

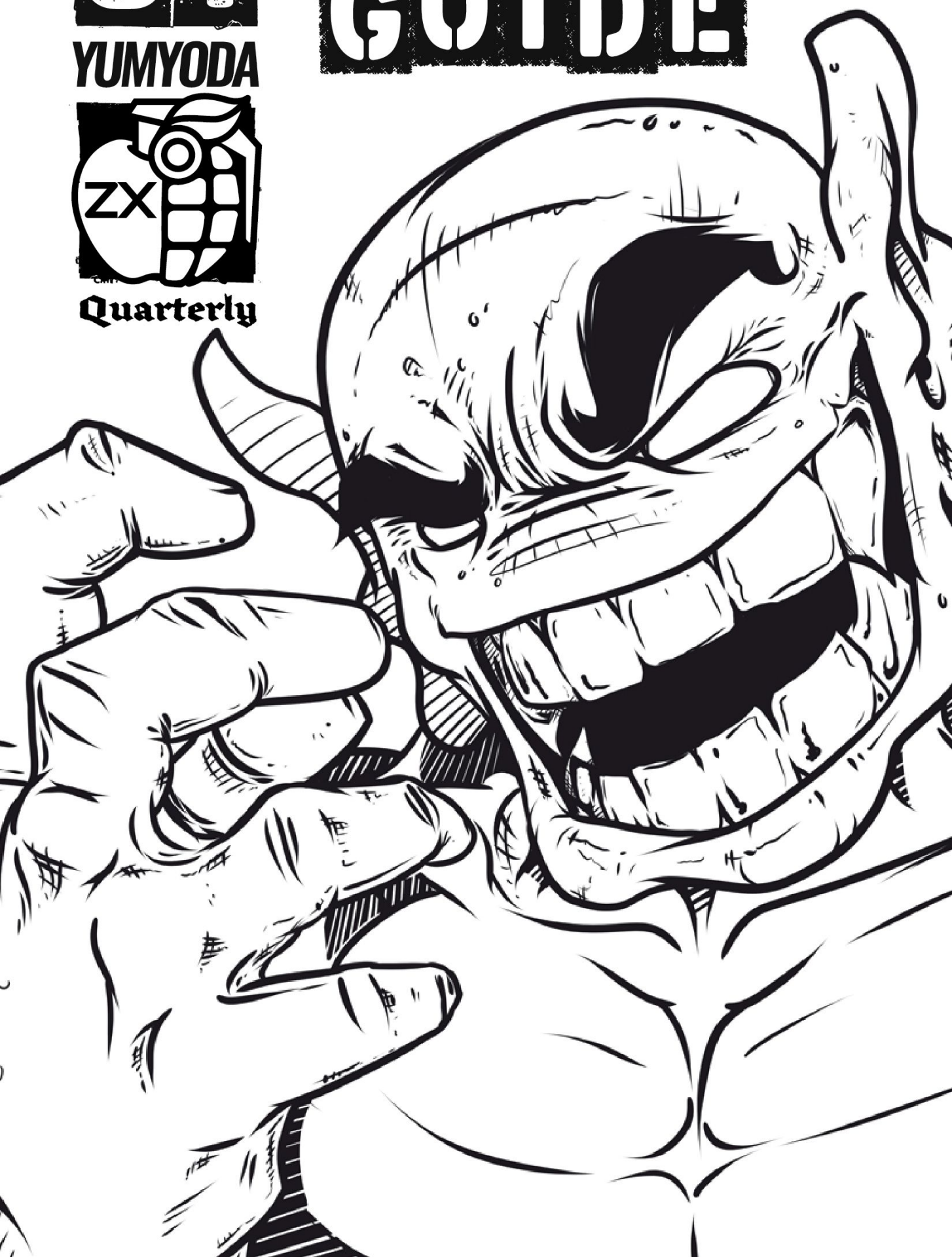
01

YUMYODA



Quarterly

SURVIVOR'S GUIDE



YUMMYODA

Every quarter, we release handcrafted garments available for purchase. Your funds contribute to supporting a supply chain that prioritizes people over profit.



SPiritUAL WARRIORS

Self-Reliance And Confidence


Address the root causes of fear and hate.



In a world often overshadowed by fear and hate, remember that the power to change it lies within us. By addressing the fundamental aspects of life, we can combat these insidious forces. Ensuring food security for ourselves and others not only satisfies our most basic needs but also offers the freedom to focus on personal growth and creating positive change. Equipping ourselves with self-defense skills instills confidence and deters the fear that stems from vulnerability. And finally, embracing creativity, especially through art, offers a channel for emotional expression and bridges the gaps that divide us. Together, these pillars of empowerment can inspire us to take action, making our communities and the world at large a more compassionate and united place, one step at a time.

Join us in our journey.

www.yumyoda.com






**I am not a
victim. I feel
pain, but I am
in control of
me. People
may misun-
derstand me,
but I.D.C. Be-
cause, what
doesn't kill
me, only
makes me
stronger.**

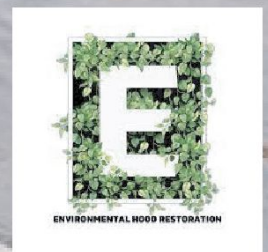


NYC

Photographer: @pointshootthink



  @environmentalhoodrestoration
 @hoodrestoration



EVEN PREDATORS HAVE WEAK SPOTS.

\$ GROUNDWORKCEM @ GROUNDWORK_CEM



EARS

Scream into or open palm strike the ears. Striking with elbow or object works as well to disrupt the attacker.

EYES

Strike the eyes using fingers or object, causing your attacker to be momentarily blinded.

THROAT

Use fingers to send a quick strike to throat to cause discomfort and push attacker back.

NOSE

Strike the nose to cause attacker's eyes to water. If struck with object, nose may break.

SOLAR PLEXUS

If you are accurate, striking the solar plexus will knock the air out of the attacker. This is very effective done properly.

GROIN

Most vulnerable area, strike the groin with a kick, knee, or palm to thwart off attack and get away!

TOES

When being held, use your heel to stomp on the toes to cause attacker to release you.

KNEES

In life threatening situations, kick towards side of the knee to erupt their ability to chase you.

Groundwork is a community-sponsored initiative dedicated to imparting essential self-preservation skills, encompassing survival, medical expertise, and self-defense.

IS THIS FOOD EXPIRED?

UNDERSTANDING DATE LABELS

The date that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. **Not sure if food is spoiled? Check for off odor, flavor or texture.**

"BEST BY" OR "BEST IF USED BY" DATE

This date tells you when the food will have the **best flavor**.
It is **still safe to eat** past this date

"USE BY" OR "EXPIRATION" DATE

This is the last date that the product will be at its **peak quality**.
It is **still safe to eat** past this date (**except for baby formula**)

"PACKING/MANUFACTURING" DATE

This is the date used by manufacturers for tracking.
It is not an expiration date - it is not related to food quality or safety.

"SELL BY" DATE

This tells the store how long to display the product for sale.
It is **still safe to eat** past this date.

GOOD FOR UP TO ONE YEAR AFTER THE DATE:

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit, and vegetables

GOOD FOR UP TO 30 DAYS AFTER THE DATE:

- Butter
- Cheese
- Eggs

GOOD FOR UP TO SEVEN DAYS AFTER THE DATE:

- Milk
- Yogurt
- Cream Cheese

ON-THE-GROUND MUSIC

We can't be a "Survivor's Guide" without the music that get's us through the resistance. Every issue will display artist and music that stand shoulder-to-shoulder with us as we stand up for change.



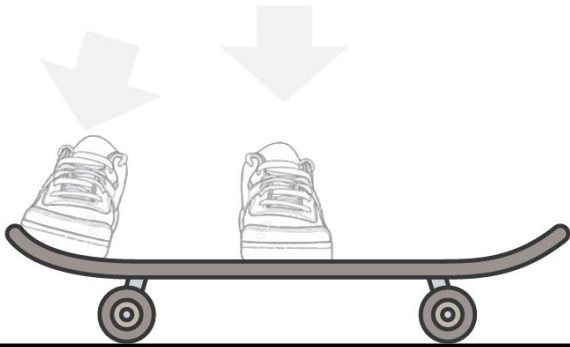
THE RESISTANCE COMPANY

The Resistance Company is an indie rock band playing activist music for the badassess. We love them. They show up on the ground banging on airwaves and striking antifascist notes.

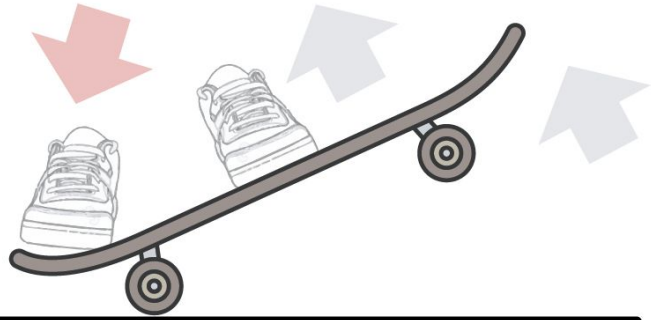
theresistancecompany.bandcamp.com



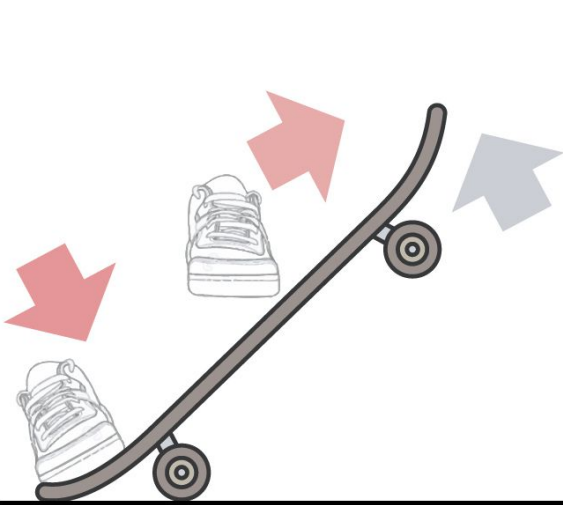
“Ollie”



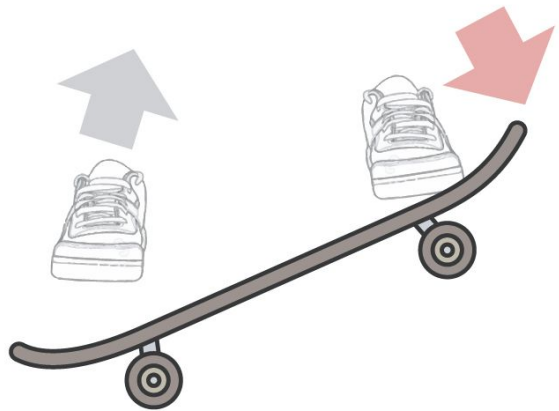
a. Pay attention to what is happening to the board



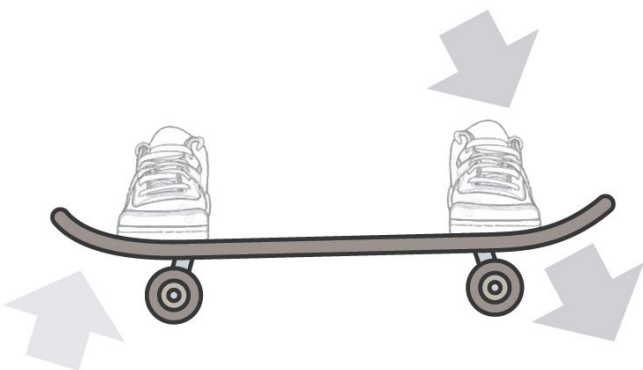
b. Theory is, as you're pushing your body off the ground, snap the tail towards the floor



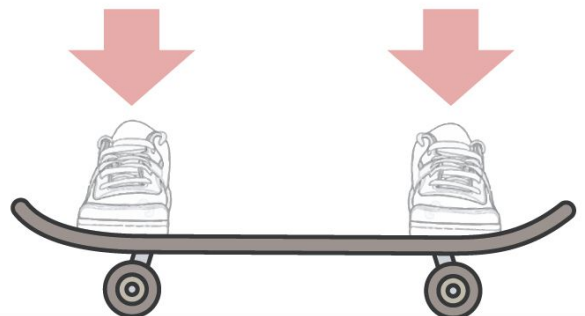
c. Physics say, as the tail hits the floor, striking the nose will cause the back >>>



d. to lift



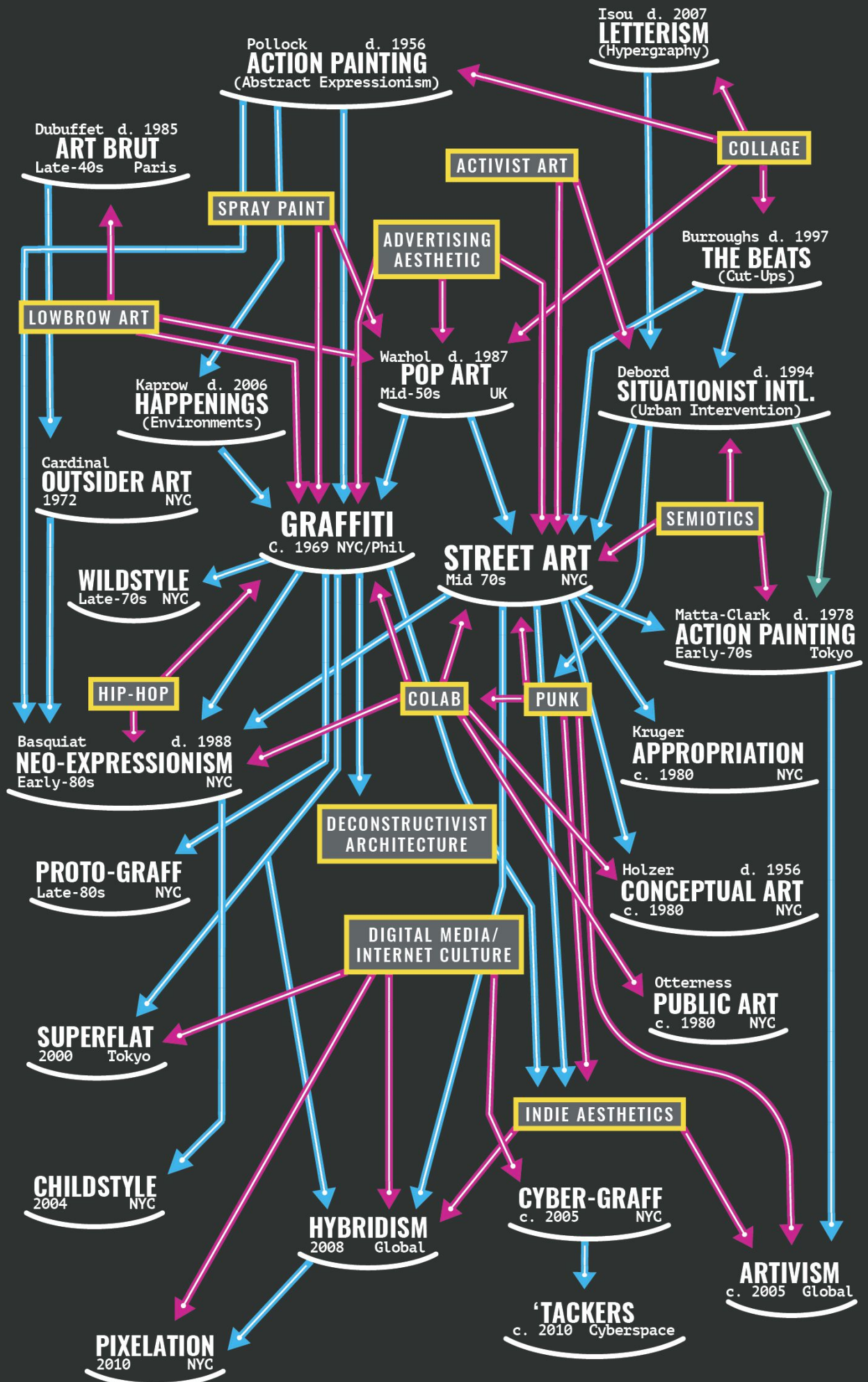
e. Due to this, the tail of the board meets your back foot in the air



f. And as you come down, you learn to do so evenly.

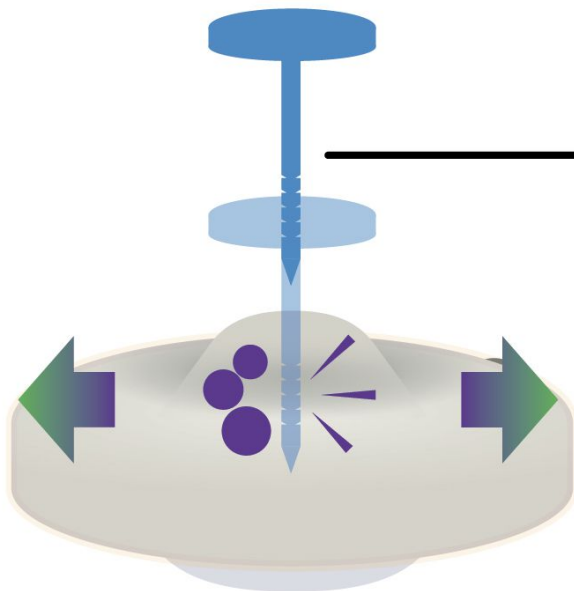
Now pay attention to the arrows.

GRAFFITI & STREET ART



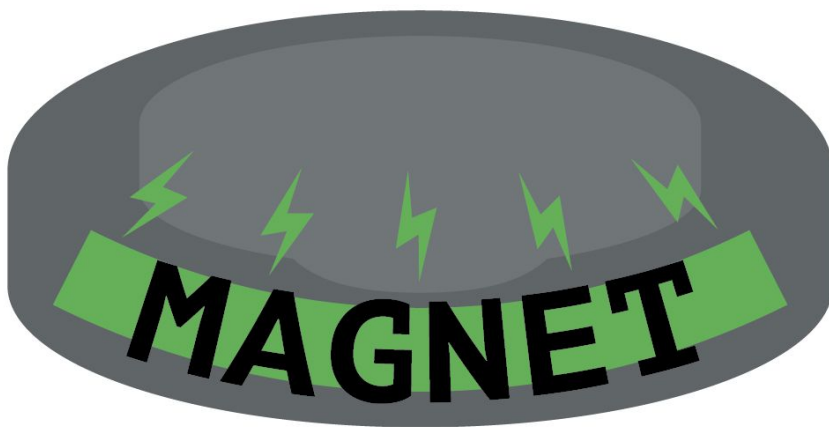
Security Tags

Believe it or not, most security tags you see on clothes can be removed using a magnet.



This Pin is held in place

By either ball-bearings or pins both, made of metal.



The magnet simply pulls on the metals to release the Pin.



**IF YOU STEAL,
ALWAYS BE OK WITH
THE WORST-CASE
SCENARIO.**





ALTERNATIVES TO POLICING

Highlight: CAHOOTS (WHITE BIRD CLINIC)

CAHOOTS (Crisis Assistance Helping Out On The Streets) provides mobile crisis intervention 24/7 in the Eugene-Springfield Metro area. CAHOOTS is dispatched through the Eugene police-fire-ambulance communications center, and within the Springfield urban growth boundary, dispatched through the Springfield non-emergency number. Each team consists of a medic and a crisis worker.

CAHOOTS provides immediate stabilization in case of urgent medical need or psychological crisis, assessment, information, referral, advocacy and, in some cases, transportation to the next step in treatment. Any person who reports a crime in progress, violence, or a life-threatening emergency may receive a response from the police or emergency medical services instead of or in addition to CAHOOTS.

CAHOOTS offers a broad range of services, including but not limited to:

- **Crisis Counseling**
- **Suicide Prevention, Assessment, and Intervention**
- **Conflict Resolution and Mediation**
- **Grief and loss**
- **Substance Abuse**
- **Housing Crisis**
- **First Aid and Non-Emergency Medical Care**
- **Resource Connection and Referrals**
- **Transportation to Services**



PHOTO: SNAKEDICK

THE FUCKING ART OF RACKING

FIVE TIPS YOU SHOULD CONSIDER

If you steal, always be OK with the worst-case scenario.

Shop Your List

Before your rack, go online and make a list of the expensive stuff you want. Walking around the store with a list looks a lot more valid. If an employee asks if you need help, just say no, searching and discovering supplies is the most therapeutic part of shopping.

Honor Among Thieves

Fuck all Capitalism, but hitting corporations over small mom-and-pop stores is the direction you should be heading. Corporate America steal \$50 Billion each year from employees, so, we got a lot of ground to cover.

Get The Job

If you're going to keep hitting the spot, you might as well go for the job. The benefits of working at a space you're successful at, is you learn more about operations, and you can get off with higher racks. However, don't ever get caught stealing at your job. Be a Ninja, forever.

All In Your Arms

Never grab a basket. If a employee tries to give you a basket, be stubborn, or just rant on about the use of plastics and how bad it is for the environment. You should always practice, before hand, how to put shit in your pocket(s) with full hands/arms.

Winter Is Racking Season

Snow Jackets have an extra internal fastening that keeps snow from going up into it. Believe it or not, you can throw a couple of things inside those jackets; I've left off with anything from 18x24 drawing pads to 3-5 drinks from Seven-Eleven. I've done "Compra" in those jackets, fam.

Surprisingly, you can create your own **clay** using only dirt, water, and a few basic materials. Follow these steps outlined to **craft clay from soil**:



Ideally, seek out one of three characteristics indicating that the soil contains significant amounts of clay:

- **Moldable texture (when wet)**
- **Deep tire tracks**
- **Crackled texture**

Gather soil in a bucket.

Mix water into the soil: Add tap water to the soil, ensuring thorough stirring until achieving a smooth mixture without clumps.

Let the mixture sit: Allow the mixture to settle without shaking to enable clay separation from sediment, with the clay water floating on top.



Repeat the process several times, allowing sediments such as dry grass, rocks, and rubble to settle at the bottom. Pour the "clay water" into the new container.



Now that you've separated the clay particles, pour off any excess water. Allow the container of clay particles to settle for a day or so, ideally overnight. Afterward, carefully discard the top layer of water, ensuring gentle handling to retain as much clay as possible.



Wrap the clay in cloth. Wrap your clay in any type of cloth strainer you have available, such as a t-shirt, bedsheet, or window screen. This helps remove any remaining moisture from your solution.



Hang the clay. Allow the clay to hang from a tree or another post to drain the remaining moisture for several days. By the end of this period, you should have a pure clay mixture suitable for firing pottery in a kiln or for various survival uses in the wild.



Add Sand. To promote even drying and prevent cracking, add sand to the clay mixture. Aim for approximately 20% of the volume of clay. Sand is readily available worldwide and can be sourced easily.

WATCH THIS VIDEO



READ THIS ARTICLE



How To Make Clay At Home (It's Just Dirt)



Andy Ward's Ancient Pottery 
142K subscribers

CLAY PROJECTS » MAKING CLAY

How to Make Clay from Indigenous Soil

Co-authored by [wikiHow Staff](#)
Last Updated: December 7, 2022  Approved

REIMAGINING PUBLIC TRANSPORTATION

Embracing innovative alternatives in our social and economic landscape extends to every facet of our lives, including transportation. Picture our community investing in vehicles, potentially revolutionizing our inner commutes. Take, for instance, Kia's production of large electric SUVs—a tangible example of technological integration. Envision a future where a simple tap on a community app summons one of several electric vehicles for your journey. While initial wait times may be a factor, ongoing coalition efforts would increase both accessibility and range. Take a trip from one location to another, in an economy you own.

-stizzi



