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“CUÍDATE / TAKE CARE OF YOURSELF,” A JURIED GROUP EXHIBITION PRESENTED BY THE CITY OF SOUTH GATE AS PART OF ITS CULTURAL ARTS PROGRAMMING, OPENS 1/29/22

The show spotlights the work of more than 35 ARTISTS, primarily from the greater southeast Los Angeles region and local to South Gate

CUÍDATE runs through March 26 and also features a series of public programs and workshops to further bring art to the community

LOS ANGELES, December 22, 2021 – **Save the date:** As part of its **Cultural Arts Division**, the **City of South Gate** presents **“Cuídate / Take Care of Yourself,”** a **juried group exhibition** featuring more than **30 visual artists** that opens **January 29, 2022** with an **all-ages event** from **1-4PM**. A majority of the artists are local to South Gate and from the greater southeast Los Angeles region. The event will open with a **sound bath** facilitated by **Rob Don Yoga**, and will also include free art workshops, local vendors, a vaccine clinic, and other attractions.

In English, “Cuídate” translates to **“take care,”** and a theme of the show is reflecting on and processing the realities of life during the pandemic. The **goals** of the City’s Cultural Arts Division – which falls under the Parks and Recreation department – focus on **making art accessible to the community**, supporting local artists, and fostering civic pride.

“Cuídate / Take Care of Yourself” runs **through March 26**. It is the **inaugural exhibit** at the new **South Gate Art Gallery** – previously, the space was a volunteer-run, multi-purpose room. During the run of the show, there will be a series of **public programs and workshops**. They include:

- Opening Reception, January 29, 1-4PM, All Ages

- Photography Workshop with Budding Artists, February 5 and March 19, 11AM, Ages 3-5
- Watercolor Workshop, guided by Polaris Castillo, March 7, 4PM, Ages 6-12
- Creativity and Self-Care, February 24 4PM, Ages 16+
- Body Awareness and Guided Meditation with Rob Don, February 26, 9AM, Ages 13+

Jurors for the exhibition prominent individuals in the areas of **arts and culture and community outreach**:

- **Abigail Lopez-Byrd**, founder of **Color Compton** a non-profit to teach local youth the importance of history and the arts in Black & Brown communities.
- **Gabriela Urtiaga**, Chief Curator of the **Museum of Latin American Art** in Long Beach, California.
- **Ozzie Juarez**, a multidisciplinary artist and founder of **Tlloc Studios**, an artist studio and exhibition space for the Los Angeles community

Selected through an **open call** this Fall, the **complete list of artists** in "Cuidate / Take Care of Yourself" is:

Alba Castro, Albert Orozco, Amabelle Aguiluz, Andreina Giron, Angelica Viramontes, Billy Montenegro, Blanca Ibarra, Brenda Trujillo, Brenda Cibrian, Calixto Rodriguez (and students), Carlos Ayon, Catrina Esperanza, Celestina Rodriguez, Cindy "cindita" Macias, Daisy Velasco, Daniela Garcia, David Martinez, Edlin Lopez, Eleazar Martinez, Evelyn Menjivar, Ever Velasquez, Gloria "Glories" Martinez, Israel Lopez, Jacqueline Valenzuela, Joan "Zeta" Zamora, Jo Jimenez, Jynx Prado, Kiara Aileen Machado, Leo Alas & Genna Bloombecker, Leopoldo Peña, Martin Alexander Hernandez, Michael Gallegos, Michael The Khoi Tran, Miguel Rivera, Mike Alonso Alcala, Nicole Fournier, Paloma Montoya

Sponsors for the exhibition and related programming include: **LA County Arts and Culture, Speaker Anthony Rendon, 5211 Southern Ave LLC, Maersk, AltaMed, and Eastside Arts Initiative.**

The **address** for the **exhibition** and **program events** is: City of South Gate, Parks and Recreation, 8680 California Ave., South Gate, CA, 90280. Public gallery hours are Saturdays, 12-4PM, or by appointment. The City's contact person is **Cultural Arts Coordinator Marissa González Kuchek**, mkuchek@sogate.org.

Dropbox, images and additional information:

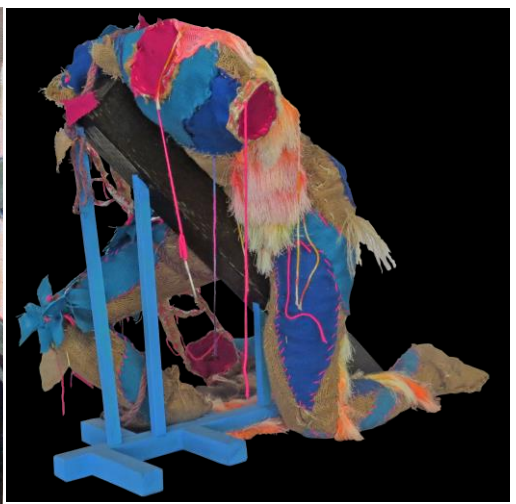
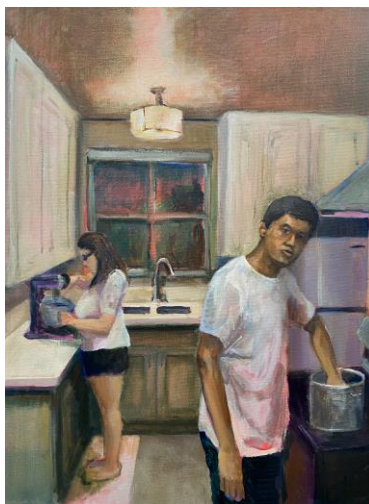
<https://www.dropbox.com/sh/s3csp6ksa5auwub/AAD4Xo9Le0q30hPsyI0bscsYa?dl=0>

Images:

Top: Top image: **Evelyn Menjivar**, "Processing the Emotions of Isolation"

3-part, L-R: **Israel Lopez**, "Sundown"; **Daniela Garcia**, "Que le Muerda"; **Jaqueline Valenzuela**, "Send the Addy"

Bottom: L-R: Michael Gallegos, "Barberia"; **Mike Alonso Alcala**, "Shelter in Place"; **Jynx Prado**, "Summer Decay"



<https://www.cityofsouthgate.org/832/South-Gate-Art-Gallery>

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