## The Management of the State of

Something Printed for Reading

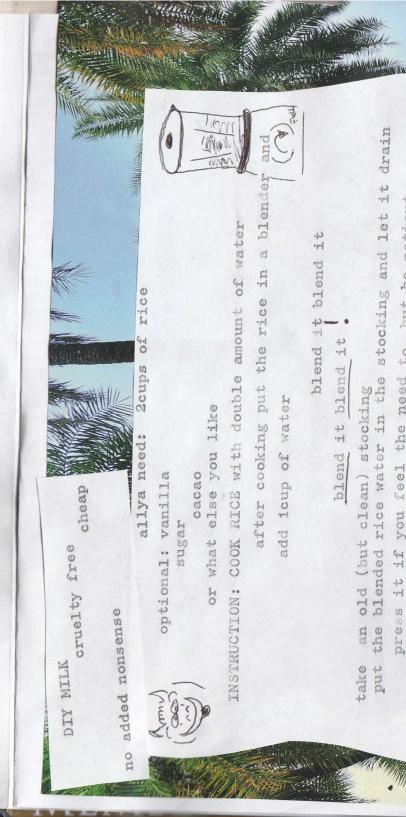
Number 7



Why do the lives of white people matter more? If you don't acknowledge the fact that we live in a white supremacist patriarchal societyit's probably because you are benefitting from it. People who are not western/white experience white capitalist patriarchy but they might lack the means to process or find the language to express their experience. One of the reasons why it's difficult for white/western people to acknowledge white capitalist patriarchyis because they are born into a world that teaches them that Their experience, Their perspective is The Norm. The Universal Truth. When The Other, the marginalized, people of color perceive the world differently it's because there is something wrong with Them. They need to learn from the west how to perceive things properly. Our minds have been colonized and we need to come together and talk. This is the way we will realize that these feelings of alienation, anxiety are not personal issues: they are not psycholigical. They are social, and political. You are not the only one, and there are strong political and social structures that lead to this severe sense of alienation and anxiety.

"The system's victims are blamed for the suffering the system causes" (paraphrased from the zine: WE





ce

fresh.

DIY MILK cruelty free no added nonsense

allya need: 2cups of rice

optional: vanilla sugar

> cacao or what else you like

cheap

INSTRUCTION: COOK RICE with double amount of water

after cooking put the rice in a blender and

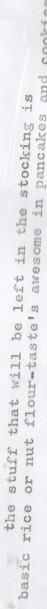
add 1cup of water

blend it blend it

blend it blend it

take an old (but clean) stocking put the blended rice water in the stocking and let it drain press it if you feel the need to, but be patient

add sugars, vanilla or cacao as u please, store in a bottle keep cool and fresh. u can use ur delicious rice milk for muesli baking, coffee, smashing patriarchy and to piss off speciests.



for ALMOND MILK.



ALMOND MILK- for the nutty ones

ITS RAWWWWWWWWW

take: 2 cups of almonds

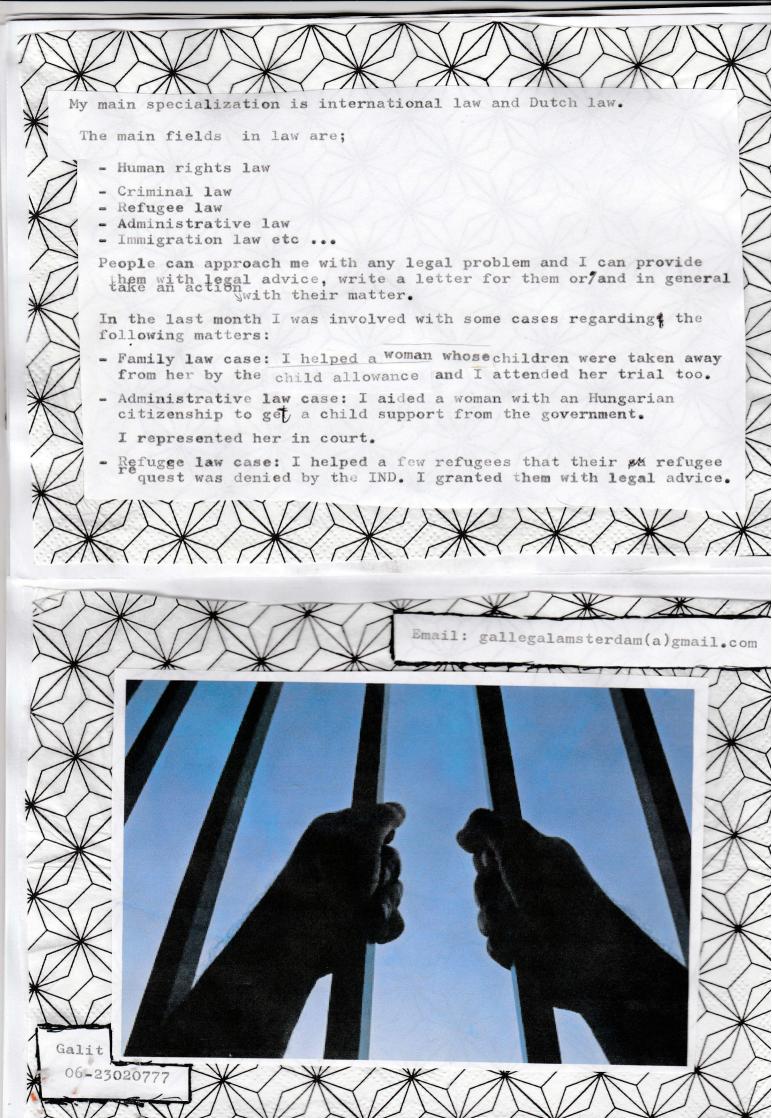
let them soak in water

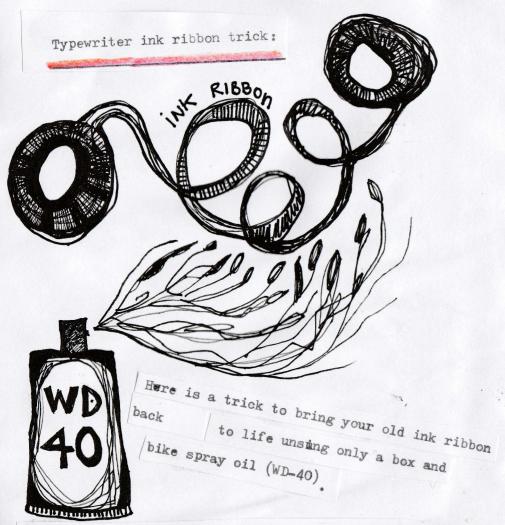
for at least 8 h, or simply overnight after soaking: change the water, blend the nuts

drain it through a stocking and enjoy!

you can add whatever you want here as well

the stuff that will be left in the stocking is basic rice or nut flour-taste's awesome in pancakes and cookies





Is your typewriter out of ink?
You don't know where to buy new wribbons or the ones
you find are too expensive?

Unroll all the ribbon, place it spread out in the cardboard box. Spray it evenly with WD-40 and let it sit for about 10 minutes. Then roll it back while gently taking the excess oil off with a cloth. And that-s it. Put it back in the typewriter and seem this text was written with such revived ribbon.



## WHO KILLED ELOÁ?



on violence

our perception of violence is dictated by the elite.

the lives of poor women on the news.

The fleshsold in plastic boxes.

The drones and suicide bombers.

The domination of the female body.

The domination of the poor,

by the church, the government

and the school as extension of this power.

We justify this twisted view on violence we need it to preserve our rank.

SOMETHING PRINTED FOR READING spfr.noblogs.org diyworkshop(at)riseup.net