

HAAF TIME



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Celebrating Loving Fathers

Every third Sunday of June is reserved for Fathers. Father's Day is a day in which we recognize the love and compassion our fathers have bestowed upon us. It is a day where we have the opportunity to express our gratitude for their love, guidance and support. We applaud our fathers for a job well done. However, Father's Day isn't just reserved for father's.

Every year the number of active fathers parenting in the African-American community continues to decrease.

Even though our biological fathers may be absent, we can still celebrate our father figures. This can be anyone from a step-



father, an uncle, an older brother, a pastor and many

more. These men are honored for their heroic task to step into the shoes of an absent father and help raise you into the person you are today. These men

deserve just as much love and appreciation on Father's Day because in so many ways, they are our fathers. And our love for them is just as strong.

Although one day is reserved for fathers each year, our celebration of our father's presence in our lives is something we can do every day.

Juneteenth

On September 22, 1862 the sixteenth President of the United States, Abraham Lincoln, signed the Emancipation Proclamation which ordered the Confederate States to join the Union by January 1, 1863 or risk the freedom of their slaves. None of the Confederate States took heed to Lincoln's warning and so on January 1, 1863 Black slaves in the South were granted their freedom. Although this new emancipation was put in effect on January 1, 1863, many blacks still remained enslaved. This Procla-

amation was only applied to the states in which Lincoln and the Union had no control. There was over 500,000 slaves that still remained enslaved in the border states that allowed slavery such as Delaware, Kentucky, Missouri, Virginia and more. On the day the Emancipation Proclamation went into effect, over 50,000 slaves were freed. However, it took two and a half more years before slavery would be completely abolished. Texas—the largest state in the Confederate States—remained rebellious and

continued practicing slavery. On June 18th 1865, over 2,000 federal troops marched into Texas to take control of the state and enforce the Emancipation Proclamation. On June 19th, all blacks still enslaved were given their freedom. Juneteenth is a symbolic celebration of African-American freedom in the United States.





Celebrate summer with your kids by making this milk carton sailboat. It's an activity the whole family can enjoy.

Craft for Kids: Milk Carton Sailboat

Arts and Craft Supplies Needed:

- Milk carton
- Scissors
- Smaller box to place inside milk carton (soap bar box or any other small box will work)
- Paint and paintbrush or markers
- String
- Glue
- Straw or stick
- Hole punch or sharp pencil

Directions:

This project requires adult assistance to cut the milk carton. Cut a milk carton in half lengthwise. Shape the ends of the milk carton with your fingers to make both ends of the boat pointy.

Paint the smaller box that will go inside the milk carton to hold the sail. Punch a hole in the middle of the box with a sharp pencil. Glue the box into the center of the milk carton. Cut out a square piece of paper about 1/2 to 3/4 of the

length of the straw or stick. This will be the sail. Decorate the sail as you like with paint or markers.

Punch a hole at the top and bottom of the sail and weave the straw or stick through the holes. Wrap a string around the top of the straw and tape each end of the string to each end of the boat.

*Curtsey of www.create-kids-crafts.com/

National Fatherhood Initiative By: Ed Powell



National Fatherhood Initiative has been created to help the African American community rediscover the value of true fatherhood. An interdenominational group of African-American pastors has united to ignite a movement to renew marriage and fatherhood in the African-American community.

The movement, led by 10 pastors in partnership with National Fatherhood Initiative, Urban Ministries, Inc., and The National Center on African American Marriages and Parenting, has been initiated by a "Call to Action," which educates and inspires the black church to address the declines in marriage and father involvement that plague the black community. Clergy around the country will be recruited to sign the Call to Action, indicating their desire to join the movement to reverse these destructive trends.

Since the 1960s, marriage and fatherhood have declined faster in the black community than in the rest of the popula-

tion. In 1970, seven out of 10 African Americans between the ages of 20 and 54 were married; today, just four in 10 are (compared to nearly six in 10 in the general population). Today, one in three children in the country live apart from their biological fathers, but two of three African American children do. Social science research over the past several decades has showed that children who live outside of a married, two-parent home face significantly greater risks across nearly every measure of child well-being: poverty, delinquency, drug abuse, teen pregnancy, school performance, and emotional and behavioral problems. Roland C. Warren, president of National Fatherhood Initiative, said, "It is no coincidence that while the state of the black family has declined, that the state of the black community – in terms of poverty, incarceration, school failure, and other measures – has also deteriorated. Marriage and fatherhood must be renewed in order for these problems to be reversed than an-

swers.

Recalling the African-American church's central role in the civil rights movement, the leaders of this Call to Action recognize the power the church can have in creating positive change in the black community. The Call to Action states: "Similar to how the church had a central role in the civil rights movement of the 20th century, we believe that now is the time for the African-American church to lead the way in reversing the alarming decline in marriage and the exponential increase in father absence that we have witnessed in the African-American community over the past several decades. The consequences are too great for the church to accept anything less than a leadership role in joining the national movement to renew marriage and fatherhood, starting in the African-American church."

If you would like to get involved visit The National Fatherhood Initiative website at: www.fatherhood.org.

6 Ways a Man Can Relieve Stress

Constant stress can be more harmful than you think. According to the Journal of American Medical Association, chronic stress can lead to an increased heart rate and blood pressure, which can ultimately lead to a heart attack if the stress is prolonged and unmanaged. We know being a man comes with its share of stress so we've compiled a list of a few things you can do to decrease or eliminate your stress. Here are some simple techniques you can do to help release stress:



1. **Exercise Regularly.** Exercise is a natural stress releaser and can be fun as well! Playing basketball is a great way to exercise and have fun.

2. **Take Deep Breaths.** Deep belly breathing is a fast way to calm down during a stressful moment.

3. **Learn to take breaks** when you need them. Listen to your body, it will tell you when you need some rest.

4. **Meditating in the morning and/or evening** is a great way to release built up tension and center yourself.

5. **Watch a comedy.** Laughing is the best way to forget what you were stressed about in the first place.

6. **Do something you enjoy.** Call up some to play basketball or poker. If you like watching sports, turn on the TV and catch a game.

Take a proactive approach to your health by decreasing your stress, and you will be glad that you did.

Triple-Berry Cobbler



- thawed
- 1 cup fresh blueberries
 - 1 cup fresh blackberries

- Topping:**
- 1/4 cup sugar
 - 2 tablespoons butter, softened
 - 1/3 cup fat-free milk
 - 1/4 teaspoon vanilla extract
 - 2/3 cup all-purpose flour
 - 3/4 teaspoon baking powder
 - 1/4 teaspoon salt

Directions

Preheat oven to 375°.

1. In a small heavy saucepan, combine the sugar, cornstarch, cinnamon and water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in berries. Transfer to an 8-in. square baking dish coated with cooking spray.

2. For topping, in a small bowl, beat sugar and butter until crumbly, about 2 minutes. Beat in milk and vanilla. Combine the flour, baking powder and salt; stir into butter mixture just until blended. Drop by tablespoonfuls over fruit mixture.

3. Bake at 375° for 25-30 minutes or until filling is bubbly and a toothpick inserted in topping comes out clean. Serve warm.

Yield: 6 servings.

Nutrition Facts: 1 serving

- 235 calories,
- 4g fat (2g saturated fat)
- 10mg cholesterol
- 195mg sodium
- 49g carbohydrate
- 3g fiber
- 2g protein.

*curtsey of TasteofHome.com

Makes 6 servings

Prep: 20 mins

Bake: 25

Ingredients

- 1/2 cup sugar
- 3 tablespoons cornstarch
- 1/4 teaspoon ground cinnamon
- 1 cup water
- 1 cup fresh or frozen cranberries,

Strokes and the Black Community



According to the CDC, 137,000 Americans die from strokes every year.

According to the Center for Disease Control, strokes are the third leading cause of death in the United States. Although 795,000 Americans have a stroke each year, African-Americans make up much of that number. Compared to whites, African-Americans are twice as likely to suffer a stroke. This is an alarming statistic as 137,000 Americans die from strokes every year. So what is a stroke and how do we prevent them from happening?

A stroke occurs when a blood vessel in the brain bursts or when a clot prevents the blood from reaching the brain causing brain cells to die. When brain cells die, the part of the body or abilities they control can no longer function (i.e. speech, memory, body movement). Although some functions and abilities may return, half of stroke survivors will still have some long-term disabilities. Some of those people may

lose the ability to speak or may be paralyzed on one side.

According to the U.S. National Institute of Neurological Disorders and Stroke, the five major signs of stroke are the sudden onset of:

1. Numbness or weakness of the face, arm or leg, especially on one side of the body. The loss of voluntary movement and/or sensation may be complete or partial. There may also be an associated tingling sensation in the affected area.
2. Confusion, trouble speaking or understanding. Sometimes weakness in the muscles of the face can cause drooling.
3. Trouble seeing in one or both eyes.
4. Trouble walking, dizziness, loss of balance or coordination.
5. Severe headache with no known cause.

However, up to 80% of strokes are preventable. You can de-

crease your chances of having a stroke by educating yourself, keeping routine checkups and maintaining a healthy lifestyle. Look across the page at *7 Ways to Keep Your Heart Healthy* for stroke prevention tips.



Join HAAF's Male Involvement Project and let your voice be heard.

Male Involvement Project

Healthy African American Families has created the Male Involvement Project to focus on the men in our community.

This project aims to address men's health concern through the eyes of men while building advocacy and policy changes to focus on men's involvement with their families. This project also focuses on the various aspects of men's health from high blood pressure to diabetes. Currently our working

groups and meetings are focusing on stress and drama in the daily lives of men.

The Male Involvement Project is open to men of all ages. If you would like to join the working group or attend some of the meetings you can register online at www.haaffl.org. If you would like to contribute or volunteer you can call our office at (323) 292-2002.

We welcome everyone with

open arms. Meetings are once a month in our office. Call the office for information on the next meeting.

If you have any questions or just want to know more about the Male Involvement Project please call our office and ask to speak with Anthony Brown.

7 Ways to Keep Your Heart Healthy

We all want to live happy healthy lives. One of the ways we can prolong our lifespan is by maintaining a healthy heart. Here are some ways to keep your heart healthy :

1. Try to exercise for 30 minutes a day or as many days as you can. Exercising can help you maintain a healthy weight.
2. Try to lose weight if you are over the suggested weight for your height and age. Carrying extra weight around causes more strain on your heart.
3. Quit smoking. Everyone knows smoking is bad for your lungs but it is also bad for your heart because the chemicals in tobacco can damage your heart and blood vessels.
4. Try to maintain a healthy diet. A simple way to eat healthier is to reduce your consumption of red meat and increase your intake of dark colored vegetables and fruits.
5. Try to avoid drinking too much alcohol. Drinking too

much alcohol not only adds to your daily caloric intake, but it can also increase your blood pressure.

6. Try to reduce stress by doing something that you enjoy or taking time to relax. Constant stress can lead to heart disease.
7. Get regular health screenings. Maintaining regular screenings allow you to test and monitor your blood pressure and cholesterol. Be sure to get a diabetes screening as well.



June Events



African-American Community Day with the LA Dodgers

Nothing says summer like a Sunday at the ballpark with family and friends! In addition to watching the Dodgers play the Huston Astros, fans in attendance will receive a commemorative Father's Day BBQ Apron, courtesy of Farmer John.

When: June 19, 2011

Time: 1:10pm

Where: Dodger Stadium

Cost: \$8-\$30 depending on seating

For more information and to buy tickets please visit :

www.dodgers.com/KJLH. Be sure to use the promo code: KJLH to receive discounted tickets.

Info: www.dodgers.com/KJLH

LA Zoo and Botanical Gardens

Spend an afternoon gazing at the animals in the Los Angeles Zoo. Be sure to stop by the Botanical Gardens before you go because you don't want to miss the spectacular display of plants and flowers.

When: Ongoing

Time: 10:00am-5:00pm

Where: 533 Zoo Drive
Los Angeles, CA 90027

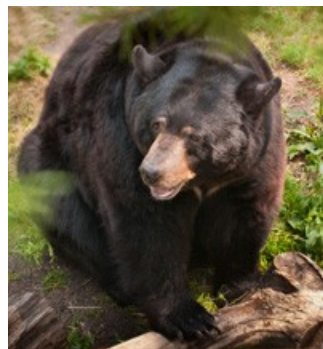
Cost: \$14 for adults

\$9 for children

FREE for children under 2

Info: (323)644-4200

www.lazoo.org



Celebrate Juneteenth in Leimert Park

Visit the Leimert Park Juneteenth Heritage Festival for two days of family fun! Enjoy Line dancing, square dancing, kidz korner, great arts and crafts vendors, plenty of good food and live entertainment. New this year - Black Arts Los Angeles in association with Africa House introduces the Ancestral Rock Garden.

When: June 18-19, 2011

Time: 10am-6pm

Where: in the parking lot of Vision Theater in Leimert Park—the corner of 43rd and Degnan Los Angeles, CA 90008

Cost: FREE!

Info: www.leimertparkbeat.com/events/leimert-park-juneteenth



Healthy African American Families Phase II

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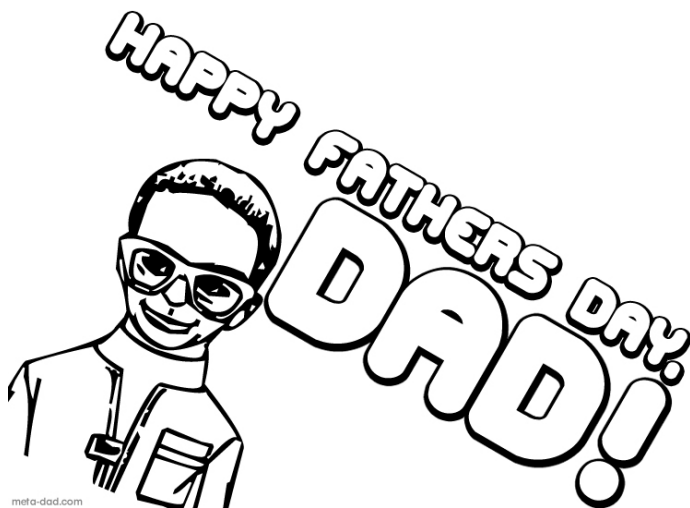
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HAAF is a non-profit, community serving agency. Our mission is to improve the health outcomes of the African American, Latino and Korean communities in Los Angeles County. We are committed to enhancing the quality of care and advancing social progress 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”

Color This Picture!



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

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

