

HAAF TIME



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National Emergency Awareness Month

In the past couple of years, the United States has faced record breaking heat temperatures, earthquakes, strong hurricanes, devastating tornados and outbreaks of wildfires. In the event of an emergency, are you prepared? According to Federal Emergency Management Agency (FEMA) 42% of Americans said that they would need help to evacuate or get to a shelter in case of a disaster. So what can you do to be prepared in case of an emergency? FEMA recommends having an **emergency kit** that includes: clean water, food, battery powered or hand crank radio, flashlight with extra

batteries, first aid kit, whistle to signal for help, dust mask, moist towelettes, garbage bags, plastic ties for sanitation, wrench or pliers, can opener, local maps, and cell phones with chargers (inverter or solar). Next FEMA recommends **having a plan**. Identify an out of town contact, and make sure all family members memorize or have the number with cell phones or coins/calling card for a pay phone. Subscribing to alert services is also recommended. Many of these services are free of charge. It is important to have a method of finding out about disasters (radio, TV broadcasting, alert

service). Finally, you should inquire about emergency plans at school, work and daycare in order to create a more detailed emergency plan. Lastly, FEMA reminds us to **be informed**. Learn what kind of disasters are most likely occur in your neighborhood and plan accordingly. For more information of emergency preparedness visit: www.ready.gov.



Back to School: Study Habits Impact Grades

With school right around the corner, now is a good time to speak with your child about their study habits. It is proven that good study habits lead to good grades so help your child excel in school by implementing a designated study area along with proper study habits. Here are some study habits you can try with your child:

1. Make sure your child writes down all homework assignment with the due dates. This helps prioritize the order in which they do their assignments.

2. Take study breaks. Too much information at once can be overwhelming. After 30-45 minutes of homework, allow a 10 minute break.
3. Prepare meal times appropriately so your child won't be disturbed.
4. Make sure all TVs, radios, iPods or any other electronics are off so there are no distractions.
5. Have a routine. Make set homework/study times, free time, and maintain a bed time for your child.
6. If you are able, try helping

- your child with their homework, you can review vocabulary words with them etc.
7. Be patient. Your child is not going to change their study habits over night. Constant encouragement and patience will make it an easier transition.





Help your kids go to school in style with these unique pencil toppers.

Craft for Kids: Foam Pencil Toppers

Supplies:

- Craft foam sheets or shapes
- White craft glue
- Scissors
- Wiggle eyes
- Pom-poms
- Pencils

Directions:

1. Start with two identical sized shapes, such as a circle or heart. Put glue around the border of one of the shapes, leaving about 3/4" where you will insert the pencil.
2. Press the second shape onto the first, sandwiching them

together. The glue will need to dry for several hours, preferably overnight, but you can decorate the outside now.

3. Decorate the outside of the craft foam shape using pom-poms, wiggle eyes, other foam shapes, glitter glue, sequins, whatever you like. You can make a black bear using pom-poms for ears and a nose and a couple of wiggle eyes. You can also make a flower using several pom-poms and a bird using wiggle

eyes and other craft foam shapes.

4. Once the toppers have dried completely, insert the eraser end of a pencil carefully into the opening.

Tip:

- Drying time is important for this project. If you try to insert the pencil too soon, the glue may still be tacky and could pull away from the foam causing your topper to split open.

*Curtsey of Kaboose

Computers

The number one killer of computers is users visiting unsafe websites, either going to sites that are specifically intended to install malicious software on a computer, or going for "free" and appealing stuff like "free music." Be wary of websites that don't end with traditional suffix like .net, .org or .com. Ditch Internet Explorer and instead go with Mozilla Firefox web browser which automatically warns you when you are attempting to go to an unsafe website.

We live in a time now when computer literacy is not the luxury skill that it used to be – it is now expected. Many old school jobs have been integrated with at least some form of computer skill or another. Even the age-old nursing field has nurses operating computers.

People looking to catch up, acquire or expand on their computer literacy should look to their local community centers or community college for inexpensive, fruitful computer lessons.

Past the novice stage and into

the intermediate and advanced level of computer and internet capabilities, users can truly thrive. Beyond checking email and spying on friends on Facebook, the opportunity to thrive lies ahead. Save precious money usually spent on gas or other mundane errands like going to the bank or driving far to a pharmacy. Most every bank and credit union offers online banking which allows you to check your balance, or transfer funds from account to account, bank to bank. Major health care providers now allow you to order prescription pills online and even mail them to your home. Kaiser Permanente, for example, allows members to make, change, or cancel appointments all online.

People suffering with low credit scores can go to www.annualcreditreport.com for a federally-mandated-free credit report. If you see negative items on your report that are suspicious are outright false, which is a common, there are steps you can take. Any of the inexpensive premium

By: Romel Edmond

credit report websites allow you to dispute these items all online. A college graduate with federal loans can defer their payment for up to and sometimes beyond a year, pushing back their due date. The graduate can then notify the credit bureaus that this deferment has been set in place, increasing their credit score. Cleaning up your credit can guarantee you better rates on a car or home loan.

Minority business owners can also take advantage of a keen internet sense. Small business owners know how important it is to advertise their services on a hyper-local level. For example, 400+ people search in Google for "hair salons in Inglewood." On a global sense, that is not a lot, but for hyper-local activity, there is opportunity there. Any hair salon in Inglewood should want their salon's website showing up in the search results. 80% of people who find a business online end up contacting that business.

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"Ditch Internet Explorer and instead go with Mozilla Firefox web browser which automatically warns you when you are attempting to go to an unsafe website."

Does Your Child Have an Allergic Reaction to Food?

Based on the Centers for Disease Control and Prevention’s (CDC) 2011 National Health Interview Survey, 4.6 percent of children younger than 18 years of age have a food allergy, up from 3.5 percent in 2000. According to a study done by Dr. Ruchi Gupta in the journal *Pediatrics*, about 39% of children with food allergies have a history of severe reactions and 30% are allergic to multiple foods. The research also found that black and Asian children were more prone to food allergies than white children. However, white children were more inclined to get an official diagnosis than Asian, black and Latino children.

It is predicted that the percent of children affected by allergies will

continue to rise. In response to this data, we have compiled a list of the most common food allergens and a few signs that could tell you if your child is having an allergic reaction to food.

The eight most common food allergens that are accountable for the majority of allergic reactions in children are: peanuts, cow’s milk, shellfish, eggs, wheat, fish, soy, and tree nuts. The most common symptoms of an allergic reaction to food are:

- Hives or red, itchy skin
- Stuffy or itchy nose, sneezing or itchy, teary eyes
- Vomiting, stomach cramps or diarrhea
- Swelling of the lips, tongue, face,

throat or other parts of the body.

These symptoms usually appear shortly after food consumption although it may appear a few hours later. A more severe reaction to food allergies is called anaphylaxis. Symptoms of anaphylaxis includes:

- Hoarseness, throat tightness or a lump in the throat
- Wheezing, chest tightness or trouble breathing
- Tingling in the hands, feet, lips or scalp

If your child suffers from any of these symptoms, call 911 immediately because these reactions can be fatal.



Pear and Walnut Muffins



Makes 15 servings

Ingredients

- 1/2 cup chopped walnuts
- 1 cup all-purpose flour (about 4 1/2 oz)
- 1/2 cup whole wheat flour (about 1 1/2 oz)
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2/3 cup packed brown sugar

- 2 tablespoons canola oil
- 2 teaspoons vanilla extract
- 1 (8oz) carton plain fat-free yogurt
- 1 large egg
- 1 1/2 cups finely diced peeled pear
- 3 tablespoons turbinado sugar
- Cooking spray

Directions

1. Preheat oven to 400°.
2. Place walnuts in a food processor; process until finely ground.
3. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next 3 ingredients (through salt) in a medium bowl; stir well with a whisk. Stir in ground walnuts. Make a well in center of mixture.
4. Combine brown sugar and the next 4 ingredients (through egg)

5. in a small bowl; add to the flour mixture, stirring just until moist. Fold in diced pear.
5. Spoon batter into 15 muffin cups coated with cooking spray; sprinkle batter with turbinado sugar. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately. Place on a wire rack. Serve either warm or at room temperature.

Amount Per Serving (1 muffin)

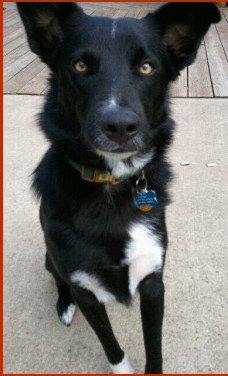
- Calories: 149
- Calories from fat: 30%
- Fat: 4.9g
- Saturated fat: 0.5g
- Monounsaturated fat: 1.6g
- Polyunsaturated fat: 2.5g
- Protein: 3.1g
- Carbohydrate: 23.9g
- Fiber: 1.3g
- Cholesterol: 14mg
- Iron: 1mg
- Sodium: 191mg
- Calcium: 76mg

*curtsey of myrecipes.com

Companion Animals



Happiness.



Chase—my best friend, fitness trainer, comedy special, pillow of love and so much more

I am no stranger to depression. In fact, I've suffered from depression multiple times over the last five years. My last bout with depression was the worst. I stayed inside the house as much as possible and I avoided social interactions. I became isolated and alone, locked up in my room. Needless to say it was a very hard time in my life.

Things began to change for me when I started going to group therapy once a week. It was a huge step, and it helped me begin my climb out of the darkness that is depression. While I was in group, a woman began talking about her dog and the benefits it had upon her mood. Intrigued I asked her questions which I later researched on Google. Surprisingly, there was data that supported animals having a positive impact on mood and health. I continued to research the type of dog breeds that would be the best for me. After weeks of re-

search and clear thinking, I adopted my dog Chase. There are no words to explain the impact my dog has had on my life. Instantly I began loving and caring for another living creature—something that seemed almost impossible before. What was even more astonishing to me, was how loved I felt by my dog. His love was unconditional. No matter how low I felt, or what mood I was in, I never felt judged. He loved me for me, no strings attached.

Over the coming weeks I began to see major changes in my life. I began a walking routine which got me out of my room and exercising (exercise is a natural way to increase mood). I started dropping the extra weight I gained while depressed which added to my new happiness. I frequented parks with my dog almost every day. We would sit together and just watch the world around us, no words needing to be said. We were just happy to be outside and in each other's presence. After a while

we began visiting dog parks. I found myself talking to other dog parents, making new acquaintances and even a new friend. I looked forward to the park as much my dog did.

My life was changing. Slowly the gloomy cloud that hung above me began to disburse and a sunny sky emerged in its place. My dog brought me more happiness and love than I ever thought I would be able to feel again. I owe my recovery—if not my life—to my dog Chase. If you too suffer from depression or any illness, a pet might be just what you need. It doesn't have to be a dog, a cat or guinea pig can be just as beneficial. Research whether having a pet would be beneficial for you. Take time with your decision to make sure you make the right one.

By: **Andreá Brown**
Editor-in-Chief

Computers Continued from pg.2

Here are some important websites to help you thrive:

- Mozilla Firefox – Use this browser instead of internet explorer. Surf the internet safely
- Annual Credit Report – Everyone is entitled to a completely free credit report once per year
- Spybot Search & Destroy Removes malware from your computer
- AVG Anti-Virus Free Edition Good, free virus protec-

tion

- KP.org Kaiser Permanente offers a suite of online medical-related solutions for your health

Romel Edmond is co-founder of Web Designs Express, offering small business owners suites of web solutions to help them succeed. Contact him at: romel@webdesignsexpress.com
Visit:
www.webdesignsexpress.com



Spybot Search & Destroy removes malware from your computer.

Clean Hands Keep the Germs Away

Throughout the day your children's hands touch almost everything they come into contact with—the door handle at school, the shared crayons, public restroom facilities, sport equipment like basketballs, and so much more. Germs are easily spread from person to person without proper hand washing. The most susceptible illnesses that are contributed to a lack of hand washing are: colds, the flu and/or food borne illness. According to the Centers for Disease Control and

Prevention (CDC), there were more than 52 million cases of the common cold last year among Americans age 17 and under. This resulted in children missing nearly 22 million days of school last year due to colds.

The CDC estimates that 100,000 Americans are hospitalized each year because of the flu—36,000 of these Americans will die from the flu and its complications. The CDC also estimates that children are two to three times more likely than

adults to get the flu as children frequently spread the virus to others.

Furthermore, almost 50 percent of all food borne illness is a direct result of failing to wash hands properly. Campylobacter, the leading cause of bacterial diarrhea affects 2.4 million Americans every year— many of them being children.



Teaching your child to wash their hands properly and frequently can help keep your child healthy .

September Events



Allensworth Scat to Rap

All proceeds are for the financial benefits of Emancipated Youths—who are exiting the foster care system.*Tickets are tax deductible

*Optional overnight camping
*Buses and vans will depart from Leimert Park

*Transportation will be provided to and from the event

When: September 10, 2011

Time: all day

Where: Allensworth State Historic Park

43 Palmer Avenue

Delano, CA 93219

Cost: \$15-General Admission
\$30-ticket and van transportation
\$45-ticket and charter bus transportation

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

Port of Los Angeles Lobster Festival

If you enjoy lobster and seafood, you definitely don't want to miss this lobster festival. There will be discounted lobster meals, music, performances, a pirate camp, tall ships, and a parade.

When: September 16-18,2011

Time: Friday: 5:00pm-11:00pm

Saturday: 11:00am-11:00pm,

Sunday: 11:00am-7:00pm

Where: Ports O'Call Village

Berth 76– Nagoya Way

San Pedro, CA 90731

Cost: Children 12 and under free, Adults: \$10

Info: www.lobsterfest.com



Los Angeles County Fair

The LA county fair is full of fun. There will be tons of great food, wonderful music, animals, vendor booths and a variety of rides. Tickets are \$10 at Ralphs.

When: Sept. 3-Oct. 2, 2011

Time: varies (usually 10am-10pm). Check website to be sure.

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

Cost: Adults, 13+: \$17

Child, 6-12: \$12

Seniors, 60+: \$14

Child 5 & under: Free

*These are weekend prices. Week-day prices are \$5 cheaper.

Info: www.lacountyfair.com



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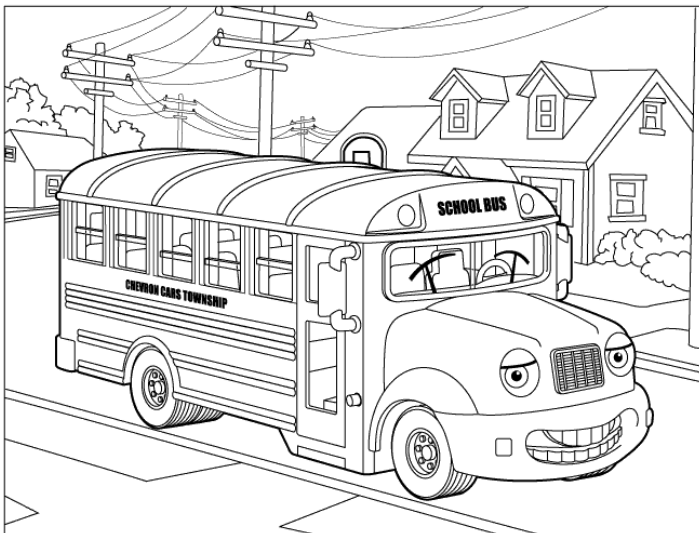
“Protecting the Legacy”

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.

To read more information on the resources mentioned in this month’s articles, please visit the resource page on our website.

Color This Picture!



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www.HAAFII.org

We can also be found on Facebook,
YouTube, and Blogspot
(www.HAAFII.blogspot.com).

