



Change means more savings during tax holiday

CHRONICLE STAFF REPORT

The state's Seventh Annual sales tax holiday will be from Friday, Aug. 1 - Sunday, Aug. 3.

There is a change this year that Gov. Mike Easley says will greatly benefit families.

Last year, Easley signed a law that added school instructional materials, such as reference books, maps, globes and textbooks, with individual price tags of up to \$300, that is three times the old limit of \$100.

"As many families find themselves squeezed by the national economy with increasing prices for food, gasoline and other necessities, our tax holiday offers consumers a chance for some real savings," Easley said. "With all the needs the start of a new school year brings, this is a way for families to stretch their hard-earned money a bit farther and an opportunity to generate significant business for our retailers."

During the tax holiday weekend, consumers will not pay sales tax on items such as clothes and footwear costing less than \$100 per item; school supplies such as pens, pencils, paper, notebooks, textbooks, book bags, lunch bags and calculators costing less than \$100 per item; sports and recreation equipment costing \$50 or less per item; computers costing less than \$3,500 and computer supplies costing less than \$250 per item.

An all-inclusive list of items that qualify as "school supplies" during the sales tax holiday is available at the N.C. Department of Revenue's Web site: www.dor.state.nc.us. The back to school sales tax holiday was enacted by the General Assembly and signed into law by Easley in 2001.

In November, consumers will receive another reprieve from the sales tax with the first tax holiday on energy-efficient items. During the first weekend of November, specific "Energy Star" qualified appliances such as washing machines, freezers and refrigerators, air conditioners and other items will be exempt from sales tax.

Fish

from page A7

expected to continue as consumption is projected to increase from 1.5 million tons in 2003 to 2.5 million tons by 2010," write the Wake Forest researchers in an article published this month in the Journal of the American Dietetic Association.

They say their research revealed that farm-raised tilapia, as well as farmed catfish, "have several fatty acid characteristics that would generally be considered by the scientific community as detrimental." Tilapia has higher levels of potentially detrimental long-chain omega-6 fatty acids than 80-percent-lean hamburger, doughnuts and even pork bacon, the article says.

"For individuals who are eating fish as a method to control inflammatory diseases such as heart disease, it is clear from these numbers that tilapia is not a good choice," the article says. "All other nutritional content aside, the inflammatory potential of hamburger and pork bacon is lower than the average serving of farmed

tilapia."

The article notes that the health benefits of omega-3 fatty acids, known scientifically as "long-chain n-3 polyunsaturated fatty acids" (PUFAs), have been well documented. The American Heart Association now recommends that everyone eat at least two servings of fish per week, and that heart patients consume at least 1 gram a day of the two most critical omega-3 fatty acids, known as EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

But, the article says, the recommendation by the medical community for people to eat more fish has resulted in consumption of increasing quantities of fish such as tilapia that may do more harm than good, because they contain high levels of omega-6 fatty acids, also called n-6 PUFAs, such as arachidonic acid. The researchers found that farmed tilapia contained only modest amounts of omega-3 fatty acids - less than half a gram per 100 grams of fish, similar to flounder and swordfish. Farmed salmon and trout, by contrast, had nearly 3 and 4 grams, respectively.

Films

from page A10

Allen, Diane Keaton, Michael Murphy and Mariel Hemingway. The next day, on Aug. 17, at 3 p.m., there will be a George Gershwin concert performed by the Carolina Chamber Symphony Players. Gershwin scored "Manhattan."

On Saturday, Aug. 23, Ivan Reitman's "Ghostbusters" (1984), will be screened. It stars Bill Murray, Dan Aykroyd, Harold Ramis, Sigourney Weaver and Ernie Hudson. Also on this evening, at 7 p.m., the museum will host a Reynolda After Hours gathering, with free Ghostbusters-inspired desserts and a cash bar, for young professionals.

Norman Jewison's "Moonstruck" (1987) will be

screened Saturday, Aug. 30. The film stars Cher, whose performance earned her an Oscar, Nicholas Cage and Olympia Dukakis, who also took home an Oscar for the film.

Martin Scorsese's "Gangs of New York" will be shown on Saturday, Sept. 6. Starring Leonardo DiCaprio, Daniel Day-Lewis and Cameron Diaz, the film is set in the early 1860s.

Gates open at 8 p.m. Admission is \$5 for the general public and \$3 for members and students. Beer and wine will be available for purchase, and film

goers are encouraged to come early and picnic on the lawn. For more information, visit reynoldahouse.org or call 336-758-5150.



Photo courtesy of Reynolda House
Audrey Hepburn in the classic, "Breakfast at Tiffany's."

Freshmen

from page A1

four-year grant from United Way, the project began working in Parkland and Philo Middle, its main feeder school, to boost student success. With help from the organizations, the two schools were able to beef up tutoring programs and other student support programs.

"We got a whole lot more students coming to tutoring this year," commented Parkland Principal Tim Lee. "That tells me that something we're doing is getting the students excited."

The YMCA took the project's mission one step further this summer, with an initiative known as Prep for Success at Parkland.

The two week program for incoming freshmen was designed to ease the transition from middle to high school and bolster the students' achievement with a little academic warm up. A similar program, known as Success Academy, ran concurrently at Philo.

"The gist of the program is



Brittney Collins



Tim Lee

to get them acclimated to high school prior to the other students coming in," explained Heather Adams, senior program director of Graduating Our Future. "The more information you can give a student early on, the better success they're going to have."

The free academy, held July 21- Aug. 1, included breakfast and lunch for students and transportation if necessary. Participants traveled from class to class, just as they will when school starts in a few weeks. About 140 students signed up to take

part in the voluntary program, with an average of 80-90 showing up each day.

The abbreviated courses provided some experiences that won't be offered during the regular school year, Adams said.

"What the curriculum is designed to do is to get them excited about learning during the school year," she related.

Brittney Collins, a rising freshman hailing from Clemmons Middle, said she found the academy to be fun and enlightening.

"The first day it was really good. Everybody was laughing and I learned some stuff," said Collins, who hopes to become a physician someday.

Spending time in the school made her feel less apprehensive about starting in the fall, Collins added.

Savon Rorie, an aspiring sports anchor, said the program helped him fine tune his academic prowess before the official start of the school year.

"I just wanted to keep my skills up," Rorie commented. "Usually, if I don't do nothing during the summer, I forget what I learned the previous year."

Though it will take years before statistics can definitively show the success of the program, Lee says he can already see signs of progress in the students.

"It has been, in some ways, amazing," declared the principal. "To get 80-90 students here everyday for almost two weeks now, to be ... excited about being here, it's a wonderfully good sign of what we're going to see in the fall."

Week of 07/30/08 thru 08/05/08

Value Pack Bone-In Ribeye Steak \$6.99 lb.

Without MVP Card Regular Retail

Boneless Chicken Breast Fillets and Tenders 50% off \$5.29 lb.

Without MVP Card \$5.29 Lb.

Household Cleaning Sale!

California Seedless Grapes \$1.29 lb.

Without MVP Card \$2.49

Ripe and Ready To Eat Yellow or White Peaches \$1.49 lb.

Without MVP Card \$2.49

16 Ounce, 26/30 Count Food Lion Jumbo Cooked Shrimp BUY ONE, GET ONE FREE

Without MVP Card \$15.99 Each

96 Ounce Select Varieties Ultra Clorox Bleach \$1.69

Without MVP Card \$1.83

Family Size Macaroni & Cheese On the Go Bistro \$3.99

Without MVP Card \$4.99

Smithfield® Roast Beef, Corned Beef or Pastrami \$5.99 lb.

Without MVP Card Regular Retail

30 Ounce Select Varieties Clorox Toilet Bowl or Disinfecting Bathroom Cleaner 2/\$6

Without MVP Card Regular Retail

Great Lakes Provolone or Colby Jack Cheese \$3.99 lb.

Without MVP Card \$5.99

Select Varieties Clorox Wipes or Clorox Anywhere Hard Surface 2/\$5

Without MVP Card 2/\$6.26

14 Ounce Frosted Flakes, 12.2 Ounce Froot Loops, 12.2 Ounce Apple Jacks, and 12.5 Ounce Corn Pops BUY ONE, GET ONE FREE

Without MVP Card Regular Retail

11.5-12.5 Ounce Select Varieties Lay's Potato Chips BUY ONE, GET ONE FREE

Without MVP Card \$1.79 Each

4-6 Count Select Varieties Klondike Ice Cream Novelties and Slim-a-Bear BUY ONE, GET ONE FREE

Without MVP Card \$4.29 Each

32-48 Ounce Select Varieties Pine Sol or Clorox Clean Up Spray 2/\$6

Without MVP Card 2/\$7.04

24-32 Loads (50 Ounces) Select Varieties Tide Liquid 2X Detergent \$4.99

Without MVP Card \$1.49

13-16 Ounce Select Varieties Sunshine Cheez-It BUY ONE, GET ONE FREE

Without MVP Card \$1.79 Each

4 Roll Select Varieties Scott Bathroom Tissue 2/\$5

Without MVP Card 2/\$6.99

6 Mega or 12 Double Rolls Select Varieties Charmin Bath Tissue \$5.99

Without MVP Card \$7.75

24 Pack 16.9 Ounce Bottles Spring! Natural Spring Water \$3.99

Without MVP Card Regular Retail

4 Roll Select Varieties Scott Paper Towels \$6.99

Without MVP Card \$9.95

We reserve the right to limit quantities and correct typographical and photographic errors. Rainchecks unavailable on alcohol and tobacco products. All Stores Accept

Good neighbors. Great prices.