



Submitted Photo

Career and Technical Education teachers from across the state had the opportunity to tour Central Carolina Community College's student farm, which ranks No. 14 among the best college farms in America, according to Best College Reviews.

CCCC Hosts Sustainable Culinary Arts & Farm Tour Event

Central Carolina Community College recently hosted the Central Carolina Culinary Institute (CCCI) Sustainable Culinary and Farm Tour Conference at the Chatham County Campus in Pittsboro.

Career and Technical Education Foods, Culinary and Agriculture teachers from across the state had the opportunity to tour the college's student farm, which ranks No. 14 among the best college farms in America, according to Best College Reviews. In addition,

the teachers got an up-close look at the college's Culinary Institute, where they were treated to a lunch reception.

Central Carolina's Culinary Institute's (CCCI) mission is to present a curriculum for students to develop expertise and passion for a holistic, nutritional and naturally sustainable lifestyle. The program prepares graduates for successful careers in the culinary field and is committed to promoting the use of whole, organic and local foods for general wellness

and therapeutic applications. Through partnership with the college's Sustainable Agriculture program and local farmers, CCCI supports chemical-free, natural foods to create healthy lifestyles throughout the local community and region for all ages.

For more information on the Central Carolina Culinary Institute, visit the website www.cccc.edu/culinaryarts. For more information on Central Carolina Community College, visit the website www.cccc.edu.

Breastfeeding Expo Aug. 6 In Smithfield

Local pregnant and breastfeeding mothers are invited to the Johnston County Health Department Regional Breastfeeding Expo Aug. 6 from 1:30 to 4 p.m. at 517 N. Brightleaf Blvd Smithfield. Come even if you are not planning on breastfeeding your child, there are many services that will be

available for all mothers.

Many local perinatal health care professionals will be present including, but not limited to, doctors, nurses, dietitians, lactation consultants, social workers, doulas, La Leche League, Partnership for Children, pregnancy support organizations, chiropractic

centers, massage therapists, OB-GYNs and more.

There will be door prizes for attendance for beauty makeovers, nail treatments, breastfeeding pillows for single and twins, free meals at restaurants, free admission to local attractions and more.

Four Oaks Library Continues Summer Reading Program

The Summer Reading Program continues in August at the James Bryan Creech Public Library in Four Oaks.

Using this year's theme, "Every Hero Has A Story," upcoming programs include:

- Aug. 5 — "How can I be a super hero?"
- Aug. 12 — "We have the power to change the world!"
- Aug. 19 — The last Summer Reading Program event (pending)
- Aug. 22, 6 p.m. — Super Hero Training Camp, end of summer bash!

The James Bryan Creech Public Library is seeking new homes for books. Come in now and get a bag of paperback books for 25 cents or get a mixed bag, hardback and paperback, for 50 cents. The library will provide bags and you can stuff just as many books as you can in the bag. All proceeds go to help run the library.

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Southern Ideal Home Show To Feature 'Love It Or List It's' Hilary Farr

The Southern Ideal Home Show, the Triangle's largest home and garden event, is gearing up for its fall show Sept. 25-27 in Raleigh. The three-day showcase will be held at the North Carolina State Fairgrounds and will feature more than 300 top area professionals in home and garden.

Headlining this year's show is celebrity guest Hilary Farr, international interior designer and co-host of HGTV's "Love It or List It." "Love It or List It" features Ms. Farr and real estate agent David Visentin as they compete for the affections of fed-up homeowners looking to either renovate or sell, and is currently filming in the Raleigh area.

Ms. Farr renovates the couples' current home while Mr. Visentin attempts to convince them selling is the better option. Ms. Farr will share her design expertise, tips and tricks at two Question and Answer sessions on Saturday, Sept. 26, at noon and 3:30 p.m.

Guests are encouraged to come with their to-do lists as this year's show will feature more ideas and solutions than ever before. The show will spotlight what's trending in building and home improvement, living green, kitchen and bath, outdoor or living, interior decorating and more. The Home Show will also showcase the second annual Brews & Bites, where guests will enjoy locally-crafted beers with savory foods created by top chefs and businesses in the Triangle.

Get a head start on your fall projects by registering online at SouthernIdealHomeShow.com for a chance to win a \$1,000 Shopping Spree Gift Certificate to shop at the show. Tickets are available online and at the door for \$9, and children younger than 15 are free with a paying adult. Advance discount tickets will be available beginning Aug. 24 at Walgreen's locations throughout the Triangle for a cost of \$7. Friday is 55+ Day (tickets are \$7 for anyone 55 and older) and Hero Day (free admission for those with active and valid military, police, fire or EMT identification). Parking is available and free of cost. For more information, visit www.southernshows.com/hfr.

Presenters Needed For 15th Annual African-American Cultural Celebration

The 15th annual African-American Cultural Celebration will be one of the largest events in 2016 at the N.C. Museum of History in Raleigh. The museum announces that it is accepting applications, now available online, for this popular festival to be held Saturday, Jan. 31, 2016, from 10:30 a.m. to 4:30 p.m. The event's theme will be "Civil Rights — March On!"

Artists, filmmakers, authors, scholars, musicians and performers can submit applications through Tuesday, Sept. 1, to be considered for the 15th annual African-American Cultural Celebration. Selection criteria and applications can be downloaded from the museum's website at <http://ncmuseumofhistory.org/NewsEvents/Festivals.aspx>, or go to ncmuseumofhistory.org and click "News and Events," then "Festivals."

Be a part of this family-friendly celebration that was named a "Top 20 Event" in 2015 by the Southeast Tourism Society. The festival, presented in partnership with the N.C. African-American Heritage Commission, is the statewide kickoff to Black History Month.

For more information about the African-American Cultural Celebration and the N.C. Museum of History, a Smithsonian-affiliated museum, call (919) 807-7900 or access ncmuseumofhistory.org or follow on Facebook, Twitter, Instagram, Google+ or YouTube.

about The Museum

The N.C. Museum of History is located at 5 E. Edenton St., downtown Raleigh. Hours are Monday through Saturday, 9 a.m. to 5 p.m., and Sunday, noon to 5 p.m. The museum collects and preserves artifacts of North Carolina history and educates the public on the history of the state and the nation through exhibits and educational programs. Each year more than 300,000 people visit the museum to see some of the 150,000 artifacts in the museum collection. The Museum of History, within the Division of State History Museums, is part of the N.C. Department of Cultural Resources.

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