

SOCIAL AND COMMUNITY NEWS

Make Snacks "To Go"



Carolyn Guilford

One of the reasons we go off our healthy foods regime is because we fall prey to hunger, when we are at work, shopping or running errands, and are not prepared. Sure we leave home rested, full and happy but, as time wears on - we get tired, lumpy and thirsty. Our defenses are down and we feel weak. Too weak to fight. In that moment we just want to eat something - fast. We pick up the bad snacks, cookies, salty snacks, soda, and fast foods. The key to staying on track is planning! Plan to have a

healthy snack with you, where ever you go.

Healthy snacks include raw nuts, dried fruit, fresh fruit such as apples, oranges, bananas, grapes. Also trail mix, granola bars, cereal, carrots, celery, cherry tomatoes, pop corn. Create snack pack sizes of natural raw nuts, dried fruit, cheese and crackers, trail mix or a healthy low sugar - high fiber cereal. Buy small size zip-lock baggies, and fill with your favorite snacks.

Make your own trail mix, using ingredients you like, unsalted and unsweetened nuts, seeds, and unsweetened dried fruit, are much better than commercially prepared finds with artificial flavors and preservatives. Look for organic and all natural granola bars, and cereal to take with.

Please don't over look fresh fruit. Wash and dry the fruit, pack with paper towels and a plastic knife (and always be careful. I like to keep fruit whole to preserve the nutrients, but, leave this in the car if you work someplace like

the jail or a courthouse). In warm weather pack in an insulated lunch carrier, and you are ready.

Water is such an important nutrient it is worth mentioning here - dehydration many times leads us to making poor choices. Sometimes we are thirsty and think it's hunger. Or, the lack of water creates a headache an increase in blood pressure, depression or an imbalance in hormones.

If we stay well hydrated by having water close at hand we many times find ourselves eating less, feeling more energetic, thinking sharper, and looking great. Remember, water is the best drink.

When you have the right snacks and ample water with you, it's easier to stay on track. Create good habits and change your life for the better.

**Health
Restoration Consulting**

Carolyn Guilford
P.O. Box 2814
Savannah, GA 31402

Coastal Health District to Celebrate Women and Girls AIDS Awareness Day

The Coastal Health District is joining the U.S. Department of Health and Human Services in celebrating National Women and Girls HIV/AIDS Awareness Day On Tuesday, March 10th.

Coastal Health District's HIV/AIDS Services Program will host an "Empowering Women & Girls Against HIV/AIDS" event where women and girls in the community will be able to learn important information on transmission and prevention of HIV & AIDS infection, have the opportunity for discussion with a peer advocate living with AIDS, who will share her experience, and testing will also be tested.

National Women and Girls HIV/AIDS Awareness Day is a nationwide initiative to raise awareness of the increasing impact of HIV/AIDS on women and girls.

Families, health organizations, businesses, communities, the government and individuals come together to provide support, encourage discussion and educate women and girls about preventing infection and the importance of getting tested.

To find county and state statistics about

HIV/AIDS, please visit www.womenshealth.gov information please call 912.484.1885 or visit quickhealthdata.wwgchd.org.

For any additional

During the month of March, National Nutrition Month, the Junior League of Savannah volunteers are working with the American Cancer Society in the attempt to reverse the growth of childhood obesity. Please visit our website, www.kidsinthekitchen.ajli.org.

Goodwill Industries to Host Annual Fundraising Luncheon

The general public and supporters of Goodwill Industries of the Coastal Empire, Inc., GIVS (Goodwill Industries Volunteer Services) are invited to participate by your donation for our local fundraiser.

The Annual GIVS Luncheon which will be held

on Friday, March 20, 2009, 12:00 noon, at Carey Hilliard's Restaurant, 11111 Abercorn Street.

You may contact Mrs. Dorothy R. Wilson on or before March 13, 2009 between 1:00 p.m. - 3:00 p.m. at Goodwill Industries Corporate office, located at 7220 Sallie Mood Drive.

If you would like to make your donation at the door or you need additional information please contact Mrs. Margaret J. Williams, President, (912) 236-5000.

Thank each of you for your support and participation of Goodwill Industries of the Coastal Empire, Inc. GIVS.

Librarians Invited to Speak at Information Lit Conference

Librarians and other information literacy specialists throughout the state are invited to submit proposals to present papers at next fall's Georgia Conference on Information Literacy.

Scheduled for its sixth year on September 25 and 26 at the Coastal Georgia Center in Savannah, the conference is run by a consortium of sponsors, including the campus's Zach S. Henderson Library, the writing and linguistics department, the education college, and the University itself.

The Call for Proposals deadline is Wednesday, April 15. Each submission topic should be a workshop or presentation that will consider, extend, or otherwise address information literacy in elementary, middle or high school and post-secondary settings.

"I was pleased to find my presentation room filled with participants representing higher education, public and private schools and libraries, and public libraries," blogged 2008 conference presenter Ru Story-Huffman on <http://www.big6.com>. "My favorite thing about attending a conference or workshop is the sharing that takes place between participants. ... I highly recommend this conference."

To submit a conference presentation proposal, visit <http://ceps.georgiasouthern.edu/conted/infolit.html>. For more information about the conference, visit the website or call the Continuing Education Center at (912) 478-5551. For more information about the conference, visit the

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PROFESSIONAL



Armstrong Atlantic State University is accepting applications for the following position(s)

**Assistant Professor
Respiratory Therapy
Department of Respiratory Therapy**

**Assistant Professor of Sociology
Criminal Justice, Social, & Political Science**

**Manager of Functional Banner Support
Enrollment Services**

Please visit our website at www.hr.armstrong.edu/jobs.htm for more information.
AA/EOE. No phone calls please.

INVITATION TO BID

Sealed bids/proposals will be received by the Board of Education for the City of Savannah and County of Chatham at the Purchasing Department, 208 Bull Street, Room 213, Savannah, Georgia 31401.

09-82 CNC Metal Lathe for Woodville-Thompkins
Closing Date: 03/19/09 @ 2 PM

09-87 Wrestling Mats for Groves & Windsor Forest High Schools
Closing Date: 03/24/09 @ 2 PM

At the time and place noted above, bids will be publicly opened. No extension of the bidding period will be made unless indicated by written addendum. The Board reserves the right to reject any and all bids and to waive any irregularities or technicalities in proposals received whenever such rejection or waiver is in the best interest of the Board. The Board has the right to disqualify a bid of any bidder deemed non-responsive to the Board. Bidding documents may be obtained from the Purchasing Department, 208 Bull Street, Room 213, Savannah, Georgia 31401 or they may be downloaded from the District's web site, www.savannah.chatham.k12.ga.us.

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