied me on each of these journeys.

So how did you start sharing this project with other people? Were you afraid it was going to be perceived as too nerdy or cheesy or not received earnestly on social media?
I posted first on my Facebook. Only later did I share it on Instagram and in an article I wrote for the Huffington Post called "On Being Wonder Woman."

But I started posting these photos as a way to talk about my fears honestly with other people. Of course I was nervous to put my story out there and I had a thousand different thoughts about what people might think. But when I was talking to my life coach and friend, that's when I realized everyone was going through this same stuff as me. Wonder Woman helped me start that conversation, because I could say, "Hey Wonder Woman is something very real to me because of my life experiences...this is part of my childhood, and it keeps me going when times are tough, so why should I give that up?"

And social media is especially tough today, you know, because everyone just wants to post their best selves always having the best time. But as a society we are really suffering by not talking about things when we're struggling. We are shunned from saying and doing so much. Hearing about Wonder Woman, and what she means to me, invited others to open up too. It just captured people's attention! The posts became a confessional -- where I would get messages about some really personal things that strangers and friends were dealing with or had survived.

It got to apoint where I'd go on a camping trip and forget to take photos with Wonder Woman and people would say, "Hey! Where's the picture from that trip?"

What does Wonder Woman embody for you?
Self-Compassion. Wonder Woman reminds me that I'm human and the challenges I struggle with are too. Realizing this allows me to be compassionate with myself. Only then can I forgive myself and get back up again and again, even when everything feels terrible and the world is crashing down on me.

We hide our truths and that's why there's so much suicide and self-harm in this world. We hide it and we isolate ourselves. But we can't have community when we do that. Community isn't possible without being compassionate to ourselves, because only with self-compassion can we share ourselves with others and accept help, advice, care, and love from those around us.

Follow Carla
on Instagram @carlitarocks
&
online at carla-moreno.com

On a Planet of Plenty, Why Are There Still Hungry People?

by
Rich Zanelli

If food waste were a country, it would be the third largest producer of carbon dioxide in the world, behind only China and the United States. Let that sink in for a moment. In the United States alone, the average citizen wastes more food in a year than his or her body weight. We throw away about 30% of all of the produce we bring into our households and trim nearly a third of our food during food preparation. About one-third of all food produced on our planet is never used. Household food disposal accounts for most of the food waste in developed countries, whereas technological shortcomings (such as lack of refrigeration) are to blame in third-world nations.

Food waste in rich countries is approximately equal to the amount of food produced in sub-Saharan Africa. Just 25% of the food that is wasted globally would be enough to feed the nearly eight-hundred million undernourished people in the world. If we could figure out the issues surrounding speed and logistics of distribution and storage, we would never have to see those awful images of starving children in developing nations.

Years ago, I used to travel with my students to a camp in the mountains. During meal times, the staff would encourage all of us to reduce our food waste. After the first year, I decided to try something. Before we headed off to camp, I taught students how to limit food waste while they were at school and at their homes. We made a kind of game out of it. Then, when we went up to camp, our group would have **zero** food waste in the dining hall…for an entire school week. Other schools, and even sometimes the camp staff, would accuse us of cheating. One school actually went so far as to post a spy at our trash can to "catch" my students throwing away food…which never happened. As a result of this little social experiment, I know that it is possible to keep wasted food to a minimum. We just need the right motivation.

We need to figure out a better way to preserve leftovers (and then use them or give them to someone who will). But maybe it is also time to stop worrying about how our food looks. Don't get me wrong. I am all for standards for the **quality** of the foods that we eat. But how many of us know that there are also standards for the **appearance** of the foods that we eat (especially produce)? The USDA sets standards for how food looks, but individual market chains sometimes have higher standards. So, even if there is nothing wrong with a piece of fruit other than it having an unexpected size or shape, the markets will not sell it. This means it will not be eaten, but thrown away instead. And, chances are good that it will not even have the honor of being composted. The good news is: Lately, a trend has been gaining traction where people are not only accepting, but seeking, "ugly produce" to reduce the amount that gets unnecessarily wasted. Let us all hope that this is a small step in the right direction.

[Caption:]"With corpses he made a stew"
from woodblock engraving series for Némésis Médicale.
by Honoré Daumier.

The Crab & The Fox
(An Aesop Fable)

A CRAB, forsaking the seashore, chose a neighboring green meadow as its feeding ground. A Fox came across him and, being very hungry, ate him up. Just as he was on the point of being eaten, the Crab said, "I well deserve my fate, for what business had I on the land, when by my nature and habits I am only adapted for the sea?"

Contentment with our lot is an element of happiness

Tuesday Night Hosting Shift
by David Pascoe

Old bad angry man
Sweat pools on your furrowed brow
You also must wait

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Delicious Island Dishes That Promote Good Health

by Chef Greg Wenger

For many years I have had the pleasure of visiting different islands around the world. I love the way islanders use their local resources and base their meals around fresh fruits and seafood.

Whenever I am visiting an island, I make my way to the marketplace or local grocery store. What has caught my eye many times is the seniors who always seem to be sitting on their benches, playing a game and talking the day away. I often stop to have a chat about food and to ask about their favorite local dishes and check in about the best restaurants.

What often surprises me the most is how long some of these people have lived. I have met many locals in their late 80's and 90's. Once I sang happy birthday to a man who was turning 100, and I even met a woman who said she was 104. In fact, healthy seniors can be found all across islands from the South Pacific to Mexico or the Caribbean.

How do they do it? It's their diet. All the fresh fruits and fresh seafood and the clean, crisp island air.

So take a cue from the islands and start with this meal plan for anti–aging. Who knows, you may live to be 104!

This month I want to share with you two Island recipes, both near and dear to me: Baked Catalina Sand Dabs and Turkey & Black-Eyed Pea Soup

Baked Sand Dabs

The sand dab lives at about 300-500ft just outside of Avalon Harbor. This fish is an easy catch, and just about as easy to clean. Since I love catching and cooking Catalina sand dabs, I've developed a number of ways to prepare them. But one of my favorite recipes for sand dabs, and the way I often serve them in my Bistro, is baked.

This recipe serves 4, with preparation time amounting less than one hour.

Ingredients:

- 24 sand dab fillets
- 8 ounce melted butter
- 1 ounce white wine
- 1 oz sherry
- 1 each: orange- lemon- lime
- 4 ounce capers
- 1 TBB of fresh chopped parsley

Preparation in 10 Easy Steps:

1. Put half of the melted butter into the bottom of a 13x9 casserole dish
2. Place dabs skin-side down evenly in dish (*don't* stack on top of each other!)
3. Brush the rest of the butter over the dabs.
4. Remove zest (the outer-skn) from the fruit and set aside for later use
5. Cut the fruit in half, squeeze juice over the dabs (*don't* leave any seeds!)
6. Sprinkle wine & sherry over dabs
7. Heat in oven at 350 for 1-12 min, until cooked through
8. Remove from oven
9. Sprinkle chopped parsley & fresh zest
10. Serve with your favorite rice or grain.

Turkey & Black-Eyed Pea Soup

The recipe is from another island I have had the pleasure to live and work on as a young chef, Grand Cayman. I got this recipe while working side by side with a woman they called "Miss Sylvia". It's very easy to make black–eyed peas have a very earthy flavor. The dish is popular in the Caribbean, avery good source of both protein and folic acid. Lots of Garlic- it is a superfood. (Also, Southern tradition holds that the first food to be eaten on New Year's Day should be black-eyed peas for luck and prosperity.)

This recipe serves 8, with 30mins of preparation.

Ingredients:

- 1 lb. ground Turkey
- 1 cup diced onions
- ¾ cup deiced celery
- 1 TB chopped garlic
- 1TB salt
- ½ tbs black pepper
- 1 tbs crushed red pepper
- 2 cups of chicken stock
- 2 15oz cans black eyed peas

Preparation in 6 Easy Steps:

1. Heat large pot. spray with non-stick cooking spray.
2. Add turkey & cook over med/high. stir til turkey starts to brown (8-10min)
3. Add onion, celery and garlic. Cook for additional 5min.
4. Add salt, pepper, and crushed red pepper. Cook for one more minute.
5. Add chicken stock and bring to a boil over medium heat.
6. Rinse black-eyed peas and add, bringing the pot back to a boil. Adjust flavor with salt/pepper. Serve hot.

More About Chef Greg from Seaport Bistro at the Holiday Inn Resort

Where did you grow up?
I grew up in Evanston, Illinois, north of Chicago, where I went to high school. I worked on the Cayman Islands for about a year after graduating. There I cooked a lot of Island inspired food: lots of fresh fish, especially conch, tomatoes, peppers, onions. The conch fritters that are on my menu now were inspired by my time spent there.

What brought you to Catalina Island?
My wife, Elizabeth, was born and raised on Catalina island. We met in San Diego when I was a Chef at the Sheraton. We moved to Catalina Island and have been here 20 years now.

When did you know you wanted to be a chef?
I started cooking when I was 8. I was always inspired by different flavors. I worked in 2 restaurants by the time I was 11. I got a job in Chicago working for a chef who graduated from the Culinary Institute -- He was the one who inspired me to go to Chef School. He always told me I had the talent. I am now a certified Chef with the Culinary Institute of America, New York.

What is one of your favorite ingredients to use in your dishes and why?
I grow all of my own fresh herbs for the restaurant and I like to use a lot of citrus zest. One of my cooking philosophies is fresh and clean. I also like to use saffron for seafood

What do you most love about your job?
Making people happy. The biggest reward is people happy with the food I made. I love to see people come back because they enjoyed their dishes.

What advice do you have for aspiring chefs?
Go to Chef School. Learn the basics. Work in different restaurants, with different chefs and really figure out what your cooking niche is, and what you're good at.

Welcome to Mamba's World

(displayed to the right: "Cactus" by Carlos Martinez, Mamba's Art)

Raised on Catalina Island and self-taught in the visual arts, Carlos Martinez creates mixed media images. But people around town and on the web might better know Carlos by his artistic alias: "Mamba's Art." Mamba's montage of island iconography has a magical quality. Each piece often renders the familiar strange, and provokes viewers to appreciate Catalina's simple beauty from different and more dynamic angles.

Carlos writes, "I like to think of my art as unique in that I don't stick to just one style. I combine painting drawing, abstract and realist to create something one-of-a-kind. Some of my biggest influences are Leonardo Da Vinci, Pablo Picasso, August Renoir, Vincent Van Gogh, Diego Rivera, Time Burton and Dr. Seuss."

Follow the latest creations by Carlos Martinez! Visit: Instagram @mambasart Facebook at Mamba's Art www.mambasart.com to view his entire portfolio and purchase artworks.

26 Feet Under the Sea: A Photo-Series

Bright algae off the coast of Catalina Island

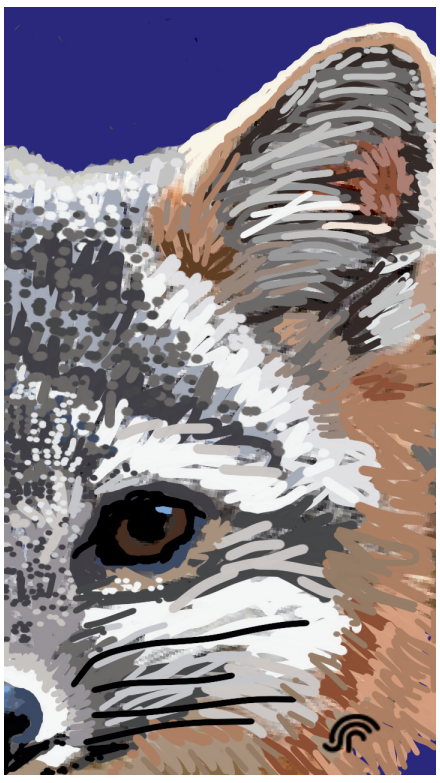
Hello,

I am not sure who will be reading this, so I'll introduce myself. My name is Blanca Alvarez, best known as one of the triplets. I go to Barnard College in New York City and study environmental science. I am currently applying to graduate school and plan to earn a Ph.D. in marine biology.

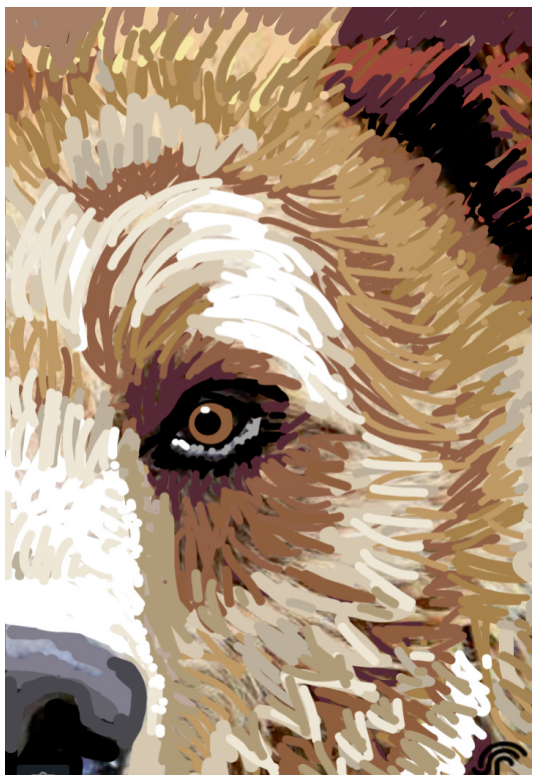
I was inspired to submit these photos in part because of Dr. Bill Bushing who is a very amazing marine biologists/diver/photographer. His column "Dive Dry with Dr. Bill," photographs in the paper, and Facebook posts inspired me to buy an underwater camera and pursue underwater photography while earning my degree in marine biology. It was his column that was my first exposure to the underwater world just right off of our coast.

Many people believe that I have always had an inherent love for the ocean because I grew up on an island. Although I certainly appreciated the ocean, I was actually very afraid of it. This stemmed from my fear of the unknown. When I swim on the surface of the ocean I am very aware of its vastness, depth, and mystery. The thought of stingrays, sharks, or jellyfish swimming past my legs filled me with dread.

A soupfin shark swimming by kelp at Two Harbors



Catalina Island Fox



California Grizzly Bear

Southwest U.S.A. Puma

Channel Island Golden Eagle

FoneFauna: a series of stylus sketches by Caprice Rothe

Here's Lookin' at You, Kid!

by Rich Zanelli

We have all had that feeling. We are in a public place, maybe crowded, maybe not so much. And we can "feel" someone looking at us. For a moment, we wonder why that person is staring. Is there toilet paper stuck to my shoe? Do I have something hanging out of my nose? Did I forget to zip up my pants? Then, overcoming the nearly-overwhelming sense of discomfort, we turn and, sure enough, we make the briefest of eye contact before the other person awkwardly averts their eyes and tries to pretend like they were not staring. So, how did we know that someone was staring and, more fascinatingly, how did we know from which direction the stare was originating?

Many people are aware of the so-called "five senses" but not everybody knows that the human body possesses a far greater number of senses. To me, one of the more intriguing lesser-known senses is the sense of being stared at. When I first heard of this phenomenon, I was highly—maybe even intensely, skeptical. And then, I created an activity for Avalon Day Camp to test the validity of the sense of being stared at…and I was astounded by the results. Nearly three-quarters of the time, blindfolded campers were able to point in the direction from which they were being stared at. Some were even able to identify the name of the person who was staring at them.

First studied, and roundly dismissed, by Edward B. Titchener in 1898, the psychic staring effect (or scopaesthesia) has gained momentum recently based on the research of Rupert Sheldrake. Some participants describe the feeling as a tingling sensation, most typically on the back of the neck. It is a sensation, some participants claim, that compels the person to look in the direction of the stare. Others attribute it to a parapsychological ability. Researchers attribute the sense of being stared at to a form of threat identification while others suggest that it is just another form of nonverbal communication. Still other researchers suggest that a person is more likely to believe that someone is staring at them because the consequences of misreading a potential threat or missing out on an opportunity for social, interpersonal interaction are potentially more costly than misidentifying that the person is being stared at.

So, what say you? Where do you believe our acute sense of being looked at originates from? What does that feeling signify? Give it a think and decide for yourself.

26 Feet Under the Sea *(continued)*

It wasn't until recently, when I started snorkeling and diving, that I was able to see the underwater world below the surface. Although I had swam off of Catalina thousands of time, the first time I dove at the Dive Park felt like I was transported into another world. Fish will curiously swim up to gaze at you, the kelp rises up like a giant underwater forest, and the sea lions will playful dart about. Even the sharks I was so scared of will carelessly swim past you.

A juvenile garibaldi eating

The underwater world is such an amazingly different place. The photos I have attached are a way of me visually representing this. The photos highlight the dark, intimidating, and fearful or vivid, beautiful, and welcoming way I have felt about the ocean.

A view of the kelp forest from underwater

SOUL ALIGNMENT

It's ok to be different.
It's ok to be weird.
Your desires and interests are your own, and they are yours for a reason.
Your soul chose YOU to express itself in your own unique way.

We have been taught that in order to be accepted we should be like everyone else.
We have been taught that in order to be loved we must be what others think we should be.
Well I'm here to tell you that you don't have to be like anyone else.
You don't have to morph into the "norm".
You don't have to follow a path that somebody else suggested to you.

It's up to you to find out what lights you up and follow that.
Get clear on your passions.
What do you daydream about?
What do you love doing and are a total natural at?
What have you been telling yourself you can't do for so long but deep down wish that you could?

Your dreams are in your head for a reason.
They are meant to be explored, otherwise you wouldn't have them.
Your desires came to you for a reason, they are showing you what your soul wants.
It's ok to follow it!
It's ok not to listen to other people's opinions.
It's ok to march to the beat of your own drum.
Nobody else has to understand.
And I invite you to find the people who do.
Surround yourself with people who support you and encourage you to go after your dreams.

Let your freak flag fly!
It gives other people permission to do the same.
BE ALL OF YOU! Don't give up.
You came to this earth to be you and only you.
You are totally one of a kind, 100% unique.
Nobody else knows your soul like you do.
Just listen to it. Just be all of you.
Align with your soul and you will be happy and whole.

My name is Sky O'Connor and I help women align with their soul's true purpose and passions, let go of limiting beliefs, and create the life of their dreams. I help my clients awaken to their true worth 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

Sticks and Shields: How to Hide in Plain Sight

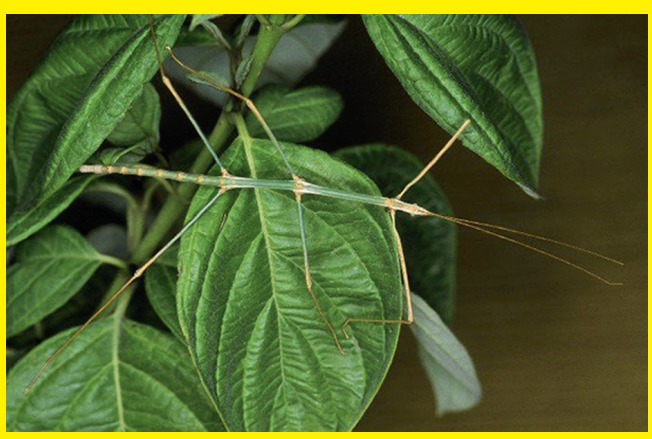
by Carlos de la Rosa

I got the message late on a Monday evening. I had been living in Catalina for less than four months, and already felt a bit overwhelmed by the complexity of the Island. I felt especially challenged by the Island's amazing biology which I had started to experience by hiking its trails through canyons and valleys filled with species new to me. I had already begun the exciting but long road to learning this flora and fauna and felt energized about the prospect of cataloging, photographing, protecting, and learning about them.

In the e-mail, one of my new Island friends said *"Could you identify this creature for me? It appeared in my patio and I had never seen one of them before."* Attached to the e-mail was a slightly over-exposed photograph of a walkingstick or stick insect. Nothing to write home about, I thought. Walkingsticks are fairly common, right? Wrong! When I looked at it closer and started my little research on the Internet and our wildlife file cabinets, I started to find the hidden stories. This was my first foray into the world of Catalina's endemic insects, a few species that over the last century or so, have been found to live and thrive on the Island and nowhere else in the world.

The scarcely two-inch long stick insect happened to be one of these species. The Catalina walkingstick, known by its mouthful of a scientific name as *Pseudosermyle catalinae*, has been collected only a few times, not just because it is rare, but because it is very hard to see! They look uncannily like the little branches and twigs of the plants they sit on. It is only when they take a hike away from their host plants that they temporarily lose their camouflage and become visible to us. Our particular species was described and named for the first time in 1981 and, since then, only occasionally seen and collected by entomologists and Island naturalists. It lives its quiet life largely unnoticed by predators and naturalists. It belongs to the order Phasmatodea, the "phantom or ghost insects" because it literally disappears among the sticks and leaves that they normally rest upon.

This other species of walkingstick,* Pseudosermyle stramineus, *photographed by Joyce Gross, is a close relative of the Catalina species. The specimen pictured is a male.



Catalina's walkingstick species,* Pseudosermyle catalinae, *shows a classic green coloration.

The walkingstick walk is a great example of a behavior that enhances its appearance. While immobile, the walkingstick looks like a little twig, sticking out like any other dry twig on a plant. Its long antennae are either held close to the body or extended out, very much like the thinner end of a "stick." The deception is perfect. When it needs to move, it does so with slow, measured steps, balancing its body back and forth at each step, much like what you would see the wind do with a twig that's about to fall from the tree. A slow,

Sticks and Shields (continued from pg 10)

pendulous movement, pulsing and natural. Again, the trick works well and the walkingstick remains unnoticed under its cloak of invisibility, even to the trained eye of a bug biologist. Feeding on leaves, the Catalina walkingstick lives a quiet, barely perceptible life among the Island's native plants.

More robust and visible, although almost equally private, is another one of Catalina's unique insects, the Catalina shield-backed katydid (*Neduba propsti*). Also known as Propst shield-backed katydid, it was named in honor of the Catalina Island Conservancy's second President, Douglas Propst, who lived a large portion of his life in the Island he loved so much. It is a great honor to have an animal or a plant named after you, a little bit of immortality that endures beyond our short, busy lives. That is, until some other biologist reviews the taxonomy and changes the name to something else. It happens, but not that often.

Anyway, this katydid's main distinguishing characteristic is a strong, knobby plate on its back that looks much like a shield, thus its given name and that protects its short wings. But, a brown katydid? Most katydids are green in color, which helps them blend well in their surroundings. In Catalina, green is not the color of choice for a terrestrial insect, largely because most of the Island is a palette of brown shades and tones, at least for most of the year. So, it pays for an insect to be inconspicuous and blend with its environment, and the shield-backed katydid does this admirably well. There are a couple of related species and subspecies of *Neduba* in other Channel Islands, all seemingly confined to each island, and all equally secretive in their life styles. To see photographs and additional information about our unique species, please visit the following website: https://entnemdept.ifas.ufl.edu/walker/buzz/149a.htm. Pay attention to the male's song. It is so subtle that only young people can hear it. Older adults have lost the capacity to hear these superfine sounds. I know, I tried to listen to one in a terrarium and couldn't hear it, while two younger naturalists could hear it clearly.

The Catalina shield-backed katydid,* Neduba propsti*, is so rare that for many years all we had were a couple of photos of preserved specimens. This was the first live individual, a male, that we had seen.

The world of Catalina's endemic insects is a world still to be explored. There are several other insects already determined to be unique to the Island, like four species of scarab beetles, two butterflies and a yet-to-be-named species of Jerusalem cricket. But knowing now what I know about the Island, the history of the entomological explorations and the diversity of habitats across this isolated bit of land, I can confidently say that we have barely scratched the surface. There are more Catalina's endemic insects out there, hiding in the littler of the ironwoods, in the slowly drying pools after the scarce rains, under the kelp that wash ashore on its beaches, and in the patches of oak forests deep in the canyons, waiting to be discovered, studied, described and their secrets unfolded. For a biologist like me, Catalina is not just a great place to live, but a great place to explore, share and entice others to study and learn from it. It will be through this learning and research that the secrets of the Island will come to light, for all its residents and visitors to learn about and enjoy.

From the top (dorsal view), the shield-back katydid shows clearly the shield that gives it its name.

What if everything you have ever wanted or hoped or prayed for or needed was starting to happen?
What if your path that was meant for you, you were already on, and you had already begun your way?
What if you already had all the things you truly need, and if your dreams were about to come to life?
What if all of these things were either happening now or about to happen, and you didn't know it?
What if God's plan was in perfect motion, and our limited perception and impatience and egotistical needs and desire for control all kept us from realizing it?
We need to breathe and relax. We need to relinquish control. We need to trust in God.
We need to have faith in what things and what time He has in motion.
We need to allow ourselves to be instruments of God's will.
Because we are.
That would be so sad if everything that is happening is what needs to happen, and the best is yet to come, and God is coming through on His promises,
and we weren't celebrating that every day
because we were too distracted,
because we didn't see it,
because we couldn't feel it,
because we don't believe it…
Because He is.

"What If..."

a poem by Ron Long

"Empty Buoys"

a poem by

Michaela Edwards

Empty buoys. Empty minds.
Palm trees swaying from time to time.

Bubbles roll out from under the rocks.
The pitter patter of waves hit the docks.

The tides blow along in accordance to the wind.
Clouds follow along and greet my sun kissed skin.

Jetties with cracks and seagull nests.
Seaweed flows and fish do the rest.

The old men sit on the sea wall and drink and sing,
and speak of the good old days when things were simple and unseen.

I sit and I contemplate how different life would be,
if I had stayed here, in my small town against the sea.

But alas, my life is set into the concrete style of a city.
Busy and fast and often blown in a tisy.

The chimes tower rings and the dinghy boats roar.
The mountains sit strong and protect us all.

There's nothing better that a quick visit home, until you realize that everything is different.
But nothing has really changed at all.

Tomorrow as the sun rise sets over the shore,
I bid farewell to this land I so adore.

But I will be back soon, when another season comes.
Until then, I'll keep you in my heart, sweet Avalon.

Research & Respect

by the Avalon AC4P Movement

Concerns over bullying on the Avalon Schools' campus were the catalyst for the Avalon-AC4P endeavor, yet undesirable behaviors of local children have also been targeted for affecting visitor experiences and potential impacts to future revenue. However, it is unfair to blame the children of our community when they are exposed daily to adult behavior from visitors who are here to cut loose and may act in less than respectable ways. In many cases, local parents lack sufficient time to connect with their children due to the economic pressures of low wages combined with the high costs of Island living. As a community we can address these concerns by increasing communication, collaboration and commitment to develop solutions for improvement of our social and economic well-being.

The Avalon-AC4P Movement has been paving the way for a community improvement effort unlike any other. The Actively Caring for People (AC4P) principles were created by Virginia Tech's distinguished alumni professor E. Scott Geller, Ph. D. Distilled from the most effective evidence-based concepts that foster a genuine shift in attitude and action among individuals, decades of research in the fields of psychology and behavioral science were synthesized by Dr. Geller for the benefit of society at large. The Avalon-AC4P coalition has been developing a plan to educate and unify Avalon's resident population to improve markers of social and economic success.

Schools across America have successfully used the Actively Caring for People (AC4P) concepts to educate their teachers and then put into practice methods for improving student/teacher relations that promote prosocial behaviors. Jess Herzog, Avalon's local AC4P Change Agent, has recently received full support from Principal Lounsbery of Avalon Schools to request from the LBUSD the opportunity to replicate and improve upon a past published study that documented over a 50% reduction in bullying among 404 students from second through sixth grade. Working with Dr. Geller and a team of professionals, Ms. Herzog is completing the preliminary phase required for research that is intended for dissemination, including publishing. This process includes completing an application and review process with an Institutional Review Board.

The purpose of an Institutional Review Board (IRB) is to ensure professional standards and ethical procedures are followed when conducting research that involves human participants. While the Actively Caring for People (AC4P) process is rather unobtrusive and has little chance of generating negative effects for the participants, it is a legal requirement for such a project. This is due to the unfortunate abuse of power in the past by a few unscrupulous individuals who conducted research on human subjects which violated their rights and dignity. Elements of the IRB form include 14 different topics on which information will be gathered and evaluated, this includes: General Information, Justification, Recruitment, Consent Process, Procedures, Risks and Benefits, Full Board Assessment, Confidentiality / Anonymity, Compensation, Audio / Video Recording, Research Involving Students, Research Involving Minors, Research Involving Deception, and Research Involving Existing Data. Again, not all of this will apply to the Avalon-AC4P study, but that which does will have third party oversight throughout the research period to ensure the rights of all involved are respected.

This is truly an exciting opportunity for the Avalon community to achieve social change worth documenting and sharing with the world! The benefits from this phase are intended to create the foundation for the movement to spread throughout the town, resulting in a sustained shift in community culture and climate that also aligns with our economic goals. This effort requires extensive time commitments from the supervision, implementation and data collection teams for which we are yet to secure funding. If you are interested in supporting this process please reach out to Avalon-AC4P by text/call YES-612-AC4P or email AvalonAC4P@gmail.com Tax deductible donations for the 2018 calendar year can still be made online www.AvalonAC4P.com

Page 12

Let's Talk Mental Health...

by Viri Vega

What Is Depression In Adolescents?

Depression and suicide can affect anyone at anytime; depression can affect people of any age, race, ethnicity, or economic group. In fact, many of us may have felt this way at some point in our lives. When speaking about teens and adolescents, they may be at greater risk of depression when going through major changes in their life, such as becoming an adult, losing a loved one, and/or other personal changes. Often times teens and adolescents on their own cannot come to realize that they are battling with depression. And when depression is identified in a teen or adolescent it may take a combination of supports from friends, loved ones, and other practitioners to help treat the depression and prevent from suicide and more severe mental health difficulties.

What Are Some Warning Signs Of Depression?

There are many warning signs leading to depression and the quicker we are able to notice these signs the better opportunity we as a community have to step in and help someone battling with depression and potential suicidal ideation.

Warning Signs:

(Note that an [*]indicates some of the first noticeable warning signs)

-- Frequent sadness, tearfulness, crying*
-- Hopelessness
-- Decreased interest in activities*
-- Persistent boredom or low energy*
-- Social isolation, poor communication*
-- Low self esteem
-- Guilt
-- Extreme sensitivity to rejection or failure
-- Increased irritability, anger or hostility*
-- Difficulty with relationships
-- Frequent complaints about physical illness
-- Frequent absences from school or poor performance in school*
-- Poor concentration
-- Major change in eating and/or sleeping patterns*
-- Talk of or efforts to run away from home
-- Thoughts or expressions of suicide of self-destructive behavior*
-- Talking, reading, or writing about suicide or death
-- Talking about feeling worthless or helpless*
-- Saying things like 'I wish I were dead', "It wouldn't matter if I wasn't here anymore"
-- Visiting or calling people to say goodbye
-- Giving things away
-- Sudden interest in drugs or alcohol
-- Purposely putting oneself in danger
-- Obsessing about death, and violence

How Can You Treat Depression?

Once depression is identified, one should know there are many ways to treat depression. There are many prevention programs that have been shown to reduce depression. These prevention programs can be found within the family resources listed below. Otherwise, prevention programs can be referred to by a counselor or therapist. Another way to treat depression in teens and adolescents can begin by accessing a school counselor or school therapist. Often times having the opportunity to speak and be heard can be a way to start the treatment and prevention of depression. Additionally, there may be other effective community resources or approaches available to help prevent depression. Health-care providers may offer psychological treatments (such as behavioural activation, cognitive behavioural therapy (CBT), and interpersonal psychotherapy (IPT) or antidepressant medication. Different psychological treatment forms include individual and/or group therapy treatments delivered by professionals. In more severe cases of depression, the combination of therapeutic services and antidepressants can be an effective form of treatment. However, this specific form of treatment is not advised when treating depression in children and young adolescents.

All these forms of treatment can help teens and adolescents enhance a pattern of positive thinking and an overall reduction with feelings of depression or thoughts of suicide. Though there are different ways to begin treatment with depression the first step to take is the identification of depression in your teen and the second is outreach to a counselor, health-care provider, or other mental health professional.

Family Resources:

Below is a list of different resources available to help families with a struggling teen or adolescent. *These resources are readily accessible online and offer an abundant amount of information regarding depression in teens and other mental illness, as well as what to do next or how to prevent from more severe depression once identified.*

The Family Conservancy

The Family Conservancy is focused on three areas: quality of early child care and education, mental health counseling for children and teens, and anti-poverty and quality parenting.
https://www.thefamilyconservancy.org/

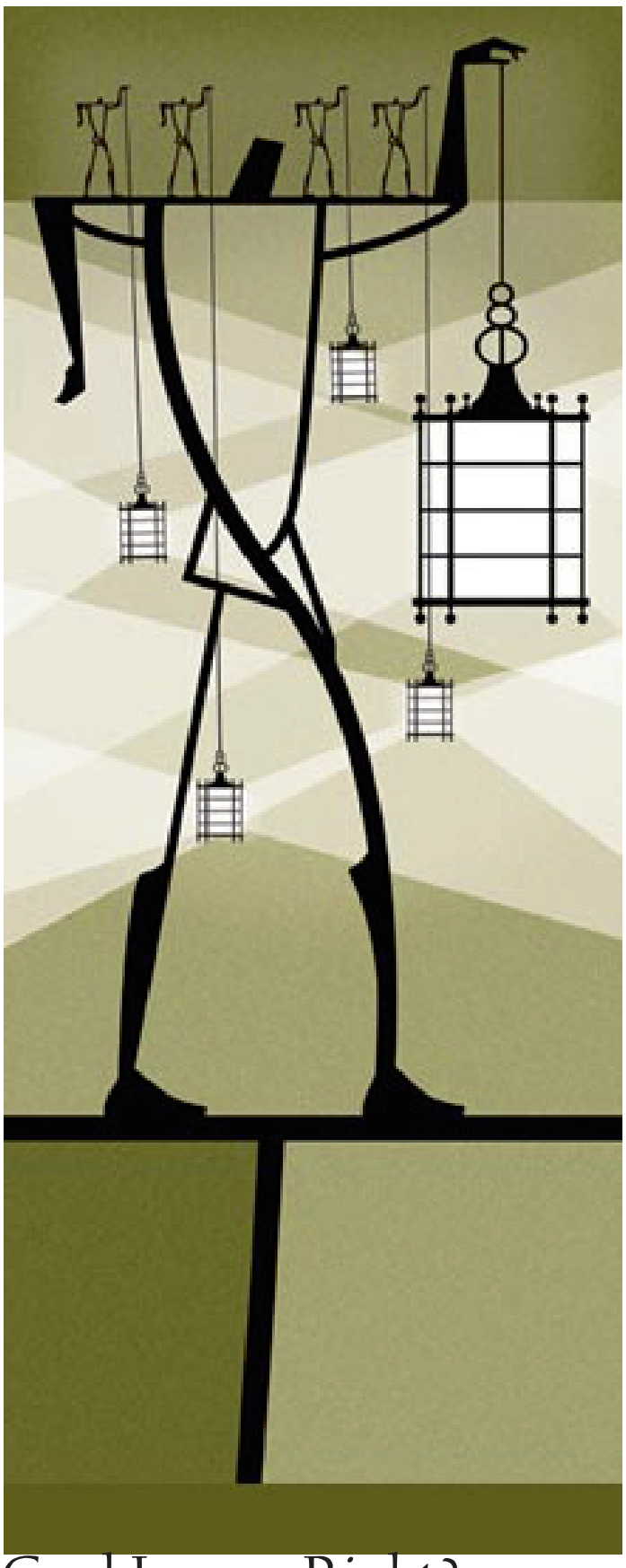
Paradigm Malibu: Adolescent Treatment Center

At the Adolescent Treatment Center your adolescent can receive treatment for mental health disorders.
https://paradigmmalibu.com/teen-depression-treatment/

Child Mind Institute

Child Mind Institute is a nonprofit organization dedicated to transforming the lives of children struggling with mental health and learning disorders

https://childmind.org/topics-a-z/



Cool Image, Right?

We're able to use this image in *Cazuela* because it is part of the public domain. That means we can reproduce it in our pages without ever having known who made it, what the title is, or what it could have been originally created for.

The public domain allows for material (images/ sounds) to be sourced, shared, and repurposed without fear of lawsuit or economic persecution. Pretty cool, huh? But it also means that a bunch of material floating around the internet does exist under private, copyrighted control. So how did this thing called the "public domain" come about? And how do things enter and exit the public domain?

The folks at the Center for the Study of the Public Domain (CSPD) of Duke University tell a pretty interesting story about the origins of the public domain from a socio-political and legal perspective. In fact, they've produced a comic book series called "Tales From the Public Domain" which educates people on the history of the public domain in a fun and accessible way. One of our favorites from the series is "Theft! A History of Music" by James Boyle, Jennifer Jenkins and Keith Aoki. It gives an account of musical borrowing from Plato to the present day, and is freely accessible under a Creative Commons license.
Download it for free here: https://law.duke.edu/musiccomic/download/
lantern man image comes from the CSPD website: https://law.duke.edu/cspd/

Freshly Served: Reviews of Cazuela

I love your work so far. Keep it up!! -- Sebastian Garcia

Thanks for your support, Sebastian. We'll keep producing as long as you keep reading!
Creatively,
The Cazuela Team

Hello Cazuela Team,
I absolutely enjoyed the second issue, especially the more community focused issues. Hopefully city residents will have more of a voice to express opinions and some facts as well. The second thing I liked were the more kickback in a chair with you boots off stories, quite intriguing. I hope to read the third issue soon!
-- Guillermo Torres

So glad you like our blend of community updates and creative writing. We're hoping to cultivate some more longer-form stories. What'd you think of Constance Rux's piece on Wonder Woman?

Creatively,
The Cazuela Team

Dear Cazuela,
First off congratulations on starting this newspaper, i think its very informative about a variety of topics and i expect many people enjoy reading this paper as much as i do! I like how it covers everything that's happening in Avalon. If i may suggest i think you guys should do a section on the myths and the stories of this island (Ex; the black panther, treasure of the natives). Many people may not know all the tales of this great place, and i think it would be a good idea to share knowledge about this islands past just as much as this islands future.
--Abby

This is such a great idea! There are so many legends and myths about the Catalina that would provide an interesting read for locals and visitors. It also seems like a fun way to share local knowledge from community elders with our younger generations. Maybe you could put together a list of folks who have access to some of these stories and we could interview them?

Creatively,
The Cazuela Team

Hi my name is Adrian Garcia and I attend Avalon High School, and I just want to say that I love and appreciate your fun articles about the Island wildlife, and about endemic plants that our precious Island has to offer. I was hoping for the next wild life articles you could mention more about the 2 eagles that were transported to a new home in Tennessee and also about our crazy marine life. I would like to know more about all the endemic creatures In Catalina and I would appreciate it even more. Shout out to Cazuela for keeping us informed about many fun thing that happen on Catalina and also to all the staff that took their time to write such amazing articles keep it up.

On the marine side, we hope you enjoyed Blanca's "26 Feet Under The Sea" photo series! And your suggestion about the eagles is a nice idea. Honestly, it sounds like you already know a great deal about this development (we had no idea, for instance, the eagles were going to Tennessee!)). If you wanted to take the lead on an article like this, we'd be happy to support you!
Creatively,
The Cazuela Team

The chinese food meme is the best one of all of them --Carmen Garcia Hernandez

Carmen my dear lad. It's an act of community serivce to share with you a few locally-sourced dank memes. We're glad you enjoyed the last installment -- hopefully you got a giggle from the "Worst Trade Deal" meme from this issue. Maybe next time you'll submit one? Be a chap and seize the memes of production. Go on, esketit.

Creatively,
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

11 11
Be – Here – Now
by Sean Brannock

Do you ever see 11:11 on the clock or on your phone? Maybe you see it like this, 1111. Have you ever wondered why? I am someone who sees 11:11 very often (actually I see all the combos). The number 11 is thought to be a "master number" which represents insight, intuition and enlightenment. When paired together 11 11, it encourages you to take note, be aware and become more conscious. 11 11, is an affirmation that you are exactly where you need to be in that moment, to Be-Here-Now. It can also represent an opportunity to seek clarity (11:11 – Make a Wish). In either instance or either way you approach seeing 11 11, just know that it is always a good sign.

AND DON'T

FORGET TO GRAB

A BITE AT ›››

KATIES KITCHEN

(310) 510-8434

Burritos $8.95
Filled with beans, rice & cheese

Asada (steak)
Pollo (chicken)
Puerco (pork)
Machaca (shredded beef)
Spicy Chicken
No Meat Burrito ($7.00)
Served with chips & hot sauce.

Footlong $9.95
Cheese Steak
Beef, cheese,onion, lettuce & tomatoes.

Tacos $7.50
With onions, celantro, limes & radish

Asada (steak)
Puerco (pork)
Pollo (chicken)
Machaca (shreded beef)
Served with beans, rice & hot sauce

Tortas $8.50
With lettuce, tomatoes, onion, beans, avocado, sour cream & jalapenos

Asada (steak)
Pollo (chicken)
Puerco (pork)
Served on a Telera roll with rice, tortilla chips, & hot sauce.

Entrees
Chicken Teriyaki $9.95
Beef Teriyaki $9.95
Chicken Vegetable Stir Fry $9.95
Spicy Tofu Veggie Stir Fry $8.50
Korean Spicy Pork $9.95
Korean Beef $9.95
all served with steamed rice and vegetables

Katie's Special $12.95
Shrimp, beef & chicken mixed w/steamed rice & vegetables.

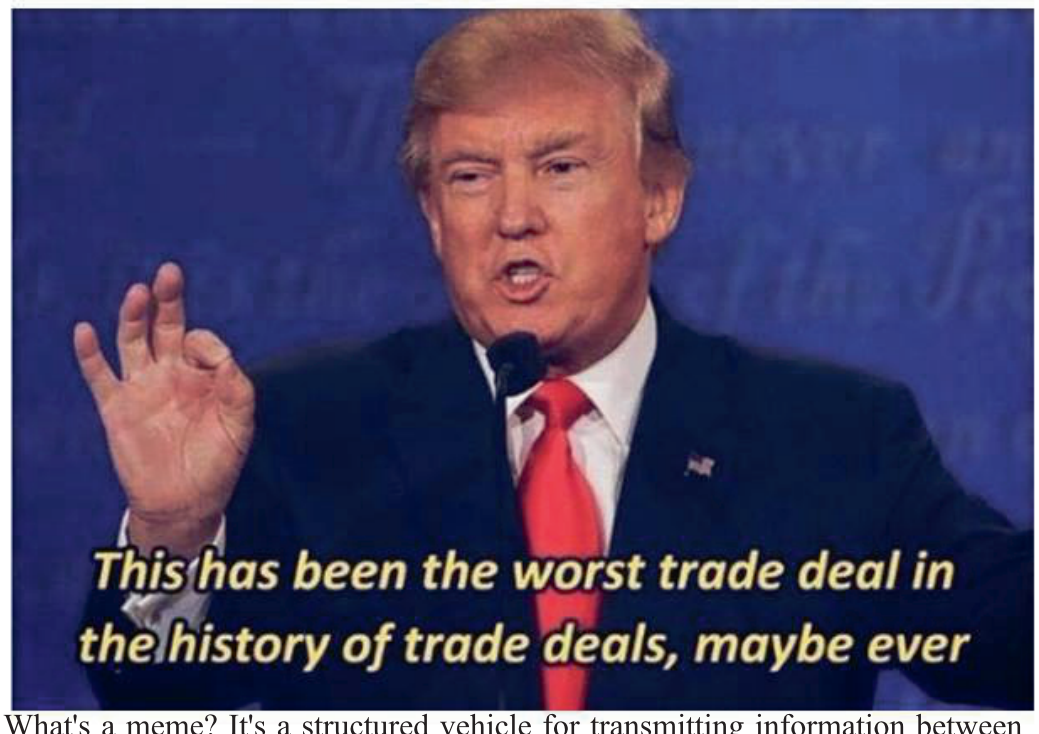
Extra large portions available ($6.00 xtra)

LIKE WHAT YOU SEE?
JOIN US FOR THE NEXT ISSUE!
Next Deadline: January 10

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

Submit to:
catalina.cazuela@gmail.com

When you give directions to a tourist and get no tip



What's a meme? It's a structured vehicle for transmitting information between people. It's like a knock-knock joke. There's a structure to its imitation and a place for innovation. On the Internet, memes are arrangements of images, video, and text combined to help share feelings about how world.

This meme combines a specific image of Donal Trump (referred to as the "Worst Trade Deal" meme) with the text: "When you give directions to a tourist and get not tip" to illustrate outlandish and often unreasonable expectations for financial exchange that Islanders sometimes believe they deserve of visitors. Memes are funny and insightful

HAVE AN IDEA FOR CAZUELA COVER ART?

all covers must be in color & fit for presentation in landscape (horizontal) orientation

LET'S COLLABORATE!

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!

Please help keep Cazuela free. Support in the form of:
• One time gift: $_____ OR • Monthly gift:$_____
• Gift Certificate: $____ OR • Other:_____
• Monthly Advertising Space (circle one):
1/4 page at $150 OR 1/8 page at $85

Checks can be addressed to:
Cazuela
P.O.Box 1431
Avalon, CA 90704
Questions? Email us at catalina.cazuela@gmail.com

CAZUELA

SPECIAL THANKS TO THOSE WHO HELPED MAKE THIS ISSUE POSSIBLE:
Don Lake Jr.
Hic Rosa Collective
Erik Koch
Carla Moreno
Jody Leonard

Don't Forget to Submit!

Next Cazuela Deadline:

Jan. 10

catalina.cazuela@gmail.com

check out Cazuela online!

cazuelapublication.wordpress.com
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