



In honor of Women's Health Awareness, this month's article focuses on choosing the right multivitamin. Choosing the right multivitamin is vital but it can be confusing. There are conflicting claims about nutrients and dosages. Because of weak regulations, the labels on products are incomplete and misleading. Science in this area is rapidly evolving. And the number of choices at the vitamin store can be overwhelming. How do you decide what to do? Here's our guide to finding the best nutritional supplements.

Health and Beauty: Choosing the Best Multivitamin

- **Complete.** Based on the latest nutritional science, women need at least 30 vitamins and minerals, plus a rich essential fatty acid formula (i.e., EPA and DHA).
 - **Bioavailable.** The nutrient forms must be the most bioavailable. There are six patented chelated formulas we recommend be included. And of course it must meet USP standards for solubility.
 - **Natural.** No artificial preservatives, dyes, allergens or other contaminants. The fatty acid formula (derived from marine lipids) must be certified to be free of mercury and lead.
 - **Reliable.** We've been waiting over 10 years for the FDA to issue manufacturing standards for nutritional supplements. In the meantime, there are several sets of standards that have earned international recognition. The manufacturer must meet at least one of these recognized standards.
 - **Laboratory tested.** As is true for pharmaceutical drugs, every production batch of a nutritional supplement must be tested in a laboratory (i.e., "standardized") to ensure that it contains exactly what is on its label.
- Makes a difference.** You are the final test. If the nutritional supplement doesn't make you feel better within the first 30 days, try another formula. It may not resolve all your symptoms in that time, but you should feel a real improvement.

Good luck on your journey to finding the best multivitamin to aiding your beauty and health.

Angela Carthan
Natl. Executive VP, Co-Director

As we approach the mid-point of the year, take some time to REJOICE in the blessings that God has provided for you. If you have been faced with some challenging situations this year, take time to thank the Lord for seeing you through. The road to EXCELLENCE may not be an easy task, so sisters prepare for both positive and negative experiences. And remember these two inspirational messages as you make your journey through life...



"One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go!"

--Sheila Murray Bethel

"It's not where you're from, it's where you're going. It's not what you drive, it's what drives you. It's not what's on you, it's what's in you. It's not what you think, it's what you know!"

---Gatorade commercial

Chrissy Terry

Natl. Executive VP of Membership Services



Ladies,

Summer 2010 is already here! OMG! We have had such a productive year! The National Executive Board would like to extend many thanks to the Savannah State Colony for out doing themselves with all their community service opportunities. We only hope for things to get better as we move forward. We have had our hands in many pots between last year and this year and have started and completed many initiatives. We have a big development with the She is Me Program. The She is Me is a program is a young women's development program whose focus is on nurturing the dream and goals of young women ages 13-18 while ensuring high school graduation and developing college readiness. SSE has partnered with The She is Me Program to be mentors to these young ladies. The ladies will start out with the She is Me Program to move right on in to Sisters Striving for Excellence! We are all excited about this partnership and expect to give and get many great things. Last but, not least... Summer time is officially here! I know that warmer temperatures mean trying to stay cool but, let's keep our dress tasteful. Fewer clothes such as shorts and tanks will help with dealing with the sudden rise in temperature but, we **DONT** have to have everything out. Let's leave a little bit to the imagination. **Remember**

I am you, you are me and we are SSE!

SSE Updates

Janese Boazler
Natl. Executive VP of Finance

Inspiration

The poet Robert Frost is best known for his poem "The Road Not Taken." Many people think of that poem and recall the last three lines:

*Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference.*



There is something challenging and exhilarating about going against the grain, doing the opposite of what everyone else has done. Blazing your own trail requires self-reliance, self-confidence, and self-determination. It is hard to trust your own opinion, especially when everyone else is following the norm and relying on the "same old, same old," but take that risk—the reward is so much greater!

Just look at the life of Robert Frost. He was intelligent enough to be accepted as a student at Harvard University, but left after two years to become a farmer, cobbler, and teacher in New Hampshire. This simple lifestyle is what made Frost's love of writing blossom, but when he submitted poems to *The Atlantic Monthly*, they were returned with the following message: "We regret that The Atlantic has no place for your vigorous verse."

Despite these initial setbacks, Frost became one of the most revered and honored poet laureates of his generation. Among the honors and rewards he received were tributes from the U.S. Senate, the American Academy of Poets, New York University, and he was even awarded the Congressional Gold Medal and the Edward MacDowell Medal, both in 1962.

The life and words of Robert Frost teach us that doing something new and different has tremendous rewards, and can lead to numerous awards. Don't be afraid to go left when everyone before you has gone right, the road not taken may make all the difference in your life too.

Tiffany Fletcher
Natl. Executive Vice President of Public Relations/Membership Co-Director

Empowerment

You may not know what's ahead of you

in this journey called life, but with the right GPS system you will make it to your destination. We all know that when you use a GPS, all you have to do is place the address in the system and usually you end up where you want to go. You may make the wrong turn, or go through a detour, but no matter what, the GPS will still get you there. With a GPS, there are several routes to get you to your destination. And everyone doesn't have to take the same route to get where they need to go. Well, this is how life is... There are rules to everything including life and it's best to follow directions when you have them to follow. (TNG)



Tawana Gibbs
Natl. Executive Director/Founder