"The first day it was really

good. Everybody was laugh-

ing and I learned some stuff." said Collins, who hopes to

become a physician someday.

school made her feel less

apprehensive about starting in

sports anchor, said the pro-

gram helped him fine tune his

academic prowess before the

official start of the school

skills up," Rorie commented. "Usually, if I don't do nothing

what I learned the previous

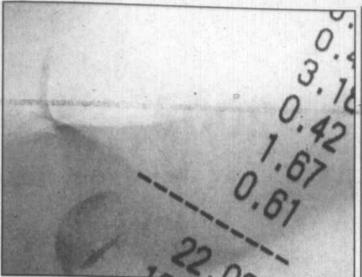
"I just wanted to keep my

the fall, Collins added.

year.

Spending time in the

Savon Rorie, an aspiring



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 that \$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 prachine. Integers and refrigerators, air conditioners and other items will be exempt from sales tax.

tilapia.'

Freshmen

rom page AI

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 year," commented this 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, know as Success Academy, ran concurrently at Philo.

"The gist of the program is



Brittney Collins

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

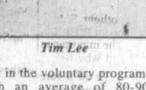


with an average of 80-90

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.



during the summer, I forget part in the voluntary program, showing up each day.

year)." R. 3 Though it will take years before stat tics can defini-tively show the success of the The abbreviated courses 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."



Association. They say their research evealed that farm-raised

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 pub-

lished this month in the Journal

of the American Dietetic

Bisi

om page A7

health benefits of omega-3 fatty acide, known scientifical-ly 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.

The article notes that the

de.

16 Ounce, 26/30 Count Food Lion BUY ONE, GET ONE Bowl or Disinfecting Bathroom Cleaner

tilapia, as well as farmed calfish, "have several fatty acid characteristics that would generally be considered by the scientific community as detrimental." Tilapia has higher levels of potentially detrimental longchain 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

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

ALTER

Carolina Chamber Symphony Players. Gershwin scored "Manhattan." On . Saturday, Aug. Ivan 23, Reitman's "Ghostbusters" (1984), will be screened. It stars Bill Murray, Dan Aykroyd, Harold Ramis,

Sigourney Weaver and Ernie Audrey Hepburn in the Beer and wine Hudson. Also on classic, "Breakfast at will be avail-this evening, at 7 Tiffany's." able for purp.m., the museum

will host a Reynolda After Hours gathering, with free Ghostbustersinspired 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. Starring 6. 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 students. and

chase, and film

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

sy of Reynolda H

