

SOCIAL AND COMMUNITY NEWS

Managing Cholesterol



Carolyn Guilford

The goal of this series of articles and the goal of the Health Restoration 101 programs are to help you maximize your chances of living a longer, healthier life. Our programs are simple, comprehensive, well documented and easy to follow. "A Healthy Life Requires Healthy Choices!"

Today so many people are taking drugs for high cholesterol, and having problems, unpleasant side effects, from those drugs.

High cholesterol causes serious problems in and of itself.....And taking the drugs prescribed for high cholesterol only makes the situation much worse.

High Cholesterol is a condition in which there is too much cholesterol (fat) in the blood, making it thick, sticky.

Cholesterol can build up on the walls of arteries and

over time causing narrowing of the arteries, hardening of the arteries, and obstructs blood flow as it takes vital nutrients and oxygen to all the parts of the body.

Foods high in saturated fats, animal products; egg yolks, meats, poultry, fish and high fat milk products. Trans fats, margarine, are high in cholesterol and ought to be avoided.

Scientists agree that an intake of 300 mg or less per day of the bad fats from animal sources is best to avoid cholesterol problems.

However, to lower ones' cholesterol is easy to do, no complications and no drugs. First, learn which foods are high in the bad fats, animal fats, and commit to avoiding them. Then, eat more salads, vegetables, fruits, whole grains, enjoy more raw foods.

Eat less meats and chicken and increase the consumption of foods high in fiber, fresh foods, juices and more water.

Add olive oil to your cooking routine and skip the other oils. Research shows that people who eat fewer meats enjoy better health. Eat meat no more that once per day.

Have a cold water fish 3 to 4 times per week. Not fried. No French fries, no

butter, margarine, bacon, sausage, no fried veggies, no shell fish, no fried eggs, milk, cheese, none of the things that contribute to high cholesterol.

Foods from plant sources are cholesterol free. After you get the hang of this new way of eating, then you are ready to accelerate your progress by adding a supplement to your daily program.

Red yeast rice, Fish Oil, Garlic, and ground flax seeds, all have been proven to help lower cholesterol.

Exercise daily and no smoking allowed. Manage stress effectively.

All drugs are poison, and have many side effects, some more serious than the illness for which the drug is prescribed.

Cholesterol drugs can cause muscle wasting, amnesia, abdominal problems, kidney failure, difficulty breathing, swallowing, rash, bleeding, changes in vision, swelling of hands and face, along with nerve and muscle pain. And this is just the beginning.

So, if you can avoid taking drugs, and control or reverse disease naturally you will be much better off.

For More information call or write:
Health Restoration Consulting

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Coca-Cola Commits \$30 Million to Clean Water In Africa

The Coca-Cola Company announced that it has committed \$30 million over the next six years to provide access to safe drinking water to communities throughout Africa through its Replenish Africa Initiative (RAIN).

"Africa's water crisis threatens the health of its population and, therefore, its prospects for economic growth," said Muhtar Kent, President and CEO of The Coca-Cola Company. Helping African communities tackle their water challenges is an important priority for our Company and our bottling partners and is an area where we can make a

positive and lasting impact."

Between 2004 and 2015, the number of people living without access to safe water in sub-Saharan Africa is expected to increase by 47 million people. Africa is expected to miss the United Nations' Millennium Development Goals target for access to clean drinking water by 111 million people and the sanitation target by 289 million.

"No single organization can resolve Africa's development challenges, but together with civic society, non-governmental organizations and government we can make a positive difference in the lives of the people who

make up our communities," said William Asiko, President of The Coca-Cola Africa Foundation.

The Coca-Cola Africa Foundation currently has water projects in 19 African countries - Angola, Egypt, Ethiopia, Ghana, Cote d'Ivoire, Kenya, Mali, Malawi, Morocco, Mozambique, Niger, Nigeria, Rwanda, Senegal, South Africa, Tanzania, Tunisia, Uganda and Zambia - reaching over 300,000 people.

These water projects are all implemented in partnership with local communities in each country.

See Coca-Cola, page 14

Woodville-Tompkins Accepting Applications

The Woodville Tompkins High School Hall of Fame Association will be accepting for induction into the hall of fame starting April 1, 2009.

All applications must be received by April 30, 2009.

Eligible candidates include athletes or coaches who played or coach at Woodville or Tompkins prior

to 1986.

For more information, please contact Rev. Chester A. Ellis at 232-3549, or Anthony J. Bailey at 692-1066.

Lakefront Property Absolute Bargain A Contractor's Dream 1 acre, wooded, secluded near Tatumville Community Center \$125,000 (912) 897-6790

FACULTY



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

Instructor of Mathematics (2 Positions)
Department of Mathematics

Assistant Professor
Department of Medical Technology

Please visit our website at www.hr.armstrong.edu/jobs.html 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.

- 09-83 CNC Jr. Plus Mill Package for Woodville-Tompkins
Closing Date: 04/07/09 @ 3 PM
- 09-101 Instructional and Office Supplies for East Broad Elementary
Closing Date: 04/07/09 @ 2 PM
- 09-103 Athletic Equipment: Various Balls
Closing Date: 04/07/09 @ 11 AM

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.

The Board of Education is an Equal Opportunity Employer.

CONSTRUCTION NETWORKING MIXER

Who: **The Haskell Company and Harbor Construction Co.**

When: **Tuesday, March 31, 2009, 5:30 – 7:30 pm**

Where: **Vic's on The River, 26 East Bay Street, Savannah, GA 31401**

What: **Meet and Greet with the local construction community. All subcontractors, vendors, architects, engineers, including minority and women owned businesses are welcome.**

Why: **Learn about Haskell, get pre-qualified, discuss upcoming construction opportunities**

Parking provided by the City of Savannah in the Bryan Street Garage ONLY (no valet parking).

RSVP
Call Rosalind Harkness at 904-791-4635

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