

# HAAF TIME



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## Black History Month



The month of February is Black History Month. It is an annual celebration that first began as Negro History Week in 1926 which later became Black History Month in 1976. During the month of February, we celebrate and educate others about our history and our culture. We

celebrate the achievements of our people and recognize the center role we have played in American history.

Prior to Black History Month it was commonly presumed that blacks had little to do with American history besides the fact of slavery. To-

day we know how incredibly untrue that is thanks in large part to the work of Carter G. Woodson. Woodson may not be as famous as Martin Luther King Jr. or Malcolm X, but he has also played a significant role in the advancement of black people. Before Negro History

Week, black history had barely begun to be studied or even documented even though blacks had been in America since colonial times. It wasn't until the 20th century that our history gained a respectable presence in history books. Thanks to Black History Month and the constant effort to educate others, black history is now displayed in museums across the nation and taught in public schools.

Through continued education and awareness, our generation and generations to come will be able to know the true history of black people throughout American history.

## Black History Trivia

1. What law required runaway slaves to be returned to their masters?
2. What year was slavery abolished?
3. Who is considered the first black heavyweight boxing champion?
4. Where did Buffalo Soldiers get their name?
5. Rosa Parks was born in which U.S. State?
6. What record did Henry Louis "Hank" Aaron break in 1974?
7. Who was the first black person to win an Oscar?
8. When was the importation of slaves outlawed in the U.S.?
9. Where did Frederick Douglass get his last name?
10. Where was the first sit-in at a segregated lunch counter?
11. Who first taught the principle that "black is beautiful"?
12. How long did the Watts Riots of 1965 last?
13. What year was Martin Luther King Day first observed as a federal holiday?
14. Who was the first black astronaut to walk in space?
15. What was the first black newspaper in the U.S.?

See answers on page 2



## Trivia Answers

1. Fugitive Slave Act of 1850
2. 1865
3. John "Jack" Johnson
4. From Native Americans who compared their curly hair and bravery to that of the wild buffalo
5. Alabama
6. He broke Babe's Ruth record of 714 home-run hits
7. Hattie McDaniel for her role in *Gone with the Wind*
8. 1808
9. A poem *The Lady of Lake* (1810)
10. Greensboro, North Carolina
11. Malcolm X
12. 6 days
13. 1986
14. Bernard Harris, Jr.
15. Freedom's Journal



## Chronic Kidney Disease



**26 million Americans adults have chronic kidney disease.**

The kidney's, which are two organs located on both sides of the spine above the waist, play a vital role in keeping your body healthy. The main function of the kidney is to remove waste and excess fluids from your body. They regulate your body water and other chemicals in your blood such as sodium, potassium, phosphorus, and calcium. In addition, kidneys also release hormones into your blood to help your body regulate blood pressure, make red blood cells, and promote strong bones.

When the kidneys fail or become damaged, waste and fluid can build up in the body. Symptoms may appear but most people will not notice any symptoms until their kidney disease is advanced. Symptoms from kidney disease include: swollen feet and/or ankles, shortness of breath, poor appetite, frequent urination, fatigue, muscle cramping, dry/itchy skin, poor concentration and puffiness around the eyes. Kidney damage or loss of function over a period of three months is considered chronic

kidney disease. When the kidneys become damaged or has a loss of function, wastes in your body can rise to high levels in the blood. At this point, developing complications such as high blood pressure, anemia (low blood count), poor nutritional health, weak bones and nerve damage are possible. Kidney disease also increases the risk of getting heart and blood vessel disease. If left untreated, kidneys that have progressed disease damage may lead to kidney failure. At this point, the kidney disease requires dialysis or a kidney transplant to maintain life. The two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes happens when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of your blood against the walls of your blood vessels increases. If

uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and chronic kidney disease.

Kidney disease can happen to anyone however there are certain types of people who have a higher risk of getting kidney disease. They are people who have diabetes, high blood pressure or a history of family kidney disease. The elderly and minority groups such as: Pacific Islanders, African-Americans, Native-Americans, Asians and Latinos. Be proactive and get tested for chronic kidney disease today. Chronic kidney disease can be detected by three simple tests: urine albumin, serum creatinine, and blood pressure. The National Kidney Foundation's Kidney Early Evaluation Program (KEEP®) offers free screening for those at risk. For more information please visit: [www.kidney.org](http://www.kidney.org) or



# Black Inventions

- **Benjamin Banneker**– Developed the first clock built in the United States. Helped to create the layout of the building streets and monuments for the Nation's Capitol - Washington, D.C.
- **George Washington Carver**- Invented peanut butter, adhesives, bleach, chili sauce, ink, instant coffee, linoleum, mayonnaise, paper, plastic, pavement, shaving cream, talcum powder and more.
- **George Crum**– Invented the potato chip after cutting a potato too thin
- **Charles Drew**– Developed a method for separating plasma from the whole blood so they could be combined later. Also determined that plasma could be administered to certain patients regardless of their blood type. Helped to establish the modern blood bank.
- **Morgan Gerret**-A prolific inventor, he is renowned for his creations, including a hair-straightener, the gas mask and the automatic traffic signal.
- **Daniel Hale Williams**– Created the method for and performed the first successful open heart surgery.
- **William Purvis**- Invented a fountain pen, a bag fastener, a hand stamp and an electric railway device.
- **Robert Pelham**-Invented a tabulating device and a tallying machine for the United States Census Bureau.
- **Elijah McCoy**-Created an automatic lubricating cup which provided oil to moving trains.
- **Lonnie Johnson**– A rocket scientist, he created one of the favorite toys of the 1990s– the “Super Soaker.”
- **Patricia Bath**– Created a laser device to perform cataracts surgery.
- **Henry Blair**- Invented a seed planter and a corn harvester.
- **Sarah Boone**– Invented the ironing board
- **Henry Brown**– Patented a 'receptacle for storing and preserving papers' in 1886, which developed into what is now known as the bank safety deposit box .
- **Charles Brooks**– Invented the first street sweeper truck and was issued a patent on March 17, 1896.
- **David Crosthwait**-holds 39 patents for heating systems and temperature regulating devices. He is most well known for creating the heating system for New York City's Radio City Music Hall



## Rustic Pear Tart



### Ingredients

- 1 large ripe but firm pear, peeled and thinly sliced
- 1 teaspoon plus 1/3 cup all-purpose flour, divided, plus additional for dusting
- 2 tablespoons sugar, divided
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon grated nutmeg
- 1/8 teaspoon salt

- 1/3 cup whole-wheat pastry flour
- 1 tablespoon cold unsalted butter
- 2 tablespoons walnut oil, or canola oil
- 1 1-2 tablespoons cold water

### 2 Preparation

1. Preheat oven to 375° F
2. Toss pear slices, 1 teaspoon all-purpose flour, 1 tablespoon sugar, cinnamon, nutmeg and salt in a medium bowl.
3. Whisk 1/3 cup all-purpose flour, whole-wheat flour and the remaining 1 tablespoon sugar in a medium bowl. Cut in butter with a pastry cutter. Sprinkle oil over the mixture and stir with a fork until evenly combined. Add 1 Tbsp water and stir until the dough just stays together when pressed with a fork;

4. Line a work surface with parchment paper or a silicone baking mat, generously dust with flour and turn the dough out onto it. Form the dough into a small patty, dust the top with flour and roll into a rustic 10-inch circle, adding more flour if necessary to prevent sticking. Transfer the crust to a baking sheet with parchment paper or baking mat in place.
5. Lay the pear slices in decorative, overlapping circles on top of the crust, leaving a 1-inch border around the edge. Spoon any remaining pear juice over the slices. Pick up the edges of the crust using a spatula and fold over the pears. The crust will not meet in the center.
6. Bake the tart until lightly browned and bubbling, about 40 minutes. Cool for 10 minutes before serving. Makes 2 servings.

Per serving: 429 calories; 20 g fat

# Love Yourself, Get Tested

Getting tested for sexually transmitted diseases (STDs) and Human Immunodeficiency Virus (HIV) is something that is very important. HIV and many STDs do not have visible symptoms that you can tell someone has just by looking at them. It is always important to practice safe sex by using a latex condom any time you have sex. Only condoms can protect you from STDs and HIV if you use them properly each and every time you have sex.

Getting tested is something you can do for yourself. Many people with STDs do not have any symptoms, and if left untreated, they can lead to infertility, chronic pain, and/or death. Chlamydia is the most common STD in America. It affects about three million Americans every year and it is treatable. However, if you haven't been tested it can be spread easily to others since most people who have Chlamydia have no symp-

toms.

Once you get tested and find out if you have a STD or HIV you can make important decisions about your health and well being. If you are infected with an STD you may be able to get treatment that gets rid of it or helps alleviate symptoms. If you are infected with HIV you can get treatment that may help you live longer. Regardless if you have a STD or HIV, you can learn ways to help avoid passing your infection to others.

If you get your results back and you are STD free and HIV negative, you can learn ways to stay healthy. It's up to you to protect yourself by **always** using latex condoms when having sex. Caring about your significant other doesn't just mean saying "I love you". It means doing everything you can to make sure you both stay healthy. It is recommended that you should get tested if you currently have or had :

- A STD in the past,
- Many sexual partners
- Shared needles for drugs
- Shared needles for piercings or tattoos
- Had sex without a condom
- If you are pregnant (HIV can be passed from the mother to the baby).

You can get tested at your doctor's office or at a local clinic. If money is the issue there are clinics that will give you free or low cost STD testing and HIV testing.

For locations to receive free or low cost testing within Los Angeles County please visit: [www.publichealth.lacounty.gov/std/clinics.htm](http://www.publichealth.lacounty.gov/std/clinics.htm)



1 in 2 sexually active people will have an STD by age 25. 1 in 3 women will become pregnant by age 20.

All are welcome to attend this free conference!

# World Kidney Day Conference

Building Bridges to Optimum Health World Kidney Day Community Conference, Los Angeles.

Protect Your Kidneys, Save Your Life.

Who should attend: Community members, caregivers, families, health care and service providers, students, faith based organizations, researchers, and people living with kidney disease.

When: March 10, 2011

Time: 8:30am-3:45pm

Cost: FREE

Where: California Science Center

700 State Drive

Los Angeles, CA 90037

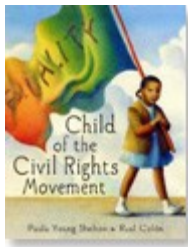
To register for the conference please visit: [www.HAAFII.org](http://www.HAAFII.org) or call (323) 292-2002

Kidney Disease Awareness



Help Spread the word!

# Black History Month Children Books

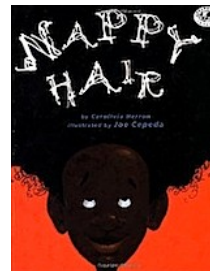


1. Child of the Civil Rights Movement By: Paula Young Shelton
2. Henry Aaron's Dream By: Matt Tavares

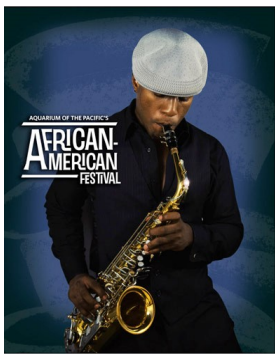
3. March On! The Day My Brother Martin Changed the World By: Christine King Farris
4. Muhammad Ali: The People's Champion By: Walter Dean Myers
5. Sit-In: How Four Friends Stood Up by Sitting Down By: Andrea Pinkney
6. Giant Steps to Change the World By: Spike Lee and

Tonya Lewis Lee

7. Nappy Hair By: Carolivia Herron



## February Events



### African American Festival

The festival will have entertainment, dancing, ethnic food, arts and crafts, live jazz, cultural story telling and much more!

When: February 26-27, 2011

Time: 9:00am-5:00pm

Cost: Free with general admission to Aquarium (\$24.95 for adults, \$12.95 for children ages 3-11) \$5 off coupon online. See below

Where: 100 Aquarium Way  
Long Beach, CA 90802  
(562) 590-3100

[http://www.aquariumofpacific.org/newsevents/eventsdetail/african\\_american\\_festival/](http://www.aquariumofpacific.org/newsevents/eventsdetail/african_american_festival/)

### Pan African Film and Arts Festival

The Pan African Film Festival is dedicated to the promotion of cultural and racial tolerance and understanding through the exhibition of film, art and creative expression. There will be over 100 films from all over the world and one of the nation's largest fine art shows.

When: February 16-22, 2011

Time: Varies

Cost: Varies (general admission \$11)

Where: Culver Plaza Theatres  
9919 Washington Boulevard, Los Angeles 90232

<http://www.paff.org/panafricanfilmfestival/>



### LA Zoo-Elephants of Asia

Elephants of Asia is now open in the heart of the Zoo! The state-of-the-art habitat is the largest exhibit in the Zoo's history, with over six acres of land that showcase the elephants and inform visitors about the challenges they face in the wild.

When: ongoing

Time: 10:00am-5:00pm

Cost: \$14 adults, \$11 seniors \$9 children, under 2 FREE

Where: 5333 Zoo Drive  
Los Angeles, CA 90027  
(323) 644-4200

<http://www.lazoo.org/>



## Healthy African American Families Phase II

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**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”**

Check us out on  
the web: [haafll.org](http://haafll.org)

## Color This Picture!



**For previous issues of the HAAF TIME newsletter please visit our website at [www.HAAFII.org](http://www.HAAFII.org)**