



ALLIANCE for
CALIFORNIA
TRADITIONAL ARTS

ART BREAKS IN



SUMMER 2025
CRC

**WE'VE HAD MANY MEMORABLE
MOMENTS IN OUR COURSE.**

**THIS ZINE CONTAINS ARTWORK
EXAMPLES AND REFLECTIONS.**

ENJOY

SPIRITUAL JOURNEY AS A SELF PORTRAIT

When I look in the mirror the wisdom
of my ancestors is there deep in my
eyes looking back at me.

I AM A BEING OF SACRED POWER



Animal Spirit Shield
by Emilio Lamas

"Destiny"

Poem

We were destined to be born
We were destined to wither and die
In between these two destinys.

There is a true purpose,
And that destiny ly's in your hands
Or in the hands of a higher being;
We are born to make choices of free will,
Now its up to you to make your destiny

JDR

A MOMENT IN NATURE
IS CHERISHED FOREVER



Moment in Nature
by Oscar Gutierrez



COLLECTIVE SONGWRITING

We write songs to tell stories, share information and to express our emotions.

Thanks for being a part of our class. Especially for your active participation and willingness to learn. We hope you had an enjoyable experience, we did!



MY LION HEART
UNDERSTANDS TRANSFORMATION



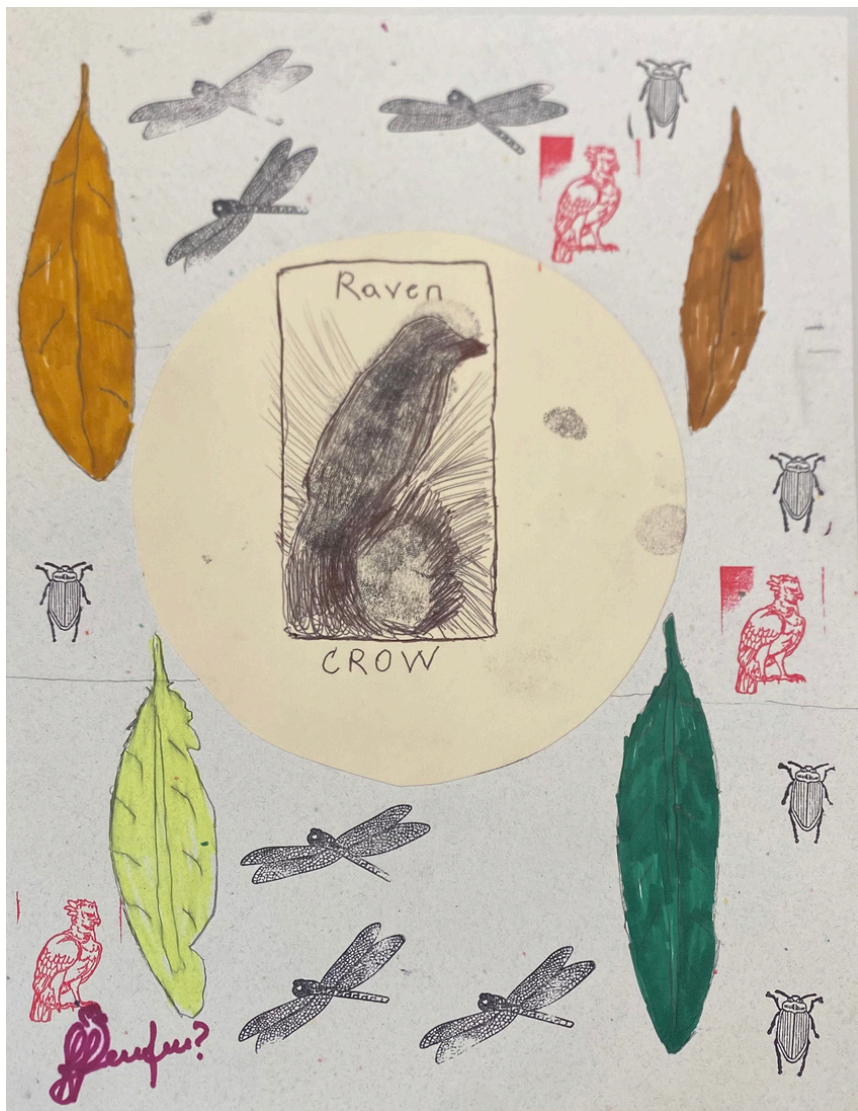
Animal Spirit Shield
by Ricky Anfield

MUSIC...

la música es algo que te motiva
Seguir adelante motivados Ha
aprender estar en paz en la forma
de vivir una vida mas activa en el
punto de vista que nos encontramos
aquí en este lugar

**"MUSIC IS SOMETHING THAT MOTIVATES YOU TO KEEP
GOING. TO LEARN TO BE IN PEACE, HOW TO LIVE A MORE
ACTIVELY IN THIS PLACE."**

MY WINGS TRANSPORT ME
TO THE DIVINE



Animal Spirit Shield
by Henrik Avetyan

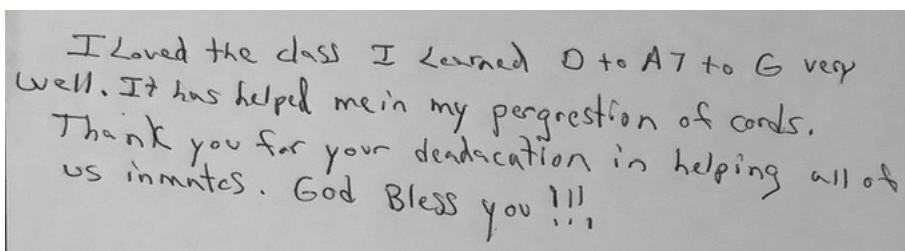
I LEARNED:

“Aprendí un poco sobre los acordes musicales. Que las 6 cuerdas tienen su propio sonido y eso fue interesante para mí.”

“I learned a bit about musical chords. That the 6 strings (of the guitar) have their own sounds and that was interesting to me.”

“Aprendí... sol, re ,y A7.”

“I learned.. G, D and A7.”



I Loved the class I learned D to A7 to G very well. It has helped me in my progression of chords. Thank you for your dedication in helping all of us inmates. God Bless you !!!

“ME ENCANTÓ LA CLASE. APRENDÍ BIEN D - A7 - G. ME HA AYUDADO CON MI PROGRESIÓN DE ACORDES. GRACIAS POR SU DEDICACION EN AYUDARNOS LOS PRESOS.”

I SEE THE WORLD
FROM MY HEART



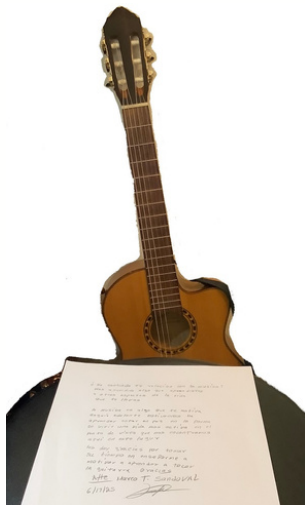
Beholding Self
by Damonyo Willis

I LEARNED (CONTINUED..)

Me llevo de esta clase un gran aprendizaje, y una gran experiencia para mi vida personal por el echo de haver descubierto que el mundo de la musica es fenomenal porque te trae recuerdos tanto llenos de nostalgia, felicidad y de muchisimas maneras mas.

"I TAKE WITH ME HAVING LEARNED A LOT AND A GREAT EXPERIENCE IN MY PERSONAL LIFE IN HAVING DISCOVERED THE WORLD OF MUSIC. IT'S PHENOMENAL BECAUSE IT BRINGS BACK MEMORIES OF NOSTALGIA, HAPPINESS AND SO MANY OTHERS."

I Loved the class I learned D to A7 to G very well. It has helped me in my progression of cords. Thank you for your dedication in helping all of us inmates. God Bless you !!!



BEING GROUNDED ALLOWS ME TO
FEEL THE MOTHER EARTH



Animal Spirit Shield
Fernando Vinicio Chavez

MUSIC MAKES ME

Listening to music, gets me going on my bad mood times or moments, and next thing I know, I'm singing on my own by simple humming or regular beat of a drum.



MY GREATEST TAKEAWAY...

My greatest takeaway is how easy it is to write a song and how I can deal with my emotional trauma without feeling ashamed. I often feel doubtful when writing about my emotions, ~~but~~ ^{as we are} expected and taught to be stoic, but song writing allows me to be open as anyone could be singing my song.

THE UNIVERSE IS THE SOURCE
OF MY CREATIVITY



Animal Spirit Shield
Sandie Sumalpong

NOTES:

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THE SOUNDTRACK OF MY SUMMER

SOUNDS
LIKE...



YOU ARE


THE
SOUNDTRACK
OF MY SUMMER

YOU MAKE

THE

SUN

COME OUT



Art and words by:

(Spiritual Journey) Emilio Lamas,
Henrik Avetyan, Ricky Anfield, Oscar
Gutierrez, Fernando Chavez, Damonyo
Willis, Sandie Sumalpong

(Collective Songwriting) Marco
Sandoval, Eric Perez, Jaime Diaz
Rodriguez, Ben McCreecy, Juan Carlos
Arroyo, Olidan Tamor, John Torres,
Horacio Cortez

Instructors:

Ofelia, Rosanna, Evan, Vaneza

Art Breaks In (**ABI**) is our new program name to describe our work with incarcerated and previously incarcerated populations. Guided by the Abolition Movement, we see the traditional arts as an essential part of the larger practice of transforming the root conditions of systemic harm and violence.

Created in 2025.

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