

# HAAF TIME



VOLUME 3, ISSUE XVIII

AUGUST 2011

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## Reduce, Reuse, Recycle

The environment is a direct reflection of the people who live in it. It's no secret that Americans throw away many items that can be reused or recycled. Items like water bottles can be reused when cleaned with hot soapy water, and they can also be recycled. Simple changes to our everyday lives can make a big impact in the effort to save our planet.

Reducing is the first and most effective way to help the environment because if you reduce, there is a smaller need to reuse or recycle. This means that instead of buying a new water

bottle every day at work, you can bring a cup or jug from home and fill it up with water. You have not only eliminated



the need to recycle but you have also helped decrease the product consumption which helps reduce the amount of water bottles produced.

If you go to the grocery store, try bringing a reusable bag with you. Many grocery stores sell reusable bags for around \$2. If you have to get a plastic disposable bag, save it. They can be used as a trash bag for smaller trash cans, to clean up after your dog while walking Fido, or you can bring them back to the grocery store to be recycled. There are so many ways to help decrease the amount of trash we dispose of every day. If we all make the effort to change our habits, we could see a vast improvement in our environment.



## Saving Los Angeles

By: Ebna-Hakim Malik Jaliwa

Picture this scenario. Your alarm sounds at six in the morning on a Wednesday. You wake up and you begin your day. You shower, eat breakfast, have your morning conversation with your family and head out to work.

You arrive at the Puente Hills Landfill prepared for what you already know is going to be a long day ahead of you. Before you even enter the facility, your nostrils fill with over 200,000 tons of yesterday's garbage and you can already feel the physical stress that your body will endure from the work day ahead of you. Instead of receiving some sort of morning snack, you are handed a

pair of latex gloves and a safety mask and are assigned to your post in front of a never ending assembly line of waste, garbage, debris, and who knows what else people are putting in the garbage bins.

This is the everyday life of thousands of men and women who work at these landfills, at the lowest possible level. Everyday they endure horrendous working conditions without the proper training to handle the large magnitude of waste and bio-hazardous materials or benefits to compensate them if a work related injury were to occur.

There are third party companies

that search for men and women, particularly immigrants and day laborers to come and work at these MRF's (material recovery facilities) and distribution centers. Employees have become frightened to speak out against the horrendous working conditions. In 2009 the Census of Fatal Occupational Injuries reported just fewer than 160,000 fatalities from reuse and recyclable material collectors, a number just shy of Police Officers and almost 500,000 more deaths than fire fighters, making it one of the most dangerous jobs...

Cont'd on pg. 4



Decorate your refrigerator with your own hand-made magnets.



About 25% of U.S. beaches are closed at least once a year due to water pollution.



Cigarettes are one of the most littered items in America.

## Craft for Kids: Refrigerator Magnets

### Supplies:

- Clear, flat-backed marbles
- Clip art printed fit magnets
- Round magnets
- Hot glue gun
- White craft glue

1 Scissors

### 2 Directions:

1. Choose clip art you want to use. Print off a sample in black and white first to see if the size will work. It should fit on the back of the marble. Adjust size to fit. Then, print in color.

2. Cut clip art out in a circle or oval.
3. Use your finger or a small paintbrush to spread a thin layer of white craft glue on the back of the marble.
4. Place clip art onto the back of the marble so that the picture can be seen through the front. Adjust and let dry.
5. Hot glue a small round magnet to the back of the marble.

### Tips:

- Flat-backed marbles can be found in the floral department of your local craft store.

- Make sure the layer of white glue is thin enough for the clip art image to show through.
- Choose clip art for whatever theme you like. You can adjust for any holiday or occasion.
- If you don't have round magnets, you can use cut up sheet magnets. However, the round magnets are stronger and heavier.

\*Curtsey of Kaboose

## Being Aware of Your Environment

We've all seen the trash on the side of the road, in the streets and in our public parks, but do we know how much this waste affects our environment? Throwing a potato chip bag or water bottle out of the car window can greatly affect your life. What may seem harmless is actually harmful and dangerous to our health when added to the total amount of unwanted, littered, waste.

Litter from the highways and streets can be swept into our storm drains and emptied out into the ocean. According to Green Eco Services, over 100,000 sea mammals and turtles die every year from our littered plastic waste. Another shocking fact is that every year about 25% of U.S. beaches are closed at least once due to water pollution. Most of the litter that was emptied out into the ocean from the early 90s is still there. This is the same water we swim and play in.

Not only does litter threaten the lives of wildlife but litter can threaten our lives by pol-

luting our drinking water. Over 73 different kinds of pesticides have been found in the ground water that we eventually use as drinking water. When water is contaminated, it decreases the amount of drinkable water and causes an increase of water shortages. This is a crucial



problem as most of California's water comes from Northern California while the bulk of the state's population resides in Southern California. Los Angeles county and the surrounding counties are prone to dry land

that is susceptible to fires. Water shortages in California is something we are all too familiar with.

Litter can also bring more rodents and rats into the area as they are attracted to waste. All rats and rodents carry fleas which can spread diseases such as the bubonic plague. They can also spread diseases by contaminating our food and food surfaces with their urine and feces. Cockroaches are also attracted to waste and can pose a health concern to people with asthma. Cockroach debris can trigger asthma attacks or cause one's asthma to worsen.

Bacteria is also known to grow and spread from littered waste, once again putting our health at risk. With our health constantly be threatened from litter, we have to make it a point to properly dispose our waste. One person's action can influence another person's action so set an example for others and don't litter.

# 1st Annual Allensworth Scat to Rap

The event will take place at:  
Allensworth State Historic  
Park  
43 Palmer Avenue Delano,  
CA 93219

All proceeds are for the fi-  
nancial benefits of Emanci-  
pated Youths-who are exiting  
the foster care system.

\$15- General Admission  
\$30- Includes provided van  
transportation  
\$45- Includes provided char-  
ter bus transportation (9am bus de-  
parture from Leimert Park)

- \*Tickets are tax deductible
- \*Optional overnight camping
- \*Buses and vans will depart from  
Leimert Park
- \*Transportation will be provided to  
and from the event

For general information  
please contact:  
Clarence Eziokwu  
Washington  
(323)293-5214

Brandi Brown  
(323)608-4850  
BrandiKane-  
Baby@gmail.com

For overnight camping and  
vendor opportunities  
contact:  
Bless-ed Love Entertain-  
ment (323)292-5214

<http://Doo-Wop2HipHop.com/>

## Pavlova Parfaits



Makes 4 servings

### Ingredients

- 1 vanilla bean (6-7in.)
- 1 tbsp powdered sugar
- 1 cup whipping cream
- 2 tbsp granulated sugar
- 1 cup Muscat wine
- 3 cups mixed fresh berries  
(blackberries, blueberries, rasp-

berries, and/or thinly sliced  
strawberries) plus extra for  
garnish

- 3oz crisp vanilla meringue cook-  
ies, chopped into 1/2in chunks
- 1/3 cup finely chopped unsalted  
pistachios

### Directions

1. With a sharp paring knife, split  
vanilla bean open lengthwise. Use  
the knife to scrape the tiny black  
seeds into a small bowl; reserve  
pod. Add the powdered sugar and  
1 tbsp of the whipping cream to  
the bowl and mix well to separate  
vanilla seeds.
2. Cut vanilla pod completely in half  
lengthwise. In a 1-1/12 quart pan,  
combine vanilla pod halves, granu-  
lated sugar, and wine. Bring to a  
boil over high heat, then reduce  
heat and simmer until reduced to

about 1/3 cup, 15 to 20 minutes.  
Let mixture cool slightly; discard  
vanilla pod halves.

3. Stir berries into wine mixture in  
pan. Chill berry mixture in refrig-  
erator for at least 15 minutes  
and up to 3 hours.
4. Meanwhile, in the large bowl of  
an electric mixer, combine vanilla  
-cream mixture and remaining  
whipping cream. Beat until soft  
peaks form.
5. Fold meringues into whipped  
cream mixture. In a 12oz glass,  
layer 1/8 of the berry mixture,  
1/8 of the whipped cream mix-  
ture, and 1/8 of the pistachios.  
Repeat layering and top with a  
few fresh berries. Layer ingredi-  
ents in the same order in 3 more  
glasses.

\*curtsey of myrecipes.com

## Saving Los Angeles Cont'd from pg. 1

... a person can have in America. But the problems of having a non exclusive franchise system go beyond that of the landfills and MRF's and are much closer to home than most of us even realize. One of the focal points with an exclusive franchise system is that it will eliminate multiple haulers servicing an area. A non exclusive franchise system allows any waste hauling company to operate throughout Los Angeles County as long as they meet the stipulations in the contract that is signed between the two parties. With the exclusive franchising system there will be only one company that will be collecting everyone's garbage. And as we have all come to know, these garbage trucks increase pollution in our breathing air that could cause asthma and other harmful, and potentially fatal, respiratory complications. In the North-East Valley, there are 30 landfills, some of which are inactive, but approximately 65% of those landfills are within a one mile radius of

schools and parks. In San Fernando, it was reported that one out of every five people has respiratory problems. One of the claims that these haulers have been making is that their trucks run on CNG (Compressed Natural Gas) and are safer for the environment but they still produce a large amount of pollution per truck. According to the American Medical Association "people living in the most heavily polluted areas have a 12% higher risk of dying of lung cancer than people in the least polluted areas. That risk increases to 50% for those who are repeatedly and regularly exposed to diesel exhaust." The main points that this campaign is discussing are:

1. Shared Accountability
2. Designated Collection Routes
3. Fair Rates and Services that Encourage Recycling
4. Increased Franchise and Enforcement
5. Clean Collection Trucks

Shared Accountability ties into another focal point for DWLA and that's "Zero Waste." Ideally DWLA would like to have all waste recycled correctly and

even reused when the option is available, but the immediate goal, as of 2013, Mayor Antonio Villaragosa passed a bill saying that 70% of the waste should be recycled properly. Currently the city of Los Angeles is operating at approximately 69%. By the year 2020, DWLA hopes to be recycling at 95% rate, which is a daunting task unless the campaign is successful and each individual does their part to help with this effort. With all the positives that could come out of the having the exclusive franchise system I do have one recommendation, and this is to benefit those smaller waste hauling companies. Instead of having just one franchise control all of the recycling efforts of the city, divide into separate sectors. Give one company the waste hauling responsibilities of Carson and another company can service Torrance. This would allow for some of the smaller companies to thrive in such a colossal industry. And with these smaller companies, you're more likely to receive better, more personally geared service.



Approximately 65% of landfills in the North-East Valley are within a one mile radius of schools and parks.



Make a difference and volunteer!

## Volunteer in the Community

It is said that people who volunteer are generally happier than those who do not. Volunteering is a great way to get out and help others and your environment while having fun doing it. There are a variety of different volunteering opportunities from helping out at the local animal shelter, to planting trees in your community. The great thing about volunteering is you can decide how long, and how many days you would

like to volunteer. No amount of time is too little. There are so many programs that need volunteers and are great at scheduling your volunteer hours at your preference.

If you are in middle school or high school, volunteering is not only a requirement to graduate, but it also looks good on your college applications. There are many websites that can help you find an organization that fits best with your interest.

Your community can benefit greatly from people like you who decide to take the initiative and give back. Here are some websites you can visit for more information on volunteering and volunteer opportunities.

[www.Serve.gov](http://www.Serve.gov)  
[www.Volunteer.gov](http://www.Volunteer.gov)  
[www.volunteermatch.org](http://www.volunteermatch.org)  
[www.Californiavolunteers.org](http://www.Californiavolunteers.org)  
[www.1-800-volunteer.org](http://www.1-800-volunteer.org)

# HAAF Congratulates Dr. Keith Norris

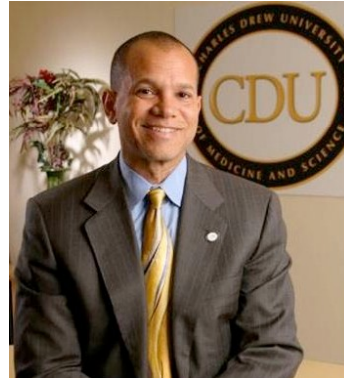
HAAF would like to congratulate Dr. Keith Norris for his outstanding work. Dr. Norris, who is Vice President of Research at Drew University, received the National Medical Association– Meritorious Achievement Award on July 23, 2011.

The event took place at the Annual Convention and Scientific Assembly in Washington D.C., where Dr. Norris was publicly recognized for his instructive example of his life and his dedication to improving the

health of millions of Americans daily. His distinguished career path in medical research and education has been paramount in NMA's shared commitment to promote health and prevent disease, injury, disability and premature death.

Dr. Norris has partnered with HAAF since 1995. Through our partnership we have been able to enhance the local community of Los Angeles, the national community of research and international research. It is with pride that HAAF con-

gratulates Dr. Norris on his wonderful achievement.



## August Events



### Watts Summer Festival

Free Event -- 3 days of family fun and entertainment, all day concerts, vendor fair and marketplace, community forum, performing arts, comedians, jerk contest, spoken word, art exhibit, social services .  
**When:** August 12-14, 2011

**Time:** 12:00pm-8:00pm

**Where:**

Ted Watkins Memorial Park  
 1335 E. 103rd St.  
 Los Angeles , CA , 90002

**Cost:** FREE

**Info:** (323)789-7304

[www.wattsfestival.org](http://www.wattsfestival.org)



### Big!World!Fun!

Bring the whole family! The Big!World!Fun! family series comprises eight summer Saturday morning hour-long music, dance and theatre performances for children ages 4 to 12 and families. Includes pre-show kid friendly activities and post-show meet-&-greet with the performers. *Children are free.*

**When:** Every Saturday morning

**Time:** 10:00am

**Where:** Ford Amphitheater

2580 Cahuenga Blvd. East, Los Angeles, CA 90068

**Cost:** Free for children, \$5-adults

**Info:** (323)461-3673

[www.fordamphitheater.org](http://www.fordamphitheater.org)



### Great Sand Sculpture Contest

The contest will have live music, Alfredo's famous BBQ, arts and crafts vendors, a kids zone and incredible sand sculptures. This is one of the oldest sand castle contest in the USA.

**When:** August 13-14, 2011

**Time:** Registration at 8:00am

Competition 9:00am-2:00pm

Viewing 2:00-4:00pm

**Where:** On the beach at the Granada Launch Ramp, 5101 Ocean Blvd Long Beach CA 90803

**Cost:** FREE to view. \$50 to enter competition

**Info:** (562)434-1542

[alfredosbeachclub.com](http://alfredosbeachclub.com)



## Healthy African American Families Phase II

4305 Degnan Blvd  
Unit 105  
Los Angeles, CA 90008

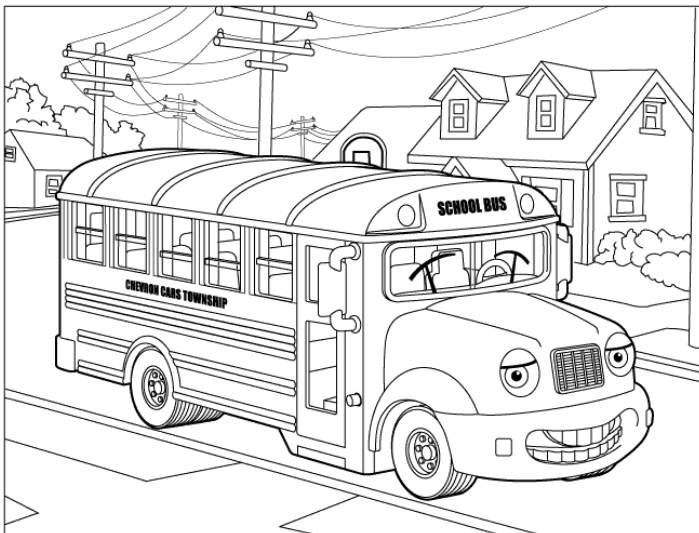
Phone: (323)292-2002  
Fax: (323)292-6121  
E-mail: AndreaBrownHAAF@gmail.com

**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](http://www.HAAFII.org) or call Felica Jones, Director of Programs at (323) 292-2002**

**“Protecting the Legacy”**

## Color This Picture!



Be sure to visit our website at:  
[www.HAAFII.org](http://www.HAAFII.org)

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

