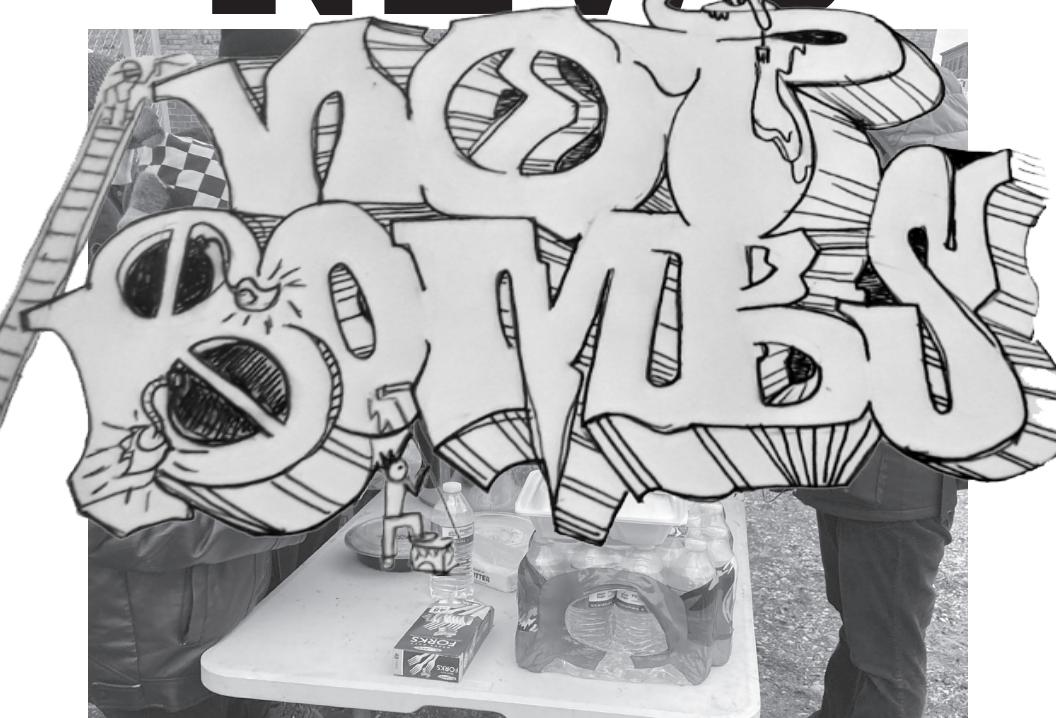


VOL.2

NEWS



WHO WE ARE

We are a Pan-Left group that believes food is a right not a privilege

We are a non-profit grass-roots organization

We believe in solidarity not charity. We require no beliefs, backgrounds, or acceptance of any of our beliefs

Come as you are.

Our goal is to feed hungry people. We require absolutely nothing from our friends that come to eat with us

You will find the following at our serves:

- Vegetarian meals
- Beverages
- Toiletries/medication/etc.
- Harm reduction

FAT chance,
Big fucking FAT chance
If you can understand my stance
Oppression oppressing another day aggressing
I'll never grasp oppression
But I see it sometimes
Somedays I can be it Sometimes
I can fight and stab and scrape, but I'll never beat the elitists
Defeatists defeatists
Eat the food they feed us
Praise the fucks they employ to beat us
Now Now
They have won
Get so fat and full
Until there is nothing to overcome
You're just another rock in their tread
Put a bullet in your head you're already fucking dead

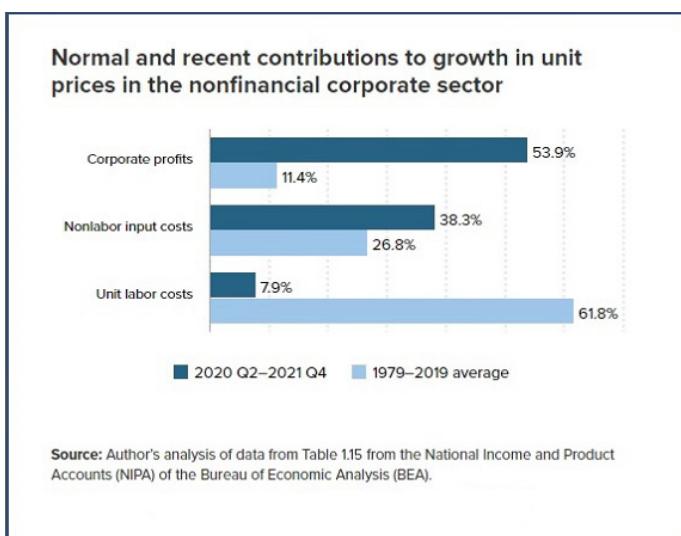
ACTUAL INFLATION

by wino

Comrades, and workers alike we all know it is growing increasingly difficult to afford necessities. Below is some information to disprove a few myths about why that is.

The truth: We have a disruption in our supply chain. We are short on lumber, and chips for cars and shipping containers are increasing in cost. Secondly, corporations know it is a difficult time, and they are taking advantage. They are price gouging and passing it off as inflation. As indicated by the chart below labor cost is at a very low rate, and increased costs at grocery stores, and at the gas pump are not coming from wage growth. Nonlabor input costs (meaning the cost of supplies etc. for products/services) increased by 11.5%. The biggest increase is corporate profits by a whopping 42.5%.

This chart is measuring the GDP



HAZARAS AND THE SILENT GENOCIDE

by Lee

The Hazaras have long been subjugated and subjected to discrimination and persecution due to their ethnic identity. The first Taliban rule in the 1990's was devastating for Hazaras, thousands were persecuted and massacred over the span of a few days. In August 1998 alone, The Taliban killed over 2000 Hazaras in an event that journalist Ahmad Rashid described as "Genocidal in its ferocity", furthermore the UN discovered mass graves of Hazaras in Bamiyan province a month before the fall of the Taliban regime in 2001. These experiences had a long-lasting and traumatizing effect on the collective memory and consciousness of the community.

Subsequently, because of their support for democracy in Afghanistan, Hazaras were regularly targeted by the Taliban insurgency. Taliban perception is that Hazaras had stepped out of their historical role as a subordinate and inferior group. The Taliban pushed back in an increasingly targeted and violent manner.

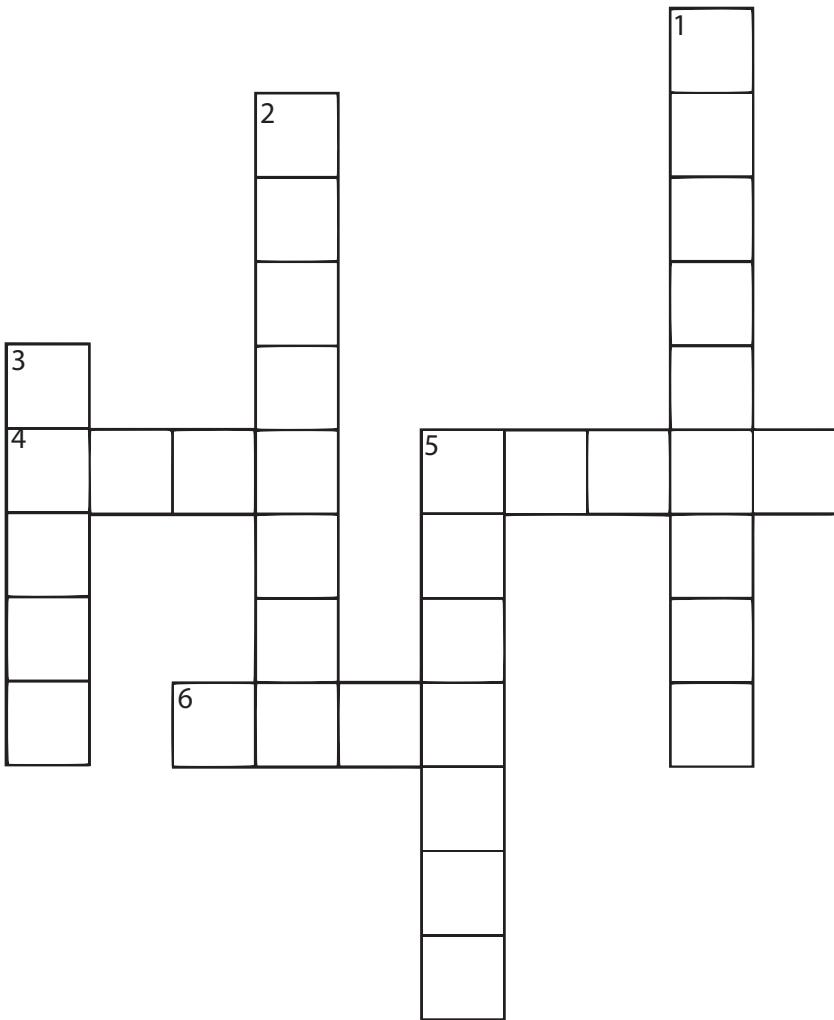
Now, with the Taliban back in power, Hazaras face direct threats and systematic discrimination in Afghanistan. With nearly complete collapse of independent media and civil society, the Hazara diaspora outside of Afghanistan has also lost their eyes and ears within Afghanistan. There is no reporting on this extremely vulnerable and targeted community and their inability to advocate for their rights.

Hazara advocates for human rights have relied on the civil society efforts inside the country. With the Taliban in the power, the community agency has been lost. Addressing access to monitor the plight of Hazaras under Taliban rule

will be critical for identifying and preventing crime against the community.

On September 30, 2022 a suicide attack took place inside Kaaj education center in Dashte Barchi district (area where Hazaras live) of west Kabul Afghanistan, where 35 young Hazara girls died and over 82 were injured. The attack was perpetrated as students were sitting for a practice university exam.





Across

4. Pan- _____; across various ideologies connected by values of egalitarianism and social welfare
5. Percentage of US food supply wasted each year
6. one of the most common liver conditions in the United States; often transmitted by sharing rigs and other materials

Down

1. Harm _____; practice of minimizing negative consequences of risky behaviors
2. a deliberate action to disrupt or undermine a political entity
3. a pill that is taken within 72 hours of unprotected sex to prevent pregnancy
5. far-right, authoritarian ideology

Answers: Down: 1. Reduction; 2. Sabotage; 3. Plan B; 5. Fascism
Across: 4. Left; 5. Forty; 6. Hep C

QUESTIONS OUT OF LEFT-FIELD FAQS ABOUT ANARCHISM

by Krobar

Q: What is anarchism?

A: Anarchism can be tricky to nail down, since there is no one definition. However, we know that it is a way of living and therefore a system for society. It advocates for the abolition of unjust hierarchies, especially hierarchical governments. It promotes a society based around an organization of voluntary cooperation, not force or coercion. By organizing society as horizontally as we can, power becomes spread out amongst everyone and the opportunity to exploit or be exploited lessens significantly. Anarchism can take many forms, and such is the beauty of it. Its lack of rigidity allows it to adapt while holding true to its core value of freedom through mutual aid and cooperation, so is our nature as humans.

“Anarchism stands for a social order based on the free grouping of individuals for the purpose of producing real social wealth; an order that will guarantee to every human being free access to the earth and full enjoyment of the necessities of life, according to individual desires, tastes, and inclinations.”- Emma Goldman, *Anarchism: What it really stands for*

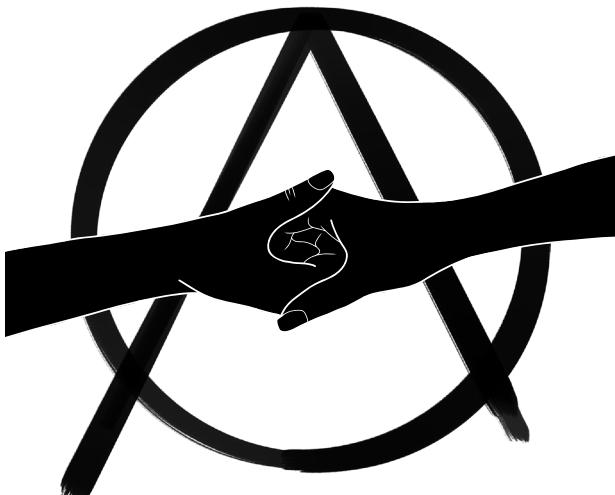
Q: One definition of “anarchy” is chaos. Isn’t that what anarchy would be — chaos?

A: The word “anarchy” comes from the ancient Greek word anarchia, meaning “no ruler” not “no rules”. When we all come together as equals, we collectively decide what rules are best for us, all of us. There is no one person apart from us that knows best for all of us.

“Pierre-Joseph Proudhon, the first person to call himself an anarchist, wrote that “liberty is the mother, not the daughter of order.” Anarchist order is superior to state-enforced order because it is not a system of coercive laws, it is simply how communities of people who know each other decide how to live together. Anarchist order is based on common consent and common sense.” - Bob Black, Anarchy 101

Q: How can you trust people not to victimize each other without the state to control crime?

A: “If you can't trust ordinary people not to victimize each other, how can you trust the state not to victimize us all? Are the people who get into power so unselfish, so dedicated, so superior to the ones they rule? Political power, as anarchist Alex Comfort argued, attracts some of the same kind of people as crime does. The more you distrust your fellow man, the more reason there is for you to become an anarchist. Under anarchy, power is reduced and spread around. Everybody has some, but nobody has very much. Under the state, power is concentrated, and most people have none, really. Which kind of power would you like to go up against?” - Bob Black, Anarchy 101



YOUR LIFE IS WORTH IT!

Plan ahead so that someone will be able to get you help or Narcan you if you overdose.

When you shoot dope, try and have someone there with you until you finish your shot. If that's not possible, make sure someone's planning on checking on you. Or call a friend and have them wait on speakerphone until you're done.



Narcan won't help if there's no one there to give it to you!

**Do your best to make sure that when you get high,
someone will be able to help in case you OD.**

LOVE DRUG USERS. LOVE YOURSELF.

BREATHING TECHNIQUES TO REDUCE ANXIETY

IF YOU FEEL ANXIOUS OR PANICKED YOUR BREATHING TECHNIQUES WILL INCREASE OR DECREASE YOUR ANXIETY

TWO TYPES OF BREATHING

① CHEST BREATHING → This increases anxiety and consists of short shallow breaths from the chest, your heart is not properly oxygenated and your anxiety levels will increase.

② ABDOMINAL (DIAPHRAGMATIC) BREATHING → Taking deep even breaths like a sleeping baby

WHEN FEELING ANXIOUS, TRY THESE TECHNIQUES:

A ABDOMINAL BREATHING PRACTICE → LAY DOWN OR SIT OR STAND COMFORTABLY

START BY PUTTING ONE HAND ON CHEST AND ONE ON STOMACH

THEN BREATH IN SLOWLY AND EVENLY THROUGH YOUR NOSE WHILE YOUR CHEST HAND REMAINS STILL

THEN TIGHTEN PURSED LIPS WHILE EXHALING SLOWLY AND EVENLY AGAIN YOUR CHEST HAND SHOULD STAY STILL

PRACTICE THIS BREATHING 3-4 TIMES A DAY FOR 5-10 MINUTES

B EQUAL BREATHING



DOES YOUR CLOSE YOUR EYES
START BY CLOSING YOUR EYES AND OBSERVING YOUR BREATH



THAT'S BETTER THEN EXHALE THAT SAME SLOW FOUR SECOND COUNT

* BE MINDFUL OF THE FEELINGS OF EMPTYNESS AND FULLNESS IN YOUR LUNGS AND TO KEEP YOUR INHALE AND EXHALE THE SAME

C LIONS BREATH

THAT IS A TECHNIQUE THAT INVOLVES EXHALING FORCEFULLY

① GET INTO A KNEELING POSITION

② BRING YOUR HANDS TO YOUR KNEES AND STRETCH YOUR ARMS AND FINGERS

③ BREATH IN THROUGH YOUR NOSE

④ BREATH OUT FORCEFULLY THROUGH YOUR MOUTH, ALLOWING YOURSELF TO VOCALIZE "HA".

CROSSING YOUR ANKLES AND RESTING YOUR BUTT ON YOUR FEET

HA!! HA!!



⑥ FOCUS ON THE MIDDLE OF YOUR FOREHEAD (THE THIRD EYE) WHILE EXHALING

⑦ RELAX YOUR FACE AS YOU INHALE AGAIN

⑧ REPEAT UP TO SIX TIMES, CHANGING THE CROSS OF YOUR ANKLES WHEN YOU REACH THE HALF WAY POINT.

SIDE VIEW

FRONT VIEW

⑤ DURING EXHALE OPEN YOUR MOUTH AS WIDE AS POSSIBLE AND STICK YOUR TONGUE OUT, STRETCHING IT DOWN TOWARDS YOUR CHIN AS FAR AS IT WILL GO.



**LOCATION: CANTON 4TH AND REX
SUMMER HOURS: SATURDAYS 4:00-5:30PM
WINTER HOURS: SATURDAYS 3:00-4:30PM**

Contact Us
Facebook: CantonFNB
Instagram: CantonFNB
Website: www.cantonfnb.com

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Cash App: \$CantonFNB