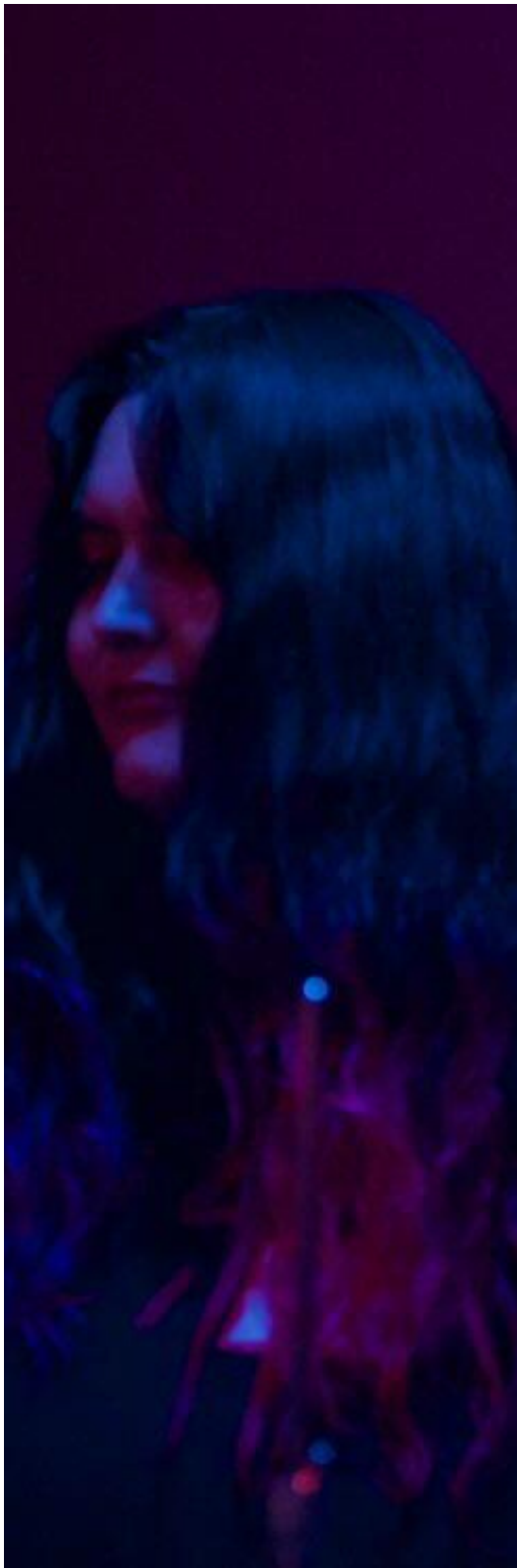


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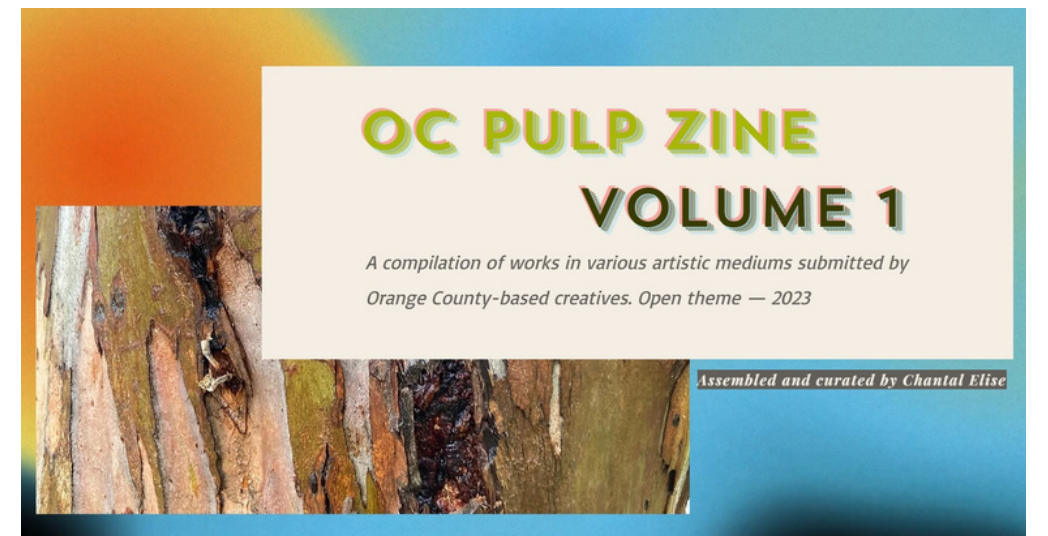
The Squeeze

OC PULP ARTS COLLECTIVE



OC PULP ZINE VOL. 1

ocpulp.org



On 5 May, 2023, OC Pulp published our first digital zine on our website! Featuring nearly 30 unique submissions from local artists in all mediums from drawing and painting, writing, poetry, music, dance, animation, video, etc, this zine is intended to introduce and showcase a glimpse into what this arts collective is capable of!

MAY EVENTS & EXHIBITIONS

Brain and Body Music Studio is hosting a concert on Friday, May 19th featuring the bands Verum, Death Will Bring Change, and Bliss Hour. General admission tickets are ten dollars, and the presale link can be found on Brain and Body's linktree, found on their instagram, @bb.musicstudio

Brain and Body Music will also be hosting an open stage in Downtown Santa Ana on Saturday, May 20th. More information can be found on their instagram, @bb.musicstudio

"**With Honey in the Mouth - Con Miel en la Boca**" is a new exhibition by artist and beekeeper Alicia Rojas, hosted at the Grand Central Art Center in Downtown Santa Ana It will be exhibited through the end of May.

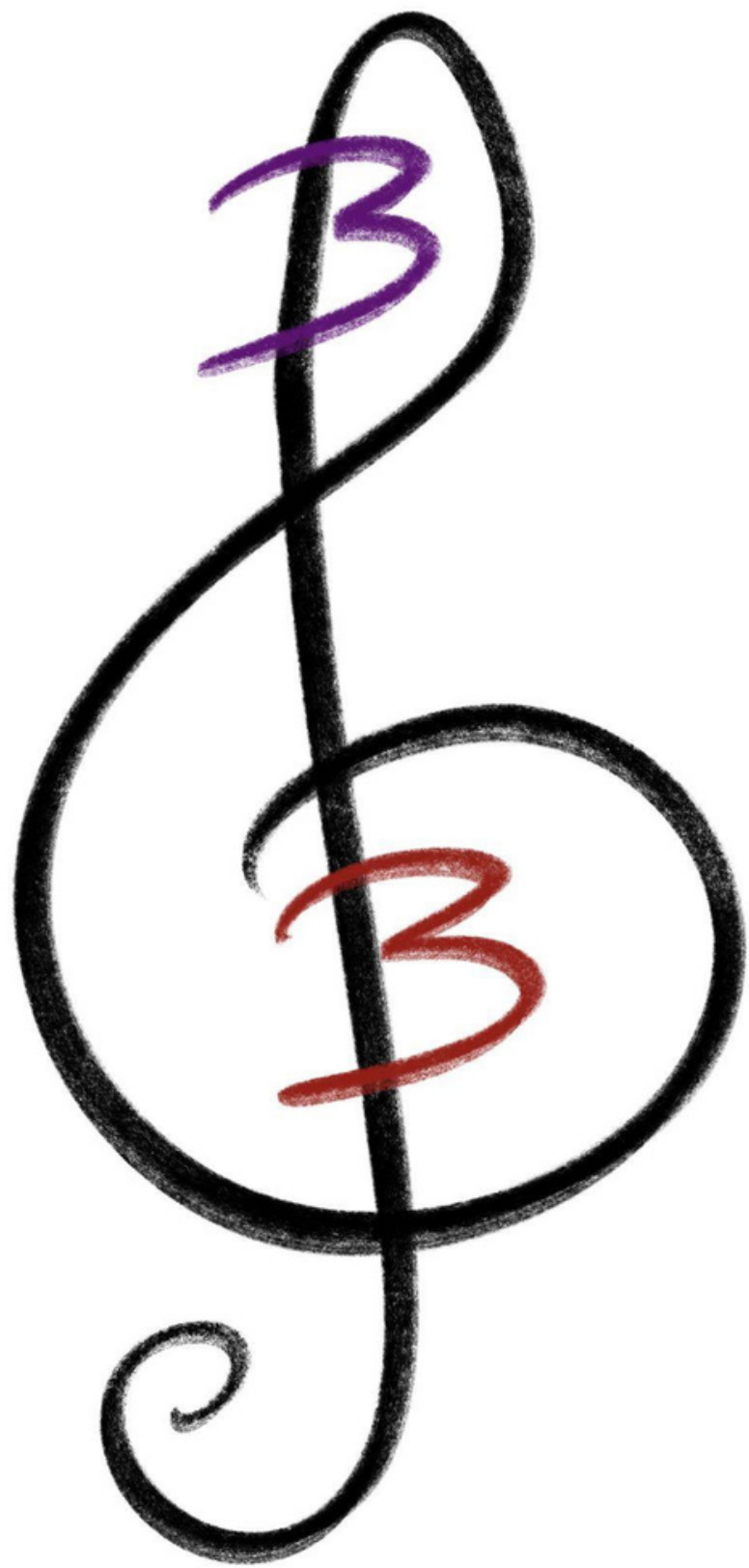
"**The Edge**" by artists Donnal Poppe and Marjorie Salvaterra aims to interrogate society and climate justice through the lens multidisciplinary contemporary art. The collection is being exhibited by the Orange County Center for Contemporary Art and will be open from May 6th through May 26th.



Stay tuned for more exciting arts news involving our members!

LOCAL ARTIST SPOTLIGHT

BRAIN AND BODY MUSIC STUDIO



Brain and Body is a 501(c)3 non-profit music studio in Orange, California helmed by Briana Harley. Opened in 2019, the studio aims to help people of all ages form a lasting relationship with music and art, expand people's knowledge of music theory, and promote healing and non-coercive learning. Primarily, the music studio offers musical instruction to people of all ages, but in addition, the Brain and Body team rents out space to host live concerts and events.

"I'm a musician," says Harley. "I've been teaching music since I was fourteen, and I've been involved with a lot of organizations focused on the intersection of social justice and creative arts... [Starting Brain and Body] has been the result of unhappiness with other organizations and nonprofits."

In creating the studio, Harley set out to bridge the gap they noticed in the nonprofit industry between

effective outreach and principled social justice. "I want to have it all," they explain, "the community space, a healing space, youth outreach through the arts, and have it be financially sustainable. It's still a process--I'm the main worker bee--but we're growing consistently."

One of the most unique aspects of Brain and Body is the studio's focus on healing through music and sound. Every New Moon, Harley and crew host a donation-based Sound Bath, where participants are encouraged to connect to themselves through the use of their voice and the use of instruments. "There is not a lot of discussion about the effects music and creative output have on the body, especially on emotional regulation." In starting the studio, Harley imposed a philosophy on themselves of letting students lead the lesson and discussion, so as to encourage that emotional regulation, and promote a balance between study and play.

"The classes are almost therapeutic, though I don't have the credentials to legally say that," says Harley. "I'm friends with my students, they enjoy being here, and they need those five or ten minutes to de-stress and talk about their day. When a student is upset, the discussion becomes 'Well, how can we use music to work through what happened to you today,' and that is the kind of day-to-day healing we try to promote."

Lessons are available at Brain and Body for piano, voice, guitar, bass, drums, ukulele, mandolin, and composition. The space is also available to rent for concerts and other events through a form on their Instagram, @bb.musicstudio. Every third Saturday of the month, Brain and Body organizes an open stage in Downtown Santa Ana, and every New Moon, they host a healing sound bath. Harley and the entire Brain and Body team are incredible people working tirelessly to build a progressive, healing, artistic community in Orange County.

