Extension Opportunities:

Living Healthy – March 25-April 29

Do you want to:

- Feel better?
- Be in control?
- Do the things you want to do?

Find out more about the “Living Healthy” series, March 25 – April 29. Living Healthy is intended for adults age 55 and older with an ongoing health condition. You will get the support you need and help in dealing with pain and fatigue, discover better nutrition and exercise choices and learn better ways to talk with your doctor and family about your health. Living Healthy is sponsored locally by North Carolina Cooperative Extension and the Western Piedmont Council of Government’s Area Agency on Aging.

This series of six workshops is each Thursday, beginning March 25 through April 29. All sessions are 9:30 am – 12:00 pm, at the County Office Building next to the Alexander Senior Center. There is no charge. Funding provided by the Area Agency on Aging. Advance sign-up is required by March 19th. Questions?? - Contact Margo Mosley, at 828-632-3125.

Put Life Back in Your Life!

Achievement Program - March 29, 6:00 pm, Extension Learning Center

Our annual Achievement Night event is Monday, March 29, 6:00 pm, in the Extension Learning Center. Our special guest is Alexander County Sheriff Chris Bowman. The evening includes recognition of “Club of the Year” and those members having perfect attendance.

Other details:

- The meal is covered dish. Each member is asked to bring one generous dish to share.
- Each club should bring one gallon of beverage and a door prize ($10 value).
- Each club will prepare their own table(s) decoration/centerpiece.
- All clubs assist with cleanup.

*Club presidents: If you haven't already, please notify the office of perfect attendance winners from your club by March 15th.

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.
District Spring Day – Tuesday April 13, “On the Road to a Healthy Life”

Mark your calendar for this fun and active district day event hosted by Iredell County ECA at Northview Church of Christ, Statesville on Tuesday, April 13. The day begins with registration from **8:30 - 9:45 am** and opening session at **10:00 am**. Guest speaker is Susan Tumbleston of the Be Active Appalachian Partnership, Appalachian State University. She will bring us information on the importance of physical activity. Wear comfortable clothing and shoes so that you may be prepared to *spring* into action during Susan’ presentation!

Cultural arts contest entries accepted between **8:30 – 9:30 am**. Check your 2010 member handbook page Y23 for a list of categories. Registration fee is **$10** and includes lunch. **Registration deadline is March 26th.** Contact the office to signup.

**Names in the News:**

Rocky Springs Extension and Community Association (ECA) Club member **Bera Stevenson** was selected by the 2009 Alexander County Fair Committee to submit her local entry to the North Carolina State Fair. Bera’s oil painting was displayed in Raleigh throughout fair week, October 16-24, 2009. Congratulations, Bera!

ECA members **Ella Mae Nichols** and **Lee Jan Waddell** will join approximately 30 business and community leaders in February and March to assist over 400 middle school students with money management decisions, through **Real Money, Real World**. This simulation event is an active, hands-on experience that gives young people the opportunity to make lifestyle and budget choices similar to those they will make as adults.

**Wanda Stafford**, County Council Vice President and member of the Friendship ECA Club will be honored as a Community Spark on **Tuesday, March 16**, at Alexander Central High School, at the annual Commissioners’ Choice Awards Banquet. Congratulations, Wanda!

**Calendar of Events**

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<td>March 25 - April 29</td>
<td>Living Healthy Series, <strong>9:30 - 12:00pm</strong>, County Office Building</td>
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<tr>
<td>March 16</td>
<td>Commissioner's Choice Awards Banquet</td>
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<td>March 29</td>
<td>ECA Achievement Program, <strong>6:30 pm</strong>, ELC.</td>
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<td>April 2</td>
<td>County Offices Closed</td>
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<td>April 8</td>
<td>County Council, <strong>5:15 pm</strong>, ELC</td>
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<td>April 13</td>
<td>ECA District Spring Day, Statesville</td>
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<td>May 6</td>
<td>Back Pack Project, First Baptist Church</td>
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<td>May 13</td>
<td>Area Program “Benefits of Beef” NC Cattlemen’s Beef Council</td>
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<td>June 3</td>
<td>Back Pack Project, First Baptist Church</td>
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[Image: NC State University Cooperative Extension logo]

*Helping People Put Knowledge to Work*