

**INSIDE:**

- I Have a Disease
- Overthrow Your Workplace, Overthrow Capitalism: A Modest Plea
- Sometimes Anti-Histamine, Always Anti-Fascist
- Capitalism Isn't the Default



## WHO WE ARE

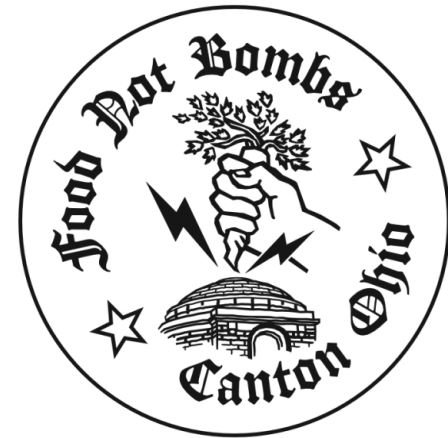
*News Not Bombs* is edited and produced by members of Canton Food Not Bombs. Canton FNB is a Pan-Left group that believes food is a right, not a privilege. We are a horizontally operated working-class collective that believes: direct action gets the goods, solidarity over charity, we keep us safe, and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



Every Cook Can Govern.



## FREE MEALS EVERY SATURDAY

March – November: 4:00 – 5:30 PM

November – March: 3:00 – 4:30 PM

### LOCATION

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

### CONTACT US

Facebook: CantonFNB

Instagram: CantonFNB

Website: [cantonfnb.com](http://cantonfnb.com)

Newsletter: [cantonfnb.substack.com](http://cantonfnb.substack.com)

### DONATE



Send in your writing and artwork at [cantonfnb.com/zine-submission](http://cantonfnb.com/zine-submission) for a chance to be featured in the zine!

it's a shell game with nothing under any of the shells. Modern capitalism is a game of chicken being played with loaded guns, and the capitalists are betting on you blinking first.

The billionaires of today are collectively able to extract wealth at a scale the kings of old could only dream of. It's turned from a snake into a hydra, there's no longer a single head to cut off that collapses the entire system. Like Heracles, the solution to our hydra problem is to cut off the heads and cauterize the necks.

To cut off the heads we as the working class need to take the wealth back from these billionaires and hundred-millionaires, and to do that we need strong labor unions that ensure the working class receives the maximum possible share of the value of their labor. Ultimately, we need to cauterize the necks by replacing capitalism with an altogether more equitable system such as libertarian socialism or syndicalism.

The only paths forward are libertarian socialism or syndicalism, because they're the only paths that will always ensure that the power remains in your hands as members of the working class.

Nonlibertarian forms of socialism have been attempted repeatedly, and every time a new ruling class asserts itself, and attempts to divorce the working class from the value of their own labor.

Syndicalism has also been tried, and repeatedly it's demonstrated itself as an effective means of distributing power amongst the entire working class. The effectiveness displayed by syndicalism is why capitalists have repeatedly attempted to stamp it out under jackboot and truncheon. And the effectiveness of syndicalism is why it can never die. Syndicalism and libertarian socialism will be our path forward.

I won't profess to know the solution, because I don't. But I do know that our situation is untenable and I, alongside many others, am tired of begging for extra scraps from the capitalist class when we're the only ones actually doing anything. We shouldn't have to beg for scraps, we should just take what's ours. And what's ours is everything, because we created everything. Labor is entitled to all it creates.

# I HAVE A DISEASE

By Pierce

I have a disease. It's called Humanity. Or at least that's what I call it. I don't know exactly when I contracted it, but it's been metastasizing rapidly ever since. One of the most difficult symptoms is this deeply irritating allergic rash I get whenever I come into contact with Inhumanity. What a burden that can be living in such an inhuman world. Getting ahead would be simple if you could just toss people aside into the Meat Grinder the way others feel inclined to do for even the mildest gains of convenience. Maybe the rest of society was just lucky enough that the vaccines worked well for them, so they can carry on in this way, and I've merely pulled the short end of a stick covered in all those side effects you hear about in the commercials. But folks who don't take their vaccines at all are especially inhumane, so that can't be it. Regardless, it seems terminal. Especially given how Inhumans seem to relish extinguishing Humanity. They really love to invent colorful stories afterwards about why somebody with my condition deserved to be eliminated. If that doesn't land alright, they usually make you into a sort of mascot for all the additional killing they need to do elsewhere once you're good and dead. Of course Inhumans kill each other too, they're quite cannibalistic in fact. But somebody like me is like a delicacy to them. It's probably a little narcissistic to frame it like that, but it helps me feel better about what I know they're planning. How they'll cure me. Lots of different treatments are on the table. Isolation or exile are a bit antiquated by now, but some are still fond of the approach. Thankfully the asylums are mostly defunct now as well, as I think I'd prefer something more severe but less slow. Unfortunately, as far as popular regimens go, the remaining options are all violent in one way or another. I guess we never really evolved past those darn monkey ancestors of ours, ripping each other limb from limb only for a bit of extra personal space. This virus will probably evolve faster than us out of necessity, to find a new host species I suppose. One less volatile. Humanity does tend to thrive under conditions of long-term stability. It might need to hide for a while up underneath the arctic ice sheets while the biosphere readjusts itself. Oh wait no, they thought of that. Turns out the Inhumans know how to be considerate when it comes to whatever inconceivable invertebrate biped creatures come to rule over the planet's surface after we're gone. Certainly wouldn't want them to have to deal with bouts of empathy for one another. Phew.

# **OVERTHROW YOUR WORKPLACE, OVERTHROW CAPITALISM**

## ***A Modest Plea***

By Krobar

The realization that Capitalism not only dominates our lives globally and locally, but also that it may have more negative effects than positives, has resurged in mainstream discussion. Though Anti-capitalism is a commonly agreed upon conclusion in many circles, especially Leftist circles, the strategy for its overthrow and replacement is far from having met consensus.

Let me make a plea to any Anti-capitalist or even anyone who believes Capital and Greed must at least be restrained: overthrow your workplace.

Many in the United States would agree that we live in a political Democracy, and from a young age we are taught that Democracy is morally and practically right. However, we do not live in an economic Democracy and this is not secret; you and I do not vote on how industry or even our specific workplaces should be run. Yet, we find that economic factors impact our lives many times over the political: from the daily experience of your work, to affording housing, food for you and your family, seeing a doctor and getting medicine. Economically, we live and work in one fiefdom or another for one dictator or another; and you get what scraps are given to you. This is the antithesis of Democracy, yet this is also culturally celebrated in the United States. This is a contradiction that cannot be reconciled. We must either support workplace democracy or support political dictatorship.

If you do not support political dictatorship, I recommend you continue reading. I do not advocate for electoral means to be heavily pursued as the solution to this existential problem. American political democracy is weak, to say the least, and , even if it wasn't, is run by Capitalists or the friends of Capitalists. Additionally, and possibly most importantly: the strength of the working class always resides in the realm of labor; not the legal or electoral. Democratically and collectively organizing our labor will have a bigger and harsher impact on Capitalism than the most organized and efficient protest or ballot; and all the while that power remains in our collective hands and grows and may be the new world growing inside the shell of the old.

It's designed to ingrain the idea that life is a zero-sum game deeply into your psyche. And as such, it's designed to make you fight the instinctual urge to help out those around you.

The sole purpose of this entire socioeconomic system that's been constructed around us right now is to prevent us from thinking too hard about why Elon Musk gets to be the richest man on earth while Joe Schmo is starving under an overpass. It's designed to sow division and inhibit class consciousness. It's designed to fuck you over in the name of the rich.

Our oppressors have shed the shackles of feudalism and monarchy. Monarchy was an intrinsically unstable system of economics and government for the wealthy because it was deeply centralized by virtue of its basis in a single powerful head of state. There was a single head to cut off the snake.

Under feudalism, it was less centralized but ultimately still had just the one head because there was still a king providing legitimacy to the feudal lords. Barons and heads of fiefdoms no matter how powerful they got, could never be more powerful than the king. They were dependent on the king as their source of legitimate systemic power. And so they overthrew the king.

Under capitalism the king has been replaced with capital. The source of legitimate systemic power has been decentralized. There's no longer a wholly real and tangible source of abstract unquantifiable political power. It's been replaced with a wholly abstract source of quantifiable political power. It can be quantified with a dollar value. The capacity to be quantified further legitimizes the power wielded by the ultra wealthy due to the apparent transparency provided by having hard numbers. Under capitalism, money is merely an exchangeable unit of political power. Money being an exchangeable unit of political power encourages and incentivizes the greed we see from the capitalist class.

I mentioned hard numbers in that last paragraph. The numbers are hard in the sense that they're defined. But they're meaningless and imaginary. Modern capitalism isn't based on ownership of firm assets with defined values like land, or factories, or mines. Modern capitalism is based on speculation towards the value of stocks. Modern capitalism is a confidence game, it's a ponzi scheme reliant on always pumping money in, because as soon as the money stops coming in and the numbers stop climbing for even a moment everyone realizes

Instead of electing another politician that will promise us things that can't be given to us but only taken by us, look at your hands and look at your fellow worker. Capitalism, this economic dictatorship, operates because we and our labor make it operate. We do not passively allow it to happen and it doesn't happen without us. Every hour and day that we work, our hands are placed on the figurative and literal gears of Capitalism. Who can really say that these are not as good as ours? We build and turn the wheels with our bare hands. Just as easily, we can build and pull a brake. Together, we can build a better world. But what is required is collective power and collective power requires organization, direct action, an egalitarian approach to decision making, and a commitment to solidarity.

By now, we know I must be talking about labor unions. I am, but not so general. Sadly, the Labor Movement itself has been compromised for quite some time. Most of the big unions have been infiltrated and co-opted for causes and ends that are either misguided or blatantly against the interests of the Working Class. Many unions are run by Capitalists themselves; a kind of controlled opposition. This is not to say that these unions cannot change and become something revolutionary. However, that can only be done by the rank-and-file workers taking control themselves, not via decisions of this or that union president. These compromised unions are what we call Business Unions, as they are largely just another business and are run as such: hierarchically with little to no Democracy or Solidarity, with staff that report to bosses and bosses mostly concerned with monetary profit. If you join a union and realize you have a new boss, you likely have joined a Business Union.

Furthermore, these unions will likely use every opportunity to outsource labor issues to legalistic solutions, distancing workers from the struggle and relying on unsympathetic systems outside of the control of labor and the working class. Therefore, not all unions are the same. Opposite of this, there is the Solidarity Union, which is one based on the above ideas: direct action, an egalitarian approach to decision making, and a commitment to solidarity.

For the last 5 years, I have been organizing with and a member of the Industrial Workers of the World (IWW), an international union for all workers dedicated to the goal of: workplace democracy and its logical conclusions. It is an organization meant to aid in the organizing of Solidarity Unions. IWW membership is not required to be a Solidarity Union,

# CAPITALISM ISN'T THE DEFAULT

by a Wobbly

---

*"We live in capitalism, its power seems inescapable. But then, so did the divine right of kings. Any human power can be resisted and changed by human beings. Resistance and change often begin in art. Very often our art, the art of words." — Ursula K. Le Guin*

---

People take capitalism as an axiom, an unquestionable truth of life and existence. It's not, and it never has been. The greatest lie told by capitalists is that it's the default, and the greatest truth that can be told is that it isn't.

In fact, there is no default. As the late David Graeber put it "The ultimate, hidden truth of the world is that it is something that we make, and could just as easily make differently."

Humanity didn't fall out of our tree and start building governments and systems of economics. We fell out of the tree and started foraging for the ripest, juiciest fruits and berries and the least bitter nuts. We fell out of our tree and started chasing the slowest antelope.

We kept chasing that antelope and foraging for berries for millennia before we established anything more complex than people living with each other and helping each other out. Helping each other get those nuts and berries and helping each other catch that antelope. We spent millennia just practicing mutual aid. Because the truth is, the only default humanity has isn't capitalism, it's mutual aid. Mutual aid is the bedrock of humanity, and the systems in place today are designed to see us forget that, but you can't forget bedrock.

That urge to give a dollar to the homeless person on the street, that feeling in your gut when someone else is hurt, and that compulsion to help dig your neighbor out of their driveway in a snowstorm are all examples of the mutual aid ingrained in us from millennia of only having each other to rely on. These are all things that are disincentivized by the society in which we find ourselves.

Capitalism is designed to divorce you from the product of your labor. And to force you into needless competition with your fellow members of the working class.

but it is probably your best bet to become one. Whether you are looking to organize your workplace to build a militant, fighting union or if you are dealing with a Business Union at your workplace, I recommend joining.

So, as a Wobbly (IWW member) and your fellow worker, I beg anyone reading this to recognize where our strength is as workers and organize accordingly. Please start talking to your coworkers; build rapport. Find out and record your common and particular grievances. Gather information about your workplace: what languages are spoken, who works in what department, understand the social dynamics and relationships, who has the power to discipline, hire, and fire. Slowly and quietly gather outside of the workplace with sympathetic and interested coworkers. Begin making decisions together in your meetings, carry them out, and hold each other accountable. Be willing and ready to cross labor lines and organize with the custodians, the delivery men, IT, or any other non-management workers of the company (we call this organizing industrially). Organize across lines of race, sex, gender, sexual orientation, language, national origin, or status. We are all workers, and if we do not let our diversity strengthen us, the bosses will use it to weaken us. Form a union that is direct, democratic, and caring. These are the building blocks of a responsible and militant labor union. Lastly, do not be concerned with becoming a “certified union”, getting recognition from the boss, receiving a legally binding contract, or even involving the National Labor Relations Board. These common approaches to unionization do not make your union any more or less legitimate and, in fact, may only hinder your progress and may serve to redirect and defang your efforts! If you need help or want to be a part of the One Big Union (OBU) to increase our collective power as workers, reach out. Northeast OH has a strong and active IWW chapter that offers trainings, External Organizers to help with campaigns, and other resources.

Don't just complain. Organize and act! Overthrow your workplace!

For the OBU,  
Fellow Worker X424069

---

“These men are all talk. What we need is action!” — Captain John Brown

---

**Further Reading:** *Workers Councils* by Anton Panokoev, *Anarcho-Syndicalism* by Rudolf Rocker, *Solidarity Unionism* by Staughton Lynd, *Punching Out* by Martin Glaberman

# Sometimes Anti-Histamine, Always Anti-Fascist

By Medik

## ALLERGIES AND ANAPHYLAXIS

*Allergic reactions are caused by a hypersensitive immune system overreacting to harmless (or minimally harmful) substances. Anaphylaxis is a severe allergic reaction that has rapid onset, sometimes within minutes of exposure to the allergen.*

---

### Signs and Symptoms

---

#### Mild to moderate reactions:

- Hay fever:
- Runny nose and sneezing
  - Red, watering, itchy eyes
- Local allergic response:
- Redness of the skin, swelling, and itching
  - Hives and welts:
    - Local after contact with allergen
    - May be global after ingestion of allergen

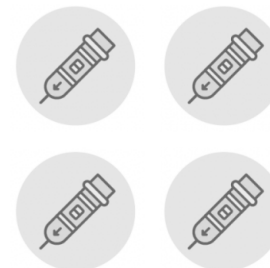
#### Severe reactions & anaphylaxis:

- Early signs are the signs of hay fever and hives
- Swelling of the airway, lips, and tongue
- Feeling a lump in one's throat
- Shortness of breath
- Abdominal pain or cramps, nausea, vomiting, or diarrhea
- Decreased blood pressure
- Respiratory distress

---

### Treatment

---



- Remove the allergen
- Apply a cold compress
- Consider administering antihistamines before the patient's airway closes
- Consider use of an inhaler
- Monitor their airway

#### For severe reactions:

- Consider epinephrine and treat for shock
- Evacuate to advanced medical care