

AFRICAN PEOPLE'S
EDUCATION AND
DEFENSE FUND,
INC.

1245 18TH AVE. S.
ST. PETERSBURG,
FL 33705
727-821-2437
WWW.APEDF.ORG

Our Mission

* Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

* Defend the human and civil rights of African people.

Healthy Connections

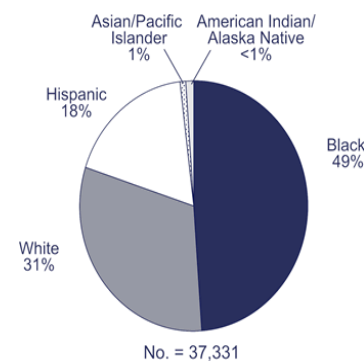
JANUARY 2008

HIV/AIDS and Africans in the US

Of all racial and ethnic groups in the United States, HIV and AIDS have hit Africans the hardest. The reasons are not directly related to race or ethnicity, but rather to barriers faced by many Africans in the US.

These barriers can include poverty, sexually transmitted diseases, and stigma (negative attitudes,

beliefs, and actions directed at people living with HIV/AIDS or directed at people who do things that might put them at risk for HIV).



When we look at HIV/AIDS by race and ethnicity, we see that African Americans have:

- **More illness.** Even though blacks account for about 13% of the US population, they account for about half (49%) of the people who get HIV and AIDS.

- **Shorter survival times.**

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HIV/AIDS and Sexually Transmitted Diseases

Thursday, January 24th at 6:00pm

Campbell Park Neighborhood Center

1201 7th Ave. South, St. Pete

Sponsored by APEDF Wellness Program

Presentation by the Pinellas Co. Health Dept.

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HIV/AIDS *(Continued from page 1)*

"The highest rates of sexually transmitted diseases (STDs) are those for blacks.

In 2005, blacks were about 18 times as likely as whites to have gonorrhea and about 5 times as likely to have syphilis."

Blacks with AIDS often don't live as long as people of other races and ethnic groups with AIDS.

- **More deaths.**

For African Americans and other blacks, HIV/AIDS is a leading cause of death.

The reality is similar for children: HIV/AIDS affects black children the most. In 2005, 104 (63%) of the 166 children under the age of 13 diagnosed with HIV/AIDS in 33 states were black.

In 2005 41% of men living with HIV/AIDS were black. 64% of women living with HIV/AIDS were black.

For black men, the most common ways of getting HIV are (in order):

1. having unprotected sex with another man who has HIV.
2. sharing injection drug works (like needles or syringes) with someone who

has HIV.

3. having unprotected sex with a woman who has HIV.

For black women, the most common ways of getting HIV are (in order):

1. having unprotected sex with a man who has HIV.
2. sharing injection drug works (like needles or syringes) with someone who has HIV.

Blacks at higher risk for HIV are those:

- unaware of their partner's risk factors
- having other STDs (which affect more blacks than any other racial or ethnic group)
- living in poverty (about 25% of all blacks)

Blacks accounted for 18,121 (49%) of the estimated 37,331 new HIV/AIDS diagnoses in the United States in 2005. 61% of people

under the age of 25 diagnosed with HIV/AIDS 2001-04 were black

Sexually Transmitted Diseases

The highest rates of sexually transmitted diseases (STDs) are those for blacks. In 2005, blacks were about 18 times as likely as whites to have gonorrhea and about 5 times as likely to have syphilis.

Partly because of physical changes caused by STDs, including genital lesions that can serve as an entry point for HIV, the presence of certain STDs can increase one's chances of contracting HIV infection 3- to 5-fold.

Similarly, a person who has both HIV infection and certain STDs has a greater chance of spreading HIV to others. A recent CDC literature review showed that high rates of HIV infection for black MSM may be partly attributable to a high prevalence of STDs that facilitate HIV.

Colonialism is Bad for Your Health

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Recipe: Chicken and Dumplings

Ingredients

Broth

2-1/2 To 3 Lbs Whole
Chicken
2 – Cups Chicken Broth
1 – Teaspoon Butter
Water

Dumplings

2 – Cups All Purpose Flour
1/2 – Tsp Salt
5 – Tablespoons Butter
1 – Egg
1/2 – Cup Milk

Place the chicken into a large pot. Add chicken broth and water. Make sure

the chicken is covered with water. Bring to a boil and reduce heat to simmering. Throughout cooking skim foam that forms in your pot.

Simmer for 1-1/2 hours until chicken is done and tender. Remove chicken from the broth and allow to cool. Debone the chicken once it is cool enough to handle. While deboning the chicken discard the undesirable parts (skin, bones, etc). Cut chicken into bite sized pieces.

Preparing the dumplings is

easy. Mix your flour, salt, egg, butter and milk, a mixing bowl and hand mixer will do the job. Continue to mix until a ball forms.

Form your dumplings by rolling out the dough to about 1/8 inch on a cutting board. Use a sharp knife or pizza cutter to cut your dough into bite size pieces. If you feel creative try cutting out small circles, squares or diamond patterns.

Bring the chicken broth to a boil. Drop dumplings into boiling broth, ensuring that



they submerge. Add all of your dumplings to the broth. You can keep dumplings from sticking together by adding butter and dunk dumplings one final time.

Reduce heat to medium-low and cook for 8 to 10 minutes. Add chicken and simmer until chicken is heated.... your dumplings are now ready to serve.

Source:
soulfood&southerncooking.com

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 strives to develop and institutionalize programs to
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