

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

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Rentals**
Offer expires
March 31, 2011

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

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and community
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www.APEDF.org

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Parties, Book Clubs,
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Teen Events



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Healthy Connections

FEBURARY 2011

**All People's TyRon Lewis Community Gym
Offers Aerobics Classes**



AFRICAN
PEOPLE'S
EDUCATION AND
DEFENSE FUND,
INC.

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

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

Monday (6-7pm) - Zumba
Tuesday (6-7pm) - Cardio Fitness
Wednesday (6-7pm) - Kickboxing
Rock Hard Abs will be done at all classes

Individual Classes are \$5.00
Fitness Pass 1: \$30 per month (includes all aerobics classes)
Fitness Pass 2: \$40 per month (includes all aerobics classes and a membership to the TyRon Lewis Gym)

www.apedf.org

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Fitness Tip

By Nate Washington

Heart Failure: Exercise for a Healthy Heart

An inactive lifestyle is one of the top risk factors for heart disease. Fortunately, it's a risk factor that you can do something about. Regular exercise, especially aerobic exercise, has many benefits. It can:

- | | |
|---|-------------------------------------|
| *Strengthen your heart and cardiovascular system | *Lower blood pressure |
| *Improve balance and joint flexibility | *Strengthen bones |
| *Improve your heart failure symptoms | *Increase endurance |
| *Improve muscle tone and strength | *Improve sleep |
| *Boost self-image and self-esteem | *Make you look fit and feel healthy |
| *Improve balance and joint flexibility | |
| *Increase energy levels so you can do more activities without becoming tired or short of breath | |
| *Improve your circulation and help your body use oxygen better | |
| *Make you feel more relaxed and rested | |
| *Help reduce stress, tension, anxiety and depression | |

What Type of Exercise Is Best?

Exercise can be divided into three basic types:

Stretching: slow lengthening of the muscles. Stretching the arms and legs before and after exercising helps prepare the muscles for activity and helps prevent injury and muscle strain. Regular stretching also increases for range of motion and flexibility.

Cardiovascular or aerobic: steady physical activity using large muscle groups. This type of exercise strengthens the heart and lungs and improves the body's ability to use oxygen. Aerobics exercise has the most benefits for your heart. Over time, aerobic exercise can help decrease your heart rate and blood pressure and improve your breathing.

Strengthening: repeated muscle contractions (tightening) until the muscle becomes tired. For people with heart failure, many strengthening exercises are not recommended.

How Often Should I Exercise For A Healthy Heart

In general, to achieve maximum benefits, you should gradually work up to an aerobic session lasting 20 to 30 minutes, at least three to four times a week. Exercising every other day will help you keep a regular aerobic exercise schedule.

Source: *WebMD Medical Reference*



All About Vitamins Series

by Karen Benson

Vitamin B (Thiamine)

Vitamin B is a coenzyme utilized for carbohydrates metabolism. It's found in whole grains, wheat germ, peas, beans, nuts, yeast, meat, oysters, collard greens, oranges and enriched cereals. Vitamin B is necessary for normal function of nervous and cardiovascular system. Alcoholism and malabsorption can cause deficiencies. Signs deficiencies includes; Anorexia and constipation, nausea neuritis, pain, tingling in extremities, loss of reflexes, muscle weakness, fatigue, ataxia mental depression, memory loss, confusion cardiovascular problems.

Vitamin B2 (Riboflavin)

Vitamin B2 is a coenzyme utilized in the metabolism of glucose, fats and amino acids. It is found in milk, eggs, nuts, meats, liver, yeast, enriched bread and green leafy vegetables. Vitamin B2 is necessary for cell growth and metabolism with release of energy from carbohydrates, protein and fat in foods. Also functions to regulate certain hormones and in formation of red blood cells. Deficiency of B2 may be due to alcoholism, poor diet, and certain medication such as probenecid. Signs of deficiencies include glossitis (inflammation of the tongue) Cheilosis (cracking of the corners of mouth.) Dermatitis, photophobia, vision loss, burning or itching eyes.

Drinking water and losing weight!

"Drink 8 glasses of water each day" is what we hear all the time but what weight loss benefits do we get from drinking water? All functions within the body require the presence of water. A well hydrated body enables these functions to occur quickly and efficiently. All chemical processes involve energy metabolism and drinking plenty of water will make us feel more energetic and boost our metabolic rate.

Water makes your metabolism burn calories 3% faster.

Drinking water is important if you're trying to lose weight, some studies have shown that thirst and hunger sensations are triggered together. If there is a slight dehydration the thirst mechanism may be mistaken for hunger and one may eat when the body is actually craving fluid. As most food contains some water, if one doesn't drink much they may be subconsciously driven to eat more to gain the necessary water supply however, you also gain the undesired effects of increased calorie consumption. Drinking more water can help to prevent overeating and benefit weight loss.

Source: *weightlossforall.com*

Many thanks for making Uhuru Pies 2010 a SUCCESS!

Thank you to everyone who bought pies, sold pies, donated ingredients, and volunteered your time preparing the mixes, assembling and baking the pies, and selling them on the phone and at the distribution tables!



Everything you contributed led to the success of this important annual fundraiser for the African People's Education and Defense Fund.

We just about reached our goal by selling nearly as many pies in November as last year's November and December sales combined — in both California and Florida!

* Generosity blossomed during this fundraiser with extra donations coming in from supporters for the Community Commercial Kitchen Project and pies you bought that were delivered to holiday dinners for those in need. They were VERY appreciated!

* There a number of individuals and groups who sold pies at their jobs, churches and schools, including regionally in California and Florida: Unitarian Universalist Churches in San Francisco, CA and Clearwater, FL, Global Exchange, the Green Dentist, Monarch Academy, Clif Bar, City Wide Case Management and Oracle Corporation in CA and Waldorf School, Lakewood United Church of Christ, Animal Emergency, Sallie House, USF Tampa and Raytheon Company in Florida, just to name a few!

* We had hundreds of hard-working volunteers participate with us this year including student groups from Build On, Key Clubs, Interact Clubs and the Alpha Phi Omega Fraternity! We couldn't have done it without you! Some came for a couple hours and some volunteered with us throughout the campaign. Some helped in the kitchen, some on the tables, some on the phones and some from behind the computer!

* And last but not least, to all the people that buy our Uhuru Pies, thank you for continuing to take a stand to support social justice in the African community. We truly value your support! We look forward to your participation in the baking, selling and buying of Uhuru Pies in 2011.



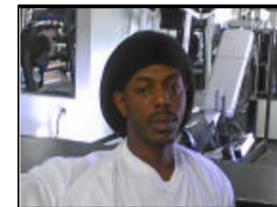
Heart Disease in Women by Kena J. Bryant

Although many people think of heart disease as a man's problem, women can and do get heart disease. In fact, heart disease is the number one killer of women in the United States. It is also a leading cause of disability among women.

The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary heart disease and happens slowly over time. It's the major reason people have heart attacks. Prevention is important: two-thirds of women who have a heart attack fail to make a full recovery.

The older a woman gets, the more likely she is to get heart disease. But women of all ages should be concerned about heart disease. All women can take steps to prevent it by practicing healthy lifestyle habits.

Source: National Heart, Lung, and Blood Institute



Healthy Recipe by Yesh Waller Chicken Parmesan

Ingredients:

*tomato sauce
*1 small yellow onion, chopped (1/2 cup)
*1 tablespoon balsamic vinegar
*¼ teaspoon red pepper flakes
*1 (28 ounce) can crushed tomatoes, preferably organic
*¼ cup chopped basil leaves, salt to taste
*4 thin chicken cutlets (about 1 ¼ pounds)
*6 tablespoons all-purpose flour
*½ cup part-skim shredded (soy) mozzarella cheese

*1 tablespoon of olive oil
*2 to 3 cloves garlic, minced
*2 large egg white
*4 to 5 teaspoons olive oil

Directions:

Tomatoes Sauce: heat oil in large skillet over medium heat. Add onion and cook for 5 minutes, add garlic and cook 1 to 2 minutes add tomatoes, vinegar, salt and red pepper flakes; cover until flakes are blended and the sauce begins to thicken slightly about 10 minutes remove from heat and stir in basil.

Chicken: preheat oven to 425 degrees spray a 9 by 13 inch baking dish with cooking spray. Sprinkle the cutlets with salt lightly beat the egg whites in bowl combine the bread crumbs and parmesan on a sheet of waxed paper. Working with 1 piece of chicken at a time dip both sides in flour, shaking off excess, dip each piece egg whites, shaking off excess and press both sides into breading to coat. Cook over medium high heat cook for 3 to minutes transfer into baking dish spoon sauce over chicken.

Calories 435; Total Fat 14g; (saturated fat 4g); protein 44g; carbohydrates 31g; fiber 4g



Marcus Zamani

Uhuru Furniture Oakland

Volunteer of the Quarter

Marcus has been volunteering with the Oakland branch of Uhuru Furniture and Collectibles for two and a half years. From remodeling the back room, to sales and marketing, you name it Zamani has done it. Uhuru Furniture and Collectibles is a fundraising institution of the African People's Education and Defense Fund that builds programs that promote self-determination, health and education in the African community. Marcus has been an important part of the team and an invaluable contributor. It is because of volunteers like Marcus that the potential for winning vast resources for sustainable black community economic development is limitless.

Marcus has constantly demonstrated a strong work ethic and a dedication to the success of the Oakland store. His efforts have produced high quality results time and time again and his personality is the definition of one in a million. Marcus is always smiling and bringing joy to others, many of his co-workers and customers seek his advice and support. He is always there for them and appears to be quite comfortable in the role. Not many people spend something so sacred as time, promoting causes they believe in, bringing joy to others and ultimately doing their part to make the world a better place. Marcus has devoted time, energy, skill and thought to the African People's Education and Defense Fund and he is commended. Uhuru Marcus and Thank You!

Hours: Tues-Sun. 11am-6pm



A Project of the African People's Education and Defense Fund

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Uhuru Furniture Celebrates Martin Luther King Day



Brave volunteers drop 4000 doorhangers in the Philadelphia winter.

the work of APEDF today and a powerful film of APEDF President Ironiff Ifoma calling on the people to get organized.

Many of the participants want to join in building APEDF programs and Uhuru Furniture. Monet and Jamerson got out the most doorhangers of the day. Monet, daughter of Monique - a long time regular shopper and friend of Uhuru Furniture - will be on working on the new Philly APEDF health program. Our new friends Sadiyah and Mariah are planning a poetry benefit for APEDF in the spring. They brought Shaun, the youngest volunteer of the day.

"Many of the participants want to join in building APEDF programs and Uhuru Furniture."

Our old friend Art, a student from the Art Institute, who has personally distributed thousands of doorhangers, volunteered to film a short commercial for Uhuru Furniture. Regular volunteer Sarah and her roommate Colleen from Drexel did the biggest area. Sarah is now coordinating online postings and social media. Julia and Michael not only volunteered on MLK Day, they also came back and dropped another 1000 pieces a couple days later!

Diana and Andris came all the way from Merion. Congratulations to Andris who won the gift certificate to Waterworks Restaurant.

We also appreciate our awesome staff who moved all the couches out of the front room so we could set up for the program and then came in on their day off to move them all back! Then they went out and picked up some incredible donations - truck coordinator German, operations team members Reese and Omar and stalwart volunteer Joe.

When the teams finished their routes we took everyone out to Pine Street Pizza (Thanks to Christina for the discount) and had great discussions about the conditions of in the African community today and the positive solutions coming from APEDF.

Before the day ended, both donation calls and shoppers came into the store. This was a great kick off for APEDF Philly in 2011. Uhuru Furniture will be benefiting from this work for months to come!

On January 17, 2011 Uhuru Furniture Philly held our annual Martin Luther King Volunteer Day event and it was a huge success! Despite 20 something degree weather, volunteers distributed almost 4,000 doorhangers in support of Uhuru Furniture and the African People's Education and Defense Fund.

We began the day with films of MLK and the African community struggle for Civil Rights. This exposed that the black community faces worse conditions today than in the 50s and 60s. Then it was understood as social wrongs. Today the African community is called criminals and blamed for the unjust conditions. This was followed by a multi-media presentation by store manager Lisa Burgess on



Rapt audience for Manager Lisa Burgess' powerpoint on APEDF.



Volunteers Sarah and Colleen.