

HEALTH AND COMMUNITY NEWS

Are Your Kids Eating the Right Foods?

by Carolyn Guilford
Certified Nutrition
Consultant



Carolyn Guilford

concentration, impatience, and distraction. This, in the classroom leads to: Failure to complete projects, Inability to listen to the whole story, Inability to follow directions. Poor Grades and Poor self esteem.

This Child's future is in jeopardy. We know that kids who are poor learners tend to loose interest in school, have low self esteem, drop out of school, tend to join gangs, and have few or no job skills; all of which too often leads to criminal behaviors and on to the justice system.

By monitoring what your child is eating you can resolve these learning and

behavior problems so that he can have success now, and increase the future success of the child.

Ongoing studies since the 70's have shown consistently that when certain chemicals, sugars, food dyes, preservatives and caffeine, and in some cases milk and wheat - which typically cause food allergies in children - are removed, children diagnosed with behavioral problems are totally changed. Concentration, along with attentiveness is dramatically improved. The child is less distracted, less impulsive, and learning and grades are greatly improved.

Equally as important as avoiding bad foods is adding more good - for - you foods, like salmon and flax seeds which are high in omega-3 fatty acids. And do a great job nourishing the brain. Plus, more fresh vegetables. You knew I was going to say that.

In studies where the diet was managed carefully, and vitamins and minerals were given faithfully, kids grew stronger, excelled in sports and in academics, and teachers were amazed at the turn around and the success of these students.

When this routine was applied to kids with food allergies, the results were just as dramatic and lead scientists to believe that food allergies may be the root of some behavior problems in many persons, children and adults.

Some of the things you want to watch out for and avoid giving your children are: meats with nitrates (luncheon & deli meats), fried foods, foods with preservatives and food coloring (dyes), MSG, artificial sweeteners, sodas, junk foods (chips, crackers, cookies), High Fructose Corn Syrup, refined carbohydrates (packaged and processed foods), hydrogenated fats and sugar.

If you love a child who has problems listening, learning, and cooperating, give this idea a try. A new diet. It could be the best thing you do to insure a change in the short term, and a brighter future in the long term. Read the labels, the ingredients, when you buy any commercially made product. And feed your child for a great future.

"Health is Wealth"
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 or write to:

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Memorial Health Names Vice President of Human Resources

Memorial Health has announced the appointment of Richard J. Roche as its new vice president for human resources. Roche comes with more than twenty years of senior management in the healthcare industry.

"We are excited that Rick has joined us to lead our human resources initiatives. He is a seasoned executive who brings a wealth of human resources experience from teaching and research hospitals similar to Memorial," said Phillip S. Schaengold, J.D., MBA, president and CEO of Memorial Health.

Roche most recently served as the chief human resources (HR) officer for Prexus Health Partners, a multi-state hospital development and management company located in Cincinnati. He was responsible for all HR practices and services,



Richard J. Roche

customer satisfaction, and compliance. Prior to that, he was the vice president for HR and ancillary services at University Health Care System in Augusta, where he provided executive leadership for human resources and several operations functions. During his career, he has also provided human resources leadership at Children's Hospital Medical Center in Cincinnati and the Shriners

Hospitals for Children. Prior to beginning his career in healthcare, Roche served four years in the United States Navy.

Roche earned his Master of Science in Management from Lesley University and a Bachelor of Science in Business Administration, with a major in Labor Relations, from Xavier University.

Memorial University Medical Center (MUMC) is a two-state healthcare organization serving a 35-county area in southeast Georgia and southern South Carolina. The system includes its flagship hospital, a 530-bed academic medical center; Memorial primary and specialty care physician networks; a major medical education program; business and industry services; and NurseOne, a 24-hour call center. Visit our Web site at www.memorialhealth.com.

Greenbriar to hold 60th Anniversary Diamond Gala

Over the past 60 years, Greenbriar has provided services for over 25,000 children and families in Savannah/Chatham County. Savannah, GA, October 12, 2009- Greenbriar Children's Center is celebrating a great milestone this year...60 years of service in the Chatham County community.

This year is an exciting time for Greenbriar Children's Center as we reflect on the impact Greenbriar has had on more than 25,000 families and children served since 1949.

To celebrate the Center's importance in the community, we are planning



**Gena Taylor,
Executive Director**

a 60th Anniversary Diamond Gala to highlight the accomplishments of our children and families, to honor our founders, and community supporters.

The Anniversary Event

will be held on Saturday, November 14, 2009, beginning with a Reception at 6:00 p.m. at The Westin Savannah Harbor.

This black-tie event will feature a silent auction as well as the Savannah Harbor Foundation's Trees for Life Christmas tree auction, with all proceeds to benefit the programs of Greenbriar.

The event begins at 6:00 p.m. with a cocktail hour followed by dinner and program at 7:00 p.m.

Tickets are \$125 and are available by calling (912) 238-2813 or by visiting www.greenbriarchildrenscenter.org.

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Since my door is always open to each of you, I have listed the following information for your convenience:



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SCAD Named One of "World's Best Design Schools" by BusinessWeek



Members of SCAD's Design Management School

The Savannah College of Art and Design, the most comprehensive art and design university in the world, has been recognized globally by BusinessWeek as one of the "World's Best Design Schools" for its design management program.

The university was listed alphabetically as one of the top 30 design schools in the world, all of which are noted for "present[ing] a snapshot of the nascent movement to teach design

thinking and innovation to a new generation of global corporate leaders."

"We are honored to receive this recognition, which acknowledges the talent, creativity and ingenuity of our students and faculty," said Victor Ermoli, dean of the SCAD School of Design. "Driving innovation, creating new industry and communicating the role of design and business are key components in creating new businesses, developing new products and stimulating the

investor economy. Upon graduation, our students are fully prepared to contribute in these meaningful ways."

The SCAD design management curriculum focuses on interdisciplinary partnership and the integration of design thinking in all levels of strategy, planning and management. SCAD students take courses in design, management and business and work in collaborative, interdisciplinary teams. Graduates have an understanding of the essential role of creativity as a strategic advantage in business.

The SCAD School of Design, which houses the design management program, offers the most comprehensive programs in design education, encouraging creative thinking in interdisciplinary, collaborative courses. Fostering innovation and facilitating industry relationships, the school prepares professional, adaptable thinkers who will lead in the creation of a positive future.

The SCAD industrial design department is among the most technologically advanced and forward thinking programs in the world, developing highly motivated, visionary students of design who create, articulate and communicate innovative solutions to contemporary issues in the global marketplace.

**November
is National
Diabetes
Awareness
Month**