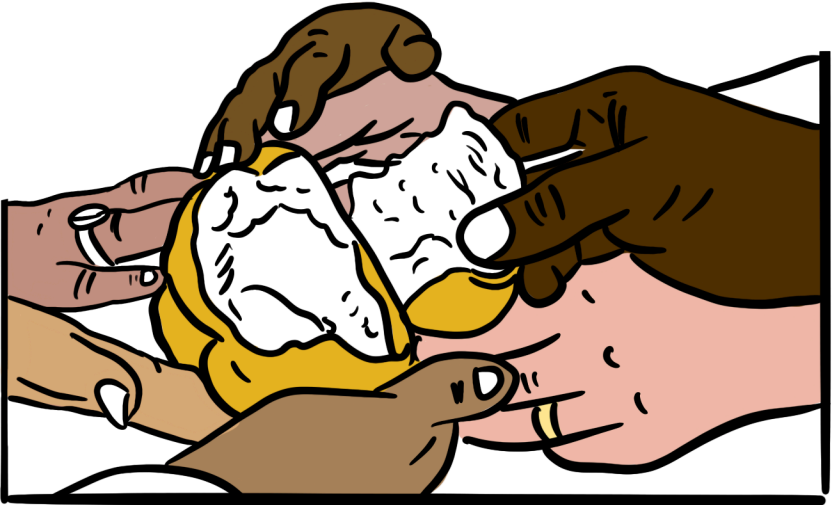


TAKE BREAD

STORIES of FOOD & LIFE



Honoring Those Impacted by Police Violence

This Booklet compiles family recipes, loved ones' favorite foods, inspired images and text, and a survivor's healing candle recipe - the culmination of Families United 4 Justice (FU4JLV), Forced Trajectory Project (FTP) and Desert Arts Action Coalition (DAAC)'s Sunday afternoon discussions about the role of food in love, comfort, care and family memories. The zine format represents the personal nature of *Take Bread's* contents and the DIY approach of the three collaborating groups' advocacy and activism. Zines have traditionally offered a safe and independent platform for marginalized communities and voices, delivering messages that find distribution challenges via conventional media outlets, in this case the lived experiences and narratives of those impacted by police violence in Las Vegas.

Thank you to all of the participating family members and survivors for sharing your stories, your tender memories and special foods and family recipes.

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We honor those who are gone whenever we prepare, share and sit down to the small offerings or full-on Sunday dinners they once enjoyed.

Peel the pebbled skin of an avocado and think of Jorge, who loved the fruit gently ripened, sea-green, and nearly sweet. Open a can of Campbell's, the cream of mushroom kind, pour over rice and remember Nick, the light in his eyes, as he and his girls waited for the chicken to bake, and the house around them filled with warmth. Melt squares of deep chocolate and hold Keith in mind, his silken tone, his way of minting laughter from heartbreak. With red wine in hand, shape and simmer ground beef, rounds of Italian sausage and cloves of garlic.

Boil water for pasta. Sip and eat, and lend a blessing for Ronnie, who loved life and knew how to savor it. Work masa into dough, knead and open, so that it may hold all that you carry-the peppers, the grief, the spice, the salsa-the gift of Ralfy in his artistry-the gift of a son, his life taken yet forever yours. And in raucous moments, playing cards and talking stuff, pop an olive into your palm, chase it with the brittle center of a candy bar, know that TJ was here, and is with you now.

Food is life. Continue to love, continue to fight, continue to bake bread, slather honey on rye, continue to breathe and to be, to live and remember in their names.

Eric Farah (brother)

In memory of

Nick Farah

Nick Farah (36) – taken 3/31/2019 by
Las Vegas Metro Police by
positional asphyxiation in under
two minutes while traveling
through Las Vegas.

Nick had two beautiful daughters now (11)
and (15) that he did everything for.

One thing he enjoyed and was really good
at was cooking. He didn't often use recipes,
but could always be found in the kitchen
whipping up various roasts, fish, vegetables
and tasty dishes.

A family recipe that we enjoyed together
was this chicken and rice meal. I remember
growing up, Nick and I would jump around
and get super excited when we found out
we'd be having this rare meal. We've
continued to make it and remember all the
loving, positive and happy memories of Nick.

No Peek Chicken and Rice

From the Farah Family

Ingredients:

- 4 chicken breasts with skin on OR 1 whole chicken cut into pieces
- 2 10.5 oz cans of Campbell's Cream of Chicken Soup
- 2 10.5 oz Campbell's Cream of Mushroom Soup
- 3 empty soup cans of water
- 1 can of mushrooms
- 4 cups of Minute/instant long grain white rice

Steps:

1. Preheat oven to 350 degrees
2. Spray 13" x 9" pan with Pam
3. Put uncooked rice in pan
4. Add soups, water, and mushrooms to the pan
5. Stir until all moistened. If dry, add a little more water or another can of soup
6. Put chicken meat side down in pan
7. Salt and pepper; also sprinkle a little cinnamon on top of chicken
8. (Optional) Add 1 cup of a wine cooler
9. Cover with foil
10. If chicken is frozen, bake at 350 degrees for 2 hours. If chicken is fresh, bake at 350 degrees for 1 to 1.5 hours
11. Chicken is done when the inside has no pink



Jeanne Llera (mother) and Jorge Gomez (father)

In honor of

Jorge Antonio Gomez

Jorge loved avocados
and would eat
them daily.

He was a foodie
and loved food.

He was also
a vegetarian
and just
really, really
loved avocados.



Jackie Lawrence (mother)

In memory of

Keith Childress Jr.

My son loved
my homemade
ranch dip.

He ate it on
everything
I made.

He also loved my
holiday fudge balls.

Jackie's Homemade Ranch

Ingredients:

1/2 cup of mayonnaise

1/2 cup of buttermilk

1/4 teaspoon of pepper

1 package of house buttermilk ranch
dressing

Steps:

1. Mix it up! Dip or put it on anything!



Jackie's Holiday Fudge Balls

Ingredients:

- 1 package of Oreo cookies
- 1 package of cream cheese
- 1 block of baking chocolate
- Wax paper

Steps:

1. Crumble Oreo cookies into a bowl
2. Add softened cream cheese to cookies
3. Mix until smooth
4. Place sheet of wax paper on a cookie sheet
5. Roll the mixture into balls and place on cookie sheet
6. Melt the chocolate in the microwave for approximately 2 minutes
7. Roll balls in the melted chocolate until completely covered
8. Place the balls back on the cookie sheet
9. Refrigerate for 30 minutes
10. Enjoy!



Alma Chavez (mother)

In memory of

Rafael “Ralfy” Olivas

THESE ARE SOME
OF RALFY'S
FAVORITE RECIPES.
HE WOULD TELL ME,
"MOM, YOU SHOULD
OPEN A
RESTAURANT, AND
I'LL BE YOUR #1
CUSTOMER."

Alma's Cheesecake

Ingredients:

- 1 packet of cream cheese (room temperature)
- 1 cup of half & half
- 1 can of condensed milk
- 1 tablespoon of vanilla
- 3 eggs (room temperature)
- 1 tablespoon of cornstarch
- 1 stick of unsalted butter
- 1 packet of Maria's cookies
- 1/4 cup of pecans
- 2 tablespoons of milk

Steps:

1. Preheat oven to 350 degrees
2. Grind cookies and pecans
3. Mix well with butter and milk
and spread in a cookie dish
4. Blend all other ingredients and
add to baking dish
5. Bake for approximately 40 minutes



Gorditas de Maiz

Ingredients:

Maseca (can be instant brand)

Ground beef

Jalapeños

Tomatoes

Onion

Garlic

Refried pinto beans

Bacon

Salsa (optional)

Shredded cheese (optional)

Shredded lettuce (optional)

Steps:

1. Mix the maseca with warm water until you have a working dough
2. Form the gordita by hand or get a cutter
3. Cook them over a grill
4. Cook ground beef in a pan on the stovetop
5. While beef cooks, chop jalapeños, tomatoes, onion and garlic; then add to pan
6. Salt beef mixture to taste
7. Cook refried pinto beans and bacon, mix well
8. TO EAT: Open the gordita with a knife and spread a little bit of the beans inside, then add the beef (you can also add salsa, cheese, lettuce, etc)



Teena Acree (niece)

In Memory of

Byron “Ronnie” Williams

THIS IS A RECIPE
RONNIE ENJOYED.

HE ALSO LOVED
SEAFOOD AND
SNICKERS, FROM
HIS

"BIG BROTHER
DEWAIN LEWIS"

Ronnie's Spaghetti

Ingredients :

- 2 jars of Prego sauce
- 2 pounds of ground turkey or beef
- 1 pack of mild Italian sausage
- 1 pack of regular Italian sausage
- 1 box of spaghetti

Steps:

1. Open sauces and put in a pot with a lid
(Must be large enough to hold meat and sauce)
2. Cook ground meat in a skillet until fully cooked.
Drain and place in the sauce.
3. Cut both packages of sausage into about 8 halves.
Fry them in the skillet until fully cooked. Drain and
place in the sauce.
4. Simmer the meat sauce until hot enough to pour
over spaghetti.
5. Meanwhile boil the spaghetti as instructed on the
box, usually 10-15 minutes.
6. Drain spaghetti and rinse in a colander. Add a little
butter to keep it from sticking together.
7. Do not add spaghetti to the sauce (this is a pour
over dish), so once everything is done, put the
spaghetti on a plate and pour the sauce over it.
8. BON APPETIT!



Carol Luke (mother) and LJ Radney (sister)

In memory of

Thomas “TJ” McEniry

TJ loved
Olives,
Butterfingers,
And a
Good
Steak



Cristina Paulos

Police Brutality, Burn and Mental Health
Survivor

Intentions of Light: to guide our way during times of darkness

There is strength and magic within all of us. We burn a light for our families' stories of lives lost in our community of Las Vegas. With togetherness we are strongest.

As a survivor of police violence, for the one day that I was under-dogged, it has taken years to heal. None want to carry the torch of a survivor.

You understand this torch is secretly held by many within our city, many choosing to remain unheard. With this torch, are invisible scars; markings you cannot see: worries, guilt, and waves of pain. Waves that bubble up to the surface. I cut away this pain and look to free us by nurturing the many layers. Like air, we all rise with our voices of hope. Let these waves of sorrow not take another one in our community.

This is a candle recipe my good friend Jen shared with me when I was mending and healing. May this candle light your way during times of sorrow and darkness.

Le Chandelle D'orange

Estimated time to make: 10 minutes.

Why not brighten up your night or anyday for that matter whether it may be sunny, windy, rainy or just plain erratic, which is the usual. I find that having certain atmospheres around me, such aromatherapies play a powerful role in the way I cope with reality that are quite practical.

Ingredients:

2 Large white paraffin votive candles (olive oil will work too)

1 Large orange (or any citrus fruit)

Microwaveable bowl

Metal spoon

Scissors or knife

Steps:

1. Wash your orange or any citrus fruit you choose
2. Remove/eat the middle contents of the orange (Make sure you leave the middle stem-like portion intact)
3. Fill the cavity with any type of oil just below the center stem like wick (I personally prefer olive oil). This candle will burn for most of the day.
4. The other half can be used as a cover by removing the contents and carving a circle on the top. I usually carve out a star. If you thin the white skin under the thicker orange portion, this will provide you with a soft orange glow. Enjoy!

*WARNING: make sure you take the necessary precautions you would normally take with anything involving fire.



Resources

Families United 4 Justice Las Vegas is an unfortunate growing collective of families and survivors impacted by police violence. Our mission is to identify, support and unite those impacted by police violence to build the collective power that is needed to enact change, achieve justice, and end police violence in Nevada.

Facebook.com/FUforJLV
Instagram.com/FU4J_LasVegas
Email: LV.FU4J@gmail.com

Forced Trajectory Project is a media, public relations and advocacy organization documenting the rippling effects police violence has on communities beginning with the families who have lost their loved ones to police murder established in 2009. Utilizing moving pictures, stills, and sound, the project's goal is to paint an intimate and accurate portrait of the "forced trajectory" these family members find themselves on after their loved one is killed.

Website: forcedtrajectory.com
Facebook.com/forcedtrajectoryproject
Instagram.com/forcedtrajectory
Twitter.com/FTProMedia
Email: forcedtrajectory@gmail.com
Phone: (336) 365-8560

Mass Liberation Project NV is a de-incarceration grassroots activism project focused on ending #MassIncarceration in Nevada and beyond.

Website: massliberationnv.org
Instagram.com/massliberation
Facebook.com/massliberationprojectnv
Twitter.com/mass_liberation
Email: massliberationNV@gmail.com

My Scars Are Beautiful is a 501 (c) (3) non-profit organization that supports individuals physically and emotionally scarred from traumatic experiences.

Website: myscarsarebeautiful.org
Facebook.com/MSABnonprofit
Instagram.com/msabnonprofit
Email: msab@myscarsarebeautiful.org
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