

People and Events

Protecting your child from poison

Tips and resources to help keep your child safe

SACRAMENTO – Each year, about 91,000 children suffer from accidental poisonings. While the majority of these cases are not fatal, they are avoidable. Knowing basic types of household poisons, and where they can be found in your home, is the first step to poison prevention.

Start by becoming familiar with different products in your home, as poisons may be hard to detect and come in a variety of forms. Focus on child-proofing key places that contain toxic materials. It's easier to do than you might think.

Poison comes in many forms

To help you determine the types of poisons present in your own home, the following list includes four primary forms of poisons and provides some examples of each.

Liquid. Liquid medications and cleaning supplies such as bleach and laundry detergent are harmful if a child swallows them.

Solid. Medications in pill form can be toxic if a child swallows or chews them. Other common household items, such as soap, are hazardous to children if eaten.

Spray. Many cleaning products such as all-purpose cleaners come in spray bottles. Perfumes and pesticides can also

be dangerous to a child.

Invisible. Lead and carbon monoxide are examples of invisible poisons that are common health hazards. Lead is found in dust from lead-based paint as well as in some toys. Carbon monoxide is emitted from cars, gas ovens and space heaters. To help reduce these poisons, make sure your home always gets enough fresh air. Also, consider installing a low-cost carbon monoxide detector that signals when levels are too high.

Danger zones in your home
To safeguard your child against potential poisoning, start by focusing on a few important rooms in your home. Remember that most items are best kept out of sight and reach of your child.

Kitchen/Laundry Room. Keep household cleaners like dishwasher soap, detergent and oven cleaners in a cabinet with child-proof locks. If you store them in a cupboard, make sure they are high enough that children cannot reach them.

Bathroom. Cabinets and drawers may contain products like medication, vitamins, hair products, rubbing alcohol, and even nail polish that can be dangerous to children. Put them in the medicine cabinet only if it is out of reach. Otherwise, lock them in a cabinet or drawer.

Bedroom. Clear nightstand

of medications or creams. Be cautious of where you leave your purse since it may contain many items that can be harmful to children if eaten, including cosmetics, lotions, medications, and cigarettes. Also, be aware of your child's toys since some may contain lead as well.

Garden. Many household and outdoor plants as well as fertilizer and pesticides can be poisonous. Keep plants above reach, and teach your child not to put plants in his or her mouth. Always look for plants that are not harmful like herbs, jasmine or roses. And after applying fertilizer, water and dry the lawn completely before letting your child play on the grass. Don't forget to always wash your hands after gardening.

Walls. Some older houses are painted with lead-based paint. Children may breathe the dust from this paint or swallow small flakes of paint. Test your home for lead to ensure your child is safe.

Resources available to help
Keep these resources nearby to help in the event of an accidental poisoning.

California Poison Action Line. If a child is not breathing after ingesting poison, call 911. If the child is alert, call the California Poison Action Line at 1-800-222-1222. Have as much

information as possible available, like the name of the product and time of poisoning.

Kit for New Parents. This free resource, a \$75 value, includes instructional DVDs, guide books and helpful brochures with parenting information, advice and useful tips. The Kit also includes the California Poison Action hotline telephone number on a magnet to keep on the refrigerator door. To get your Kit, call 1-800-KIDS-025 or contact First 5 California.

Environmental Protection Agency. To learn about how to test your home for lead, call 1-800-424-LEAD or visit www.epa.gov/lead.

US Consumer Product Safety Commission. Call 1-800-638-2772 or visit www.cpsc.gov to get a list of toys that have been recalled due to lead and other hazards.

First 5 California encourages all parents to keep their children safe at home, and never underestimate their interest in many areas of the house. For more information on parenting resources or other First 5 California programs, please call 1-800-KIDS-025 for English assistance, 1-800-597-9366 for Chinese assistance, 1-800-597-9511 for Korean assistance or 1-800-597-9855 for Vietnamese assistance. They can also visit first5california.com. ■

WaterWorks: Soak up the Science at Lawrence Hall of Science

DOES Your Water Footprint Make a Splash? How many minutes do you let the tap run while brushing your teeth?

The average North American uses 93 gallons of water in a typical day. Take a 15-question quiz at WaterWorks: Soak up the Science!, the current exhibit at Lawrence Hall of Science, to find out your water footprint. As you answer each question you'll see and hear tubes beside you fill with the matching volume of water. The amount calculated for the question above is 4.23 gallons per minute, so if you answer .5 minutes 2.1 gallons will pour into the tubes.

UC Berkeley's hilltop science center is hosting WaterWorks, a hands-on exhibit that promises "H2O from A to Z" through April 19. Visitors can create rainbows and clouds, as well as operate a model municipal water system and use hydraulics to lift 500 pounds. State-of-the-art multimedia presentations in the Water Theater highlight Earth's water sources, the life cycle of water, and conservation.

The colorful and engaging experiences of WaterWorks will help visitors understand:

- the water cycle
- groundwater and surface water
- sustainability - managing and

protecting water as a resource

- prevention, reduction and elimination of water pollution
- water chemistry and how water relates to the environment
- household uses of water and energy efficiency
- waste, energy, air and biodiversity

• importance of water sheds

- glaciers and icecaps as store-houses of freshwater

*WaterWorks: Soak up the Science! is a production of Science North, Sudbury, Ontario, Canada. Tour presented by Dow Corning. Local sponsors: Marin Municipal Water District, East Bay Municipal Utility District, and Sonoma County Water Agency.

Also at Lawrence Hall of Science: Animal Grossology

Enter the world of the gross in Animal Grossology: a larger-than-life adventure that will require all of your senses - including humor. It's a whole body experience that brings to life the gritty, engrossing facts behind - well, behinds, and other animal body parts.

Animal Grossology, at Lawrence Hall of Science, UC Berkeley through September 6, follows the hilariously informative style of the children's series Grossology written by Lawrence Hall of Science alumna, author and science teacher Sylvia Branzi. ■

The Passion of El Hulk Hogancito

SAT-Sun, Apr 4-5 8PM/6PM

Bayanihan Community Center

1010 Mission St @ 6th St
San Francisco, CA 94103
Admission: \$13 advance, \$15-20 @ the door

Tickets: www.brownpaper-tickets.com/event/56330

\$2 off when you enter discount code "kul friend" when purchasing tickets.

The Passion of El Hulk Hogancito is an exhaustive digression from traditional literary and performative practice. Part literary reading, part lecture, part homage to childhood heroes, and part performative historiography, Perez wrestles with authorship and manic obsession, presenting an historical moment-the murder conviction of two Filipina nurses in the 1970s (one of whom is his mother)-as undeniably personal, traumatic and of course, always, of course, political.

The show also features *CLICK* by Allan S. Manalo, an eerie, twisted monologue about obsessive infatuation, Stevie Wonder, and frappuccinos. Written inside a Manila Starbucks, the anti-hero, Bick, performed by Dennis Rodis, is based on a true-life composite of a university student who failed to act upon his fantasies.

An Excerpt from *The Passion*:

"Third Grade is all about warfare.

Soon we're stopped at San Diego Avenue. F*** this intersection. Turn right and you enter Locos del Sol barrio. Up ahead: scrawny palm trees, the I-5 and the Pacific Ocean. Directly to the right, in the bicycle lane, stand the peewees, the apprentice-gangsters with not much better to do than ditch and flash signs at passing traffic. These not-quite eses, in their shaved heads, shredded Dickies and Cortezes, manipulate their fingers to spell the acronyms of the most elaborately-named gangs. It is their God-given purpose to assure that Rancho Del Oeste 1 & 2 Bedroom Apartments Posse does not go unnoticed in this cruel cruel world."

Jason Magabo Perez, writer and performer, received his M.F.A. in Writing & Consciousness from the New College of California. His short fiction has been selected as a Finalist for Narrative Magazine's 30 Below Story Contest and Fiction Contest, and is forthcoming in Witness: Issue XXIII. A VONA Summer Voices Writing Workshop alumnus and a featured artist for the New Americans Museum and the Aja Project, he also has been invited to perform at the

La Jolla Playhouse. Currently, he is writing a novel and teaches for the Ethnic Studies Program at the University of San Diego.

Allan S. Manalo is a Filipino American writer, director, producer, and stand-up comic, who has performed in over 400 colleges and comedy clubs throughout 47 states. Manalo was the co-creator and Artistic Director of the Filipino American experimental comedy troupe, tongue in A mood. He served as the Managing/Artistic Director of Bindlestiff Studio until moving to Manila in 2003, where he taught and produced standup comedy. Today, he has returned to Bindlestiff Studio as its new Artistic Director. As a writer, Manalo's works have been featured in Filipinas Magazine, Manila Times, Manual, stage presence: conversations with Filipino American performing artists, Liwanag II, and ZYZZYVA Literary Journal. ■



Star Pacific Travel's Frank Gajunia is shown in photo above with award-winning actor Cesar Montano at Benihana Restaurant in San Francisco's Japantown during the latter's recent visit to the Bay Area. Gajunia is a Philippine travel specialist who strives to find the best fares for his clients. Contact Frank Gajunia of Star Pacific Travel at (650) 271-6669 or (415) 251-6726. (Advertising Supplement)

Here's to the Class of 2009

Don't think 'job,' think 'professional work' after college

Dear Mom and Dad

Please send money, I'm so broke that it ain't funny.

Well I don't need much, just enough to get me through ...

Love, your baby girl.

Jennifer Nettles

"Baby Girl!"

Boy did we hand ya'll a mess ... the worst recession in our lifetime, two wars, mortgage foreclosures, college loans to pay back, plus your grandkids will probably have to start chipping away at that three trillion dollar debt everyone talks about.

Take heart, Class of 2009, you're not the only ones.

Our parents handed us a mess - Cold War, Vietnam, racism, segregation, etc., and their parents handed them a mess - Great Depression and WW II. Go back a few more years to the class of 19 09, that's when college grads faced the Spanish Influenza and the Great War.

"Anyone trying to land that first professional job right after college, has never had it easy - even during the dot-com boom," observes Dick Pirozzolo, Wellesley, Massachusetts-based public relations pro.

The veteran PR guru, who founded Pirozzolo Company Public Relations in 1981, observes, "Automated news release distribution and database services mean newcomers to public relations do not have to stuff envelopes or run the Gestener Machine. College grads will be sought for their understanding of Social Media and the under 30 market. But they won't get to develop strategy for clients or write position papers and op-ed pieces right out of the gate."

He adds, "Despite technology changes and the emergence of Social Media as a corporate communication medium, young professionals in public relations still start on routine matters - new product and personnel news releases, assisting with events management and working their way up. During the process, they get to sit in on strategy and new business meetings and learn the ropes, all the while doing the routine jobs that need

to get done. Same as it ever was."

Pirozzolo, who has served startups, major corporations and foreign government agencies including Japan, Vietnam and Canada advises, "Ban the word 'job' from your 'job' search. Focus on getting professional work instead. Try to get freelance work, volunteer anywhere you can to build professional skills, reputation and relationships."

Julie Denehey, a Boston-area public relations pro, put it this way, "A young web 2.0 savvy college grad might join the legions of "user generated content" providers and get savvy about the blogosphere or write for CNN doing iReports. Very cool stuff, and it gives them a chance to write and blog to their heart's content while gaining valuable interviewing, writing and photo/video experience... where journalism now lives."

But if you are frustrated looking for that first real job - e.g. professional work - after commencement, consider these suggestions to get you through.

1. Try to freelance for a weekly newspaper covering town meetings. It will give you practice writing and thinking like a reporter - essential PR skills. And you will learn a lesson in making a dull zoning board meeting sound interesting. You will also learn how to find the issue and see both sides of it. Plus you will get paid for writing something, that first \$25 check will be a big ego boost.
2. Cable companies all have studios and local news operations, where you can volunteer and learn basic TV news production skills - from camera operation to floor manager to editing on Final Cut Pro.
3. Write one article for the school paper before you graduate - at least you will have a news clip to show prospective employers.
4. Join the US Army, US Air Force or US Navy. Talk to a local recruiter about getting into Armed Forces Radio and Television (AFRTS) or becoming part of the information operation of a military branch - best training you will ever get in PR, News and Life! And, despite all the misconceptions about "having to take orders," you will get more responsibility, respect for your position and

have more authority a lot faster than in any civilian job you can get right out of school - whether you are a young officer or enlisted person. (There are also reserve slots available, so you can combine work with military experience and training.)

5. Volunteer for a social action or church group - take the organization on as you would a client and promote them like crazy.

6. Find an aunt, uncle or neighbor who owns a business and offer free PR services for the summer. Then ask a local PR agency to give you some guidance... most pros will share their knowledge. Even a tiny business needs a news release now and then.

7. Go to graduate school in public relations or journalism. Go to a university near where you want to work - e.g. BU for Boston, NYU or Columbia for New York. You will make old-school-tie contacts that will pay off for years. Take Media Bistro courses to hone your skills in various aspects of PR and writing - www.mediabistro.com.

8. Go to law school - and forget the whole thing!

9. Produce your first feature film or documentary - pay for it with your parents' credit cards and enter it into film festivals, hoping for the best. If your film gets selected you will meet a lot of interesting, creative and media savvy people.

10. Don't sweat it - get the folks to buy you an SLR digital camera and a really good flash for graduation, and travel on the cheap to Asia, The Middle East or Europe. Keep sending your pictures out to magazines and your local paper... just get something published!

For more tips on getting professional work after college - or at other times in your career - go to the Pirozzolo Company Blog at <http://tiny.cc/PirozzoloBlog74>

And to continue with the Jennifer Nettles theme...

.. I know it's worth all the dues I pay,

When I can write to you and say,

Dear Mom and Dad

I'll send money, I'm so rich that it ain't funny ...

Good luck class of '09 ■

Mainitnons sa Amerika

The Mainitnons Sa Amerika will hold its 4th grand reunion from July 17-19 in Dallas, Texas. For more information, please visit <http://mainitnonssaamerika.multiply.com>.



An Afternoon of Philippine Classics

ON June 7, 2009, at 3:00 in the afternoon, the Obandenian Association of Northern California will present An Afternoon of Philippine Classics at Angelico Hall, Dominican University of California, 50 Acacia Ave., San Rafael, California. Featured artists are soprano Catherine Alcorin-Ellacer, violinists Julie Mellon and Ed Wilcox, and, pianist Josephine Claridades Sanchez, who is also the producer.

The repertoire consists of original and arranged versions of music written from 1920-1960 by early Filipino composers who brought about the evolution of Philippine music: all-time favorites like Mutya ng Pasig, Sa Kabukiran, Tag-araw, Ang Maya, Katakata-taka, No Duaem Pay, Sampaguaita, Hatinggabi, Bayan Ko, Pobreng Aindahaw and more.

The concert is to benefit the Scholarship Fund, Medical/Dental Mission and other projects of the Obandenian Association of Northern California to help families in the poor areas of Obando, Bulacan, Philippines.

Concert tickets are \$15 for general admission and \$10 for children 13 years old and below.

For tickets and more information, please visit our web site at www.obandenian.org or call Josephine at (415) 272-0874 or Ed at (209) 824-9323. ■