

# HEALTHY CONNECTIONS

**EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME**

Wellness Program of the African People's Education & Defense Fund, Inc. August 2005  
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437 www.apedf.org

## 4<sup>th</sup> Annual Health and Fitness Fair Saturday October 22, 2005

The All People's TyRon Lewis Community Gym will host its 4<sup>th</sup> Annual Health and Fitness Fair in St. Petersburg, Florida on Saturday, October 22. This fun and educational event is part of the work of the African People's Education & Defense Fund to help the African community solve our own problems and overturn the disparities in healthcare, education, and economic development.

October 24<sup>th</sup> 2005 marks the 9<sup>th</sup> year anniversary of the murder of young TyRon Lewis – an 18 year old African teenager gunned down by St. Petersburg police. After his murder, the African community made a successful demand for economic development by exposing the economic underdevelopment in "Midtown" and showing that the answer to our impoverishment is not the need for more policing, but for an influx of capital and commerce owned and controlled by the African community.

The African People's Education and Defense Fund has continued the lead in fighting for a public policy of economic development. We successfully conducted the African Festival Market in 1999 as a business and commerce incubator, and established the All People's TyRon Lewis Community Gym and Wellness Center in 2001. These two institutions are examples of economic development run by the African community for our own benefit.

Like the previous health fairs held by APEDF, there will be a host of medical providers offering free services, seminars and information on specific health topics that affect our community such as hypertension, lupus, prostate cancer and drug addiction. Free health screenings will be provided and the opportunity to donate blood or bone marrow. We also plan to provide free CPR and first-aid training.



Finally, we will host our annual weight lifting exhibition, a friendly competition in which people from across the state of Florida will participate in three power-lifting events awards for everyone participating. This year we also plan to include a boxing exhibition with boxers from the local

Tampa Bay area. And as always, there will be live music and healthy food.

**If you are interested in hosting a seminar, setting up an information booth, or would like to volunteer to plan or staff at the health fair please contact Damon Reio or Nate Washington at (727) 824-5670. We are also accepting participants in the weightlifting and boxing exhibition. Take control of your health and be part of this exhilarating event!**

APEDF hosts this program annually for the community free of charge. Your support is needed. If you would like to participate in the 4<sup>th</sup> annual health fair and support the advancement of a healthier community, **please make a tax-deductible donation to APEDF, All People's TyRon Lewis Community Gym, 1327 9<sup>th</sup> Street South, St. Petersburg FL 33705.** Your donation is highly appreciated and will help make this event tremendously beneficial for the African community.

**EMPOWERING OUR COMMUNITY  
ONE BODY AT A TIME!  
A HEALTHY AFRICAN COMMUNITY  
IS GOOD FOR EVERY BODY!**

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# HIV, AIDS and African Americans

## Do you know your HIV status?

**A disproportionate 47% of those living with HIV are black. 67% of black men do not know they are infected — more than three times the percentage of unaware whites in one study.**

Blacks account for nearly half of the more than 1 million Americans with HIV, according to recently released federal data that suggests the battle lines of the nation's AIDS epidemic are marked as much by race as by sexual orientation.

An estimated 1,039,000 to 1,185,000 Americans were living with HIV at the end of 2003, the Centers for Disease Control and Prevention said at the 2005 National HIV Prevention Conference in Atlanta.

Forty-seven percent were black, a disproportionate figure considering that blacks make up about 13 percent of the U.S. population. Whites accounted for 34 percent of the HIV-positive population and Hispanics 17 percent. Gay and bisexual men made up 45 percent of the total.

"The HIV epidemic, initially most prominent among white gay men, has expanded to affect a wide range of populations, with African-Americans now most severely impacted," Dr. Ron Valdiserri, deputy director of the CDC's HIV, STD and TB prevention programs, told reporters.

In a separate analysis of 1,767 men who have sex with men, CDC researchers found that 46 percent of blacks were infected. That compared to 21 percent of whites in the group and 17 percent of the Hispanics, according to the study, which was carried out in five U.S. cities and presented at the conference.

### **Blacks Most Unaware of their HIV Status**

The researchers also discovered that 67 percent of the black men in the group did not know they were infected before participating in the study, more than three times the percentage of whites who were unaware.

Valdiserri said providing gay and bisexual black

men and other high-risk subgroups with testing and prevention services was a key step to halting the spread of HIV.

AIDS, which destroys the immune system and leaves victims vulnerable to opportunistic infections and cancers, has killed about a half million Americans and at least 22 million people worldwide since 1981.

Health experts have been warning of a possible resurgence of the epidemic, which eased in the early 1990s following the development of antiretroviral drugs targeting the disease.

Since the late 1990s, when U.S. deaths from AIDS stabilized at 16,000 per year and new HIV infections stabilized at 40,000 per year, the disease has shown signs of a comeback among gay and bisexual men and intravenous drug users.

The CDC, however, said it was possible that the make-up of the HIV positive population would shift in coming years to reflect a higher proportion of infections among blacks, women and individuals infected by high-risk heterosexual contact.

To combat the changing scope of HIV, the U.S. government is emphasizing programs that focus on testing and counseling people who are already infected. The government also recommends that pregnant women, intravenous-drug users and anyone who engages in unsafe sex receive routine HIV testing.

AIDS activists, however, attack the approach, which was introduced two years ago, because they believe it leads to reduced funding for programs that emphasize condom use and other safe-sex practices for uninfected people.

*Source: www.medline.com*

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



1327 - 9th Street So.  
St. Petersburg  
824-5670

## Strengthen and Tone Your Chest

By Damon Reio, Manager,  
All People's TyRon Lewis Community Gym

Next to having an admirable six pack or big biceps, the pectoral muscles of the chest are a great asset whose cosmetic qualities may represent one's physical vigor. Men with enormous and developed chest muscles are assumed to be powerful and healthy as they strut on the beach, at the gym, or even in the supermarket.

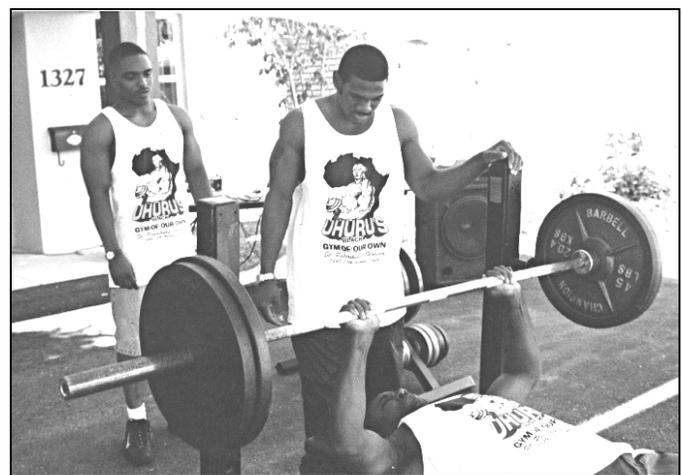
Despite the fact that one may have big and defined arms or even a wide back, a small chest will definitely overlook these great features. There are also physical strengths associated with women who have developed chest muscles. Cosmetically, developed "pecs" overlook one's age as it makes her appear to be younger. In women, these muscles help tighten and lift the breast area and prevent "sagging". Generally for both genders, the chest is an important part of the body that symbolizes strength, health, youth, and confidence.

### Anatomy of the Chest

The large fan-shaped pectoralis muscle group lies over the upper rib cage. It attaches to the humerus, or upper-arm bone. This muscle contracts to pull the humerus from a position with the elbow well behind the body to one in which the elbow is forward and across the mid-line of the body. By pulling the humerus across your body at different angles, you can selectively stress various parts of your chest muscles. For example, pulling your arms across your body above the shoulder line places stress on the upper chest muscles, while pulling your arms across your body below the shoulders places emphases on the lower chest area.

### Chest Exercises

The following exercises will help strengthen and tone your Pectoralis muscles:



**Bench Presses.** Bench Presses are considered to be one of the best basic exercises for the upper body. Benches strongly stress the pectorals, front shoulders, and triceps. Lie back on the bench or floor (if using dumbbells at home) with your arms 3-5 inches wider on each side than shoulder width. Place your feet flat on the floor to balance your body as you do the movement. Making sure that your elbows travel directly out to the sides, bend your arms and slowly lower the barbell or dumbbells from the downward position to lightly touch your chest three inches above or on your nipple line. Without bouncing the weight, slowly push it back up and straighten your arms. Repeat this cycle for the desired number of repetitions.

**Incline Presses.** Whether performing this movement with dumbbells, a barbell, or on a machine, incline press strongly stress the upper pectorals, front shoulder, and triceps. Place a barbell or dumbbell at the head end of the incline bench. Straighten your body as you lie back on the bench. Your arm and shoulder positioning should be the same as on the bench press. Making sure to keep your elbows back as you do the exercise,

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# Understanding Breast Cancer

Breast cancer is the most common type of cancer among women in this country (other than skin cancer). The number of new cases of breast cancer in women was estimated to be about 212,600 in 2003. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.

The most common type of breast cancer is ductal carcinoma which begins in the cells of the ducts. Other less common types of breast cancer include lobular cancer, which begins in the lobes and more often found in both breasts, and inflammatory breast cancer, in which the breast is warm, red and swollen.

## Understanding Cancer

Cancer begins in cells, the building blocks that make up tissues, which make up the organs of the body. Normally, cells grow and divide to form new cells as the body needs them. When cells grow old, they die, and new cells take their place.

Sometimes this orderly process goes wrong. New cells form when the body does not need them, and old cells do not die when they should. These extra cells can form a mass of tissue called a growth or tumor. Not all tumors are cancer. Tumors can be benign or malignant.

**Benign tumors** are not cancer. They are rarely life-threatening. Usually benign tumors can be removed, and seldom grow back. Cells from benign tumors do not spread to tissues around them or to other parts of the body. The spread of cancer is called metastasis.

**Malignant tumors** are cancer. Malignant tumors generally are more serious than benign tumors. They may be life-threatening. Malignant tumors often can be removed, but they can grow back. Cells from malignant tumors can invade and damage nearby tissues and organs. Also, cancer cells can break away from a malignant tumor and enter the bloodstream or lymphatic system. That is how cancer cells spread to form new tumors in other organs.

## Risk Factors for Breast Cancer

- **Age:** The chance of getting breast cancer goes up as a woman gets older. Women over 60 are at greatest risk.
- **Personal history of breast cancer:** A woman who has had breast cancer in one breast has an increased risk of getting this disease in her other breast.
- **Family history:** A woman's risk of breast cancer is higher if her mother, sister, or daughter had breast cancer, especially before age 40. Having other relatives with breast cancer on either her mother's or her father's side of the family may also increase a woman's risk.
- **Certain breast changes:** Having certain types of abnormal cells in the breast (seen under a microscope) increases the risk of breast cancer.
- **Genetic alterations:** Changes in certain genes increase the risk of breast cancer. In families in which many women have had the disease, genetic testing can sometimes show

the presence of specific genetic changes. Health care providers may suggest ways to try to reduce the risk of breast cancer, or to improve the detection of this disease in women who have these changes in their genes.

### • Reproductive and menstrual history:

- The older a woman is when she has her first child, the greater her chance of breast cancer.
  - Women who began menstruation before age 12, went through menopause after age 55, or never had children also are at an increased risk.
  - Women who take menopausal hormone therapy for 5 or more years after menopause also appear to have an increased chance of developing breast cancer.
  - Much research has been done to learn whether having an abortion or a miscarriage affects a woman's chance of developing breast cancer later on. Large, well-designed studies have consistently shown no link between abortion or miscarriage and the development of breast cancer.
- **Race:** Breast cancer occurs more often in white women than Latina, Asian, or African American women.
  - **Radiation therapy to the chest:** Women who had radiation therapy to the chest before age 30 are at an increased risk of breast cancer. Studies show that the younger a woman was when she received radiation treatment, the higher her risk of breast cancer later in life.
  - **Breast density:** Older women who have mostly dense (not fatty) tissue on a mammogram are at increased risk of breast cancer.
  - **Taking DES:** DES is a synthetic form of estrogen that was given to some pregnant women in the United States between about 1940 and 1971. Women who took DES during pregnancy have a slightly increased risk of breast cancer. This does not yet appear to be the case for their daughters who were exposed to DES before birth. However, as these daughters grow older, more studies of their breast cancer risk are needed.
  - **Being obese after menopause:** After menopause, women who are obese have an increased risk of developing breast cancer. Being obese means that the woman has an abnormally high proportion of body fat. Because the body makes some of its estrogen in fatty tissue, obese women are more likely than thin women to have higher levels of estrogen in their bodies. High levels of estrogen may be the reason that obese women have an increased risk of breast cancer. Also, some studies show that gaining weight after menopause increases the risk of breast cancer.
  - **Physical inactivity:** Women who are physically inactive throughout life appear to have an increased risk of breast cancer. Being physically active may help to reduce risk by preventing weight gain and obesity.
  - **Alcoholic beverages:** Some studies suggest that the more alcoholic beverages a woman drinks, the greater her risk of breast cancer.

## Did You Know?

The combination of eating too much and exercising too little appears to significantly increase the risk of breast cancer, particularly in postmenopausal women, according to new studies.

# Supplement of the Month: Arctic Root

Although new to the U.S, **arctic root** has been used for hundreds of years in Asia and Russia. Known as **arctic root** or *Rhodiola rosea*, this herb fortifies us against stress, increases energy and stamina, and enhances the fat-burning effect of exercise. **Arctic root** is an *adaptogen*, a compound derived from plants that can help mediate the effects of environmental stress on the body. Known in Europe as the *ginseng alternative*, **arctic root** has all the energizing benefits of ginseng without the jittering effects caused by ginseng. It is also completely non-toxic, even at high doses.

When we are under physical or mental stress, our bodies produce a hormone called cortisol, which helps the body cope with some immediate stress but has some nasty side effects. In particular, high levels of cortisol put the body in a catabolic state, in which protein is broken down for energy, which tears down muscle – precisely the last thing someone in fitness wants. **Arctic root** has been shown to counteract the negative effects of cortisol. This is important because cortisol overload increases the risk of many diseases such as heart disease, Alzheimer's, cancer, diabetes, and osteoporosis. Cortisol also makes our bodies retain fat, especially around the middle. Controlling cortisol is not the only thing that **arctic root** does. It also normalizes levels in brain chemicals involved in mood. Some people find that it effective for mild depression.

**Arctic root** is so prized in Russia that it was given to Russian cosmonauts to help them deal with the enormously stressful effects of space travel. **Arctic root** is claimed by Russian scientists to hold many of the beneficial effects of anabolic steroids in terms of promoting better performance without any of the negative side effects.

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## Strengthen and Tone Your Chest, Continued from Page 3

slowly bend your arms and lower the bar down to lightly touch the upper chest at the base of your neck. Without bouncing the weight off your chest or arching your back, push the weight back to the starting point.

*Decline Press.* Decline presses stress the lower portion of the chest muscle. Like the flat bench or incline bench press, your shoulder and arm positioning is the similar. The difference is that you will be on a decline bench where your will have to place your toes under a restraint for support. Keeping your elbows back, slowly bend your arms and lower the bar or dumbbells down to touch the lower part of your chest at the sternum line. Once again push the weight up, repeat cycle.

*Flat/Incline/Decline Dumbbell Flies.* When you do these exercises, you can isolate your triceps from the movement and place very direct stress on your pecs and front shoulders. Grasp two light dumb bells and lie on your back on your choice of exercise bench. Bring the weights to straight arms length directly above the joints of you shoulders and rotate you wrists where the palms are facing each other. Pretending

that you are wrapping your arms around a wide pole, make sure that your upper ars are traveling directly out to the sides. Slowly lower the dumbbells in a semicircular arc to as low of a position as is comfortable for you. Using your chest strength, slowly return the weights back along the same arcs to the starting point. Repeat this cycle for desired repetitions.

The chest is a large muscle group on the body and takes time to develop. Be patient and follow these few exercises no more than two times per week and you will develop a stronger chest.

If you are a beginner, start off with these four exercises. You can also combine pushups to this regimen. If you are just starting out do 3 sets of 10 repetitions. For more advanced lifters, 4 sets of 12 with shorter rest intervals may be more suitable for you.

There are more exercises that challenge these muscles that you can learn if you join the All People's TyRon Lewis Community Gym. Stop by or call today!

**Fitness & Your Cardiovascular Health**

**Thursday, August 25 at 6:30pm**

**APEDF Wellness Center**

**1327 Dr. ML King St. So., St. Pete 727-824-5670**

# ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM



## GREAT EQUIPMENT

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- Steam room and shower



## ALWAYS LOW RATES; NO CONTRACTS

- \$25/month, \$10/week, \$5/day, \$250/year
- Group Rates and Special Discounts available
- Sliding scale/free to those who qualify

**1327 DR. ML KING ST. SO.  
ST. PETERSBURG, FL 33705  
(727) 824-5670**



## FRIENDLY, SUPPORTIVE ATMOSPHERE

- New members receive free orientation, personalized fitness plan, and instruction on all equipment.
- All ages, levels of training welcome in a non-intimidating atmosphere. About 40% of members are women.
- Nutritional consultations, vitamins, power drinks, and supplements.



## PERSONAL & GROUP TRAINING

- Free group circuit training sessions 6:15 - 7:00 am Monday - Friday
- Affordable personal training with special group rates available.

## CONVENIENT HOURS:

Monday - Friday 6 AM - 9 PM  
Saturday 8 AM - 4 PM  
Sunday 12 - 4 PM

## POWER LIFTING TEAM

Open to anyone, with annual weight lifting exhibition and participation in regional contests. Several of our members have won awards and broken state records.



# Join the APEDF Wellness Committee

## Get involved to improve health in the African community!

- \* Help write, produce, distribute Healthy Connections Newsletter
- \* Help promote the aerobics classes and fitness gym services to the community: distribute flyers, send out media announcements, attend community events
- \* Help put on health fairs, seminars and special events for the community

**Call 727-824-5670 or 727-821-2437**

### **VOLUNTEERS WANTED: UHURU FURNITURE NEEDS YOU!**

Support social & economic justice for the African community!

Volunteer opportunities: Sales assistance, sorting, cleaning and organizing collectibles, designing window displays, moving furniture and helping on the truck, distribution of literature, phone work, research and computer/website work. No experience necessary, we'll train you.

**CALL 727-896-4577**



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## **Paella**

Serves 4

Preparation Time: 30 minutes

Cooking Time: 55 minutes

### INGREDIENTS:

12 mussels, scrubbed, beards removed  
 ½ cup white wine  
 1 small red onion, chopped  
 ½ cup olive oil  
 1 chicken breast fillet, cut into cubes  
 9 oz raw shrimp shelled and deveined  
 3½ oz calamari cut into rings  
 3½ oz white boneless fish, cubed  
 ½ small red onion, extra, finely chopped  
 1 rasher bacon, diced

4 cloves garlic, crushed  
 1 small red capsicum, finely chopped  
 1 tomato peeled and finely chopped  
 ½ cup fresh or frozen peas  
 3 oz chorizo or pepperoni, thinly sliced  
 pinch of cayenne pepper  
 1 cup long grain rice  
 ¼ teaspoon saffron threads  
 2 cups chicken stock, heated  
 2 Tablespoons finely chopped fresh parsley

### PREPARATION:

1. Discard any damaged mussels or any that are open and don't close tapped on the work surface. Heat the wine and onion in a large pan. Add mussels, cover and shake the pan for 3-5 minutes over high heat. After 3 minutes, start removing the opened mussels and set aside. At the end of 5 minutes discard any mussels that have not opened. Reserve the cooking liquid.
2. Heat half the oil in a large frying pan. Pat the chicken dry on paper towels and fry for 5 minutes, or until golden brown. Remove from pan. Add the prawns, calamari, and fish to the pan and cook for 1 minute. Remove from pan.
3. Heat the remaining oil in a pan and add the extra onion, bacon, garlic, and capsicum. Cook for 5 minutes, or until the onion is soft. Add the tomato, peas, chorizo or pepperoni, cayenne pepper, and season with salt and pepper. Add the cooking liquid, and stir well. Add the rice and saffron and mix well.
4. Add the chicken stock and mix well. Bring slowly to a boil then reduce heat to low and simmer for 15 minutes without stirring.
5. Place the chicken pieces, prawns, calamari, and fish on top of the rice. Using a wooden spoon, gently push the pieces into the rice, then cover and continue to cook over low heat for 10-15 minutes or until the rice is tender and the seafood is cooked. If the rice is not quite cooked, add a little extra stock and cook for a few minutes more. Serve in bowls, topped with the mussels and sprinkled with parsley.

**YOUR HEALTHY CONNECTIONS IS HERE!**

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# **APEDF Wellness Program Aerobics Classes**

**Monday thru Thursday  
6:30 pm - 7:30 pm  
Saturdays 11:00 am - noon**

**FREE to gym members  
\$20/month non-members**

Call 727-824-5670 or stop by:  
TyRon Lewis Community Gym  
1327 Dr. ML King Jr. Street So., St. Pete

