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#### Children Who **Live With Smokers** At Greater Risk Of Poor Health

Children who live with smokers are nearly twice as likely as children who live in smoke-free households to suffer fair or poor health, according to a study jointly funded by NICHD, the Federal Centers for Disease Control and the Office of Maternal and Child Health. More than a quarter of a million children who are 5 years old or under and living with current smokers are in fair or poor health, representing 4.1 percent of children in this age group. In comparison, 2.4 percent of children who never lived with smokers and 3.5 percent who lived with former smokers had fair or poor health. Approximately 50 percent of all U.S. children 5 years old or younger have been exposed to cigarette smoke at home at some time in their lives, and more than 25 percent of children in this age group were exposed before, as well as after, birth. The risk of exposure to cigarette smoke and, subsequently, poor health increased for children from families with lower income and education levels. Children in families with an annual income under \$10,000 a year were almost twice as likely to be exposed to cigarette smoke at home than children in families with incomes of \$40,000 or more. (Advance Data, Centers for Disease Control, June 18, 1991, No. 202)



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#### **American Red Cross** Community CPR Review

Before leaving on vacation, it may be time to refresh your CPR skills. Summer recreation can be fun and safe if you're prepared. Red Cross will offer the CPR Community Review at the Oregon Trail Chapter, 3131 N. Vancouver Ave, Portland, Saturday, August 10, between 8:30 a.m. and 12:30 p.m., in Conference Room A.

This is a renewal course for those who hold current Community CPR certification. Students need to pass a written test and perform skill checks on each Community CPR skill.

This serves as an excellent review for those planning to take Red Cross instructor or professional rescuer courses.

The fee is \$22. A textbook may be purchased at the Safety and Health Resale Desk, at The Oregon Trail Chapter (Monday-Friday 8 a.m. to 5 p.m.). Call 280-1440 to register.

#### **Health Check-Ups** For Women Offered

A health check-up for women will be given from 9 a.m. to 1 p.m., Saturday, August 10, 1991 at Western States Chiropractic College Clinic, 2900 NE 132nd Avenue in Portland.

The \$15 examination fee will cover the cost of a pap smear, breast exam, spinal examination, and urinary lab test. The check-ups are administered by fourth-year interns under the supervision of chiropractic physicians. Appointments are necessary and may be made by calling 255-6771.

### **Vegas Here We Come!**



Pictured form left to right:

Fresh Connection, a local dance group, has been performing together for the past three and one half years. Their performances have ranged from Roosevelt High School to a recent show at Portland's Rose Festival Waterfront

Park. They can also be seen in one of channel 49's season premier commer-

The group is venturing to Las Vegas July 27th through August 2nd. They will be filming a music video for their

first single record. To see them live this summer, Fresh Connection will be dancing with the Calvin Walker Band at the Bite in Portland at Waterfront Park on August 11th from 7 - 8 pm.

### **Stopping Racism Begins At Home**

One thing that is of growing concern to me is the number of black people that I run into who seem to have a problem with my being married to a white woman. In discussing this issue, I have found that the main accusations towards me and other black men in socalled "interracial" relationships, is that we are self-haters and "sellouts." I believe that these accusations are very serious, considering the day and time that we live in. On the one hand I can understand that the animosity towards us is an emotional reaction to the treatment that we as blacks have suffered at the hands of the oppressor. At the same time, if emotions are not kept in check by a well balanced and rational mind, then we will continue to be victims of what Huey P. Newton called "Reactionary Suicide."

There are many theories on the effects of "miscegenation" on particular "races." These theories were propagated by racists who needed an excuse for conquering the world. J.A. Rogers points this out brilliantly in his book, Sex and Race Vol. I,II, and III. I think it is very important that "we" exercise the power to create our own definitions. And when I say "we" I am talking about all of us who are victims of the accepted definitions of today.

Malcolm said, "Of all our studies, history is best qualified to reward our research." That doesn't just mean black history, that means all history; because all people's history is tied together. If we studied "true" history we would know, for instance, that to refer to the Native American as an "indian" is an insult parallel to calling the African (or African-American) a "nigga." We would also find that the African and the Native American have a history of working and living together in peace and harmony. That is, until today when

race seems to be such an issue. We would also find that a white man by the name of John Brown gave his life for the cause of freedom, and that it would be unfair to call him a devil because of the color of his skin. As a matter of fact, there are white men today who are working for our freedom. Not by coming to us, but by going where the problem is; in their own communities. They realize that no man is free until all men are free. As far as the "sellout" issue is

concerned, I would like to ask this one question: What are YOU doing for the community? My wife and I run the PTAHOTEP Learning and Resource Center in the hopes of sharing knowledge and wisdom with those who have an interest in the community. Now I'll tell you what I'm not doing. I'm not selling drugs. I'm not exploiting and robbing the community deaf, dumb, and blind. I'm not raping the women. I'm not killing the brothers. If you really want to address the "sellout" issue, then think about this: We are all "sellouts" for allowing great leaders like Malcolm X, Martin Luther King Jr., Martin Sostre, Huey P. Newton, Bobby Seale, Edlridge Cleaver, Assata Shakur, Angela Davis, Geroimo Pratt, Fred Hampton, Mark Clark, Bunchy Carter, Jon Huggins, Kwame Nkrumah, Nelson Mandela, Winnie Mandela, Steven Biko, ad infinitum; to fall victim to the racist, imperialistic power structure without calling for its accountability. As a matter of fact, I want to know what happens when they come after Farrakhan? Are we going to hand him over too?

When are we going to quit selling ourselves out by electing leaders who don't have our best interests at heart? Instead of worrying about kindergarten cultural nationalist issues, like "interracial" relationships, we should better

use our time thinking about what to do with cats like Marion Barry, and that bomb-dropper in Philadelphia, not to mention other cats who are nothing more than lackeys of the oppressor.

It's time to move on. We need to deal with real issues. Our parents already established the fact that "black is beautiful." Now it's up to us to take it a step further. When we know that everyone's genealogy can be traced back to a single black woman, then we should have no problem knowing that whether you are black, white, red, yellow, or brown we have the same "momma" and we are all brothers and sisters. That means my wife is valid, and so is my love for her. It is a blessing to know and to find that there are white folks who are willing to learn the nature of the effects oppression has had on us, and are willing to go into their own communities and do something about it. These are our allies, and they should not be alienated. My wife and my relationship to her, for the same reason that I mentioned above, are not the enemy. The real enemy is

PTAHOTEP,

Muhammad Abdullah

Suggested reading materials:

1) Huey P. Newton, To Die For The People, Revolutionary Suicide 2) Stokely Carmichael, Black

Power, Stokely Speaks 3) Robert L. Scott and Wayne

Brockridee, Rhetoric of Black Power 4) Bobby Seale, Seize the Time

5) Dr. Ivan Sertima, They Came Before Columbus

6) Malcolm X, The Autobiogra-

7) J.A. Rogers, Sex and Race Vol.

8) Ward Churchhill and Jim Vander Wall, Agents of Repression,

The Cointelpro Papers