



# Christmas



## Preparing for Kwanzaa

BY DR. CONRAD W. WORRILL

The Kwanzaa season is right around the corner and, once again, the National Black United Front (NBUF), Chicago Chapter, is preparing for our sponsorship of the annual citywide Karamu Ya Imani (Feats of Faith) Kwanzaa celebration.

This year's Karamu Ya Imani (Feast of Faith) Kwanzaa celebration will be held on Wednesday, January 1, 1997 at Kennedy King College, 6800 S. Wentworth. The celebration will begin at noon.

It is estimated that more than 18 million African-Americans participate in some sort of Kwanzaa event. In the wake of the rising African-American community begins preparing for the Kwanzaa season. In order for this to occur parents, teachers, principals, ministers, business people and community activists must begin preparation immediately.

The first question that should be asked in preparation for the Kwanzaa season is, what is Kwanzaa and why is it as important for African-American people?

In the 1960s, the Black Power explosion shook up America and successfully began the dismantling of the legal system of racial segregation in the south. However many blacks felt there was a deeper meaning to the ideas of freedom, justice, and equality that had not been advocated by Civil Rights Movement. The call for Black Power by Congressman Adam

Clayton Powell, Kwame Ture (a.k.a. Stokely Carmichael), and others gave a new impetus for the Black Liberation Movement in America.

When the smoke cleared from the Watts rebellion in 1965, an organization emerged in the Los Angeles, California area called "US". Its leader, Dr. Maulana Karenga, became a noted spokesman for the independence, liberation and the acquisition of power for African-American people.

After intense study of African cultural traditions, Dr. Karenga established the only nationally celebrated, indigenous, non-heroic black holiday in the United States that he called Kwanzaa.

The concept of Kwanzaa, as Dr. Karenga established it, was derived from the African custom of celebrating the harvest season. Dr. Karenga's explains that, "The origin of Kwanzaa on the African continent are in the agricultural celebrations called the "first fruits" celebrations and to lesser degree the full or general harvest celebrations. It is from the Swahili phrase Matunda Ya Kwanzaa."

Dr. Karenga further explains, "The first fruit celebrations are recorded in African history as far back as Egypt and Nubia and appear in ancient and modern times in other classical African civilizations such as Ashantiland and Yorubaland."

Dr. Karenga created Kwanzaa to introduce black people to new values, "which, if practiced, would give

(us) a set of priorities and lead to (our) liberation and a higher level of human life." And this is a major reason that Kwanzaa should be celebrated by all African-American people.

The concept of Kwanzaa strikes at the root of the African Centered Movement in this country. It provides a forum for us as a people to define ourselves in the context of their own experience.

Kwanzaa is officially celebrated December 26 to January 1st and each day is dedicated to on principle of the Nguzo Saba (the Seven Principles of Blackness is celebrated). They are: December 26--Umoja (Unity); December 27--Kujichagulia (Self Determination); December 28--Ujima (Collective Work and Responsibility); December 29--Ujamaa (Cooperative Economics); December 30--Nia (Purpose); December 31--Kuumba (Creativity); January 1--Imani (Faith).

Kwanzaa is a celebration that gives African people in America a re-affirmation of our greatness and the possibilities for continued growth. It is a holiday season for us that gives us a chance with our families and loved ones the prospects and future of black liberation. It gives our children a positive reinforcement for what we must continue to fight for as a people.

If you are not familiar with how to celebrate Kwanzaa, I suggest you purchase and read Dr. Karenga's book, The African American Holiday of Kwanzaa.

## Gifts for healthful cooking

Still having trouble completing that gift list?

Here are more great gifts ideas that can help your loved ones eat for better health in the new year:

• **Microwave oven**--If you really want to splurge, a microwave oven can be a god-send to the person who is too busy to spend a lot of time in the kitchen. Microwaves are perfect for steaming healthful foods like fish and vegetables deliciously without fat.

• **Non-stick pans**--A great way to cut fat in cooking, as they will last a long time if cared for properly by using only wooden or plastic

utensils and nonabrasive cleaning materials. Other good-fat-free cookware is made of anodized aluminum, or has a ceramic or enamel finish.

• **Olive oils**--Dozens of specialty brands are now available in different grades of "purity" and can be purchased already flavored with herbs, in attractive bottles. Olive oil contains mostly monounsaturated fatty acids and, while still recommended by healthy experts to be used in moderation like all fats, has been found to lower harmful blood cholesterol.

• **Pasta machine**--For rolling and

cutting home-made pasta. The ideal gift for any one who loves to cook Italian style.

• **Quinoa**--Quinoa is just one of several exotic grains that can live up one's everyday diet and supply whole-grain fiber. Gourmet and health food stores carry quinoa; a home-made gift-pack might also include packaged barley, bulgur wheat, and couscous.

• **Roasting racks**--For placing in roasting pans to let the fat drip away from meats and poultry. (To defeat those drippings for a non-fat gravy, use a defatting gravy-maker, described above).

## Free Tri-Met holiday shuttles to PDX

Holiday travelers can avoid the seasonal traffic and parking crunch by taking free Tri-Met holiday shuttle buses to Portland International Airport (PDX).

The shuttle buses run between PDX and Tri-Met's Gateway Transit Center today through January 2. The buses operate every 20 minutes from 4:30 a.m.-9:00 p.m.

Shuttle buses connect with MAX light rail trains at Gateway. Gateway Transit Center is located at NE 99th between Glisan and Halsey. Because of limited parking at Gateway Transit Center, travelers should not park overnight.

For more information about free airport shuttles, call Tri-Met at 238-Ride 7:30 a.m.-5:30 p.m. weekdays.

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## The Rose Quarter and Santa Claus

'T was the night before Christmas, when Santa stopped in, to pick up some tickets for the show, New Edition.

Box Office Betty was there with a smile, and suggested that Santa look over the schedule a while. He agreed that the stockings that are hung with such care, could be filled with a ticket or even a pair. "Basketball, hockey, concerts galore, what a great gift idea, I'll need three billion more!" Betty suggested Santa stick with his toys, but use concert tickets for the very best girls and boys. So write him an email and let Santa know, why you deserve

tickets to a Holiday show!

The following shows are in Santa's Bag of Goodies: Ford Far West Classic at the Rose Garden on December 27th and 28th; Smashing Pumpkins in concert at the Rose Garden on January 7th, 1997; New Edition in concert at the Memorial Coliseum on Monday, February 3rd; Steven Curtis Chapman in concert at the Rose Garden on Saturday, February 8th; Trail Blazers vs. Detroit Pistons at the Rose Garden on Tuesday, January 14th; Winter Hawks vs. Prince George at the Rose Garden on Sunday, February 9th.

Email to Santa@rosequarter.com.

You must include your full name, email address, phone number and fax number (if you have a fax), and be sure to tell Santa which show you want to see!

Only one entry allowed per person, duplicates will be ineligible. If you attempt to enter more than twice, you may find coal rather than tickets in your stocking! Santa will judge entries based on creativity, originality and content and winning entries may be posted on Rose Quarter Online.

To write Santa go to <http://www.rosequarter.com>



## Deck The Halls With Boughs Of Good Mental Health

The Holiday Season, a time when emotions can run amuck!

Too much holiday spending? Too much cheer? How about those good times, bad times with the folks and the family? Or did you rekindle some old relationships and wish you hadn't? Better still, ate too much food -- pound cake -- hurry, hurry to the gym and sign up for one year, knowing you'll probably never make it past the second month.

**hard to cope with...**

"The loss of a loved one moved you to spend the holidays alone."

Add expert advice to your holiday stories on "how to survive the holiday season." Call the Garlington Center mental health experts.

## Kwanzaa 1996

Warm greetings to everyone celebrating Kwanzaa.

The hearts of millions of men and women across America and around the world rejoice as together we enter into the spirit of this uplifting holiday. The seven principles of Kwanzaa-- unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith -- teach us that when we come together to strengthen our families and communities and honor the lessons of the past, we can face the future with joy and optimism. Through prayer, song, and the exchange of gifts, Kwanzaa helps us celebrate the human experience and appreciate our many blessings.

Today, we have a renewed sense of hope in America, a hope based on the idea that our great diversity can unite -- not divide -- our society. As we rejoice in the rich cultural heritage of the African American community during Kwanzaa, let us work together to ensure that the meaning and energy of this inspiring festival will remain with us throughout the coming year, bringing courage, renewal, and even greater hope for the future.

Hillary joins me in sending best wishes for a wonderful holiday and every happiness in the year ahead.

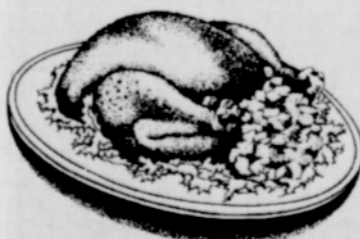
--William J. Clinton

## Free holiday nutrition advice

Want to know how to make lower-fat holiday cookies and baked goods? Worried about how to safely keep Thanksgiving leftovers? Need ideas for healthier party foods?

Get free, personalized answers to your nutrition questions from registered dietitians by calling the toll-free American Institute for Cancer Research Nutrition Hotline, 1-800-843-8114. The AICR Nutrition Hotline operates weekdays, 9 a.m. to 5 p.m. Eastern time. A list of free AICR cancer prevention brochures and healthful recipe booklets also are available.

And when you need help for those healthy eating resolutions after the holidays, give AICR's Nutrition Hotline a call, they are year-round as a free public service for you.



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