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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



**LOCATION: GREEN SPACE ON THE CORNER
OF WALNUT AND 6TH ST NE**

**SUMMER HOURS: SATURDAYS 4:00-
5:30PM**

WINTER HOURS: SATURDAYS 3:00-4:30PM

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**SEND YOUR WRITING AND ARTWORK TO
CANTONFNB@GMAIL.COM FOR A CHANCE TO BE
FEATURED IN THE ZINE!**

For those who travel, an Ohio CCW license is recognized in 38 other states, giving you the ability to carry your concealed firearm across state lines. A CCW license can also be used as valid identification when purchasing firearms, which can expedite background checks.

A CCW license may be a government “permission slip” but it is a useful tool that can demonstrate your commitment to responsible firearm ownership if you ever have to use it. Obtaining a CCW license is a smart choice that can only benefit you in the long run.

LENTIL POTATO SOUP

a recipe by MayDay

Lentil Potato Soup

A cheap, balanced, and hearty soup that is made from mostly shelf-stable ingredients and a great way to use up the nutrient-packed lentils that have been hanging out in your cabinet.

Ingredients: Chopped onion (1/4-1/2), minced garlic (2 cloves), finely diced celery (1-2 stalks), coin-sliced carrots (1-2), hefty amount of cubed potatoes (4-5 small), dried green or brown lentils (1/2- 3/4 c), coarsely chopped spinach (handful), oil(splash), veggie stock (5-6c), thyme (3/4 tsp), marjoram (3/4 tsp), and salt (big pinch). *These ingredients can be scaled up based on how many servings you want, but like most cooking, it is best measured with the heart and with what you’ve already got on hand. **Optional additions: diced tomatoes added with broth; red pepper flakes added with other spices; lemon juice squeezed at the end with the spinach.



Steps: (1) Heat oil in a large pot with the onion, garlic, celery until soft. (2) Add in the potatoes and carrots and mix in some salt (adjust based on saltiness of veggie stock) and cook together for a few minutes. (4) Add in thyme and marjoram and let them meld in the oil and veggies for a few minutes (5) Add in veggie broth [enough to cover over the ingredients by at least two inches or it is all floating loosely] and cover with a lid and let it simmer for about 25 minutes or until lentils are tender [not mushy]. (6) Add in the spinach and let it wilt into the soup for a few minutes before serving. (7) Enjoy with crusty bread and comrades.

ENVIRONMENTAL ACTION SERVE

By MayDay

Canton FNB started off 2025 with an Action Serve this January to support the Buckeye Environmental Network as they pushed back against harmful energy projects in our local area. The Appalachian Regional Clean Hydrogen Hub, or ARCH2, is a collection of projects that hide behind labels and buzzwords of clean energy, namely hydrogen, but actually bolsters the toxic practices that rely on fossil



fuels and fracking. ARCH2 is required to provide public comment and info sessions but has repeatedly been evasive and made it difficult for the public to truly understand what is at stake from these projects; this is clearly intentional. This form of energy production is remarkably dangerous in every stage of its use, promotes more fracking, relies on “forever chemicals” called PFAS to process it, would have the costs passed along in our utility bills, increases air pollution, and acidifies our groundwater.



Emission reductions and economic impact would be minimal, and yet costly both financially and environmentally. It is not coincidental that the locations selected for these toxic activities are already struggling from decades of class exploitation and environmental racism. Check out <https://benohio.org> and <https://ohiorivervalleyinstitute.org> for more reliable information!

To support this grassroots response, Canton FNB brought hot coffee, peppermint tea, vegan hot cocoa, and vegan chocolate chip and blueberry muffins to share with the regional and local activists who showed up with the Buckeye Environmental Network to shed light on these toxic projects. The protestors- who ranged from Baby Boomers to Gen Alpha toddlers- gathered information at the booths, did a banner drop, gave speeches, and made it difficult for these groups to get away with policies and projects that will make us and our planet sicker. We also liberated some of the snacks that they laid out for the attendees and shared them directly in the community.



Remember: A better world is possible!



Photo by Akorn

CONSTITUTIONAL CARRY

by a member of the Akron-Canton Caucus Firearms Committee of the NEOSRA

In June of 2022, Ohio passed a law enacting constitutional carry, allowing qualified adults to carry a concealed handgun, that isn't classified as restricted, without needing a concealed carry permit. You can find Ohio's definition of a "qualified adult" in Ohio Revised Code Section 2923.111. This law has sparked various reactions, particularly criticism from the liberal left. However, I believe this legislation is a positive direction for the firearms community as a whole. The right to self-defense shouldn't hinge on government approval. Anyone who possesses a concealed firearm shouldn't face imprisonment or loss of their rights simply because they didn't obtain the state's explicit authorization. The right to protect oneself is inherent to humanity, not granted by a governmental body.

That said, while the law permits individuals to carry without a license, it should not be viewed as a green light to carry without proper training. Every firearm owner should take responsibility for educating themselves on both defensive shooting techniques and the legalities of using lethal force in self-defense. Laws are complex and often not easily understood without guidance. Fortunately, there are resources, such as Concealed Carry Weapon (CCW) classes, that provide valuable instruction on both firearm skills and legal knowledge. This just happens to be the way you go about getting a license anyway. These classes are not merely a formality; they offer important insights into what is legally permissible when carrying a firearm.

Additionally, obtaining a CCW license comes with additional benefits. The most significant is that it serves as proof that you've completed training, which can be crucial if you ever need to use your firearm in a defensive situation. In such cases, the burden of proof lies with you to demonstrate that your actions were legally justified. Depending on the prosecutor, you could face charges, and you may need to present your case to a judge or jury. Having any evidence that you received training could greatly strengthen your defense.

ON REVOLUTION REVOLUTION ON!

by Russel

It's not very long after one starts paying attention to leftist conversations that one realizes there is a lot of discourse about revolution. How it will come about, what it might look like and when it is likely to happen are the most common veins of discussion that take place.

I tend to think that most people imagine revolution as a mob of angry citizens attempting to overthrow the government by force in a show of violent opposition to being oppressed. I don't think that a scenario like that is remotely possible in the U.S. The police forces have been bolstered up and militarized to the point it would take a not so small, well equipped army to accomplish any goals toward that type of revolution.

I believe that the revolution is likely to be a mental revolution where a critical mass of people around the world join the ranks of those who see through the lies and bullshit about how workers can't do without our "owners" to fund everything and keep us on the right path.

Once people realize this and start organizing to cut government and corporations out of the control they are exerting on us, the full force of the state will be used to try to force them into submission. It will get violent. It will get ugly. It will not work. It will already be too late for them to save capitalism. The critical mass of people will continue to grow, continue to exclude the state from interfering in their lives.

So, I believe that the real revolution is the continued awakening of humans to a better system where we govern ourselves and honor mother earth for the betterment of the human race along with all other life on our planet.

The revolution has already started.

QUESTIONS OUT OF LEFT-FIELD ON POLICE ABOLITION

by K

"Without police, how would we stop and solve murders, robberies, and other crimes?"

The first issue with this question is that police do not, directly or indirectly, stop murders, robberies, and other crimes, they usually just respond and take information about them (this job could and ought to be done by someone who is not trained to view the public as their enemy) However, the second issue is that their presence oftentimes actually exacerbates the harm that has already been caused in many of these crimes. Survivors of rape, and other forms of sexual assault, are often retraumatized by ignorant police that do not know, or care, about how to work with them.

In situations where the police did directly get involved when a serious crime was being committed, let's say a mass shooting, where overwhelming force is key, their track record is also poor. The two shooters of the Columbine Massacre in 1999 died by their own hands after finishing their shooting spree. SWAT entered the school post-mortem. Almost 23 years later, and many school shootings later, heavily armed Uvalde police stood outside of the classroom doors for an hour and 15 minutes while a shooter executed 19 elementary students and two teachers. What did education and training do for those police or that community?

In numerous cities around the world, including Canton Ohio, we have consistently seen the "police response" harm and even kill the very citizens that called upon them for protection. On July 6th, 2024 Sonya Massey of Illinois called the police because she thought someone was trying to break into her house. Shortly after arriving the police inexplicably shot Massey in the head and killed her while she was unarmed on her knees. In Minnesota, 2020, an alleged counterfeit 20\$ bill led to the brutal murder of a man who was already handcuffed and lying prone on the ground, George Floyd. In New York, 2014, selling loose cigarettes got Eric Garner murdered by the police. The examples are endless.

If one were to argue that police stop crime via deterrence, we know by now that this is largely false. When police unions have attempted work slow-downs or the “Blue-flu” , we see that this has little effect on crime and that the notes can be jotted down about the crimes later.

What has proven to actually prevent so much of what we call crime is giving people the resources and support that we all need: a house, food, a living wage, dignity, community, autonomy. This is all not to say that this author is anti-gun nor is so idealistic to believe that violence will cease to exist without the police, rather that the police’s unaccountable authority to wield the state’s illegitimate monopoly on violence has done little to nothing to solve social ills, but actually has made them worse.



Art by Moss

...All you have shall some day be given;
Therefore give now, that the season of giving may be yours and not your inheritors”.

You often say, “I would give, but only to the deserving.”

The trees in your orchard say not so,
nor the flocks in your pasture.

They give that they may live, for to withhold is to perish.

Surely he who is worthy to receive his days and his nights, is worthy of all else from you.

And he who has deserved to drink from the ocean of life deserves to fill his cup from your little stream.

And what desert greater shall there be, than that which lies in the courage and the confidence, nay the charity, of receiving?

And who are you that men should rend their bosom and unveil their pride, that you may see their worth ‘naked and their pride unabashed?

See first that you yourself deserve to be a giver, and an instrument of giving.

For in truth it is life that gives unto life-while you, who deem yourself a giver, are but a witness. And you receivers -and you are all receivers- assume no weight of gratitude, lest you lay a yoke upon yourself and upon him who gives.

Rather rise together with the giver on his gifts as on wings;

For to be over mindful of your debt, is to doubt his generosity who has the free hearted earth for mother, and God for father.

-Khalil Gibran, 1923
The Prophet (Excerpt)