

MASS

monthly

VOLUME 3
MARCH 2025



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Mutual Aid And Scientific Socialism

Kensington, Brooklyn

BREAKING
NEWS



MASS MONTHLY



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NEWS

VOL. 3, PG. 1

KENSINGTON, BROOKLYN

MARCH 2025

6 MONTHS OF MASS!

Last September, MASS set up our first free food table on Coney Island Avenue and Beverley Road. Since then, we have been able to provide free food, clothing, books, toys, shoes, and resources to the community in Kensington every single Saturday. We have grown from 1 table to 4, gotten a tent, hosted monthly community meetings, and begun a weekly educational program to study why and how to bring about revolution! We have become close friends with neighbors we had never met before and connected with several local organizations such as Lal Morich and Clean Up Kensington.

We are exceedingly grateful to both the Kensington community and the friends and volunteers who come from all over New York to support and make MASS what it is. The woman who brings us homemade Georgian pastries, the sandwich shop and butcher who donate bread, and everyone who comes to hang out with us at the distro every week.

The current condition of American capitalism has reached a state of fascism, and we aim to help people become involved and care for themselves and their communities in ways that exist outside of colonial structures. Knowledge is power, and community is healing!

MUTUAL



AID



SCIENTIFIC



SOCIALISM



week 3



week 6



week 9



week 11



week 13



week 19



week 23



OUR TAX DOLLARS ARE FUNDING ATROCITIES IN GAZA

By Abigail Fuller

On the day that U.S. Sens. Susan Collins and Angus King voted for a bill giving \$14 billion more to Israel's military, I opened my Twitter account to a photo of three dead Palestinian children, killed by Israel. There it was: The tax dollars that I pay to our government could be sent by my congressional delegation to Israel, used to buy U.S.-made weapons, killing children.

What if that money stayed here in Maine? Each year, the U.S. gives \$3.8 billion to Israel. Maine's share — nearly \$11.7 million — could provide 1,387 households with housing subsidies; provide free or low-cost child care to 4,060 children; hire 127 elementary school teachers; or provide 33,224 households with solar electricity produced for a year, according to the US Campaign for Palestinian Rights.

Instead, our tax dollars buy weapons that have killed more than 30,000 people so far in Gaza: For example, Israeli pilots fly F-35 warplanes made by Lockheed Martin in Fort Worth, Texas, powered by engines manufactured in North Berwick, Maine, by Pratt & Whitney, that drop MK-80 bombs made by General Dynamics in Garland, Texas, and equipped with guidance systems produced in a Boeing factory in St. Louis.

**“OUR TAX
DOLLARS
BUY
WEAPONS”**





Those same tax dollars line the pockets of the top executives of these defense contractors: James Taiclet of Lockheed Martin, who made \$18.1 million in 2022; David Calhoun of Boeing, \$21.1 million; Gregory Hayes of Raytheon, \$21.8 million; Phebe Novakovic of General Dynamics, \$23.5 million; and Kathy Warden of Northrop Grumman, \$19.9 million, according to Forbes.

**“THE 'ISRAELI
MILITARY
COMMITTS
HUMAN
RIGHTS
VIOLATIONS”**

If we do send military aid to other countries, we have a responsibility to ensure it is not used to violate human rights. Congress passed the Leahy Law to prevent this. Yet while security forces in other countries are vetted before receiving military aid, for Israel the money is generally provided first. Leading international human rights organizations (Amnesty International, Human Rights Watch) have concluded, based on careful investigations, that the Israeli military commits human rights violations. Incredibly, even the State Department acknowledges this.

But Israel has never been found in violation of the Leahy law. Any allegations of human rights violations are stymied in the State Department, where it is taboo to suggest cutting off aid to Israel, according to Josh Paul, who recently quit a State Department position overseeing arms sales in protest over U.S. aid to Israel.





In a particularly chilling story, the nongovernmental organization Defense for Children International Palestine informed the State Department of the alleged rape of a 13-year-old boy in an Israeli prison. According to Vox, Paul said this was “brought into the Leahy forum, was reviewed, was thought to be potentially credible, and was referred to the government of Israel.” The following day, Israel declared DCI a terrorist organization, raided its offices, and destroyed its computers, Vox reported.

Apparently, Israel does what it wants, with no consequences. Year after year, U.S. officials express concern about the actions of the Israeli military and promise that incidents like the shooting of Palestinian-American journalist Shireen Abu Akleh are “being investigated.” Yet the U.S. government has never cut off aid to Israel, and, in December, former President Joe Biden said that he had no plans to do so.

If I do not speak out against this, then I am complicit.





SEA MOSS!

By Nailah Campbel

Sea moss is an umbrella term encompassing multiple strains of sea algae. Chondrus Crispus and Genus Gracilaria are the two commonly known strains, usually identified as Irish Sea Moss and Jamaican Sea Moss respectively. Consuming sea moss supports digestion, skin health, gut health, heart health, thyroid function, immune health, and workout recovery. This is commonly done through a gel form which can be created at home (the recipe is later in this article).

Genus Gracilaria, often misnamed as Irish Moss, is harvested in warmer waters like Jamaica. Like its Irish counterpart, Jamaican sea moss comes in varying colors, but its appearance is thinner and more branch-like. It can have similar nutritional properties as Irish Moss, but its ability to be farmed allows lower-quality harvests to enter the market.

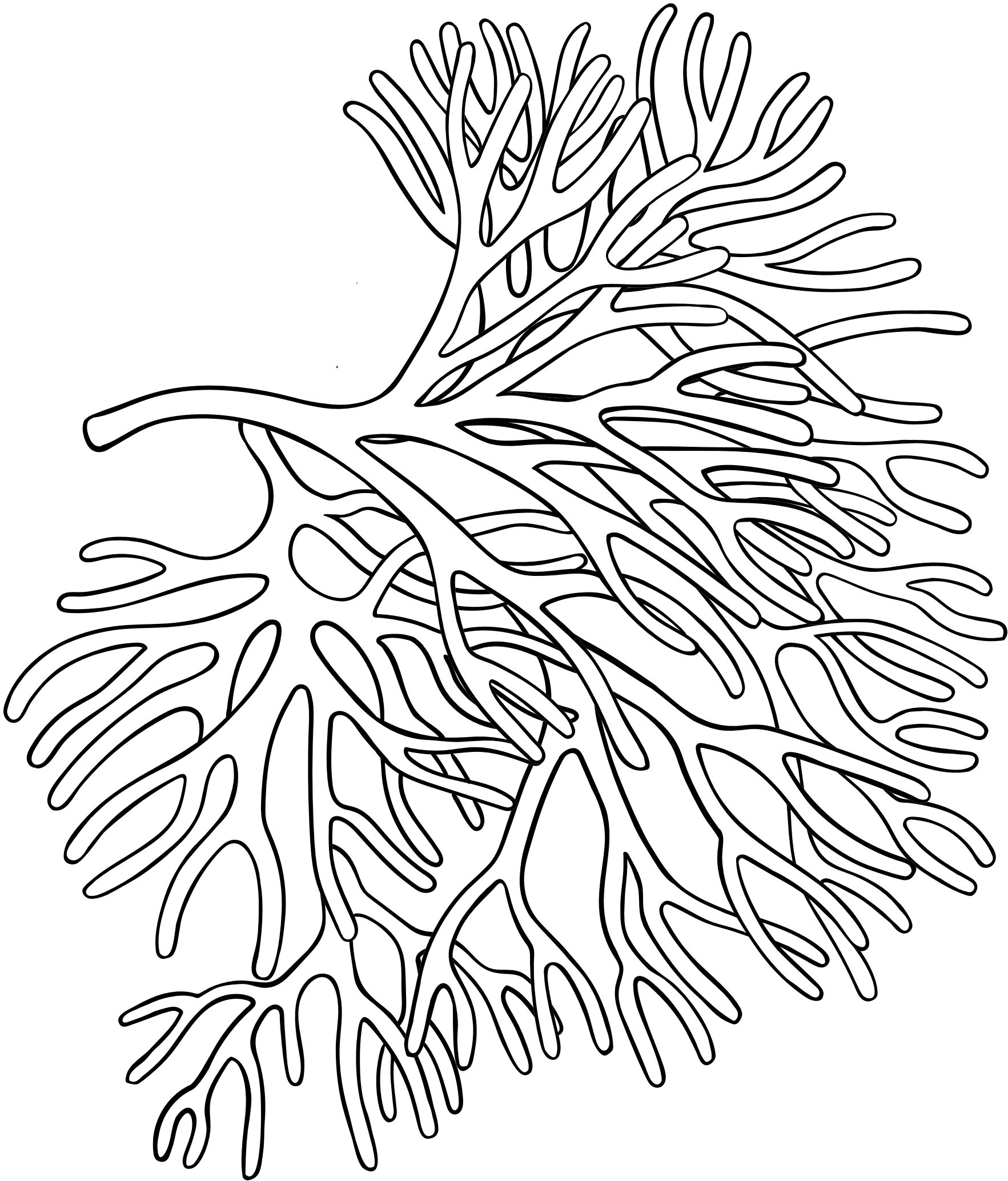
Chondrus Crispus, an Irish superfood, became popular in the 1800s by filling bellies during the Irish famine. It grows only in its cold, natural, rocky environment, eliminating the possibility of farming. It can be harvested in the waters of Maine, Great Britain, Canada, and of course Ireland. Its strings appear thicker and bush-like in comparison to Jamaican Sea Moss.





A serving of sea moss contains, on average:

- Calcium: 7.2 mg
- Copper: 0.02 mg
- Iodine: 47 ffig
- Iron: 0.89 mg
- Manganese: 0.037 mg
- Magnesium: 14.4 mg
- Phosphorus: 15.7 mg
- Potassium: 6.3 mg
- Selenium: 0.07 ffig
- Sodium: 6.7 mg
- Sulfur: data not found
- Zinc: 0.195 mg
- Vitamin C: 0.3 mg
- Vitamin A: 11.8 IU
- Vitamin E: 0.087 mg
- Vitamin K: 0.5 ffig
- Vitamin B6: 0.007 mg
- Thiamin (Vitamin B1): 0.002 mg
- Niacin (Vitamin B3): 0.059 mg
- Riboflavin (Vitamin B2): 0.047 mg
- Vitamin B9 (folate): 18.2 ffig
- Pantothenic acid (Vitamin B5): 0.018 mg
- Choline (similar to vitamin B complex): 1.29 mg
- Beta Carotene (converted into vitamin A by the body)





TO MAKE SEA MOSS GEL AT HOME:

- 1) Take a handful of dried sea moss and rinse thoroughly
- 2) Soak in filtered/spring water for 4-12 hours. (add a lemon slice to minimize bitterness)
- 3) After soaking, blend expanded sea moss with more water until the mix is completely smooth and jelly-like. Adjust to your desired thickness.
- 4) Store Gel in an airtight container in the fridge. Lasts 3-4 weeks

RECIPES

SMOOTHIES - Use sea moss gel as a smoothie base and infuse fruits and vegetables in a delicious beverage !

DESSERT - Blend with condensed milk, ice, and vanilla extract for a sweet treat! To store, put it in a container to freeze.

JAM - Bring three cups of your preferred fruit, two tablespoons of maple syrup, and the juice of one lemon to a low boil in a saucepan. After 5 minutes, mash the fruit and turn the heat up while stirring constantly for another ten minutes. Turn the heat off and mix in $\frac{1}{4}$ cup of sea moss gel.

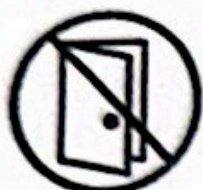
After it's cooled add jam to an airtight container and store in the fridge for up to one week or freeze to preserve for longer.





KNOW YOUR RIGHTS

IF YOU SUSPECT ICE IS AT YOUR DOOR: WHAT CAN YOU DO?



DO NOT OPEN THE DOOR

Ask ICE if they have an arrest warrant SIGNED BY A JUDGE and to slide it under the door.



KEEP SILENT

You have the right to remain silent. If an immigration agent confronts you, tell him: "I use my right under the fifth amendment, I have the right to remain silent"



DO NOT SIGN ANYTHING

Do not sign anything that the immigration agents give you, or hand over your personal documents (especially your passport.)



NOTIFY SOMEONE

Call a loved one or a **trusted lawyer** immediately. You can also call 311 to report it to the city of New York. When you do so, ask to speak to a representative, do NOT call 911.



RECORD IT

You or someone present should take photos and / or record videos of everything you see or hear EXCEPT the people at risk. Send footage to yourself, and/or nycicewatch@gmail.com & (716) 241-1979.



MAKE A PLAN

Memorize the phone number of a trusted lawyer or a loved one, give them copies of your identification, and make plans for someone to take care of your children. You can fight your deportation case with a trusted lawyer and maybe get bail. Talk to friends and neighbors and educate them about their rights. Post this by your door and refer to it if needed.

(adapted from United We Dream and Make the Road NY)



JUDICIAL WARRANT VS. ADMINISTRATIVE WARRANT

The 4th Amendment of the Constitution protects against search, seizure, and arrest without probable cause and does not permit police or Immigration & Customs Enforcement (ICE) agents to enter homes without judicial warrants or consent. Judicial warrants can include arrest warrants (to arrest a specific person) or search warrants (to search a home, for example).

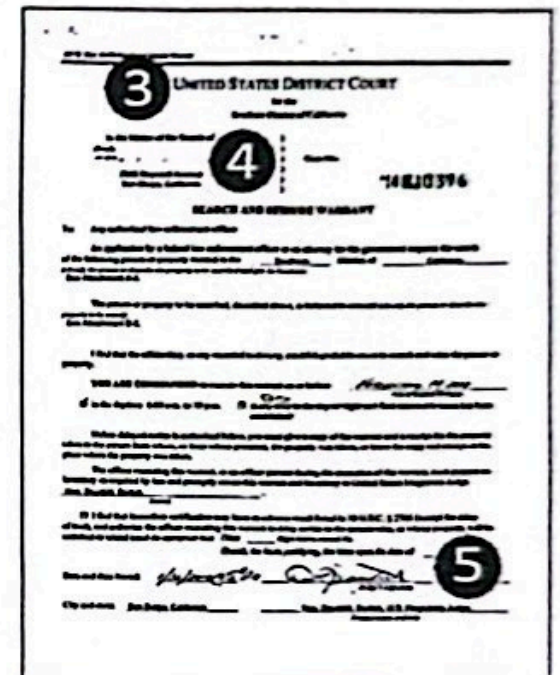
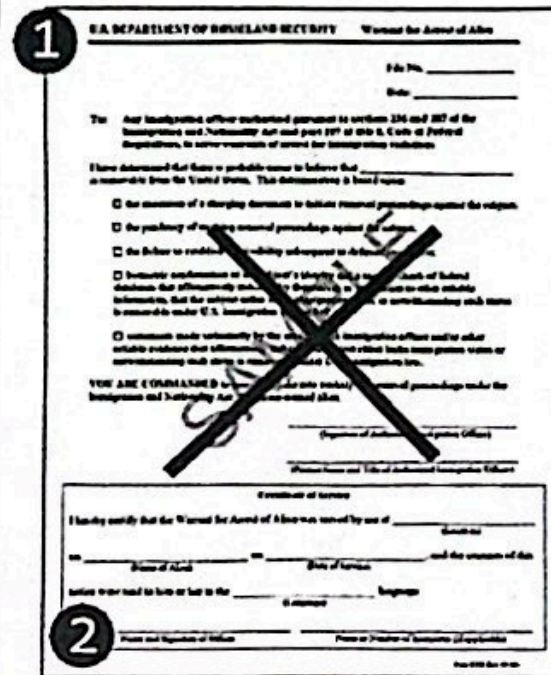
1 WARNING: It is very rare that ICE would be able to obtain a judicial warrant. ICE agents sometimes present a document that says "warrant" on it but is not a judicial warrant. In order to be prepared, here's how to know the difference!

Administrative Warrant Does NOT allow ICE entry

1. May have "U.S. Department of Homeland Security" at the top
2. Signed by an ICE agent or supervisor NOT by a judge

Judicial Warrant Does allow ICE entry

3. Issued by a court
4. Must have your name and address spelled correctly
5. Must be signed by a JUDGE



IF YOU SEE ICE, CONTACT NYC ICEWATCH

@NYCICEWATCH • (716) 241-1979

MUTUAL



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SOCIALISM

**MUTUAL
AID
AND
SCIENTIFIC
SOCIALISM**



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Kensington, Brooklyn

Contact us to get involved!