

# ANTIOCH ARTS & REC

FIRST EDITION

ALL AGES  
ACROSS  
VARIOUS  
MEDIUMS



## ARTS & REC EXHIBIT

05 OCT, 2024 | 10AM-1PM  
NICK RODRIGUEZ CENTER

Art galleries provide a space for artists to showcase their work and for viewers to appreciate and engage with diverse forms of art. The Antioch Recreation Department's Arts & Rec Exhibit intends to provide a meeting place for the arts and local artists across generations to share, to express, to thrive.

[ANTIOCHCA.GOV/RECREATION](http://ANTIOCHCA.GOV/RECREATION)



**CALLING ALL LOCAL ARTISTS, YOUNG & SEASONED!**

DO YOU WISH TO HAVE YOUR ART DISPLAYED FOR OUR COMMUNITY TO SEE? NOW'S YOUR CHANCE! REACH OUT TO THE ANTIOCH RECREATION DEPARTMENT ABOUT SIGNING UP FOR THE ARTS & REC EXHIBIT. EMAIL [RECREATION@ANTIOCHCA.GOV](mailto:RECREATION@ANTIOCHCA.GOV) FOR MORE INFORMATION.

First Annual

Antioch Recreation Arts & Rec Exhibit

City of Antioch Recreation Department

October 2024



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# ARTS & REC EXHIBIT

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**Traci Martin**  
**Frida Ortiz**

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# FROM THE EDITOR



Welcome to the very first edition of Antioch Arts & Rec, where we celebrate the boundless creativity thriving within our local community. The Antioch Recreation Department, at the heart of our mission, carries a belief in the transformative power of the arts—not only as a form of expression but as a vital source of connection, growth, and opportunity. In every corner of our city, local artists, makers, and visionaries are shaping culture, breathing life into public spaces, and offering new perspectives. We aim to highlight their stories, amplify their voices, and create platforms where talents—both emerging and established—can develop and flourish. Whether through art, design, performance, or craft, we've seen firsthand how creativity can uplift individuals and entire neighborhoods, and we plan to contribute to its transformative nature within our community.

Art galleries provide a space for artists to showcase their work and for viewers to appreciate and engage with diverse forms of art. The Antioch Recreation Department's Arts & Rec Exhibit intends to provide a special meeting place for the arts and local artists across generations to share, to express and to thrive. While exploring this magazine, there is one thing I would like for you to keep in mind: the soul of an artist is ageless, and as long as there is passion, there is art to be made.

A handwritten signature in black ink, appearing to read 'Lana J. [unclear]', written in a cursive style.

**Editor-in-Chief**

# RECREATION STAFF



**Jun Gandia,  
Recreation Supervisor**

Over the Antioch Senior Center and Nick Rodriguez Community Center, Jun Gandia is a fairly recent Antioch employee but a longtime Parks and Rec enthusiast. Receiving his bachelor's degree in Recreation from Cal State Long Beach, Gandia has gone on to serve on the Aging Section board for the California Parks and Recreation Society. Utilizing his knowledge of recreation and photography, Gandia also produces fun and engaging online videos that bridge the gap between seniors and social media.



**Traci Martin,  
Preschool Coordinator**

Traci Martin is a lifelong Antioch resident who has been a hidden gem with the recreation department for over a decade. Not only does she manage the Antioch Recreation Preschool Academy, but Martin is also a champion of building family connections and fostering creativity. Known by colleagues to bring beauty into any space she enters, Martin is undeniably a vital piece to the Antioch Parks & Rec puzzle. Many residents find their home with Antioch Recreation once they meet "Ms. Traci."



**Frida Ortiz,  
Program Coordinator**

Known for her ever-present smile, Frida Ortiz began her journey in recreation with the City of Brentwood as a youth camp leader. Going on to serve as the recreation Administrative Assistant before joining the Antioch Senior Center team, Ortiz truly has a way of making everyone feel welcome and valued. Her impact is especially felt among the senior community, where her caring nature shines through in everything she does. Ortiz's commitment to creating meaningful experiences for all those she serves makes her an integral member of Antioch Parks & Rec.



# THE FUTURE OF ART LIVES HERE

BY LA'NAE JACKSON | PHOTOGRAPHY BY MICHAEL SMITH



Antioch Recreation Preschool Academy fosters uniqueness and creativity in youth by providing a nurturing environment where children are encouraged to explore their individual interests and talents. In addition to early learning tasks, the academy offers a variety of hands-on activities, from art projects and imaginative play to music and movement, allowing each child to express themselves in their own unique way. By integrating play-based learning with opportunities for self-expression and scholastic growth, the program helps build confidence,

problem-solving skills, and a love for learning. Teachers at the academy create a supportive environment where creativity is celebrated, encouraging children to think independently and explore their full potential. Led by Traci Martin, Antioch Recreation Preschool Academy has expanded since its inception with a focus on aiding socialization and emotion regulation, and encouraging a greater connection between teachers and families to feel supported in their child's early learning processes.

“AS THEIR LOVE FOR ART AND CREATIVITY DEVELOPS, ANTIOCH RECREATION PLANS TO BE A CONSISTENT SPACE FOR GROWTH AND OPPORTUNITY.”



*Light and Praise show off their dynamic acrylic paintings on canvas.*

In preparation for the Arts & Rec Exhibit, an eccentric art station was prepared for academy students to let their imaginations run wild. Teachers provided an example of the type of art the students would be creating – acrylic paintings on canvas, and access to all of the necessary supplies. Students had the opportunity to choose colors and create texture while exploring the functions of various art materials.

Within the academy students' artwork, spectators can view the early expressions of color theory and color combinations. Utilizing the power of choice, students designed everything from monochromatic pieces to canvases lined with complementary, triadic, analogous or tetradic colors. As their love for art and creativity develops, Antioch Recreation plans to be a consistent space for growth and opportunity.



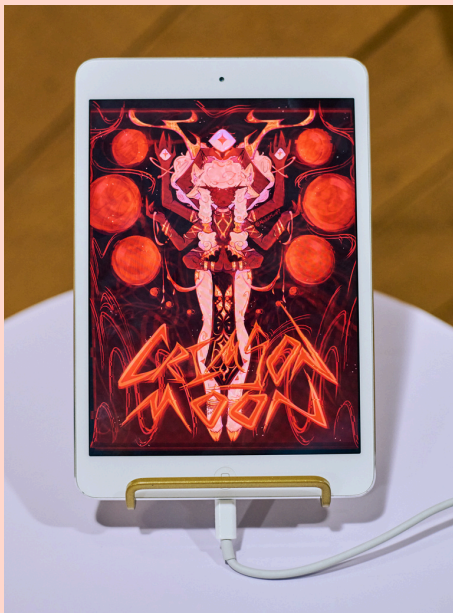
# YOUTH ARTISTS



*Jungle Tracks by Jackson Osborn*



*The Universe by Aarsh Don*



*The Keeper, a digital art piece by Saij Medsker*

The Antioch Recreation Department is committed to fostering opportunities for youth to explore their creativity and showcase their talents. The department believes that nurturing creativity not only enriches the individual but also strengthens community bonds and inspires future generations.

By providing various programs, workshops, and events, our department aims to encourage young people to express themselves through art, music, writing, and other creative outlets. We offer platforms for youth to display their creations, whether through community art shows or performances, ensuring that their work is celebrated and appreciated.



*Two untitled canvas pieces by Lia Hurtado. One depicting an eye and one of a woman.*

The Antioch Recreation Guide is a quarterly magazine sent out to all residents that outlines all of the programs, events, and resources being offered by the recreation department and other city organizations for community members to enjoy. Learn more about the different art classes offered for youth when you look inside.





*Praise sitting on her father's shoulders.  
Captured by Michael Smith*







# DYNAMIC KRIIATIVE DIRECTOR & SON

BY LA'NAE JACKSON | PHOTOGRAPHY BY MICHAEL SMITH

Kiara Parrish and her son, TK, form a creative mother-son duo that blends artistry and design to create unique works of art and fashion. Kiara, a talented designer, photographer, mixed media artist and creative director, operates under Lowkii Photography and Waikiikii Designs where she brings her expertise in visual storytelling and fashion to life through striking photography and innovative clothing designs. Together, they craft pieces that reflect both their artistic vision and shared passion, highlighting their individual talents into a vibrant and expressive collection that celebrates creativity in multiple forms. In the image above, Kiara and TK are seen wearing creative designs by TK, part of his Sonic the Hedgehog inspired tees.





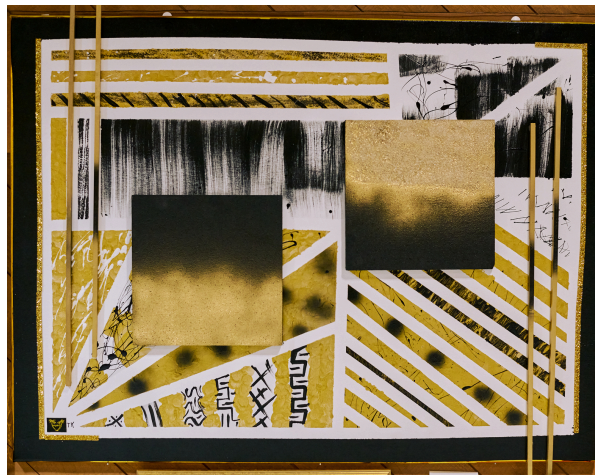
*Can I Call You Rose by Lowkii Photography*



*"Twice the blessing, twice the fun- two miracles instead of one." by Lowkii Photography*



*Baby Butterfly by Lowkii Photography*



*Hause Warming by Waikiikii & TK Thee Artist*



*She is Queen, by Waikiikii Designs*

**"Just a designer who loves photography."**

 [@Lowkiiphotography](https://www.instagram.com/Lowkiiphotography)

 [@ShopWaikiikii](https://www.instagram.com/ShopWaikiikii)



*TK'S Favorites by TK Thee Artist*



*Spiderman Tee by TK Thee Artist*



*Super Sonic Tee by TK Thee Artist*





# MULTIFACETED COMMUNITY LEADER AND ARTIST, CARLOS AGUILAR

BY LA'NAE JACKSON  
PHOTOGRAPHY BY MICHAEL SMITH



Carlos Aguilar, known to many as "Carlos Tacos" or "DJ Tacos", embodies the definition of an engaged community advocate that any city would be grateful to have. Hosting a YouTube broadcast show titled, *East County Voices*, Aguilar fosters meaningful conversations while providing a platform for East County residents to hear from and engage with local charities, business owners, community leaders and more who are making a positive impact throughout the East Bay. Through his online presence, Aguilar can be seen cooking and serving delicious food, getting involved in and/or initiating local wellness checks for community members in need, spreading the word about resource giveaways or fundraisers, or simply highlighting local events that celebrate culture and access to resources.

To the left, Aguilar is seen standing next to one of his submitted artworks to the exhibit. Depicted in the photo is a person holding a sign that reads "My Father is Chicano, Black [and] Native. Are we a triple threat?" According to Aguilar, "This photo captures a rally in Seattle, Washington, where certain individuals were saying Blacks and Mexicans were a threat."

Stand up by Carlos Aguilar

 YOUTUBE | @EASTCOUNTYVOICES

 FACEBOOK | CARLOSTACOS925



**The Legend of Popoca and Mixtli by Carlos Aguilar**

## THE LEGEND OF POPOCA & MIXTLI

*Told by Carlos Aguilar*

Back when time began, according to the legend, when the Aztecs arrived in the Valley of Anahuac and before the mountains were formed, there was a princess called Mixtli and a young warrior Popoca. They were very much in love, even being close to them you could feel the warmth of their love for one another. However, before Popoca could marry the princess, her father Tizoc, the Tlatoani/Emperor of the Mexicas gave him a condition, namely to return victorious from battle with their tribe's enemy. Popoca needed to return with their leader's head to show his victory. Mixtli knew how much danger her love was in and as time went by, and knowing how ruthless and blood-thirsty their enemies were, she began to fear for his life.

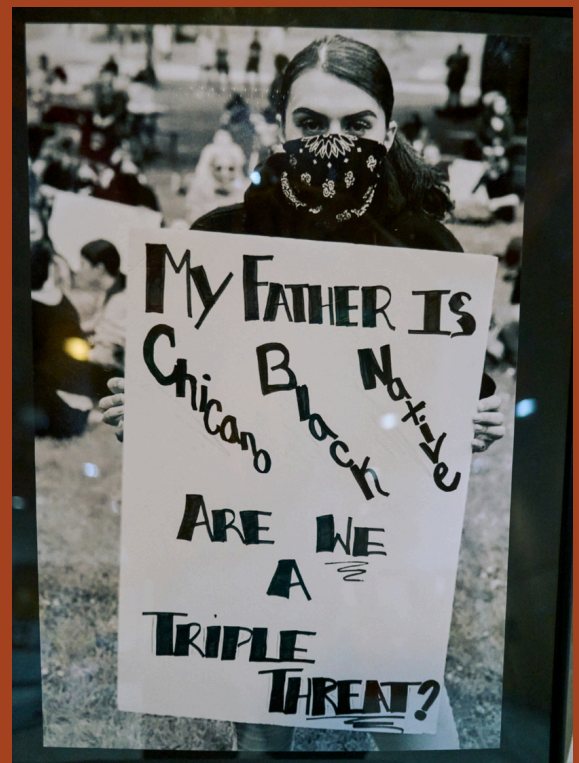
On one cold and grey morning, a message was sent back to the king informing him of the death of Popoca. However, the message was false and made up by Axooxco, a cruel nobleman who amongst many others desperately wanted Mixtli as his wife, and hoped that she would take him if she heard such news. However, instead, upon hearing the news, the princess falls into a deep sorrow. The warrior was indeed victorious and returned that day to his beloved Mixtli only to find she had died of a broken heart. Grief stricken beyond any measure, Popoca carries her body to the mountains in the hopes that the cold snow would wake her from her eternal slumber.

The Gods, having watched all that happened and feeling sorrow for the brave warrior, turned the humans into the mountains so that they could finally be together. The mountains remain as they were with Mixtli sleeping and her warrior Popoca protecting her from harm, spewing ash to remind everyone that he will never rest and never leave the side of his love and will wait until the end of time for her to wake up.



**Cesar Chavez by Carlos Aguilar**

"A true American hero, Cesar Chavez, was a civil rights, Latino and farm labor leader; a genuinely religious and spiritual figure; a community organizer and social entrepreneur; a champion of militant nonviolent social change; and a crusader for the environment and consumer rights." - Carlos Aguilar



**A closer look at "Stand up" by Carlos Aguilar, a black and white photograph.**



# ADULT ARTISTS

BY LA'NAE JACKSON | PHOTOGRAPHY BY MICHAEL SMITH



*Bodega Head Memory by Pearl DeCew*



*What Lies Beneath by Pearl DeCew*



*Emotion Expressed by Pearl DeCew*



*A collection of paintings and drawings on canvas by Marco Ortiz*



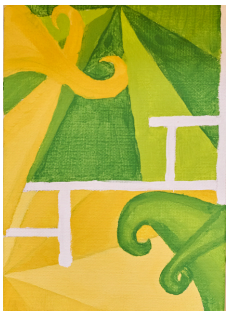
*A Relaxing Afternoon by Traci Martin*



*A photo captured by Jun Gandia*

As adults, it's easy to get caught up in the routine of responsibilities and lose touch with our creative side. However, continuing to express ourselves through art is crucial for maintaining emotional balance and positive mental health.

Creativity allows us to explore our thoughts and emotions, offering an outlet for stress and a way to connect more deeply with ourselves, and congruently, with others. Art nurtures curiosity and problem-solving, keeping our minds active and resilient. When someone is able to connect with our art, our experiences and interpretations of the world are validated. Expressing ourselves artistically as adults can lead to personal growth and fulfillment, reminding us that we're more than our daily obligations—creativity sustains a sense of wonder and joy in life.



*A collection of young paintings by La'Nae Jackson*





***Finding Advice Amongst the Shadows***  
by Phillip Gallegos



(above) *Twilight Ruminations* by Phillip Gallegos

(left to right) "Let me say this about that", "I could be doing this from home", and "I'd agree with you but...", subversive cross stitches by Hannah Baker, Founder of Cubicle Cross Stitches

The adult artists who contributed to the Arts & Rec Exhibit submitted various mediums that showcase their individuality as creators and current viewpoint of the world. These artists submitted pieces that highlighted their creativity and mastery in disciplines such as cross stitching and embroidery stitching, which can be seen in the work of Hannah Baker and Pearl DeCew's *What Lies Beneath*, where intricate designs were brought to life through needle and thread. Erasure poetry added a unique literary element to the exhibit

with artist, Phillip Gallegos, transforming an existing text into an evocative work of art by carefully removing words to reveal a new meaning. In his piece *Finding Advice Amongst the Shadows*, Gallegos blacks out the text to read "Man is likely to hone what they practice– or be no darned good! Do the best you can. Be ready to start and try until finished. Think ahead. Anticipate. Be ready to move from place to place. Be constant to have control. You know you are going to finish." It is these words Gallegos highlights

amidst his drawings of human shadows. Photography submissions like that of Jun Gandia and Carlos Aguilar captured moments frozen in time, offering viewers a proposed perspective of the world possibly different from their own. Acrylic on canvas, a timeless yet versatile medium, was contributed by the majority of artists. Each exhibited artists' ability to convey emotion, depth, and vivid color through brushstrokes. Together, these pieces created a rich and varied display of artistic expression within adulthood.





PAINTING BY JOE GARCIA  
PHOTOGRAPHY BY MICHAEL SMITH

# SENIOR PAINT CLUB MEETS MONDAYS & WEDNESDAYS

**THE ANTIOCH SENIOR CENTER HOSTS A  
PAINT CLUB FOR ADULTS 50 YEARS & UP  
TWICE A WEEK.**



# EASY GONZALEZ- JACK OF ALL TRADES

BY LA'NAE JACKSON  
PHOTOGRAPHY BY  
MICHAEL SMITH



## It's all too easy for Easy!

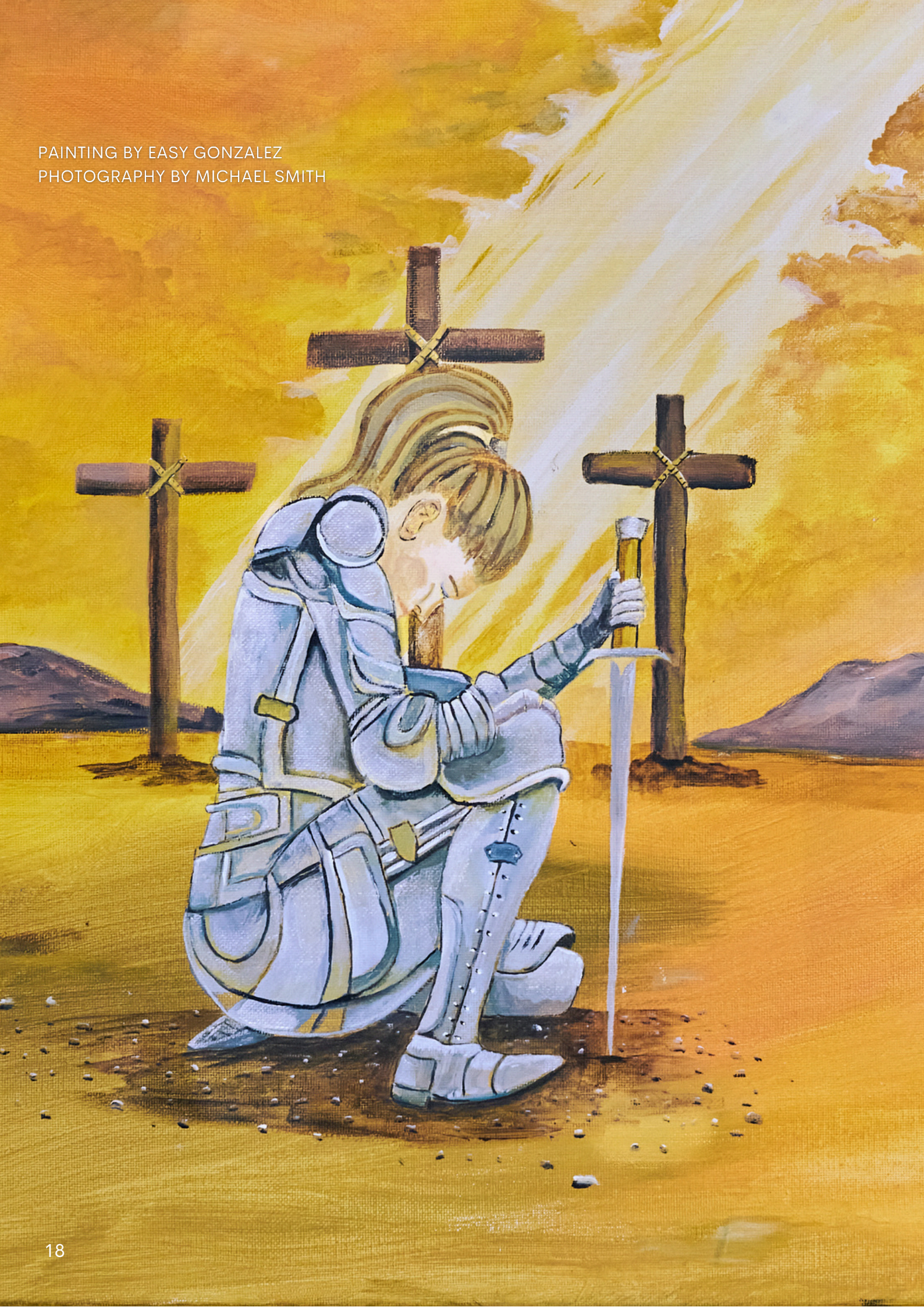
Easy Gonzalez has been a familiar face at the Antioch Senior Center for over a decade, where he is a proud member of the Senior Paint Club. His vibrant and expressive paintings adorn the walls of the center, showcasing his artistic talent and passion for creativity.

But his creativity extends beyond the canvas—Easy is known for his unique can sculptures, including an impressive Bud Light airplane that is depicted to the right. His dedication to the arts and inventive spirit make him a beloved and inspiring figure at the Antioch Senior center.





PAINTING BY EASY GONZALEZ  
PHOTOGRAPHY BY MICHAEL SMITH





# SENIOR PAINT CLUB

BY LA'NAE JACKSON | PHOTOGRAPHY BY MICHAEL SMITH

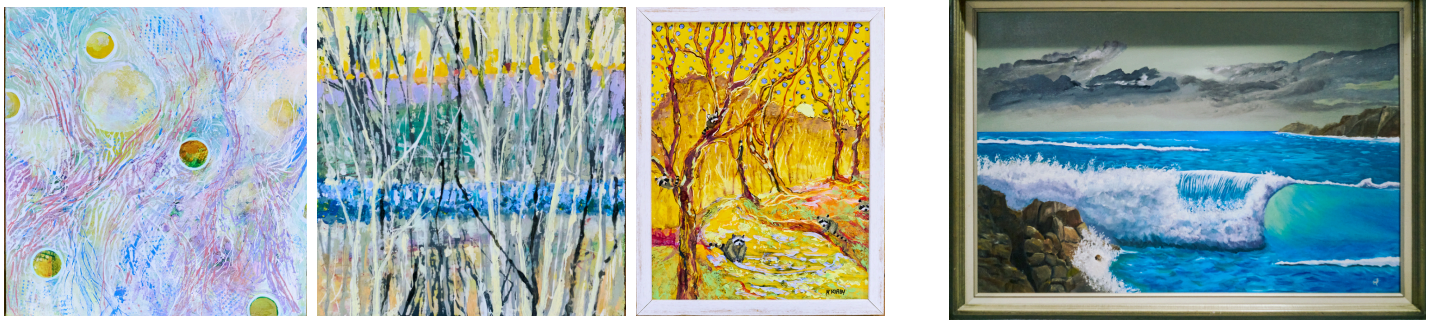
Creativity is not only an ability encouraged throughout adolescence. It is vital for seniors to continue connecting with peers and engaging in creative activities as they age, as both social interaction and creativity play key roles in maintaining emotional and mental well-being. Staying socially active helps combat feelings of isolation, providing a sense of belonging and purpose, while creative outlets like art, music, writing, or crafting keep the mind stimulated and foster a sense of accomplishment. The Senior Paint Club allows seniors to engage with others in shared creative endeavors that lead to meaningful relationships and enhance cognitive function. It offers seniors a space to express their thoughts, experiences, and emotions in ways that transcends words.



*[left to right] Glenn Epps, Yoshi Gobbell, Joe Garcia, April Whitlow, Larry Clack*



*A collection of drawings and paintings by April Whitlow the Artist*



*A collection of paintings by Kay Kirby*

*(right) Paintings of the Sea by Joe Garcia*



*A collection of canvas and rock paintings by Yoshi Gobbell*





*A collection of paintings by Rosa Luque*



*A collection of watercolor paintings by Roger Ehinger*

“AT ANY AGE, ART IS THE BRIDGE BETWEEN WHAT WE FEEL AND HOW WE WANT THE WORLD TO SEE US.”



*A collection of paintings by Juana Aleman*



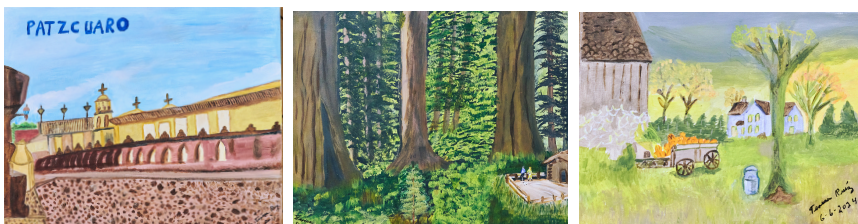
*(above) A collection of paintings by Glenn Espy*



*A collection of paintings by Rosemary Alexander*



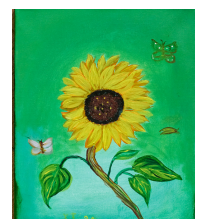
*A painting by Caroline Kwok*



*A collection of paintings by Teresa Ruiz*



*A drawing by Donald Strausheim*



*Sunflower by Maria Tinoco*



DRAWING BY DONALD STRAUSHEIM  
PHOTOGRAPHY BY MICHAEL SMITH



Don  
STRAUSHEIM

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MADONNA © 18




# GET INVOLVED FOR NEXT YEAR!



## NEVER MISS AN EVENT!

Follow us on social media to stay up on all that is  
Antioch Recreation

 AntiochRec\_CA

 Antioch Recreation

## VISIT US ONLINE

Catch up with everything artsy in Antioch  
Updated annually  
Read anytime, anywhere



[ANTIOCHCA.GOV/RECREATION](https://antiochca.gov/recreation)

# ANTIOCH COUNCIL HIGHLIGHT



A SPECIAL THANK YOU TO  
MAYOR LAMAR HERNANDEZ-THORPE FOR SUPPORTING OUR  
LOCAL ARTISTS BY ATTENDING THE 2024 ARTS & REC EXHIBIT.



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