




The
QuaranZine
Life

DECOLONIZATION PROJECT



Hi THERE! WE HOPE YOU ENJOY THIS QUARAN-
ZINE (QUARANTINE ZINE).
IT WAS PUBLISHED ON →  •  (LONG COUNT)
IN THE MAYAN CALENDAR AKA APRIL 6th, 2020.
IT IS INSPIRED BY OUR LIVES DURING THE COVID-
19 PANDEMIC.

THE TOPICS OF THE ZINE ADDRESS WHAT'S
GOING ON (FACTS, THOUGHTS, + FEELINGS),
SELF-CARE IDEAS + ACTIVITIES + CHANGES
DURING OUR LIVES DURING QUARANTINE
WE HOPE YOU ENJOY IT!

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ZINE CONTRIBUTORS

THE CONTRIBUTORS ARE LISTED IN THE ORDER
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STAY AT HOME

THE CORONAVIRUS PANDEMIC 2020

BREAKING NEWS

• THIS IS SOME CRAZY FUCKING SHIT !!!

TODAYS DATE
04.05.2020

• A LOT OF PEOPLE are getting laid OFF FM. WORK.

CASE SUMMARY

WHAT IS CORONAVIRUS?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. COVID 19 is the most recently discovered coronavirus

WORLD
1,203,941

CHINA
81,669

ITALY
124,632

USA
311,637

SYMPTOMS CAN INCLUDE:

- FEVER
- COUGH
- SHORTNESS OF BREATH
- TIRED
- ACHES
- RUNNY NOSE
- SORE THROAT
- DIARRHEA
- PAINS
- CONGESTION

#staythefuckhome

Our minds are still racing back & forth, longing for a return to "normality", trying to stitch our future to our past & refusing to acknowledge the rupture.

- Arundhati Roy 2020





5 ft
↓



“Covid-19 Virgencita”
**Pen & ink drawing on tracing
paper and grid paper**
8.5 x 5.5 inches
April 2020

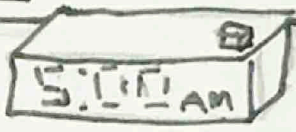
Suzy Hernández
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THIS IS DEFF

SCHOOL IS ONLINE

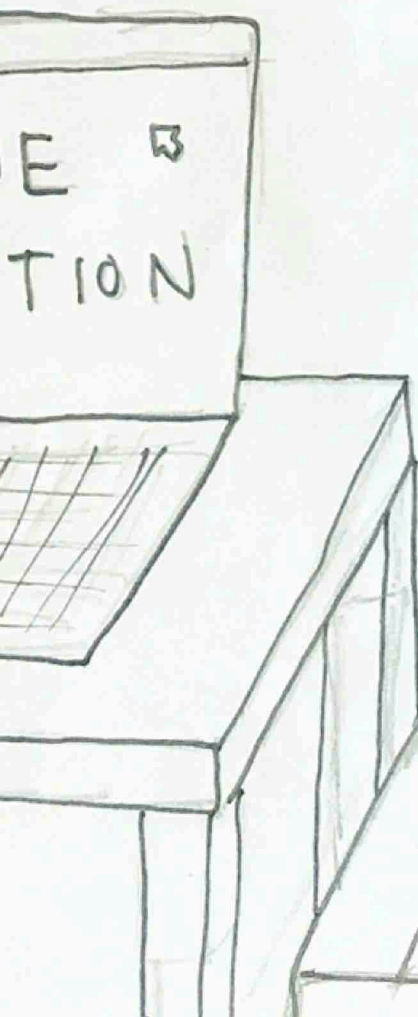
I dont have
A BED TIME



ERENT

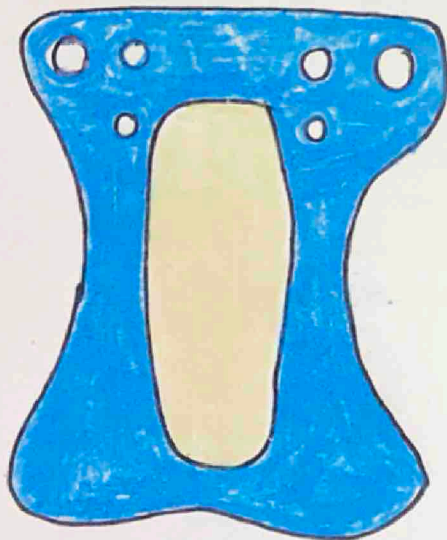
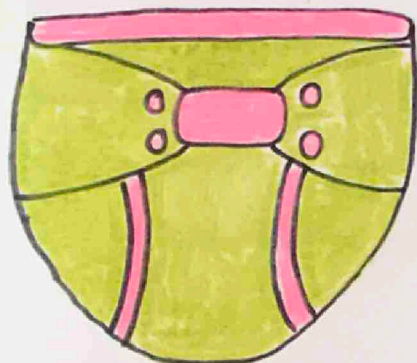
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MY NEW
BABY BROTHER
WAS BORN.



WE started using CLOTH DIAPERS!!

The stores were running out of diapers + wipes. We requested cloth diapers on the Fair+Free community page and received a quick response. I called up a homie and asked for a cloth diaper 101 class.



WHY USE CLOTH?

- disposables are super expensive!!
- The stores were running out of diapers.
- It will be an interesting challenge.
- Reduce our carbon footprint
- Reduce landfill waste.
- The cloth diapers are super cute.
- We finally get to use our close line!
- It's always nice to learn something new.

FUN FACT:

~~BABY~~ BABY USES ABOUT 3000 DISPOSABLES A YEAR
BABY USES 20-30 CLOTH DIAPERS FOR YEARS ♡

self care Ideas



Self Care



DURING
THE
PANDEMIC

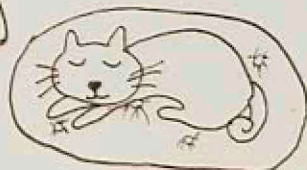
-B.Rex
@sunqueenxiv

What to do During a Quarantine

- Buy toilet paper
- Knit or crochet
- learn how to knit or crochet
- learn how to make sourdough bread
- watch someone play animal crossing
- find something to do with all this toilet paper



- have a cleansing cry
- do something nice for your loved ones or neighbors (while practicing social distancing)
- share your stash of toilet paper
- zone out for a few hours
- ask a friend to zone out on the phone with you
- remember that you're not alone.



R A T M
S C A V E

FIND something

FIND something

FIND something

FIND something that

FIND something that

FIND something that

V B O W

N G E R H U N T

ing that is red

that is orange o

that is yellow

that is green f

that is BLUE o

that is PURPLE o



1. Make a turkey with
your hand

2. Draw your dream
place

3. write about a
magical forest

4. Paint a picture
of your dreams

PROMPTS

Draw your name in rainbow

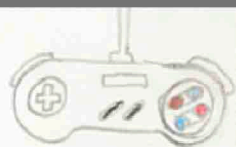
Make a name poem

Make a collage

create something from
your child hood

Make an illustration, bas
ed on your favorite phrase

Create a piece using a
disorted grid



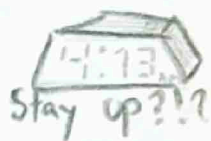
N



DRAW



NAP^{zz}



Self-care
BINGO



Our
Most
Vulner
Will
Suff

Make it fantastic, America

Claire White

Well, hello, welcome home, dear.
Take off your shoes near the door.
This is the motherland of revolution, haven't you heard?

Sometimes it's hard to stay cool, Cedrick Burnside crooned
And he really knows what he's talking about
If you live here at least

Well, if you live here...

and you're not white and rich,

and heterosexual and have nice, straight teeth and
documented status and you're not indigenous and
your mom goes to church

after taking her curlers out and

her toes match her dress and the brim of her hat

(And she is on her knees for that salvation)

and you enjoy peach pie from time to time

with a dollop of Daisy and pinched crust and you
don't wash the colors with the whites and you smile
all the time

And you *don't say no* too much to people who can
buy you...

well that's pretty much it--

*then it's hard to stay cool if you ain't got or ain't
doin all that*

On my back there is the blood, sweat, and
tears of racist policing, loan sharks, strudel
and pastel painted brick buildings presenting current
trends as if simple linen curtains, a few potted plants,
and stickers for sale with “Dad bod” and “feminism”
animated hairy-legged pinups in lacey socks,
short polka dotted PJs, and rouged cheeks
conceal the gentrification reeking beneath

as if being hip and leaning to the left is an antidote
for neighborhoods with homelessness on the rise
with incarceration on the rise, with theft of
generations on the rise, taking racism in stride, as if
overpriced lattes can get rid of the stench of what it
means to survive
when your voice is in a bottle sealed shut
because you're not the right color because you're
from the wrong place
with the wrong ancestors
with the wrong euphemisms
for why you deserve to fight back

RADICAL IMAGINATION

for RADICAL POSSIBILITIES

RADICAL MAD LIES

Imagination is the beginning of creation. It is where we can create alternatives for ourselves, our communities, and the world.

This activity is intended as a creative exercise to **activate** your radical imagination for radical possibilities. **Together we can build another world.**

Directions: Respond to the prompts below with words and/or thoughts that you think could embody our collective liberation.

I AM POWERFUL WHEN _____.

I PRACTICE SELF-CARE WHEN _____.
I PRACTICE IN SELF-HEALING WHEN _____.
I HOLD MYSELF ACCOUNTABLE WHEN _____.

I FEEL JOY WHEN _____.

I AM IN COMMUNITY WHEN _____.

I FEEL JOY WHEN I SHARE _____
WITH MY COMMUNITY. WE ARE
POWERFUL WHEN WE SHARE
_____ TOGETHER.

WHEN I DO _____ WITH MY
COMMUNITY, I FEEL WE
ARE PRACTICING COMMUNITY-
CARE.

WHEN I AM ACCOUNTABLE
FOR CAUSING HARM, MY
COMMUNITY HEALS BECAUSE
_____.

I BELIEVE ANOTHER WORLD
IS POSSIBLE WHEN _____
BECAUSE I FEEL SUPPORTED
BY MY COMMUNITY

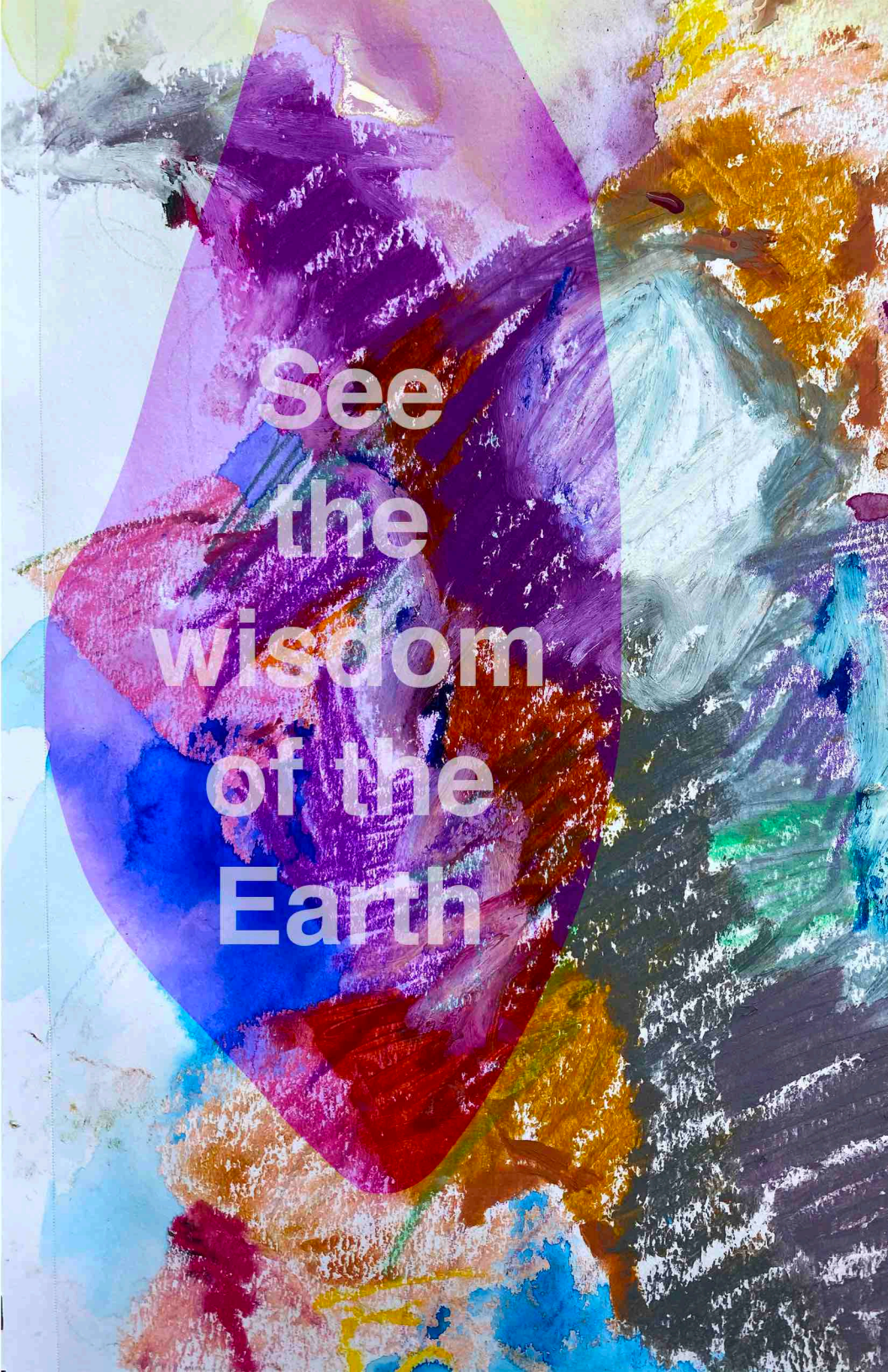
FEELING COMMUNITY JOY IS A
RADICAL ACT BECAUSE _____.



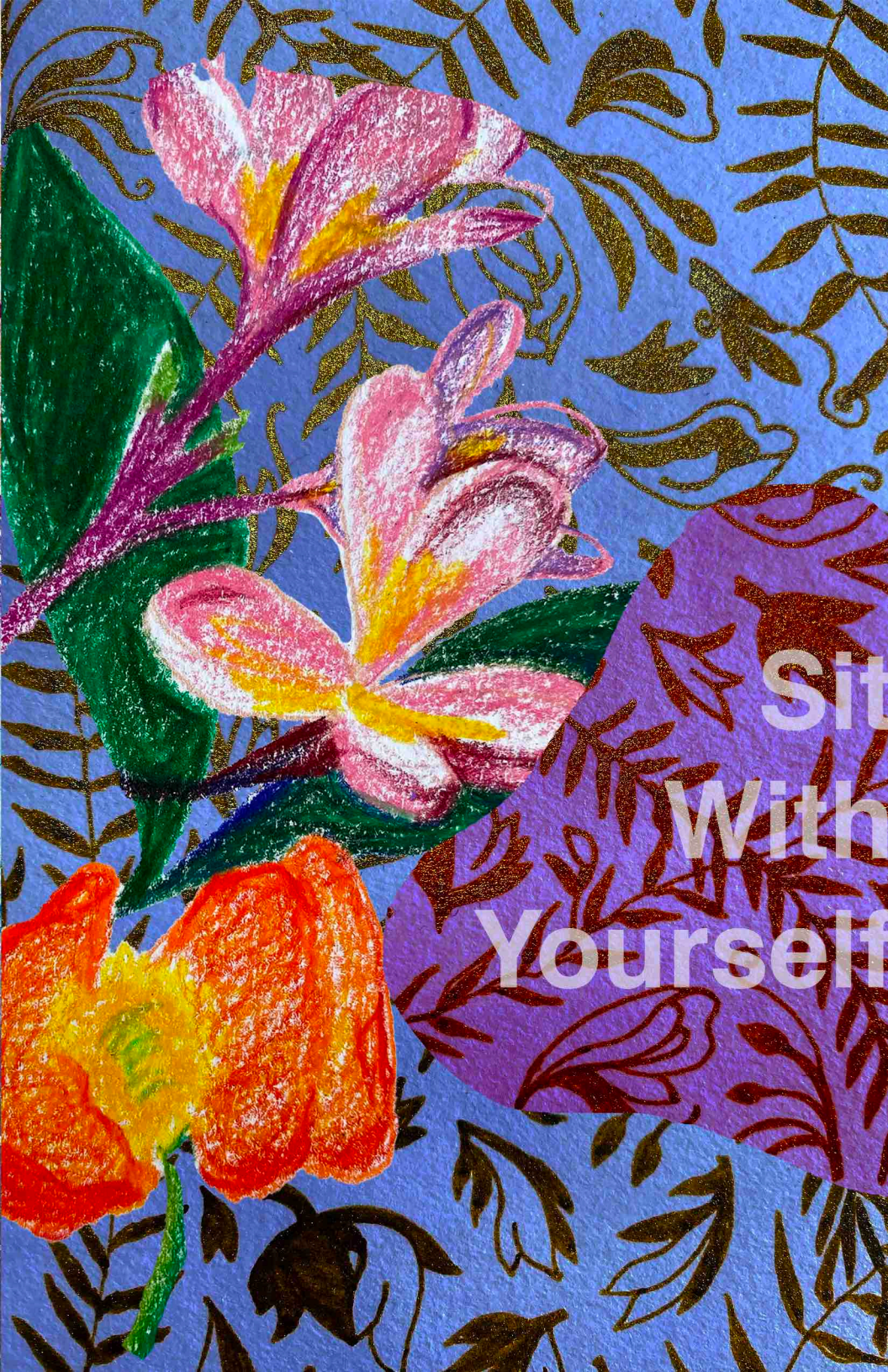
I am joyful
Joyful Parenting
Joyful Indigeneity
Joyful Sacredness
Joyful Silence
Joyful Tears
Joyful Imagination
I am joyful
heading towards
our collective
LIBERATION

MARIANA IXCHEL MOSCOSO

ⓐ AQ-AB-AL

An abstract painting featuring a large, central, teardrop-shaped area filled with vibrant purple and magenta hues. This central shape is surrounded by a complex, multi-colored background of brushstrokes in shades of blue, green, yellow, orange, and grey. The overall composition is dynamic and textured, with visible brushwork throughout. The text 'See the wisdom of the Earth' is overlaid in white, sans-serif font, centered within the purple area.

See
the
wisdom
of the
Earth



Sit
With
Yourself



Everything is g



going to be okay

@aq_ab_al