

**OUR
MISSION:**

- Develop and institutionalize programs that address the grave disparities in education, health, healthcare, and economic development faced by the African Community.
- Defend the human and civil rights of African people.

1245 18th Ave. So.
St. Petersburg, FL
727-821-2437
www.APEDF.org

**VOLUNTEER!
DONATE!**

Uhuru Youth Basketball Shines!

Uhuru Basketball Program brings home 3 trophies, and prepares for a trip to African Liberation Day!

The Uhuru Youth Basketball Program brought home three championship trophies after a rigorous March Madness tournament on the weekend of March 17 in St. Petersburg, Florida. The program's 10 and under, 12 and under and 14 and under teams won one first place and two second place trophies in their respective divisions.

The season started October 2006. On January 27th at the MLKing Tournament the 14 & under team won first place. The teams will also be participating in the City's summer league this June & July.

The program is a project of the African People's Education and Defense Fund (APEDF), a non-profit organization whose mission is to



Uhuru Basketball - 10 & under team



Uhuru Basketball - 12 & under team

address the disparities in education, health, healthcare and economic development in the African community.

As a project of APEDF, the Uhuru Basketball Program teaches African children more than

basketball; it teaches them about true African history, respect for African people, and about their responsibility to lead in their community.

All the teams enthusiastically participate in car washes, lemonade and candy apple sales, and street corner donation collections.

These fundraisers, along with several local sponsorships and generous donations sent to APEDF, have helped purchase new uniforms and Nike basketball shoes that you can see in the photos. They also pay for league and tournament fees, transportation and supplies.

DONATE TODAY!

**Sponsor a player to travel
May 26 to Washington DC
African Liberation Day**

Send your tax-deductible donation to:

APEDF/Basketball
1245 18th Ave. So. #4
St. Petersburg, FL 33705
or contribute online at
www.APEDF.org

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21 Questions Successful Parents Ask Themselves

We, as parents, often get caught in the illusion of what it means to be a successful parent. We think that our parenting skills are judged based on our ability to provide the necessities of food, clothes and shelter. And while this is ability to provide is important, it still is not what separates a good parent from a successful one.

We, especially as African parents, usually face an even greater challenge due to social and economic obstacles that make providing the necessities somewhat of a challenge.

I propose that we begin to ask ourselves certain questions that will help us become better parents whether we are well-off or poor. Building better relationships with our children will help us create healthier, happier children. The following

is from raisinggreatkids.com

1. [What Do My Kids Hear Me Say About Them?](#)
2. Do I Respect My Kids?
3. Do I Use Guilt To Get My Kids To Do What I Want?
4. Am I Motivated In My Actions Toward My Kids By My Own Guilt Feelings?
5. Do I Make Some Of The Same Mistakes With My Kids That My Parents Made With Me?
6. Do I Encourage Dependency On Myself That Meets My Need To Be Loved?
7. Do I Excessively Protect My Kids?
8. Am I Appropriately Available To My Kids?
9. Do I Focus More On My Kids' Positive, Or Negative Behaviors?
10. Do I Hold Grudges?
11. Am I Able To Say, "I'm Sorry. Will You Forgive Me?"
12. " Am I Physical With My Kids?"
13. Do I Teach My Kids How To Laugh At Themselves?
14. Do I Teach My Kids That It Is O.K. To Have Their Feelings, No Matter What Those Feelings Are?
15. Do I Encourage My Kids To Help, Even Though When They Do, It May Make The Task Longer, Or May Not Even Turn Out As Well?
16. Do I Show My Kids That They Really Matter?
17. Do I Listen To My Kids?
18. Do I Give My Kids As Many Choices In Life As Possible?
19. When My Kids Disappoint Me, Do They Have To Earn Back My Love And Approval?
20. Do I Establish Appropriate Guidelines Within Which My Kids Can Freely Function?
21. Do I Keep In Mind That It Is Normal For My Kids To Challenge My Authority?

SUPPORT! VOLUNTEER!

UHURU BREAKFAST CAFE

Every Saturday thru May 26 Central & 1st St. 9a-2pm

Uhuru Youth Basketball Shines, cont.

The program is now preparing to send 15 children along with parents and coaches to Washington D.C. to participate in the historic African Liberation Day celebration Saturday, May 26. The children, their parents and the team coaches are all working hard to make this trip happen, but they urgently need the your support!

The bus will be leaving St. Petersburg on Friday, May 25 at 2pm, and returning that Sunday. Total cost for bus and hotel is \$150/person (food costs not included).

APEDF is calling on you to help make this educational trip happen for these hard-

working young people. The Uhuru Youth Basketball Program is a free program for the children and thus depends on support from the African community and our friends. Sponsor a player! All contributions tax-deductible.

This June & July we will hold for the first time the Marcus Garvey History Summer Camp for team members. We are excited about having a well-known chemistry professor from Texas, who'll be coming for one week to participate in the program. There will also be workshops and classes on African history, field trips to cultural and recreational sites, swimming, and much more. This, too,



will take community support as the program will be free. We need funds for trips, food, and supplies, and we also need committed volunteers. We want to be able to open up this dynamic program so that children from the entire African community can participate next year.

Thank You! Program Director,
Coach Tam Wilcox

Ten Healthy Snacks for Kids

Here is a quick list of healthy snacks for your kids. Each item is easy to prepare, easy to transport, and much healthier than processed snacks.

Avoid candy bars, or other baked goods such as cup cakes, quick microwave snacks or other fake foods.

More than 88% of school aged children do not get half the daily recommended servings of fruits and vegetables. This is the

primary reason that the second leading cause of death in children is cancer. Eat right, Live well!

1. Celery with natural peanut butter
2. Chunks of real cheese such as cheddar, Fontina, Comte, Cantal, or mozzarella
3. Cut up fruit-apples, pears, cantaloupe, watermelon, kiwi, grapes, bananas
4. Avocados with organic blue corn chips
5. Almonds or walnuts
6. Quesadilla: whole wheat tortillas and cheese, melted for 30 seconds on griddle
7. Home made oatmeal raisin cookies made with real butter
8. Salsa with flax seed crackers
9. Real yogurt (without aspartame or high fructose corn syrup)
10. Cottage cheese with real, no sugar apple sauce

From: www.harvesteating.com

Our Mission

The African Peoples Education & Defense Fund strives to develop and institutionalize programs to defend the human civil rights of the African community, and to address the grave disparities in education, health, healthcare, and economic development faced by the African community.

African Peoples Education
& Defense Fund
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727-821-2437

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Sat 8 AM-4 PM
Sun. 12-4 PM

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*Get your self
right for the
summer, talk to
Nate for details*