



What's Happening

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"None of us suddenly becomes something overnight. The preparations have been in the making for a lifetime."

—Gail Godwin

Hours of Operation

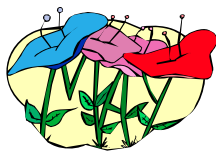
- Monday—Thursday
7:45 am— 9:00 pm
- Friday
7:45 am—5:00 pm

Testing Center
Monday—Thursday
8:00 am—8:30 pm
Friday
8:00 am—4:30 pm

Saturday
North:
South:

May Days

1. National Salsa Month
2. National Hamburger Month
3. Clean Air Month
4. National Bicycle Month
5. Graduation Day



Information for you!

Studies on Diet and Nutrition and the Promise of Biotechnology

Harvard University's School of Public Health reports that when it comes to diet advice, the information seems to change on a daily basis. It can be frustrating for the average newspaper or magazine reader to sort through the various findings. Local studies will also be forthcoming from the new North Carolina Research Campus in the future..

If you're tired of confusing diet advice, keep in mind that life expectancy has increased by 25 years for men and 30 years for women in the past 100 years due to scientific studies regarding health and disease prevention. One could easily ignore the studies and the findings and fail to make lifestyle and diet changes that could be helpful

Science works with the best compilation of information gathered to date from controlled studies. To maneuver through the confusion of current research and find what might be best for you, ask questions about the studies.

1. How big was the study? Larger studies are going to be more reliable.
2. Was the study done on humans or animals? How food affects humans is to study humans.
3. Did the study look at real diseases—or markers for the diseases? Studies that focus of the actual diseases are going to be more reliable
4. How was the diet in the assessed? Good methodology is important for reliable studies

Taken form an article in First Draft, 2006

According to www.abebooks.com, be very careful what you use for a bookmark!

Some financial items that have been found in books include: money, credit cards, debit cards, and cancelled checks.

Natural items include: dried leaves, flowers, and four-leaf clovers. And what about Sports items? Baseball cards, and golf scorecards are a few. Personal items include: a hand painted handkerchief and family photos (in one book at RCCC a diamond tennis bracelet!)

Weird items? A chocolate chip cookie, World war II ration book, a pair of scissors, driver's license, marriage certificate, and a strip of bacon !

Taken from Emery-Pratt Newsletter, Issue2 March/April 2009