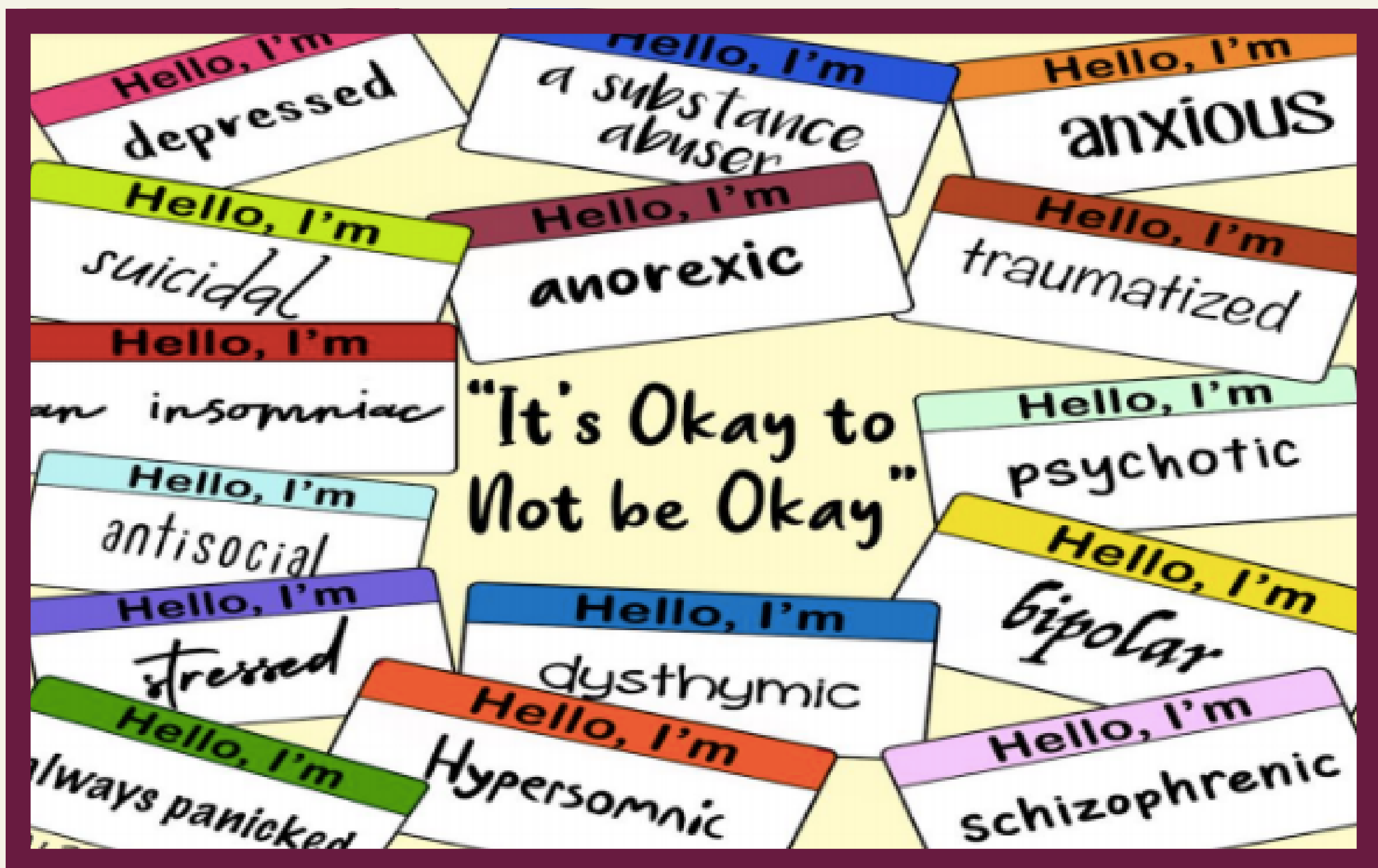


SPRING/SUMMER EDITION



THE ROAD TO FIND

EXPLORING STUDENT PERSPECTIVE ON
HEALTH AND MENTAL HEALTH JUSTICE

WWW.THEROADTOFIND.ORG

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FEATURED STUDENTS:

EDITION TEAM

Sonia Banker: Grade 11, University HS

Natalie Shtangrud: Grade 11, Granada Hills Charter HS

Rachel Rubin: Grade 9, Northwood HS

Diana Jimenez: Grade 12, Bishop Montgomery HS

Amie Tian: Grade 12, Irvine HS

Grace Rangel: Grade 12, Leuzinger HS

ARTISTS

Chanel Williams: Grade 12, City Central Value HS

Abraham Flores: Grade 12, Ramon C Cortines School of
VAPA (Grand Arts)

Nicolette Hoang: Grade 8, Carlsbad Seaside Academy

Noelani Vargas: Grade 11, Coachella Valley HS

Jessica Norris: Grade 12, Santa Cruz HS

Chanel Marie Green: Grade 7, Our Lady of Perpetual Help

Monica Wilson: Grade 12, John H Francis Polytechnic HS

Seth Raven Gray: Grade 8, Chaula Desert Academy

Odaliz "Lulu" Nolasco: Grade 9, Compton Senior HS

Alexis Galdamez: Second Year Student, CA State University
of Los Angeles

FOREWORD

By Sonia Banker, 11th Grade
Founder of The Road of Find



This edition of The Road to Find centers specifically around health and mental health, two concepts that have been a part of so many lives during the global pandemic. Over the past year, student mental health rates have dropped drastically because of the lack of connection and the difficulty of acclimating to online school, along with additional challenges regarding changing family situations or health. Throughout the pandemic, my biggest challenge was keeping stability: as the world was clouded with so much uncertainty, I wanted to find something in my life that would remain safe and present. That became art, both music and creative writing. I realized that art was the perfect avenue for healing and emotional processing, and I found that through the tumult of life, I could count on the routine of writing or singing each day.

The art we've received in this particular edition is a beautiful and poignant testament to student resilience throughout the coronavirus pandemic, and I am so grateful for this journal as a place for students to unite and believe in one another as we go through this point in our lives.

ABOUT THE ARTS JUSTICE COUNCIL



The Arts Justice Council (AJC), as well as the Road to Find, was created by Sonia Banker. The Arts Justice Council brings together young artists from all over the state of California to participate in arts advocacy. The primary goal is to work for better arts education programs in our state's schools while also incorporating themes of social justice into our work. In California, only 39% of students are enrolled in arts programs while other states such as Arizona and Wisconsin have around 70%. These shockingly low statistics for California have had a severe impact on communities of color, and the Arts Justice Council addresses these statistics by working with other social justice organizations, advocating for youth through arts events, and working on activism weekly.

**PART OF THE
YOUTH LIBERTY SQUAD OF**

ACLU

Southern California

ABOUT OUR JUDGE



NATALIE SHTANGRUD

Natalie is a rising senior at Granada Hills Charter High School. She loves creativity and enjoys playing the piano, guitar, singing, and drawing. As someone who noticed a lack of arts education in school, she joined the Art Justice Council in hopes of playing a role in ensuring everyone has access to a quality arts education. As a judge of the Road to Find for this edition, she was inspired by the use of art to convey strong messages, and express vulnerability. Art is a universal language that has immense power to create change, inspire, and communicate ideas, and she loved seeing all forms of art used for social change, and to connect with others.

ABOUT OUR EDITION TEAM



RACHEL RUBIN

Rachel is in ninth grade and attends Northwood High School in Irvine, California. She enjoys making art in the form of paintings, drawings, writing, photography, and music. She has been passionate about social justice and civil rights for almost her whole life, and finding a place where she can work for the causes she believes in and incorporate art into it is super important to her. She is passionate about making our country and world a better and more equal place for everyone, and with the AJC, she feels that she can truly make a difference, and be surrounded by a supportive community of artists while working for what she believes in.

Diana Jimenez is a senior at Bishop Montgomery High School. Although she hasn't taken many art courses throughout her high school career, art (i.e. drawing and painting), has remained an essential part of her life outside of school as a hobby, passion, and as a form of relaxation. She became a part of the Arts Justice Council in the summer after submitting her painting to the first edition of the journal ("Road To Find: Black Lives Matter, Black Arts Matter"). Following her submission, she continues to be proud to have used her art to speak up on the important social issues/injustices in our nation. While she loves to paint and sketch for personal enjoyment, she's recognized art as a way to amplify her own and everyone else's voice or opinion and finds it imperative to allow our youth to embrace that aspect of art in whichever form.



DIANA JIMENEZ

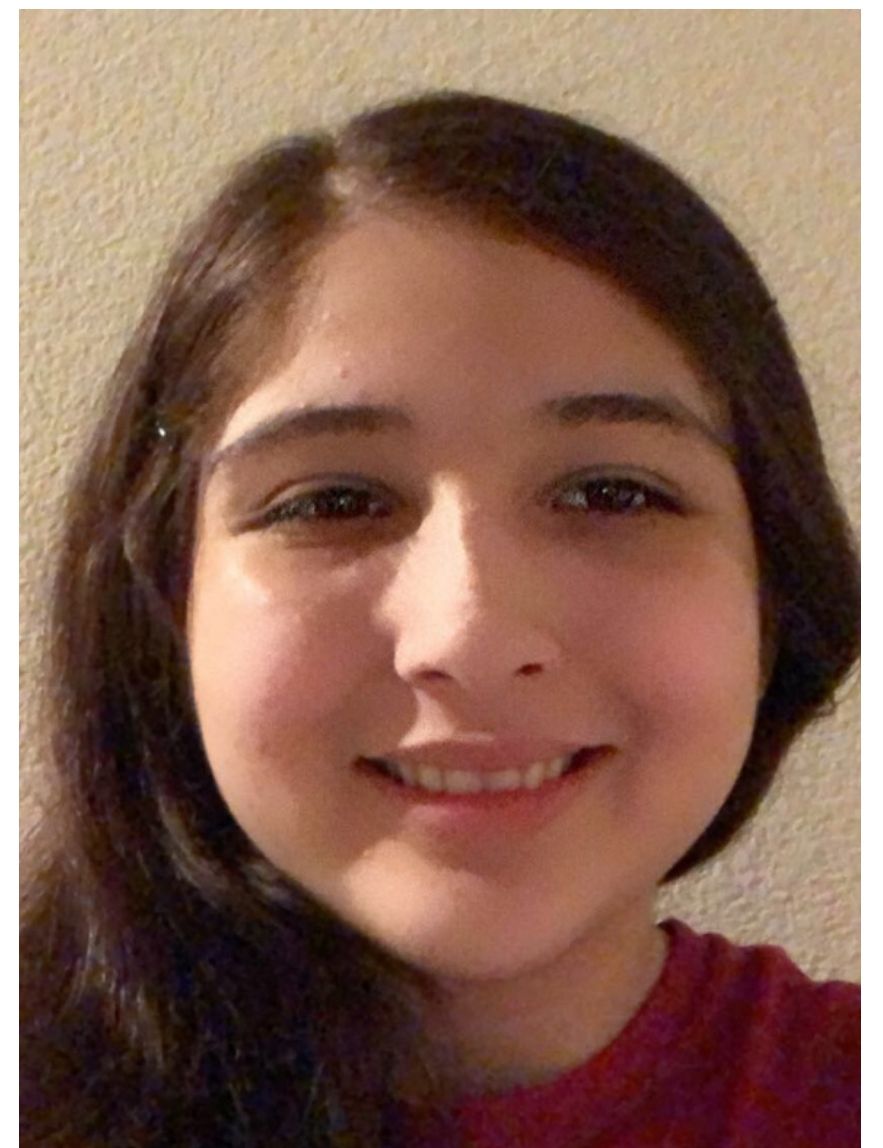
ABOUT OUR EDITION TEAM



Amie Tian (she/her/hers) is from Irvine, California. Art and music have been a huge part of her life and identity since her earliest memories, tracing back to the first time her fingers grasped a pencil and brushed against the piano keys. What she hopes to achieve through her works is this: “A picture is worth a thousand words” and similarly “A note is worth a thousand sentences”.

AMIE TIAN

Grace is a senior at Leuzinger High School. Growing up, Grace enjoyed participating in art programs and playing the violin. However, through her gradual involvement with community service at her local church, Grace began to take an interest in public policy issues revolving around poverty and education achievement gaps among low-income students like herself. Witnessing and experiencing financial scarcity within her community influenced her to become involved with social justice oriented groups such as SoCal ACLU's Youth Liberty Squad. As part of the graduating class of 2021, Grace looks forward to studying Political Science and learning more about the systems that disproportionately affect BIPOC communities in regards to poverty and other related issues. In her free time, Grace loves listening to music, drinking strawberry lemonade, and taking a trip to the beach at sunset hours.



GRACE RANGEL

HEALTH AND MENTAL HEALTH JUSTICE

BY NATALIE SHTANGRUD

The past year-- with online schooling, isolation, devastation and fear, and other unprecedented challenges-- has taken a toll on many peoples' mental health. It has been a very difficult time for all, yet this past year further revealed the deep-seated inequities in healthcare and the unique challenges faced by people of color, indigenous communities, and undocumented citizens. This pandemic highlighted the disparities that exist in accessing mental health resources and behavioral health treatment, as well as lack of mental health resources in schools.

Music, dance, media, and the arts helped students immensely during this time. The arts provide not only a therapeutic outlet for many students, but also a community: things that are beneficial to students' mental health. For many, having a creative outlet maintained a sense of normalcy during times that were vastly different and rapidly changing. Arts classes allowed many to take time to prioritize their mental health and take their mind off of their worries.

The arts are healing. They can help students express themselves in ways they may not be able to express through words and also is an outlet for them to better understand the world around them. There is often immense stigma when it comes to speaking about mental health, however the arts gives students another tool to better express their emotions and artistic communities are often a safe space for many students. The arts have immense benefits, some of which include improving wellbeing and reducing stress, anxiety, and depression. This is why mental health resources and classes that can help students' wellness, such as art classes, must be available to everyone. This includes students with disabilities, English Learners, incarcerated youth, students of color, students from low-income backgrounds, and other vulnerable students. It is imperative to provide more school based mental health and arts resources to all students in helping them recover and thrive during this pandemic.

Cover Artist, Chanel Williams

Rising Freshman, the University of Southern California
(recent graduate of Central City Value High School)



Chanel Williams is an incoming freshman at the University of Southern California. She focuses on social justice advocacy through social media content creation and her own Instagram brand, Land and C, concentrates on Environmental Racism. Her passion for the planet and the people on it directed her to form Courageous Conversations, a student-led club that promotes awareness of systemic racism in our societies and prompts students to note how it can change.

Winning Artist, Abraham Flores

12th grade, Ramon C Cortines School of VAPA (Grand Arts)

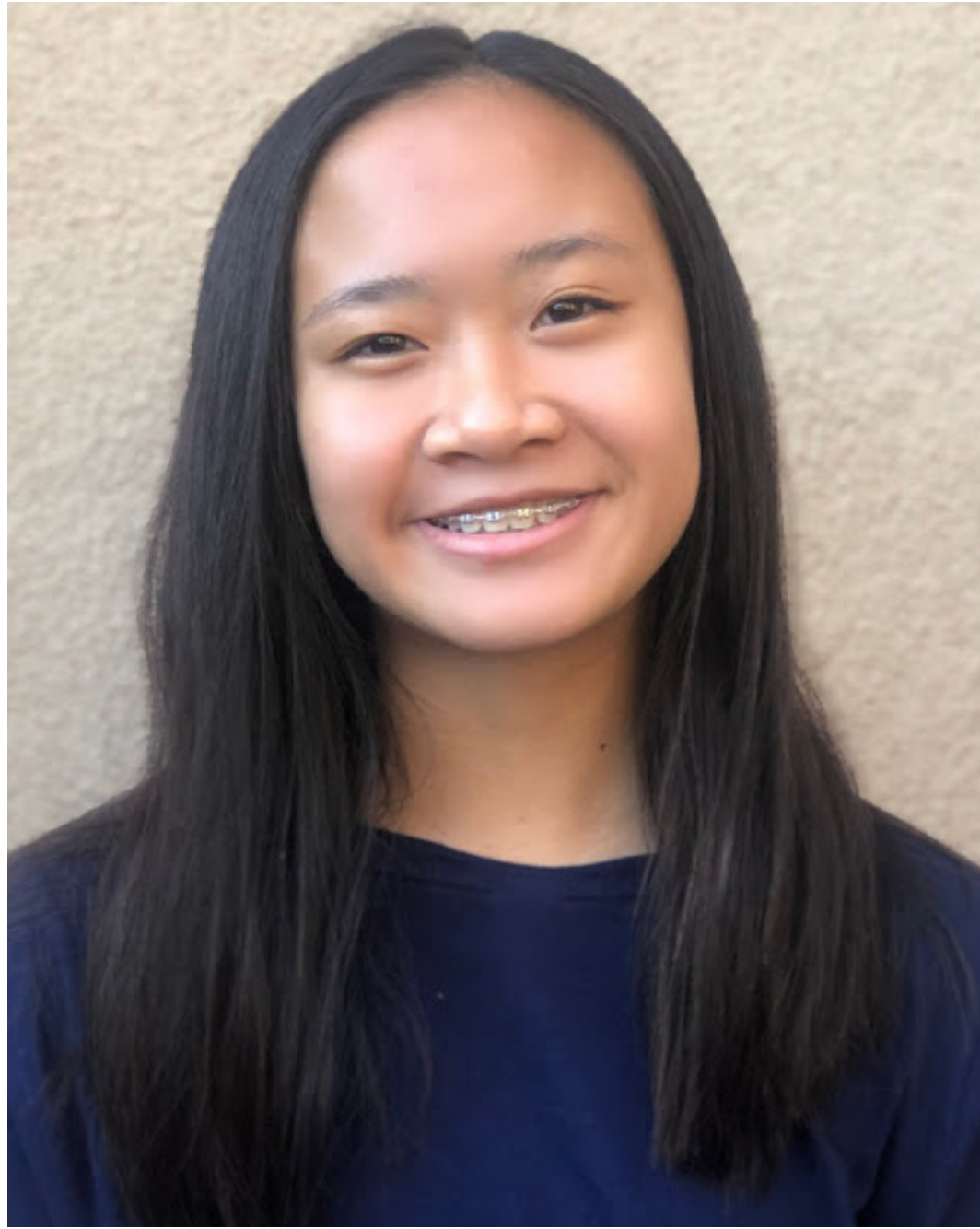


Abraham Flores is a creative leader in entertainment and social entrepreneurship with a dynamic and expansive portfolio, ranging from advocating for arts in education to hosting a podcast. Abraham is passionate about improving their community through programs that increase educational quality and access to low-income students. They will attend the University of Southern California pursuing a Communications degree while interning at Warner Brothers and the LA Opera.

TITLE: "A SIGN"

Winning Artist, Nicolette Hoang⁹

8th grade, Carlsbad Seaside Academy



Nicolette Hoang is a fourteen-year-old girl who lives in Carlsbad, California. She was first introduced to art when she was three years old but didn't really start getting into it until she was five. At seven years old she taught herself how to draw via YouTube videos and art books. Now, at fourteen, she specializes in drawing people (traditionally and digitally) and does bullet journaling as well on her instagram @love_nicolette. Nicolette hopes to share her creativity, love for art, and thoughts with the people around her and the rest of the world.



**TITLES: "THE BUTTERFLY EFFECT" (ABOVE) AND
"NOT YET" (BELOW).**



Winning Artist, Noelani Vargas

11th grade, Coachella Valley High School

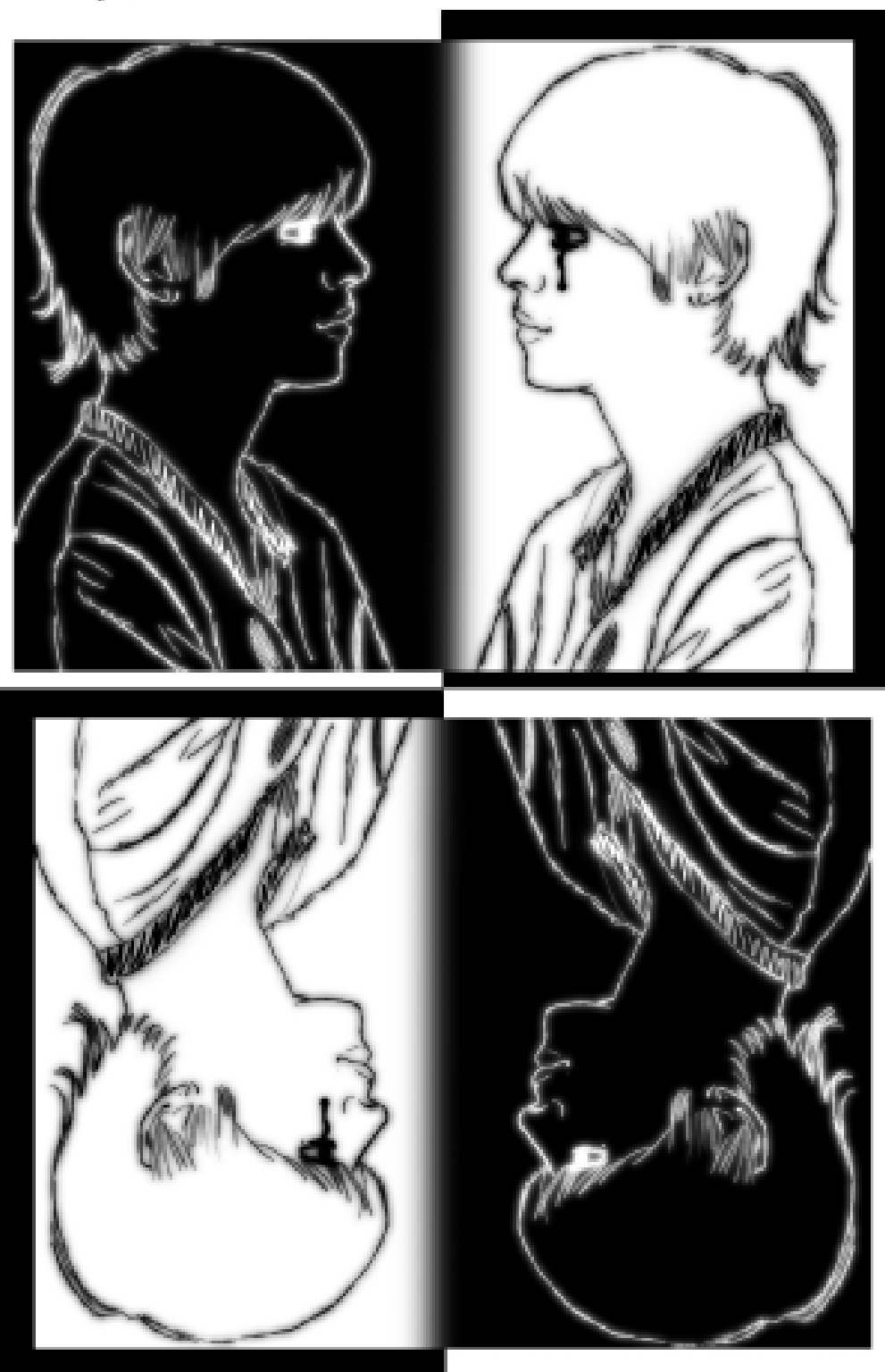
Noelani Vargas is 17 years old. She grew up in the Eastern Coachella Valley and she currently attends Coachella Valley High School. As for her love for art, it has always been prominent throughout her life. Ever since she was young, she has always had a passion for art. She would be constantly drawing and painting. That love is still with her to this day.

A MENTAL HEALTH SERIES: REALIZATION, DOUBT, STRESS, EMPTY, AND HOPE

1. Realization



2. Doubt



Name: 3. Stress
Chemistry 1 2 3

Chapter 16 Test
Date: Wed, 5/12/21

Chapter 16 Solutions Problems Section

D. Problems (Show your work - 60% and answer - 40% of total point)

15. The solubility of gas in water is 0.65 g/L at 124 kPa. What is the solubility when the pressure of the gas is increased to 388 kPa? Assume the temperature remains the same. (5 pts)

16. A gas has a solubility in water at 0°C of 1.6 g/L at a pressure of 101.3 kPa. What pressure is needed to produce an aqueous solution containing 450 g of the gas in 1.0 L of water at 0°C? (5 pts)

17. How many moles of solute are present in 2.3 M CaCl₂ solution of 5.0 L? (5 pts)

18. Calculate the molarity of a solution containing 450 g of CaCl₂ in 1.0 L of water. (5 pts)

19. What is the molarity of a 2.0 M solution of 5.0 L? (5 pts)

20. What is the molarity of a 2.0 M solution of 5.0 L? (5 pts)

21. Calculate the molarity of a 2.0 M solution of 5.0 L. (5 pts)

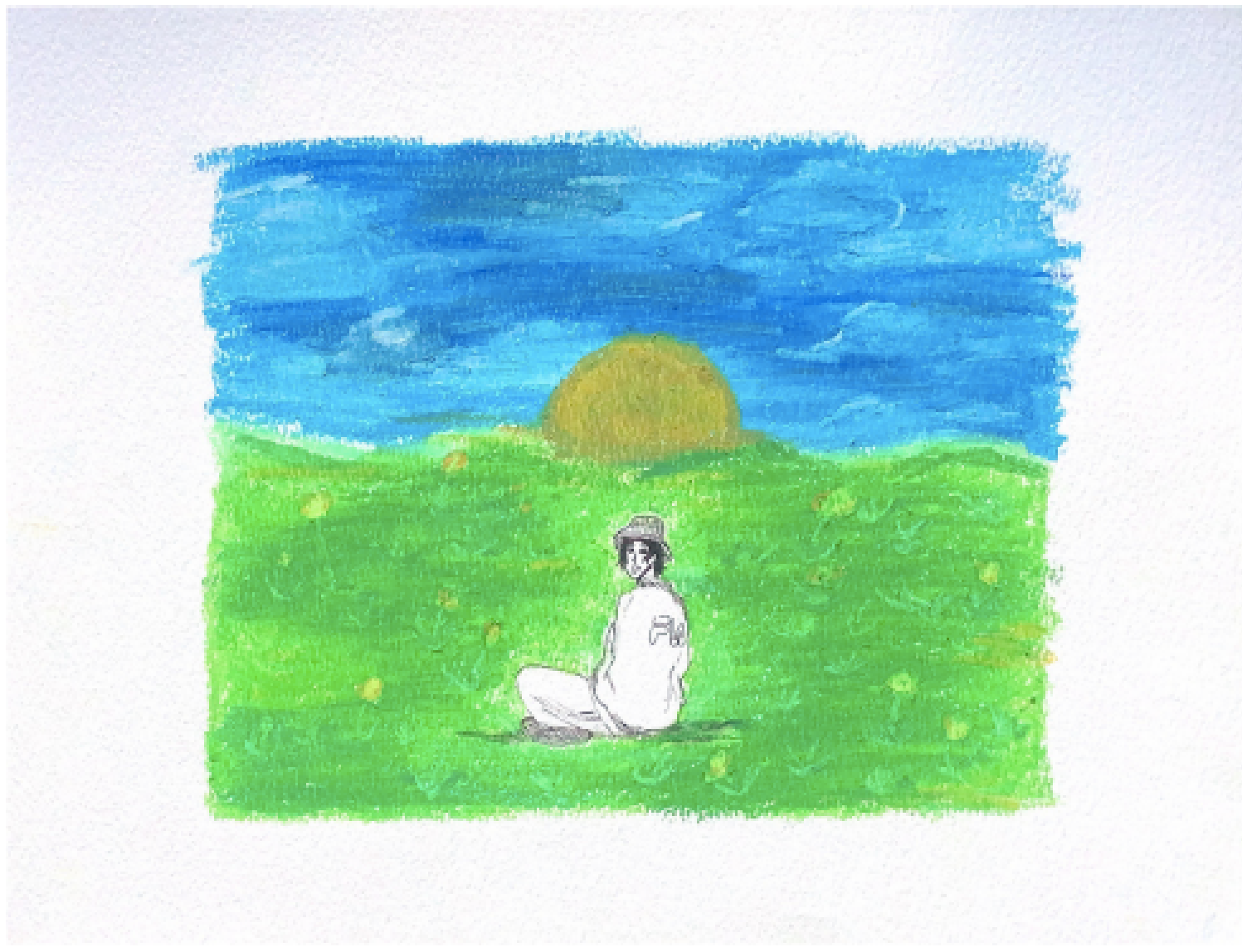
22. What is the molarity of a 2.0 M solution of 5.0 L. (5 pts)



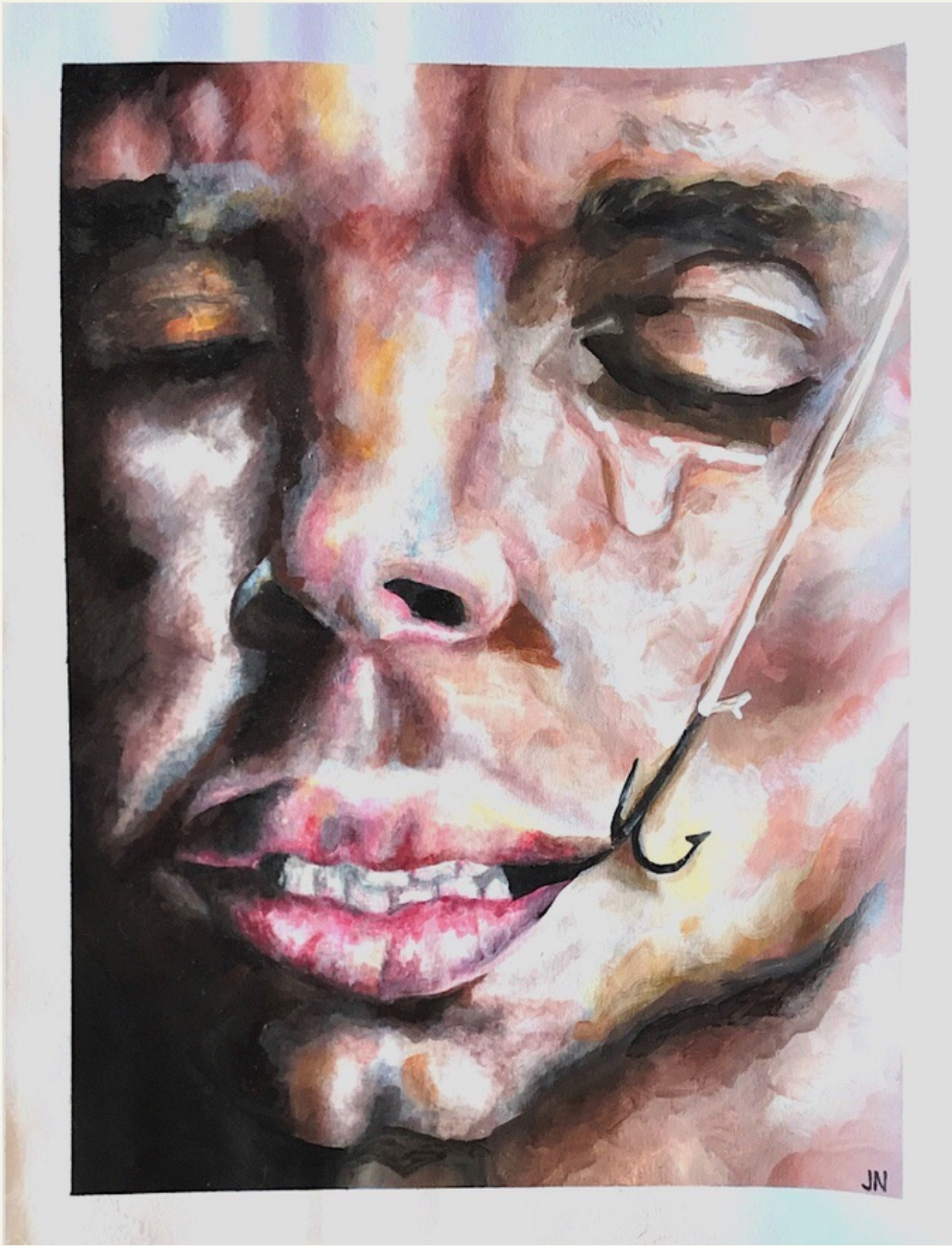
4. Empty



5. Hope



THE ROAD TO FIND EDITION IV



"I AM JUST ANOTHER FISH IN THE SEA"



Jessica Norris
Grade 12
Santa Cruz High School

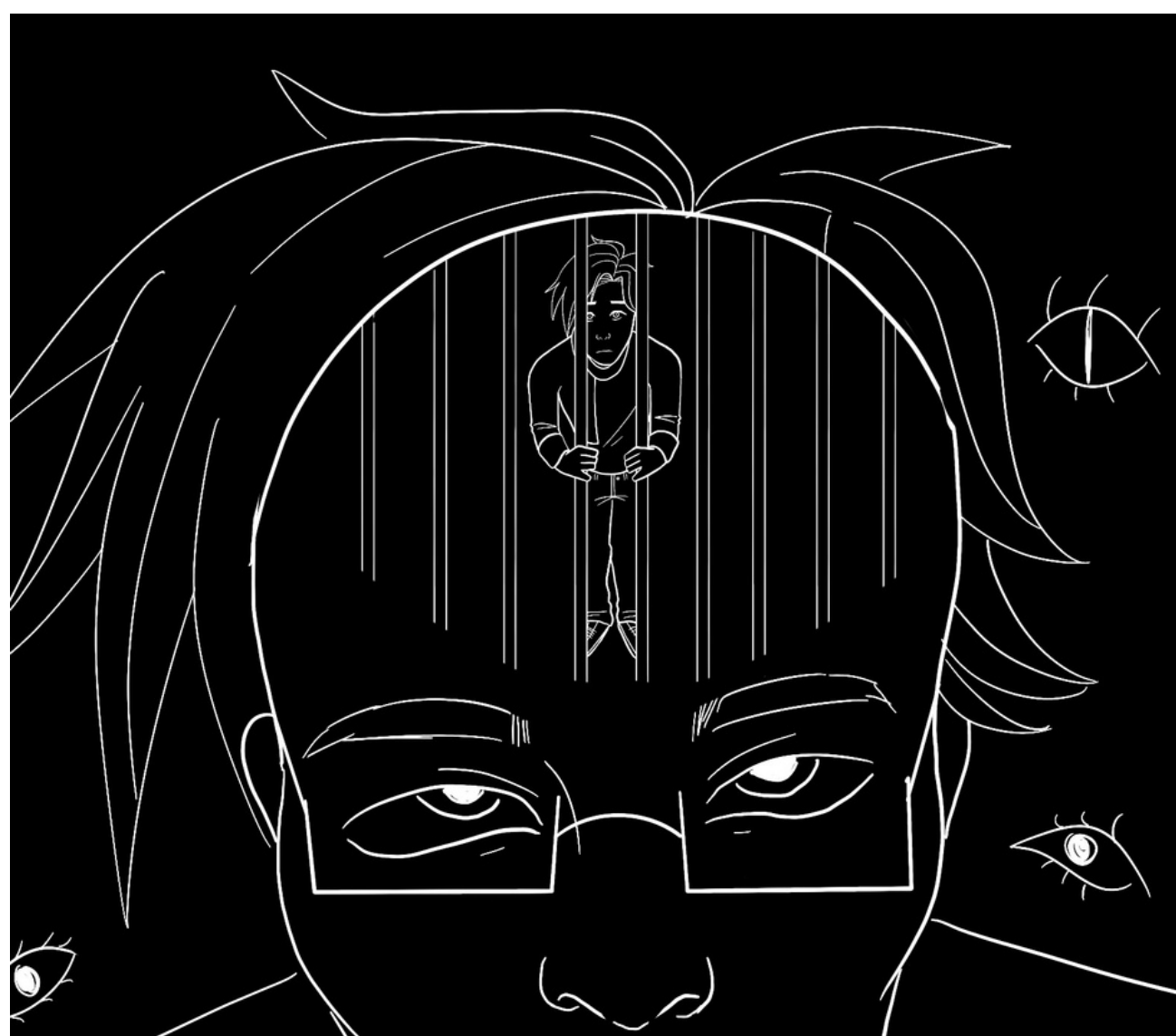


Chanel Marie Green
Grade 7
Our Lady of Perpetual Help



"GUIDING HOPE" (LEFT) AND "HAPPY HEART" (RIGHT)

THE ROAD TO FIND EDITION IV



"THE MIND IS A PRISON"



Monica Wilson

Grade 12

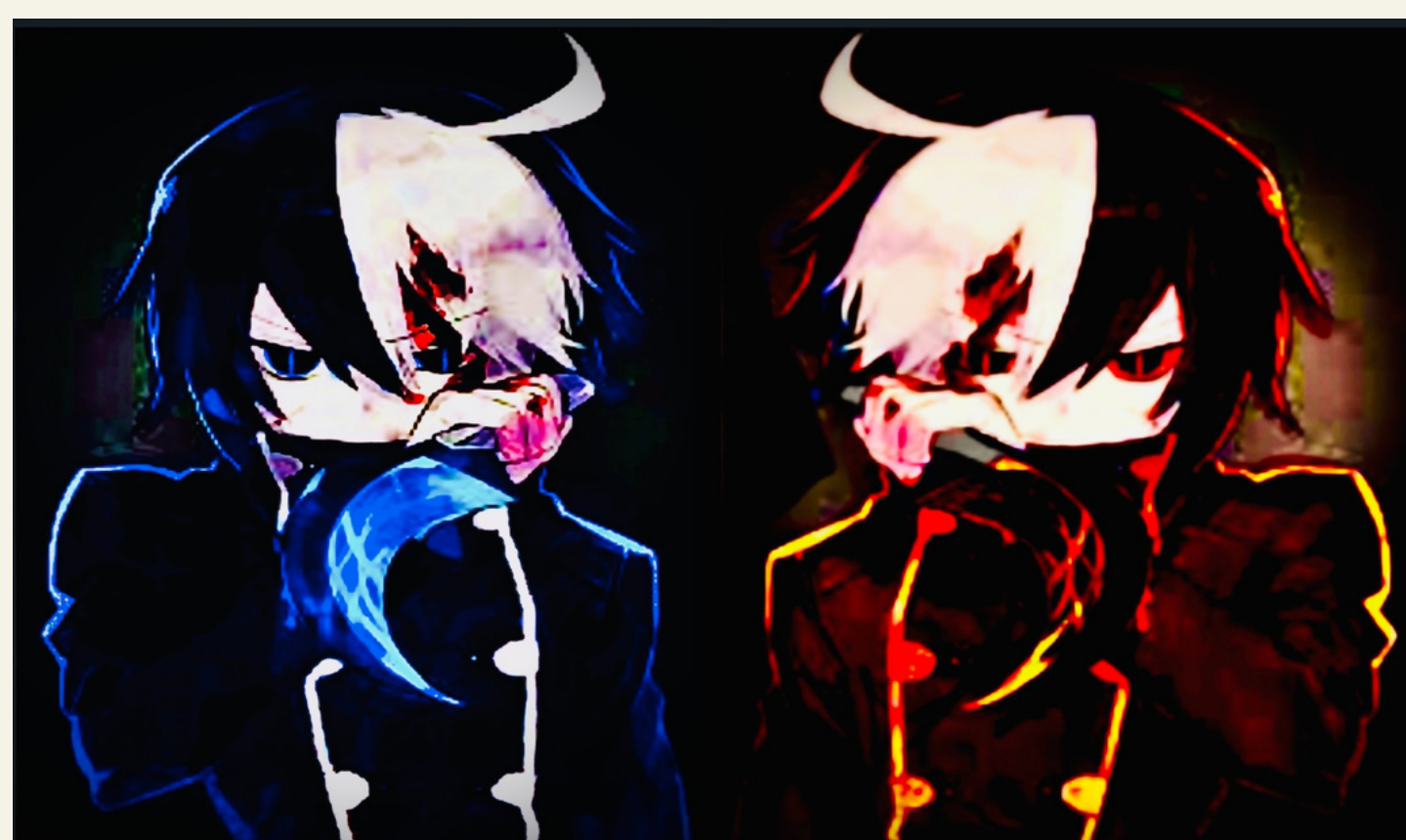
John H. Francis Polytechnic High
School



Seth Raven Gray

Grade 8

Chaula Desert Academy



"UNTITLED"

THE ROAD TO FIND EDITION IV



"POND-EMIC"



Odaliz "Lulu" Nolasco

Grade 9

Compton Senior High School



Alexis Galdamez

Second Year Student
California State
University of Los
Angeles

"MI CAJA DEL TIEMPO"

(A poem in Spanish)

Querida mente, me he estado muriendo
por decirte
que estoy viviendo tiempos muy difíciles.

Mi reloj marca la hora
incorrecta,
es como si fuera una carrera de ilusiones sin fondo,
sin direcciones.

Querida ilusión, he estado pensando que es muy
injusto vivir
en esta caja de color azul.

Querido dolor, mi mente ha estado en tus patios y
justamente ahora has estado rondando por estos
cielos tan
azules y llenos de mi propia ilusión.

NEXT EDITION OF THE ROAD TO FIND

SUMMER EDITION 2021

PRIDE IS STILL PROTEST

ENTRY GUIDELINES

Submit your art in any form (visual or performing)!

- What do the words "pride is still protest" mean to you?
- Share your thoughts on love and equality in this next edition.
- Submit your art by going to the submission guidelines page at www.theroadtofind.org!
- Over \$500 in prizes for winners and art will be published in our next journal!



PRIDE
IS STILL
PROTEST



CLOSING WORDS



AUDREY CHAN

Artist in Residence at the ACLU of Southern CA
Created mural depicting important advocates (see next pages)

“The Care We Create” mural was created in 2020, in the midst of the racial justice uprisings and the COVID-19 pandemic when I was working with ACLU SoCal as their first artist-in-residence. Working in partnership with community organizers, we envisioned transforming the facade of their LA offices with a 3-story tall mural that would celebrate community care and activism through portraits, landscape, and text that demands defunding of the police and investment in services that promote community well-being. An incredible team of painters worked nightly for two weeks, translating my digital design to the brick building through their artistry and countless cans of paint.

I believe art has tremendous power to positively impact mental health, especially when it invites people to feel seen and valued and empowered. As an artist, I also feel healed emotionally when I can help to make visible other people’s stories of fighting injustice.

To learn more about the mural, visit: aclusocal.org/care-we-create



Photo credit: Elon Schoenholz

