Kwanzaa Principles for Good Health

Quit smoking campaign uses holiday tenets

Many African Americans learn and recite the tenets of Kwanzaa this time or 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.

partment, smoking rates for Afri- structure to help people through can-American adults are among the process of quitting smoking.

Real People, Real Advice

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ts fearless approach to reality

based subjects!

I make New Year's Resolutions ev-

ery 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 be-

fore. Now my wife is calling meapig

and saying I don't have discipline. -

-Anonymous Male; Pittsburgh, PA

Forget the New Year. If this were

you wouldn't plan it around a cal-

you fall and get back up until you

can do it. March yourself to your

year you can blow a resolution on

something else.

Dear Deanna!

Dear Anonymous Male:

Dear Deanna!

Ask

the highest in Oregon; more than Each tip focuses on developing a ing to make my purpose clear and I one in four African-American different positive habit: 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 impor-According to the health de- tance of creating a positive support

Umojaor 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 to a smokefree life. 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 encour-

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

Nia or Purpose-I will make a list of the reasons I want to quit smokwill review this list whenever

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

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.

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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

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 Shriner's Children's Hospital of Portland.

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take care of. Is it normal for me to feel like this? -- Vickie M.; Orlando, FL **Dear Vickie:**

something in my life and someone to

Holdup. 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 probsomething you really wanted to do, lem isn't with your friends-it's with you. As humans, we attract endar, society or a holiday. You what we project. Sounds like you're would get off your butt and make it mad right now because things happen. No, you don't have disciaren't going your way with men or pline because like learning a bike, women. If you really want to get rid of them-go to church. If these people are as bad as you say they physician and get his help so next 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 I am single and tired of being alone. I've decided that in 2004 I want to get M. Write Ask Deanna! Email: with someone and have a baby. I'm askdeannal@yahoo.com or write: Deanna M. P.O. Box 88847, not looking to get married or anything I just want a baby so I can have Los Angeles, CA 90009



campus' political climate dur- CNN.com.

ing the 2004 presidential race. Christy Moorehouse, a northeast Portland resident, is we can all make informed decistudying creative writing and sions," she said. "I intend on journalism at PCC and is a staff questioning everything, rewriter and assistant editor of searching a lot and reporting PCC's newspaper, the "Bridge." the facts I find."

newspaper when

she was hired by

CNN to cover the



lished weekly on

"I'd like to help educate the public as much as possible so

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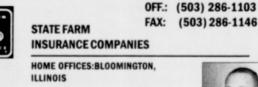
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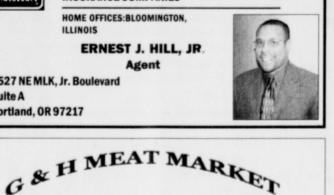
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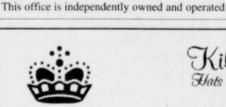
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