“Heritage Cooking – Out of Doors” Area Program – September 2, 5:30-7:30 pm
Join us at the Hiddenite Center Education Complex on Thursday evening, September 2, 5:30-7:30 pm, for a demonstration and generous sampling from heritage recipes prepared with open fire cooking methods. Special emphasis will be on breads and cakes. Class fee: $10. Class minimum: 15. Deadline to register: Tuesday, August 17. Open to the public. Invite a friend. After the deadline, no registration fees can be refunded, but can be transferred to another individual. Following the session, participants will have the opportunity to view the collection of egg plates currently being exhibited in the 2nd floor gallery of the Lucas Mansion at no extra charge.

Eat Smart, Move More, Weigh Less
The next series of Eat Smart, Move More, Weigh Less, classes begins Tuesday, September 14, 5:15 pm, Alexander YMCA. This 14 week weight management program was developed by NC Cooperative Extension and the NC Division of Public Health. Weekly lessons provide information and motivation to help participants make choices about healthy eating and physical activity. Open to the public, you do not have to be a Y member to attend. Registration fee is $20, which covers all program materials for the series. For more information, contact the Extension Center at 632-3125. To register, call the Alexander YMCA at 632-2232 or 632-9699.

Alexander County Fair, September 14-18
Set aside some jars of your best jams, jellies, canned vegetables and other garden harvest to exhibit at the 2010 Alexander County Fair. Entries on canned items, crafts, artwork and home furnishings will be accepted on Sunday, September 12, from 1:00 – 5:00 pm and on Monday, September 13, from 9:00 – 5:00 pm. Earn prize money, too. Then on Saturday afternoon, the pound cake judging gets underway at 4 pm. Entries can be brought to the fairgrounds from 1:00-4:00 pm. Cash prizes for the top three entries. Watch the fair catalog for compete details about all exhibits and qualifications.

Chick Fil-A Fundraiser – October 5, Extension Learning Center, 11:00 am-1:00 pm
Let the Alexander Extension and Community Association provide lunch for you, your family, co-workers and friends on Tuesday, October 5! For $5.00, you’ll get a delicious Chick-fil-A Sandwich, chips and drink. Advance orders required by calling 828-632-3125. Proceeds to benefit the outreach projects of the Association including, Domestic Violence Resource Center, Hospice of Alexander County and the Caring Hearts Pregnancy Center.

Lots of volunteers will be needed to process orders. Please let your club president know if you are available for any of that time – before, during and after. THANKS!!!
Names in the News:

Congratulations to Wanda Stafford!
Friendship Club member and ECA council second vice president Wanda Stafford has recently retired from Alexander County Schools, after 17 years and 2 months of service! Wanda notes she plans to spend extra time on projects at home and in the community. Hooray!

Calendar of Events

July 30 – August 25 Living Healthy series, Pinecrest Independent Living Center, Hickory, 2:00 - 4:00 pm
September 2 “Heritage Cooking” area program, Hiddenite Ctr. Education Complex, 5:30 - 7:30 pm
September 6 County offices closed
September 14 Eat Smart, Move More, Weigh Less series begins, YMCA, 5:15 pm
September 14-18 Alexander County Fair
September 18 Pound Cake and Cookie Contest, Alexander County Fair, 4:00 pm judging
Sept 21, 23, 28, 30 ServSafe Certification Class, 8:30-12:30 pm, ELC
October 5 Chick Fil-A Fundraiser lunch time, advance orders only
October 7 ECA Quarterly Council Meeting, 5:15 pm, ELC
October 14 Leader Training for November lesson, “Holiday Ornaments” 12-1 pm, ELC
October 16 Apple Festival, downtown Taylorsville
October 25-27 ECA State Council Meeting, Village Inn Conference Center, Clemmons
October 30 ESL Day Family Festival, 11:00 am - 2 pm, ACHS
November 2-Dec 7 Living Healthy with Diabetes, 10:30 am – 1:00pm, CVMC, Health First Center, Hickory

Membership in the Alexander Extension and Community Association is open to any resident age 18 and older. There are three clubs that meet in a variety of locations throughout the month. If interested in visiting or joining a club, contact the Extension Center for details.