

NATIONAL NEWS AND FEATURES

Michelle Obama tells the African-American Caucus: "We don't have time to get this wrong!"



Michelle Obama

(Denver, August 27) - Michelle Obama added her voice to a chorus of leaders at the second of two DNCC African-American Caucus meetings, held August 27th at the 2008 Democratic National Convention in Denver, CO.

While Monday's caucus focused on urban renewal, Wednesday's meeting high-

lighted the importance of voter registration. Ms. Obama told an audience of one thousand delegates and attendees to bring home the energy from the convention, to knock on doors, and to get eligible voters registered to vote. She said "getting Barack Obama elected President of the United States won't be easy, but just

because it's not easy doesn't mean it's not possible."

The caucus panel included Donna Brazile, veteran Democratic political strategist; Eric Holder, Former Deputy Attorney General and advisor to the Obama Campaign; Rick Wade, Senior Advisor to the Obama Campaign; and Rev. Al Sharpton. The audience was encouraged to start working now to elect Barack Obama President of the United States, because every vote counts.

The panelists offered step-by-step directions on how to start the process of getting unengaged voters interested in the election, registered to vote, and then to vote on election day, November 4, 2008. Rev. Al Sharpton said he's taking a close look at the voting rolls in Florida and Ohio, states where votes were in dispute in 2000 and 2004.

Supplements... Continued from page 4

and men, and now, even in school aged children. (Rage: Another column.)

Lifestyle behaviors are the greatest predictor of health and wellness. Persons who make the effort to eat the right foods, rest, manage stress, sleep eight to nine hours per night, and drink adequate amounts of water, certainly will reap the greatest benefits from taking nutrition-

al supplements.

However, I tell persons who continue to smoke, eat unhealthy foods including fast foods and fried foods, refined sugar, bad fats, sodas and sports drinks and who over consume alcohol; to save the money they'd spend on supplements. Their going to need it for prescription drugs. Nutritional supplements are a waste for this per-

son, they are looking for magic, and it just is not there. So, the answer to the question, should you be taking supplements, is simply yes.

If you have any comments or questions about health issues we've covered in this column, or an issue you'd like addressed, please call (912) 236-8987 or visit

www.HealthRestoration101.com

Hugh Tracy... Continued from page 12

menced with his involvement in Boys and Girls Clubs there.

Hugh took the opportunity in 1975 to move to Savannah and further build out the market for McDonald's. This began a 32-year love affair with the city of Savannah as he raised his two children, Walt and Nina, alongside his wife,

Patsy. An active member of the community, Tracy joined White Bluff Presbyterian Church where he served as an elder and led building programs to expand the sanctuary and education facilities. He was a member of Downtown Rotary adopting the "service above self" creed in all endeavors.

Over the years, his community involvement included Council Chairman of the Coastal Empire Council for Boy Scouts of America and Chairman of the Board of Trustees of Savannah Country Day School. Hugh led the effort to build the Ronald McDonald House in Savannah that opened in 1987.

Bus Trip to Support Ebony Fashion Fair Scholarship Program

On October 4, 2008, Savannah State University Alumni are sponsoring a trip to Atlanta for the Savannah State vs. Clark Atlanta football game at Panther Stadium. The roundtrip cost for game is \$80. The bus will depart at 7:00 a.m. from TA Wright Stadium for the 1:30 kick-off. The bus will return immediately after the

game. This will be the Panther's homecoming.

This trip will be the first in a series of activities to support the Ebony Fashion Fair Scholarship Program. The contest is an annual event that provides scholarships to students who will be attending Savannah State University, or who are in their freshmen year. This

year, 10 contestants will work towards scholarships for tuition, books, and other college expenses. In the coming weeks, you will learn more about each of them.

Tickets may be purchased from any of the contestants, Mr. Donald DuPont 596-0250, Mr. Roy Jackson, alumni president, 236-0631.

Delta Sigma Theta Sorority presents preeminent awards and contributions



Cynthia M. A. Butler McIntyre, President of Delta Sigma Theta Sorority
WASHINGTON-Delta Sigma Theta Sorority, Inc., the single largest African-American women's organization in the country, presented a host of financial contributions, academic scholarships and awards at its 49th National Convention held in Orlando, Fla. July 24-30.

To emphasize the organization's commitment to public service and community involvement, a Public Meeting, themed "Eyes on Our Youth," was held on Sunday, July 27. At the meeting the Sorority presented a \$135,000 contribution to the Martin Luther King Jr. National Memorial Project. The contribution was presented to Darryl Matthews, Vice Chair of the Martin Luther King Jr. National Memorial Foundation.

Continuing its support of historically Black colleges and universities, the Distinguished Professor Endowed Chair award was presented to Langston University at the Public Meeting. The award was established in 1977 to support and sustain historically Black colleges and universi-

ties. The grant of \$200,000 provides support for a professor of distinction to be in residence.

As a result of Delta's 2006-2008 biennial focus on education and its ground-breaking "Eyes on Our Youth Educational Symposium," the "Eyes on Our Youth" scholarship was created to help deserving undergraduate students at historically Black colleges and universities complete their undergraduate education. The inaugural "Eyes on Our Youth" scholarship was presented to Bennett College, Greensboro, N.C., and Tuskegee University, Tuskegee, Ala.

Other preeminent awards presented at the Public Meeting and other signature events held throughout the convention include: the Mary Church Terrell Award presented to Dr. Thelma Thomas Daley, vice chair of the National Council of Negro Women, distinguished counselor, educator, humanitarian and 16th National President of Delta Sigma Theta; the Patricia Roberts Harris Medallion for Excellence in Government Service Award presented to Denise L. Nappier, the first African-American woman elected to serve as a State Treasurer in the United States; the Althea T.L. Simmons Social Action Award presented to Melanie L. Campbell, CEO and executive director of the National Coalition on Black Civic Participation; the African Violet Award for Extraordinary Contributions to Collegiate Sorors presented to Deborah A. Elam, chief diversity officer at General

Electric, and Ingrid Saunders Jones, chair of The Coca-Cola Foundation; the Osceola Award, honoring individuals who have achieved excellence as patrons of arts and letters, presented to the Sphinx Organization, a national arts organization focusing on youth development and diversity in classical music; the Keeper of the Flame Award presented to Laurel Tucker Duplessis, artist and curator; the Emerging Artist Award presented to Stephanie Perry Moore, Christian fiction novelist; and the Lillian Award, a salute to outstanding national media individuals, presented to Mara Brock Akil, executive producer of *Girlfriends* and *The Game*, and Lyne Pitts, vice president of strategic initiatives for NBC.

Delta Sigma Theta Sorority, Inc. was founded in 1913 on the campus of Howard University to promote academic excellence; to provide scholarships; to provide support to the underserved; educate and stimulate participation in the establishment of positive public policy; and to highlight issues and provide solutions for problems in their communities. Today Delta Sigma Theta Sorority has over 200,000 members and over 900 chapters worldwide. The Sorority uses its Five-Point Programmatic Thrust of economic development, educational development, international awareness and involvement, physical and mental health, and political awareness and involvement to create its national programs.

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