



HOWEVER!

**CENTER**

**FOR**

**HUMAN**

**RIGHTS**

**AND THE**

**ARTS**



How To:

Have sex with a wh\*\*e middle aged husband and father.

1. Download any assortment of the apps. Grindr, Sniffies, Jack'd\* etc.
2. Be Underage, Trans, Hyper Masc, Biracial\*\*, Exotic, Petite, or white
3. Find your Category and couple it with a fetish.  
Face, Bawdy, Underage, Hyper masc, Fem (ish), Biracial, Nigger, Bear, Euro, Clean-Cut, Uncut, Jock, Trans, Military, Straight, Feet, Daddy, Group, Interracial, Rough, Asian, Chubby, Big Dick, Blowjob, Creampie, Breeding, Forced, Latino, Massage (non-exhaustive).
4. Play to your strengths  
Yes, these categories define you. Find yours.
5. Let them come to you  
Because they will come to you.
6. Discuss Compensation\*\*\*\*
7. Forgive of their impulses.  
They may call you a Nigger, Tranny, or any other assortment of playful names. A man has desires. Your task is to satisfy them.
8. Let them do the work  
All you really have to do is fake moan and they will cum. Quickly.
9. Try to have fun.  
Maybe you like having sex with middle aged wh\*\*e men.
10. Maintain virtual anonymity.  
You may have the impulse to ask for a face pic, don't. No need for a digital footprint. If you must see his face, it is best you just see it in person. You won't be surprised at who's behind the profiles: your professors, politicians, public relations managers. Your directors of NGOs, films, grad programs, other white collar operations. We must protect his status.

\*You may not get as many bites here as it is primarily a Black and brown virtual space.

\*\*This only works if you can pass the Brown paper Bag test\*\*\*.

\*\*\* If you don't pass the brown paper bag test be prepared for race play.

\*\*\*\*See *What Do I Get Out of This? : A comprehensive reparative list of ways to extort closeted middle aged wh\*\*e men.*

Best of Luck

Fem (ish) Nigger Tranny.



# SHARED COOKING



# MANIFESTO

HOW TO READ POETRY...

YOU DON'T READ IT...

YOU SIP IT IN ONE SIP ON TIME LIKE COFFEE

LET IT DISSOLVE IN YOUR MOUTH AND RUN IN YOUR BLOOD

EACH WORD IS A DROP OF NECTAR OF THE FRUIT OF A BEAUTIFUL MIND

A PETAL UNFOLD WITH A BEAUTIFUL SCENT OF A SECRET SCARED GARDEN

A BEAM OF LIGHT SHINING FROM AN ETERNAL LANTERN

EACH WORD YOU LIVE BRINGS THE POET BACK TO LIFE

YOU SHARE THE MAGIC OF THE MOMENT LIVED AGAIN THROUGH YOU...

PAIN...

SORROW...

LOSS....

KNOWLEDGE...

WISDOM...

GRACE...

GLORY...

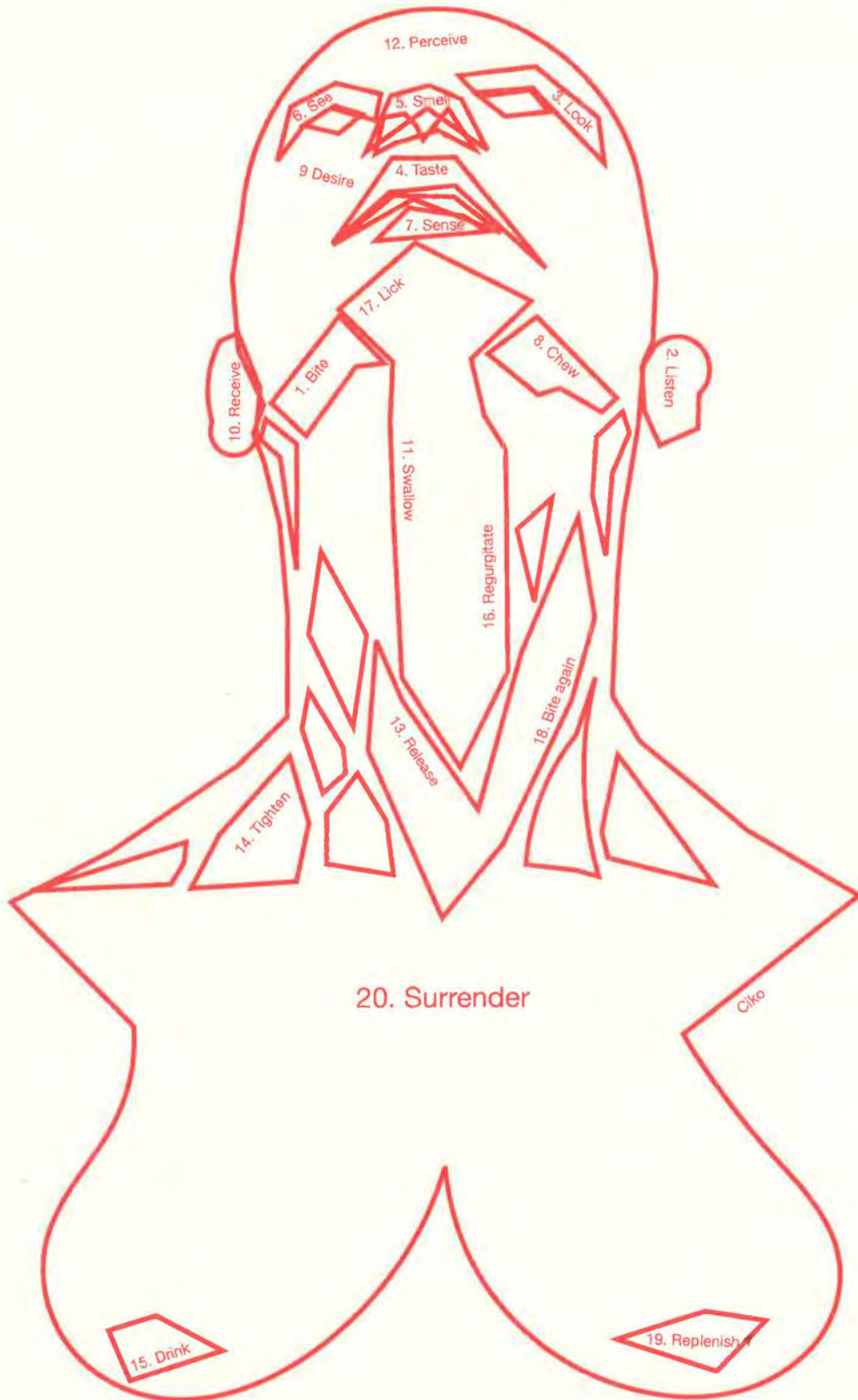
ALL LIVES AGAIN IN YOU AND THROUGH YOU...

DON'T RUSH IN...

IF IT DOESN'T TOUCH YOU LEAVE IT...



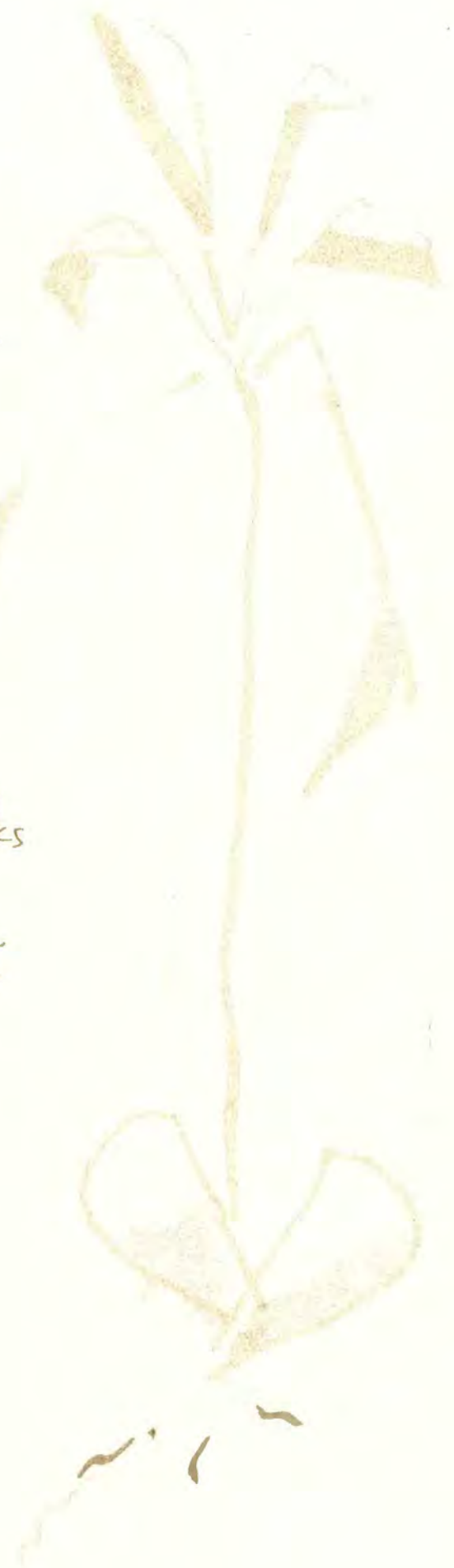
**How to breathe:**



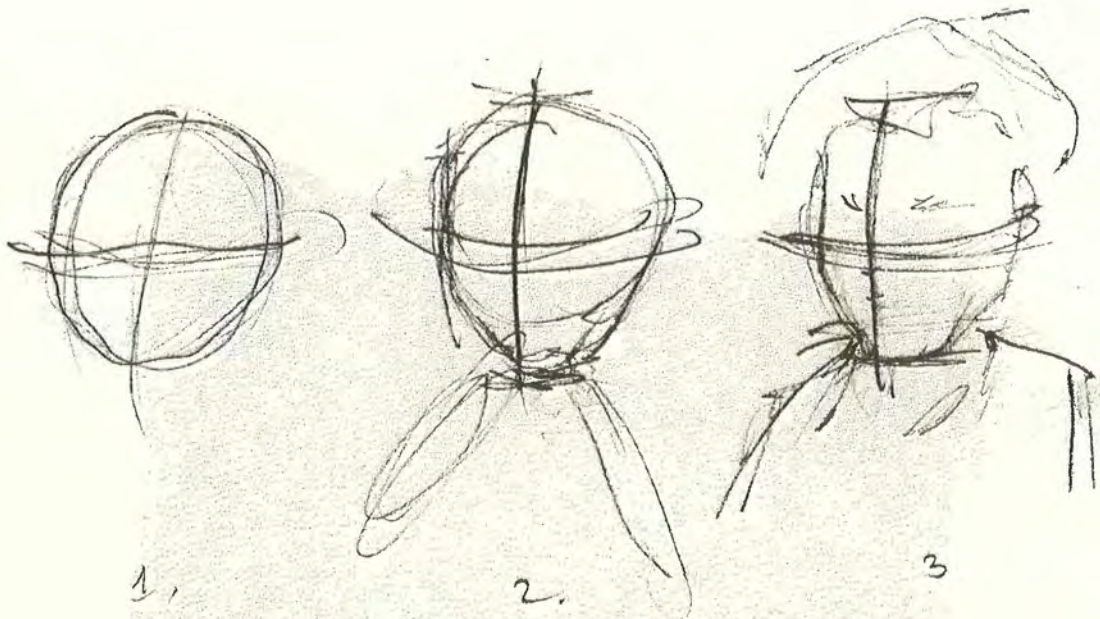
# How to grow an avocado seed

---

1. Wash the seed. Take off the brown film.
2. Wrap the seed into a moist napkin.
3. Put it into a plastic bag and leave it on a window.
4. Take it out in a few weeks when it sprouts.
5. Using toothpicks place  $\frac{2}{3}$  of the seed in water.
6. When it develops roots, plant it.

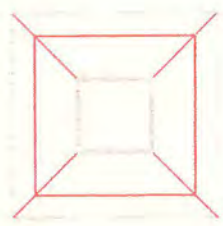
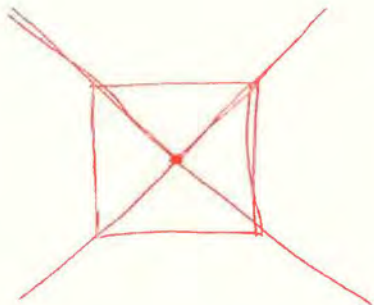
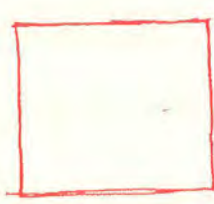
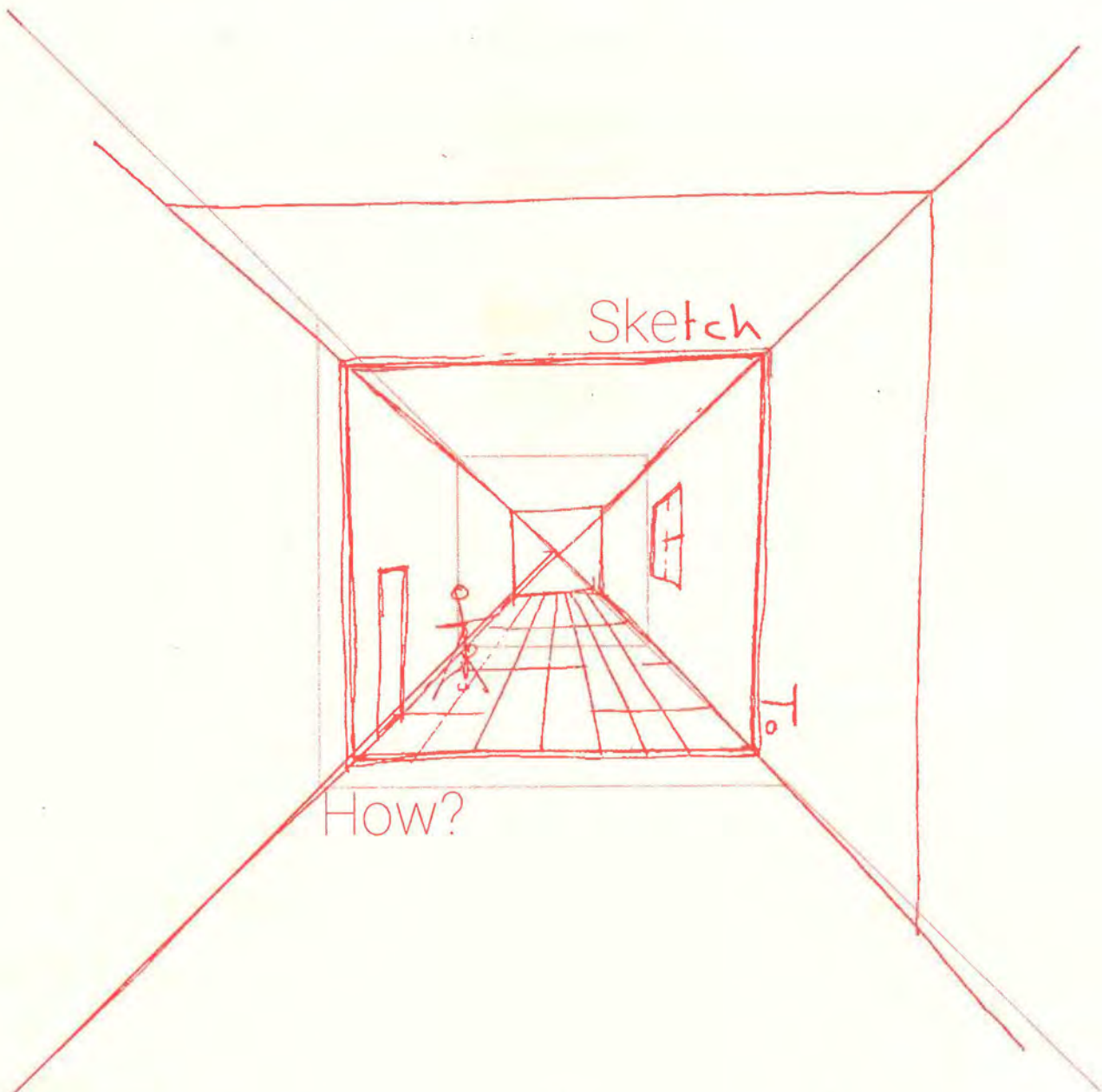






How to draw a  
face in 15 min  
by Shortaste  
Paint at last!





How to Sketch one point perspective ??

- Rectangular shape Please
- A single central point
- Axis running from one side to the other of the triangle
- A second rectangle, smaller or larger depending on the first.



# How not to get yourself into the Russian army

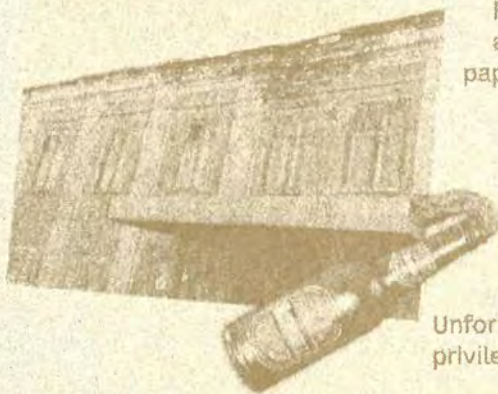
With the new decree of the military mobilization announced by Putin on September 21, around 300,000 men all across Russia were faced with a disruption to their mundane lives and a habitual order of things.

In the following hours after the announcement was made social media feeds became over-flooded with practical advices of how to avoid military conscription.

Twitter threads, illustrative flashcards from independent media outlets informing about the rights and procedure of being enlisted - whole internet became a manual of how to escape a likely lethal



These are three general options men have being caught in the deadlock situation (refusal to get enlisted is prosecuted with an up to 10 years sentence)



First and one of the most evident advices is NOT to live by the address indicated in the passport and NOT to take the call-up paper in hands. Once taken, it requalifies administrative charges on criminal (10 years in prison).

2. Second, thanks to the USSR legacy, there are a lot of neighboring countries, who would let the fugitives in without a visa for the period of 30-60 days (Georgia, Armenia, Kazakhstan and even Mongolia).

Unfortunately, this option is only available for the economically privileged layers of population, who have the resources for such trips.

There are, however, cheaper ways (than by plane) to cross the border, often involving travelling interregionally in Russia, that people share from their experiences from the time of the wars in Chechnya and usual evasion which was also happening in normal time. Some even advice to 'go hiding' at their grandmother somewhere in the countryside.

3. Third and the most radical is to express the protest and burn down the draft board. In order to do that, take a glass bottle, fill the bottle about 3/4 full of fuel. Insert the wick so that half of the wick extends into the bottle, enough to dip into the liquid inside. Before throwing it, break the window with a stone.





# HOW TO MAKE SOMEONE NOTICE YOU...

- 1 Press the end of your index finger and thumb together. They should be making a ring shape.
- 2 Open your mouth and stretch your lips over your teeth.
- 3 Curl your tongue up so the end is pointing toward the roof of your mouth. Then, move it back in your mouth so the space in the front of your mouth is open.
- 4 Put your index finger and thumb in your mouth. Push your fingers into your mouth until they touch your tongue.
- 5 Take a deep breath and close your mouth around your fingers. Keep your lips stretched over your teeth. The only gap between your lips should be the space between your fingers.
- 6 Blow air through your fingers and out of your mouth. If you don't make a whistling sound, take in another deep breath and try again!



## How to Make Mankoushe

Mankoushe is widely known on the Palestinian table. It is made of the Taboon Palestinian bread and my favorite Palestinian topping Za'tar. In order to make the traditional Mankoushe you have to make the Taboon bread from scratch to live this wonderful experience.

The needed ingredients are: Flour, Salt, Water, Olive oil, Yeast, Za'tar, and Sheep cheese.

First you need to mix the flour, salt and yeast in a big bowl. Then gently little by little you add water until it looks like a thick dough and finally you add olive oil and mix again.

When you finish mixing let the dough rest for half hour. After half an hour start by taking small pieces of dough and make the shape you want; circle or square. Place it on a flat bowl and let it rest around an hour. Meanwhile, turn the oven on. The oven must be hot before you put the dough in. After an hour start by opening the dough in the shape you like. Get a small plate and mix the Za'tar with olive oil. Spread it on the dough and put a small pieces of Sheep cheese and it's ready to put in the oven. Optional: some people like to add vegetables like tomato slices.

In the end, you will take the Mankoushe out of the oven when it's fully baked.

Enjoy it,

Jina Rishmawi



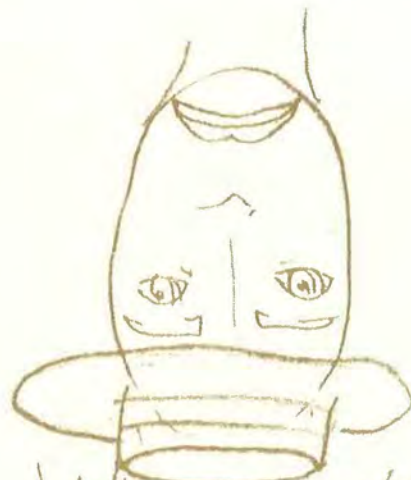
# How to smile (if you don't want to)



Use botox



Get inspired by Joker



Walk upside down



Swap coffee for vodka



Wear a mask



Remember sex with an ex



Use sticker



Imagine Putin's funeral



Remember your classmates



## 'BURNING QUESTIONS' GAME

/ great for groups & one-on-ones /

## getting started

**burning questions** is a storytelling-driven game that is intensely intimate, therapeutic, at times dramatic, and at times eye-opening. All you have to do is ask questions and be generously present to hear what others have to say. Before you start the game, make it clear that no one can ask you a question (to avoid getting *burned*), unless it's a compelling question that you'd like to answer. Some might complain that it's not fair. Say that life is unfair and kick it off!

## / space /

Usually, as I begin this game, I make sure that the environment we are in is cozy.

If you are inside - dim the lights (!!!) and sit in comfortable seats.

If you are outside – avoid distractive noises, sit comfortably, and make sure that the space you are in has the potential to suspend distractions of your surroundings. In both instances, soothing/ambient music is optional. I prefer natural sounds.

## / basics /

If you play this game with one person, they are your main target. If you play in groups, one question for each person and then your rotate.

You are allowed to ask follow-up questions if you sense that a person has more to share. Or if the question/story seems very sensitive to them. You will feel it. Sometimes people hate this rule, but deep inside, they all love it ~ I guarantee.

## / questions /

Your questions can be about anything – philosophies of life, personal matters, spirituality, sex...

Remember that you give away a lot of your energy by asking these questions and listening, so the topics you talk about should be interesting to you in the first place. The energy exchange rules, y'all!

There are three categories of questions: mild | half & half | burning

We begin the game with mild to test our storytellers' dynamics, red flags and to learn more about them.

- Sample questions / **MILD** ~ *is there a person you intentionally cut off from your life and yet, you miss their presence? If so, who are they and what happened? How's your loneliness like? do you enjoy it? do you despise it? Why?*
- **HALF & HALF** and **BURNING** questions are tailored to specific people. Make sure you get to know them during the mild round, so that upcoming questions are more meaningful and spicier.

That's it. Enjoy the stories, think about them, learn from them, and have fun!



# HOW TO HEAL A HEART: Mama's Lentil Soup

1 Rinse the lentils under water, and as it flows down and through, remember that you flow too, that you cleanse too, but only if you allow it.



2 Chop an onion and carrot into small cubes, simmer them in a pot w/ olive oil over heat. As the vegetables sweat, be reminded of how in community, we become softer, and our flavors enhance one another's.

3 Add the lentils to the pot, along with cumin, turmeric, salt, and pepper to taste. As the mixture forms and changes color, breathe in the emerging aroma, and as you breathe it out, realize that you are capable of letting go, even of your own breath.



4 Finally, add vegetable stock and bring the mixture to a boil. Then, lower the heat to a simmer, and allow it 15-20 minutes to reach desired consistency. As you do, allow yourself time too, time to sit, to rest, to be just as is.



Serve the soup hot, maybe with some vegetables, maybe with bread, and with each mouthful, as its heat and richness flows through you, be thankful for all that offers us healing, without demand, without obligation, only with flow and abundance.

# How To Format a Floppy Disk

1. Insert the disk into the floppy drive and run volcheck:

```
% volcheck
```

This will setup special device files in the /vol/dev/diskette0 and /vol/dev/rdiskette0 directories which you can use to format your floppy:

```
blaze-dev$ ls -l /vol/dev/diskette0/ /vol/dev/rdiskette0/
/vol/dev/diskette0/:
total 0
brw-rw-rw- 1 nobody  nobody   91,  3 Feb 24 11:40 unlabeled

/vol/dev/rdiskette0/:
total 0
crw-rw-rw- 1 nobody  nobody   91,  3 Feb 24 11:40 unlabeled
```

2. If you're going to use a floppy disk with commands like tar , dd and cpio , you only have to format it.

If you're going to use it as a DOS filesystem, then you have to format it and create a DOS filesystem on it. The fdformat command does both of these.

To format a disk to be used by tar, dd and cpio, use this command:

```
% fdformat /vol/dev/rdiskette0/unlabeled
```

To format a disk and create a DOS file system on it, use this command:

```
% fdformat -t dos /vol/dev/rdiskette0/unlabeled
```

This will take a few minutes.

3. After you've formatted the disk you can eject it with the eject command:

```
% eject
```

If you've created a DOS filesystem on the floppy then you have to eject the floppy, and then re-insert and re-run volcheck to have it mounted on /floppy. If you're going to use the floppy with commands like tar, dd and cpio it is not necessary to eject the floppy, re-insert it and run volcheck, you can just continue using the floppy, although the fdformat command may have changed the device name of the floppy (it might be called /vol/dev/rdiskette0/unnamed\_floppy instead of /vol/dev/rdiskette/unlabeled).