

# Kwanzaa Principles for Good Health

## Quit smoking campaign uses holiday tenets

Many African Americans learn and recite the tenets of Kwanzaa this time of year, but applying the holiday's messages of character and collective responsibility to better health can be tough.

The Oregon Department of Human Services is challenging smokers to apply Nquzo Saba, the seven principles of Kwanzaa to quitting smoking.

According to the health department, smoking rates for African-American adults are among

the highest in Oregon; more than one in four African-American adults smokes. In comparison, 18 percent of Hispanic adults in Oregon smoke.

"Part of the focus of the tobacco prevention program is to work with diverse communities," said Dr. Mel Kohn, state epidemiologist in the Oregon Department of Human Services. "The tobacco prevention message with Kwanzaa is a natural fit because Kwanzaa represents the principles of healthy living and community involvement."

The following Kwanzaa principles put emphasis on the importance of creating a positive support structure to help people through the process of quitting smoking.

Each tip focuses on developing a different positive habit:

Umoja or Unity-I will help myself or someone I care about to quit and I will feel good about it.

Ujichagulia or Self Determination-I will make the commitment to quit smoking by setting a realistic date and sticking to it.

Ujima or Collective Work and Responsibility-I will join a support group or form my own for encouragement.

Ujamaa or Cooperative Economics-I will use the money and energy I save by not buying cigarettes to support my community and non-profit organizations.

Nia or Purpose-I will make a list of the reasons I want to quit smoking to make my purpose clear and I will review this list whenever needed.

Kuumba or Creativity-I will keep a journal of thoughts, poems or sketches that chronicle my journey to a smokefree life.

Imani or Faith-I will pray, chant or meditate for spiritual assistance, repeating I will quit smoking.

The health department has published a bookmark that uses the Kwanzaa principles and directs people to the toll-free Oregon Tobacco Quit Line at 1-877-270-7867. The bookmarks can be found at Reflections Bookstore, 313 N.E. Killingsworth St. and the African American Health Coalition, 2800 N. Vancouver, Suite 100.

# RELIGION

## Long Time Resident Dead at 94

**Mary Hunter**  
A memorial service was held Tuesday, Dec. 30, 2003, in Killingsworth Little Chapel of the Chimes for Mary Hodges Hunter, who died Dec. 25 at age 94.

She was born May 23, 1909, in Aberdeen, Miss. She moved to Portland in the mid-1940s from St. Louis, Mo. In 1942, she married Louis; he died in 1983.

She was a homemaker and deaconess in the Bethel A.M.E. Church, where she volunteered visiting the sick. Survivors include her daughter, Marlene L.; and many nieces and nephews.

## Vancouver Resident Dead at 101

**M. Ruth Huff**  
A memorial service was held Monday, Dec. 22, at Killingsworth Little Chapel of the Chimes for M. Ruth Huff, who died Dec. 18 at age 101.

She was born April 30, 1902, in Goldendale, Wash. In 1936, she married Gearld; he died in 1953.

She was a homemaker. Survivors include her son, Richard Huff, six grandchildren and nine great-grandchildren.

Remembrances to Shriners' Children's Hospital of Portland.

## Ask Deanna!



**Real People. Real Advice**  
An advice column known for its fearless approach to reality based subjects!

**Dear Deanna!**  
I make New Year's Resolutions every year to lose weight but I fail and break it every time. After about 2 months, I can't take the dieting no more and I end up eating like crazy and gaining more weight than before. Now my wife is calling me a pig and saying I don't have discipline. - Anonymous Male; Pittsburgh, PA

**Dear Anonymous Male:**  
Forget the New Year. If this were something you really wanted to do, you wouldn't plan it around a calendar, society or a holiday. You would get off your butt and make it happen. No, you don't have discipline because like learning a bike, you fall and get back up until you can do it. March yourself to your physician and get his help so next year you can blow a resolution on something else.

**Dear Deanna!**  
I am single and tired of being alone. I've decided that in 2004 I want to get with someone and have a baby. I'm not looking to get married or anything I just want a baby so I can have

something in my life and someone to take care of. Is it normal for me to feel like this? --Vickie M.; Orlando, FL.

**Dear Vickie:**  
Hold up. Where's the "Baby Daddy" going to come from? You have issues with yourself that need to be handled before bringing a baby into the mix. Seek some psychiatric help to see what's making you feel so alone and pinpoint what's causing this big void in your life. As for wanting something to take care of, start with a plant or flower and then get bold and work up to a dog before thinking about having a child.

**Dear Deanna!**  
As the New Year comes in, I've made up my mind to move a bunch of back stabbing females and no good cheating men out of my life. I had enough drama in 2003 to write about 2 or 4 movies. When the clock strikes 12 that's when I plan to start deleting e-mail, blocking calls and kicking them all to the curb. Any suggestions on getting no good people out of your life? - Kellie; Phoenix, AZ

**Dear Kellie:**  
Baby—you need Jesus. The problem isn't with your friends—it's with you. As humans, we attract what we project. Sounds like you're mad right now because things aren't going your way with men or women. If you really want to get rid of them—go to church. If these people are as bad as you say they are, they'll hide as you run to the altar and definitely won't join you as you jam for Jesus!

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or write: Deanna M. P.O. Box 88847, Los Angeles, CA 90009

## Local Student Hired by CNN

### Wanted for political perspectives



Christy Moorehouse

One Portland Community College student became the envy of her school newspaper when she was hired by CNN to cover the campus' political climate during the 2004 presidential race.

Christy Moorehouse, a northeast Portland resident, is studying creative writing and journalism at PCC and is a staff writer and assistant editor of PCC's newspaper, the "Bridge."

PCC is one of 12 colleges and the only two-year school in the country to participate in the CNN Campus Vibe project.

Moorehouse's perspectives in the race will be published weekly on CNN.com.

"I'd like to help educate the public as much as possible so we can all make informed decisions," she said. "I intend on questioning everything, researching a lot and reporting the facts I find."



Dorris, Verlean, John Jr., and Denise are happy to celebrate the 67<sup>th</sup> Wedding Anniversary of their parents Mr. & Mrs. John H. Sylvester Sr. who were married on Dec 27, 1936 in the state of Louisiana.

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