The Flawless vs. Flawed
of 2020

Flawless - Personal Reflection, Self Love, Creativity, & Artistic Discovery

Flawed - Political Injustice
Joys During Quarantine
Meditation is one way to relieve stress. It can be a couple of minutes to worry less and focus on yourself more.

Reading is also a tool to relieve stress. You can explore any place or alternate universe.

Photo by Arhum J.
Express yourself

Photo by Amara N.
**Making Art** is one of the **BEST** forms of self care. When creating art you make it with a piece of your self. Just being able to create an image, put it down on paper, and bring it to life is kinda magical!

Art by: Diamond T.  
Art by: Mars E.

**Writing** is also one of the best tools for self care. Just being able to write and express whatever your feeling is a beautiful thing. Writing can help release pent up emotions and negative energy that can keep you from reaching your fullest potential as a person.
Find Yourself

During quarantine we have all found ourselves in different ways. Even if it's just changing your hairstyle or even appreciating how your body looks we have all gone through change. - Ahniya G.
What inspires you? What inspired this piece/idea?
I really love to capture the moments I’m in, so being at the protest and seeing those signs really spoke to me about the reality of the state we’re living in.

What is happening during this particular moment in history (a pandemic, a presidential election, and political uprisings) that makes you want to create art/ share a message?
This was a protest in honor of not only the black lives we’ve lost this year but the lives we’ve lost in the previous years, so this protest was so important for me. Also seeing all the people protesting of all shades really meant a lot to me because it showed that there are people that really care.

What do you think is the importance of art in the grand scheme of history and politics?
I think art is apart of history and politics because you capture so much and a picture can say 1,000 words.
IF YOU THINK
YOUR MASK
MAKES IT HARD TO
BREATHE
IMAGINE BEING BLACK
IN AMERICA
#BLM

LADIES! YOU WITH THE
PUSSY POWER HAT!
IF YOU ONLY MARCH
FOR LIGHT SKINNED WOMEN,
YOU'RE NOT A WHITE FEMINIST
YOU'RE A
WHITE SUPREMACIST!
On election day, I sat down to speak with Niki Franco, the Civic Engagement Organizer at PowerU Center for Social Change, about how Miami Dade County Public Schools (MDCPS) and its students and teachers have handled the various crises of 2020. In Niki’s words, PowerU is ‘a political home for Black and Brown working-class youth who attend MDCPS, the fourth largest school district in the nation, and which fights for self-determination, for mental health resources, for restorative justice, for reproductive justice, and ultimately for benefits to be shared collectively.’

PowerU has intentionally been organizing around the school board budget to fight attacks to public education in Florida, one of the ten lowest funded public education systems in the country. In this interview, Niki and I delve into MDCPS’ negligence of its students and teachers and the resilience of PowerU’s community in such difficult times.
This year with COVID, there were a lot of crises and a lot of ruptures. We are currently in almost a month of reopening in person and over 500 schools in South Florida have COVID cases. One of the main things students want is mental health resources which have experienced a fundamental deterioration due to cuts in funding. Young people are experiencing the highest form of alienation, depression, and anxiety, and isolation that they’ve ever experienced. For a teenager who’s in development and who is used to waking up and spending eight to nine hours of their day in social interaction with their peers, it’s been an ongoing crisis.

Teachers have not been supported. I have talked to teachers all across the County from down South in district nine up to the County line and the Beach, to down West and the suburbs and everywhere you will hear consistent pleas for support.

Teachers deeply, deeply, also need mental support and they also need to be appreciated and valued. Teachers I’ve spoken to and have said, ‘I'm just a teacher and I love teaching kids but I didn't sign up to be a first responder. And our salary is definitely not one that sort of compensates that.’ It's very clear that our society doesn't value teachers, but they are literally educating our children and our future community leaders.

One of the main things we want people to understand is the fact that the majority of the money funding our public schools is not coming from the state, it’s coming from our taxes locally. So in the most simple form, that’s our money and we should have a say in it and its use. PowerU has been an organizing vehicle for helping our community to sort of figure out who has power in my community and how do we shift that hierarchy of power to actually serve everyone and not just the few, which is essentially our mission at PowerU.

I think the way that we at PowerU think about it is, there’s such a narrow curriculum and such a narrow space of existing in schools, because of standardized testing, because of privatization, because of lack of support, because of lack of comprehensive sex education, because of lack of nurses, because of overworked teachers. So we ask ourselves: What would it mean in pre-K and kindergarten for young children to be taught things of consent, not in a sexual way, but in a way that allows them to know when to say no and to exert their boundaries and personal space? What would it mean if cultural, ethnic backgrounds, and diversity were taught in schools? What would it mean if children were taught to understand gender and sexuality and to be not only inclusive but welcoming of folks who are different from them?

If that was the environment we were growing up in since pre-K, I would argue that we'd probably have a less anxious society, a less depressed society, a more tolerant, more inclusive and more democratic society. I think it would make us feel less alienated and I believe that there's more than enough resources in this country and in the state to make these things a reality, and it would have such lasting effect for all of our lives. Think inclusivity, point blank. All of these forms of violence that we see could be counteracted if we centered support and care and resources for our community, and that is what PowerU is working to achieve in MDCPS.

To learn more about PowerU Center for Social Change, visit https://www.poweru.org/ or their Instagram @poweru305
Women's Education 🌷

Ahnyia Gayle

I am those 66 million girls who are deprived of education.
Women's Equal rights

Women's education plays an important role in the progress of any nation.
Educating a woman on her body is one of the most important things to do. There are so many different theories and myths about the female body. There is unrealistic standards that women are asked to live up to. It is inhumane and makes us feel like objects.
This piece is an example of women empowerment.
Importance
Boys vs. Girls
Women’s education plays an important role in the progress of any nation.

A man’s education mainly benefits him. Education for girls is equivalent to supporting her entire family.
Writing is one of the best tools for self care. Being able to take your feelings or pent up emotion and release it into poetry, music, free write's, or even a story just calms the soul. It's actually quite magical. The next few pieces of art are from SOUL Sister's Freedom Summer Institute.
I am from a house near the water from down south
I am from a place no child should have to call home and no person should have to live
I am from a place where the rain pours and it drips into the floor boards whose mother had to work 3 jobs just to get by
I am from a place where dozens of children play like family from my Aunty Te in the apartment next to us as me and my sisters sit and stare at the rain as it drips into the floor boards
I am from a family that works hard and has determination and drive to succeed
I am from a house hold that reads scripture like a song the radio that plays on and on and on from my and ancestors who were prayer warriors praying to God just to see the next day

Poem by Julie P.
NOTES FROM CREATOR of "The Flavor of 2020":

Name: Aleisha R.

What I created this summer was really an outlet to share how I was coping with everything that seemed to be going wrong. The cookbook was definitely supposed to be lighthearted but also a dig at many of the evils that I was reckoning with this summer. The photos were a sort of insight into how I was being personally affected by the pandemic - having to move around a lot. It also took a look at my experience as a woman and as a black woman in particular.
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The flavour of 2020:
A slightly sarcastic and very vague cookbook for the Quarantined Teen

Gen Z Edition
Warning: These recipes are not precise! If you don’t take cooking too seriously and are fairly good at winging it, this is perfect for you. If you need precise measurements and extremely clear instructions, I’m sorry Karen, you might want to look elsewhere.

Not today Karen
Introduction

Greetings from 2020!
Like most of the country, I have been quarantined for roughly five months now because of the seemingly unending COVID-19 pandemic. Not only have I been away from my friends and most of my family for quite some time, but I have been completely overwhelmed by the state of affairs in the US right now. It is concerning at best and traumatizing at worst. In the midst of a global pandemic, civil unrest, voter suppression, and capitalism driving many into poverty, sometimes transient comfort can only be found in a good meal. Call me a gen-z snowflake, but there’s something very pleasant about fighting fascism on TikTok while baking carrot cake!

This is a small collection of recipes for the best goodies I’ve made these past five months. Please note that I am not a professional, so I can’t tell you anything about calories or flavour profiles and I have a pretty limited cooking vocabulary. Please bear with me. You will also notice that there aren’t always prescribed measurements for seasonings and spices. This is because I seldom measure seasoning, and I encourage you to follow me in seasoning with your heart! I’ve also had five months to make these dishes over and over again so my guess-timation has gotten pretty good. If you can, make these dishes more than once to play around with different combinations and see what you like best. Here are some general rules of thumb for making these recipes:
- It’s hard to overdo it on garlic, onion, cinnamon, and black pepper.
- Use cayenne pepper with caution.
- If it has cinnamon in it, feel free to add some nutmeg.
- You may replace garlic and onion powder with fresh garlic and onion.
- Feel free to add green seasonings like chives, scallions, parsley etc. to the savoury dishes if you’d like.

I hope these recipes will bring you as much joy and comfort as they did to me. I hope that by the time this time capsule is opened, the world is in a better place. I hope that making these dishes will be a fun treat rather than a coping mechanism. And I hope we are doing better as a society, and that love and justice finally prevail.
COVID Carrot Cake + Cream Cheese Frosting

This carrot cake is EXTREMELY moist and not overly sweet. I made this recently and found that the ginger flavour came out a lot more after the cake sat for a day, so don't be concerned if at first you don't taste it too much. If you're like me and only have one cake pan and also don't want to order too many things from Amazon (since their workers are underpaid but the owner is on track to becoming a trillionaire), you can bake this is two batches. The only issue is that the second batch may not rise as well as the first. It tastes the same so no worries! You can also do cupcakes or even a bundt.

### Cake:

<table>
<thead>
<tr>
<th>Serves 1 if you try hard enough :) (actually about 10 servings but it's really yummy)</th>
<th>Cook time: About 2 hours</th>
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<tbody>
<tr>
<td>2 cups all-purpose flour</td>
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<td>2 tsp baking powder</td>
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<td>1 tsp baking soda</td>
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<tr>
<td>2 tsp cinnamon</td>
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<tr>
<td>½ tsp ground ginger</td>
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<td>¼ tsp ground nutmeg</td>
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<td>½ tsp salt</td>
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<tr>
<td>¾ cup canola or vegetable oil</td>
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<tr>
<td>4 large eggs</td>
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<td>1 ½ cups light brown sugar</td>
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<tr>
<td>½ cup granulated sugar</td>
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<tr>
<td>½ cup unsweetened applesauce</td>
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<tr>
<td>1 tsp vanilla extract</td>
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<tr>
<td>3 cups finely grated carrots</td>
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1. Preheat oven to 350°F. Prepare 2 9-inch cake pans with unsalted butter and flour (or cooking spray).

2. Whisk flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt together in a big bowl.

3. In a separate bowl, mix together oil, eggs, brown sugar, granulated sugar, applesauce and vanilla extract. Then add the carrots and mix again.

4. Add wet ingredients to dry ingredients and mix until combined (don’t overmix though)

5. Share the batter between the two pans as evenly as possible then bake for 30-35 minutes (or until a toothpick comes out clean).

6. Allow the cakes to cool (I put mine in the fridge).

7. Level one of the cakes, put on a layer of frosting, then plop the other cake on top. Frost the entire cake.
Frosting:

Makes enough to frost two 9-inch cakes for stacking

Cook time: 10-ish minutes

Ingredients:
2-ish cups powdered sugar
1 stick unsalted butter, softened
8oz cream cheese, softened
Cinnamon to taste
Few drops vanilla essence and/or almond essence

1. Mix the butter and cream cheese until light and smooth

2. Add the powdered sugar. You may add more or less based on how sweet you want the frosting to be, but I usually added about 2 cups

3. Add the cinnamon and essences

4. Taste and adjust accordingly
Schools Out Cinnamon Rolls
This was one of my favourite treats! They take quite some time to make, but in quarantine, I have had absolutely nothing but time. They aren’t too sweet, but you definitely won’t be able to have all in one sitting. They can be enjoyed cold or hot (these are good straight from the oven, but just as good from fridge or after being reheated). Try not to over knead your dough, and try to cut the rolls as evenly as you can (but if you don’t they’ll still turn out fine so don’t fret).

Makes 12 rolls
Cook time: three hours with breaks

Dough:
1 cup warm milk (not hot. You don’t want to kill your yeast)
1 tablespoon instant yeast
2 tablespoons sugar
1 teaspoon salt
3 tablespoons butter, soft
2 small eggs
3 cups flour

Filling:
¼ cup butter, melted
1 cup brown sugar
2 tablespoons cinnamon
1. Combine the warm milk, yeast, sugar, salt, butter, and eggs. You may use a dough hook on low, but I just used a spoon.
2. Slowly add in flour (if using a dough hook), or add flour, mixing intermittently, and eventually kneading with your hands.
3. Knead until flour is completely incorporated.
4. The dough should be soft and sticky but pull away from the side of bowl, so you may need to add a bit more flour. Try to avoid over-manipulation.
5. Transfer dough to a large lightly greased mixing bowl, cover, and let rise for 1 hour.
6. In a small bowl, combine the brown sugar and cinnamon.
7. Grease a 9x13 baking pan.
8. Roll dough out to a 12x18 inch rectangle.
9. Brush the dough with the ¼ cup melted butter from the filling.
10. Sprinkle the cinnamon sugar mixture over buttered dough.
11. Roll up the rectangle lengthwise to make one long roll.
12. Cut dough into 12 slices (they should end up being about 1 inch thick)
13. Place slices into greased pan.
14. Cover and let rise for about 45 minutes.
15. Preheat oven to 325°F.
16. Bake rolls for 20-30 minutes or until brown.
17. After pulling rolls out of the oven, frost immediately
## Icing

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cook time: 5-ish minutes</th>
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<tr>
<td>6 oz cream cheese, softened</td>
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<tr>
<td>¼ cup butter, softened</td>
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<tr>
<td>1½ cups powder sugar</td>
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<tr>
<td>½ teaspoon vanilla</td>
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<tr>
<td>2 tablespoons milk</td>
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<tr>
<td>cinnamon</td>
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1. Just mix it all together. You may want to add more milk for desired consistency.
**Savoury**

**Black Egg-cellence for one**

This is a variation on an egg sandwich. I came across this method while looking for actual recipes for real breakfast food. If you like egg dishes, this is for you! It's a very happy dish, and a great way to start the day. You can definitely have some fun with it and play around with any fillings you like. This recipe is more about method than ingredients, so once you understand what to do, you can do any additions, subtractions, or substitutions that you want (the only requirements are egg and bread really).

<table>
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<th>1 Serving</th>
<th>Cook time: 10-ish minutes</th>
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2 eggs
2 slices bread (I like white bread but any kind works)
Onion powder
Garlic powder
\( \frac{1}{4} \) cup grated cheese (I used cheddar, but you could use most common hard cheeses)
1 slice turkey or ham
Black pepper
Salt
Salted butter

1. Beat the eggs together in a small bowl
2. Heat up some butter in a large pan
3. Pour the eggs onto the pan and put the slices of bread into the uncooked egg side by side (like how you’d place them when making a sandwich
4. Let it cook for a while, then flip the eggs-bread unit so the bread is directly against the pan and the eggs are facing up.
5. Sprinkle on some garlic powder, onion powder, salt, and pepper to taste.
6. Cover one of the slices of bread with cheese, and the meat of your choice.
7. Close the sandwich by flipping the non-cheesy side onto the cheesy side.
8. Remove from the pan and enjoy it hot.
Say their names salmon
These past few months I’ve been eating a lot more salmon than usual. I’ve played around with it quite a bit and came up with a recipe that focuses less on the salmon and more on the sauce I cook it in. It’s pretty quick and easy (unlike dismantling systemic oppression), and pairs well with rice or baked potatoes. One note on this recipe is that I definitely struggled to figure out when the salmon was cooked through the first time that I tried this. What you can do is just leave the salmon skin-side down the entire time and wait for the top to start turning pink. Then, you can cover the pan for the steam to finish cooking the surface. Try not to overcook it or it’ll be dry and tough. If you’re really concerned about the inside not being cooked, you can just cut one of the larger pieces in half to check. I’m sure there’s a more professional way to do this but that’s just what I did.

Roughly 8 servings | Cook time: 30 mins
---|---
Ingredients:
About 4 lb cleaned salmon fillet
Salt
Pepper
5-6 cloves of garlic (minced)
2/3 large onion (sliced thinly)
1 lime
1 ½ inch cube ginger (very finely minced)
Roughly 3 tbs oil
Sauce *instructions below
4 average carrots (you can really use as many as you want or even none at all)
1/3 head Cauliflower (same as carrots)
Water
1. Slice carrots and cut up cauliflower and set them to boil.

2. Cover the bottom of a large frying pan with oil and heat it up (Don’t let bubbles start forming. That’s too hot)

3. Add garlic, onion, and ginger to the pan

4. While the garlic and onion are cooking, slice the salmon into 1 ½ inch thick slices. Squeeze the lime’s juice onto the salmon. Season with salt and pepper (you may also add some garlic and onion powder or any other seasonings you like).

5. When the onions are translucent, add the salmon slices, skin-side down to the pan and let them cook. Also add the carrots and cauliflower.

6. Before they are cooked all the way through, cover the salmon with a thick layer of the sauce and mix some sauce into the veggies and onion.

7. Let the salmon finish cooking and serve fresh off the pan (it’s fine reheated but best fresh)
Sauce
***I’m practically begging you to not follow this recipe. Figure this out on your own! Add any other spices you want. Add roasted garlic, add chives, add parsley. Make this your CHAZ!

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<td><strong>Cook time:</strong> 5 mins</td>
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<tr>
<td>1/3 cup barbecue sauce</td>
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<tr>
<td>2 ½ tbs ketchup</td>
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<tr>
<td>2 tbs honey</td>
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To taste:
Garlic powder
Cayenne pepper
Onion powder
Basil
Salt
Pepper

1. Mix it all together

Brutality Banana Pancakes
This is the laziest and vaguest recipe for banana pancakes that you’ll ever find, and likely the least precise recipe in this collection. I’m not even sure it counts as “from scratch” since we’ll be using pancake mix as a base. Either way, here they are! I love them. My sister loves them. They’re amazing for mornings where you don’t mind putting a little effort into breakfast.
On a slightly unrelated note, I have found that by making plain buttermilk pancakes and adding lemon or almond extract, you can really elevate them. I’m sure most people knew this already, but it was new to me since pre-pandemic I’d just rush out of the house with a sandwich. These are really good with syrup, jam or even leftover frosting.
As many as you’d like

Cook time: Depends on how many you make. I’m sure you’ve all made pancakes before, so take however long it usually takes and add 5-ish minutes for banana mashing.

Bananas
Just add water pancake mix (although I’m sure any other pancake mix will work but this is what I had on hand)
Cinnamon
Vanilla Extract
Water
Unsalted butter *if you use butter to fry your pancakes*

1. Measure out however much pancake mix you would need to make as many pancakes as you’d like (according to the instructions on the package).

2. Mash your bananas. How many you need will vary based on how ripe they are. Three usually makes me about 8 large pancakes. *On an unrelated note, you can also use applesauce to make apple pancakes, but the flavour will not be as intense*

3. Mix the bananas into the pancake mix, then add water until the mixture is the consistency of thin cake batter.

4. Add cinnamon and vanilla extract to taste.

5. Cook them as you would cook ordinary pancakes.
Art by Aleisha R.
What inspires you? What inspired this piece/idea?

This poem accurately illustrates the light brought by my great grandfather, Vicente when he first immigrated to Florida from Peru during the Great Depression of the 30s. Stories of blue collared jobs and immigration status (referring to the Emergency Quota Act) taught me that anyone can work using brawn and brain for what they want to achieve.

What do you think is the importance of art in the grand scheme of history and politics?

Art remains to be seen whether America prefers the media over scientific facts, overexposure to justice, and narcissists over empaths. We must hope that the American people can think for themselves come November. I long, like you to live to see the day.
What is happening during this particular moment in history (a pandemic, a presidential election, and political uprisings) that makes you want to create art/ share a message?

In an interview with Washington Post columnist Bob Woodward in February, Trump admitted he knew that Covid-19 was "deadly" while publicly claiming the pandemic was a "hoax". What emerges from the Woodward interview is that if Trump is re-elected, it would confirm the malevolence of Trump who, beginning with his family's business racist housing practices in the 1970s, continued to administer discrimination with the family separation policy along the southern border and, now, to his dangerous, deadly dismissal of the coronavirus pandemic. Making art would have detrimental meaning in today's fragile political, disease-ridden environment.
Blood & Conquer by Alexandra L.

On a mountain where wealth and greed is guaranteed in the Americas
Armed with the kingly crown of Nigerians and Peruvians
and book by which they swore.

Comes forth a needy demon
with desires exploding,
with rage and hunger!
Its name was The New Order

From the seas of Europe to the Middle East,
souls cry in solitude during the Great Depression
overshadowed by the rising Cubans
In patience to abide with $8/day
to veil terror and check the show of pride.

When darkness fell upon these innocent children - Oh darkness!
trapped in a tight space
there was not food for light
as bright as the moonlight.

Ethnicity and race were the wings that captured dark clouds
lying behind
no golden sun rays.

As the white man noticed
the names of those children
he was blinded by prosperity and affluence.
Not the agony, woe, and sorrow
society faced,
not their tranquility and glee.

And what was feeding the White Man's burden?
What was it?
"Blood and conquer", the Emergency Quota Act of 1924 said.
Fish

Hesitantly spreading sunblock over every trace of my fifty-three-pound body, I prepared for the strenuous assignment that lay in front of me. After a few hopeless fishing adventures which had left my skin red and my snare exposed, I felt sure that my day had shown up. At seven years old, I was confident that my tough body could conquer any obstacle.

The sudden break in the rambling of the motor snapped me back to reality and I fumbled for my fishing pole. Dangling the humble rods end over the edge of the boat, I discharged the bait and plunked the cheap plastic rod into the water. When I had let out enough line, I sat back to wait for an attack on the lure. The low murmur of the engine added to my anxiousness, like the instrumental backup to a horror movie. A sharp tug on the line pulled me to my feet faster than an electric shock. My nervous vitality was so intense that when I pulled on the pole, I almost plunged over into the fish’s domain. When I was ready to surrender, the fish played out an extraordinary feat. Shocked and instantly revived, I watched as the mahi-mahi leaped from the ocean’s surface. The mahi-mahis skin sparkled with brilliant tints of blue, green, and yellow in a breathtaking spray of the surf. The exotic fish tumbled majestically back to the sea. I hungered to touch such wonder and share the fantastic bond that a hunter must feel for his kill.

The battle went on for ten minutes, which I will always remember. At my dad's command, I released the fish where it dropped with a hollow thud, and my jaw dropped with it. Within minutes, all the fish’s vibrancy, color, and life had disappeared. Shortly, the boat was covered with the red blood of the mahi-mahi. It currently lay twitching helplessly while it choked for oxygen. I felt disgusted and lost in heart-wrenching pity. As I watched the color channel from the fish, leaving it a dismal light yellow, I realized that I was responsible for the transformation of a creature of brilliance into a pitiful, dying beast.

Even though my perspectives about hunting and fishing have changed, one can't dispute the frightening potential of humans to induce the extinction of every life form. As the ability to change the world is arguably limited, so, too, is the force which impedes instinctual and conscious action, the human conscience.
THE POET OF "SUMMER BLUES":

Name: Celena K. aka "Henny"

What inspires you? What inspired this piece/idea? What inspires me has been my 20/20 vision, in the year of 2020. What inspired this piece was the national spark of both riots & protest in the early summer, resulted from the Killings of GEORGE FLOYD & BREONNA TAYLOR, and further to shed a light upon racial injustice.

What is happening during this particular moment in history (a pandemic, a presidential election, and political uprisings) that makes you want to create art/ share a message?

A current day civil rights movement, and a global pandemic

What do you think is the importance of art in the grand scheme of history and politics?

Art isn't what you see, but it's what you make others see.
THE POET OF "SUMMER BLUES":

Name: Celena K. aka "Henny"

My artwork represents who i am, and what inspired my character, and sparked my creativity. My artwork represents where i’ve come from, where i’ve grown up, and where i plan on going. I’m from new york. To an outsider, that means pretty city lights preferably times square. But as a new yorker, it is far more than just some pretty lights. It’s a culture, it is a lifestyle, it is a completely different breed. Some of the most notorious and self made - well known figures have paved their way from this small city, to the big screens and million dollar mansions. The city labeled as “the place where dreams come true.” But no one ever mentions the reality of it. What this city is really like. The madness behind it all, and the beauty of which derives from all of the chaos. As a new yorker, i turn my pain into passion and my art into a representation of reality, for outsiders as well as insiders. I enjoy sharing my passion as well as my perspective and perception, for the world to see. Different eyes, Different angles, Different perception.
SUMMER BLUES.

6/5/20

WE ARE NOT VIOLENT PEOPLE
WE ARE NOT THUGS
WE ARE THE PRODUCT OF
SUFFERING
IN WHICH WE NEVER DESERVED
THE BLACK MAN’S CURSE
WE ARE SAVED BY GRACE
OUR BEHAVIORS ARE THE ACTS
OF THE UNHEARD
STRIP ME OF MY FREEDOM
BELITTLE ME OF VALUE
RID ME OF MY PRIDE
BUT ONCE I RISE AGAIN
THIS TIME I WILL BE
OF BREATHING FIRE
AND I WILL SHOW YOU WHAT HAPPENS
WHEN THEY TRY AND TAKE MY VOICE

-HENNY
Song version 1 lyrics
I am an overflowing book,
Filled with love,
things i took
I learned from you and made something new

My life is not one dimensional
Exploring who i am is my goal
Your understanding of me isn't intentional

Let's make a world that new
Where we understand the layers to you
Knowing what i see doesn't have to be reality
If you open your eyes you will see it too

Song version 2 lyrics
Let's make a world that new
Where we understand the layers to you
Knowing what i see doesn't have to be reality
If you open your eyes you will see it too

I am an overflowing book,
Filled with love, things i took
I learned from you and made something new

My life is not one dimensional
I have life
And so much to show
Poem by C'arah P. & Basmas E.

Roots From the Past and Present

A couple years back when I was younger,
I thought I understood the world but I didn't.
There was a lot that I wouldn't understand,
because my mind was still towards playing outside and getting ice cream.
I wish that was all to life,
This world is made up of evil and cold hearted people,
Disgracing the black race and privileging another
Pulling us down because of color,
I see why they say being young is beautiful
Each stage of life is like an unopened present,
Waiting to surprise young minds of negativity,
Honestly,
I wish I stayed younger.
Now I can see the hatred over the ice cream trucks and barbie dolls.
Now I can see the fear in the eyes of people who hate.
I stand tall to fight against them.

But
It's
Not
So
Easy.
I stand with my community to fight against the hate.
We're getting somewhere
It's a lifelong battle.

The start began at The New York Presbyterian Hospital where I first opened my eyes.
There is no finish line.
The roots guide me to my revolution.
The past guides me to my growth.
The opportunities taken from me guide me to golden doors.
The past has guided me to the best version of myself.
I am whole-heartedly my roots, rebirth, and revolution.

Poem by C'arah P. & Basmas E.
Where I'm From: Famous

I am from the center of Egypt. From the region my mother would pray
with her sister. From the farm my father grew up on. From the unknown land to one of Egypt
from hearing "One day we will go to Egypt, one day."

From being told "Read the Quran before you apply to the job."
And "Go pray with your sister." From asking myself "What are my own
beliefs?" and "Is there really science of love?"

I am from years of my relatives told
that women are in the kitchen and
will care at home. From beliefs that there
can only be a world where men-women
inspires.

I am from 7 year old brother hoping
me greater.
All my life I was told who I was people who didn't even know a part of me said they were helping me but they were only confusing me. Paving a path that wasn't needed. Obstacles that's stopping me from discovering myself. Felt like everyone seem to know me more than I knew myself. The real me was in the dark. Pushed behind the walls of words, that's supposedly "me". Brick by brick I will take these walls down. Unlearn and forget what I was told. Build a new image of myself. My true self.

By: Shanaya J.
Where I'm From

Dominican Republic

Mangu and cheese

My mom's call my suly

And going to my dad job

Roses in my grandma backy

Will make me feel me

Ice cream at bons and pizza

Sugeiry and Jimmy

Art work and Talent

Garden

Pool

Going to la sirena

Dr

And It cuteness

Tacos and

Tías wedding

Mama and pops house

Poem by: Sulenny M.
Landing
By Aleisha Roberts

Scatter brained socialist trying to find her place
Be careful dear bruised black bird you may just fall from grace.

Does everyone have a story?
An actual place to start
Some childhood trauma or teenage drama
A boy that broke their heart

I suppose I start with a name that
I was never taught to love
A too tall frame
No one to blame
Just praise to God above.

Then I was taught to give and give
work till I couldn’t see
Freeze my feelings, fuck my freedom,
find my family fractured
In ways I never thought it could be.

I’m like a spec of space dust,
Insignificant and mundane,
Nowhere to land
No place to stand
Mostly unaware of my own pain.

I guess one day I landed,
More like crashed into the dirt
I hit the ground

I looked around
And found the places where it hurt

I took the fire in my lungs
I let the heat spread free.
I learned to love and learned to be
Enough for the world, and me.

Of course, sometimes I look back at my start
And think I haven’t changed at all.
But I know I have when I don’t flinch
At my name during roll call.

I see the day it’s coming soon,
Where I’ll outgrow my childhood nest.
Despite the mess and being put to the test
I’ll still hold it in my heart as where I was loved the best.
Downtown Miami

Art by: Laura R.
Unlearn, Relearn, Revolution.
Unlearning the things of that past that have broken me. Relearning over and over again that not everyone is here to hurt me. Understanding that there is will and a way and it’s all part of a bigger picture. Knowing that breaking me down just to build me up is to make me stronger and in my best interest. Going into my revolution I can find peace within my self knowing that I left behind all the negative energy, hate and resentment. Knowing that my character has not only grown but that my spirit can now just enjoy life for as we know it. I can Unlearn and Relearn but it will still be apart of my history and in the peace that I have found I can finally say I am okay. Not just Okay but enough to say that I am content with what I have to offer to this world even if it’s not much it’s okay.

Poem by: Julie P.
1. What were your intentions when you started doing acrylic nails?
When I started acrylic, it was something I did because I was not satisfied with the work I was paying for and I wanted to do it for fun.

2. What was your source of support when you started nail business?
At the start of my nail business, my main source of support was my family members.

Note: I sometimes have to encourage myself from not quitting because I want to make my business bigger.

3. How did you make a name for yourself as a nail tech?
I put myself out there as a nail tech by promoting myself and asking family and friends to let me practice acrylic on them.

@NAILZGILORE
Interview by Ahnyia Grainger
NailzGilore Strawberry Milk 🍓

Acrylic Powder: @ngacrylicz

#Acrylics #acrylicnails #artificialnails #nails #california #Miami #la #Coloracrylics #nailart #nailideas #Vegas #Florida #Maryland #BlackOwnedBusiness #WomanEntrepreneur #Chicago #NailsofInstagram #NailPromote #ilovenails #Glitter #Tiktok #Nailtechlife #naillover #claws #customacrylics #entrepreneur #BlackBusinessWoman

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52 views

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4. HAVE YOU DONE ANY NAIL ART FOR WHAT’S GOING ON IN THE WORLD RIGHT NOW?
HONESTLY, I DON’T DO ART FOR CURRENT ISSUES THAT ARE HAPPENING. I’M NOT INTO DOING ART ON NAILS.
5. DO YOU STILL HAVE TO PRACTICE EVEN THOUGH YOU ARE ALREADY GOOD AT IT?
I DO HAVE TO PRACTICE ALL OF THE TIME. PRACTICE MAKES PERFECT!
6. HOW WOULD YOU TELL A MESSAGE OR STORY THROUGH YOUR NAILS?
YES, THEY CAN. ANY NAIL ARTIST WOULD SHOW OFF WHERE THEY ARE NOW IN THE NAILS.

@NAILZGILORE

Interview by Ahnyia Grainger
7. How do you ensure clients are satisfied with their manicured nails?
To make sure my clients are happy with their nails, I always make sure to keep asking questions. Making sure the client is happy and constantly asking them questions helps me because I’m still a beginner. Also, I let my clients send me their idea for their nails and I would watch a video on how to do it or even practice before doing it on them.

8. What do you think makes a great nail technician?
A good nail tech will have their own flow and do their own designs. You can also be a good nail tech if you learn at your own pace.

@NAILZGILORE
Interview by Ahnyia Grainger
9. How do you keep up on the latest nail trends, products, and techniques?

I keep up with the changes in the nail tech industry by trying harder on the designs and doing my best to get them perfect for my clients. Keeping up with new trends and changes can be the hardest part about having a nail business.

10. Is it overwhelming to have a business at such a young age. Did you feel like quitting sometimes?

It definitely is hard to have a business at a young age. Sometimes I get so annoyed because sometimes you have to clear up your schedule or someone wants to get put on. It happens a lot when you have friends that always want a discount. I lost a lot of friendships because people wanted discounts and that is kind of hard.

@NAILZGILORE

Interview by Ahnyia Grainger
The images I picked were black women in media. These women wear their natural hair and are in jobs where the media may try to hide their natural hair. But these women, SZA, Alicia Keys, Tamera Mowry-Housley, Issa, and Taraji P. Henson, all show and represent their blackness. By these beautiful black women wearing their natural hair, we do inspire black girls and women to do the same. Even though they are in media, it makes it a major platform for young black girls and women to see themselves. Especially media doesn’t really portray black women and natural hair, but slowly and surely, black women and natural hair representation will come to light.

By: Kayla T.
Her Dark is Beyond Light by: A'kynah F

She dances in the dark.
They don’t see her.
The grace.
The faith.
The fight.
The fire.
The fuel that pushed her past desire.
The tears.
The pain.
The sunshine.
The rain.
And they still don’t see her.
She missed the jump.
Failure is shown.
She lost her way.
She can’t get home.
Now they WANT to see her.
They laugh.
They push.
They doubt.
They degrade.
Because they SAW her skin.
Her melanin.
Her glow.
Her kinks.
Her smile.
Her beauty that goes on for miles.
Now they are intrigued.
She rose.
She succeeded.
Not a thing from them they needed.
Now they can’t UNSEE her.
Because her DARK is beyond LIGHT.
This year 2020 has been very difficult for many people. There has been a pandemic of the Cronovirus all over the world. I know that it first started in China and then spread to other parts of the world very rapidly. This caused many people to lose their lives and many familiars to be torn apart. Our way of life has been completely taken away from us. People can no longer go to the park and play outside. The virus affects your lungs and your breathing. Some symptoms of the virus are some of the flu. Coughing, headache, shortness of breath and tightness in the throat. Senior citizens and people who have asthma can really be affected by this virus. So from all this you can see that 20202 is not a good year. People now have to stay 6 feet apart and wear masks which can be hard to breath in. School was canceled and everything had to be done virtually, which was a big change for many. After a while we got used to the change. It is very hard to not have a school building to go to. I can not see my friends and teachers. A new school year is coming soon and it might still be virutial. Even if the virus goes away I still see us wearing masks for another 3 to 5 years. That's how bad this virus is. You can get from shaking someone's hand and coughing. We do not know who has it so it is better to keep distance and always wash your hands. Clean the surfaces you use on a daily basis. If you do all of these things then you should not worry too much.
Till next time, 2020, burn baby, burn...