

The African Peoples Education & Defense Fund strives to develop and institutionalize programs to defend the human and 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

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

Uhuru House
Auditorium /Banquet Hall Available for Rent
1245 18th Avenue South St. Pete, FL
(727) 821-2437



30% off all rentals for the months of
January and February



AFRICAN
PEOPLE'S
EDUCATION AND
DEFENSE FUND,
INC.

1245 18TH AVE. S.
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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 2011

Highlights of 2010

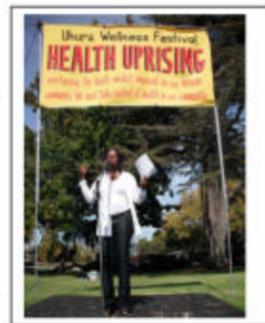
We Won Best Of The East Bay!



A special thank you to all our supporters who voted us "Best Furniture Store" in the 2010 Express newspaper's Best of the East Bay Readers Poll. We strive to provide the community with excellent quality furniture (and more), at great prices. We also strive to treat our customers and donors with respect and friendly helpful service. All in the context of building a new world free of the life and death disparities faced by African people. Your vote makes us want to do even better!

The Uhuru Wellness Festival

The festival, entitled "Health Uprising: Overturning the death verdict imposed on our African community: We must take control of health in our community," was held at Arroyo Viejo Park in East Oakland on October 9, 2010. The Wellness Festival hosted organizations providing free services including dental screenings, anti-stress acupuncture treatments, chiropractic work, blood pressure and diabetes testing. Exhibitors educated us! Some of the many things we learned about were the food growing technique called aquaponics, the positive and negative ways African people are portrayed in the media and organic body and skin care. Vendors provided African theme children's books, handicrafts, soul food, Uhuru Holiday Pies and more.



Health Forum in Oakland



In May 2010 APEDF sponsored a health forum titled "Oakland Health Disparities in Black and White" in which the Alameda County Public Health Department presented their 2008 report describing the "toxic mixture of conditions" in Alameda County that, among other things, lead an African person born in West Oakland to "expect to die almost 15 years earlier than a white person born in the Oakland Hills." APEDF built this vibrant and exciting event to inform, entertain, and mobilize our community to take action to transform this reality.

APEDF certified as a "Green Business Ally"



In August 2010, Green America certified The African People's Education and Defense Fund as one of its first nonprofit "Green Business Allies". For 21 years, Uhuru Furniture & Collectibles has been recycling valuable furniture, keeping it out of landfill while funding a self sustaining economy in the African community, transforming the conditions and defending the human and civil rights of the African community. Reducing landfill is only one reason why we are green. To be truly "green" is to create a socially just and economically sustainable society, which is the mission of the APEDF.

TyRon Lewis Community Gym offers aerobic classes!



Starting
Jan 31, 2011

**All classes will be held at the Uhuru House
1245 18th Avenue South (727) 824-5670*

Monday (6:00 – 7:00 pm) – ZUMBA

ZUMBA is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness class.

Tuesday (6:00 – 7:00 pm) – Cardio Fitness

Cardio Fitness uses creative choreography to get your heart pumping and offers a total body workout. Fun for all fitness levels.

Wednesday (6:00 – 7:00 pm) – Kickboxing

Yoga strengthens the mind/body connection by linking breath with a series of dynamic postures that will improve your flexibility and strength.

Monday and Wednesday (5:30 – 6:00 pm) – Rock Hard Abs

Rock Hard Abs thirty minutes of this workout are dedicated solely to toning and strengthening the abdominal core muscles.

Individual Classes are \$5.00

Fitness Pass 1 - \$30 per month (includes all aerobic classes)

Fitness Pass 2 - \$40 per month (includes all aerobic classes and membership for the TyRon Lewis Community Gym)

How 8 Glasses A Day Keeps Fat Away

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true “magic potion” for permanent weight loss.

Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Here’s why: The kidneys can’t function properly without enough water. When they don’t work to capacity, some of their load is dumped onto the liver. One of the liver’s primary functions is to metabolize stored fat into usable energy for the body. But if the liver has to do some of the kidney’s work it can’t operate at full throttle. As a result, it metabolizes less fat and more fat remains stored in the body and weight loss stops.

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extra cellular spaces (outside the cell). This shows up as swollen feet, legs and hands.

Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give your body what it needs—plenty of water. Only then will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat the more water your system retains to dilute it. Getting rid of unneeded salt is easy—just drink more water. As it’s forced through the kidneys it takes away excess sodium.

The overweight person needs more water than a thin one. Larger people have larger metabolic loads. Since we know that water is key to metabolizing fat, it follows that the overweight person needs more water.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss—shrinking cells are buoyed by water which pumps the skin and leaves it clear, healthy and resilient.

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of—all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

Water can help relieve constipation. When the body gets too little water it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But when a person drinks enough water normal bowel function usually returns. *Source: www.highvibrations.org*



The Importance of Exercise for Women

by Kena Bryant

The best way for a woman to maintain her health and figure is by exercising. Exercising improves the circulation of oxygen throughout the body by building additional blood vessels to the areas that are stressed and by removing excess waste from the body. When muscles are worked out, they store higher levels of energy in the form of glycogen.

Exercising increases muscle size, the lungs' ability to function, and promotes a healthy heart. It is important to include exercise in our daily practices. There are many simple ways to add exercise to your day. Instead of driving somewhere, take a walk. Park your car towards the far end of the parking lot and walk to your destination. If you take the bus, get off a few stops earlier and finish your trip by walking. Try to stand more than sit.

Stretching helps the body stay firm. When you stretch your body in the morning, it helps wake up the body. During the day, stretching relieves stress and at night, it relaxes you to go to bed. When you first wake up in the morning, lie in bed and stretch from side to side. Get out of bed and alternate between reaching towards the sky and bending over and touching your toes. Stretch from side to side while standing. Repeat each stretch ten times.

Walking is the simplest form of exercise. Walking gets the heart pumping and circulates blood and oxygen throughout the body. It can even burn calories, fat and cholesterol if you walk at a brisk pace. Walking is a form of aerobic exercise.

The trick to exercising is finding one form of exercise that you enjoy and adding it to your daily routine. You can choose from swimming, dancing, yoga, or many sports.

Source: Diet Fitness and Women's Health

Passionate about the APEDF mission

Uhuru Furniture Philly Volunteer of the Quarter Jan - March 2011 - Jenell Wright

Uhuru Furniture & Collectibles Philly is proud to announce our volunteer of the quarter for Jan-Mar 2011 Jenell Wright. Jenell has been a consistent hardworking volunteer donating hundreds of hours over the last 6 months.

Jenell, a lifelong resident of Southwest Philly volunteers two times a week or more. She states "I enjoy volunteering at Uhuru Furniture because I passionately believe in what the organization stands for. It gives me great joy to know that I played a small part in successfully reaching out to support multitudes of people in the African community."

Volunteers are the backbone of UFC, and Jenell is one of those key people who makes the store the best it can be. Jenell is a self-starter, who initiates work projects and is great at organizing collectibles. She is a team



Jenell Wright works her magic on the furniture every week to increase the value of the donations for APEDF.

player who does whatever is needed - polishing and upgrading the donations, passing out fliers, answering the phone, helping customers, assisting in the office. She is a volunteer who leads other volunteers in collective projects. She does what ever needs to be done. Jenell is a pleasure to work with - always upbeat and positive - and an incredible asset to the store and APEDF.

When you see Uhuru Furniture looking spotless and organized -you know Jenell is here. Where she is not around, everyone is asking "When is Jenell coming?"

"I love the atmosphere, it was new to me, and I just jumped in. I found friends, it just welcomed me in and I love being around you all."

Jenell works as a medical assistant and surgical technician, tells her friends and family about Uhuru Furniture's great sales and wonderful opportunities for volunteers.

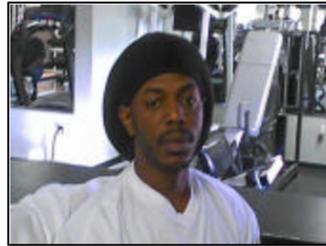
All About Vitamins

Vitamin A & Antioxidants

By Karen Benson

Vitamin A is processed in the body from the carotene of plants, especially yellow-orange and dark leafy vegetables, fruits, oily salt water fish. Vitamin A, like all vitamins are essential to good health and wellness.

Antioxidants sometimes referred to as anti-cancer foods, or natural drugs, inhibits cell destruction in damaged or aging tissues. It is necessary for proper visual function at night, normal growth and development of bones and soft tissues, healing of wounds, and resistance to infection. Deficiencies may result in prolonged infection or fever. Signs of deficiency include: night blindness, slow growth, anorexia, weight loss, bone and teeth deformities, and dry eyes.



Healthy Recipe

by Yesh Waller

Chicken with Green Olives & Prunes

- 1 ¼ lbs Skinless Boneless Chicken Thighs (trim off fat)
- 1 Teaspoon Extra Virgin Olive Oil
- 1 Cup Reduce Sodium Chicken Broth
- ¼ Cup Red-Wine Vinegar
- ¼ Cup Chopped Pitted Green Olives (such as Spanish or Cerignola)
- ¼ Cup Chopped Pitted Prunes
- Freshly Ground Pepper to taste

PREPARATION:

Pat chicken with a paper towel. Heat oil in a large nonstick skillet over medium high heat, brown chicken for about 2 minutes on both sides. Add broth and vinegar to the pan; bring it to a simmer. Add olives, prunes and peppers and reduce heat to low. Cover and cook until chicken tender and no longer pink in the center. Transfer the chicken to a plate, spoon sauce over chicken and serve.

NUTRITION:

Per Serving: 224 calories; 8g fat; 118mg cholesterol; 3g carbohydrates; 29g protein; 1g fiber; 394mg sodium; 454mg potassium

Source: Eating Well Magazine



Fitness Tip

By Nate Washington

The Dash Diet

About the Dash Diet

You need to eat the right amounts and right balance of food to maintain a healthy weight and reduce your risk of diseases including high blood pressure. Remember that no single item supplies all the nutrients necessary for good health. So eat a wide variety of foods, to ensure you get all you need.

Eating to lower blood pressure

The DASH eating plan significantly lowered blood pressure in the recent Dietary Approaches to Stop Hypertension (DASH) study, and it may also help prevent and control high blood pressure.

DASH Eating Plan		
Food Group	Daily Servings*	Serving Sizes
Grains	7-8	1 slice bread; ½ cup cereal or cooked rice, pasta
Vegetables	4-5	1 cup raw leafy vegetable; ½ cup cooked vegetable; 6 ounces vegetable juice
Fruits	4-5	1 medium fresh fruit; ¼ cup dried, frozen, or canned fruit
Low-fat and nonfat dairy	2-3	8 ounces milk; 1 cup yogurt; 1.5 ounces cheese
Meats, poultry, and fish	2 or fewer	3 ounces cooked meat, poultry, or fish
Nuts, seeds, and legumes	Fewer than 1 (4-5 per week)	1.5 ounces or 1/3 cup nuts; ½ ounce or 2 tablespoons seeds, ½ cup cooked legumes
* Number of servings is based on eating 2,000 calories a day. If your caloric needs are higher or lower, you may eat more or fewer servings.		

Compared with the standard food pyramid, the DASH eating plan is even richer in fruits, vegetables, and lower-fat dairy foods and lower in saturated and total fat. It is also low in cholesterol; high potassium, calcium, magnesium, and fiber; and moderately high in protein.

If you use the DASH eating plan to help prevent or control high blood pressure, make it part of a lifestyle that includes choosing food lower in salt, maintain healthy weight, and making a habit of physical activity. And if you drink alcohol, do so in moderation.

Source: National Heart, Lung and Blood Institute