

No Gods No Cops  
No Bars to Contain You  
Fields Without Fences  
No Places to Restrain You  
A Place to Call Home  
Wherein Freedom is Free  
A life for Yourself  
And a Place to Be



# News <sup>June 22</sup> #1 NOT BOMBS!

## INSIDE:

- Who we are and what we do
- Crossword Puzzle!
- Local Action
- Food for Thought
- And more!



Created and Distributed by: Canton Food Not Bombs

## Mission Statement

The Canton Food Not Bombs chapters' mission is to provide free vegetarian food, toiletries, and harm reduction supplies to members of the Canton, Ohio Community. We believe that food is a human right, that every person deserves the dignity of access to toiletries, and that harm reduction is an ethical and evidence-based tool to support our community.

At our gatherings, you will find:

- A free vegetarian meal, no questions asked
- Toiletries and seasonal needs (hats and gloves, sunscreen, etc)
- Harm reduction supplies (Narcan, condoms, etc)
- Helpful Information, pamphlets, and zines

Serve Info:

As long as we are permitted, our location will remain at the **lot on the corner of Rex Ave and 4th St NE** (lot behind Deli Ohio and Stark Fresh). If this changes, we will do our best to communicate this to the community.

Meals are shared on **Saturdays**. Seasonal hours change with daylight savings:

**Summer 4-5:30pm**

**Winter 3-4:30pm**

Follow us on social media for the most updated information!



@Canton FNB



CantonFNB

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## Local Action: Books To Jail

If you have been in Stark County Jail, or any other jail for that matter you know it is a dehumanizing experience. The COs don't care about your needs, and treat you as a second class citizen. If you are there for a long time, you know the book selection is limited, and strictly religious. We are looking to start an initiative to get a wider variety of books to incarcerated individuals. We do not care the crime, or the time. The rules regulating books are oppressive and obscure. To them, the only thing that makes sense is to keep the criminal, criminal, and continue the revenue of money that is pumped to the state regardless of the negative effect this has on society and individuals. Our goal is to get some educational material and entertaining books into local jails to keep minds occupied and help where we can. We have all made mistakes, might as well have something to do while we sit around eating must-go and drinking instant coffee. If you are interested in donating (non-religious) books, assisting with coordinating, or other ways of contributing, please reach out to [cantonfnb@gmail.com](mailto:cantonfnb@gmail.com)!

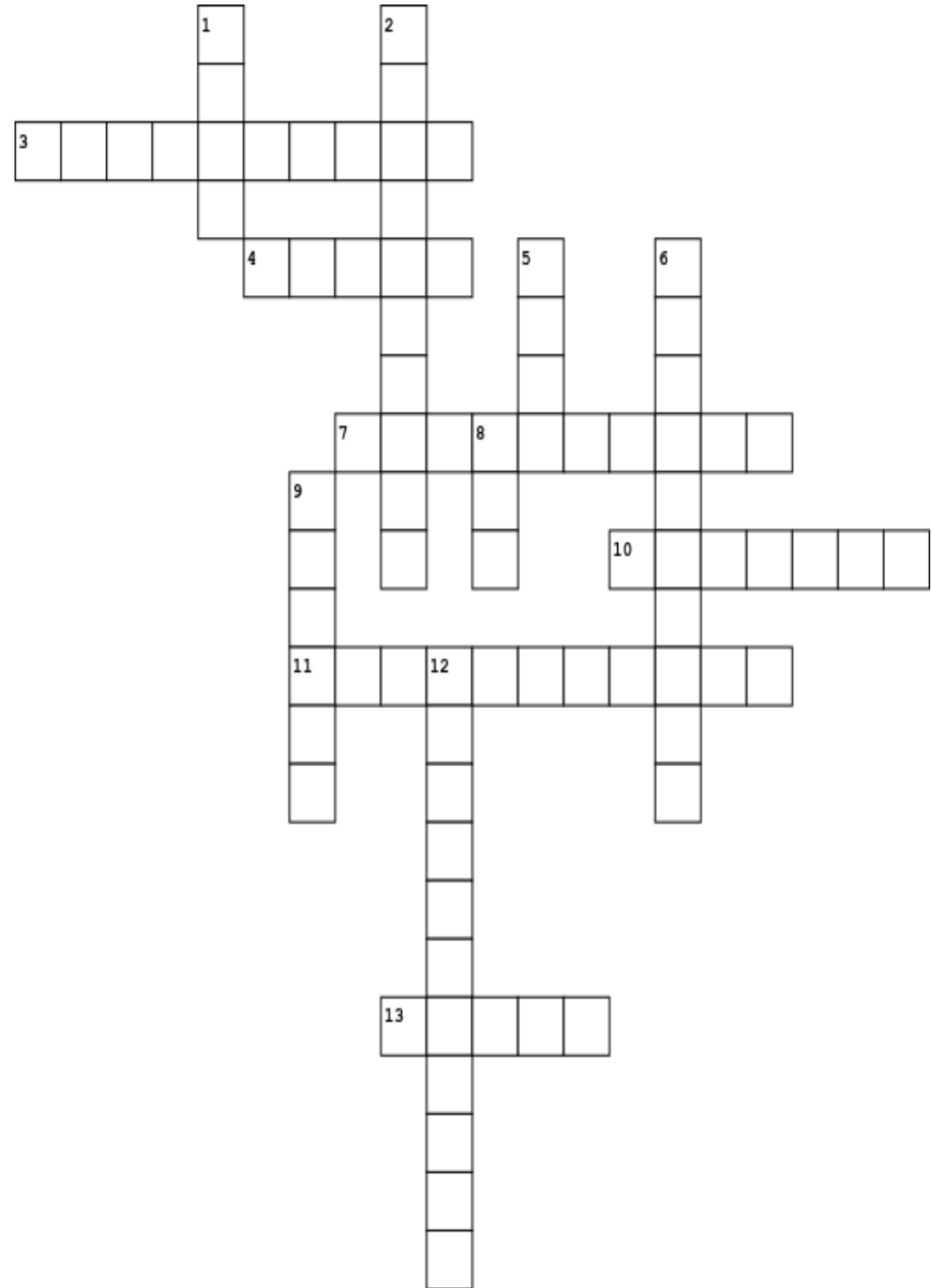


### Across

3. delicious, meatless meals
4. a station in society; a caste
7. sharing strength with the community
- 10 “No Gods, No \_\_\_\_\_”
11. opposes competition; a key element of mutual aid
13. a worker’s power

### Down

1. Contrary to popular belief, felons *can* do this in Ohio
2. Local, community organization structure
5. a human right, not a privilege
6. an oppressive economic system
8. initialism for wobblies
9. a medication used to reverse an opioid overdose
12. a member of the working class



**ANSWERS:** Across: 3. Vegetarian; 4. Class; 7. solidarity; 10. Masters; 11. Cooperation; 15. Labor  
Down: 1. Vote; 2. Grassroots; 5. Food; 6. Capitalism; 8. IWW; 9. Narcan; 12. Proletariat

# Food for Thought

## What is mutual Aid?

Originally developed in response to the “Survival of the fittest” concepts of the time. Kropotkin and others explained that cooperation and concern for each other is a critical part of evolution. We fare much better when we look out for each other in the face of shared adversity. Mutual aid is a horizontal, bottom-up approach to addressing social problems together. It is community-based support that allows members to care for each other, we are motivated by empathy (not pity) and solidarity (not charity) as we see the complexities of a system that is built on scarcity and competition and recognize that it affects us all, just in different ways. We care for each other, we keep us safe, we work together.

## Aren't people naturally competitive?

“In Western society, competition is so normalized it's no wonder we consider it the natural mode of human relations. From youth, we're taught that we have to be better than everyone else to be worth anything ourselves. Corporations justify firing workers, depriving them of sustenance and healthcare, so the company can “stay competitive.” Fortunately, it does not have to be this way. Industrial capitalism is only one of thousands of forms of social organization humans have developed, and with any luck it won't be the last. Obviously, humans are capable of competitive behavior, but it's not hard to see how much our society encourages this and suppresses cooperative behavior. Countless societies throughout the world have developed cooperative forms of living that contrast greatly with the norms at work under capitalism. By now, nearly all of these societies have been integrated into the capitalist system through colonialism, slavery, warfare, or habitat destruction, but a number of accounts remain to document the great diversity of societies that have existed.”

-Peter Gelderloos, *Anarchy Works*, 2010.

# Know Your Rights!

Adapted from “What To Say To Cops” by the North East Ohio

SRA

When speaking with law enforcement always remember, *they are trained to turn every interaction into a potential arrest.*

You do have the right to remain silent and cannot be forced to speak with law enforcement. Make sure to clearly state that you are remaining silent and say NOTHING else.

If an officer keeps asking you questions after you state that you are remaining silent, ask: “Am I free to go?” (An Officer cannot keep you from leaving the area unless you are being detained).

In Ohio you are NOT required to show any proof of identity, UNLESS driving a vehicle.

Also, with Ohio's Constitution Carry Law (effective June 2022) you do **not** have a duty to affirmatively state you're carrying a weapon when encountering an officer; you are required to answer if you are *asked* by an officer.

What to say if an officer asks to search you, your belongings, your car, or your home: “I do not consent to a search of my person/my belongings/my bag/ my car/my home.”

An officer may only search these things under certain circumstances. One of those circumstances is if you consent to the search. “May I search your (blank)” is an admission by the officer that they do NOT have sufficient probable cause to search whatever they've asked to search, and you should affirmatively state you do NOT consent. An officer may conduct a Pat-down or “frisk” of your person if you are being detained and they reasonably suspect you have a weapon and/or contraband- do NOT resist this pat-down/frisk. If the officer attempts to search INSIDE your pockets, clothes, or belongings/bags. During the pat down by reaching inside them, state loudly and clearly “I do not consent to a search of my person/my belongings/my bag’ but again, DO NOT RESIST.

*This information is not meant as a substitute for legal advice*