

HAAF TIME



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Enjoying a Stress Free Summer

We all know that stress can cause many wide variety of health problems from heart disease to anxiety. Many of us are guilty of living a stress filled life but it doesn't have to be that way. Summer is the time of year when the sunshine is so prominent that it is almost irresistible to be stressed. There is an abundance of activities to enjoy like riding a bicycle, soaking up some sun on the beach, or having a



barbeque with friends. Although there might be tons of important work to finish at the office you have to remember that your health is important. Learning to balance work with the pleasures of life is key. A worker who is relaxed works better than one who is stressed. This means that the best thing you can do to excel in your work is to enjoy life. You are far too valuable and loved by your friends and family to put your health at risk because of stress. If you find that you are overwhelmed by work, try seeing if a co-worker might help. You will never know unless you ask. Or discuss your work-

load with your boss. If you are constantly stressed but producing work, your boss may assume that you are fine doing the work. If you speak up you may be surprised to know that your boss is willing to help alleviate some of your workload. The problem won't be solved unless you speak up for yourself and your health. You are far more valuable when you are relaxed and full of ideas and creative input. So put down your pen and close your laptop. Now take five minutes to relax. Don't worry about your work. It will still be there when you get back. The difference is it will be easier to do once you're relaxed.

Unlicensed Divorces

You may be thinking, "What is an unlicensed divorce?" Well let me begin by giving you a definition. An unlicensed divorce is the separation of two individuals who lived together and were unmarried. In an unlicensed divorce there is no decree of marriage and therefore, many people who experience an unlicensed divorce are denied or have no access to resources such as counseling, legal advice, faith based support and/or community support.

Married couples are offered all these resources and more be-

cause they are legally married. When a married couple divorces they have access to legal support. While getting a divorce all matters involving child support, child custody, spousal support and division of property are settled before the divorce is granted. However, couples that live together but are not married do not get the same the same services.

If one partner wants to petition for child custody or child support they would have to set up a court hearing unless the other

By: Loretta Jones

partner agrees to the custody arrangements and/or offers financial assistance. Unfortunately, individuals in an unlicensed divorce are not entitled to spousal support or division of property. That means that if your partner worked while you took care of the household and children during your relationship, at the time of separation you would receive nothing unless your partner offered support or property.

(Continued on pg. 2)





Enjoy the long days of summer with this whimsical craft.

Craft for Kids: Handheld Ribbon Streamers

Supplies:

- Paper towel roll tube
- Tacky glue
- Scissors
- Roll of red ribbon
- Roll of blue ribbon
- Roll of white ribbon
- Roll of striped red, white, and blue ribbon
- Hole punch
- Measuring tape
- Ruler or yardstick

Directions:

1. Wrap the striped red, white, and blue ribbon around the paper towel tube, applying tacky glue under the ribbon as you

work. You can wrap the ribbon at an angle or horizontally, whatever you prefer.

2. After ribbon is applied and glue has dried, punch 9 holes in the bottom of the paper towel tube with the hole punch.
3. Cut three strips of red ribbon that are 46 inches long.
4. Cut three strips of blue ribbon that are 46 inches long.
5. Cut three strips of white ribbon that are 46 inches long.
6. Tie a knot in the top of

each strip of ribbon.

7. Pull each of the strips through the holes so the knot is on the inside of the tube.
8. Enjoy!

Tip:

If you can't find striped red, white, and blue ribbon, you can wrap around individual strips of red, white, and blue ribbon.

*Curtosey of

www.crafts.kaboose.com

Unlicensed Divorces

(Continued from pg. 1)

According to United States Census Bureau, over 104 million Americans live together while unmarried. That is over 45% of the total adult population. In 2005, unmarried households became the majority of all U.S. households. With figures this high it is worrisome that there aren't more services for those in unmarried relationships. Although both married and unmarried couples experience the same symptoms of divorce (denial, depression, guilt, anxiety, financial uncertainty, loss of couple friendships, concern regarding living arrangements), they are not given the same amount of resources.

Individuals in unlicensed divorces usually have little or no access to marriage and family counseling because they are unmarried. Many of these indi-

viduals are hesitant about seeking support from pastors or other church leaders because in some churches living with a partner while unmarried is considered sinful. Community support may be limited as well as because unmarried relationships don't hold the same

ried relationships and therefore should not receive the same support or recognition. According to the New York Times, 4 out of 10 babies born in 2007 were born to unmarried mothers. Do these children not deserve the same

services and support as those born to a married mother? Friends and family suffer in unlicensed divorces as well as in licensed divorces. It is shameful that we majority of services are only provided to married couples.

We need to

look at the demographics in society now and start addressing this phenomenon of unlicensed divorces in ways that will help cut down the amount of depression and grief that families suffer.



Over 104 million Americans live together while unmarried. That is over 45% of the total adult population.



“value” as married relationships. Community support may see the relationship as a simple breakup because the individuals were not “serious” enough to get married. This creates the stigma that unmarried relationships do not have the same value or commitment as mar-

New FDA Requirements for Sunscreen

Everyone needs to wear sunscreen regardless of skin color. Sunscreen not only reduces the risk of skin cancer but it also helps prevent premature aging and sun burns. Last month, the United States Food and Drug Administration (FDA) issued its final requirements on sunscreen. The FDA announced that these new requirements are part of their ongoing efforts to ensure that sunscreens meet modern-day standards for safety and effectiveness. These requirements are intended to help consumers obtain the information they need in order to choose the right sun protection for themselves and their families.

Here are some of the new FDA requirements for sunscreen:

1. **Broad Spectrum designation.**

Sunscreens that pass FDA's broad spectrum test procedure, which measures a product's ultraviolet A

(UVA) protection relative to its ultraviolet B (UVB) protection, may be labeled as "Broad Spectrum SPF [value]" on the front label.

2. **Use claims.** Only Broad Spectrum sunscreens with an SPF value of 15 or higher can claim to reduce the risk of skin cancer and early skin aging if used as directed with other sun protection measures.

3. **"Waterproof," "sweatproof" or "sunblock" claims.** Manufacturers cannot label sunscreens as "waterproof" or "sweatproof," or identify their products as "sunblocks," because these claims overstate their effectiveness. Sunscreens also cannot claim to provide sun protection for more than 2 hours without reapplication.

4. **Water resistance claims.** Water resistance claims on the front label must indicate whether the sunscreen remains effective for 40

minutes or 80 minutes while swimming or sweating, based on standard testing.

5. **Drug Facts.** All sunscreens must include standard "Drug Facts" information on the back and/or side of the container.

These new requirements also apply to any cosmetics or moisturizers containing sunscreen. These new requirements will take effect by the summer of 2012 although consumers may see changes before then. The FDA advises the public not to throw away their current sunscreens. These products have worked for years and if used correctly they are still safe and effective. You can obtain additional information on sunscreen at the FDA's website: www.fda.gov/sunscreen



Key Lime Pie Recipe



Ingredients

- 1 1/2 cups graham cracker crumbs (about 10 cookie sheets)
- 2 tablespoons butter, melted
- 4 large egg whites, divided
- 1 tablespoon water
- Cooking spray
- 2 large eggs
- 2 large egg yolks
- 1/2 cup fresh Key lime juice or fresh lime juice (about 6 Key limes)

- 1 (14-ounce) can fat-free sweetened condensed milk
- 1 teaspoon grated Key lime or lime rind
- 1/2 cup sugar
- 2 1/2 tablespoons water

Directions

1. Preheat oven to 350°.
2. Combine crumbs and melted butter in a bowl. Place 1 egg white in a small bowl; stir well with a whisk until foamy. Add 2 tablespoons egg white to graham cracker mixture, tossing well with a fork to combine. Discard remaining beaten egg white. Add 1 tablespoon water to graham cracker mixture; toss gently to coat. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray. (Moisten fingers, if needed, to bring mixture together.) Bake at 350° for 8 minutes. Cool completely on a wire rack.
3. Place 2 eggs and 2 egg yolks in a bowl; beat with a mixer at medium speed until well blended. Add juice and condensed milk, beating until thick; stir in rind. Spoon mixture into prepared crust. Bake at 350° for 20 minutes or until edges are set (center will not be firm but will set as it chills). Cool completely on a wire rack. Cover loosely, and chill at least 2 hours.
4. Place remaining 3 egg whites in a bowl; beat with a mixer at medium speed until foamy using clean beaters.
5. Combine sugar and 2 1/2 tablespoons water in a small saucepan; bring to a boil. Cook, without stirring, until a candy thermometer registers 250°. Pour hot sugar syrup in a thin stream over egg whites, beating at high speed 2 minutes or until stiff peaks form. Spread meringue over chilled pie (completely cover pie with meringue).
6. Preheat broiler.
7. Boil pie 1 minute or until meringue is lightly browned.



Melanoma skin cancer can affect people of any skin tone.

Skin Cancer

Skin cancer is cancer that forms in the tissues of the skin. It is when the skin has a rampant, unrestrained growth of abnormal skin cells. Of all the different types of cancer, skin cancer is the most common making up almost half of all cancer cases. About 2 million people will have skin cancer in 2011 alone. While non-melanoma skin cancer will make up most of these cases, melanoma skin cancer—a more aggressive and serious type of skin cancer—will account for about 68,000 of those cases. Melanoma can affect people of any skin tone. In people with darker skin tones, melanoma tends to occur on the palms or soles, or under the fingernails or toenails.

Skin cancer symptoms vary based on the type of skin cancer. The most common non-melanoma skin cancer symptoms include:

- A flat, flesh-colored or brown scar-like lesion
- A firm, red nodule
- A flat lesion with a scaly, crusted surface

Melanoma skin cancer symptoms include:

- A large brownish spot with darker speckles
- A mole that changes in color, size or feel or that bleeds
- A small lesion with an irregular border and portions that appear red, white, blue or blue-black
- Dark lesions on your palms, soles, fingertips or toes, or on mucous membranes lining your mouth, nose, vagina or anus

Here are some tips to help prevent skin cancer:

- Protect your skin from the sun when you can -- wear protective clothing such as hats, long-sleeved shirts,

long skirts, or pants.

- Try to avoid exposure between 10 a.m. and 4 p.m., when the sun is most intense.
- Use sunscreen with an SPF of at least 30. Apply sunscreen at least one-half hour before sun exposure, and reapply frequently.
- Apply sunscreen during winter months as well.

Skincancer.org states that “Sunscreens should be considered a vital part of a comprehensive sun protection regimen that includes seeking shade, covering up with clothing including a wide-brimmed hat and UV-blocking sunglasses and avoiding tanning and UV tanning booths.”



It is recommended that you wear sunglasses to protect your eyes from damaging UV rays.

Protect Your Eyes from Harmful UV Rays

Ultraviolet rays (UV Rays) are harmful to the human eye. Just like our skin, the cornea of our eyes can be damaged by the sun. Ultraviolet rays are invisible rays that are part of the energy that comes from the sun. UV rays are the strongest between 10am and 4pm when the sun rays are the strongest.

Prolonged exposure to these UV rays can cause temporary vision loss. To protect your

eyes from macular damage, it is strongly recommended that you wear sunglasses while out in the sun. Sunglasses that have UV protection are the strongest defense against UV damage to your eye. UV protection sunglasses come in all shapes, sizes and colors so there is abundance of choices you have when choosing your new pair of sunglasses. Avoid purchasing sunglasses that have no UV protection as they will not keep

the UV rays from harming your eyes.

Children, like adults, also need to wear sunglasses. Because children spend more time outside it is especially important that they protect their eyes. According to allaboutvision.com, nearly 50% of our lifetime exposure to UV rays occurs by age 18. So it is crucial that you not only protect your eyes but protect your child's eyes too.

5 Ways to Enjoy Summer While Helping the Earth

Here are five ways to enjoy the summer while helping the earth stay green.

1. Plant a tree. Not only will this tree give you plenty of shade and/or fruit in the coming years but it will also help the environment by producing oxygen and reducing carbon dioxide and other contaminants in the air.
2. Reduce energy use during peak hours (3pm-7pm). Not only will you help prevent electricity outages but you will also save money.
3. Buy food locally. Find a Farmer's Market or Co-Op near you. Products at most grocery stores are shipped from all across the U.S. and abroad. This increases gas consumption, and pollution. Buying locally will not only help keep the earth green but it will also help keep green in your wallet as local produce is cheaper. Visit this website for a list of Farmer's Market in southern California. <http://www.farmernet.com/events/cfms>
4. Avoid using Styrofoam. If you have to use disposables try to find some that are compostable such as paper plates.
5. Walk or ride a bicycle instead of driving. Not only will you get in shape but you'll save money while doing it.



July Events



Powerful Black Family Celebration

The objective of this event is to reach the Black/African Americans community in Los Angeles with a black family reunion event that will bring awareness and educate the black community about cardiovascular disease and stroke prevention.

When: July 23, 2011

Time: 11:00am-4:00pm

Where: Van Ness Recreation
5720 2nd Ave

Los Angeles, CA 90043

*Pre-Register today to be placed in an opportunity drawing!

www.aarpheart.eventbrite.com

Info: (213)291-7033

[facebook.com/PowerToEndStrokeWSA](https://www.facebook.com/PowerToEndStrokeWSA)

PowerToEndStrokeWSA

National Night Out Block Party 2011

The National Night Out Block Party is a community crime/drug prevention event. The block party aims to increase awareness and funding for anticrime programs as well as strength the police-community relationship. There will music, prizes, food and lots of community information so be sure to stop by.

When: August 2, 2011

Time: 5:00pm-9:00pm

Where:

3939 S Marlon Ave (between MLK Jr. Blvd and 39th St)

Los Angeles, CA 90008

Cost: Free

Info: www.nationalnightout.org



POLICE • COMMUNITY PARTNERSHIPS



Downtown LA Art Walk

This event offers community members the chance to enjoy a free, self guided tour of art in the Los Angeles downtown area. There is an abundance of art openings, activities, galleries, art exhibits and special programming. This event takes place on the second Thursday of every month.

When: July 14, 2011

Time: 12:00pm-9:00pm

Where: The Art Walk predominantly takes place on Spring and Main streets between 2nd and 9th streets. There is a map of all the different locations on the LA Art Walk website

Cost: FREE!

Info: www.downtownartwalk.com



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 or call Felica Jones, Director of Programs at (323) 292-2002

“Protecting the Legacy”

Try This Summer Word Search!

At the Beach

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

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|---------|-----------|------------|----------|
| BALL | FISH | SANDCASTLE | SUNBLOCK |
| BOAT | JELLYFISH | SEAGULL | SURF |
| BUCKET | OCEAN | SEAWEED | SWIMSUIT |
| CRAB | PIER | SHELLS | UMBRELLA |
| DOLPHIN | SAND | SHOVEL | WHALE |

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

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

