```css
/* General Styles */
body {
    font-family: "Times New Roman", Times, serif;
    background-color: #add8e6; /* Light Blue */
    color: #333;
    margin: 0;
    padding: 0;
    display: flex;
    flex-direction: column;
    align-items: center;
    text-align: left; /* Align text to the left */
}

/* Header Section */
header {
    background-color: #000000; /* Black background */
    padding: 20px;
    width: 100%;
    box-shadow: 0px 4px 8px rgba(0, 0, 0, 0.1);
    text-align: center; /* Center the title in the header */
}

header h1 {
    margin: 0;
    font-size: 2.5em;
    color: #ffffff; /* White title text for contrast */
}

/* Section Styles */
.section {
    max-width: 800px;
    padding: 20px;
    margin-top: 10px;
    margin-bottom: 10px;
    background-color: #ffffff;
    border-radius: 8px;
    box-shadow: 0px 4px 8px rgba(0, 0, 0, 0.1);
}

.section h2 {
    color: #00796b;
    font-size: 1.8em;
    margin-bottom: 10px;
}
```

```css
.section p {
    font-size: 1.1em;
    line-height: 1.6;
    color: #555;
}

/* Footer Styles */
footer {
    background-color: #000000; /* Black background */
    padding: 10px;
    width: 100%;
    font-size: 0.9em;
    color: #ffffff; /* White text for contrast */
    box-shadow: 0px -4px 8px rgba(0, 0, 0, 0.1);
    margin-top: 20px;
    text-align: center;
}
```