

Holiday ENTERTAINMENT

CELEBRATE KWANZAA IN A BIG WAY

Right in time for the Holiday Season, Praxis Publications, Inc. of Madison, WI, will publish *Kwanzaa: How to Celebrate it in Your Home*, the first in a unique new series of five Big books designed to help families celebrate African American holidays. The completed series will also include Big Books about Martin Luther King Day, Juneteenth, Black History Month and Malcolm X Day.

Kwanzaa is one of the most important holidays observed by African Americans. It is a time for reunions of African American families and peoples, for recognition of African American achievements, and for cultural renewal and rededication to strong family values. Every year since 1966, millions of Americans have celebrated Kwanzaa, yet many others are still unsure how to participate in the annual seven-day ritual, December 26 through January 1.

Kwanzaa: How to Celebrate it in Your Home shows how one African American family observes Kwanzaa at home. Illustrated throughout in full color, it provides an inspiring model for families to create their own special celebrations of this important African American cultural holiday. The text takes readers step by step through an actual Kwanzaa celebration, and also includes a special Kwanzaa pledge, opening and closing libations, and activities the entire family can enjoy. The large format (fifteen by eighteen inches) and large print make it easy for adults and children of all ages to use the book in any group setting, whether it be the family, classroom, club, or organization.

After Christmas Kwanzaa Begins

Kwanzaa is not a religious holiday or an alternative to Christmas. It's a seven-day Afrocentric celebration that begins Dec. 26.

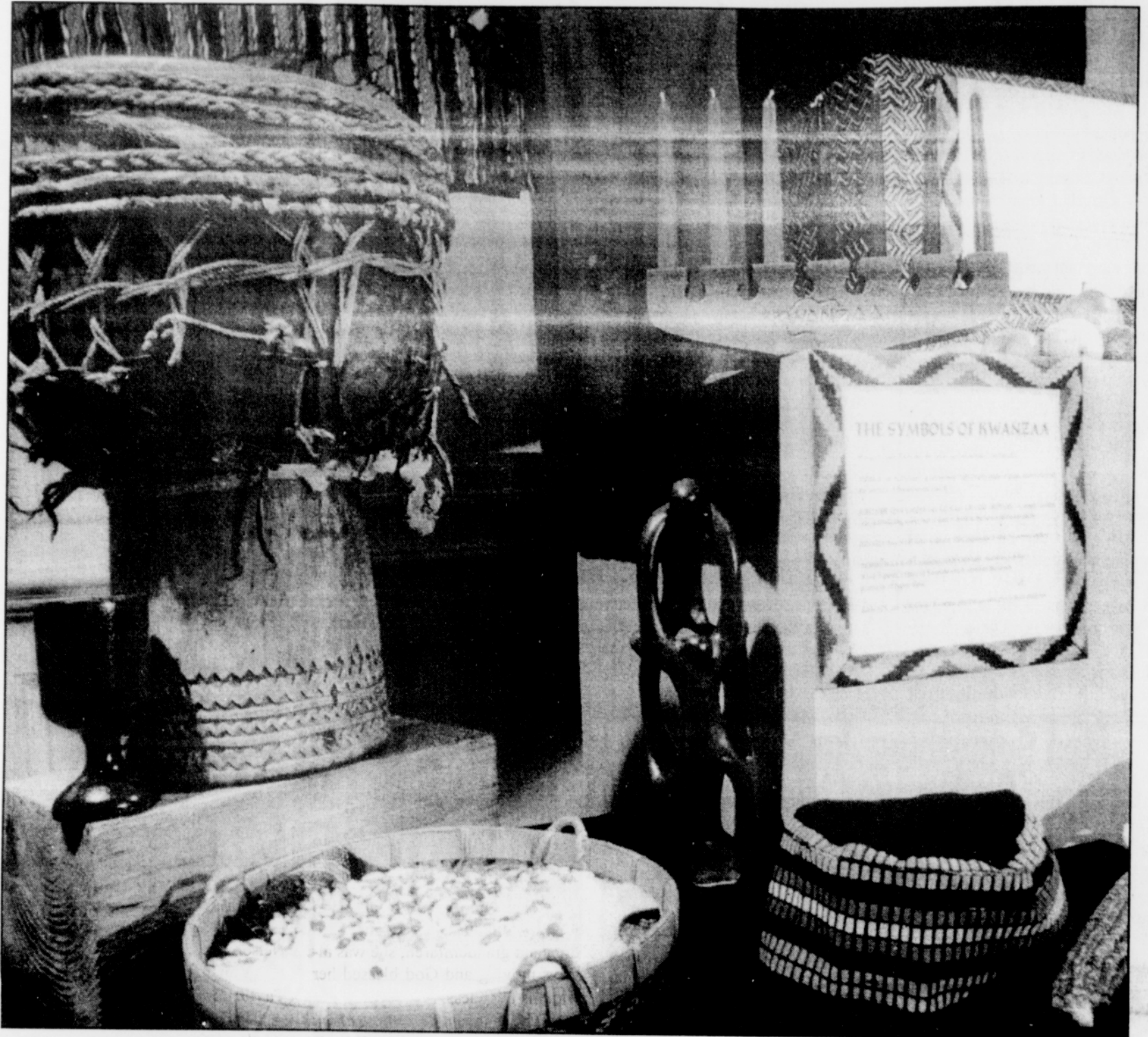
Adapted from the annual agricultural festivals that are an integral part of African tradition, Kwanzaa, American style, was created in 1966 to unify the African-American community toward a common set of goals and objectives and to reassert traditional values.

The name comes from the phrase, *mantundayakwanza*, which in Swahili means "the first fruits of the harvest." The extra "a" was added to make it uniquely American.

"The celebration of Kwanzaa is based on the ideals of family, heritage and community and provides a wonderful opportunity to reflect on traditional values," said Sterling D. Plump, University of Illinois at Chicago associate professor of African-American studies.

In recent years, Kwanzaa observances have grown in popularity. An estimated 15 million people of African descent in the United States, Canada, the Caribbean, England and African now celebrate Kwanzaa in some form.

Food from throughout the African diaspora are served and *zawadi*, or gifts of cultural significance, are exchanged. The ideals of the holiday, collectively known as the *Nguzo Saba*, are underscored through a daily candle-lighting ceremony. Kwanzaa's seven principles are: *Umoja* (unity); *Kujichagulia* (self-determination); *Ujima* (collective work and responsibility); *Ujamaa* (cooperative economics); *Nia* (purpose); *Kuumba* (creativity); and *Imani* (faith).



A special Kwanzaa exhibit premiered this month at Walt Disney World as part of Epcot's Holidays Around the World celebration. The exhibit features information about the holiday and items used during the celebration. Walt Disney Imagineers worked with African-American groups in Florida and California to complete the display.

Too Much "Holiday Cheer" Makes Roadways Dangerous

Although much progress has been made, drunk driving continues to be a significant factor in traffic accident deaths. More than a third of all drivers killed in car crashes in 1993 were legally drunk.

The upcoming holidays and the accompanying parties and get-togethers can add to the problem. Fatal accident involving drunk drivers increase significantly in December. Thirty-nine percent of all drivers killed in traffic accidents in December 1993 were drunk.

"Even with heightened public awareness and education campaigns regarding the dangers of drunk driving, the problem continues," said Lowell R. Beck, president of the National Association of Independent Insurers. "For your protection, use extra caution when driving during the holiday season. Also, for the safety of others, use common sense and courtesy when your celebrating involves alcohol."

For holiday revelers, there are a number of options to prevent drunk driving deaths. Simply abstain from drinking at a party or, for groups and couples, have someone volunteer to be the "designated driver." Finally, the biggest favor you can do for a friend who has had too much to drink is to take away their car keys, offer them a ride home or call a cab.

Teenagers, while less likely than adults to drive after drinking, have a substantially higher crash risk when they do. In 1993, 27 percent of 16 to 20 year old drivers killed in car crashes were legally drunk, even though you must be 21 to legally purchase alcohol. To help stem this problem, parents of young drivers can limit teen driving hours. Parents should also insist that safety belts be worn at all times by all occupants of the car. Finally, have a backup plan ready, just in case liquor is used, to get the kids home without driving.

Even drinking in moderation may affect driving performance. Studies have shown that a blood alcohol content of 0.02 percent affects a person's driving ability and increases the likelihood of an accident. Because the effects of alcohol vary with each person, it's difficult to predict exactly how many drinks it takes to make a person's driving dangerous.

Furthermore, the type of alcohol is not necessarily the determine factor in how a person is affected by alcohol. There is an equivalent amount of alcohol in 12 ounces of beer, 4 ounces of wine and 1.25 ounces of 80-proof liquor. Beer, however, is the most common drink consumed by people involved in alcohol-related accidents.

Precinct Gives Holiday Safety Tips

The holiday season is here and with Christmas coming, shoppers will be visiting shopping malls in large number. The Northeast Police Precinct had the following tips:

- While shopping, avoid carrying large amounts of cash and credit cards.
- Don't leave packages, purses or other valuables conspicuously displayed in your vehicle.
- Be aware of your surroundings. Park in well lit areas and be wary of strangers loitering in parking lots and near automatic teller machines.
- While using the ATM, don't let others stand close behind you.

JOIN THE IFCC FOR KWANZAA FESTIVITIES

Kwanzaa is a nonreligious holiday celebrated December 26 - January 1. It is based on African agricultural celebrations and collective principles, and was created by African American, Dr. Maulana Karenga in 1966. Kwanzaa is not a replacement for Christmas, but is a seven day holiday reclaiming a support system using the "Nguzo Saba", which is a group of seven principles for guidance. The seven principles are: Unity (*Umoja*), Self Determination (*Kujichagulia*), Collective Work and Responsibility (*Ujima*), Cooperative Economics (*Ujamaa*), Purpose (*Nia*), Creativity (*Kuumba*), and Faith (*Imani*). December, IFCC Kwanzaa Community Project; 5340 N. Interstate-Call 823-2000 for event information.



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KWANZAA Calendar of Events

- | | | |
|----------------------|-----------|-----------------------------------------------------------------------------|
| December
Saturday | 3 | UMOJA (Unity)
Open House 12 - 3 pm |
| December
Sunday | 4 | KUJICHAGULIA (Self
Determination) 6 - 9 pm |
| December
Sunday | 11 | UJIMA (Collective Work
and Responsibility)
Exhibit/Reception 2 - 6 pm |
| December
Monday | 12 | UJAMAA (Cooperative
Economics) 6 - 9 pm |
| December
Sunday | 18 | NIA (Purpose) 4 - 6 pm |
| December
Tuesday | 20 | KUUMBA (Creativity)
12 - 2 pm |
| December
Thursday | 22 | IMANI (Faith) 6 - 6:45 pm
Inner City Student Performance 7 pm |



DEC. 1 - 31, 1994



5340 N. Interstate - Call 823-2000