# NEW AFRIKAN ANTI-ALCOHOL INITIATIVE 101...

By:
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# New Afrikan Anti-Alcohol Initiative 101

My name is "Tashiri" and I am a New Afrikan Black Political Prisoner of War!! I am the founder of the "New Afrikan Anti-Alcohol Initiative 101." This initiative is sponsored by the People and is literally for the People, as its central aim is to combat / address a social sickness (alcohol abuse / addiction) that currently plagues our communities... The much a do reliance on this racist government to facilitate the People with a constructive means to rise above this social plague, has run its course dry.. The window dressing clinics (rehabilitation centers) as proffered by the U.$. government, have only kept the People demoralized and in social conflict.. You cannot correct what you do not understand or have not come in direct contact with.. Yes, the People!! Thus speaking to the inability of being unable to identify the concrete conditions that affect the People, that would enable them to bring forth concrete solutions to the problem of alcohol abuse / addiction..

As a People, most of us have lost & abandoned the historical, cultural, economic, political and social values that define our perpetual material existence as New Afrikan Black People.. Thus, it disconnects us from the historical materialism of our New Afrikan Black roots, as many have chosen to replace the aforementioned values with those of the Boor-Zwah-Zee ruling class.. Essentially, this leaves our New Afrikan Nation (communities) scarred / plagued by the many insidious vestiges that arte perpetuated through the social system of U. $. Imperialism, which serves as a corrosive in destroying the New Afrikan Black Family structure.. This point is rather critical, as the New Afrikan Black Family structure is the backbone of our New Afrikan Nation (communities) in particular, where the values as to who we are as a People is first instilled in us and developed.. This compromise has left us distraught and conflicted, as to how to go about reclaiming the People's mind from our oppressor and the manner / method in which to go about re- instilling the essential principles of self-love, self-determination, self-reliance, motivation etc. that we need to enable us to move forward towards our primary goal of nation-building..

As captives of the Boor-Zwah-Zee ruling class, it was only inevitable that the seeds of this decadent culture would be reproduced in us as individuals, thus leaving the New Afrikan Black Family structure vulnerable to this "domino effect" by psychologically (mentally) subverting the individual, to whom is

an extension of this unique fabric (e.g. "The New Afrikan Black Family structure").. Meaning, how we think / act is being defined by the Boor-Zwah-Zee.. This is for those who remain in a state of cluelessness, as to why the culture of the ruling class stands as a principal contradiction towards the economic, historic, political and social development of New Afrikan Black People.. Well, for starters, the values of our oppressors are counter-revolutionary and do not advance our position towards our central objective of total liberation!! But furthermore, these values only seek to keep the current power structure in place via the kaptor / captive relationship, with the kaptor in a position of power / control, while the captive remains powerless / dependent upon the kaptor for our basic needs to sustain ourselves with in life... For example, when you take the time to engage in a critical analysis of our current position in Babylon, you must begin to ask yourself a multitude of questions, such as; "Why is poverty, homelessness, crime & drug addiction so prevalent within our communities??" Once you go through the crucibles of New Afrikan dialectical materialism, you will be able to concretely identify the root causes of these social dilemmas to which the U. $. Government is directly responsible for perpetuating in our communities..

Typically, these social issues exist in our communities for two reasons; 1.) to keep people enslaved, colonized, and conflicted, so that we will remain reliant upon the U. $. government as our principle caretakers, to whom we wrongfully seek direction from, for our domestic problems; and 2.) because we have collectively failed to properly combat these social issues, by looking outside of ourselves for answers to these problems, when we should be looking within ourselves to develop concrete solutions to these problems.. As the saying goes; "TALK IS CHEAP, as it is the action of the individual that defines the true essence of his / her material reality!!" So with that said, I hereby offer the New Afrikan Anti-Alcohol Initiative 101, as a practical solution to the problem of alcohol abuse / addiction that exists in the New Afrikan Black Community.

Alcohol fact: Nearly 3,000 people were killed on 9/11/01, but deadlier than terrorism is alcohol abuse / addiction.. On 4/22/02, *TIME* magazine reported that 1,400 U. S. college students were estimated to have died from alcohol-related accidents and 79.000 sex assaults / date rapes are attributed to campus drinking, each year.. Now, these statistics are only reflective of college campuses, and not society at large.. Just imagine what the numbers would be

as a whole??? How many people are in prison because of alcohol blackouts and violent acts triggered by it?? Anyone you know?? Think about it!! 4

Alcohol abuse / addiction has become a genocidal plague in the New Afrikan Black Community, in light of the systemic detriments that have become prevalent with the carelessness of alcohol usage, by our People.. Thus, it is suffocating the fundamental development of the New Afrikan Black communities as a whole, but in particular, today's youth.. OUR FUTURE!! Alcohol abuse within the New Afrikan Black communities (communities in general) is on an unprecedented climb, and is becoming a permanent fixture within our communities' day-to-day endeavors.. An insignia, so to speak.. As today's youth begin to embrace the usage of alcohol, as a means of escaping their present realities to compensate for their present state of poverty, for feeling neglected, or because they want to fit in with the so-called "IN CROWD," giving them the illusion of feeling cool, wanted and on more occasions than not – just wanting to be loved..

I know that the following question is being posed; "Who am I to take such a critical position on an issue, that dramatically affects our New Afrikan Black communities (communities in general) but actually, who I am *not* to?! For, I am a first-hand victim of alcohol abuse / addiction.. It was my alcohol abuse that caused me to act irresponsibly, and practically come close to taking another human being's precious life (next breath); it was my alcohol abuse that facilitated the paralysis of my senses and caused me to think without clarity; and it is because of my alcohol abuse that I am now serving 13 years to life in state prison..

**NOTE: This sentence is being served within the desolate confines of the Security Housing Unit – (AKA – the S.H.U.) of Pelican Bay State Prison, in Crescent City, California.. My S.H.U. sentence has been regulated to indefinite terms, solely because of my political beliefs..*

Alcohol Fact: An estimated 14 million Amerikans have serious alcohol problems & suffer from social, occupational & health problems.. A survey conducted by the Substance Abuse & Mental Health Services Administration found that some 11 million people aged 12 & older, were dependent upon or abused alcohol.. Another 2 million people abused alcohol & one or more chemical substances..

The purpose of the New Afrikan Anti-Alcohol Initiative 101 is not to perpetuate a personal attack on any individual or their chosen lifestyle, as that would be a form of liberalism, which is not conducive to nation-building & undermines the true principles of unity.. However, the ideological objectives of the New Afrikan Anti-Alcohol Initiative 101 is to engage the New Afrikan Black communities (communities in general) in a discourse of dialectics, by pointing out & addressing some fundamental & distinctive contradictions, that are prevalent in the oppressed communities, as they relate to alcohol abuse / addiction.. The discourse on the subject matter will be guided by the scientific crucibles of New Afrikan dialectical materialism, to which is a tool of any true servant of the People, as it enables one to qualitatively identify the contradictions of the social conditions that confront the people, for purposes of offering the People concrete solutions to these contradictions..

The principles of *foco theory* are the catalyst for this initiative.. For those who may be wondering as to what "foco theory" is, it is simply the nucleus for making all material subjects / things move.. Just as Fidel Castro was the foco for the build-up of the Cuban Revolution.. Foco theory can be effective only when it does not allow itself to be isolated from the People.. Foco may well be the best tactic to mount the motor of the People's will for real freedom.. But the foco will need a long period of preparation & intensive organizational work that will not only generate an atmosphere for real freedom by focus, but will also guarantee our logistics of communication / planning for community survival programs, etc. Such as; "The New Afrikan Anti-Alcohol Initiative 101.." As a People, we must commit ourselves to a higher standard of living, if we are to one day achieve our ultimate goal of total liberation.. We can no longer afford to hide behind the well-to-do excuses of putting the blame solely on the U. $. Government, regarding the social dilemmas that plague our communities, in particular, as they relate to matters that we can control & change on our own.. Our day-to-day social practices are manifestations of what we believe in, think about & consume into our bodies.. So we must be mindful of this truth 24/7!! Instead of engaging in the nuisance of alcohol abuse, we must begin to utilize our time & energy more constructively, by exercising our minds towards the central task of achieving some positive goals in the areas of community healing / nation-building.. Through our collective will & with the application of self-discipline, this can be easily accomplished.. If we are to allow the truth to be our guide in

pushing forward the principles of righteousness, then we should also realize that, the objective of community healing & nation-building cannot be achieved if our mental faculties are being overwhelmed with the toxins of alcohol.. Meaning, that the social wounds of oppression that the social system of the U. $. Imperialism has inflicted upon our communities, will remain a prominent fixture.. Our power as a People is unlimited, once we take control of & refine the focus of our minds..

Now ask yourself; "What real benefits does an individual have in continuing on with the social practices of alcohol abuse??" None, if you ask me!! However, it cannot be overlooked that we have been conditioned to believe that alcohol consumption is harmless, on account of the large magnitude of alcohol advertisements that we are bombarded with in our communities & with the convenient access to alcohol at social gatherings, corner liquor stores, & etc... Thus, making it too easy for the common New Afrikan Black Sista / Brotha to abuse alcohol..

As part of growing / healing as a community, the onus is on us to live responsibly by making critical thinking a constant in all that we do.. Because by thinking critically, we will be able to formulate / develop some formidable alternatives that are conducive to resolving whatever personal & social dilemmas that we may be experiencing, as opposed to just running to & hiding behind the quick fix solutions of this liquid monster!!

So now that the detrimental problems of alcohol abuse / addiction have been identified, in particular, as to how it debilitates the potential of our People / communities, it is only appropriate that I offer some practical solutions that we as a People can incorporate in our day-to-day endeavors of life, which will lead us to overcoming this social sickness, and thus enabling us to rebuild / heal our communities.. These solutions are predicated upon the social principles of communal cooperative work – e.g. "EACH ONE – TEACH ONE.." Henceforth, it is necessary for each individual of the New Afrikan Black community, who are currently suffering from alcohol abuse / addiction, to commit to the following pledge, as it will be our platform that will lead to the negation of alcohol abuse / addiction in our communities.. This pledge will be referred to as; "The 12 Steps to Redemption Pledge.."

# 12 Steps to Redemption Pledge

1.) My name is _____, and I admit that I am a former alcoholic.. I was powerless while under the influence of alcohol.. So I surrender my will to my beloved Nation of New Afrikan Black People, to which I now stand in support of all my fellow New Afrikan Black Sistas / Brothas..

2.) I hereby ask the New Afrikan Black community for forgiveness, with regards to any individuals that I may have harmed / injured while I was under the influence of alcohol, and I promise, I will never seek to hurt / harm my People again..

3.) As a descending native of our Motherland "Afrika" I now realize that my alcohol addiction had obstructed / impaired my senses from realizing that there is a real need for unity amongst my New Afrikan Black People, and from now on, I promise to love all of my New Afrikan Black Sistas / Brothas unconditionally..

4.) I admit that while I was addicted to the chemical substance of alcohol, I had abandoned the true traditional / historical values that define my existence as a New Afrikan Black Man / Woman..

5.) I hereby pledge to never drink alcohol again!! As I understand that it is part of the oppressor's master plan to occupy / control the People's mind, to thus further keep us divided, and from reaching our true potential as a Nation of New Afrikan Black People..

6.) While under the influence of alcohol, I was unable to qualitatively participate in the political, social, cultural and economic development of our New Afrikan Black communities, so I hereby pledge to do better on this end..

7.) I hereby pledge to never waste my money on the unnecessary purchases of alcohol.. And, from now on, the monies that were previously used to purchase alcohol, will be appropriated towards developing a community trust fund, which will only be used to address the social needs of the community.. The appropriation of these funds will be decided upon by a majority rules, community vote..

8.) I pledge to make amends with the New Afrikan Black community by becoming a better Fatha, Motha, Uncle, Auntie, Son, Daughter, etc. which will thus improve upon the integral morality of the New Afrikan Black family structure, to which is the backbone of our New Afrikan Black Nation / community..

9.) As a part of becoming a better Fatha, Motha, Uncle, Auntie, Son, Daughter, etc., I hereby pledge to commit myself to working with the community in all areas of community development – e.g.

"socially, politically, culturally, economically, etc." for purposes of empowering the New Afrikan Black community in these respective areas..



10). Through my commitment of community work, I pledge to restore the moral / social values of self-love, self-reliance, self-determination and communal – cooperative work, via the crucibles of faith, trust, dedication and through my uncompromising love / loyalty to the New Afrikan Black community..

11.) I pledge to be fearless / determined within my commitment of community work, which thus includes improving upon the dynamics of my own New Afrikan Black family structure.. I pledge to keep looking / searching for positive ways in which to improve upon the standing of the New Afrikan Black community..

12.) I pledge to commit myself to educating members of the New Afrikan Black community about the detriments of alcohol abuse / addiction by formulating a New Afrikan Anti-Alcohol Support Group as a part of my commitment to community work within the community.. This education will consist of utilizing the New Afrikan Anti-Alcohol Initiative 101 pamphlet, as a guide in offering the People alternative and constructive methods in dealing with the social dilemmas that have lead them to abuse alcohol....

I commit my body, mind and spirit to the protection and defense of the Red, Black and Green...

I dedicate my life to the redemption of Motha Afrika and the liberation of her scattered Black children....

**TOTAL LIBERATION!**

A database of reference information regarding the historical materialism of alcohol and the behavioral manifestations that occur, as a result of alcohol consumption, to which has been scientifically proven through several studies:

## Risk Factors for Drug Use

These include, academic failure; early anti-social behavior; early drug experimentation; rebelliousness; low self-esteem; sensation-seeking; family disorganization; family history of drug use; drugs readily available; drug use among friends / peers; poor socio-economic status of community, etc....

## Drinking Levels in Standard Drinks per Week



1.) Abstainer: fewer than 12 drinks in lifetime; no drinks in the past year.
2.) Light drinker: 3 or fewer drinks a week.
3.) Moderate drinker: 3 to 7 drinks per week for women; no more than 14 drinks per week for men..
4.) Heavier drinker: more than 1 drink a day for women; more than 2 drinks a day for men.

## Alcohol Dependency Syndrome

1.) A strong desire / compulsion to drink..
2.) Difficulty in controlling the amount of alcohol consumed..
3.) Withdrawal symptoms when alcohol is not consumed or consuming alcohol to avoid withdrawal symptoms..
4.) Evidence of tolerance, that is, increased amounts of alcohol are needed to achieve the effects originally produced by lower amounts..
5.) Progressive neglect of other interests because drinking, while spending an increased amount of time obtaining and drinking alcohol, and recovering from its effects..
6.) Continued use of alcohol despite clear evidence of its physical and/or psychological effects on the user...

**NOTE: Psychological, social and developmental factors all interact with genetic factors to result in behavior.. These interactions explain why not all alcoholics have a family history of alcoholism, and why not all persons with a family history of alcoholism become alcoholics.. These dynamic interactions occur throughout life with varying contributions from genes and the environment at different times..*

## Reasons for Drinking

It helps them celebrate special occasions; they enjoy the taste of alcohol; they want to relieve tension; it helps them relax; it helps them feel more comfortable in social settings; they want to get drunk; it relieves boredom; and it just seems like the thing to do...

## Reasons for Not Drinking

1.) Disapproval / lack of interest; against religious / moral convictions..
2.) Risks and negative effects include; hangovers, alcoholism, medical interactions..
3.) Social responsibility; might interfere with job, family, school relationships..
4.) Loss of control; negatively affects your mood; effects unpleasant..
5.) Lack of availability; expensive / hard to obtain..
6.) Health concerns; in training / bad for health...

**NOTE: People often play drinking games for purposes of sexually manipulating somebody that is involved in the drinking game.. This generally leads to somebody being rapes.. Alcohol is the most abused drug by college students..*

Alcoholism impairs the functioning of the immune system, predisposing the drinker to infectious diseases, such as colds, pneumonia and tuberculosis.. It even suppresses the activity of certain immune system cells that defend the body against the spread of cancer.. Alcohol consumption exerts its most serious effects on the liver, cardiovascular system, immune system, reproductive system and the brain.. Years of drinking can result in three types of liver disease: fatty liver, alcoholic hepatitis and cirrhosis of the liver..

Alcoholism affects the reproductive system by affecting the testes function, by decreasing the amount of the sex hormone testosterone, which these organs produce.. Men experience shrinkage of the testicles, impotence and loss of sex drive.. In women, alcohol affects the functioning of the ovaries; menstrual periods become irregular or cease altogether; difficulty becoming pregnant; early menopause; and devastating affects on the fetus...

## Effects on the Brain

Mental confusion; abnormal eye movements; and the inability to coordinate skeletal muscles – i.e. "abnormal posture / staggering gait caused by lack of vitamin intake..."

## Withdrawal Symptoms

Mild agitation; shaking; anxiety; loss of appetite; restlessness; insomnia; convulsions; hyperactivity; hallucinations; disorientation; confusion caused by no alcohol in use / consumption; hangovers (headaches); mental slowness; dry mouth; fatigue; diarrhea; anxiety; stomach pains; and tremors....

## Chief Facilitators & Supporters

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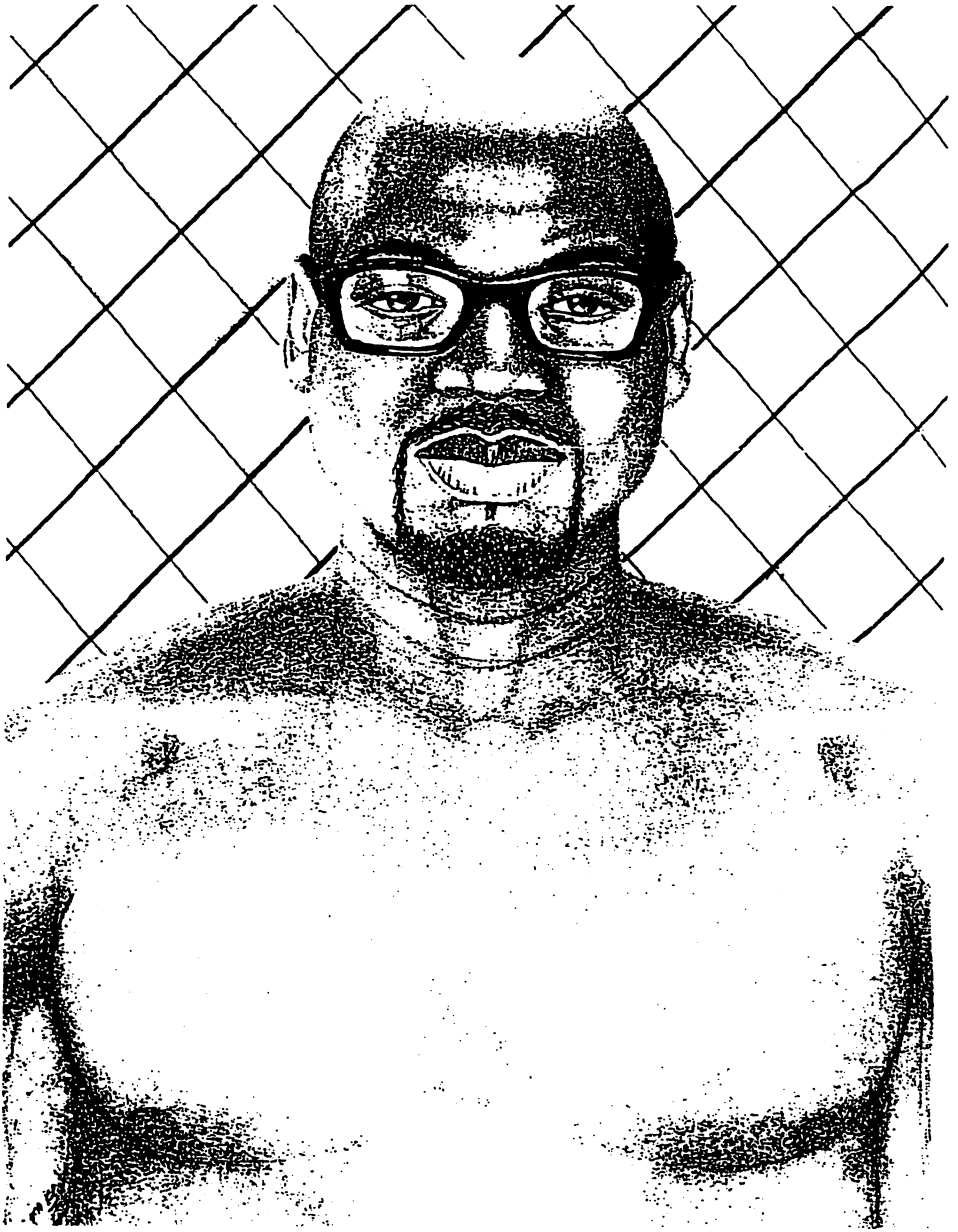
# ALL POWER TO THE PEOPLE!!!



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