

# The Mini Page

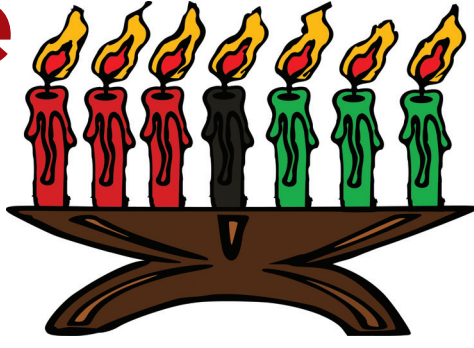
Issue 51, 2019

Founded by Betty Debnam

**CELEBRATING 50 YEARS!**

**Next Week:**  
Winter reading!

## Celebrate Kwanzaa



**Mini Fact:**  
People celebrating Kwanzaa may dress in African-style clothes.

Kwanzaa (QUAN-zah) is a holiday celebrated by many African Americans. It is held Dec. 26 through Jan. 1.

The seven-day celebration encourages people to think about their African roots as well as their lives in present-day America.

Kwanzaa is based on African festivals. The word from the Swahili language means “the first fruits.”

Kwanzaa is not a religious celebration like Christmas and Hanukkah. It was started in 1966 by Dr. Maulana Karenga, a professor of Black Studies at California State University.

### Symbolic candles

On each night of Kwanzaa, families hold ceremonies and light the candle for the day. The kinara (kee-NAR-ah) holds seven candles. A new candle, or mishumaa (mee-shoo-MAH-ah), is lit each night. The first one lit is the black one in the middle.



photo courtesy Black Hour

The seven candles stand for the seven principles of Kwanzaa. These principles serve as a guide for daily living. After lighting the candle, the family talks about the principle for that day.

### Kwanzaa symbols

- The **mkeka** (m-KEH-kah) is a straw mat that represents the foundation on which everything else rests.

**The Seven Principles**  
The seven principles, or main ideas, are called Nguzo Saba (n-GOO-zoo SAH-bah).

- 1. Umoja (oo-MO-jah):** unity for family, community and country.
- 2. Kujichagulia (koo-jee-chagoo-LEE-ah):** self-determination to speak for ourselves.
- 3. Ujima (oo-JEE-mah):** working together to solve problems.
- 4. Ujamaa (oo-JAH-ma-ah):** building our stores, shops and businesses.
- 5. Nia (nee-YAH):** purpose to build and develop our community.
- 6. Kuumba (koo-OOM-bah):** creativity or making the world around us clean and beautiful.
- 7. Imani (ee-MAH-nee):** faith.

- The **mihindi** (muh-HIN-dee) are ears of corn. They stand for the children of the family.
- The **matunda** (mah-TOON-da) is the fruit. It is placed in a basket on the table to represent the harvest.
- The **zawadi** (za-WAH-dee) are gifts for children awarded for hard work. Books or homemade gifts are customary.
- The **kikombe cha umoja** (KI-kohm-bay cha oo-MO-jah) is a cup. It stands for unity. Family members drink from it on the sixth day of Kwanzaa.

### Other Kwanzaa customs

- The colors of Kwanzaa are:
- black for the people.
  - red for the blood of the people.
  - green for the land of Africa.

During Kwanzaa, friends and family greet each other by saying “Habari gani” (ha-BAR-ree GAH-nee), which means, “What’s happening?” They answer with the special principle of the day.

Adults may fast, or refuse to eat food from sunup to sundown, as a way of cleansing the mind, soul and spirit.



photo courtesy Black Hour

On Dec. 31 there is a joyful celebration of food, dance and music. The feast is called **karamu** (kar-RAH-mu). The children receive their gifts. They also tell how they will improve their lives using the seven principles in the coming year.

### Resources



#### On the Web:

- [bit.ly/MPKwanzaa](http://bit.ly/MPKwanzaa)

#### At the library:

- “Together for Kwanzaa” by Juwanda G. Ford
- “Seven Candles for Kwanzaa” by Andrea Davis Pinkney

### Try 'n' Find

Words that remind us of Kwanzaa are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



AFRICAN, AMERICAN, BLACK, FAST, FRUIT, GREEN, KARAMU, KINARA, KWANZAA, LANGUAGE, MATUNDA, MIHINDI, MISHUMAA, MKEKA, PRINCIPLES, RED, SEVEN, SWAHILI, ZAWADI.

S A K E K M H U N E V E S M I  
A N Q K I N A R A G B P W A D  
E G R E E N A C I R E M A T N  
Z N Z F M G K B T I U R F U I  
Z A W A D I E W K C A L B N H  
R C Q S U X S W A H I L I D I  
N I K T E G A U G N A L D A M  
P R I N C I P L E S Z E W W J  
P F M I S H U M A A R A I J K  
J A O Q K A R A M U A N A O S

### Cook's Corner

#### Sweet Potato Biscuits

##### You'll need:

- 5 cups all-purpose flour
- 1 cup packed light brown sugar
- 2 tablespoons baking powder
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1 teaspoon ground ginger

- 1/2 teaspoon ground allspice
- 1 cup vegetable shortening
- 1 can strained and pureed sweet potatoes
- 1 cup heavy cream
- 1/2 cup coarsely chopped pecans



\* You'll need an adult's help with this recipe.

- ##### What to do:
1. Preheat oven to 350 degrees. In a large mixing bowl, stir together flour, brown sugar, baking powder, cinnamon, salt, ginger and allspice.
  2. Add shortening and cut in with two knives until crumbly. Add sweet potatoes and mix well with a wooden spoon. Add cream and pecans, and stir just until moistened.
  3. Turn dough out onto a lightly floured surface. Roll out dough to 1 1/2 inches thick. Cut out biscuits with a 2-inch floured biscuit cutter. Place 1 inch apart on ungreased baking sheets.
  4. Bake for 25 to 30 minutes until golden brown. Makes about 2 dozen biscuits.

**ROOTONYM®**  
by Jan & Carey Orr Cook

**1. Group with parent or parents with children (6-letter noun)**

□ □ □ □ □ □

**2. To use or enjoy together with one or more friends (5-letter verb)**

□ □ □ □ □

**3. To show or help to learn with lessons (5-letter verb)**

□ □ □ □ □

**4. A kind, helpful relationship with people you know well (10-letter noun)**

□ □ □ □ □ □ □ □ □ □

1. In Henry's \_\_\_\_\_, he has two sisters, a mom and a dad.  
 2. Juan and Diego \_\_\_\_\_ an interest in football.  
 3. Mrs. Williams will \_\_\_\_\_ an afternoon class.  
 4. Tina enjoys a longtime \_\_\_\_\_ with Suzanne.

Study the definition. When you know the missing word, fill in the letter boxes and the sentence blanks.

Answers: Family, Share, Teach, Friendship.

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### Mini Jokes



**Katie:** What do you call a shy lamb?  
**Kaleb:** Baaaaaashful!

### Eco Note



Gases in Earth's atmosphere stayed in balance for many thousands of years. But human activity is disturbing the balance by adding pollutants. Air pollution harms living things, including people. It's caused by homes, offices, factories, cars, planes and power plants burning fuels such as oil and coal. **Smog** is created when waste gases react with sunlight. But not all pollution is manmade. Volcanic eruptions shoot clouds of ash and gas high into the air.

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### For later:

Look in your newspaper for items about Kwanzaa celebrations in your community.

**Teachers:** For standards-based activities to accompany this feature, visit: [bit.ly/MPstandards](http://bit.ly/MPstandards). And follow The Mini Page on Facebook!



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