VISIONS OF A NEW WORLD

CULTIVATING FREEDOM FOR FUTURE GENERATIONS
Thank YOU to you for taking the time to read this.

Deep gratitude shared to the Roots for Peace (R4P) Zine Committee including Michelle, Andrea, Brenda, Mar, Xochil, and AFSC staff who dreamed up and put this project together.

Sincere gratitude to all the creative souls that poured their heart, vulnerability, and stories into creating this community zine. Thanks to them, R4P community and the justice movements that provide us with inspiration and healing.

We are fortunate to coexist in this universe with you all and we look forward to continue cultivating a world where we are all free.

This project made possible with the support of Roots for Peace Program staff & the American Friends Service Committee.
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DEAR READER,

the following page is a remembrance of all of those who have passed away due to state and systemic violence. Continue to demand justice for those who left us too early. Continue to mourn, grieve, rage – simply continue to BE.

The following names are of only some of those whose lives been cut short by state sanctioned violence, there is many more, SAY THEIR NAMES!

Black Lives matter today, tomorrow- always.
Quintonio Legrier
Akai Gurley
Manuel “Mannie” Elijah
Botham Jean
Shelly Frey
Laquan McDonald
Joao Pedro
Stephon Clark
Elijah Jovan McClain
Aura Rosser
Felix Kumi
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Mya Hall
Atatiana Jefferson
Ezell Ford
Charles “Chop” Roundtree Jr.
Trayvon Martin
Alexia Christian
Antwon Rose Jr.
Nina Pop
Tanisha Anderson
Andres Guardado
Darrius Stewart
Aaron Bailey
Michael Brown
Jamar Clark
Gabriella Nevarez
Jordan Edwards
Dion Johnson
Dominic Hutchinson
Billy Ray Davis
Willie Tillman
John Crawford
Dominique Clayton
Eric Garner
Rodney King
Tony McDade
Eric Reason
Tamir Rice
Dreasjon “Sean” Reed
Brendon Glenn
Philando Castille
Freddie Gray
Natasha McKenna
Sandra Bland
George Floyd
Torrey Robinson
Mary Truxillo
Michelle Cusseaux
Salvado Ellswood
David McAtee
Breonna Taylor
Randall Nelson
Pamela Turner
rest in power:
write in your own people, ancestors, who you want to remember
R4P Freedom school in quarantine times

It wasn't easy to plan to facilitate a virtual Freedom School two weeks before our program start date. Through partnership calls with @67Sueños, AFSC's Global Youth Network, quick virtual trainings with @Training4Change, we went for it feeling mas o menos grounded amidst the chaos. We believed in our team, our vision, and felt an importance to try it on as everyone else did as well.

R4P 2020 Freedom School was a project of many! The R4P Youth Program facilitation team including 4 youth alumni and staff held it down with 11 amazing youth participants. Together we committed to 15 days of social justice training, gardening, making art, building community, & taking action through "Hour of Action!" on Fridays in support for @StudentsDeserve and @PeoplesBudget-LA efforts.

Shout out to those who supported R4P Freedom School:
- Beto & Jackie, 67 Sueños
- Nia, AFSC Youth Programs
- Crystal, AFSC LA R4P
- Dilia, Communities for Better Environment
- Jas, our Natural Medicine Workshop
- traci, Yoga Workshop / Webs of Wellbeing
- Ivette, Dignity & Power Now
- Davona, BLM-LA
- Sage from CSU
- Megan &
And many more!

by eli
Freedom School 2020 was a new experience. I had to virtually connect and little by little get comfortable expressing myself among new people. I realize that because of the pandemic we all went through some kind of struggle, but we were able to make time and virtually connect. With the fear of exposure to the virus zoom meetings were the best option.

Thanks to this experience i feel like a gained a new family, everyone is so kind and very supportive.

- Andrea Miranda
Music is the glue that holds us together. No matter what emotions you are feeling, music has your back.

-Mar

Inspirational tunes

A laidback, groovy, intergalactic playlist

Roots for peace playlist
Step: 1
open spotify "search bar" & tap on camera icon

Step: 2
Focus camera on playlist above

Step: 3
Sit back & Enjoy

Point your camera at a
I.

ANCESTRAL, CULTURAL & LAND PRESERVATION

THE MANY WAYS WE CONTINUE TO PRESERVE OUR ANCESTRAL KNOWLEDGE, CULTURE AND THE LAND WE LIVE ON.
Elderberry Syrup

From Local Herbalist Brittany Wood Nikerson of Thyme Herbal in Conway, MA

**Ingredients**
- 6 tbs. Fresh Elderberry or (4 tbs. dried)
- 1 tsp. Fresh Ginger
- 2 cups Water
- 1/2 cup Raw, Unrefined Honey
- 1/4 cup Brandy (optional)

**Directions**
- Combine elderberry, ginger, and water in a saucepan and simmer on low until the liquid volume reduces by half (to about 1 cup).
- Strain berries and ginger from decoction and add 1/2 cup of honey (or another natural sweetener) and brandy (optional).
- Mix until the honey dissolves and all ingredients are combined.
- Stored in refrigerator will usually last up to 3 months and even longer with addition of brandy.
- To make an alcohol-free syrup try raw unrefined apple cider vinegar instead of the brandy.
- You can also add some fresh squeezed lemon juice to this recipe. Lemon juice is high in vitamin C and also acts as a preservative.

-Andrea Miranda
How to make Mole Oaxaqueño
Mi lado Oaxaqueño by: Michelle Hernandez

Ingredients:

- A tooth of garlic
- Chicken Breast
- Mole Negro (paste)
- 1 tbsp of salt
- 2 tablets of chocolate abuelita
- 1/2 of a white onion

Procedure:

1. Clean chicken and cut any fat
2. Fill pot with hot water and make sure to cover chicken
3. Add garlic, 1/2 onion, and 1 tbsp of salt
4. Let boil for 40 mins on high fire and afterwards throw away garlic and onion
5. In another pot, 4 cups of caldo from chicken, put 2 tablets of chocolate, and add mole paste
6. Mash both the chocolate and mole paste with a spoon
7. Check that the mole is at your taste (more chocolate=less spicy//more caldo=less thick)
8. Put chicken to the pot with the mole created

-Michelle Hernandez
Access to fresh, healthy, locally grown and culturally appropriate food. Living wages and fair working conditions for all food system workers. Community control over food systems, through community-based agriculture.

Food Justice

"I communicate with my ancestors through the soil and food I cultivate."

-Yesenia Garcia
mi cuerpo recuerda la agonía y la lástima
pero también recuerda el amor que se ha fortalecido
en esta transformación

mis manos sienten las hojas secas de maíz
escucho al pájaro cantando
con las criaturas de bajo la misma luna

la semilla guía mi espíritu
hasta el centro de mis huesos que están sanando
y las estrellas comparten cuentos
del futuro, de lo posible
donde puedo respirar en un mundo
sin fronteras, sin jaulas, sin miedo

hoy amanezco con lágrimas llegando hasta mi pecho,
donde mi corazón vive
donde puedo complacerme en el amor infinito
que me ofrece luna, sol, y agua

donde puedo sembrar por kilómetros
entre sonrisas con flor de girasol
y con pelitos del elote que bailan con el viento, con
un espíritu libre

y conversaciones con el helecho
que me ayudan a recordar su voz de la tierra
que susurra en mi oído
con esperanzas de mantenerla viva

e regresado a la tierra de libertad
where I’m free to soften my gaze
as i watch the clouds crying a dance
rooted in tranquility and patience
this memory lives within my veins

x.r.

MI NIÑEZ EN LA MILPA
II.

RADICAL RESILIENCE TOWARDS COLLECTIVE & SELF HEALING

THE RESILIENCY IN OUR LIVES THAT PAVE THE WAY FOR HEALING SELF, COMMUNITY, & THE WORLD
In a world full of hate and love I want to be seen
Not for the color of my skin, not for my unideal body, not for my
choice of clothing but for me
I want to be seen for my ideas, hopes, and dreams
I want to be seen as more than an object
I want to be heard, heard for all my ideas and thoughts that may
contradict your beliefs yet I want to be respected for them.
I don’t want to be seen as your object, your maid, your baby maker, oh
please let me be seen as me
I’m my own person who has beautiful hopes and dreams for this world
so don’t silence me, don’t judge me and don’t stop me from radiating.
I want to be seen for me and all the beautiful things I offer, I do not
want to be seen for my body that goes against your beauty standards.
I want to be seen for the way I radiate when speaking about my
passions, I want to be seen for my pure heart, I want to be seen as an
individual who wants nothing but the best for the ones they love.
Please don’t see me as a un idealistic body, please don’t see me as
someone who can please you, please don’t see me as a disappointment
for not looking like the girls on magazines, please don’t see me as a
failure for struggling in life but instead see me for what I am.. a
beautiful, spirited, hopeful ray of energy.

- Kassandra Chavez
Self-care can be:

- Asking for help
- Spending time alone
- Putting yourself first
- Asking for what you need
- Saying "no"
- Staying at home
- Setting boundaries
- Taking a step back
- Forgiving yourself

Original art piece created by: @lauraheartlines
Submission by: Carlos "Lalo" Reyna
Gardening to me is calming, peacefulness and having freedom. Whenever I go outside I just feel the light breeze of air and wind lushing through my hair and skin. Giving me those calming vibes. That just make me feel the best. Some type of connection to the earth. Like giving back some new plants. That will soon grow into amazing great crops. For this lushes earth of ours. Gardening just gives me that connection with earth that is special.

- Cristina De La Cruz 🖤
In the future you’re going to refrain from building houses and begin building homes where LOVE and FREEDOM can coexist.

You’re going to rip off from your back all the strings that tie you to your old self, the one you had trouble defending, the one you had a hard time speaking up for.

The one who knew how bad the pain would hurt but who was oblivious about the permanent scars it leaves behind. Most importantly you’re going to be able to forgive yourself, just like all the times you have forgiven people who never offered an apology.

You’ll wake up one day and enjoy the company of the person you love most (yourself).

You’ll begin feeling safe even after you’ve come to terms with the reality that you will never truly fit into this world, simply because you were not created to be molded.

They say science doesn’t go well when talking about love, but Earth is our galaxy's lungs and you are both; the air and stardust that’s framing and filling the dull places of this planet.

If that ain't love, then tell me what is?
There will come a time when you won’t have to worry if your walls are thick enough to keep your 2 p.m. cries from being heard. Instead you’ll find out that letting yourself dissolve in people's words and loud laughter is the perfect remedy and that a closed ego and open heart is the best melody. Your tears will make up a beautiful flowing river, where you will no longer have to suffer from sedation.

I hope you open your heart to the sound of the world around you and I hope it doesn’t consume you, but instead embraces you. I hope you know that happiness will find you and sadness will too but when life gets hard, because it will- I hope you remember the look in the eyes of your mother after a shared laugh, and the many eyes of the people who love(d) you.

I hope you hold on to who you are when no one else is looking, because the most important home you’ll ever build is the one within yourself. A place where your ugly cries and non stop laughter will live. When you build such home, I hope that instead of walls you build the bridges you someday see yourself crossing.

Pick someone you wouldn’t mind crossing them with and LIVE - don’t fear the death of your body, because your energy will transfer into the everlasting love holding this world together. This is home. It’s here. within you.

- Brenda Fernanda Verano
Agency, Resistance, and Finding Our Voice

This is us. Reclaiming our selves. Our existence is our resistance.
Soon before I realized
I were an Angel in disguise
I would wipe tears from my eyes

I'd stare at my blood
shot eyes and wrinkled
face as if I were a demon

I'm used to pain.

Having to fight for justice
again and again

I felt the world draining my energy

No balance, no synergy,
I sat on the bathroom floor

Hoping that the cold
tile would awake my
senses once more

I wrote, I listened
to this podcast
to affirm my existence

I'm houseless
but I have a home

I feel lost
but I know where I'm going

Two things I was sure of
but had no urgency to recover
The duty of being
a God sent sacred woman,

I will discover I'm grounded,
I'm healing, I'm planting and dancing.
This is my recovery
against the backdrop of civil unrest

I passed the test
d.w. ❄️
TE VEO AUNQUE OTROS NO TE VEAN,
TE VEO AUNQUE TRATEN DE ESCONDERTE,
PREDOMINAS EN LA POBREZA,
Y NO EXISTES EN LA RIQUEZA,
LOS RICOS TE CREARON Y LOS PORBRES TE ENFRENTAN,
CON GRANADAS, BALAS Y GASES LACRIMOGENOS,
QUIEREN CALLARNOS PERO NO NOS VAMOS,
HAY QUE VENCER EL MIEDO POR EL BIEN DE LOS QUE VENGAN,
HAY QUE SALIR PARA QUE SE ACABEN LAS INJUSTICIAS,
EL QUE CALLA OTORGA,
EL QUE NO SE MUEVE EL GOBIERNO LO CONTROLA,
LEVANTEMOS NUESTRAS VOICES,
QUE MAÑANA LE GAÑAREMOS AL SISTEMA,
HAZ QUE LOS QUE TIENEN “EL PODER” TE TEMAN.
this is a cry of the people
the people who know
the pain of their brothers
whose life no longer grows

this is a cry of the children
the children whose futures are at stake
which side of history will you partake

Niniveth Garcia
These streets are my home, these streets are south central. living in south central one thing that always stood out to me was painting of la virgen on the side of many corner stores and markets. while not everyone is religious, many hispanics/latinos find comfort in her presence. She gives hope to many in my community, including me. The garden is dedicated to roots for peace, thanks to this program I've taken up gardening as a hobby. I've started a small garden on my balcony and having to water and care for those plants gives me a reason to get up out of bed :) thanks roots for peace! <3
Roots For Peace

A Los Angeles based program of the American Friends Service Committee (AFSC). Roots for Peace utilizes urban farming, leadership development, and community organizing to address health and economic inequities in LA. They collaborate with local organizations and coalitions to address food access and environmental justice issues across the city. Their successes include opening up the South LA Community Garden as well as organizing an annual Freedom School for youth!

@rootsforpeace_la

Students Deserve

A youth-led grassroots organization of students, parents, and teachers fighting for justice in education and beyond. Their successes include ending Random Searches in LAUSD schools, eliminating pepper spray on school police, and divesting $25 million from school police.

@la_studentsdeserve

Black Lives Matter

A global organization, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. Their wins include Confederate monuments and status coming down, several arrests of police officers, mayors pledging to move funding from city police department, and overall nation-wide media attention to the BLM movement.

@blmlosangeles

Chicas Verdes

Empowering young people to create healthy, sustainable resources in their communities. During this time of need, due to COVID-19, Chicas Verdes has given over 50,000 lbs of free food and produce to more than 2,000 families.

@chicasverdes

-Michelle Hernandez
Legacy LA
An organization that serves the youth of Ramona Gardens by providing positive interventions and opportunities. Their four pillars work in concert to address the needs of our youth and support their positive development, through academic capacity, empowered in their leadership, supported through their mentoring, and inspired by the arts.

CA Immigrant Youth
An immigrant youth-led organization that strengthens local and statewide grassroots organizing efforts to build collective power. CA Immigrant Youth is a statewide immigrant youth-led alliance that focuses on placing immigrant youth in advocacy and policy delegations in order to ensure pro-immigrant policies go beyond legalization, and shed light on how the criminalization of immigrants varies based on identity.

Justice LA
A grassroots coalition leading the campaign to stop incarceration in LA County and reinvest county dollars into alternatives to incarceration. Since their launch in 2017, they’ve successfully stopped LA County’s $3.5 billion jail expansion plan and lead the development of LA County’s Alternatives to Incarceration Work group report. They prioritize an intersectional approach to movement building that uplifts the communities most impacted by incarceration in LA County.

Vigilant Love
Creates space for connection and grassroots movement to protect the safety and justice of communities impacted by Islamophobia and violence. They use arts, healing, and activism to organize against Islamophobia. They actively counter Islamophobic policies that support the Mosque-to-Prison Pipeline. Their policy advocacy is in partnership with a strong coalition of Los Angeles based organizations.

-Michelle Hernandez
CHIRLA
The Coalition for Humane Immigrant Rights was formed to advance human & civil rights of immigrants & refugees. Their mission is to achieve a just society fully inclusive of immigrants. CHIRLA organizes and serves individuals, institutions, and coalitions to build power, transform public opinion, and change policies to achieve full human, civil and labor rights.

Stand Los Angeles
An environmental justice coalition of community groups that seek to end neighborhood drilling to protect the health and safety of Angelenos on the front lines of urban oil extraction. They believe that the City of LA is responsible for protecting every Angeleno from the health and safety risks associated with oil drilling in close proximity to homes, schools and places of work.

Inner City Struggle
A grassroots community-based organization dedicated to achieving social & economic justice for youth & families in East LA. Concerned with the role public education played as a pipeline to prison and poverty, everyone began organizing in schools. Their first campaigns successfully challenged LAUSD’s overcrowding and push-out crisis. They’ve build stronger schools, grow our civic engagement, and prevent housing displacement for a stronger and more powerful Eastside.

We hope these organizations keep you aware of many issues happening in our community. We hope you can expand your advocacy and check these organizations out!

-Michelle Hernandez
GUIDE TO: SOCIAL JUSTICE (ACLU)
PROTESTERS, RECORDING, IMMIGRANT, AND ARREST RIGHTS

Protesters Rights

Q: Where can I legally protest?
A: Streets, sidewalks, and parks. You also likely have the right to speak out on other public property, like plazas in front of government buildings, as long as you are not blocking access to the government building or interfering with other purposes the property was designed for.

Q: What do I do if police disperse the protest?
A: Officers must provide a reasonable opportunity to comply, including sufficient time and a clear, unobstructed exit path. Individuals must receive clear and detailed notice of a dispersal order, including how much time they have to disperse, the consequences of failing to disperse, and what clear exit route they can follow, before they may be arrested or charged with any crime.

Recording Rights

Q: Do I have the right to record or take pictures?
A: When you are lawfully present in any public space, you have the right to photograph anything in plain view, including federal buildings and the police. On private property, the owner may set rules related to photography or video.

Immigrant Rights

Q: What do I have if I've been stopped by the police?
A: You have the right to remain silent. If you wish to exercise that right, say so out loud. (In some states, you may be required to provide your name if asked to identify yourself.) You do not have to consent to a search of yourself or your belongings, but police may pat down your clothing if they suspect a weapon. You do not have to answer questions about where you were born, whether you are a U.S. citizen, or how you entered the country.

Q: Can the police confiscate my photos or videos?
A: Police officers may not confiscate or demand to view your photographs or video without a warrant, nor may they delete data under any circumstances. However, they may order citizens to cease activities that are truly interfering with legitimate law enforcement operation.

Arrest Rights

Q: How should I prepare if I anticipate being arrested?
A: Prepare yourself and your family in case you are arrested. Memorize the phone numbers of your family and your lawyer. Make emergency plans if you have children or take medication.

Q: What should I do if I am arrested?
A: Say that you wish to remain silent and ask for a lawyer immediately. Don’t answer any questions, give explanations or excuses. You have the right to a free lawyer. Don’t say anything, sign anything, or make any decisions without a lawyer. You have the right to make a local phone call. The police cannot listen if you call a lawyer. They can and often will listen to a call made to anyone else.

What do I do if I think any of my rights have been violated?

- Write down EVERYTHING: badge/patrol car #’s and the agency they work for
  - Get contact info for witnesses
  - Take photographs of any injuries. Once you have all of this information: you can file a written complaint with the agency’s internal affairs division or civilian complaint board
- NUMBERS TO KNOW:
  - National Lawyers Guild LA: (310) 313-3700/arrests@nlg-la.org
  - Your Emergency Contacts (write on skin in sharpie)

-Michelle Hernandez
**GUÍA PARA: JUSTICIA SOCIAL (ACLU)**
**DERECHOS DE MANIFESTANTES, GRABACIÓN, INMIGRANTES Y ARRESTO**

### Derechos de Manifestantes

**¿Dónde puedo protestar legalmente?**
Calles, aceras y parques. También es probable que tenga derecho a hablar sobre otras propiedades públicas, como plazas frente a edificios gubernamentales, siempre que no bloquee el acceso al edificio gubernamental o interfiera con otros fines para los que se diseñó la propiedad.

**¿Qué hago si la policía dispersa la protesta?**
Los oficiales deben brindar una oportunidad razonable para cumplir, incluido el tiempo suficiente y un camino de salida despejado y sin obstrucciones. Las personas deben recibir un aviso claro y detallado de una orden de dispersión, incluido cuánto tiempo tienen para dispersarse, las consecuencias de no dispersarse y qué ruta de salida clara pueden seguir, antes de que puedan ser arrestados o acusados de cualquier crimen.

### Derechos de Grabación

**¿Tengo derecho a grabar o tomar fotografías?**
Cuando está legalmente presente en cualquier espacio público, tiene derecho a fotografiar cualquier cosa a plena vista, incluso los edificios federales y la policía. En propiedad privada, el propietario puede establecer reglas relacionadas con la fotografía o el video.

### Derechos de Inmigrantes

**¿Qué tengo si me ha detenido la policía?**
Tiene derecho a permanecer en silencio. Si desea ejercer ese derecho, dígalo en voz alta. (En algunos estados, es posible que se le solicite que proporcione su nombre si le solicita que se identifique). No tiene que dar su consentimiento para que lo registren a sí mismo ni a sus pertenencias, pero la policía puede registrar su ropa si sospecha de un arma. No es necesario que responda preguntas sobre dónde nació, si es ciudadano estadounidense o cómo ingresó al país.

### Derechos de Arresto

**¿Cómo debo prepararme si anticipó ser arrestado?**
Prepárese usted y su familia en caso de que lo arresten. Memorice los números de teléfono de su familia y de su abogado. Haga planes de emergencia si tiene hijos o toma medicamentos.

**¿Qué debo hacer si me arrestan?**
Diga que desea permanecer en silencio y solicite un abogado de inmediato. No responda preguntas, dé explicaciones o excusas. Tiene derecho a un abogado gratuito. No diga nada, no firme nada ni tome decisiones sin un abogado. Tiene derecho a realizar una llamada telefónica local. La policía no puede escuchar si llama a un abogado. Pueden escuchar y a menudo escucharán una llamada realizada a cualquier otra persona.

### ¿Qué hago si creo que se ha violado alguno de mis derechos?

- Anote TODO: número de placa / patrulla y la agencia para la que trabaja
  - Obtenga información de contacto para testigos
  - Tome fotografías de las lesiones. Una vez que tenga toda esta información: puede presentar una queja por escrito ante la división de asuntos internos de la agencia o la junta de quejas civiles.
- **NÚMEROS QUE DEBE SABER:**
  - Gremio Nacional de Abogados LA: (310) 313-3700/ arrests@ngl-la.org
  - Sus contactos de emergencia (escriba en la piel con sharpie)

-Michelle Hernandez
THANK YOU FOR READING!

To support the Roots for Peace youth program, other projects, & learn more about our programming and events, check us out on IG @rootsforpeace_LA.

You can learn more about AFSC here: www.afsc.org