

HAAF TIME



VOLUME 3, ISSUE XV

OCTOBER 2011

INSIDE THIS ISSUE:

- Building Bridges to Optimum Health 2
- Neighbors Helping Neighbors Day of Service 2
- Crafts: Frankenstein Luminaries 3
- Iced Pumpkin Cookie Recipe 3
- The Truth About Growth Hormones 4
- Small Changes, Big Results 4
- Learning to Be a Father Cont'd 5
- October Events 5

Setting Goals for Your Future

Setting goals for yourself can be a great tool in life. Goals allow you to reach beyond your present situation and strive toward a future you envision for yourself. Whether your goal is to finish school, get a better job that better suits you, eat healthier, take a vacation overseas or learn a new language, setting a goal helps to point you in the right direction. It is also a way to stay focused by tracking your progress. If you know what your goal is you can constantly evaluate yourself to make sure you're on track. By setting goals, you are putting yourself on the path to success. Your goal doesn't have to be big

either. Setting a small goal is just as effective in moving you forward to where you want to be in life. Starting out with small goals is a great way to achieve



them faster and create more goals. You can also mix small goals with bigger goals. Having a goal for the next six months and having a goal for the next year gives you a path to start out on

and an overall big picture of where you want to be. Of course some goals will be modified as your needs and interests change, but you will constantly be progressing toward something that will make you happier. With the New Year right around the corner, now is a good time to start thinking about some goals you would like to achieve next year. Take a half an hour and really think of some things that you would like to achieve. Write a list of goals and choose one to focus on. Once you have a goal, don't forget to create a visual reminder to keep you motivated.

Learning to Be a Father

By: Anthony Brown

When my son was born I didn't know much about how to raise a child besides how to change a diaper. I have two younger sisters so I wasn't dumbfounded when it came to babies but this was my first child. I remember thinking, "how can I teach him how NOT to make the same mistakes I've made in my life?" It seems as if mothers have some sort of intuition on how to raise a child into a well adjusted adult. For a while I thought women might be more equipped to raising a child correctly because

they've had someone demonstrate being a mother or have had their own mother in their lives. On the other hand, it's different for men. If you grew up without a father, you have no example to go off of. It's even rare to see a single man raising a child alone on television. So where was I suppose to learn how to be a father? I wanted to be the best father I could possibly be but I didn't know how to go about doing that. All I knew was, with my son I had to succeed; I could not fail at my duty

as a father and leave my child to be raised by a single mother like my father had. Incidentally, one of the first things I remember teaching my son was not to say "bye". Instead, I taught him the difference between "bye" and "see you later". However, I still struggle when I have to leave for work and my son starts crying because he doesn't want me to leave. It's a hard feeling to describe but I will say it's a terrible way to go to work in the morning.

Continued on pg. 5



Building Bridges to Optimum Health

Building Bridges to Optimum Health Series presents:

Healthy Families-Protecting the Ties that Bind

(A Close Look at Our Safety Nets)

When: October 21, 2011

Time: 8:30am-3:30pm

Where: California Science Center

700 Exposition Park Dr.

Los Angeles, CA 90037



Please register for the conference at our website: www.HAAFII.org



The Los Angeles Urban League sponsored *Neighbors Helping Neighbors Day of Service*, an event to help clean up the Los Angeles Park Mesa Heights community.

Neighbors Helping Neighbors Day of Service

By: **Karina Madrigal**

On October 1st, the Healthy African American Families (HAAF) staff members got to be part of one of the most rewarding, unifying and teamwork experiences at the “Los Angeles Neighbors Helping Neighbors Day of Service” hosted by the Los Angeles Urban League. At this event, HAAF members were invited to serve the Park Mesa Heights Community to make it look beautiful participating in various projects such as painting, cleaning, planting flowers, etc. Among all the different activities offered to volunteers, HAAF members decided to choose Crenshaw High School as their place of service. This was a very enriching opportunity for HAAF staff members since we were all reminded of the importance of working in unity and the impact that we can create in our community. “This was a very altruistic and

rewarding way to contribute to our teenage youth, since we helped clean and did their gardening without them knowing what our names were”... “It was an extremely hot and sweaty day but worth every second if it” said one volunteer. “There was unification in the staff and we were able to participate and see a common project being done together... We also felt valued and respected by the Los Angeles Urban League as they were attentive enough to make sure we were hydrated and fed by providing us with breakfast, refreshments and lunch. They were also very respectful in the way they provided us with instructions on how to do things” added Royce Jobe,

Men’s Co- Chair and Investigator. John Weathers, Outreach Coordinator also shared his experience. “To me it was wonderful to develop our teamwork skills and eagerness to get the job done” Overall, this day of service had a strong impact on HAAF employees and we were left inspired to go back to work with a new sense of togetherness and a stronger belief in our mission statement “to improve the health outcomes of the African American, Latino and Korean communities in Los Angeles County...”



Crafts for Kids: Frankenstein Luminaries

Supplies:

- Glass canning jars with lid bands
- Acrylic paint: green, white, black
- Paintbrush
- Large, medium and small round sponge applicators
- Black marker
- 2 metal nuts per jar
- Instant grab glue
- Clear gloss sealer spray

Directions:

1. Remove tops from jars; remove lids from the bands and save them for another project.
2. Paint bands black and jars green; set aside to dry.
3. When dry, paint a second coat on the jars and have an adult spray the black bands with sealer spray. Set

aside to dry.

4. Dip the large round sponge applicator into white paint and dot on the eyes to the front of the jar.
5. Mix a small amount of green paint with some white paint to make a light shade of green. Dip the small round applicator into the green paint and add the nose to the front of the jar.
6. While the eyes and nose are drying, take the black marker and lightly draw on stitches and a mouth on the face.
7. Use instant grab glue to attach a nut to the side of the jar. Allow it to dry for several minutes before turning the jar over and gluing a nut to the other side. Stand the jar up and let everything dry.
8. Dip the medium round sponge applicator into black paint and add

the pupils to the eyes. Allow them to dry completely.

9. Have a grown up spray the jars with gloss sealer spray, each jar and black band should get three coats, wait 30 minutes between coats.
10. When everything is dry, screw the black bands back onto the jars and add a tea light candle. Wait until it gets dark and watch them glow!

*Curtsey of Kaboose



Iced Pumpkin Cookies Recipe



Makes 3 dozen cookies

Prep time: 20 minutes

Cook time: 20 minutes

Ready in 1 hour 20 minutes

Ingredients

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon

- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 1 1/2 cups white sugar
- 1 cup canned pumpkin puree
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups confectioners' sugar
- 3 tablespoons milk
- 1 tablespoon melted butter

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.
2. In a medium bowl, cream together the 1/2 cup of butter and white sugar. Add pumpkin, egg,

and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoonfuls; flatten slightly.

3. Bake for 15 to 20 minutes in the preheated oven. Cool cookies, then drizzle glaze with fork.
4. To Make Glaze: Combine confectioners' sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.

Nutrition

Calories: 122

Total Fat: 3.2g

Cholesterol: 14mg

Sodium: 120mg

Total Carbs: 22.4g

*curtsey of myrecipes.com



The average dairy cow today produces 240% more milk than the average dairy cow in 1950 due to growth hormones.



Just 30 minutes of exercise a day is needed to keep your body healthy.

The Truth About Growth Hormones

It is no secret that Americans enjoy meat with almost every meal. In 2005, the United States Department of Agriculture (USDA) concluded that 32.5 million cattle were slaughtered to provide beef for US consumers. It is believed that about two-thirds of the cows raised for food consumption are injected with hormones which means the meat we consume might pose a serious risk to our health. Scientists and researchers have speculated that these hormones may increase the chance of cancer and may be the cause of early menstruation in girls (as young as 6 years old). However, no official study has been done to confirm or deny these suspicions.

Hormones are produced naturally in our bodies and in animals and handle such functions as development, growth and reproduction. Although

hormones are natural, they can be reproduced or even created to aid or alter the way our natural bodies work.

In order to produce meat and milk at a faster rate, farmers have been injecting hormones into cattle which increases profits. Reproduced or even synthetic hormones in cattle are used to help cattle develop and gain weight faster, reducing the amount of time before they can be slaughtered. Not only does this allow farmers to produce meat faster but it also decreases the amount of feed the animal consumes before slaughter which means even more savings for the farmers.

Hormones are also used to increase the amount of milk produced from cows. In the 1950s, an average dairy cow produced almost 5,300 pounds of milk a year. Today the average dairy cow produces 18,000 pounds of dairy a year. That's a 240% increase in the average dairy cow's

milk production! The hormone rBGH, which increases milk production in dairy cows, was approved by the Food and Drug Administration (FDA) in 1993. However, the FDA used the study submitted by the hormone producer (Monsanto) as its sole proof that the drug was safe. Furthermore, the study done by Monsanto was never published! What's even more mind boggling is that there is no requirement for products containing growth hormones to be labeled for consumers. So what can we do to keep ourselves healthy? Try to eat hormone-free meat and drink hormone-free milk.

Visit: www.eatwellguide.org for a listing of restaurants, producers and stores that sell hormone free products. You can also visit www.sustainable.org for a list of hormone-free brands that are available in California.

Small Changes, Big Results

By: Candis Jones

I started walking for a number of reasons. My knees were always hurting, my doctor diagnosed me with Arthritis and he made it clear that I was also obese. I got so disgusted with the way that I felt and looked that I decided to make some changes. Not only have I lost weight but my knees no longer bother me. My small changes did produce big results.

No one is exempt from taking

better care of themselves.

There are 1,440 minutes in a day; I urge you to find time for yourself and schedule at least 30 minutes of physical activity. Exercise is a crucial part of maintaining a healthy weight. So take your health into your hands and get out there and exercise. After all, you're worth it!

My routine: I started out walking 30 minutes a day with my mother. We walked up and

down hills as it's more effective than just walking on a horizontal street. I also began drinking a glass of water before eating to make sure I was hungry and not just thirsty. I pre-planned all my meals ahead of time and added more protein and fiber to my meals. This routine helped me on my road to good health. I hope it can help you too. Remember to always check with your doctor before starting any kind of exercise regime.

Learning to Be a Father

Continued from pg. 1

I really don't know how single mothers do it without any help. I can't imagine having to raise my son on my own; I would be completely lost. Fortunately, I was blessed with a wonderful fiancé and mother to my son. To me, raising a child really is a team sport. There's a void when both parents aren't present in their child's life. I know this first hand as I've never completely filled the void from not having my father around while I was growing up. As

a child, I quickly learned the difference between a mother's voice and a man's voice. I notice with my own son that when he is misbehaving, he responds much faster to my voice than when his mother is lecturing him. I also learned a couple of other very valuable lessons like being humble, patient, self-sacrificing, completely loyal, and dedicated. Self-sacrificing my sleep was probably the first thing I learned from my son. Or perhaps it was being patient in the middle of

the night when I'm tired and have to go to work the next day.

As the days turned into months and months turned into years, I've noticed that you will learn just as much as your child does. You'll make mistakes that you later regret, but you'll also do things that you're proud of. Whatever the case, I'm definitely dedicated to teaching my son how to be a strong, intelligent and independent man. At the end of the day, it's all part of learning to be a father.

October Events



PBS Day at LA Zoo

Dinosaur Train will be making a stop in Griffith Park during PBS Day at the Zoo. Buddy the dinosaur will be on hand to meet and greet his fans, and Zoo guests will have the opportunity to learn about the similarities between dinosaurs and some of the Zoo residents. This event is free to GLAZA members and with paid zoo admission.

When: October 15-16, 2011

Time: 11:00am-3:00pm

Where: Los Angeles Zoo

5333 Zoo Drive

Los Angeles, CA 90027

Cost: Free with paid zoo admission

Info: (323)644-4200

www.lazoo.org

LA Green Festival

This unique experience celebrates what's working in our community. At this festival you can meet renowned authors, leaders, actors and community leaders; shop with over 300 eco-friendly local businesses; participate in DIY workshops; visit the Green Kid Zone, enjoy live music and local vegetarian cuisine; and join friends at the Organic Beer and Wine Garden.

When: October 29-30, 2011

Time: Saturday 10:00am-7:00pm

Sunday 11:00am-6:00pm

Where: LA Convention Center South Hall

1201 S. Figueroa St
Los Angeles, CA, 90015

Cost: FREE-\$10

Info: (828)333-9403

www.greenfestivals.org

green
festival

A JOINT PROJECT OF GLOBAL EXCHANGE AND GREEN AMERICA
FOUNDED BY ED-OF-AMERICA



Los Angeles Haunted Hayride

The Haunted Hayride will take you on a bumpy night ride through the abandoned cages and habitats of the Old Zoo in the woods at Griffith Park, populated with all kinds of scary creatures. There is also a hay maze.

When: October 7-31, 2011

Time: Fri-Sat 7:00pm-midnight

Thur, Sun 7:00pm-10:30pm

Halloween 7:00pm-10:30pm

Where: Griffith Park (Old Zoo)

4730 Crystal Springs Ave

Los Angeles, CA 90027

Cost: \$25-Hayride, \$35-Hayride & Maze, add \$50-Hayride, Maze and Front of Line VIP pass. Cash only at the gate.

Info:

www.losangeleshauntedhayride.co



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: AndreaBrown@haafii.org

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.

