

GO HOG WILD

Lexington Barbecue Festival this weekend

By Erica Singleton
FOR THE CHARLOTTE POST

There's nothing like the taste of real barbecue. Some may argue over what constitutes "real" barbecue, but for me, that has always been Lexington style barbecue. That means no sauce, just meat with a traditional smoky flavor. In North Carolina, barbecue means only pork. And in Lexington, it means chopped or pulled, and in very rare cases, sliced. As described to me, by Bubba Wright, son-in-law of Lexington Barbecue restaurant owner Wayne Monk, Lexington "cue only works with pork shoulder, cooked about nine hours over hickory and oak coals. They salt the meat before they cook it, but they do not baste it.

"This is true Lexington barbecue," explained Wright.

And yes, the sandwich does come with cole slaw, another must have for me. However, if you want to try it for yourself, there's no better chance than this weekend.

Lexington has been proclaimed "barbecue capital of the world," and its barbecue

festival the place to be. One of the largest one-day street festivals in North Carolina and recognized as one of the Top Ten Food Festivals in America by Travel & Leisure magazine, the Barbecue Festival includes music, crafts, athletic events and of course food. This year's event will be held Saturday and already the information has been released, so you can plan ahead to attend on October 27, 2007. Try the special "fine Swine Wine" at the Childress Vineyards booth. Check out the antique cars on Main Street, or a major attraction in it's third year at the festival the Hogway Speedway. Specially bred and trained fleet footed racing pigs bolt around an oval track; it's a must see. For a listing of entertainers and more attractions, visit www.barbecuefestival.com.

Also, walk around and experience some of the arts and crafts shops and the old-fashion nostalgia served with a sweet twist at The Candy Factory, right on Main Street. Located under a red and white peppermint striped awning, The Candy Factory

carries candies, sodas, collectibles, and antiques, a kid could go crazy in here; old and young. They've got everything from Big League Chew, Chik-o-sticks, and Candy Buttons to the popular Pucker Powder Candy Art, Harry Potter-inspired chocolate frogs and even a yardstick of bubble gum. For a walk down memory lane, The Candy Factory offers the original tiddly winks, pin the tail on the donkey, Tinker Toys, and Chutes and Ladders board games. The nostalgia is continued through the 1940s, '50s and '60s hit music that is played throughout the store. Collectors can find anything from hairnets from the 1950s to a 1957 die-cast Chevrolet Corvette to an issue of Life magazine from 1969 with Neil Armstrong on the cover.



Pastor & First Lady Henderson
New Beginnings Community Church
"Presents"
Leadership/Armor Bearers Conference
Saturday, October 28, 2006
9:00am - 2:00pm
Terry Nance, National Author
("God's Armor Bearer 1 & 2", "Vision of the House")
\$25.00 per person
Cost includes materials,
continental breakfast and lunch
Registration Deadline
Friday, October 27, 2006
For more information, please contact Darlene Green at 704-567-2900
9229-K Lawyers Road, Charlotte, NC
(Lawyers Square Plaza - corner of Lawyers & Lebanon Road)
www.nbccministries.org

TV series looks for home makeover

By Cheris F. Hodges
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Do you know an extraordinary family in need of a home makeover?

ABC's "Extreme Makeover Home Edition" is looking for them. The producers of "Extreme Makeover: Home Edition" are in search of an inspiring, heroic, hard-working families.

"We are looking for inspirational families that America can really root for," says casting director Quintin Strack. "Please help us find that family that is an inspiration to their community. We're looking for those local heroes who have neglected their own homes because they have given so much of their time and money to others instead. Or have overcome some adversity and now help others. Or whose family has fallen on hard times."

To be eligible, a family must own their single-family home (in major need of repairs, of course), be inspirational to their family and community, and about helping their neighbors. Interested families should e-mail a two paragraph synopsis of their family story to Veronica Penn-Turner at castingnorthcarolina@yahoo.com. The e-mail subject line should read "re: North Carolina."

The synopsis should include the names and ages of each member of the household along with a one to two paragraph description of why the family is inspirational and the top three things that are wrong with their home.

The deadline for family submissions is October 25. For more information about the show, log on to <http://abc.go.com/primetime/extremehome/index.html>.

Since "Extreme Makeover: Home Edition" premiered in December 2003, it has made over 74 houses.

Simple repairs to boost your health

By Dr. Peter Cox
SPECIAL TO THE POST

What can you do to take better care of your health? As a chiropractor in Charlotte, I've seen patients miss early warning signs that their health is suffering. And I've recommended simple repairs that anyone can do to improve their well-being.

- First, the warning signs. You need to take better care of yourself if you:
 - Are in pain during daily tasks, like sitting at your desk, cooking dinner, or playing with your kids. That includes headaches, backache, or leg cramps.
 - Toss and turn as you try to fall asleep.
 - Feel that stress is overwhelming you, and that feeling doesn't stop as you fall asleep.
 - Wake up sore. If the person next to you isn't sore, the problem isn't your mattress.

how much water they drink. Chances are they drink a lot. For your body to perform at its best, aim to drink half your body weight in ounces of water. For a 140-pound woman, that would be 70 ounces a day, or seven 10-oz glasses of water. You'll find your body starts to enjoy the taste of water as you establish this new habit.

Getting potassium in your diet also helps combat stress. Foods with potassium include bananas, avocados, orange juice, and many other fruits and vegetables.

Stretch and get active. Learn some simple stretches to keep your joints healthy. (The Internet and books offer many examples.) Do each stretch longer than thirty seconds for maximum benefit. Then get moving. Plan 40 minutes of exercise three times a week. Run, dance, play ball with your kids. Or work walking into your day. To keep your body limber, you need to take 5,000 steps daily. Buy a pedometer at a discount store for a fun way to keep track of your steps.

Change your mind. If your mind stays crowded and overworked, you can't perform at

Week of 10/18/06 thru 10/24/06

Value Pack, Boneless Beef Cube Steak or Stew Beef
\$1.99 lb.
Without MVP Card \$3.49 - \$3.89

3 Day Sale
Fri. 20 OCT.
Sat. 21 OCT.
Sun. 22 OCT.

Boneless Chicken Breast Fillet
\$1.99 lb.
Without MVP Card \$4.49

3 Day Sale, Fri. Sat. & Sun.
12 Rolls Select Varieties Scott Bath Tissue
\$4.49
Limit 2 Without MVP Card \$8.79
After Limit And All Other Days Of This Week **\$5.99**

BUY 1 LB., GET 1 LB. FREE
Carolina Smoked Turkey
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99¢ lb.
Available In The Day
Without MVP Card \$2.99

3 Day Sale, Fri. Sat. & Sun.
8-12 Rolls Select Varieties Cottonelle Bath Tissue
\$4.99
Limit 2 Without MVP Card \$8.69
After Limit And All Other Days Of This Week **\$5.99**

BUY ONE, GET ONE FREE
16-26.3 Ounce Select Varieties Ragu Pasta Sauce
99¢
Limit 2 Free
Without MVP Card \$1.69

BUY ONE, GET ONE FREE
15-18 Ounce, Select Varieties Nabisco Oreo Cookies
99¢
Limit 2 Free
Without MVP Card \$3.49 Each

3 Day Sale, Fri. Sat. & Sun.
8 Pack Scott Paper Towels
\$4.49
Limit 2 Without MVP Card \$7.99
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11-12 Ounce Bags - Select Varieties Hershey's Packaged Chocolates
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18.6-18.8 Ounce Select Varieties Campbell's Chunky Soups
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Without MVP Card 4/\$8.76

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\$4.99
Without MVP Card \$5.99

3 Day Sale, Fri. Sat. & Sun.
Box Size 2, 4, 5 64-108 Count Pampers
\$17.99
Limit 2 Without MVP Card \$22.99
After Limit And All Other Days Of This Week **\$19.99**

FREE THANKSGIVING Dinner Sept. 27th thru Nov. 21st

- Shop 6 or 8 weeks
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- Collect 6 different weekly tickets
- Redeem your 6 tickets for a \$20 Gift Certificate

Redeem Register Tickets for Gift Certificate by 11/28/06. Redeem Gift Certificate by 12/12/06.

Good neighbors. Great prices.