

HAAF TIME



VOLUME 3, ISSUE 11

SPRING 2010

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Global Warming Solutions Act (AB-32)

Assembly Bill 32, the Global Warming Solutions Act, was passed in 2006 with a goal to reduce greenhouse emissions in Los Angeles County to lower levels by 2020.

What are greenhouse emissions? Simply put, sunlight passes through the atmosphere and warms up the Earth which in returns redirects the heat back into space. As it passes through the atmosphere, greenhouse gases trap some of the heat and allow the remainder to continue outward into space. Greenhouse emissions are excess gases which trap more of the heat from continuing into space. This trapping

of heat increases the temperature on the planet. If global temperatures continue to rise, it would bring significant changes to the entire planet such as the ice caps melting, which would endanger wild life as well as human lives since water levels would rise.

Assembly Bill 32 calls for prompt reduction in L.A. County's greenhouse gas emissions to help slow global warming. The new bill orders the California Air Resources Board to implement "discrete early actions" which is a series of greenhouse emissions reducers. "Discrete early actions" consists of such things as

low carbon fuel standard, landfill methane capture, shore power, the tire pressure program and more.

In addition, Assembly Bill 32 requires the California Air Resources Board to employ a "scoping plan" which includes the main approaches California will use to reduce greenhouse gases.

Major rulemaking decisions for reducing the greenhouse emissions are set to be completed by January 1, 2011. The completion date for Assembly Bill 32 is December 21, 2020. For more information visit: www.arb.ca.gov/cc/ab32/ab32.htm

Earth Day 2010

This year, Earth Day is going to be on April 22, 2010. This marks the 40th anniversary of Earth Day! So here are some wonderful ways you and your family can enjoy making the earth a better place.

- 1) Carpool to work or school
- 2) Make sure to recycle all plastic, bottles, and paper
- 3) Try riding your bike instead of using your car
- 4) Plant a flower
- 5) Do some spring cleaning and donate all unwanted items

These are just a few things you can do to celebrate Earth Day or to kick off your new GREEN lifestyle.

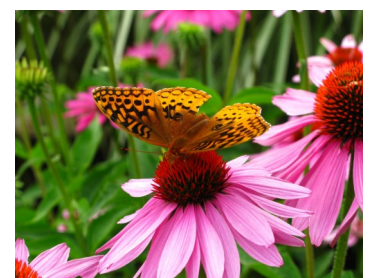
If you are in the LA area, on April 17, 2010 there will be a celebration of Earth Day on the Santa Monica Promenade from 10am-7pm. The address is 1300 3rd St, Santa Monica, CA 90401.

You can access the promenade by public transportation. If you have a bicycle bring it with you and enjoy a bike ride on the beach.

The best part about it is that it is

completely FREE! So bring the whole family and enjoy the sunshine at the Earth Day festival.

For more information on Earth Day, please visit: www.earthday.org and www.earthdayla.org for news and events in the LA area.



Spring Cleaning



Now that the winter is over and the weather is warming up, now is time for spring cleaning. It is the time for us to clean out our homes from top to bottom, from the garage to the basement, from the bathroom to the bedrooms, where no room is left unclean. With all the spring cleaning about to take place, this year we ask that you think about how you discard your materials.

Are you getting rid of large

furniture like a couch or a refrigerator? If it is still in good use, you might call up the Salvation Army to donate it. They will be more than happy to pick it up. If it is damaged or old, don't leave it on the sidewalk, simply call bulk pickup at (800) 773-2489.

Are you throwing out your old medication? Instead of throwing the medication in the trash or flushing it down the toilet, try calling your local pharmacy to see if they accept unused or

expired medication for disposal.

Throwing out that used aerosol can? What you might not realize is that unless the aerosol can is punctured it is considered hazardous waste. However, once punctured it is perfectly fine to recycle.

Getting rid of old clothes? Instead of just throwing them away, try donating them first. You can try donating them to a shelter, a local church, Goodwill, and/or the Salvation Army.

“Carpool when possible to help lower greenhouse gases.”

10 Simple Ways to Go Green

Here are some easy ways you can help the save the planet:

- 1) Recycle Recycle Recycle!
- 2) Go inside instead of driving through the drive thru
- 3) Try to walk or ride a bike instead of driving everywhere
- 4) Carpool when possible
- 5) Try to buy fresh fruit and vegetables instead of canned goods
- 6) Turn off all electricity when you leave the house
- 7) Try dressing warmer or getting a snuggie instead of turning on the heat
- 8) Use your ceiling fan instead of the air conditioner
- 9) Open windows to allow the sunlight in instead of turning on the light
- 10) Use compact florescent light bulbs instead of regular light bulbs

For more tips on going green please visit:
www.calrecycle.ca.gov

Men's Involvement Project

Healthy African American Families has created the Men's Involvement Project to focus on the men in our communities.

This project focuses on all men's health from high blood pressure to diabetes. Currently our working groups and meetings are focusing on stress

and drama in their daily lives.

The Men's 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.haafll.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 at 74th St and Crenshaw at the New Vision Church of God and Christ.

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

Recycling Makes Our Communities Better

By: Rev. Kupaji Jaliwa

One of the challenges that many of our communities face is recycling. When we drive down some of our streets, we find discarded furniture, appliances, trash etc. We walk our dogs and allow them to do “their business” without cleaning up behind them. We ride in our cars and throw our unwanted trash onto the streets. We work on our cars and allow discarded oil and other fluids to drain into our sewer systems. We don’t understand the impact this has on all of us.

I would like to encourage everyone to take the necessary steps to help our communities to do better. Recycling is easy—once we start practicing it. As organizations, I would encourage us to be more proactive. We can go green by using bio-degradable products in our offices, reducing the amount of paper we use by printing double sided, changing our regular light bulbs for fluorescent energy saving bulbs, and recycling our plastics, cans and

paper. We can also make a list of all the Recycling Centers within our communities and post them up so that they are available to the community.

In the City of Los Angeles, you can dial 311 and get information for pick up of furniture, appliances and other large items. You can also receive information on how to discard oil and other fluids from your car without polluting our drainage systems. Information is available through the Department of Water and Power on how to switch out your toilets for a low flush toilet that will conserve water better. There is

also a program through DWP that allows you to replace your old refrigerator for an energy efficient refrigerator. You can also request that someone come out to your house and show you how to make your home more energy efficient. Recycling can also be a way for some members in our community to earn extra income, start a business, and of course make our communities better and stronger.

So let’s do this together and teach our children the importance of creating a “Green” environment that we all can be proud of.



Letter From the CEO

Welcome to spring everyone! I hope you are enjoying the blossoming flowers and trees as much as I am. This season we are stressing the importance of recycling. With global warming upon us, each of us needs to take responsibility for our part in saving earth.

In the upcoming months we will be hosting a number of conferences and

community events and there is something for everyone. We invite you to join us by calling our office at (323) 292-2002 or by registering online at www.haafll.org.

Men in the community have been overlooked in the past and we see you. We are extremely excited to host our first annual Men’s Health Conference this summer. So men,

young and old, bring your stories, ideas and experiences and enjoy this conference that is meant to let your presence be known.

You can access the dates for all of our upcoming events on our website so be sure to stop by and check it out!

Allergies and Spring

“Do some spring cleaning to help get rid of allergy culprits.”

“Many large electronics carry lead in them which is poisonous to humans.”

For some people spring is the most celebrated season of the year because the snow is gone, the weather is beginning to warm up and the flowers are blooming. However, for those who have allergies, spring is the most dreaded season of the year. While most people are enjoying the flower's beauty and exquisite smell, those with allergies are suffering from nasal congestion, itchy watery eyes, rashes, the hurricane season of sneezes and the all

too embarrassing runny nose.

Here are some things you can do to try to get through spring with the least amount of discomfort.

1. Close your windows to stop pollen and other particles from entering your house. If it is hot, try turning on your air conditioning or ceiling fan to help with the heat.
2. Do some spring cleaning to help get rid of allergy culprits.

3. Keep your nose clean. Pollen and other irritants sometimes stay in the nasal passageway. By cleaning out your nose you get rid of any left over allergy irritants.



Disposing of Computers, TVs, and Printers

When you're thinking about upgrading to a new computer, television or printer, think about disposing of it properly. Many large electronics carry lead in them which is poisonous to humans.

When the TVs, computers and printers are dumped in the garbage they are sent to the landfill where they are crushed allowing lead to seep out. To avoid having large levels of lead in landfills you can help by

disposing of your electronics properly. There are several ways you can dispose these items.

If your electronics are still in working condition you might opt to take them to a local thrift store or put an ad for it on the internet and someone might even buy it.

If your electronics are broken or just don't work anymore you can look into dropping them off at electronic stores.

Some stores like Best Buy, Dell and Sony offer recycling programs for junk electronics.

Another option you have is to go online and do some research. Many websites like www.Earth911.com have listings of places you can drop your items off at.

For more information on disposing of electronics, please visit: www.epa.gov/waste/conserve/materials/ recycling/donate.htm

Recycling Cell Phones, Batteries and Light Bulbs

If you have an old cell phone you no longer use you can take your cell phone to AT&T regardless of your carrier. All phones are accepted. If you would like to donate your phone you can visit: www.cellphonesforsoliders.com

For used light bulbs you can go to your nearest Home Depot and drop your light bulbs in the designated bin. To reduce the amount of trips to Home Depot and money spent, switch your regular lights to compact fluorescent light bulbs.

To dispose of batteries you can drop them off at Home Depot, Wal-Mart, Staples, AT&T and many more places. You can go green by purchasing rechargeable batteries. For more places to recycle visit: www.Earth911.com



Rechargeable batteries are the way to go!

Spring Events

LA Zoo and Botanical Gardens

Open 10am-5pm everyday

\$13 for adults

\$8 for children

FREE for children under 2

533 Zoo Drive

Los Angeles, CA 90027

(323)644-4200

Long Beach Aquarium

Open 9am-6pm everyday

\$23.95 for adults

\$11.95 for children (3-11)

100 Aquarium Way

Long Beach, CA 90802

(562) 590-3100

Please note: May purchase both LA Zoo & Long Beach Aquarium together for a discount price.

\$29.00 for adults

\$17.00 for children

America I Am: The African American Imprint

California Science Center

Open until May 2, 2010

\$9.50 for adults

\$8.50 for students and youth

\$6.00 for children 12 & younger

Exposition Park

39th St & Figueroa St

Los Angeles, CA 90037

(323)SCIENCE

Spring 2010 National College Fair at the Pasadena Convention Center Exhibit A and B

Tuesday April 27, 6-8pm

Wednesday April 28 9am-12pm

FREE

300 E Green St

Pasadena CA 91101

(626)793-2122

www.gotomyncf.com

Star Eco Station

Friday 1pm-5pm

Sat & Sun 10am-4pm

\$8.00 for adults

\$7.00 for children 15 & younger

10101 W. Jefferson Blvd

Culver City, CA 90232

(310) 842-8060

www.ecostation.org

ALL EVENTS ARE ACCESSIBLE BY PUBLIC TRANSPORTATION



Where to Get Recycling Bins

If you live in a multifamily building such as apartments, condos, cooperative and mobile homes, you qualify for the free recycling program. This means that you will be provided with free blue bins to drop your recyclables in, free recycling service once a week, and free educational material about what is accepted in the blue bins. To get more information or sign up, please call (800) 773-2489 or send an email at multifamily@lacity.org

If your home or apartment building needs more than one recycling bin or multiple recycling bins, you can

call the Los Angeles Bureau of Sanitation at (800) 773-2489 and receive them at no extra cost.

If you live in a single family home and you are already a Department of Water and Power customer in Los Angeles all you have to do is call the Bureau of Sanitation and request a recycle bin. Since you are already a DWP customer and pay for trash collection they will send you a recycle bin free of charge. Once again that number is (800) 773-2489. You can visit their website at www.lacitysant.org



A typical set of disposal bins.



Healthy African American Families Phase II

3756 Santa Rosalia Drive
Suite 320
Los Angeles, CA 90008

Phone: (323) 292-2002
Fax: (323) 292-6121

Editor in Chief: Andrea Brown
Email: AndreaBrownHAAF@gmail.com

“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



Have Some Fun with an Earth Day Maze!



HAAF would like to give a special thanks to Jefferson High School. With their help, HAAF has produced the third edition of HAAF Time.