

Businesses

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will take participants through a step-by-step approach to envision, start, and operate a small business. The experience, expertise and passion of WSSU faculty, students, and other collaborative partners will create a nurturing environment for program participants to learn and grow. Pagiavlas, who is also director of CFE said, "as we performed a regional analysis, it became evident there was a need to create a broad-based, equitable regional economic development strategy that would assist populations in

forming small businesses, or non-for-profit social entrepreneurship projects."

Often a key roadblock in forming viable entities is the inability of aspiring local, especially minority entrepreneurs to acquire business funding. This is largely due to weak credit histories, lack of business planning experience and role models, and limited

access to business and academic support networks.

Once projects are "matured" to the stage of acquiring external funding, participants will be mentored in the creation and refinement of business plans. This will be facilitated by hands-on consulting to include strategic market research, economic analysis, venture capital acquisition, human resource management, etc.

DataMax Foundation was created in 2006 with the vision "to support the greater Forsyth County community through improving public education, nurturing entrepreneurs and enriching the business climate."



Pagiavlas

forming small businesses, or non-for-profit social entrepreneurship projects."



The Murphy family thanks the crowd.

Murphy

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vent heart disease, the number one killer in America for both African Americans and whites."

Standing Tall for Success (www.standtall4success.org) is created and managed by four successful North Carolina A&T State University graduates. The organization focuses on facilitating resources and programs to enlighten, enhance and empower individuals in our community for success in the areas of education, personal accomplishment, business and recreational development.

Through Standing Tall for Success, the community, and A&T State University, Murphy's memory will continue to be honored annually as the Classic strives to increase awareness of heart disease and raise the essential funds for heart disease research and educational programs. Murphy's parents and aunt were presented with a plaque and flowers at a ceremony during half-time.

Holland

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"I was overwhelmed by the graciousness of every Japanese person I met. They really went above and beyond," she related. "I felt so welcomed. It challenged my own stereotypes of how they could be."

The journey began in Tokyo for a crash course on culture and the Japanese education system. The educators were divided into small groups and traveled to suburbs and small towns to experience the education in classrooms first hand. It was an eye opening experience for Holland.

"I was shocked by the amount of freedom the children had in the schools. (There were times when) you didn't see teachers anywhere ... they pretty much let the kids be themselves," she related. "(The students) take themselves really seriously, and I think it's because they don't always have a teacher hovering over them ... I'm still trying to process ... how I can bring that into my classroom."

Though both Japan and the United States have the ultimate goal of preparing their youth to compete in a global society, the two nations accomplish this quite differently, Holland surmised. Students at the schools she visited were encouraged to explore and come to their own conclusions about the world around them, she says.

"Every elementary school had a garden that the students planted," she reported. "...during recess, you would have all of that regular recess stuff - kids on the jungle gym, kids on the swings, kids playing soccer - but then you'd also have kids in the (wading) pond, trying to pick up crawdads and crayfish and really exploring."

Holland's excursion included a night in a traditional "ryoken," or Japanese inn, nestled in the countryside, where she and the other instructors were treated to an eight-course meal. She described the jagged mountains, roaring river and nearby hot springs as "picturesque."

"It was really very decadent and beautiful," Holland said.

For Holland, a self described introvert, perhaps the most daunting component of the trip was the day and night she went alone to stay with a Japanese host family. The experience far exceeded her expectations, Holland says. The family took her to the grocery store, which she found to be engaging and exotic. The following morning, she was given a private calligraphy lesson with the grandfather of her host family, a master calligrapher who didn't speak a word of English.

"That was one of the high-



Tiffany Holland hopes to incorporate her experiences into her classroom at Wiley.

lights of the trip," she related. "They were so gracious and warm in opening their home to me."

Now that she is back at home, Holland says she is working hard to incorporate the wisdom of her experiences in her lesson plans. She is hopeful that her students will

learn from her example and reach for the stars.

"A lot of my kids haven't traveled ... they really don't see that as an option for them," she related. "I'm hoping that in some way I can convey that to my kids, to look around and look for opportunities."

Local Olympian will be honored at July 19 race

SPECIAL TO THE CHRONICLE

"Beat the Heat", a 5K road race will be held on Saturday, July 19 at the Bridger Field House on the grounds of Wake Forest University's BB&T Field/Groves Stadium. The one-mile Fun Run/Walk will begin at 6:30 p.m., with the feature 5K run at 7 p.m.

The Beat the Heat 5K has been a mid-summer event on the Triad road-racing scene for nearly 20 years and serves as the North Carolina 5K Championship for USA Track & Field. Some of the fastest runners in North Carolina will participate in the event.

This year, the beginning of the race will include a tribute to Blake Phillips Russell, a Winston-Salem native who will compete in the Olympic Marathon in China on August 17.

She set the Beat the Heat 5K women's course record in 1999 with a time of 16:11. Blake Russell is a 1993 graduate of Forsyth Country Day School, and a former standout at the University of North Carolina. After serving as a first alternate for the 2004 Olympic team, Blake Russell made history by becoming the first American ever to qualify for an Olympic Team four years after being the first alternate when she finished third at the 2008 Olympic Trials - Women's Marathon on April 20 in Boston. Her father, John Phillips, will serve as honorary starter for both of the Beat the Heat events.

Beat the Heat is presented by the Twin City Track Club. The Twin City Track Club is a non-profit organization dedicated to promoting running and fitness in the Winston-Salem area. Members are a cross-section of the community, representing runners and walkers of all abilities.



Blake Phillips Russell (No. 510) is a Winston-Salem native.

SIDS

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when awake, babies need supervised time to play on their tummies.

Other things you can do to reduce the risk of SIDS:

Do not let anyone smoke around the baby. Do not keep the baby in the same house or car with someone who is smoking. If the mother or another person living with the baby is a smoker, encourage

them to call 1-800-QUIT-NOW for free help in trying to quit.

Breast-feed babies whenever possible. Breast milk can help prevent infections that make it hard for the baby to breathe. Breast-fed babies have a lower SIDS rate than formula-fed babies do.

Everyone who cares for an infant can play an important role in reducing the risk of SIDS deaths. Parents, grandparents, baby-sitters, and child care providers all can help prevent and infant death

tragedy by following these tips.

- Contribution by Rodd Smith and J. Nelson-Weaver, Forsyth County Department of Public Health

For further information, questions or comments about this article, call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Research Center on Minority Health, visit <http://www.wfubmc.edu/minorityhealth>.





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