

ARTSZINE



LAPD's Walk the Talk Parade: May 25 p.7 & 8

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Welcome

...to your **Skid Row Arts Zine**, your way to connect to multiple physical and online offerings of different Skid Row-based arts organizations. The Skid Row Arts Alliance seeks to promote neighborhood-based connectivity through creativity.

Visit the website: skidrowartsalliance.com for links to our programming.

Brought to you by the Skid Row Arts Alliance:

- Los Angeles Poverty Department
- Piece by Piece
- Urban Voices Project



... and additional partners



Water Is Life—Living Water



The new Catch 21 mural on Gladys Avenue, between 5th Street and Central Avenue.

Below is the Interview with Dimitri Kadiev by Henriëtte, Opening Day, Jan. 27, 2024.

Dimitri is part of a collective of creatives, artists and activists who are spiritually guided by God: Cameron Jarnis, Minnie Mina & Joshua Grace from Philadelphia, Eli Sanchez from Mexico City and Rufo Noriega & Dimitri Kadiev from LA.

Dimitri: We have painted as a five piece across the country and in different iterations of duo's, trio's, quadro's and from time to time as our full five piece. As the fingers of a hand. Though all the principal painters share all remunerations equally, it is not money that binds us. But rather love a love supreme. A love for each other and the diverse communities we enter to be of service in. Devotional service, meant to uplift and empower local activists and the populations of community groups that they serve. This is our path, and we are here to serve the people, as we live into our gifts and celebrate life and the holy divine. We thank all the activist groups that have supported us: LA Catholic Worker, LA Poverty Department, Sidewalk Project, as well as Kenny, Leo and their Catch 21 community.

In 2017, through a relationship with the LA Catholic Worker and Kenny Chow, who runs the Catch 21, we organized a mural project that covered this whole wall in 2017 and we had a lot of folks from Skid Row participate. Even this year,



L-R: Dimitri K., Henriëtte B. and John M.

some of those artists came back and they're painting with us again. But there was evolution, there was development with these different artists, and they evolved in their art.

I think it was late last summer, it might have been autumn—the wall got so heavily tagged that they weren't willing to wait until I came back to town to fix it. So, the wall got buffed out. I was on the East Coast in Philly painting with Shane Claiborne, The Simple Way and Joshua Grace, who's one of our painters on this wall, and everybody wanted to come to California for the winter session. When I found out that the wall got tagged and blasted, I said, "Okay: we have a wall and we have talented artists. Now what do we need? Oh, we need some cash."

But we figured out how to do that. I, for one, humbled myself to God and I did something called organic fundraising. I talked to all the people that I've been knowing in Skid Row and in LA and across the country. I said, "Hey, would you like to support this project?" A lot of families and individuals from the Hippie Kitchen also contributed. The money came in a very loving and natural way so all the artists could get compensated and Skid Row artists could get paid as professionals.



Above: Catherine Morris & Susan Dietrich
Below: Rufo



This year we had a huge development through Crushow and the Sidewalk Project. We had at least four of his protégés coming to the wall painting, getting trained in spray paint and brush and on how to put your image from paper onto a wall.

Last time we had the theme *Defend the Sacred*. That terminology came from the activist movement at Standing Rock when they were fighting to protect the water. Native folks were fighting to defend their waters. I went there and they educated me on me how the waters were being challenged and under stress from capitalist interests that were trying to profit off oil and all these different things: drilling, mining. So, when I came here, I wanted to show some love and respect for the water: salty and fresh. The theme *Defend the Sacred* is our main message. But it's also *Defend the Sacred* that's in each person. Every person on Skid Row has the sacred, the divine inside of them. We want that to be part of our messaging.

On that side it says *Water is Life* in the top corner. And on the other side it says the *Living Water* over Catherine Morris and Jeff Dietrich, who've been serving Skid Row for 50 plus years. Those are the main words, but there's a symbolic layer on top, it has a lot of words of prayer and blessing words. The idea was that: this wall faces downtown LA and Skid Row is in between here and downtown LA. So, the hope was that our work would be a prayer for the well-being of people's hearts, minds, bodies and souls in LA and on Skid Row and in California and the United States and all over the globe.

We want to get big with all of this energy and the power of love, the talents of these people and how they expressed it into the wall, that amplifies the prayers and makes it more powerful.

It was a huge collaboration. The last mural was about the earth: it was the coast looking out to the water and all the fishermen of the world. African fishermen, Asian fishermen, South American and European fishermen. But this time it is from the water looking to the coast and that way we're showing all the living creatures that are in our community, in our oceanic community. All the water people, all the fish people, even the kelp people. The crustaceans and the shellfish and the sea anemones and the urchins and the seal and the ray.

Because I had the responsibility for the image, I did a lot of pre-emptive sketching. I was with my brother Rufo who's been working on the wall last time and he is a part this time. We did multiple long sketches to fit the technical of 77 feet. And then it was a refining process. I had to at least present an image and then when Joshua Grace joined us on the 4th I opened it up to him. I said, "Dude, what do you see that we could improve?" And then Eli Sanchez came on the 9th and we said, "Eli, what do you think? It can be transformed. We can still evolve it." Then we presented it to Crushow. I said, "Hey Crushow, what do you see?" But by that time the principal painters had set the structure or what I call the bones of the project.

Then there was enough space left so that we could include anybody. We could include all these different folks who brought little sea fish and shrimp or the clam or the sea anemone or what have you. That's how it evolved. Yeah, and the goal was to empower artists who are amateurs or artists who are a little bit shy to go big and empower them to leave their sketchbook and be able to transfer what's in their sketchbook onto a wall and learn that sort of that trade, the mural arts trade.



was to care for houseless people, and others unable to quarantine safely, at the QI sites and then find them appropriate housing when they were better. The first QI site was in FEMA trailers at Dockweiler State Beach before moving to sites at then vacant hotels and motels. The staff called the sites “Covid Hotels”.

A mantra at the QI sites was that “adversity generates innovation”. At the QI sites medical providers, mental health professionals, and social workers all met daily to see their patients and to coordinate care. Staff were responding to one another in real time – not simply writing notes on a chart for another doctor to decipher later. Staff passion was discernable to the patients and made a difference. A physician’s assistant said confidently, “I think we gave them for the first time, empathy and the feeling that the health industry actually cared for them.”

As one mental health clinician, with decades of experience put it, “Because of this site, I learned that it is possible to end homelessness in a very reasonable, measurable amount of time. How many people came through our site? Over 6,000. They’ve all been placed in some kind of shelter. Our site should be a model. We could have role

modeled this site, set them up in Los Angeles County and done the same thing and taken maybe 30, 40,000 people off the street. We can do it. We did it. I’m living proof. We did it.”

In typical LA Poverty Dept style, we’ll be making a performance and having public conversations and events throughout the run of the exhibition “WELCOME TO THE COVID HOTEL”. We’ll make presentations and collect the stories from the many Skid Row heroes who looked out for the community and provided mutual aid throughout the pandemic. We’ll interview these community heroes and include their stories in our Skid Row archive.

Los Angeles Poverty Department’s new exhibition opens on Saturday, March 9, from 4-7pm at the Skid Row History Museum & Archive. The exhibition will be open Thu, Fri, Sat, 2-5pm through December 2024.

This exhibition focuses on an interpersonal and holistic pandemic response developed on the fly by health workers who ran LA County Health Department’s emergency Quarantine & Isolation sites (QI) created for houseless COVID patients and people exposed to COVID in shelters. The team’s mandate

LAPD 2024 Walk the Talk Honorees

Performance/Parade:
Saturday, May 25

What? You mean almost two years have gone by since the last Walk the Talk? That's right, two years go by quickly. But, in two years lots of good people in Skid Row can make a lot of magic—do a lot of good works. And eight of the many, many good folks will be highlighted in this year's parade. Here they are.

KAYO ANDERSON



From Detroit, Kayo is a former Skid Row resident and dedicated to the well-being of all Black and oppressed people using music and the arts as a medium for self and community wellness and growth. Currently, he is the minister of music and artistic development with The Row Church

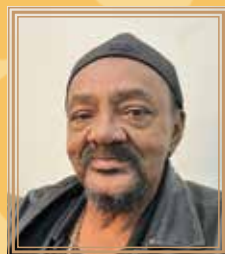
Without Walls and Creating Justice LA.

ADELENE BERTHA



Adlene grew up in Skid Row, was part of the United Coalition East Prevention Project (UCEPP) youth program and later worked with UCEPP. Currently she is a Senior Peer Support Specialist with LA's Downtown Women's Center and Co-chair of the LA City Skid Row Park Advisory Board. She loves and articulately represents Skid Row.

GARY BROWN



"Downtown" Gary Brown is a musician, painter, an active part of many musical performances and art shows for 20+ years in Skid Row. In 2023 his work was showcased at The Grove L.A and at The Wende Museum. He doesn't toot his own horn—well, he does amazing toots on his saxophone and jingles

those piano keys—but he's very humble and quiet about his talent.

CLANCEY CORNELL



Clancey makes everything better that she is involved with. She began her service in Skid Row as a volunteer at the Lamp Arts Program (now the People Concern's Studio 526) and then with LA Poverty Department, where she's played an important role in producing the Festival for All Skid Row Artists and as

the first archivist at the Skid Row History Museum & Archive.

LORINDA HAWKINS-SMITH



Lorinda transitioned from being homeless in Skid Row to housed and completed an MBA from the University of Phoenix. She's an actor, singer, video maker, author, playwright, and advocate against domestic violence. Currently Lorinda has leading roles with

Urban Voices Project, the Open Mic at the Skid Row History Museum, and was the MC of the Festival for All Skid Row Artists.

LINDA LEIGH



Mama Linda Leigh is a healer and artist who uses ritual and ceremony through song, the written word and visual art for healing and consciousness raising. She has been involved with Street Symphony, Urban Voices Project, Studio 526, Skid Row Coffee,

LA CAN Food and Wellness Committee, Skid Row Community Refresh Spot and the Skid Row Action Plan.

SIR OLIVER



Sir Oliver brings the community together in the spirit of Bob Marley, but more so in the spirit of knitting the community and arts together in the most grassroots approach. He has produced numerous Bob Marley Day, and Jamaican Independence Day festivals in Skid Row.

Oliver is responsible for the City of LA's recognition of Bob Marley Day.

SIEGLINDE VON DEFFNER



Sieglinde is L.A. County Skid Row coordinator for the Department of Health Services. Sieglinde has helped lots of folks get off the streets and get services. She is always keeping an eye out for the most vulnerable people that she has sheltered.

So, get new soles on your high-heel sneakers and prepare to dance down the streets of Skid Row behind our brass band. Don't forget the parade route stops at a spot chosen by each of the 8 Walk the Talk honorees—and on that spot LA Poverty Department will perform a scene highlighting that person.



Photos from 2022 Walk the Talk parade and celebration. The parade follows a route that includes key locations throughout the Skid Row neighborhood that have been selected by the honorees, and celebrates the good work being done in the community.

Stay connected and join us on May 25!
See next page for contact info.

What's happening at the Skid Row Museum?

THEATER WORKSHOPS / REHEARSALS

Tuesday from 2–5pm and Thursday from 7–9pm.

We create theater performances from scratch and with creative input from everyone involved. Improvise, write and perform with us. Skid Rows original creative group continues to surprise. We mess around but, we are absolutely serious. This spring we'll create two performances:

- **Welcome to the COVID Hotel**

We're making a performance about the Quarantine Isolation sites and the amazing innovations the staff came up with to make the health care system work.

- **Walk the Talk**

Rehearsals for the next Walk The Talk parade will start in March. We will create 8 new 15-minute scenes based on 2024 honorees interviews.

MINDFUL MONDAYS

Coffee, Croissants and Craft with Cami (aka Jenni Alpert)

Every 1st and 3rd Monday of the Month, 10:30am–Noon

March 4 & 18, April 1 & 15, May 6 & 20, June 3 & 17

Come join Fine Arts Revolution Inc. Art of Xpression Creative Arts

Wellness. We welcome your input to turn it into what you would like to do!

MUTUAL AID SELF / SOCIAL THERAPY (MAST)

Every 2nd & 4th Sunday of the month hosted by the Public School Los

Angeles, 2–4 pm: March 10 & 24, April 14 & 28, May 12 & 26, June 9 & 23

MAST was originally developed by the Jane Addams Collective in order to address the growing need for mental health support for radical organizers.

This political mental health project uses the principles of mutual aid to help people overcome emotional difficulties and deal with trauma and burnout

in their community. MAST involves no expert or specialist, but instead

demystifies and democratizes the tools of the psychological disciplines

and puts them in the hands of the people. Come learn how to support

yourself and your friends! Masks encouraged and provided.

MOVIE NIGHTS AT THE MUSEUM

Every 1st and 3rd Friday of the month, 7pm

March 1 & 15, April 5 & 19, May 3 & 17,

June 7 & 21.

FREE Movie Screenings, Free popcorn,

Free Coffee & Free Conversation



CREATIVE WRITING WORKSHOP

Every 3rd Tuesday of the month,

10:30am–Noon (led by Ivy Pochada)

March 19, April 16, May 21, June 18

PUPPET MAKING WORKSHOP

Every last Friday of the month from 3–5pm

(led by Marilyn Irizarry)

March 29, April 26, May 31, June 28

OPEN MIC with Lorinda

Every last Friday of the month from

5–7:30pm

March 29, April 26, May 31, June 28



SKID ROW HISTORY MUSEUM & ARCHIVE

Los Angeles Poverty Department



Check our website for updates about the movies we are screening and the public conversations and events we are hosting at the museum: lapovertydept.org

Movie Night

LAPD website



LAPD
LOS ANGELES POVERTY DEPARTMENT

250 S. Broadway, Los Angeles | 213-413-1077
info@lapovertydept.org

Founded in 1985, Los Angeles Poverty Department (LAPD) is the first arts group in Skid Row made up of Skid Row residents, housed and un-housed. We make performances, create exhibitions and we have an archive of Skid Row History.



lapovertydepartment
skidrowhistorymuseum



Piece By Piece Micro-Grant Recipient: Jose

Jose was the recipient of a micro grant for his personal creativity and his work with the community. He has been making mosaic art for over twelve years and has shared his skills with others, bringing arts wellness and creativity to neighborhoods with little access to art.



“ The grant received was very helpful for me and for the people to whom I offer free workshops and mentoring. I was able to upgrade to buy a printer with which I print all the information that reaches my students and also be able to expand their designs.

I was also able to buy different materials (hearts and small bases) for the community workshops and thus be able to continue giving them away for free.

I thank you for taking me into account for this grant, which was very helpful and with this I was able to reach more low-income people in my community. —Jose Morales ”



Free Workshops for Veterans at Piece by Piece

This past year, Piece by Piece worked closely with the veteran community in collaboration with LA Metro to design a new mural for the Purple Line extension. Now, Piece by Piece has introduced a series of workshops at both the South Los Angeles studio and the Westwood VA Heroes Golf Course. Veterans and their families can join in workshops, creating mosaic art for arts wellness and also have the opportunity to sell their own work by completing a certificate program.

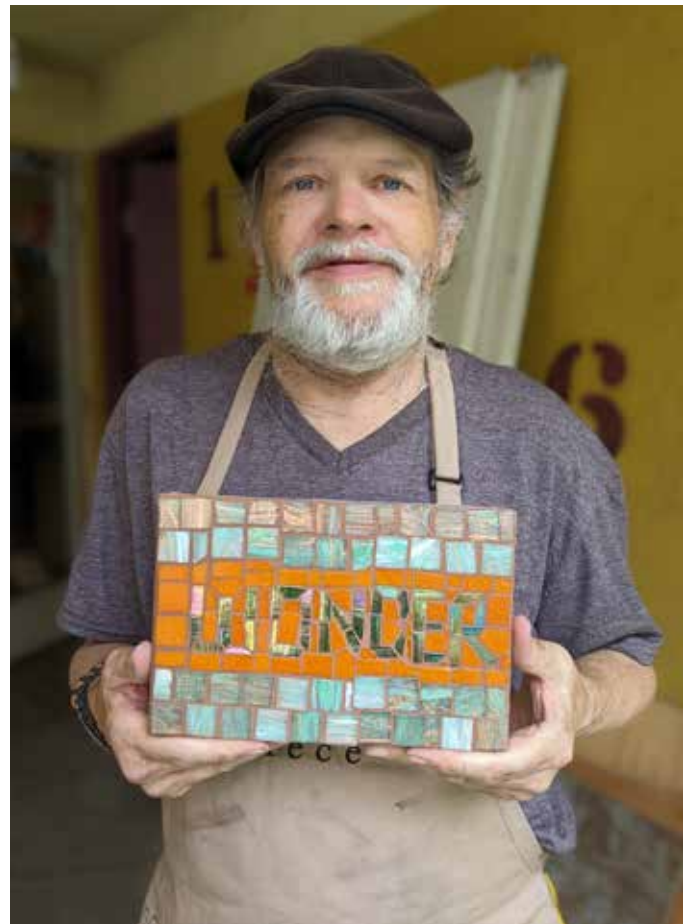
The Green Ribbon is the national symbol for mental health awareness. This mosaic was created by the veteran community at the Stand Down event on the VA campus in Westwood.

Wednesdays at Piece by Piece studio:
5101 S. Broadway, L.A.

Fridays at Westwood VA Heroes
Golf Course: 11301 Wilshire Blvd

Email: jadie@piecebypiece.org
or call 213.459.1420 for more
information or to register.

[www.piecebypiece.org/pages/
creative-force-classes](http://www.piecebypiece.org/pages/creative-force-classes)



Inspired by Marvin Gaye—Artist John M.



On Sunday, April 1, 1984, I was busy at work on a rehearsal sound stage in Hollywood, California. As usual, and after several weeks of going over and over the various show tunes and choreography, rehearsals were winding down as we prepared to fly from Los Angeles down to Dallas to begin that year's concert tour called "Another Miller Thriller" featuring Marvin Gaye.

We'd be leaving soon, so the time had come to tie up any loose ends, review the checklists, and finalize the details. As a "Roadie," my job was to identify, inventory, label, and then assure that all the instruments, public address systems, stage monitors, lighting instruments, stage apparatus, and sound reinforcement equipment were in first-rate working order and packed into numbered Anvil Cases prior to our leaving town for the next four months.

The process included packing everything into trucks that would leave for Texas the weekend prior to our own departure, so this was one of my busier days during the pre-tour preparation. The tour consisted of several rotating groups: the Whispers, Cameo, the Ohio Players, Maze, and O'Bryan. The supporting cast was set to perform nationwide, with Marvin headlining on designated dates.

The location of a given concert would determine which of the bands would be featured. The exception was that in the major cities Marvin Gaye was the star attraction. The year before, from April 18 through August 14, 1983, Marvin Gaye had performed before 51 sold-out venues

during what he called "The Sexual Healing Tour." The 1984 tour was scheduled to include similar details.

I worked for the company produced by Don Cornelius of Soul Train fame. Marvin's management group oversaw his own expedition. But, without a doubt, it was Marvin Gaye's tour, no matter the specific connection to any of the sponsors auxiliary units or personnel, like me!

One of the members of one of the bands quickly rushed by telling me, "You might as well relax man, the tour is off." Paying him no never mind, I continued doing what I was so hurriedly doing.

"What a lousy April Fool's joke," I thought to myself, brushing off his quietly spoken remark as just that, an April Fool's joke. I continued double checking every tour related detail I could think of.

When I got through and made a call to the management company on the phone, I was informed that the cancelation was no joke. Marvin Gaye had just been shot and killed by his own father.

The much-anticipated tour was indeed canceled, and I was out of the best job I'd ever had.

As had been my custom for years, I had concurrently been taking classes at USC. That year, just like several others before, I would have been leaving school just before the semester had ended to go on tour. Instead, because of the cancelations, I was able to finish the year's courses. After also taking a number of "Challenge Examinations" and making up several "Incomplete Grade" scores in required courses that had accumulated because I had left school to go on tour in the years before, I graduated from the University of Southern California on May 19, 1984.

I began college as an Astronomy major, but after so many years of interrupted classes, I changed majors in order to get academic credits attributable to my professional experience. With that change I'd earned a Bachelors Degree in Dramatic Arts, with a specialty in Technical Theater.

While recovering from injuries incurred during a hang-gliding accident many years later, I was fortunate enough to be introduced to Piece by Piece, a group that specializes in the ancient skill and fine art of Mosaics.

Having never been aware that I personally possessed any skill as an artist, I discovered a new, and most welcome, talent for rendering Mosaic Artwork. The Andamento technique called "Crazy Paving" came

very naturally to me. It formed the basis and foundation for Marvin's piece.

More than six years after joining Piece by Piece and having learned so much, I was given an assignment to create a portrait of a recognizable person from my past.

The choice of a suitable subject was clear. It had been nearly forty years since we had lost Marvin, and I had a great photo of my old basketball buddy on my phone.

Marvin loved to shoot baskets or throw around a football when he got a chance during breaks in the tedious concert schedule. Standing about six foot one and naturally strong, though somewhat slender, Marvin was an athlete at heart.

A legend in song and an incredibly gifted creator, Marvin worked hard on his music, and had earned several coveted Grammy Awards over his way-too-short life and career. The featured song for the 1983 tour, *Sexual Healing*, was unmistakably physical, overtly sexual and emotional, it made you want to get up and move.

My mosaic project, "Marvin Gaye," utilized the referenced photograph as a model. I wanted to make something physical to show my own appreciation. I gave the finished product to my sister as a present for her birthday, thirty-nine years and a dozen days after Marvin Gaye's tragic death. He had been her favorite artist. She loved him then and now loves the very personal work of art dedicated to his memory.



The portrait turned out so well primarily because of how brilliantly I was taught the vital fundamentals of Mosaic Art by the wonderful and skilled staff of knowledgeable, dedicated instructors who've shared with me the tools, materials, and techniques required to create such art. Thank you, Piece by Piece, for the gift of artistry, the hope of mastery, and a vision for the future. There's more to come.



Join our community!

Piece by Piece is a nonprofit mosaic art program and social enterprise, offering free workshops and training to residents of Skid Row, South Los Angeles, and beyond. Classes are open, welcoming, and a safe space to be creative. Opportunities to earn income through the sale of individual work, or to contribute to public art, are available.

Get info or register at: www.piecebypiece.org. or call (213) 459-1420



2023 Winter **RECAP**

A Holiday Called Home

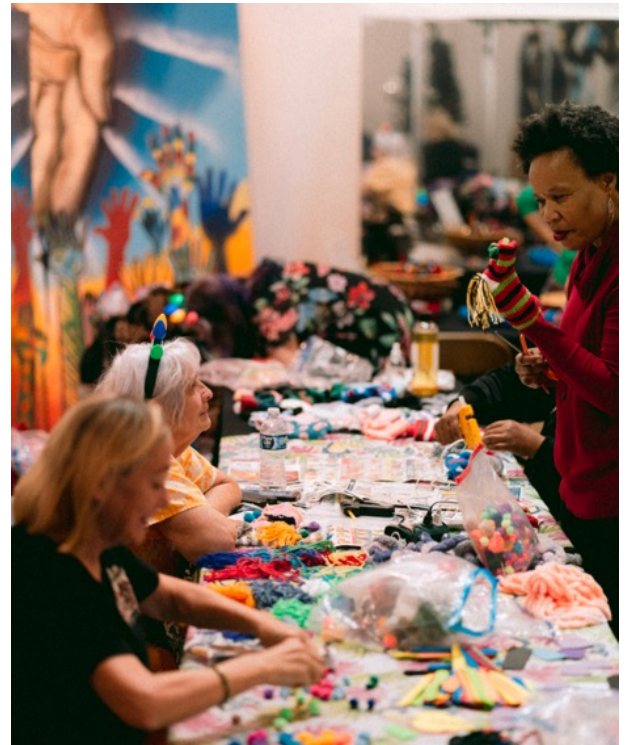
Our third annual A Holiday Called Home: Skid Row Community Celebration at Inner-City Arts was a special day of service, art, music and more for 200 people of all ages. creative arts room, open mic, live DJ, community artists market, and delicious free food. Attendees also learned holiday songs on ukulele and in ASL, experienced a beautiful immersive theatre performance put on by Inner-City Arts and much more.

Join us in 2024 on December 21st from 12-4!

Christmas Day Caroling Crawl!

On Christmas Day, Urban Voices Project singers and local musicians came together to activate Skid Row with joyous Holiday Carols! We started the crawl at Stephanie Styles' White House on 5th and San Pedro, while toys were given to hundreds of families and children. With guitars, accordions and banjos in hand, we were so grateful to be able to spark smiles, dance sessions and random moments of joy and healing in our community.

Photo: Urban Voices, Skid Row and Greater Los Angeles community artists



Top: Andrea Kaye, Prudence Daniel, Guest
Middle: Urban Voices Project choir performing
Bottom: Roni Perlut, ASL Interpreter



MUSIC EDUCATION LABS

Mondays
1:00pm- 3:00pm

Enhance your skills in music theory, piano, voice & performance!

📍 **Studio 526**
526 San Pedro St.
Los Angeles, CA 90013



Learn more at www.urbanvoicesproject.org



ON-GOING

Music Education Labs (Mondays)

Dive into music theory, piano, vocal and performance technique every Monday with Music Education Labs! This class encourages participants to hone their skills in a community learning environment.

Music & Piano Theory (1-2pm) is a class with tabletop pianos for all levels to advance music theory knowledge.

Performance Technique (2-3pm) focuses on vocal and performance technique led in a masterclass style, with a supportive audience of fellow musicians.



Looking to transform your life?

Give yourself the gift of music, healing, and community.

NEIGHBORHOOD Sing

NEW date added!

WEDNESDAYS AT 2PM
JOSHUA HOUSE CLINIC
325 EAST 7TH ST

THURSDAYS AT 2:30PM
CENTRAL LIBRARY
630 W 5TH ST

For more info go to: urbanvoicesproject.org/programs

Neighborhood Sing (Wednesdays & Thursdays)

We are excited to announce we will be having Neighborhood sing twice a week! Join us for an immersive music workshop including participatory singing and wellness activities to improve mental health, amplify self-expression, develop social and emotional learning, and build community. No signup required.

Wednesdays 2pm:
Joshua House Clinic (325 E. 7th St)

Thursday 2:30pm:
Central Library (630 W. 5th St)



COMING April 28, 2024: *C'mon, Sing!*

C'mon, Sing! Festival Bridges Housed & Unhoused Communities Through Music

Artists from the Skid Row choir, Urban Voices Project, partner with community organizations to promote equity through live music and community singing at open mic stages across downtown LA.

JOIN US!! Sign up to volunteer or to bring your performance skills to this event!

Sign up at: www.urbanvoicesproject.org

DTLA neighborhoods from Skid Row to the Arts District will be dotted with live music pop-up stages. Members of the Urban Voices Project (UVP), a choir composed of singers and musicians experiencing homelessness and their allies, will team up with Skid Row artists and community organizations to create the downtown-wide musical jam to humanize homelessness and inspire joy! Each stage will feature an open mic and we want everyone to come and share their talent!

Together, we will celebrate the 2024 C'mon, Sing! Festival on April 28th, beginning at 11:00 am and going through the day ending in a culmination event not to miss. Teams made up of Skid Row musicians and community partners will assemble seven different musical pop up stages strategically placed in high foot-traffic public spaces in each neighborhood in DTLA, lifting participants up through soulful music, bringing diverse neighborhoods together in song.

Developed by a grassroots committee of UVP members, the C'mon, Sing! Festival is one of the most innovative events in Los Angeles history to celebrate the artistry and leadership of Skid Row residents. "This type of restorative justice has never been done before," says Bibi Rosalia, choir member and former board member. Co-Founder of UVP, Christopher Mack, adds, "When you sing with someone it creates community, all of the vulnerabilities seem to disappear."



L-R: David Joyce, Leeav Sofer, Stephanie Styles, Unkal Bean



L-R: Deejha Marie Smith, Adam Levy, Leanin' Lena



Hugo Gonzales

Music for ADHD: Benefits & Types to Improve Focus

Music can be like a helpful friend for people who find it hard to pay attention or have lots of energy (Attention-Deficit/Hyperactivity Disorder—ADHD). Some may think music is just for fun, but studies show it can make a big difference in how we feel. Music is not just entertaining; it helps us control our feelings, learn more about ourselves, and take a break from tough times.

For those dealing with ADHD, research suggests that music can do amazing things. Listening to nice music can help with paying attention, make bad moods go away, and make it easier to understand what we read. Instrumental music, which has a steady beat and no distracting words, is especially good for people with ADHD. Even electronic music, with its regular and repeating patterns, works well.

If you have ADHD or just want to be more focused, keep reading to learn about how music can help you and get some great suggestions.

Getting Through ADHD with Music

People with ADHD sometimes don't have enough of a brain chemical called dopamine. Music can be like a boost of dopamine, helping us start or keep doing tasks. The part of the brain that feels pleasure from music is the same part targeted by ADHD medicines. It connects motivation and action in our brains.

Besides helping our brains, music also makes us feel better. Studies show that people with ADHD feel less sad and hopeless when they listen to music, and it can make others feel happier too.

Rhythmic beats in music can help control emotions and stress hormones, which is really good for people with ADHD. They might have a hard time staying calm, so music can help them find balance.

Load Theory of Select Attention (Paying Attention with Music)

The load theory of selective attention explains how music helps us focus. By stopping our brains from paying attention to things that don't matter, music helps us focus on what we need to. But, for people without ADHD, music might actually distract them from what they need to do.



Different Kinds of Music for ADHD

Just like everyone likes different kinds of music, the effects of music on ADHD are different for each person. Some people like instrumental music to help them focus, while others prefer familiar tunes or even new and different melodies.

Here are some types of music that might help:

- **Binaural Beats:** These beats make both sides of the brain work together and can help with focus. Alpha frequency music (9-13Hz) on platforms like YouTube is a good example.
- **Rock Music:** Surprisingly, rock music can help people with ADHD complete tasks. Its steady beat can also calm down extra energy.
- **Classical Music:** Compositions by Mozart, a famous composer, can make our brains more alert and focused.
- **Lo-Fi:** This kind of music has a predictable beat, like white noise. It helps with focus and memory recall, making it popular for studying or working.
- **Personal Preferences:** Everyone is different, so choose the music that makes you feel good. Whether it's rock, pop, hip-hop, or smooth jazz, try different styles for different situations.

In the end, music is like a symphony that can help people facing the challenges of ADHD or those who want to be more focused. So, whether you're listening to rock, classical, or calming lo-fi, let the music be your guide to better concentration and happiness.

Urban Voices Project has long been a Skid Row community choir, yet offers so much more. UVP provides music education and wellness classes, as well as building community spaces to express voices of humanity.

www.urbanvoicesproject.org
Follow us: @urbanvoicesproject
Email: info@urbanvoicesproject.org

Celebrating Creativity

A Three-Month Art Exhibit at The People Concern's Studio 526

Picture your artwork taking center stage, captivating a dedicated audience for three months. Our Featured Artist showcase offers a distinctive platform for artists to unveil their talent and connect with a vibrant community of art enthusiasts. Let's delve into the details of this immersive experience.

Selected artists receive a one-month advance notice of their recognition. During this period, our dedicated studio staff collaborates closely with them, aiding in the curation of pieces for the showcase. From refining their artist biography to capturing headshots, our team ensures every aspect of the presentation is given special care and attention.

Once the groundwork is laid, the next phase is the staging process, where we arrange the artist's work into a beautiful display.

Moreover, artists are encouraged to actively engage with their audience. By leading discussions about their creative journey, seeking feedback from peers, and offering live demonstrations of their specialized techniques, artists can forge meaningful connections and foster both personal and professional growth.

In essence, our Featured Artist showcase not only offers exposure but also catalyzes continuous development and exploration. Join us in celebrating the power of art and the limitless possibilities of creative expression.



JOIN US! The People Concern's Studio 526 welcomes artists of all levels. We firmly believe that creativity resides within everyone. Our space offers access to art supplies and boasts a music room equipped with keyboards, drums, pianos, microphones, and guitars. Moreover, we host a monthly Art Jam, providing a platform for performance and creative expression. Interested in getting involved? See page 27 for calendar of on-going events at Studio 526. Reach out to us at: ArtsProgram@ThePeopleConcern.org

STUDIO 526 SCHEDULE

Art Studio Hours: Tuesdays, Thursdays, Fridays, 12:30pm–3:30pm

Music Studio Hours (by appointment only): Tuesdays, Thursdays, Fridays, 8:30am–3:30pm (1.5 hour sessions)

Please note: All new artists must first attend the New Artist Orientation prior to using the studios.

New Artist Orientation: Select Tuesdays and Thursdays at 1pm
March 12 (Tu) & 28 (Th); April 2 (Tu), 18 (Th) & 30 (Tu); May 9 (Th) & 28 (Tu)

Art Jam: 2nd Friday of every month, 5pm–7pm (open to the public)

Studio 526

The People Concern, 526 San Pedro, Los Angeles, CA 90013

Email: ArtsProgram@ThePeopleConcern.org

www.thepeopleconcern.org



• FEATURED ARTIST **JAY KAMSON** •



Featured: November 2023–
January 2024

Fueled by a passion for experimentation and driven by a desire for self-expression, Jay immerses herself in the vibrant realm of mixed media. Her palpable enthusiasm is evident in every piece, be it created with paint, collage, or digital tools.

Each medium serves as a playground for her boundless curiosity and fearless exploration, allowing her to showcase a creative journey that knows no limits.



• FEATURED ARTIST GERARDO BARDO •



Featured: February–April 2024

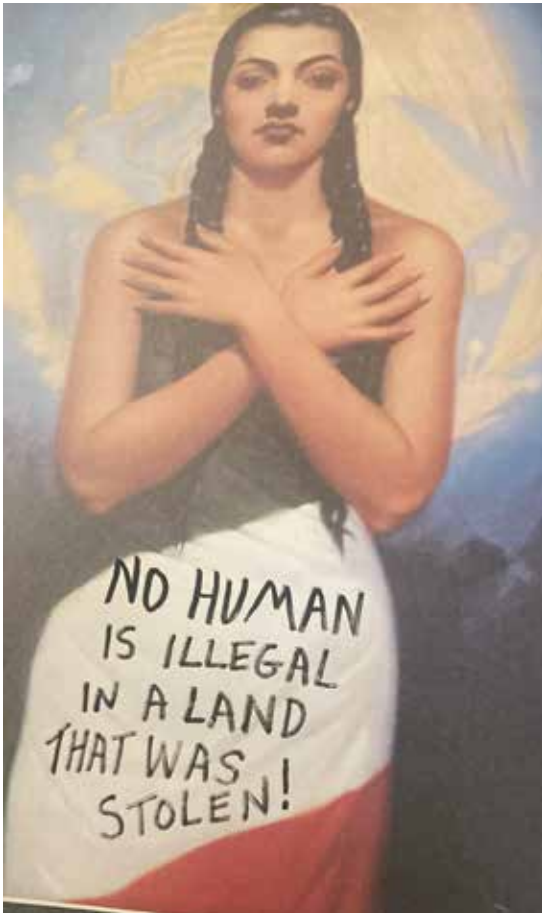
Gerardo, a South Central native, paints, sings, films, and writes. But his journey wasn't easy. Growing up, limited access to arts programs and navigating a home impacted by his mother's bipolar disorder presented obstacles.

Studio 526 became his artistic sanctuary. There, he blossomed, exploring his voice through song and canvas. Now, this versatile artist collaborates with fellow creatives, crafting harmonious songs and films that inspire.

Gerardo is fueled by a powerful belief: even amidst challenges, everyone holds an innate creative spark waiting to ignite. His art echoes this message, urging us to embrace our creative potential.



Bouquet of Flowers



No Borders On Stolen Land



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23

June
22

Sept
28

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STREET  SYMPHONY

Saturday, March 23rd | 6:00 PM
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STREET  SYMPHONY

CROSSROADS CONCERT SERIES
@ THE ROSENTHAL THEATRE OF INNER CITY ARTS

What Fuels Development?

LAPD's performance *What Fuels Development?* is about a development struggle, in which Skid Row residents organized and successfully appealed non-profit developer Skid Row Housing Trust's (SRHT) attempt to put a restaurant with a bar in the ground floor of a residential hotel housing formerly homeless people. In 2023 SRHT the organization was out of money and its many hotels went into receivership. This shocking development explained the multi-year decline in staffing and hotel maintenance that SHRT residents had been suffering and complaining about. And it highlighted the fact that the funding sources available to the Trust and other supportive housing providers are simply inadequate. And now, city, county, state, and federal governments need to recognize this and use it to create new policies and new funding stream—before other not for profit housing entities face the same fate and inflict more suffering and uncertainty on their tenants.

The New Genesis hotel is located on Main Street at the border of Skid Row. Main Street development interests didn't want Main Street to be thought of as Skid Row, but rather as part of the 'historic core', or the "new downtown". Skid Row Housing Trust tried to placate the developers who preferred a full bar restaurant rather than social services in the ground floor store front of the hotel, and the city gave them a zoning variance to do so.

Skid Row residents appealed the granting of the zoning variance and organized other Skid Row residents to testify at the Zoning Commission and collectively their words created a change of heart in the commissioners. The commissioners themselves delivered surprisingly moving statements in upholding the appeal and denying the permit for the full bar liquor license.

The performance combines "found text" from this hearing and improvised scenes that in a satirical, hallucinated fashion imagine moments that could have led to the conception of this ill-fated restaurant. The audience was invited to sit on a rotating restaurant: a platform which was turned around by the actors who performed around it. The cast: RCB, Anthony Taylor, Jen Wilson, Austin Hines, Stephanie Bell, Christina Collier, Adrian Excel, Chas Jackson, Suzette Shaw, Tom Grode, Lee Maupin, Robert 'Cane' Smith, Silvia Hernandez, John Malpede, KevinMichael Key, Henriëtte Brouwers, Walter Fears, Sherrie Walker.

In 2016, we performed *What Fuels Development?* at The Armory Center for the Arts in Pasadena and we later toured the performance to Asian Arts Initiative in Philadelphia and Pangea Theater in Minneapolis.

Here is an excerpt from the performance.

Scene 4: Location: a fancy restaurant



DLANC president: My feeling, as the president of DLANC is that if they go ahead with this New Genesis project—and I do think the name is redundant...

City Council Rep.: They're just a bible thumping community.

DLANC president: Well, it's redundant and it's going to marginalize Main Street. Take it out of downtown and lump it with Skid Row. How does Jan Perry feel about that?

City Council Rep.: City Council woman Jan Perry will be really upset. After all we've done to take it out of Skid Row and bring it into downtown.

DLANC president: Like arresting people for lying on the street.

City Council Rep.: Or open container.

Old Bank District T. Gilmore: Jay-walking.

DLANC president: Tearing out the payphones, remember Tom, that was a brilliant idea of yours!? Giving those people one less excuse to be there—at all. What do you think Tom, what is Historic Core thinking?

Old Bank District T. Gilmore: Let's turn that upside down. This is an opportunity. Expand eastward. GO EAST YOUNG MAN. Skid Row will be developed and this can help. Let's let them build their building, but only under our conditions.

All: toast: To your neighborhood, our conditions!

SPIN - SPIN

Appeals Hearing March 12, 2013 – opening remarks plaintiff

Chair Acevedo: Ronald Walker? Hello Mr. Walker. You'll have 10 minutes to make your presentation. You'll have 3 minutes rebuttal time later. Name and address for the record and time will start.

Ronnie Walker: Hello, my name is Ronald Walker and I live at 451 South Main Street.

Chair Acevedo: One moment. Are you here together?

KevinMichael Key: Yes, we are.

Chair Acevedo: Oh. Have a seat.

Ronnie Walker: It's quite evident that my colleague knows nothing about my community, nothing whatsoever, and I thought we were coming in here to tell the truth and what he just gave you was a lot of falsehoods. The building has only been occupied 2 months. It hasn't been six months to a year. And there are six alcoholic serveries on my one block, just one block between 4th and 5th—six! Five of them are restaurants and one is a liquor store. The congestion, the traffic and the noise on my block—cause he doesn't live on that block so he knows nothing about it.

(Holds up a blown-up picture)



What about me? I live here in the Rosslyn. When is enough, enough? People who own these restaurants – they are transients; they come here to make their money and leave. Now I have to live with their mess. I worked on both the BID's purple and the green team clean-up crews for years. Artwalk and the nightclubs create the biggest mess, but I have also had to clean the aftermath of the alcohol serving restaurants: the vehicle and the pedestrian traffic congestion, the noise pollution, and the resentments of local residents, when you put these "look, but don't come in" in our midst. Just like he said, "They don't have access to it. They have to go out the building to come around the front." That causes resentments. Nobody cares what the folks who live in the New Genesis think. Everybody I talked to from there thinks it's a bad idea.

SPIN – SPIN

Appeals Hearing March 12, 2013 – Public Comments



Chair, Commissioner Acevedo: I'd like to hear from the audience who I think is anxious to come up. We're going to start the public comment period. Because there are so many people who want to comment, you'll each have one minute rather than two.

Linda Harris: Top of the evening to you. My name is Linda, Linda Harris. I live downtown, Los Angeles, in Skid Row. Actually, I live in one of the LAMP Community. I want to say, my mom, my dad, my brother, my sister, Uncle John, aunty Maybelle, best friend, next door neighbor, all were alcoholics. And so, I'm opposing this thing you want to do with the Genesis Hotel and it's because I'm sober and I've been sober for 20 years. I don't want another brother or another sister or another next-door neighbor dead because of alcoholism. That's all I have to say.

Appeals Hearing March 12, 2013 – the vote



Commissioner Martorell: I thank you, from the bottom of my heart, the community members, for coming and speaking out. What raises concern for me especially is the opposition coming from actual residents of the building because they—first and foremost—are really the ones that we have to pay allegiance to, and we have to be loyal to the most. And if they are opposed to this within their building, I can't see how we are not hearing them out. It seems to cause, I think, a conflict that Skid Row Housing Trust Fund should not want to have if you want to continue a harmonious relationship with your residents.

FREE @ THE CENTRAL LIBRARY

Scan this code to go to the Central Library's events page.



Creators in Residence

October 16, 2022 through Summer 2024
Central Library, First Floor Galleries

For the inaugural cohort of the Creators in Residence, the Central Library has engaged two uniquely creative and thoughtful individuals: **Kwasi Boyd-Bouldin**, a photographer, and **River Garza**, an interdisciplinary visual artist. Both Creators have engaged profoundly, and meaningfully applied their unique artistic lenses to exploring LAPL's citywide network of buildings and transformative services. They have created new bodies of work that expand how we understand our libraries' history and present role. The inaugural residencies culminated in a Showcase event on October 16, 2022, and a coinciding exhibition opening in the First Floor Galleries at Central Library. The launch event featured both Creators in conversation, a printmaking workshop led by River Garza, and a signing of Kwasi Boyd-Bouldin's limited edition zines and posters. The current exhibit will be on view until summer 2023. Find out more at: <https://www.lapl.org/events/exhibits/creators-residence>



Tech2go For more information, scan the QR code below.

Check Out Computer Bundles From the Library

Tech2go Computer Bundles come equipped with a Chromebook device and an internet hotspot for long-term use. Computer bundles are available to adults with a library card in good standing. All patrons must sign a Mobile Device User Agreement upon checkout at a library location.

Tech2go Computer Bundles can be checked out at any of the listed locations. To check availability and place a hold, choose your preferred pick up location from the drop down menu on this web page. Bundles must be picked up at the designated location and cannot be transferred to another branch for pickup.



The Central Library offers many free events and classes

Go to <https://tinyurl.com/3usdk728> for more information on current and future free exhibits, events, workshops and many other helpful resources at this branch.

Join the Octavia Lab for free access to high-tech tools!

Octavia Butler was an award winning science fiction writer who broke new ground in a male dominated field. Her legacy lives on in Central Library's **Octavia Lab: Creativity Within Reach** which offers high tech tools for artists free of charge. Under the heading of Design Computers, Equipment, and Studio, the Lab services include 3D Printing, Laser Cutter, Epson Large Format Printer, and a Green Screen Backdrop. In the Studio are Video and Audio programs including Final Cut Pro and Garageband. The Lab is open Monday through Saturday afternoons and Staff at the front desk are there to help. Workshops are offered to help you use the large range of equipment. Go to [lapl.org/labs](https://www.lapl.org/labs).





UNITED COALITION EAST PREVENTION PROJECT

Established in 1996, United Coalition East Prevention Project is located at 804 E. 6th St. in Skid Row. We specialize in alcohol and other drug prevention and community mobilization to support a healthy and vibrant Skid Row neighborhood. We meet monthly to discuss prevention initiatives and community-driven programming at our local Skid Row parks.

UCEPP Monthly Coalition Meeting:
First Thursday of each month at 2 PM, in person and on Zoom*

*Zoom (Meeting ID 87890708182) link:
<https://us02web.zoom.us/j/87890708182> →



For more information on how to get involved and support community prevention and improvement efforts please contact:
charlesp@socialmodel.com

Social media: @ucepp_smrs



LA CAN



The mission of **LA CAN** is to help people dealing with poverty create & discover opportunities, while serving as a vehicle to ensure they have voice, power & opinion in the decisions that are directly affecting them.

LA CAN's Arts and Culture committee features incredible artists from in and around the LA area, all of whom have a deep passion for community and social justice. Our artists are diverse, creative and represent a broad swath of arts achievement in our community! Visual and performing arts, theatre and many music genres serve as the backdrop for these amazing creations.

More info: www.cangress.org

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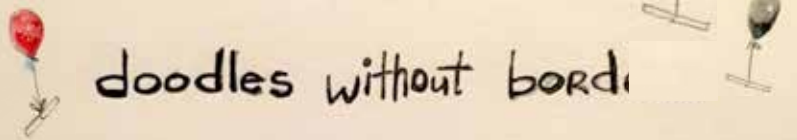
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THE PEOPLE CONCERN
ArtsProgram@thepeopleconcern.org
thepeopleconcern.org/studio-526/

2nd Friday
5pm-7pm

Studio 526
526 San Pedro St
Los Angeles, Ca 90013



doodles without borders

doodles without borders (dwb) is committed to equitable access to arts, cultural, and social spaces as a fundamental human right and collective responsibility.

Connect with Hayk and dwb events:
doodleswithoutborders.com | @doodleswithoutborders

VISIT OUR WEBSITE SKIDROWARTSALLIANCE.COM

Explore a variety of inspiring programs from music to theater, visual arts and much more. Each program uses the arts to nourish wellness, community and connectivity.

Share your experience and ideas for the next Zine!
Reach us at info@skidrowartsalliance.com

Skid Row Happenings: On-going

MON	TUE	WED	THU	FRI
<p>10:30am–Noon Mindful Mondays 1st and 3rd Monday. Coffee, Croissants and craft with Cami (LAPD, see p.9)</p> <p>1–3pm Music Education Labs (Urban Voices Project, held at Studio 526): Build performance skills and techniques whether you are an industry professional or a seasoned shower singer!</p> <ul style="list-style-type: none"> • Music & Piano Theory (1-2pm) • Performance Technique (2-3pm) (see p.15) 	<p>10:30am–Noon (3rd Tuesday) Creative Writing Workshop (LAPD, see p.9)</p> <p>11am–12pm Virtual Art Inspiration (Zoom beginning mosaic workshop with Piece by Piece instructor): Register online at www.piecebypiece.org (see p.11)</p> <p>Studio 526 Art Studio: 12:30pm– 3:30pm Music Studio: 8:30am–3:30pm (1.5-hr. sessions by appt.) New Artist Orientation: 1pm, on Select Tuesdays (see p.18)</p> <p>2–5pm Theatre Workshops (LA Poverty Dept., see p.9)</p>	<p>10am–12pm Free Beginning Mosaic (Piece by Piece): Learn basic mosaic techniques and be part of this welcoming and friendly community! (see p.11)</p> <p>2pm Neighborhood Sing (Urban Voices Project): Joshua House Clinic, 325 E 7th St, LA (see p.15)</p>	<p>Studio 526 Art Studio: 12:30pm– 3:30pm Music Studio (by appt.): 8:30am–3:30pm (1.5-hr. intervals) New Artist Orientation: 1pm, Select Thursdays (see p.18)</p> <p>2–5pm: LAPD Exhibition— Welcome to the COVID Hotel (opens 3/9) (See p.6)</p> <p>2:30pm: Neighborhood Sing (Urban Voices Project): Central Library, Meeting Room B, 630 W 5th St, LA (see p.15)</p> <p>3:30–5pm doodles without borders “How dare you!” community arts table, General Jeff (Gladys) Park (see p.26)</p> <p>5–6pm Culture Hour (LACAN) Join the Freedom Singers from LACAN on Facebook Live (see p.25)</p> <p>7–9pm Theatre Workshops (LA Poverty Dept., (see p.9)</p>	<p>Studio 526 Art Studio: 12:30pm– 3:30pm Music Studio: 8:30am–3:30pm (1.5-hr. sessions by appt.) (see p.18)</p> <p style="text-align: center;">MONTHLY FRIDAY EVENTS</p> <p>2nd Friday, 5 pm–7 pm Studio 526 Art Jam: Open Mic, Music and Art (see p.18)</p> <p>3rd Fridays, 11–2pm Urban Voices Project Buskfest, SW Corner of 5th & San Pedro</p> <p>Monthly at LA Poverty Dept. (see p.9):</p> <ul style="list-style-type: none"> • 3rd Tuesday, 10:30am–Noon Creative Writing workshop • 1st & 3rd Fridays, 7–9pm Free Movie Nights at the Museum • Last Friday: 3–5pm Puppet making • Last Friday: 5–7:30pm Open Mic with Lorinda • 2nd & 4th Sunday: 2–4 pm Mutual Aid Self / Social Therapy (MAST) by Public School Los Angeles

We want to hear from you!

The Skid Row Arts Zine is for you, the members of Skid Row community. Our goal is to encourage and engage your creative spirit by providing safe spaces and opportunities for you to create and thrive. We invite you to a short survey about what you enjoy and would like to see in the Arts Zine.

Go to: <https://shorturl.at/tBKOS> or scan the code below.



JOIN US!

Saturday, March 9

Opening of Los Angeles Poverty Department’s new exhibition *Welcome to COVID Hotel* (p.6)

Saturday, March 23 & 6/22: Crossroads Concert

Free concerts by Street Symphony (p.21)

Sunday, April 28: C’mon, Sing!

UVP’s community sing-along at various spots throughout the Skid Row neighborhood (p.16)

Saturday, May 25: Walk the Talk Performance/Parade (p.7)

and many more!



Skid Row is a dynamic and powerful arts community. Anywhere on the streets of Skid Row, creativity is happening. This map will show you where to untap the artist inside you.

SKID ROW ARTS MAP



- 1** **Skid Row History Museum & Archive and Los Angeles Poverty Department**
Monthly Open Mics and Movie Nights, Exhibitions and Forums
250 S. Broadway | 213-413-1077
www.lapovertydept.org
- 2** **Central City Community Church of the Nazarene**
419 E. 6th St. | 213-689-1766
- 3** **The Midnight Mission**
419 E. 6th St. | 213-689-1766
- 4** **Studio 526 (Art & Music studio)**
419 E. 6th St. | 213-689-1766
- 5** **Urban Voices Project**
419 E. 6th St. | 213-689-1766
www.urbanvoicesproject.org
- 6** **"Movies in the Park" and "Drumming in the Park"**
 - **San Julian Park**
312 E. 5th St. (5th & San Julian)
 - **General Jeff Memorial Park** (formerly Gladys Park)
808 E. 6th St. (6th & Gladys)
- 7** **Joshua House Clinic**
UVP Singalong, World Dance Workshops
325 E. 7th St, Los Angeles
- 8** **Piece by Piece**
Call for address: 323-963-3372
www.piecebypiece.org



Refresh Spot

Bus Stops

Metro Station

Landmarks

Designed and Produced by Sebin Song and Xivi Huang of the USC Roski School of Art and Design. Supported by USC Arts in Action, part of USC Visions and Voices: The Arts and Humanities Initiative.