



NEWS Not Bombs

Volume 10



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Cover art by Moss



WHO WE ARE

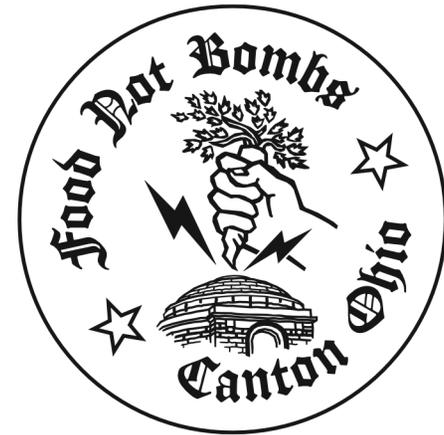
News Not Bombs is edited and produced by members of Canton Food Not Bombs. Canton FNB is a Pan-Left group that believes food is a right, not a privilege. We are a horizontally operated working-class collective that believes: direct action gets the goods, solidarity over charity, we keep us safe, and a meal tastes best when shared with your community.

We do not require proof of work, status, sobriety, or religious affiliation to eat with us; only that you are hungry. You will find the following at our serves:

- Vegetarian meals
- Cold or hot beverages
- Toiletries
- Basic OTC medications
- Harm reduction supplies
- Community



Feed people. Fight fascism.



LOCATION

Green space on the corner of Walnut and 6th St NE

HOURS

Winter: Saturdays 3:00 – 4:30PM

CONTACT US

Facebook: CantonFNB

Instagram: CantonFNB

Website: www.cantonfnb.com

Newsletter: cantonfnb.substack.com

SUPPORT US

Cash App: \$FFTcanton



Send your writing and artwork to cantonfnb@gmail.com for a chance to be featured in the zine!

- Gently remove your cold weather gear, like gloves or boots. You should also remove any jewelry like rings or watches if they're near an affected area of skin. If your clothing is wet, put on dry clothing.
- Place your affected skin in a bath of warm (not hot) water. This will be a slow rewarming process that can take at least 30 minutes.
- Place blankets on your affected area of skin. Don't wrap blankets around your skin because it could cut off circulation and prevent blood flow to your affected tissues.
- Avoid applying heat directly to your skin to prevent burns.

If you have signs or symptoms of surface or deep frostbite, which are the second and third stages of frostbite, visit a healthcare provider immediately for treatment. Time is critical with frostbite. You may experience severe pain with frostbite as your skin thaws.

To treat frostbite, a healthcare provider will:

- Raise your body temperature in lukewarm water or by applying warm, wet packs to your skin for up to 30 minutes.
- Apply wound dressings to your frostbitten skin with sterile bandages, keeping your fingers and toes separated to avoid rubbing.
- Test blood flow in the affected area of your body. If you have stage three frostbite, your provider may also connect you to an IV (a needle that enters a vein in your arm to deliver fluids) to improve your circulation.
- Give you antibiotics and pain relievers, such as ibuprofen (Advil®, Motrin®).
- Rehydrate your body by giving you water (frostbite dehydrates your tissues).
- Give you oxygen therapy. For extreme frostbite, your provider may have you breathe pure oxygen inside a pressurized room. This treatment, called hyperbaric oxygen therapy, helps some people heal faster by increasing their blood-oxygen levels.

COMMUNITY IS RESISTANCE

By Rin

It is my belief that community is one of the greatest threats to oppressive systems. These systems thrive on division and isolation. What better way to build community than knowing every week—same time, same place—community can gather together at City Council and have a chance to be heard, uninterrupted for three minutes.

Canton City Council eliminated public speaks on November 10th, 2025. John Mariol explained at this meeting that a small group of individuals were responsible for this rule change due to their “circus-like” tone and the rules committee would revisit in January. Online threats and emails were also cited as justification. This ‘small group’ typically consisting of 2-3 speakers had been attending for more than a year. After all this time, why take action now? It is my belief that this group is a scapegoat.

These rule changes came shortly after the controversial camping ban ordinance in which our unsheltered neighbors found their voice, mutual aid networks strengthened, unlikely friendships formed, and common ground was identified between individuals and groups.

City council amended and reinstated public speaks with major restrictions which excludes many members of the public including those living within the city limits of Canton. One restriction requires residency in Canton City with the ability to prove this with an ID. It's common for our unhoused neighbors to be without an ID. It's difficult to prioritize paperwork and process when one doesn't know where they are going to sleep at night. Survival outweighs bureaucracy. Additionally, speakers are required to provide their full name and address which will exclude those who could be in danger by providing that information publicly. Those escaping domestic violence and trafficking may need to decide to put themselves in danger or not be heard.

The newly amended public speaks rule does make exceptions which includes business owners and utility customers. While business owners who do not live in the city have access to public speaks, employees who live outside the city do not. Much like our founding fathers intended, property owners have more access to the political process than their employees. This restriction prioritizes profit over people.

While council members publicly blame groups and individuals as the ‘bad apples’ who got our speaks taken away, we don't blame each other. That's what they want. Council members do not see us sharing meals, sleeping bags, boots, and even shelter. They don't see us recognizing the humanity in each other as we greet each other upon arrival and lament with each other after each disappointing vote. Council members choose other exits when our unhoused neighbors chant, “No justice; no peace,” outside after their very existence is criminalized with the camping ban.

Restrictions to public speaking are about comfort. If Canton City Council would prefer to exclude an already oppressed population from speaking rather than listen to 6 to 9 minutes of a circus-like tone, we know that they feel threatened. City council feels threatened by the community advocating for themselves and each other because it disrupts the system that put them in power. Community is resistance, and we are resisting by showing up.

SOLARPUNK AND THE LIBERATION OF CHILDREN

By Aster Ambular

I grew up going to a Montessori school. It is an alternative form of education which takes into account the needs and tendencies of humans and seeks to nurture their development rather than construct a tool useful to the system. This sounds all well and good but these schools still exist within the settler-colonial framework of American and European culture. While Montessori touts itself as being revolutionary in its ideals, something I agree with, it is not revolutionary in its application.

This is something that has been a continual source of frustration for me during my time training to be a Montessori guide, we use this term instead of teacher to represent the indirect role of the adult in education. One of the core beliefs that Dr. Maria Montessori held and promoted vehemently was the liberation of the child. In a lecture before the congress of Denmark she openly advocated for the creation of a new political party, the Party of the Child. While the details of such a political structure were left unclear, her cries for the liberation of children as a class were powerful.

With Solarpunk's focus on reinvigorating community and the de-atomization of society that goes along with that I see the liberation, the empowerment, of children to play a key role in this endeavor. The common belief of children being helpless, needing a firm hand, being unable to decide things for themselves, is wrong. Children do lack the skills for self advocacy, as childhood is the time that these skills are to develop. Dr. Montessori observed this in her work and based her philosophy around this fact. To this end, to empower children we must give them access to avenues of meaningful work. Work that impacts their community and gives them avenues to self construct. In the eyes of Montessorians, children are sacred. We have a saying, "follow the child". I want to illustrate this point with a story.

This is a story my advisor told me of their grandchild. This child attends a public Montessori program that is under threat of being defunded. The children learned of this and expressed concern. My advisor's grandchild went so far as to collect signatures of all their classmates and present the petition to the superintendent of the school. Such a display is impressive and encouraging, these children of eight, nine, and ten, are beginning to express political consciousness and power. This was unfortunately immediately curtailed.

I mentioned that the child should lead a walk-out or a strike if the petition was not headed. My advisor replied dismissively with the thought that the child's parents will "take care of [them]". The intent of this statement was not to be dismissive but its result was to disempower the child. There is no reason for the superintendent to see the petition as anything other than sentimental. It might inspire them to take further action, but the action of the children themselves is without power to back it. This is wrong. It is the opposite of forming the Party of the Child.

❄️ FROSTBITE ❄️

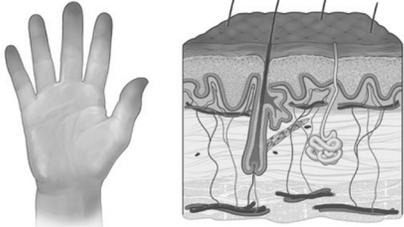
Frostbite occurs when your skin freezes during exposure to freezing temperatures. Frostbite symptoms can include pain, numbness, swelling, blisters and skin discoloration. It's most common on your fingers, toes, nose and ears. Treatment for frostbite varies based on the stage.

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Frostbite

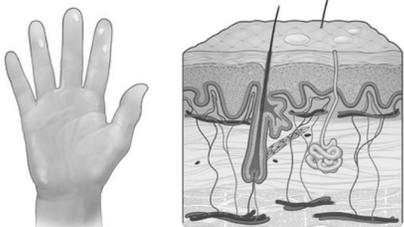
Stage 1: Frostnip

- Cold, sore and painful.
- Skin red and purple.



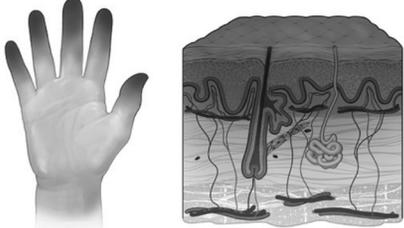
Stage 2: Superficial frostbite

- Pins and needles.
- Patches of peeling skin.



Stage 3: Deep frostbite

- Numbness.
- Hard, black skin forms.





ABOLISH ICE



HOW TO IDENTIFY AND TREAT HYPOTHERMIA & FROSTBITE

By Medik



HYPOTHERMIA



Hypothermia is a condition that occurs when your body's temperature drops below 95 degrees Fahrenheit.

Mild Hypothermia

95° F and 89.6° F (35° C and 32° C)

Shivering and chattering teeth - Exhaustion -
Clumsiness, slow movements and reactions - Sleepiness - Weak pulse -
Fast heart rate (tachycardia)- Rapid breathing (tachypnea) -
Confusion and poor judgment/loss of awareness -
Excessive urination - Trouble speaking

Moderate Hypothermia

89.6° F and 82.4° F (32° C and 28° C)

Slow down in breathing and heart rate - Slurred speech -
Decline in mental function - Decreased shivering -
Bluish color to skin (cyanosis) - Increased muscle stiffness -
Abnormal heart rhythm - Decreased blood pressure - Weakened reflexes -
Loss of consciousness - Hallucinations - Dilated pupils

Severe Hypothermia

< 82.4° F (28° C)

Loss of shivering - Low blood pressure(hypotension) - Fluid in lungs -
Absence of reflexes - Complete muscle stiffness - Loss of voluntary motion -
Low urine output (oliguria) - Heart stops beating (cardiac arrest) -
Coma that may mimic death - Death

How do you treat hypothermia?

Move the person to a warm, dry location. Remove wet clothing and replace it with dry clothing. Cover them up with a jacket, hat and blanket. Apply external heat to their skin, such as with a heat lamp or hot pack.

To those of you with children in your lives, bring political issues to their attention. Involve them in all aspects of politics. Children and adolescents have a strong sense of justice that leads to intelligent thought and problem solving. Look to them for what needs doing. They have not yet had the scars of life build up and are far more sensitive to the wrongs of the world than we adults are. Give children a voice. Back their power with yours, just as us white folk must back the power of black and indigenous peoples.

None of us are free until all of us are free, and the children are not free.

RECEIPT POEM BY MOSS

Here I stand
taking from people's
hand
hard earned money they made
working for the man.
In exchange for a reminder
of their
dwindling desires.

TOTAL \$0.00

ON YOUR KNEES

By Mosab Abu Toha

Submitted by Krobar

I'm wearing a backpack.
It has my kids' winter clothes.
I'm carrying my three-year-old child
in one arm.
He was born in Boston.
In my second hand, I raise our
passports.
My wife and our two other kids
stroll ahead. Yaffa is thirsty,
Yazzan raises the white flag.
Mostafa in my arm gets tired,
wishes to be back with his
grandmother.
A soldier calls out to me
by describing what I'm carrying.
I'm nameless for the first time.
I'm stateless for a long time.
I don't know what the time is
right now.
Guns at me.
A gust of wind.
The tank behind.
Artillery shelling in the distance.
Drop your boy,
drop everything!
I'm not a thing,
I will not drop myself.
On your knees!

A soldier calls me by my full name.
He even says my grandfather's name.
I love the name of my grandfather.
I hate the soldier,
I hate his name,
which I do not know.
Your ID number, say it aloud!
Remove your clothes,
even your boxer shorts.
Turn around.
In my ears, I'm only hiding
my mother's stories,
my father's recitation
of the Holy Quran when I feel sick,
and the sound of the clock ticking when
I open my eyes for school.
On your knees!
How many passports do you have?
On your knees!
My son's American passport,
my Palestinian passport,
my two other kids' passports.
We are going to the Rafah Border
Crossing.
Shut the f*** up!
On your knees!
UNRWA!
On your knees!

Yes, I'm a teacher.

On your knees!

But I won't reach the blackboard
when on my knees.
I'm handcuffed, blindfolded.
shoved from the back of my neck.

On your knees!

You are a terrorist!

On your knees!

Show me a proof, I ask.

A slap across my face.

You get us a proof.

On your knees!

It rains outside.

My teeth chatter.

On your knees!

They might kill us.

Someone next to me weeps,

'I need to be with my pregnant wife
and baby daughter.'

A soldier screams,

On your knees!

We ARE on our knees.

On your knees!

They throw us into a truck.

It moves

and then stops.

They take us out.

On your knees!

Minutes later, someone

kicks me in the stomach.

I fly with pain.

On your knees!

Then someone kicks me in the face.

My head is down.

My nose bleeds.

On your knees!

I hear soldiers chitchatting.

On your knees!

They take us far away from Gaza,
to the Negev Desert,
someone there tells us.

On your knees!

For most of us,

we are sleeping outside of Gaza
for the first time.

On your knees!

In the toilet, no toilet paper,
no water to clean.

You are done?

On your knees!

Drops of water, a piece of bread.

On your knees!

Interrogation. Two hours later,
a soldier in English says,
We are sorry about the mistake.

You are going to Gaza.

On your knees.