

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc. April 2004
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437

APEDF Celebrates Community Hero Boxer Winky Wright

On March 27, 2004 the African People's Education and Defense Fund (APEDF) sponsored a victory celebration for our community hero boxing champion Ronald "Winky" Wright.

Winky returned to St. Petersburg after winning a decisive victory on March 13 in Las Vegas over Sugar

Shane Mosley, with an estimated 400 loyal St. Petersburg fans in attendance chanting "Winky, Winky!"

For the first time in 29 years, Wright united the IBF, WBA and WBC titles, standing undisputed in junior



APEDF President Ironiff Ifoma presents Winky Wright an award "From the Heart of the Hood" with Keith Mtundu Stewart (left) displaying Winky's championship belt. Photo by Pop Lancaster

middleweight class. The free event

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Love Your Liver - Key to Good Health

(From Health Well Newsletter)

Springtime is the Season of the Liver and Gallbladder

Spring is the time when nature rises from her long winter nap. Like nature, liver energy also rises in spring.

According to Chinese medicine, the liver is responsible for many of the important functions necessary for maintaining good health.

One of its most crucial functions is to facilitate the free flow of Qi (life force energy) and blood throughout the body. This is necessary to ensure proper nourishment for every cell, tissue, tendon,

muscle, and organ. If the free flow of Qi and blood is blocked, the liver energy will rise too quickly or too slowly.

When Qi is blocked, an array of symptoms may appear such as dizziness, migraines, "lump" in throat, or distending pain around the ribs; women may experience

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Spring Cleaning For the Mind & Body

Learn about Effective Detox Methods

Thursday, April 22 6:00pm

APEDF Wellness Center

1327 Dr. ML King St. So. (rear), St. Pete
(727) 824-5670 or 821-2437

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All People's TyRon Lewis Community Gym



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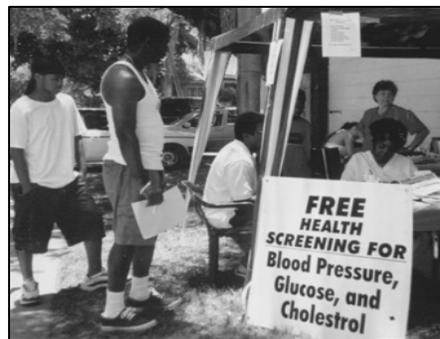
Sat. 8 am - 4pm; Sun. 12 - 4pm

Third Anniversary of the APEDF Wellness Center African Power Health Fair & Weightlifting Expo Coming June 4 & 5, 2004

On Friday and Saturday June 4th and 5th, the All People's TyRon Lewis Community Gym will host our 3rd annual African Power Health Fair and Weight Lifting Expo in recognition of our 3rd anniversary of serving the African community through the opening of our Wellness Center in 2001.

Improving the health of the African community through building health consciousness and confronting diseases that plague our community is our goal. The annual African Power Health Fair and Weight Lifting Expo will help us reach this realistic goal.

On Friday June 4th (place and time TBA) we will have a speak out and seminar on overturning the health contradictions and epidemics in our African community.



Representatives and health professionals from all over the country will give analysis and statistics on the conditions of our people as it relates to health, followed by resolutions and helpful information on what must we do in order to live longer and healthier lives.

The Health Fair will include professionals from various health organizations with information and presentations on diabetes, hypertension, proper nutrition, exercise, holistic healing and much more. You will also have the opportunity to get free health screenings such as diabetes, HIV/AIDS, hypertension, visual/hearing, etc.

Be sure to mark your calendar because this is an event that you will definitely regret missing.

Saturday June 5th, we will have our annual power lifting exhibition at the All People's TyRon Lewis Community Gym at 1327 Dr. MLKing (9th) St. So. in St. Petersburg. Professional and beginner lifters from throughout the state and country will demonstrate to the community this exciting sport. There will be live entertainment by local artists and a large selection of health food. We will also have on-site health screenings and free health consultations for everyone.

If you would like to volunteer, weight lift, or offer your assistance in your field of expertise, please call Damon at the TyRon Lewis Gym, (727) 824-5670.



Keys to Successfully Losing Your Stomach

Second of a four part series

By Damon Reio, Manager,
TyRon Lewis Community Gym

March issue of the Healthy Connections newsletter featured the first part of this article which gave a general introduction on the anatomy of the stomach and the basic principles involved in trimming your waist.

When trimming your waistline, it is necessary to confront three elements that are relative to your fat burning and toning process of the mid-section. Routine abdominal training, cardiovascular exercise, and a comprehensive nutritional guideline are dependent upon attaining your goal of having a trimmed mid-section.

In the following article, we will focus on the abdominal training aspect. You will learn and understand the importance of training your abs through resistance training as well as specific exercises that you can do in order to add definition to your abdominal muscles.

The Importance of Abdominal Training

Abdominal training is a fundamental, but not the only, priority to losing inches from your stomach. Just as training any other body part, training the abdominal region with routine resistance training encourages muscular strength and endurance, leading to muscular definition.

Our muscles become stagnant if we do not work them, causing our body to physically adapt to our environment. The development of our muscular strength and endurance is dependent upon the

workload it receives, which in turn, attributes to the physical development of the muscle.

When training your abs, you should understand that you are training particularly to build endurance and to make your abs stronger. Muscles trained to be stronger and withstand longer durations of exercise become bigger and can be trained with higher intensity. As a result, your abdominal muscles become toned.

Remember, abdominal training without the other two important elements will not guarantee a well defined stomach. Regular endurance and strength training increases the number of protein molecules in the mitochondria (energy source in cells), allowing for a faster conversion of ATP.

This increases in the amount of energy produced in your muscle cells – and the more energy means that you are able to exercise longer and at a higher intensity than are lesser-trained athletes.” In addition, your body is able to consume more macronutrients such as protein, which is vital for building and developing more muscle.

If you are a beginner at abdominal training, your muscles will become very sore as result of them being stagnant for so long. It is important to continue to train them in order to improve the process it must undergo to be stronger and contain more endurance.

I recommend doing one exercise per abdominal muscle (we will discuss these muscles further) as a warm up on your workout days. Do this for 3-4 weeks before designating workout days for

specific ab training. As your body gets use to the routine, you will no longer be sore and will now be able to increase the intensity.

Know Your Abdominal Muscles

When doing resistance training, it is very important to know exactly what muscles you are targeting.

Several muscles in the mid-section constitute the abdominal region. Training one muscle more than you may train another in the abdominal region will promote a disproportionate waistline and poor posture. There are four muscles that make up the abdomen:

Rectus abdominis - Generally the front portion of your abdomen, this is the section that creates the “six-pack” look of the stomach. The lower section of the rectus abdominis should be isolated when training.

External oblique - These are the sides of the abdomen. Poor oblique muscles create “love handles.”

Internal oblique- These are the muscles underneath the external oblique.

Transverses abdominis- This is an involuntary muscle underneath the rectis abdominis. This muscle is responsible for “tucking” in our stomach although we do not have control over this muscle.

Exercises to Build Stronger and More Muscular Abs

For the first 3-4 weeks of training your abs, do these exercises only in conjunction with your workout as a warm up.

(Continued on next page)

Supplement of the month: Milk Thistle

Milk thistle (also known as silymarin) has been shown in scientific studies to repair and rejuvenate the liver. Milk thistle protects the from toxins and pollutants by preventing free radical damage and stimulates production of new liver cells.

It also protects the kidneys and is good for gall bladder and adrenal disorders, inflammatory bowel disorders, psoriasis, weakened immune system, and all liver disorders.

Milk thistle is a powerful antioxidant (cancer fighter — has shown anticancer effects against prostate cancer and breast cancer) and is helpful in the treatment of alcoholism and drug addiction.

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Successfully Losing Your Stomach, *Continued from Page 4*

Sample Workout

1. Jog – 5-10 minutes (warm up)
2. Abdominal warm up:
 - Sit ups - 3 sets of 10 (rectos abdominis)
 - Leg raise - 3 sets of 10 (lower rectos abdominis)
 - Side bends - 3 sets of 10 (oblique)
 - Tummy tucks - 3 sets of 10 (transverses abdominis)
3. Weight lifting workout
4. Cool down walk or jog

After strengthening the abs for 4 weeks, you should be ready to do a full ab workout 2-3 days a week. 2-3 exercises per muscle in the abdomen are enough for a full workout. As your body gets use to the intensity, increase it by adding weights or increasing the number of repetitions or sets.

Here are several ab exercises that you can do in order to muscularly train your abs:

Sit ups (r. abdominis)- Lay down with arms crossed over your chest. Sit up with your torso and legs at a 90 degree angle. Go half way down and start over.

Stomach crunches (r. abdominis)- Lay down with your knees bent and your feet flat on the floor. With your hands gently behind your head, visualize yourself trying to push your ribs into your belly button.

Knee raise (lower r. abdominis)- Lay down with your back and legs flat on the floor. Bend your knees, to a 90-degree angle, to your pelvis and slowly bring them back down. Hold on to a sturdy fixture for leverage.

Leg raise (lower r. abdominis)- Lay flat on your back, holding on to a sturdy fixture for leverage. With your legs straight, raise them until they are straight up right. Slowly lower them down and repeat.

Side bends (oblique)- Stand with a dumbbell in one hand. Bend side ways until your free hand touches the bottom of your knee cap. Switch sides and repeat

Side crunches (oblique)- Lay on your side with knees slightly bent for balance. Place your hand behind you head and visualize touching your pelvis with your elbow.

Tummy tucks (transverses)- Lay flat or stand up. Take a deep breath and slowly blow all of the air out from your lungs. Visualize yourself trying to make your belly button touch your spine. Repeat.

You should train your abs 2-3 times per week. Make sure you give them enough time to recover in order for the muscles to grow and give you the flat stomach that you desire. You should also incorporate other stomach exercises in your routine for variety and to work the muscle at different angles. This will promote stronger and durable abs. As a result, you will be able to train at higher intensities, which will speed the toning and definition process.

In the next issue, we will focus on cardiovascular training and its benefits as it relates to losing your stomach.

Winky Wright

(Continued from page 1)

took place at the Coliseum in St. Petersburg, with about 1,500 people in attendance. Everyone was in their Sunday best as we honored our champion Winky Wright and showed how much he means to this community. Local boxing fans and community supporters had a chance to meet and congratulate our hometown hero. There was also a showcase of talent that featured Bombai, Life, and the Uhuru Band.

APEDF President Ironiff Ifoma presented Winky with an award "From the Heart of the Hood" in acknowledgement of the example he has set for all of us. He is an inspiration and a model of health and achievement for our youth and our community. And while the African community gets portrayed as full of drugs and crime,

Winky Wright is truly representative of the high caliber and potential of our young people if they are given the chance to succeed. This is the third event in several years that APEDF has held to acknowledge what a treasure we have in Winky Wright while the City, local newspapers and others have refused him the recognition and ignored his tremendous success.

Uhuru Movement leader Omali Yeshitela began his special presentation by telling Winky that "You were my champion, long before you won this fight." Like the African community's struggle for economic and social justice, Winky had to fight long and hard, isolated and without broad support, for everything he got, Yeshitela explained. He is a shining example of discipline, dedication and achievement in the face of adversity. Winky exemplifies the incredible talent, too often unrecognized, that abounds in our community.

Abasi Baruti of the International People's Democratic Uhuru Movement made a special appeal for everyone to support the legal fight of Keith Mtundu Stewart, corner man, personal trainer, and long time close



"You were my champion, long before this fight," said Omali Yeshitela, Uhuru Movement leader, addressing the crowd at the Winky Wright Victory Celebration on March 27th at the Coliseum.

friend of Winky Wright. Mtundu is facing felony charges for speaking out against the police who were brutalizing an African man they were arresting at BayWalk on October 3, 2003. Mtundu is also an example of courage and principle for all of us to stand up for the rights and dignity of African people.

Guest of honor Winky Wright thanked everyone for the long years of support that got him to where he is. He thanked those who came to Las Vegas and said when in the ring he could hear the chanting and that helped push him on through the 12 rounds. Winky encouraged all the young people to be dedicated, work hard, not to listen to discouraging words, and said you can achieve anything you want. He also thanked the Uhuru Movement for always supporting him.

APEDF gives a special thanks to our sponsors who helped offset the tremendous costs of the event: Attorney Grady Irvin, Lundy's Liquors, Liberty Taxes, Saffron's Restaurant & Catering, and the diehard Winky Wright Fan Club.

Many thanks to everyone who attended the event and donated whatever they could. We also very much appreciate the raffle donation from Mtundu of the corner jacket, and raffle donation from Winky Wright of the signed pair of boxing gloves that helped this truly grassroots effort by APEDF, the people's organization. APEDF's various requests to City of St. Pete for sponsorship or assistance went ignored.

This event would not have been possible without the hard work and dedication of the ad hoc committee who planned and organized it in record time: Tisha Cassaway, Angela Waller, Val Sanders, Cherice Cureton, Alvelita Donaldson, Cassandra Floyd, Sandy Thompson, Tamara Wilcox, Ironiff Ifoma, Damon Reio, Kitty Reilly, Mtundu Stewart, and Abasi Baruti.

APEDF is now planning a City-wide parade "From the Heart of the Hood" on Saturday, April 24th to recognize and appreciate Winky Wright and all those who will follow him; to raise all our unsung heroes and showcase our talent in all areas of athletics, entertainment, business, etc.



Please join this committee to put on the parade by calling APEDF at 727-821-2437. Let's make this an annual parade and festival with crafts, food, and culture to recognize and assist people in creating economic opportunities for their talents. Join with APEDF and Winky Wright in championing for recognition and economic development for our local artists, rappers, singers, poets, small businesses – for our achievers and for the tremendous potential in our community.

Love Your Liver, Continued from Page 1

PMS and irregular and painful menstruation.

The liver also plays a huge part in our emotional stability. When we are healthy and in good spirits, our emotions are balanced. When the liver is in balance, we are capable of excelling at such skills as planning and organizing.

When we lack these abilities or become compulsive about them, an acupuncturist will check to see if the liver energies are out of balance. If we experience constant anger, frustration, resentment, or depression, it may also be a sign that the function of the liver is out of balance.

The reverse is also true. Each organ is affected by prolonged emotional stress and its associated emotion. In the case of the liver, anger and resentment affect its normal function, if experienced for a lengthy period of time, it can cause significant health problems. Bringing liver energies into balance can alleviate emotional ups and downs.

Maintaining and supporting liver vitality helps to create a foundation of health. This time of year is the ideal season for spring-cleaning. Begin by removing the clutter that gathered in your home over the winter. Then consider an internal spring cleanse by conducting a fast or liver cleansing to purge, purify, and balance both mind and body.

It is important to mention that people who have difficulties losing weight, may benefit from a liver detox. Some of the common problems associated with weight loss difficulties are stress and poor carbohydrate metabolism, which are directly related to liver function.

Master Cleanse
2 tbsp of fresh squeezed lemon or lime juice
1-2 tbsp of 100% maple syrup
1/10 tsp cayenne pepper
8 oz. filtered water

Drink 1 master cleanser 3 to 12 times a day in the early phase of Spring. It can help ease and cleanse the body.

Lemon – the perfect Liver food and a great body cleanser. It is high in vitamin C, potassium, and other minerals. It can clear toxins from tissues and organs.

Cayenne Pepper – Eliminates toxins and mucus, clears blood and keeps the body warm.

Maple Syrup – provides calories, sweetness, energy, and B vitamins.

Your Amazing Liver

Did you know that if 90% of your liver were removed, the remaining 10% could create a whole new one? Did you know that the liver carries out 500 different functions?

The liver:

- Detoxifies and cleans poisons, chemicals, and drugs from the blood and breaks them down into less toxic compounds that can be easily eliminated.
- Stores nutrient and mineral rich blood, and extra blood in case of emergencies.
- Absorbs and stores fats, carbs, and proteins from food you eat.
- Monitors menstruation
- Manifests itself in the nails and skin (skin disorders and nail problems indicate liver problems)

Barbecued-Lemon Chicken

Yield: 8 servings Calories: 239 per serving
Cholesterol: 73 milligrams Fat: 5.5 grams

1/2 cup finely chopped onion
2 tbsp light brown sugar
2 tbsp prepared mustard
1 tbsp chili powder
1 tsp Worcestershire sauce

1 large clove garlic, minced
1/2 reduced-calorie ketchup
1/2 cup lemon juice
1 tsp grated lemon rind
8 6-oz skinless chicken breast halves or thighs

Preheat the broiler. Combine the first nine ingredients in a saucepan, stirring well. Bring the sauce to a boil over medium heat. Cover, reduce heat, and simmer for 20 min. Place the chicken on a foil-lined broiler pan (or rack that has been sprayed lightly with vegetable oil spray). Lightly brush the chicken with the sauce mixture, and place under the broiler (or on outdoor grill) for 15 min. Brush with the barbecue sauce again, turn, and cook for 15 more min.

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