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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.

Our Mission

African Peoples Education
& Defense Fund
1245 18th Avenue South
St. Petersburg, FL 33705
727-821-2437



1327 MLK Street South St. Pete, FL 33705 (727) 824-5670
M-F 5am to 9pm Sat. 8am to noon
\$25/month \$10/week \$5/day

Winter Promotions

- ♦ Join on New Years Day for \$15 for first month
- ♦ Join on New Years Day for \$200 for the year (a \$50 savings)
- ♦ 2 join for \$30 in month of January



AFRICAN
PEOPLE'S
EDUCATION AND
DEFENSE FUND,
INC.

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

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

DECEMBER 2010



Community Food and Toy Giveaway

Sponsored by The African People's Education and Defense Fund

Toys, Non Perishable Food, Turkeys, Gift Cards, etc.

When: December 18th, 2010, 11:00 a.m. – 1:00 p.m.

Where: TyRon Lewis Community Gym

1327 MLK Street South

**For More Information call:
(727) 824-5670 or (727) 821-2437**

Gym Special!

Join the gym at this event for only \$15 for the 1st Month

FREE Blood Pressure Check & Fitness Assessments

If you are interested in receiving a Gift Box

Applications are available at

Uhuru House

1245 18th Avenue South, Monday – Friday 10:00 am – 3:00 pm

Tyron Lewis Community Gym

1327 MLK Street South, Monday – Friday 8:00 am – 8:00 pm

*****Applications are due by December 13th, 2010*****

Volunteer • Donate • 727-821-2437 • www.apedf.org

New Staff at the All People's TyRon Lewis Community Gym



Kena Bryant joins the All People's TyRon Lewis Community Gym as the Promotion and Marketing Coordinator.

Kena is a native of St. Petersburg, FL and is an alumnus of Boca Ceiga High School. She attended Morris Brown College and University of Maryland College Park concentrated in area of studies of Business Administration and Organizational Development.

Kena is a certified Master Adult Learner Trainer, Life and Business Coach. In addition, she is a certified Aerobic Instructor.

Kena's efforts as the Promotion & Marketing Coordinator will consist of creating a promotion and marketing strategy. Her plans include coordinating promotional activities such as Health Fairs, Weight Lifting Competitions and Health Educational Seminars. Also look for her Health and Wellness articles in the Healthy Connection Monthly Newsletter.

In addition, Kena will start Zumba and other Aerobic classes at the Uhuru House starting January 2011. We will announce the exact date in next month newsletter.



We would also like to introduce Karen Benson as the Membership Coordinator. Karen is originally from Philadelphia, Pennsylvania. Karen is certified as a Shonto Karan Karate Instructor.

We look forward to Karen's self defense classes coming soon. In addition, look for her Health and Wellness articles in the Healthy Connection Monthly Newsletter.

20% off all Holiday and Birthday Parties!

Rent the Uhuru House Auditorium / Banquet Hall

Another economic development project of the African People's Education and Defense Fund!

Affordable, beautiful and available to you for your family and community events...



Uhuru House
Community Center
1245 18th Ave. S.
St. Petersburg, FL
www.APEDF.org



Reunions, Holidays, Parties, Book Clubs, Tutoring, Talent Shows, Teen Events

Call to book your next event!
727-821-2437

Coming soon a Professional Production Studio and a Commercial Kitchen!



Get Fit for New Years



Check us out on Facebook @ All People's TyRon Lewis Community Gym.
Like us on Facebook and receive \$5 off on your first month

Winter Promotions

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- Join on New Years Day for \$200 for the year (a \$50 savings)
- 2 join for \$30 in month of January

1327 MLK Street South St. Petersburg, FL 33705 (727) 824-5670

Convenient Hours:

Mon-Fri 5am-9pm

Sat. 8am-noon

No Contracts!

Affordable Personal Training

Great Cardio & Strength Training Equipment

Coming Soon:

Zumba and other Aerobics Classes

Uhuru Furniture Philadelphia Volunteer of the Quarter - Marquita Bouy

The Uhuru Furniture Philly team is excited to announce our first volunteer of the quarter -- Marquita Bouy. Quita is a brilliant graphic artist who has generously donated her skills, time, and talents to Uhuru Furniture for over 6 months. Quita has designed beautiful full color promotional posters, post cards, flyers, doorhangers, coupons, a holiday calendar and is currently working on a new donor thank you card.



Quita also participates in answering phones, distributing the door hangers and passing out fliers and training others. She stated "I understood APEDF completely, that's why I loved doing it and had no problem doing other stuff besides graphic design. It was exciting to meet Ironiff!"

Quita has brought her family to the store including her father and 2 sisters. She has distributed literature in her neighborhood and suggested that others volunteer as well.

Quita also likes the store's excellent merchandise and recommends Uhuru Furniture as "a great place to shop if you're starting out fresh in a new apartment."

On behalf of Uhuru Furniture and the African People's Education and Defense Fund, we want to express our deepest appreciation to Marquita Bouy who's hard work, creativity, and amazing technical skills have truly made a difference in the growth and forward motion of Uhuru Furniture and Collectibles Philadelphia.

In May 2010, Quita, a graphic arts major at Delaware County Community College, answered our call for a graphics arts volunteer online. Initially volunteering for experience in her field, Quita always went the extra mile for APEDF and Uhuru Furniture. Quita's work has elicited a tremendous response from people who have found the attractive color doorhangers on their doors, or have seen her bold posters on their campuses and in their neighborhoods.

stated that volunteering at Uhuru Furniture "has been great, it helped me understand what it is really like to be a professional graphic artist, more than just being in class 4 hours a day. I really liked it a lot! I learned how to work with a client - it takes time to develop a piece. You design, the client has to like it, you keep pushing to make something better, it's a back and forth thing til its completely finished." Her professors have noticed developments in her work too. Quita plans to continue volunteering at UFC. She will be transferring to NYC to go to the prestigious Fashion Institute of Technology in mid 2011.

Not only has Quita made a great contribution to UFC she also has developed her skills through getting practice with the store. She

Tips & Warnings on How to Build Lean Body Mass

- There are many ways to measure body fat, including calipers (skin-fold pinching), underwater (hydrostatic) weighing or bioelectrical impedance.
- Keep in mind the following body fat percentage standards: For women, 15 to 20% is considered lean, 20 to 25% is considered normal, 26 to 32% is acceptable to over fat and 33% or higher is obese. For men, 8 to 12% is considered lean, 13 to 19% is normal, 20 to 24% is acceptable to over fat and 25% or higher is obese.
- Strength training creates an after burn effect, meaning your metabolism continues to burn calories at a higher rate even after the exercise is over.
- Consider working with a personal trainer to get yourself started on an exercise regimen.
- Dieting without strength training can leave you with a high body fat percentage. It's possible to appear thin, but have a high percentage of body fat.
- If you have any condition that would impair or limit your ability to engage in physical activity, please consult a physician before attempting this activity. This information is not intended as a substitute or professional medical advice or treatment.

Source: *How to Build Lean Body Mass* / eHow.com



Fitness Tips by Nate Washington

Does Stress Cause High Blood Pressure?

Stress can contribute to high blood pressure. The long-term effects of stress can cause heart disease, kidney problems and strokes in people with high blood pressure. Stress management techniques do not seem to prevent high blood pressure. However, such techniques may have other benefits, such as making you feel better or helping you control over eating.

Overeating Doesn't Ease Stress

Many of us turn to food when we are feeling stressed, and this type of overeating has been cited as a cause for weight gain. Now, new research shows that it doesn't even do any good – that is, overeating does not reduce stress.

Swiss researcher investigated the consequences of carbohydrate or fat overfeeding on the metabolic effects of mental stress in healthy lean women. Subjecting them to mental stress increased heart rate, blood pressure, oxygen consumption rate and blood levels of stress hormones.

For three days, the women in one group received either standard feeding or overfeeding with 40% excess calories from either carbohydrate or fat. Those in another group received either standard feeding or underfeeding with a protein-sparing modified fast.

Those who were overfed with carbohydrate and fats did not show any reduction in the physiological measures of stress. In contrast, those who were underfed reduce the oxygen consumption stimulated by mental stress and showed improvement on other measures of mental stress.

Based on these results, it seems that if you're feeling stressed, binging on carbs and fats won't make you feel any better. You're actually better off by cutting back eating.

Source: Lifeclic.com Personal Health Management



Nutrition and Metabolism By Karen Benson

Nutrition and metabolism are words that are often used together when people speak of fitness. What do they mean? Nutrition is a term that refers to the foods that we eat and the nutrients they contain. Proper nutrition requires a balance of three basic food types, carbohydrates, fats and proteins, plus essential vitamins and minerals. Metabolism is the use the body makes of foods after we have digested them, absorbed and circulated to the body's cells. It uses them in two ways: as a source of energy and as building blocks for the cells in our body. Before they can be used in this way foods have to be assimilated. Assimilation occurs when food molecules enter cells and chemical changes occur, then the body can use these foods as energy. We were taught as children to eat our vegetables; however we need a balance of all food types for a healthy body.



Caribbean Rice & Beans – Yesh Waller

- 1 ½ Teaspoons of Extra-Virgin Olive Oil
- 1 Large Pimientos or Roasted Red Pepper (cut in short thin strips)
- ½ Green Bell Pepper (cur in short thin strips)
- 2 Cloves Garlic (finely chopped)
- 2 16-Ounce Cans of Black Beans
- 2 Tablespoons Finely Chopped Fresh Cilantros, Salt and Freshly Ground Pepper

PREPARATION:

Heat oil in large skillet over medium high heat until hot. Add pimientos or red peppers, green peppers and garlic, sauté for 2 minutes. Add black beans, vinegar and hot sauce to taste. Bring the mixture to a boil, and then reduce heat to low. Cover a let it simmer for 5 minutes. Stir in rice and cilantros, adjust seasonings if need be. Serve accompanied by additional hot sauce.

NUTRITION:

Per Serving: 238 calories; 1g fat; 0mg cholesterol; 46g carbohydrates; 10g protein; 7g fiber; 168mg sodium; 87mg potassium

Source: Eating Well Magazine