

A New Bird, vol. 1 | 2020Q3 | I Have Seen the Fnords
Released under Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)



A New Bird

Welcome to the inaugural edition of A New Bird!

As momentum built following the murder of George Floyd I wanted to take part in the protests and demonstrations I saw happening across the country & the world. Unfortunately conditions prevent me from being able to be physically present, but I wasn't going to let that stop me from helping out.

That's where this 'zine came from; it's my way of helping the movement in my way. There's that quote going around about the revolution having many lanes (more on that later!), and this is my lane. If you'd like for it to also be your lane, we'd love to have you! Check out the submission information on the colophon (that's the silly page with the info before the title page). We're especially for historically marginalized voices & clearly this shit ain't that serious, so don't be afraid; reach out!

Anything you'd be interested in sending in would be good, assuming it comes from a place of goodwill. Articles, poetry, (short) fiction, art, whatever; as long as it's about/inspired by/related to social justice and/or leftist shit it has a

place here.

I wanted this issue to come out fast and be immediately useful, so you'll find a variety of articles covering topics around getting involved; a protest medicine primer, gun ownership for beginners, local activism, and more.

I hope you find this useful, in the future we won't always shoot for useful; there's room in this revolution for dancing too. The title of this 'zine comes from the 'left wing, right wing; same bird' idea. I got tired of seeing my liberal friends think that as long as a politician was wearing a blue tie and donkey pin they were moral. The whole system is designed to benefit the few at the expense of the many & it's time for a whole new bird.



Ollie Lost Editor?

p.s.--No real names in this 'zine, obviously





Donate to Black Lives Matter Street Medics



Petition to demand Fort Worth ISD to cease any partnership with Fort Worth PD



Petition to reallocate funds to a centralized crisis center for the community



Petition to demilitarize the Fort Worth Police Deparatment



Familiarize yourself with the demands given by Enough is Enough-Fort Worth



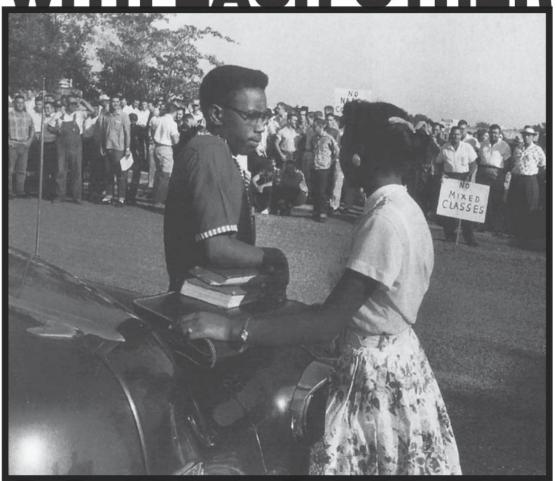
Like and Follow The Atatiana Project If any Fort Worth hospital needs PPE reach out to **Enough is Enough Fort Worth** for assistance!

FB: Enough is Enough Fort Worth

IG: EnufflsEnuffFtWorth

T: EnufflsEnuffFW

BE CAREFUL WITH EACH OTHER



SO WE CAN BE DANGEROUS TO GETHER!

Medecine: Riot

by DJ; a former US Army Combat Medic and Emergency Medical Technician. In his years of experience he's treated hundreds of patients in clinical and field settings.

Riot medicine is a long and complicated topic. In order to do it justice I'd need to write a textbook on the subject. Since I don't have that inclination I've decided to offer a brief introduction to a modified form of Tactical Combat Casualty Care (TC3) based on my experience as a combat medic combined with information gained from texts on the subject of riot medicine. TC3 is the doctrine I was trained to follow in combat and I feel as though its concepts can be applied to protest medicine.

TC3 has three goals: treat the casualty, prevent additional casualties and complete the mission.

To go with its three goals are three phases of care, Care Under Fire, Tactical Field Care and Tactical Evacuation Care.

CARE UNDER FIRE

Care Under Fire is aid rendered while still taking fire from hostiles.

It's incredibly important during this phase that you do not create more casualties, especially by becoming one yourself. In a combat situation one would attempt to move to cover and destroy or suppress the enemy at this point, but since it's not an option during protests you've got to look at the feasibility of moving your casualty. Getting to cover is probably the most important part of Care Under Fire as it applies to protest medicine.

Check to make sure that it is safe to get to the casualty and safe to move them. Be on the lookout for threats to both yourself and the casualty. Attempt to direct the casualty to move to cover on their own. If they're incapable of moving on their own then look at the possibility of moving the casualty yourself or with assistance. Do not expose yourself to fire in order to get to or move a casualty! If you become a casualty yourself then you've further complicated things for the people trying to help.

There are two immediate assessments you should do if you need to move a casualty and that is to check for head and neck injuries and to look for major extremity hemorrhage.

If you suspect a head or neck injury it may be best to leave the casualty in place so that you don't do further harm to your patient! If it's absolutely necessary to move them, such as if they're going to get run over, then do everything in your power to stabilize their neck and head. Placing a hand on either side of their head and preventing it from moving may be your best bet, though it will make carrying the patient more difficult.

Major extremity hemorrhage should be treated immediately if it's possible to do so safely. It's not a bad idea to carry a purpose built tourniquet such as a CAT-T in an easily accessible pocket or pouch. If you're concerned with children becoming casualties the RATS tourniquet may be your best option for treating them.

There are many types of carries and drags you can use to move a patient that you can look into further on your own. If you're a relatively large person take a close look at the Hawes Carry for moving patients over a distance by yourself. Everyone should learn how to perform a clothes drag and a standing drag by working with a partner.

TACTICAL FIELD CARE

This is the stage of care where you're no longer under effective enemy fire. You can breath a little bit more easily, but don't

become complacent. A scene can become more dangerous very quickly and you should be ready to move.

During this phase of care you should do a full assessment of your patient. The acronym used to help you remember what to assess and treat first is MARCH.

M - Massive Hemorrhage Assessment

A - Airway Assessment

R - Respiratory Trauma Assessment

C – Circulatory Assessment

H – Head Trauma Assessment and Hypothermia Assessment

After completing MARCH you should treat all of your patient's other injuries.

It's unlikely you'll have the equipment for more than hemorrhage control. Hemorrhage control can start with you putting pressure on a wound while placing as much of your bodyweight as you can on the artery above the wound. While this is being performed someone else can apply a tourniquet if it's necessary or otherwise apply some type of trauma dressing.

If there's an airway obstruction make sure to not worsen it by attempting to pull it out unless there's no other choice. It is unlikely that you'll face an airway obstruction during a protest, but it's important to check for one just in case. If you suspect damage to your patient's airway you may want to tilt their head back and gently push their lower jaw forward so that their teeth

form a kind of underbite. This may help them to breathe more easily. If there is airway damage or obstruction be prepared to move your patient immediately as it is a life threatening situation

When assessing respiratory trauma make sure your patient is breathing properly. If they're not be prepared to transport them immediately. Get an ambulance on scene if possible, otherwise move them in a hurry. It is generally easier for people to breathe if they are sitting up. If there's no head or neck injury suspected try to get them to sit up to improve their breathing.

Circulatory assessment is good for determining if your patient is beginning to go into shock. You can attempt to do this by feeling for the patient's pulse on their wrist if you know how to find it. If you can't feel a pulse they may have lost a great deal or blood or their body may be shunting their blood from their limbs to their core. Treating for shock is done by loosening tight clothes and shoes, lifting their feet above the ground and keeping your patient warm!

During the Head Trauma Assessment if you find or suspect head or neck injuries attempt to immobilize the head. Apply gentle pressure to both sides of the head with each hand to prevent your patient's head from moving. Hypothermia is generally caused by shock. If your patient is in shock then do everything you can to keep them warm. Space blankets are

really small when stored and inexpensive. It's a good idea to keep one in a first aid kit and in your vehicle as well.

TACTICAL EVACUATION CARE

This stage of things is where your patient is moved via a dedicated ambulance (MEDEVAC) or in an non-ambulance vehicle (CASEVAC). Once you have handed off your patient to an ambulance crew your job is done for the time being. If you don't have an ambulance available and you need to move your patient in a regular vehicle there are a few things to consider.

Can you have someone sit behind them to stabilize their head and neck if necessary? Should the patient be positioned in the back seat so that you can continue treating wounds? Is everyone's seatbelt secured? During this phase make sure you are driving carefully so as not to cause a collision. Remember, you want to avoid creating additional casualties. Be safe.

CONCLUSION

I know this is a lot of information to take in but it's important to consider the safety and tactical aspects of casualty care in a protest or riot environment. Remember your goals: treat the casualty, prevent additional casualties, accomplish the mission.

The following information comes from Riot Medicine v 1.0 written by Hakan Geijer which is available online freely and is an immense resource. TL:DR at the end.

Police and fascists will target the eyes with pepper spray since they the most sensitive to it and spraying it in the eyes is the most debilitating. Tear gas in the eyes generally only requires a quick flush that can even be done while on the move. For flushing the eyes, use a pneumatic eyewash bottle, contact solution bottle, or water bottle filled with water or saline. The patient should tilt their head forward to prevent pepper spray from running into an uncontaminated eye, the nose or their mouth. or down torso. Whatever bottle you use, it should be held 2 to 3 cm from the patient's eye. Use of spray bottles, the type used for cleaning windows or misting plants, is not recommended. In general, they do not allow the medic to spray a sufficiently high volume of water. They are relatively ineffective on the mist setting, and the stream setting will usually startle the patient into closing their eyes. Controlling the pressure of a stream from a spray bottle is difficult, and excessive spray pressure damage the eye. The main difficulty with flushing is the eyes blepharospasm which prevents the

patient from opening their eyes on their own. Their eyes need to be manually opened with your fingers. Place your thumb on their lower eyelid and your index finger on their upper eyelid, and open their eye immediately before flushing it. If a second medic is available, position them behind the patient and have them use their index and middle fingers on both hands to open the patient's eye. A natural reaction to having liquid sprayed into the eyes is closing the eyes. Even if the patient is able to open their eyes, manually hold back their eyelids to get as much solution into their eyes as possible. Additionally, because thev mav be blinded disoriented, you will need to clearly verbally communicate exactly what you are doing to avoid startling them or having them jerk their head away as you assist them. When flushing the patient's eyes, have the patient tilt their head forward. Spray water or saline directly into their eyes one at a time. Spray directly into their eye while directing the stream over the entire eye in small sweeping motions. Each spray should only last 1 to 2 seconds. Repeat as necessary. A large amount of water is needed for treating pepper spray contamination. so saline vials

should not be use for the initial treatment due to their low volume and the limited number you will be carrying. Using water to decontaminate the eyes leaves them feeling dry, and saline is compartively soothing, so they can be used at the end when patients have mostly recovered. Saline vials are appropriate for treating minor to moderate concentrations of tear gas as they can be handed out or quickly used for a flush.

TREATING MULTIPLE PATIENTS

A difficult aspect of treating patients who have been contaminated with RCA is that RCA contaminations, especially with tear gas, are short lived mass casualty incidents (MCI). You may be rapidly overwhelmed with patients, and you will need to triage patients into those most contaminated and those who can be helped second. Incidents that involve patients being pepper sprayed may include traumatic injuries from police violence. Patients who initially seem fine may degrade into respiratory distress or shock if they suffer an allergic reaction or their adrenaline wears off. As you treat multiple patients,

vou should be aware of the condition of patients you have previously treated. When treating multiple patients, as in all MCI situations, you need to direct all patients to come to you. By being stationary, other people can direct patients to you, and you can monitor the status of all vour patients simultaneously. Find somewhere relatively safe to treat everyone. If tear gas was deployed, this may mean moving just out of range of the highest concentrations of gas. In any case, you need to pick a location where people will not be trampled by a crowd or police charge. This may simply be backing against the wall of a building or sitting patients on a planter. As mentioned at the beginning of the chapter, you may not have enough gloves to change them after each patient, and doing so would

drastically slow down your ability to treat multiple patients. If you are working with multiple medics, split responsibilities so that some medics treat RCA contaminations and some treat traumatic injuries. When treating multiple patients with RCA contamination, you may want to consider partially treating all patients first before making а second pass and doing a full decontamination. Doing this allows you to triage patients and assess whether anyone needs additional interventions. It is also beneficial to start with patients who have RCA in their eyes before moving to patients with RCA on their torso and extremities. Doing initial an treatment on everyone before doing full decontaminations also reduces the total amount of panic in the group. Patients who have to wait many minutes to receive any treatment will be blinded and in pain and often say things like "Oh fuck, oh fuck, this burns so much."

This spreads unease among patients and bystanders. Doing a partial rinse of the eyes may not stop the immediate feeling of burning, but it will reduce their pain levels, allow them to open their eyes some, and allow natural tear production to help flush out RCA. Most importantly, partial treatment comforting by showing someone is there to care for them. No matter what ordering you have for your patients, when you move on to treat a patient, make sure you clearly communicate that you are moving to the next patient and will be back. This is especially true in panicked or blinded patients. You do not want them to feel abandoned.

URBAN LEGENDS

Because of the prevalence RCAs at demonstrations, medics have invented and deployed their own homegrown treatments and remedies. Many of these have been shown to be ineffective, and some are actually harmful. Like when administering any medication, these remedies may cause an allergic reaction on their own.

LAW. Liquid antacid and water (LAW) is a mixture of 50% liquid antacid and 50% water. In some countries, LAW is simply referred to as Maalox.iv LAW is an extremely popular treatment, in part because of its simplicity and the minor cooling sensation patients report when LAW is applied to the skin. Liquid antacid does not belong in eves, and although rare, ingredients in antacids may cause an allergic reaction. Research on pain relief provided by topical application of antacid is mixed. One study showed no significant decrease in pain for patients exposed to OC spray after applying liquid antacid.91 Another showed statistically significant decrease in pain up to the 60 minute mark, but concluded "the difference in [pain levels] may have questionable clinical significance." Anecdotal evidence supports the idea that LAW decreases pain for OC spray on the skin. but it is not if recommended even it is marginally more effective.

Baby shampoo. Baby shampoo has not been shown to be effective when used in the eyes or on the skin for treating either pepper spray or tear gas.

FAST. Fixative antacid surfactant treatment (FAST) is a pepper spray remedy originally published on It's Going Down. FAST was designed to be a more effective alternative to LAW that combined the active ingredients of antacid, sunflower lecithin, and baby shampoo. While there was some experimentation done by the creators to determine this whether treatment effective, it lacked the rigor be make conclusions. More generally. research on the individual active ingredients suggests that they do not provide a statistically significant decrease in pain.

Cow's milk. Plain cow's milk is another common treatment for pepper spray and tear gas. Pouring milk into the eyes has risk of infection, and this is especially true on hot days where the milk will not remain refrigerated before use. The stickiness and stench of milk is another downside of using milk as a decontaminant. Most importantly, cow's milk used as a treatment for pepper spray has not been show to have a significant effect on pain levels.

Mineral Oils. oil followed immediately by alcohol (MOFIBA) is an outdated treatment for pepper spray contamination that is no longer used by most medics. The treatment worked by covering small patches of skin with mineral oil to attract pepper spray, then removing it with rubbing alcohol. This was retired from use because if done incorrectly can cause additional pain over pepper spray alone. Similarly, people have used vegetable oil to wash the affected area, wiping the residue off after, and this should not be done either. Both of these methods are harmful because oil will trap the RCA against the skin.

Onion. Onions have been inaccurately reported as effective against tear gas. This belief seems to be most prevalent in the Middle East and North Africa. The reported procedure is to breath over whole or

cut onions, and in particular to use onions themselves as part of improvised gas masks to mitigate the effects of inhaling tear gas. RCAs, and in particular tear gas, are lachrymators. Chopped onion releases a chemical which is also a lachrymator. Onions do not mitigate or prevent the effects of tear gas.

Vinegar. Vinegar is another commonly suggested ineffective remedy and preventative measure for tear gas inhalation. Activists suggest using it as a decontaminant on affected skin. It has been suggested to soak a bandana in vinegar then breath through it to prevent inhalation of tear gas. Like tear gas, vinegar is a lachrymator. Vinegar vapor irritates the eves. and prolonged inhalation will irritate the lungs.

Citrus. Lemon and lime have been suggested to be used like vinegar, both as a decontaminant wash for the skin and with a bandana as a filter for tear gas. There is no evidence either of these have any effect on reducing the irritation associated with tear gas or preventing inhalation.

Hydrogen peroxide. Hydrogen peroxide is another remedy used by activists and medics to treat tear gas and pepper spray. There is no evidence that this has any effect on either, and further, it will cause additional burning sensations if it gets into the eyes or other mucous membranes. Given that pepper spray is mainly aimed at the face and tear gas affects the eyes, nose, and mouth, there is

high risk of causing additional harm to the patient even if it was an effective treatment. Lidocaine. Lidocaine in particular when used as a treatment for pepper spray has not been shown to have a significant effect on pain levels.

Miscellaneous. Some activists have suggested a variety of treatments such as using baking soda paste, topical analgesics, or toothpaste to treat affected areas. These are not recommend as they trap RCAs against the skin and may worsen its effects.

TL; DR

Riot control agents are lachrymators that are sprayed on to protesters or deployed as an aerosol. Symptoms are a burning sensation where exposed, especially the eyes, nose, mouth, and lungs. More serious symptoms like vomiting, syncope, anaphylaxis, and respiratory distress may be present as well as secondary traumatic injuries from fired cannisters. Because these are area of effect weapons, you will often end up needing to triage and treat many patients at once. Many common remedies for tear gas and pepper spray have limited clinical effectiveness, and so decontamination should only be done with water or saline. Flush the patient's eyes and body with water or saline, and afterwards consider wrapping them in an emergency blanket if there is a risk of hypothermia.

by Kimber

There's a meme that's made the social media rounds saying to "find your lane" in the fight for justice.

> Resistance is NOT a one lane highway. Maybe your lane is protesting, maybe your lane is organizing, maybe your lane is counseling, maybe your lane is art activism, maybe your lane is surviving the day.

Do NOT feel guilty for not occupying every lane. We need all of them.

Lindsay Young

It lists a variety of actions that aren't just going out and protesting. All of them are very good advice, but what if it still doesn't feel like enough?

You see, two of my partners and a roommate are regularly going out as medics, and the other roommate has been putting together this zine. So, struggling with that feeling myself, I reflected upon what my "new normal" has become with the majority of my household out protesting.

I make sure they've eaten and are hydrated before they head out.

I am their check in point when they are boots to the ground; I am the one helping them ice sore spots, or talking through ideas and feelings that Covid, injustice, fear, anger, and uncertainty brings.

In short, I'm providing support.

It's easy to feel like you aren't doing enough, but look at the ways you can provide help and support to those you know are hitting the streets to fight for justice.

You may find your lane there.

by Swamp Frog

For a newcomer, gun ownership can be a daunting proposition. There are a whole bunch of laws, an entire culture that is often alien and unfriendly, and a host of technical details to learn.

But now more than ever, firearm ownership and education is a vital aspect of Community Defense. Everyday citizens are realizing that the police cannot, will not, protect them. We're watching increasing militarization among Far Right elements of society. Racists and fascists are executing violence against minorities in unprecedented numbers.

In response, we've seen significant growth in firearm purchases among women, BIPOC, and the LBTQIA+ community in the past five years. With the COVID-19 pandemic, there's a record number of first time firearms owners and purchases.

All Gun Control is Racist. Whether by explicit ensign, or by enforcement. The first gun control laws in the US were intended to keep Irish immigrants from owning firearms to defend themselves. The post Civil War south adapted those same laws and applied them to the freed slaves, once the Klan realized it was hard to intimidate an armed community. Up until the 1960s, the practice of using gun control laws to prevent marginalized communities from defending themselves was a common practice. The focus shifted in the 70s and 80s, the laws themselves aren't meant to defense specific suppress of communities, but the enforcement of those laws achieves the same effect, with communities of color suffering disproportionate levels of arrest and prosecution for violation of gun control laws.

In this article, we're going to discuss the basics of owning a firearm. We'll cover legalities, touch upon safe handling, and we'll talk about affordable ways to obtain firearms and how to find the right firearm for you.

lt's mγ goal to encourage responsible and safe firearms ownership among the people. Everyone has the right to defend themselves and the ones they care about, and their community.

Who can own a gun?

Disclaimer: I am not a lawyer. This is not legal advice. If you have any questions on the legal aspects of firearms ownership, I suggest reaching out to an attorney.

There are tons of laws regarding firearms at the local, state, and federal levels. Who can own them, where they can be carried, how and why they can be used, etc.

In broad terms, any US Citizen with a record clear of felonies or any domestic violence conviction, who has not been judged mentally incopmetent can own a firearm. State laws may add more restrictions to these rules.

Professional gun dealers must have a Federal Firearms License (FFL) in order to engage in the selling of firearms. When purchasing a gun from a dealer, you must complete ATF Form 4473, and undergo a background check. You fill out the form, and the dealer calls the National Instant Check System hotline, and gives them your info. The NICS operator will give the dealer either approval to proceed with the sale, or a denial. The whole process will take only a few minutes.

Private sellers, regular citizens who may be selling their used personal firearms, but aren't professionals, do not have to have an FFL, or have an obligation to conduct a background check. They may still ask to see your driver's license and/or a copy of your Concealed Carry Weapons license (CCW).

The CCW allows a person to carry a firearm on them during regular everyday activity. Getting a CCW varies from state to state, and even from city to city or county to county. Some jurisdictions make it nearly impossible to qualify for a CCW. Others have no restrictions, or even a need for a CCW (these called Constitutional Carry states). Usually, the same criteria as regular ownership follows. with additional requirements, such as successful completion of a basic firearms training course.

Once you decide that you want to become a firearm owner, the first place to start is by learning your local laws pertaining to firearms ownership and use. These laws will also cover other means of personal defense, like knives, mace/pepper spray, and other less than lethal items.

THE BASICS OF SAFE FIREARM HANDLING

Depending on who you ask, there are either three or four rules for safe handling of firearms. The NRA teaches three, other groups teach four. They overlap and cover the same points, mostly differing in verbage and tone.

We'll use the Four Rules as dictated by Jeff Cooper, as I feel they are a better fit for self defense applications.

- 1. Treat all guns as if they are always loaded.
- 2. Never let the muzzle cover anything that you are not willing to destroy.
- 3. Keep your finger off the trigger until your sights are on target and you have made the decision to shoot.
- 4. Be sure of your target and what lies beyond it.

The rules are pretty straightforward. Following the rules each and every time you handle a firearm will dramatically decrease the possibility of a negligent discharge and unfortunate accident.

Please note: These are basics. Do not assume that knowledge of these rules can take the place of training and practice. Please seek out an instructor and get trained!

FINDING THE RIGHT GUN FOR YOU!

The question of "which is the best gun for me?" It's not an easy one to answer. There are lots of options out there as far as types of guns. Different folks have different needs and different abilities, just like different firearms do.

First let's look at a general overview of different types of firearms, and their capabilities.

Pistols are small firearms meant to be used one handed. They are the easiest to conceal, and are the most common choice for personal defense. Pistols are typically shorter range, and use smaller, lower caliber ammunition. Pistols typically fire one bullet per trigger pull.

Rifles are long guns, meant to be used with two hands. They are difficult to conceal, and usually carried "open" style. They are not practical for personal defense in the outside world, but good for home defense. They have a much longer range than pistols or shotguns, and can fire higher powered cartridges than pistols, but some will fire pistol caliber cartridges. Rifles also fire one bullet per trigger pull.

Shotguns are long guns, also meant to be fired two handed. They are also more difficult to conceal than pistols, and are usually carried open. They are not practical to carry as a personal defense gun for everyday use, but they are good choices for home based defense. They are short range arms, and can fire either a small cluster of

projectiles (called shot) for a small area effect, or a larger single projectile (called a slug) at low velocities for a single point of impact.

Some retailers and even some instructors look at it as a one size fits all proposition, and advocate for a narrow set of guns for all users. This isn't realistic or practical. So let's look at some basic considerations for you.

What are you using this firearm for? A gun for precision target shooting will be different than one for rapid fire competition and that will be different than one for personal defense. Since this article focuses on personal and community defense, we'll look at those options.

- Is the firearm comfortable for you to hold?
- · How does it fit in hand?
- Can you achieve a proper grip?
- Is it too heavy for you?
- Are you able to reach all the controls easily and comfortably, without moving your hand from a comfortable firing position?
- Are those controls intuitive and easy to understand?
- Is the firearm able to be easily concealed on your body?
- Is ammunition usually readily available?
- Is the cartridge the gun is chambered in effective at stopping threats?

- · Can you accurately fire it?
- How many rounds does it hold in the magazine?
- How big are the magazines, and how many can you carry comfortably?

Finding the answers to these questions takes some investigation and trial and error. Going to a range and trying out different guns will go a long way to help you understand and answer these questions.

Most ranges offer a selection of firearms for rent to use at the range. Typically they will have a number of popular choices for carry and self defense, and you'll need to buy the range's ammo to use in their guns. They will often have a selection of pistols, rifles and shotguns for you to try out.

Economics is a big factor in your decision. Shooting sports can be an expensive pastime, but there are some tricks and tips to arming yourself for defense on a budget.

Here are some ideas:

You can find entry level firearms at relatively low costs. A basic AR-15 can be found for about \$300 form sellers like Palmetto State Armory, and they are upgradable and have lots of aftermarket options. Mossberg markets the Maverick line of shotguns for around \$200, and the shotgun is virtually identical to 211e

higher priced Mossberg 500 line. Manufacturers like Taurus make some decent quality pistols like the G2, G3, and TH9 that retail between \$200 - \$300.

Used firearms are generally reliable and workable options, as well, and sell for much less than brand new guns. You can find used Glocks for around \$300, used Smith and Wesson MP9s for about \$250.

There are a few manufacturers who make low cost, basic pistols that run about \$150. Sure, you won't impress anyone at the range with your Hi Point 9mm, but it's affordable and they have probably the best customer service out there today.

Today, a number of online retailers offer financing for firearm purchases, and they usually ship the firearm to your dealer as soon as you make your initial down payment. If you have a steady income, and can afford a small monthly payment over the course of a year (or more), you can finance your purchase and help rebuild your credit at the same time. Monthly payments typically come out to be between \$30 to \$100 per month, depending on the total price of the firearm.

You can also "build your own" for some models of firearms. This will allow you to control how much you pay out at any one time, and let you build exactly the gun you want. A \$500 pistol or a \$1200 rifle can be

had for a few payments of \$25 to \$100 per paycheck or month, or however you break it down. You buy a part or two each paycheck, and in a few months, you'll have all the parts needed to assemble your gun.

You can build anything you can find parts for, but AR-15s, Glock type pistols, and 1911 type pistols are the most common and easiest to find parts for. If you can use a wrench and a screwdriver and a hammer, you can build your own AR and your own Glock. There are lots of tutorials on YouTube to walk you through your build.

SOME CLOSING THOUGHTS

"If you go far enough Left, you get your guns back!"

Responsible and well practiced firearms ownership is a beneficial step toward securing yourself and your community from forces that would seek to harm us.

Firearms are a helpful tool in defending your community, your family, and yourself. In addition, they can help feed the individual and the collective, and help the community thrive.

Guns aren't a fashion statement. They aren't toys. The only time you should ever draw your gun is when you intend to use it.

Yeah, at some point you'll have to interact with folks on the Right in order to engage in

firearms ownership. My experience has been that the stereotypical Alt Right gun nuts are the exception, not the rule in Real Life. Most ranges are pretty laid back, most patrons just want to go shoot and leave everyone else alone. I've taken a number of Trans folk to ranges with me, and they've said they are usually treated better there than at Pride events.

Don't let anything stand in your way. Don't be scared away from defending yourself and your community.

Here are some links to non Right Political gun advocacy groups and some educational sites.

- Socialist Association: Rifle socialistra.org
- Armed Equality (a group focused on LGBTQIA+ Second Amendment Rights): https://www.facebook.com/ArmedE quality/
- National African American Gun

avoids political faced discussion and has a bunch of information): good Pewpewtactical.com

 Lucky Gunner (The website is an aggregator to help shooters find low priced ammo. The YouTube channel, however, has lots of great instructional videos, all presented without political commentary) https://www.youtube.com/channel/U CznXfC7LthNEPUSvDydDPAw

Association: https://naaga.co/

On Optics and "Staying True to the Movement" and "Weapons of the Oppressors!"

I see it on Social Media all the time. Some leftist activists share pics all geared up with tactical gear, and inevitably, someone drops a comment about someone else's AR-15, basically dogging them for "carrying the weapon of the Oppressors!" and why aren't they all carrying an AK-47?

Personally, I tend to stick on the side of practicality and accessibility.

Hard fact: right now, in the U.S. the AR-15 rifle is the most practical, affordable, and accessible choice of tactical type long arm. Hands down.

It's the most common rifle in the U.S. An entry level AR costs less than half the price of an AK rifle. It has countless accessories and add on options. Parts are pretty much universal and plentiful, so if your cheap AR needs an upgrade, it's a pretty simple fix. It can be assembled from a pile of parts with minimal skill and basic hand tools. And you have a choice of a wide variety of calibers that will work with the AR. You can even use the same lower half across most of those calibers.

I get it. Lefties love the AK. It just ain't practical, though. For \$650 you get a remanufactured rifle of questionable origin. The manufacturers at this level are really hit or miss (more often miss), both with regards to the builder in the country of origin and the re-builder here in the states. AND you really can't swap parts out with other rifles, unless they're from the same country of origin. "Nyet! Rifle is fine!" there aren't a ton of upgrades for the AK (But it's getting better). And you really can't build one unless you know how to weld and rivet steel.

A good, solid AK costs around \$1k these days, at least. And it'll still have the same compatibility issues as a cheap rifle.

If you *really* need a Warsaw Pact weapon, look at the SKS. It's much cheaper, uses the same round as most AK rifles, and is just as reliable.

So just stop with the ideological purity bullshit. Real world concerns take precedent over image and some abstract ideal of "keeping it real".

by Kilroy

"ACAB", "1312", "No Justice, No Peace". These have been a rallying cry for countless people across the world and it's only gotten stronger in this last month.

Me? ľm an elder millennial. someone who grew up in a position of privilege as a CIS White Man, but often lacked the capacity to be selfreflective due to my position on socioeconomic scales. Now, when I have come to realize my own privilege and desire to be part of the force that grinds the gears of systemic racism apart, I am unable to do so through direct action on the streets. I have a M-F, 9-5 job. I have a family that depends on me being gainfully employed, and contractor taking time off means going without pay.

So, when I decided enough was enough, I jumped into local politics with both feet. I quickly found that in spite of my inability to attend protests and vigils in person, that I was rapidly able to engage in the political process from my own home. I can't replace the strength and solidarity of being arm in arm against the Cops LARPing as

Soldiers and bringing war to American streets, but I can call out bad actors and apply pressure none the less.

To share an open secret? There individuals aren't very many involved in local politics. If you can, I challenge you to locate your City Councils web presence, and look back at their posting habits from February or earlier and see how they handled their online footprint before COVID-19 was resulting in State wide lockdowns, before the massive social outcry against police brutality that brought Black Lives Matter back to the forefront of social conscious came about. Most of them? Most of them were simply fluff retweeting articles from whatever local paper of record was covering Council meetings. Some of them would self-promote motions they had proposed, or tag local NPOs they were working with.

Platforms? Typically, you're going to find local politicians easiest on Twitter, and on Facebook you're likely going to just find official City pages that are openly accessible. Following these official city pages is worth it as even if they're only repeating things from other sources, a City with an official social media

presence has a Social Media Team and their engagements and interactions end up in reports over time. Googling "*CityNameHere* City Council" to find the full list of your Councilmembers, then Google "City Council *InsertNameHere* Twitter" and you're almost always going to find their personal pages within the first few steps. Not every towns political representatives will be there, but most will be. Follow them. Then, repeat that same process, but instead of looking for local politicians, look for local reporters (not Anchors). Follow them too. Over a period of time (I took a week or two), curate your follows. From that initial list of politicians and reporters you're going to see more names pop up. Some will be officials, some will be other reporters, and importantly as you go through the comment sections of posts, you're going to identify other locals who you may or may not agree with. Follow them too. If you have any specific political leanings? Find your local groups too! Might be Democrats, might be DSA chapters, whatever floats your boat. Be omnipresent at times, you want people to see you showing up in these conversations.

Some early Do's and Don'ts?

- Don't just Share and/or Retweet something that someone said.
 - o You want to be part of a discourse, and you are trying to invite people to engage.
- Do comment on posts, to Original Posters and to other responding commenters!
 - o Again, we're looking for engagement! Someone share a "hot take" that you think disagree with? Tell them that! Do you agree with them? Say that too!
- Do lean into social niceties.
 - o Even if you're having an urge to call someone a Mother Fucker, avoid it.
 - Why? You're building your "brand" and trying to draw others in so that you can more easily leverage it for future use.

You want to show an active engagement with others, but you also want to be easily ID'd as the "reasonable" one in any given exchange. You're going to have edge cases! If there's a report that exposes someone of a bigoted act, say that loud and open. It is appropriate to show your disdain! If, like me, you are wanting to impress onto the local politicians that you are sick of the local PD? Say that too! You can have an agenda. Fucking hell, you

should have an agenda! You are an engaged constituent¹, and you have a clear message you're going to get across! Start tagging people as you discuss whatever threads have popped up. Council Member say X and you agree with it? Tell them that directly on their posts. Share and Comment/Retweet with Comment and just openly proclaim your thoughts to your own followers. Realistically you might not see a lot of direct involvement at first. That's going to happen, and that's fine. Is your goal to emphasize your issues with police budgeting? Fuck yeah, me too! In the last month I've done more civic engagement than I've done in my entire life previously. Due to the nature of circumstances with our new plague, most official meetings have online options made available to citizens to engage in local politics. It isn't always easy. Council hearings are often early afternoons during weekdays. On the positive side, my own local city government live streams hearings/council meetings from FBLive and we have a Public Access channel that is available online too! Identify your own local resources. Watch them. Figure out what the current trending topics are, and be part of them. Obviously, in this moment if you're reading a Zine you know that we're seeing societal change happen across the world in regards to race and challenging racism directly and indirectly. Bring these topics up. Talk about these comments elsewhere. If that means making some Conservatives sad on the local newspapers Facebook page, do that too. If someone is spouting off about Cops, ask them if they plan on supporting their local delivery driver too with the "Thin crust line"²!

In my own journey? This is where I am at currently. I have family at home that are immunocompromised and I can't be on the streets. I can't be downtown at City Hall to speak directly to Council. However, I can sign up for comment via Zoom. I can make sure that when they're in meetings that I'm watching, and that I'm tweeting my thoughts on things as they happen. That "live" element helps enforce it to others that you're engaged. and when you are engaged people want to engage with you. I've had a few posts "blow up" when you consider the typical scope of local political issues. A "blue checkmarked" local reporter from Twitter might drop a quote from a politician and get 6 responses or so, to give you an idea of metrics you're typically dealing with. I've hit those levels myself³.

Outside of people asking "what can I do" I most often here the follow up of "is it worth doing". I can't answer that for you. You've got to figure that out yourself. For me so far, it has been. I've had City Council members directly respond to me, and one DM'd me their phone number and we've been engaging over texts back and forth. Will I actually help effect change? No clue! Short term I can tell you that I don't think that I have, but I have had people reach out to stress what they think *are* positives that they've done. Maybe that is

change. Maybe if we see more people push, we can continue to see change too. I can't enumerate if I've managed to do shit, but I can watch public opinion and see the writing on the wall. I know locally we just shifted a \$1 Million allotment earmarked for the piggybank to youth employment funds, and I know that an additional \$1 Million is moving from our cops budget to community policing efforts so we can stop pretending that Cops are capable of responding to situations where we need social workers.

Lastly, don't just talk. Even if you cannot hit the streets and scream at cops, you can absolutely help out beyond getting engaged too. If you have the capacity, contribute to local bail funds. Contribute to local BLM charities. I also contributed to the local NAACP and Urban League, because I can and I want to raise voices that aren't mine even if they aren't exact mirrors of my own positions. If you can make masks at home? Do that. Touch base with local orgs and donate them so that protestors are able to take the steps they can to meet the unique challenges of protesting during a pandemic.

The most important thing though, is just do what you can and keep moving forwards.

- 1 : You might not be, but we're not telling. That's the role we're taking on if nothing else.
- 2 : Drivers/Sales Workers & Truck Drivers were #6 on the most dangerous jobs according to 2019 data.
- 3: Not a humblebrag, it's intended to show you how pathetically low of a bar is set for local engagement.

The police exercise legitimate authority.

The average police officer is not a legal expert; he probably knows his department protocol, but very little about the actual laws. This means his enforcement involves a great deal of bluffing, improvisation, and dishonesty. Police lie on a regular basis: "I just got a report of someone of your description committing a crime around here. Want to show me some ID?"

This is not to say we should unthinkingly accept laws as legitimate, either. The entire judicial system protects the privileges of the wealthy and powerful. Obeying laws is not necessarily morally right—it may even be immoral. Slavery was legal, aiding escaped slaves illegal. The Nazis came to power in Germany via democratic elections and passed laws through the prescribed channels. We should aspire to the strength of conscience to do what we know is best, regardless of laws and police intimidation.

The police are ordinary workers just like us; they should be our allies.
Unfortunately, there's a big gap between "should be" and "are." The

role of the police is to serve the interests of the ruling class; anyone who has not had a bad experience with them is likely privileged, submissive, or both. Today's police officers know exactly what they're getting into when they join the force—people in uniform don't just get cats out of trees. Yes, most take the job because of economic pressure, but needing a paycheck is no excuse for evicting families, harassing young people of color, or pepper-spraying demonstrators. Those whose consciences can be bought are everyone's potential enemies, not allies.

This fairy tale is more persuasive when it is couched in strategic terms: for example. "Every revolution succeeds at the moment the armed forces refuse to make war on their fellows: therefore we should focus on seducing the police to our side." But the police are not just any workers; they're the ones who chose to base their livelihoods upon defending the prevailing order, thus the least likely be sympathetic to those who wish to change it. In this context, it makes more sense to oppose the police as such than to seek solidarity with them. As long as they serve their masters, they cannot be our allies;

by denouncing the institution of police and demoralizing individual officers, we encourage them to seek other livelihoods so we can one day find common cause with them.

Maybe there are some bad apples, but some police officers are good people. Perhaps some police officers have good intentions, but once again, insofar as they obey orders rather than their consciences, they cannot be trusted.

There's something to be said for understanding the systematic nature of institutions, rather than attributing injustice to the shortcomings of individuals. Remember the story of the man who, tormented by fleas, managed to catch one between his fingers? He scrutinized it for a long time before placing it back at the spot on his neck where had he caught it. His friends, confounded, inquired why on earth he would do such a thing. "That wasn't the one that was biting me," he explained.

Police can win any confrontation, so we shouldn't antagonize them.

With all their weapons, equipment, and surveillance, the police can seem invincible, but this is an illusion. They are limited by all sorts of invisible constraints—bureaucracy, public opinion, communication breakdowns, an overloaded judicial system. If they don't

have vehicles or facilities available to transport and process a great number of arrestees, for example, they can't make mass arrests.

This is why a motley crowd armed only with the tear gas canisters shot at them can hold off a larger, more organized, better-equipped police force; contests between social unrest and military might don't play out according to the rules of military engagement. Those who have studied police, who can predict what they are prepared for and what they can and cannot do, can often outsmart and outmaneuver them.

Such small victories are especially inspiring for those who chafe under the heel of police violence on a daily basis. In the collective unconscious of our society, the police are the ultimate bastion of reality, the force that ensures that things stay the way they are; taking them on and winning, however temporarily, shows that reality is negotiable.

Police are a mere distraction from the real enemy, not worth our wrath or attention.

Alas, tyranny is not just a matter of politicians or executives; they would be powerless without those who do their bidding. When we contest their rule, we're also contesting the submission that keeps them in power, and sooner or later we're sure to come up against some of those who submit. That being said,

it's true that the police are no more integral to hierarchy than the oppressive dynamics in our own communities; they are simply the external manifestation, on a larger scale, of the same phenomena. If we are to contest domination everywhere, rather than specializing combating certain forms of it while leaving others unchallenged, we have to be prepared to confront it both in the streets and in our own bedrooms; we can't expect to win on one front without fighting on the other. We shouldn't fetishize confrontations with uniformed foes, we shouldn't forget the power imbalances in our own ranks-but neither should we be content merely to manage the details of our own oppression in a non-hierarchical manner.

We need police to protect us.

According to this line of thinking, even if we might aspire to live in a society without police in the distant future, we need them today, for people are not ready to live together peacefully without armed enforcers. As if the social imbalances and fear maintained by police violence are peace! Those who argue that the police sometimes do good things bear the burden of proving that those same good things could not be accomplished at least as well by other means.

In any case, it's not as if a police-free society is suddenly going to appear overnight just because someone spray-paints "Fuck the Police" on a wall. The protracted struggle it

will take to free our communities from police repression will probably go on as long as it takes us to learn to coexist peacefully; a community that can't sort out its own conflicts can't expect to triumph against a more powerful occupying force. In the meantime, opposition to police should be seen as a rejection of one of the most egregious sources of oppressive violence, not an assertion that without police there would be none. But if we can ever defeat and disband the police, we will surely be able to defend ourselves against less organized threats.

Resisting the police is violent—it makes you no better than them.

According to this line of thinking, violence is inherently a form of domination, and thus inconsistent with opposing domination. Those who engage in violence play the same game as their oppressors, thereby losing from the outset.

This is dangerously simplistic. Is a woman who defends herself against a rapist no better than a rapist? Were slaves who revolted no better than slave-holders? There is such a thing as self-defense. In some cases, violence enforces power imbalances; in other cases, it challenges them. For people who still have faith in an authoritarian system or God, following the rules—whether legal or moral—is the top priority, at whatever cost: they believe they will be rewarded for doing

so, regardless of what happens to others as a result. Whether such people call themselves conservatives or pacifists makes little difference in the end. On the other hand, for those of us who take responsibility for ourselves, the most important question is what will serve to make the world a better place. Sometimes this may include violence.

Police are people too, and deserve the same respect due all living things. The point is not that they deserve to suffer or that we should bring them to justice. The point is that, in purely pragmatic terms, they must not be allowed to brutalize people or impose an unjust social order. Though it can be empowering for those who have spent their lives under the heel of oppression to contemplate finally settling the score with their oppressors, liberation is not a matter of exacting revenge but of rendering it unnecessary. Therefore, while it may sometimes even be necessary to set police on fire, this should not be done out of a spirit of vengeful self-righteousness, but from a place of care and compassion—if not for the police themselves, at least for all who would otherwise suffer

hands.

Delegitimizing the police is not only beneficial for those they target, but also for police officers' families and police officers themselves. Not only officers do police have disproportionately high rates of domestic violence and child abuse, they're also more likely to get killed, commit suicide, and struggle with addiction than most sectors of society. Anything that encourages police officers to guit their jobs is in their best interest, as well as the interest of their loved ones and society at large. Let's create a world in which no one oppresses or is oppressed, in which no one has to live in fear.

"Find out just what any people will quietly submit to and you have found out the exact measure of injustice and wrong which will be imposed upon them, and these will continue till they are resisted with either words or blows, or both."

Frederick Douglass

[This is from our friends at Crimethinc.]