

HAAF TIME



VOLUME 3, ISSUE XIV

APRIL 2011

INSIDE THIS ISSUE:

No Radiation Increase in LA 2

Autism Awareness 2

Crafts: Milk Carton Bunny Basket 3

Sponge Cake with Orange Curd and Strawberries 3

Keep Kids Lead Free 4

Easy Ways to Be Green 4

HAAF News 5

April Events 5

Earth Day: A Billion Acts of Green

On April 22, 1970, the United States celebrated its first Earth Day with over 20 million supporters across the nation. Even though it started off as a relatively small movement from environmentalists, it has grown into an event that is celebrated in over 175 countries worldwide.

Earth Day was created to promote awareness and appreciation for our environment. Earth Day also promotes better resource usage by providing educational information of our global impact on the Earth's natural environ-

ment. It is through education and awareness that we can help protect and preserve the environment.

This year's Earth Day theme is *A Billion Acts of Green* which calls



on one billion people to pledge one way in which they will help the earth with their actions. This pledge can be by one person or

even a group like an organization. No contribution to the Earth is too small. When you pledge an Act of Green it can be anything from planting a tree, hosting community "green" meetings, riding a bike instead of driving, or carpooling. Any action makes a difference. With one billion people making pledges, it makes a huge difference to the preservation of our planet.

If you would like to make a pledge or read more information about Earth Day please visit: www.earthday.org.

Community Beautification

Living in a large city like Los Angeles, it is easy to find litter, graffiti and illegal dumping of waste. However, it doesn't mean that things have to stay that way. Community Beautification is a way to bring the community together to clean up our neighborhoods. The city of Los Angeles Board of Public Works has a program to help us beautify our community by removing things that are unwanted. On their online website, you can find forms to submit for graffiti removal and for illegal waste re-

moval. There is also a calendar of events that lists all the activities that are coming up that aid us in our mission to improve our neighborhoods. There are activities like cleaning up schools, neighborhoods and there is even an Earth Day celebration this year. This celebration will take place at Lanai Road Elementary on April 14-15, 2011 from 8am-3pm. At this celebration, volunteers will help beautify the school by cleaning it up and planting trees in honor of Earth Day. Another non-profit organization

called Keep America Beautiful (KAB) aims to help clean up American neighborhoods. Their mission is to engage individuals to take greater responsibility for improving their community environments. At KAB, volunteers participate in activities such as the *Great American Cleanup*, *Graffiti Hurts* and the *Cigarette Litter Prevention Program*. We encourage you to browse both the city's Community Beautification website and KAB's website at: <http://www.ci.la.ca.us/bpw/OCB/> www.kab.org



The EPA has announced that the levels [of radiation] detected are “far below levels of concern for human health”.

No Radiation Increase in Los Angeles

Despite rumors that Japan’s nuclear power plant crisis may produce a radiation increase in California, it seems we have nothing to be fearful of. Officials have stated that there has been no increase in radiation and that the chance of radiation risk is still low.

The Environment Protection Agency’s (EPA) RadNet radiation air monitors have sent additional monitors to Hawaii, Alaska and Guam. These monitors (which continuously monitors the nation’s air and regularly monitors drinking water,

milk and precipitation for environmental radiation across the United States) show typical fluctuations in background radiation levels. The EPA has announced that the levels detected are “far below levels of concern for human health”.

According to the Nuclear Regulatory Commission, they do not expect to see radiation at harmful levels reaching the U.S. from damaged Japanese nuclear power plants.

The EPA will continue to keep all RadNet data available to the

public in their current online database. This database can be found on their site:

www.epa.gov. Information on the radiation levels and data summaries are released daily on the EPA’s online database. The RadNet online searchable database also contains historical data of environmental radiation monitoring data from all fifty states and U.S. territories.



Autism Awareness

Autism is a complicated developmental disability. It affects a person’s ability to communicate properly and interact with others. Autism is a “spectrum disorder” which means that it affects people differently and also differs in severity.

In 2009 the Centers for Disease Control and Prevention issued a ADDM report on the popularity of autism. The report concluded that the frequency of autism in children had risen to 1 in every 110 births in the United States. It was concluded that boys had a higher risk with almost 1 in 70 boys having a form of autism.

Unfortunately, autism is not treatable and there is no cure. However, studies have shown that if diagnosed early or intervened, a child has a greater chance of a more favorable outcome.

Signs of autism usually appear during the first three years of life. The signaling behaviors of autism spectrum disorders

may or may not be visible in infancy (18 to 24 months), but the symptoms usually become noticeable during early childhood (24 months to 6 years).

Here are some signs to look for in children:

- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects.

As part of a well-baby/well-child visit, your child’s doctor should do a “developmental screening,” asking specific questions about your baby’s progress.

For more information please visit: www.autismspeaks.org
Or www.cdc.gov/ncbddd/autism/

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- Little or no eye contact



It is estimated that 1 in every 110 children is diagnosed with autism.



Crafts: Milk Carton Bunny Basket



There's no reason we can't enjoy Easter and Earth Day together. This craft is not only a fun activity to enjoy with the family, but it's also environment friendly. By recycling your old milk carton into an Easter basket, you are helping keep the planet green.

Materials:

- Scissors or craft knife
- Half-gallon milk or juice carton
- Stapler
- Pastel construction paper
- Glue or double-sided tape
- Hole punch
- Pipe cleaners
- Googly eyes

Instructions:

1. With scissors or a craft knife (adults only), remove one panel of the carton (on the same side as the open spout) and save it to make the handle. Staple the open spout closed.
2. Cover the sides of the carton with one color of construction

- paper, using glue or double-sided tape to affix. Trim to fit.
3. Punch a hole in the center of the the spout ridge and insert pipe cleaners for whiskers. Glue on a pair of large googly eyes.
4. For ears, cut out large paper ear shapes from the same color you used to cover the carton. Cut pink shapes a size smaller and glue them in place in the middle of the ears. Staple the ears to the top of the bunny base so they stand up
5. For a handle, trim the cut carton side, cover it with paper, and staple it to the basket.

Sponge Cake with Orange Curd and Strawberries



Makes 12 servings (230 Calories ea)
Ingredients

- Cake:
- 1 cup sugar
- 1 tbsp grated lemon rind
- 8 large egg yolks
- 8 large egg whites
- 1/2 cup almond flour
- 1/4 cup matzo cake meal
- 1/4 cup potato starch
- Cooking spray
- Orange Curd:
- 1 tsp grated orange rind
- 3/4 cup fresh orange juice

- 1/2 cup sugar
- 1 tbsp potato starch
- 3 large eggs
- 1 pound strawberries, halved

1. Preheat oven to 325°.
2. To prepare cake, place the first 3 ingredients in a large bowl; beat with a mixer at high speed 5 minutes or until thick and pale. Place 8 egg whites in a separate large bowl; beat with a mixer at high speed 3 minutes or until stiff peaks form, using clean, dry beaters. Gently fold egg whites into the egg yolk mixture.
3. Sift together almond flour, cake meal, and 1/4 cup potato starch; gently fold into egg mixture.
4. Coat 2 (8 x 2-inch) round metal cake pans with cooking spray; line bottoms of pans with wax paper. Coat wax paper with cooking spray. Spoon batter into prepared pans.

Bake at 325° for 30 minutes or until cake springs back when lightly touched. Invert pans on a wire rack; cool cake completely in inverted pans.

5. To prepare curd, place orange rind, orange juice, 1/2 cup sugar, 1 tablespoon potato starch, and 3 eggs in a small saucepan; stir with a whisk until smooth. Place pan over medium-low heat; cook for 6 minutes or until thick, stirring constantly. Spoon curd into a bowl, and place plastic wrap on surface of curd. Chill.
6. Loosen cakes from sides of pans using a narrow metal spatula. Place 1 cake layer, upside down, on a plate. Remove and discard wax paper. Spread half of curd over cake, and arrange half of strawberries over curd. Top with the remaining cake layer, upside down. Spread the remaining curd over cake. Arrange remaining strawberry halves over curd.

Keep Kids Lead Free

By: Evelyn V. Martinez



“Lead can seriously affect a child’s brain and nervous system and may cause learning and behavioral problems.”

We should always try to avoid suffering in children whenever we can. That’s why parents and caregivers should check their homes for sources of lead exposure that can cause serious health problems for kids.

According to Dr. Jonathan Fielding, director of the Los Angeles County Department of Public Health and a First 5 LA commissioner, 671 children in the county had seriously elevated blood-lead levels in 2009. “Lead can seriously affect a child’s brain and nervous system and may cause learning and behavioral problems,” he added.

In Los Angeles County, the main cause of lead poisoning in children is exposure to peeling lead-based paint, commonly found in houses, apartments and buildings built before 1978. The dust from the deteriorating paint floats

through the air, and can settle on toys, furniture and floors. When children ingest the dust or the paint chips, their blood becomes poisoned.

Other lead sources include:

- Ground soil contaminated by lead paint, lead dust or leaded gasoline
- Lead dust that comes into the home on work clothes or shoes
- Folk or traditional remedies, such as Azarcon and Greta, used in some Hispanic cultures to treat gastrointestinal illness
- Imported goods including toys, candy, ceramics and children’s jewelry
- Hobby items that use lead, like soldering, stained glass, bullets or fishing sinkers

“If you have children and are concerned that your home may

have lead-based paint or other sources of lead exposure, get the facts,” Dr. Fielding says. Anyone concerned about their children’s exposure to lead should ask the child’s doctor about lead testing.

For more information or referrals to certified lead inspectors and free or low-cost health services, contact the Childhood Lead Poisoning Prevention Hotline at 800-LA-4-LEAD or visit <http://publichealth.lacounty.gov/lead>.

Evelyn V. Martinez

Chief Executive Officer
First 5 LA

Please be sure to check out more First 5 LA articles and information at: www.first5la.org



Reuse coffee that you don’t drink by putting it over ice and placing it in the fridge for an iced coffee later.

Easy Ways to Be Green

- Save stale bread and give it to the birds in the backyard (be sure to rip it small enough so they can eat it!).
- Recycle your old sneakers by donating them to Nike’s Shoe recycling program (
- Reuse your old toothbrush and use it to clean hard to reach areas like around the sink, your drains, faucets and grout.
- Reuse old glass containers with lids and save them for leftovers, or, make your own jam or jelly. Food safe airtight glass containers would be great for storing rice, pasta, sugar and flour.
- Reuse old clothing by donating it to a local charity.
- Reuse your used margarine/ butter tubs by cleaning them and keeping them for leftovers (free ziploc containers!)
- Reuse coffee that you don’t drink by putting it over ice and placing it in the fridge for an iced coffee later.
- Reuse paper bags as school book covers
- Reuse your blankets and towels. Bring them to a local shelter that will be glad to put them to good use and give animals a soft, warm place to sit.



HAAF News

HAAF is happy to announce that we now have a blog. It is similar to our newsletter and will cover everything health and community related. To read our online blog, please visit www.HAAFIL.blogspot.com

HAAF is also moving to a new location. Our new office will be at 4305 Degnan Blvd Unit 105, Los Angeles, CA 90008

HAAF is always looking for more people to attend our preterm meetings so if you or anyone you know would like to attend, please register online at www.HAAFIL.org or call the office at (323) 292-2002

HAAF also wants to remind you to save the date of April 29, 2011 for the Black Caucus Southern California Conference. Please call our office at (323)292-2002 for registration.

If you would like to submit articles to the HAAF Time Newsletter, please email our Editor in Chief Andrea Brown at AndreaBrown-HAAF@gmail.com. Please note that all submitted articles will be published at the discretion of the editor. Also, due to editing, not all articles submitted can be accommodated in the current issue and may be printed in the next upcoming issue. Please see our website for details on submitting articles.

April Events



The Chinese American Museum Lantern Festival

Live entertainment, including lion dancers, acrobatics, musical, and dance performances, craft workshops and free entrance to the Chinese American Museum.

When: April 5, 2011, noon to 6 pm

Where: 425 Los Angeles Street at El Pueblo Historic Site/Olvera Street

Cost: Free

Parking: Pay lots in the area

Metro: Union Station

Info: www.camla.org



LA Times Festival of Books

Book lovers will gather for the country's largest celebration of literary accomplishment. The Festival includes literary panels, author book signings, storytelling, readings for children and adults, music and dance performances

When: April 30– May 1, 2011

Time: Sat 10am-6pm, Sun 10am-5pm

Where: USC Campus Exposition Blvd and S Figueroa St Los Angeles, CA 90089

Cost: Festival is Free. Indoor panels and lectures are free, but require tickets.

Parking: \$10 in campus parking lots. Shuttles will run from outer campus parking lots.

Info: <http://events.latimes.com/festivalofbooks/>



EarthFest LA 2011

At EarthFest LA you can find healthy cooking demonstrations, youth educational activities, health screenings, eco film festival, gardening tips for urban spaces, green job symposium, green product demonstrations, concessions and family fun.

When: April 23, 2011 (10am-6pm)

Where: Kenneth Hahn State Park 4100 South La Cienega Boulevard Los Angeles, CA 90008

Cost: The expo part of the festival is free. Jazz concert tickets are sale online at: www.earthfestla.org

Info: www.earthfestla.org



Healthy African American Families Phase II

4305 Degnan Blvd
Unit 105
Los Angeles, CA 90008

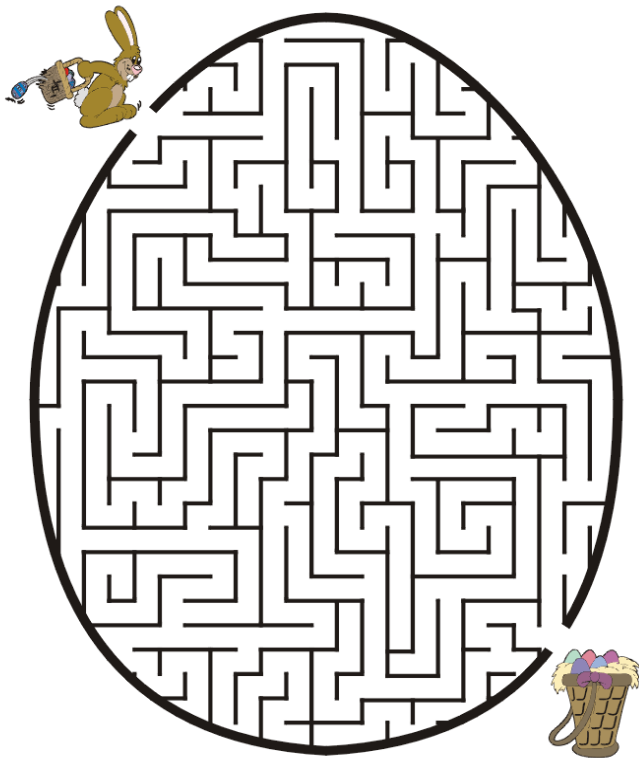
Phone: (323)292-2002
Fax: (323)292-6121
E-mail: AndreaBrownHAAF@gmail.com

HAAF is a non-profit, community serving agency. Our mission is to improve the health outcomes of the African American, Latino and Korean communities in Los Angeles County. We are committed to enhancing the quality of care and advancing social progress through education, training, and collaborative partnering with community, academia, researchers, and government.

If you would like more information about the organization please visit our website at www.HAAFII.org or call Felica Jones, Director of Programs at (323) 292-2002

“Protecting the Legacy”

Complete This Maze!



Be sure to visit our website at:
www.HAAFII.org

We can also be found on Facebook,
YouTube, and Blogspot.

