

# HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc. November 2003  
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437

## The Heavenly Taste of a Diet from Hell: A Look at the Harmful Effects of the Western European Diet

Sankofa Khari was in his early teens when he was diagnosed with Myasthenia Gravis. Along with a total hip prosthesis from a roller skating accident, he went through one Thymectomy (open heart type procedure) and a total of eight hip surgeries, not one of them with even half positive results.

After being on all kinds of medications and after the last surgery which almost took his life, he decided to research diet and find ways to cure his body from several ailments and diseases. With years of research and discipline, Sankofa became a Vegan (eating mostly organic/raw foods as much as possible), and witnessed the incredible changes in his body, mind, and soul. Twenty five plus years later, Sankofa has not only maintained his diet, but has seen his health improve even more.

**A Special Presentation  
by  
Sankofa Khari**  
**Thursday, November 20<sup>th</sup>**  
**7:00pm**  
**APEDF Wellness Center**  
**1327 MLKing St. S. (rear)**  
**St. Pete, FL**  
**(727) 821-2437**

Sankofa became aware that the harmful effects of the Western European Diet is not only self-destructive but genocidal. Irradiated, fumigated, disease/drug inoculated foods, tap water, preservatives, meats which carry life threatening diseases (salmonella, etc.) and much more — all have created a Terrorist Diet for the Black Man & Black Woman.

Sankofa would like to share his thoughts & documentation:

- Do you really know what is in the foods you eat?
- Ways to change your diet from meat eater to vegetarian.
- Fasting information and the results.
- Why eating raw foods is better than cooked foods.
- Juicing and its healing properties (enzymes).
- Display and demonstration of healthy kitchen appliances as opposed to conventional methods of food preparation.

## Banana Oatmeal Muffins **Makes 10-12 muffins.**

1 1/4 cup rolled oats  
1/4 cup soy flour  
3/4 cup unbleached flour  
1/2 cup sugar  
1 1/2 tsp. baking powder  
1 tsp. baking soda  
1/4 tsp. salt

1 egg, beaten  
2 cups mashed bananas  
1/4 cup soybean oil  
1/4 cup butter, melted  
1/4 cup raisins  
1/4 cup ground-roasted soynuts

Per muffin: 238 calories, 7g protein, 33g carb, 10g total fat, 26mg cholesterol, 4g dietary fiber, 46RE vitamin A, 22MCG folate, 4mg vitamin C, 15mg calcium, 1mg iron, 180mg potassium,

1. Preheat oven to 375\* F. Grease 10 to 12 medium muffin cups or use muffin papers.
2. In a large bowl, combine oats, both flours, sugar, baking powder, baking soda and salt.
3. Stir in egg, mashed bananas, soybean oil and melted butter.
4. Fold in raisins and nuts.
5. Pour into prepared muffin cups, and bake for 20-25 minutes, or until inserted toothpick comes out clean. Let cool in pan for at least 15 minutes. These muffins can be frozen for up to one month.

# APEDF sponsors Town Hall Meeting on Economic Development

## The People's Plan vs. The City's Plan

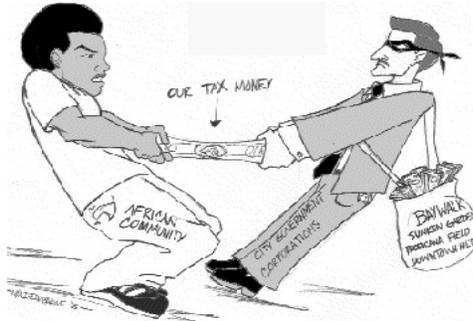
On Wednesday, November 5, 2003 the African People's Education & Defense Fund (APEDF) sponsored a Town Hall meeting on Economic Development in St. Petersburg, FL.

Speakers addressing this critical issue included Ironiff Ifoma, President of APEDF; Lou Brown, Realtor; Rodney Bennett, New Beginnings Community Development Corp; Penny Hess, National Chair of the African People's Solidarity Committee; and Omali Yeshitela, Uhuru Movement leader. Local business owners and individuals also expressed their concerns and visions during the open mike.

All of the speakers addressed the history of the City's "economic development" plans that have always come *at the expense* of the African community. Everyone agreed that we must be organized as a united front to have the power to force the city to implement the people's plan for genuine economic development that creates equal prosperity for the entire City.

Omali Yeshitela gave an insightful analysis of the history of the economy of St. Petersburg, which currently results in 71% of Africans living in poverty in "Midtown" or South St. Pete, and which also explains part of the historic tension between the African community and the police. He made it clear that "economic development" is an economic and political problem of power, and urged us to rid ourselves of the current cynicism where we expect the City politicians not to fulfill their promises and we don't hold them accountable.

Everyone noted the significance of the Coalition of African American Leadership (CAAL) that was formed after murder of TyRon Lewis seven years ago. CAAL brought together the entire community across class lines, fighting for the interests of all businesses and individuals. Several years ago the Black Community Convention attended by 400-600 people formulated an economic development plan that included a vision for the Harambe



### UNITE AND BUILD FOR GENUINE ECONOMIC DEVELOPMENT IN THE HANDS OF THE AFRICAN COMMUNITY

We need you to be part of making the PEOPLE'S PLAN a reality!

Come to the APEDF Economic Development Committee Meeting Thursday, Dec. 4th 6:30pm

Enoch Davis Ctr 1111 18th Ave. S. For more info call 727-821-2437

Village cultural and tourist center owned by the African community. We can use this plan as a basis to develop a united program, and to rebuild a strong group to educate and organize the community to win the resources for true economic development that uplifts the entire community.

Come to the APEDF Economic Development Committee Meeting Thursday, Dec. 4th at 6:30pm at Enoch Davis Center to be part of this positive future.

### THE CITY'S TRACK RECORD:

- Broken promises and hopes
- Displaced and destroyed African communities and businesses to build interstates and the Dome
- Millions for police sweeps and attacks on the African community, but no money to start or expand African businesses
- Palm trees on 16th Street and neighborhood signs
- Money to build a grocery store and rebuild Mercy Hospital and the Manhattan Casino, all white-owned
- \$12 million in taxpayer money to Baywalk \$13 million to Sunken Gardens; none for south St. Pete

### WHAT WE WANT:

- True economic development that means the African community owns and controls the economy, property, profits, and development in our community
- African owned businesses, not imported corporations
- Grants and loans for African businesses to start or expand
- Jobs and contracts for any development given to African residents, contractors and businesses
- Create job opportunities and businesses for everyone that will raise the pay scale for all workers by making black labor more competitive

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# All People's TyRon Lewis Community Gym Guide to Great Fitness



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## Stretching: The Most Vital Component

*By Damon Reio, Manager  
TyRon Lewis Community Gym*

Perhaps because of the duration of the process and the lack of patience of the individual, many people often overlook stretching before exercising. Furthermore, even some advanced trainers skip stretching, because of their lack of understanding the significance of this aspect of exercise and fitness. Stretching is a crucial element that must be implemented if you are trying to attain a healthy, flexible, and sculpted body.

### Stretching Prevents Muscle Cramps and Tears

Whether running, swimming, working out at the gym, or even dancing, our muscles will fatigue after using them for a long duration, causing our bodies to cramp or become prone to an injury. A consistent anaerobic exercise such as weight lifting or swimming will require sugar from your body (glucose) to be used as energy. As a by-product, lactic acid is released in the muscles, which is also used for energy.

Unfortunately, our body produces more lactic acid than can be used for energy, causing a build up which makes our body cramp and fatigue. Stretching can relieve this build up and make you less prone to fatigue and injury.

Stretching is the most vital component in exercise because of its beneficial properties. Before and after exercise, stretching prevents injuries such as muscle tears, cramps, and will help improve the recovery process during and after your tough workout. While resting in between a set during your workout, stretching in the interim will assure that you successfully complete the next set without fatigue, thus your overall workout is improved.

Prevention of injury is a key element in any program. Stretching will help the body achieve its greatest potential in the shortest time possible.

### Stretching Prevents Soreness and Improves Flexibility

After you workout, stretching is as important because it will relieve the post-stiffness and soreness attributed from exercise that may last for several days. In order to continue to live a healthy lifestyle, you have to exercise amongst other factors such as eating nutritious foods. But continuing a profound exercise regimen requires the durability of your limbs and muscles for optimal range of motion and intensity, which can only be guaranteed through exercise that targets your flexibility capacity.

Stretching will  
prevent injuries and  
improve flexibility.

Hip/glute stretch.



Another advantage of stretching is the increase of your flexibility, leading to a better physique. Flexibility is defined as the measure of the joint's range of motion in relation to soft tissue elasticity. In order to increase flexibility, you have to stretch the soft tissue.

Flexibility training should be consistent and is an important component of a fitness plan. It can help prevent the shortening of the muscles and tendons, and allow for improved form and movement. Stretch to improve your flexibility and maintain a good workout program. Each stretch should be done for at least 10 seconds and target every muscle in your body. Age, sex, arthritis, scar tissue, acute injury, adaptive shortening of the tendons, and your genetics are some factors that can affect your flexibility. Come into the TyRon Lewis Gym and have us show you stretching exercises that are right for you.

# Protect Yourself from Nasty Organisms and Bacteria that may be in your Gym

By Damon Reio, Manager

TyRon Lewis Community Gym

At most fitness centers, especially the All People's TyRon Lewis Community Gym, members of the club are required to bring a clean towel and dress apparel not just for of the safety of the equipment, but also for the safety of the individual.

A regularly used gym can be a host for germs and illnesses if the facility is not consistently clean. Most counties and states have passed laws mandating gyms to maintain a certain level of cleanliness, but the sanitation of the weights and other equipment basically falls under the jurisdiction of the gym. Bringing a clean towel and dress attire will help protect you from these bacteria that may exist in your gym, due to lackadaisical cleaning and sweat left on equipment after use. Other safety precautions should also be taken when maintaining a healthy lifestyle at your fitness center.

Next time you go to the gym, notice everyone in your proximity sweating. Bacteria require a moist environment to breed. In addition, you should look at the barbells, cable extension equipment, and cardiovascular machines. They provide ample surfaces for germs to lurk. In the duration of your workout, your hands are constantly in contact with germs as you push, pull, and hold on to pieces of equipment transporting bacteria. Even walking into a steam room barefoot could give you a virus.

"Most cold and flu viruses are transmitted by someone touching someone or through fomites (inanimate objects on machines constantly touched)," says Barbara Hanson, associate professor of biology at Canisius College in Buffalo, NY. "Droplets from someone's nose may fall on the gym equipment, then the next person may touch it and rub his or her nose. Then they are infected."

Fortunately, if you go to the gym regularly, you are likely to have a

stronger immune system than someone who does not work out and, thus, you can combat germs better than the general population. You're also likely to have less infectious diseases to pass around, according to Michael Das, writer of *Germ Warfare*.

Yet it is very important to know the bacteria that may be present at your gym, and learn how to prevent yourself from contracting it. Otherwise, you are defeating the purpose of staying in shape.

**Four Major Micro-Organisms Bacteria.** These are single-celled organisms that attack from many fronts. People and equipment, including dirty towels and showerheads are prone. Certain strains such as staphylococcus aureus and streptococci can cause bad skin infections.

**Fungi.** More complex but still single-celled organisms, they tend to thrive in places with lots of moisture. Common types cause noted gym afflictions like athlete's foot and jock itch. Other types of fungus can be worse.

**Protozoa.** Another single-celled organism like Giardia, can be found in hot tubs, whirlpools, and swimming pools that have not been properly sanitized. Protozoa are the rarest of the four major gym-germ threats," says Michael Das.

**Viruses.** They are more complex than other organisms, and require a host to survive. Cold and influenza viruses are the most common. They are transmitted person to person and through fomites. Once viruses infect the body, they tend to stay in the respiratory tract, infecting other cells to make more virus particles.

## Preventive Measures

At the TyRon Lewis Gym, we have a policy that everyone must bring a towel and wipe down the equipment before moving on another piece of equipment. Every gym should have this or similar requirements. At

minimum, the gym must be wiped down once a day. Other preventive methods should be utilized to avoid coming in contact with any of the four main micro-organisms mentioned.

- Wash and dry your hands thoroughly. Your hands are the middlemen in the distribution of germs. Touching an infected area then rubbing your nose or eye or touching someone else can surely cause an illness if you did not wash and dry your hands.
- Germs love moisture; do everything in your power to reduce wetness in your area. Wipe down equipment before and after you use it.
- Carry two towels with you: one to wipe the equipment, the other to wipe your body.
- If you have a scrape, cut, or abrasion, cover it up. If you have cuts or scrapes, use the shower not the tub.
- When showering after working out (which you should do), wear shower shoes. Shower floors can host many fungi if not wiped down and sanitized.

At the All People's TyRon Lewis Community Gym, we take health very serious. We understand that in our communities, African people get sick more often than people in the white community because of the lack of a sanitary environment. Our facility is clean and sanitized three times a day. It is still necessary for you to take these precautions to protect yourself because organisms are still everywhere. So the next time you come to the gym, make sure you follow these guidelines and don't forget to bring your towels.

Citations:  
Michael Das: "Germ Warfare," *Muscle & Fitness Magazine*. April 2002 p 177, 236

# Supplement of the Month: Fish and Omega-3 Fatty Acids

The American Heart Association recommends Omega-3 fatty acids to benefit the heart of healthy people, and those at high risk of, or who have cardiovascular disease.

**The AMA recommends eating fish (particularly fatty fish) at least two times a week.** Fish is a good source of protein and doesn't have the high saturated fat that fatty meat products do. Fatty fish like mackerel, lake trout, herring, sardines, albacore tuna and salmon are high in two kinds of omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

They also recommend eating tofu and other forms of soybeans, canola, walnut and flaxseed, and their oils. These contain alpha-linolenic acid (LNA), which can become omega-3 fatty acid in the body. The extent of this modification is modest and controversial, however. More studies are needed to show a cause-and-effect relationship between alpha-linolenic acid and heart disease.

## Guide for Omega-3 Fatty Acid Intake

Population	Recommendation
Patients without documented coronary heart disease (CHD)	Eat a variety of (preferably fatty) fish at least twice a week. Include oils and foods rich in alpha-linolenic acid (flaxseed, canola and soybean oils; flaxseed and walnuts).
Patients with heart disease (CHD)	Consume approximately 1 g of EPA+DHA per day, preferably from fatty fish. EPA+DHA supplements could be considered in consultation with a physician.
Patients who need to lower triglycerides	2 to 4 grams of EPA+DHA per day provided as capsules under a

**CAUTION:** Patients taking more than 3 grams of omega-3 fatty acids from supplements should do so only under a physician's care. High intakes could cause excessive bleeding in some people.

# Black Women and Osteoporosis

Black women have strong, thick bones that are 10 percent denser than white women's. That makes African women less prone to osteoporosis, the excessive loss of bone that strikes 20 million mostly older women and leads to hunched backs and broken bones.

But that doesn't mean we're immune to the disease: Black women, especially thin, small-boned women, those who don't exercise or eat right, and smokers are still at risk for osteoporosis. What's more, for African women who do have osteoporosis, the outcome is worse: Our survival rate is lower than that of white people.

Osteoporosis most often strikes women after menopause. Bone density peaks at about age thirty-five, then begins to decrease. It declines rapidly during the first few years after menopause because of decreasing levels of estrogen, which protects bones.

The easiest way to protect against osteoporosis is to keep your skeleton strong by doing the following:

- **Exercise.** Bones are living tissue, and they can be built up with exercise. Weight-bearing exercise, such as walking and running, are the best bone builders.
- **Take care of yourself.** Smoking, drinking large amounts of coffee (several cups per day), and poor eating habits have linked to osteoporosis.
- **Get adequate calcium.** Consuming high levels of calcium-rich foods can help build bones or even retard bone loss. Older women need at least 1,000 to 1,200 milligrams per day, and fish, and leafy green vegetables are all calcium rich. You can also try *hijiki*, a black sea vegetable that looks like spaghetti and has fourteen times more calcium than milk. You can find it in health food stores. You may also need to take calcium supplements if you can't get enough from food.



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