Rocky Mount/Wendell/Wilson/Zebulon NC Edition - 919.623.9392

"I'M FREE—Take Me With You!"

Volume 1, Number 18 **November 1, 2011** 

# The Bad News... Food Bank Use Increasing

Produced by Above And Beyond

Learning Corp.

A September 2011 study, Food Banks: Hunger's New Staple, released by Feeding America finds that many Americans chronically depend on food pantries and other charitable food services to feed themselves and their families. The study provides an in-depth look at the frequency and duration in which low-income families seek food assistance from food banks and the agencies they

Food Banks: Hunger's New Staple study found emergency food from pantries is no longer being used to meet temporary acute food needs - instead, for the majority of people seeking food assistance, food pantries are now a part of US households' long term strategies to supplement monthly shortfalls in food.

The guiding analysis plan for this study involved the utilization of a pantry frequency question among clients surveyed for the Hunger in America 2010 project.

Feeding America is made up of more than 200 food banks that provide food and groceries to more than 61,000 agencies, including food pantries, soup kitchens, and other emergency feeding sites.

"Feeding America was created to ensure individuals and families had access to food in an emergency. This study confirms a trend we've been experiencing over the past several years due to a weakened economy — many people are now turning to us on a consistent and ongoing basis to meet their basic nutritional needs," said Vicki Escarra, president and CEO of Feeding America.

For more information and to read the key findings of this report, go to feedingamerica.org/HungersNewStaple.



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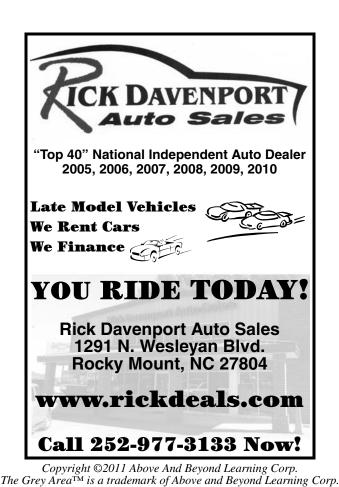
## The Good News... Marine **Runs for Wounded Warriors**

US Marine Gunnery Sergeant James Dacey left Camp Lejeune in mid-October, taking the first steps on his 345 mile run to raise funds for the Wounded Warrior Project. He's taking this long road alone to raise funds for those who have sacrificed so much for this country. He says on his website, "It is with honor for my Brothers and Sisters in Arms, I embark on this endeavor to ease their burden, if only for a brief moment."

Dacey plans to finish his journey at the National Naval Medical Center in Bethesda MD on November 11th — Veteran's Day. If you would like to help the "Gunny" reach his fundraising goal of \$100,000 please visit his special web page at wwpproudsupporter.kintera.org/gunnydacey and give what you can for America's Wounded Warriors.

### Wilson County Health Dept Announcement

The Wilson County Health Department is providing Diabetes Self Management Education Classes. These classes are available for newly diagnosed diabetics and/or diabetics who are having difficulty managing their diabetes. Entrance to the classes requires a referral from the patient's medical provider. Participants will be scheduled for a 1hour initial assessment where we record their most recent Hemoglobin A1C. The 8-hours of group education is provided in two 4-hour classes. Three months after the education we will schedule the participants for a follow-up visit and re-evaluate their Hemoglobin A1C. The class curriculum includes a general overview of diabetes, monitoring of blood sugars, exercise, healthy eating, medications, coping with diabetes and prevention of complications. There is no cost for the class. The next class dates will be in November. If you have questions or would like to schedule yourself for the classes, please call Amber Burgess at 252.237.3141 x6642. We can contact your doctor's office at your request and ask them if they would be willing to refer you to the classes.



# **A Little Local History**

#### Town Creek Indian Mound

North Carolina is rich in history. Residents and visitors alike may explore a variety of historical locations throughout Eastern NC and across the state. One such historic site dedicated to North Carolina's Native American heritage is Town Creek Indian Mound. Archaeologists have worked the site since it was acquired by the state in 1937— with the site archeological designation of "Pee Dee" placing it in the A.D. 1100-1400 years.

The mound at Town Creek is believed to have original been constructed over a rectangular "earth lodge". Eventually this structure likely collapsed, after which the area was covered to produce the low earthen mound, serving as a platform for building a temple or town house. The mound faced a large public area where meetings and ceremonies could be held, and included other structures around the plaza.

The site today provides visitors with access to artifacts, and include exhibits recreated to allow "walking through history". The site includes a reconstructed ceremonial center, the mound and major temple, the minor temple, and a burial house or mortuary.

If you're planning a visit to this archeological site, a special event in early November might be just the time to go. Mixing science and history, November 5th from 6-10pm, visitors can check out this historical location and participate in "Town Creek Under the Stars, Astronomy Program" to view the stars and planets. According to the website nchistoricsites.org, visitors will be able to "view the stars at one of the last great dark sky sites in the Piedmont". Contact 910.439.6802 or email towncreek@ncdcr.gov for more details.

Town Creek Indian Mound is just a few hours away at 509 Town Creek Mound Road, Mt. Gilead NC.





### \* Rocky Mount \*

#### Veterans Lunch (November 10 @ 11am-1pm)

All Veterans are invited to attend. If you or someone you know has served in the Armed Forces, call with their name, branch of service, & the years served. Register by Nov 4th. Rocky Mt Senior Center, 427 S Church St., Rocky Mount Contact Julie Smith at 252.972.1152 or julie.watson@rockymountnc.gov

#### Noises Off: a stageplay (Nov 11-12, 18-19 @ 7:30pm & Nov 20 @ 2pm)

This "farce" presents a hapless group of actors rehearsing and performing a comedy called "Nothing On." Missed cues, dropped lines, behind-the-scenes misunderstandings mean a disaster for the actors, but a side-splitting night of comedy for the audience. Tickets \$6-\$8.

Theatre at the Maria V. Howard Arts Centre The Imperial Centre for the Arts & Sciences 270 Gay Street, Rocky Mount NC Call 252.972.1266 or visit arts.imperialcentre.org.



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## Things to Do in NC When You're Bored

#### Celebrate America Recycles Day (November 12 @ 10am-2pm)

Recycle your old electronics and unwanted/unused prescription drugs, shred confidential documents, and donate clothing to celebrate America Recycles Day. Reduce, Reuse, and Recycle! Golden East Crossing Mall parking lot

1000 N. Wesleyan Blvd, Rocky Mount NC Contact Keep America Beautiful at 252.467.4960.

#### Saturday Science - Astronomy (November 19 @ 1-2:30pm)

Join this class to learn about the stars and planets! Construct a "Planisphere" to help navigate the night sky, build a "Refractor" telescope to keep, and view the heavens in Cummins Digital Planetarium. Fee \$12 city residents and \$14 non-residents. Appropriate for children in grades 2-5. Registration and payment must be made by November 16th. Children's Museum & Science Ctr, 270 Gay St., Rocky Mt Info at 252.972.1167 or museum.imperialcentre.org.

#### Rocky Mount Christmas Parade (December 4 @ 3pm)

The Parade includes marching bands, performance groups, floats, helium balloons and more. Santa Claus will make a special appearance in the parade. Downtown Rocky Mount For more details, call Parks & Recreation at 252-972-1151.

#### \* Wendell \*

#### First Friday Jazz (November 4 @ 7-9:30pm)

Come to Wendell to hear the "Positive Connection" Jazz Band. Dinner and show. Admission \$10. The Kila Company, 28 Main Street, Wendell NC For details, call 919.365.5003.

#### \* Wilson \*

#### Udeshi Hargett In Concert (November 3 @ 7-8:30pm)

Join Wilson Community College for violinist Udeshi Hargett in concert, featuring "An Evening of World Music". Reception held during intermission. Free & open to public. DelMastro Auditorium, 902 Herring Avenue, Wilson NC

#### Wilson Whirligig Festival (November 5-6)

Enjoy food vendors, music, arts, crafts, children's activities, and entertainment! The Festival celebrates its 7th year, averaging about 20,000 visitors to the downtown area. Come with your family and friends to enjoy activities along Nash Street. The festival is free and family friendly. 200 W. Nash Street, Wilson NC

Call the Wilson Chamber Of Commerce at 252.237.0165.

#### "A Doll's House" by Henrik Ibsen (Nov 10-12 @ 8pm & Nov 13 @ 3pm)

From the Barton College website: "Presenting one of the iconic plays from the canon of dramatic literature is a privilege for any theatre, and Theatre at Barton is pleased to present one of the most controversial pieces of its time, A Doll's House. This play was simultaneously called feminist, amoral, atheistic, & incited riots throughout Europe in the late 1870s."

Lauren Kennedy and Alan Campbell Theatre, Wilson NC For information or advance tickets, contact Adam Twiss at 252.399.6484 or ajtwiss@barton.edu.

#### \* Zebulon \*

#### Scrabble Night at Eclectic Intellectual (November 4 & 11 @ 7-10pm)

Come and play Scrabble for fun, company, and conversation — and coffee.

120 North Arendell Avenue, Zebulon NC More info at 919.375.4486 or www.twitter.com/EIZebulon

#### **Brown Bag Lunch Ministry** (November 5, 12 & 19)

Zebulon UMC and St. Eugene Catholic Church distribute brown bag lunches and personal hygiene items to the needy. Zebulon: Gannon Ave & N Church Street (11:30am-12:30) Wendell: St. Eugene, 608 Lions Club Road (9am-10:30am) www.zumchurch.org & www.steugeneparish.org

#### Jolley Family Fun Farm Corn Maze & More (through November 5)

Climb aboard the 8-acre Pirate Ship Corn Maze. Explore the high seas in our first ever cornfield maze, travel through the sails of a pirate ship, find your way through the skull & crossbones, search out pirate flags and even sneak a peek at the map with Maize-O-Vision. It's sure to entertain the skilled and the uninitiated maze solvers alike. There's even a mini corn maze for the lil' mateys.

Jolley Family Fun Farm, 1204 NC 96 Hwy S, Zebulon NC Details 1.765.276.6293 or www.jolleyfamilyfunfarm.com

#### Live Music (November 5 & 12 @ 7-10pm)

Stop by Eclectic Intellectual for live music, Nov 5th Acoustic Performance & Nov 12th The Incompletes (rock). 120 North Arendell Avenue, Zebulon NC More info at 919.375.4486 or www.twitter.com/EIZebulon

#### McLean's Ole Time Cafe Trivia Night (November 6, 13 & 20 @ 7:30pm)

Sunday night trivia. Offers free fun and prizes. 418 W Gannon Avenue, Zebulon NC More details, call 919.269.0125.

#### Trivia Night at Pizza Villa (November 7, 14 & 21 @ 7:30pm)

Come to Pizza Villa for Monday night trivia. Play on a team and win prizes.

409 US Highway 64 Business W, Zebulon NC Call 919.269.4777 for more information.

#### Zebulon Family Movie Night (November 11 @ 7-9pm)

Showing "Diary of a Wimpy Kid: Rodrick Rules". Zebulon Parks & Recreation Department presents free movie and popcorn for all ages. A parent/guardian must be present. Community Center, 401 S Arendell, Zebulon NC

#### \* Elsewhere \*

#### Cucalorus 17 Film Festival (November 10-13)

Cucalorus screens a variety of movies including shorts, dramatic features, and documentaries. More than 100 films make it onto the lineup each year. Cucalorus attempts to represent the art form in all its diversity and contradiction. Most daytime screenings are suitable for children, but check schedule carefully for suitable content. Multiple Venues, Downtown, Wilmington NC For info and tickets, visit www.cucalorus.org

#### Hawkeye Indian Cultural Center's 14th Annual Pow Wow (November 11-12)

Dance competition, native foods, arts & crafts. All ages welcome. Grand Entry Friday at 7pm. Grand Entry Saturday at noon & 6pm. Admission \$5. HICC Pow Wow grounds, 5710 Red Springs Road, Hwy 211, Red Springs NC

Contact HICC hawkeyecenter@aol.com.

#### Cool Plants For Your Winter Garden (November 15 @ 7-9pm)

Learn how to make your garden a cool site even in cold weather by planting for bark, berries, foliage & flowers. With Cheryl Kearns, landscape designer, master gardener, author, & teacher.

East Regional Library, 946 Steeple Sq., Knightdale Info 919.217.5300, sandi.dabrowski@wakegov.com

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# **Shades of Grey**

#### What Do You Think?

Some situations are viewed in black and white; right and wrong. Yet, many people think situations also have a grey area where solutions are not so easily discerned. This is not just about the choices people make, but the thought process they go through to arrive at their decisions.

#### Submitted for Your Consideration and Conversation

The Thanksgiving holiday break is approaching. You are getting ready for a holiday with your children, and they are getting excited for the school break.

You've made arrangements for the long weekend with a meal at home, as well as a visit to your ex in-laws so they can spend time with your children, their grandchildren. You maintain a good connection with them, despite the less than amicable one with your ex.

Before the kids' school break starts, your mother calls and tells you that she and your father are coming for the weekend. You excitedly tell your mother what you are making for the dinner. You also mention your plans to take the kids to see their other grandparents Thursday evening. The call ends soon after, with your mother saying she will see you soon.

You spend the next few days doing extra shopping and preparing the house for your visitors. The kids come home from their last school day ready for the long holiday break. They are very excited to see "all their grandparents" — even your teenager seems to be looking forward to the visits.

The holiday arrives. Your turkey and side dishes come out well. You all enjoy a great meal together. The children fill in your parents on all their happenings. You get to hear how your parents are doing, and get updates on their neighbors.

After everyone has eaten and you've packed up some food to take with you, you tell your parents it's time for you to take the children to see your ex's parents. You yell out to the children to start getting ready and find their jackets.

As you turn to leave the kitchen, your parents are standing in the doorway. Your mother tells you that she and your father think that the kids should not visit their other grandparents. Your mother says that because your ex is not spending time with the children, it isn't appropriate to let his family see them. She suggests that you all stay home.

What do you think? Do you think that your parents have the right to insist? Do you think you would find it easy to assert your choice? Or, would you give in to them and stay home? What do you think is the best way to handle the situation for your childrens' sake?

Alternatively, what if you knew that your ex in-laws were not doing well financially, and that the meal you were taking would be all that they had for the holiday? Do you think that would help you feel stronger in standing up to your parents?

# Things We Did in NC When We Were Bored

#### **Rocky Mount Business Expo**

October 11th the Rocky Mount Area Chamber of Commerce held its business expo at Nash Community College. Our staffers went by, and spent several hours talking with local business owners and representatives. They also picked up a nice variety of pens, pencils, and pamphlets on everything from foods to professional services to community agencies.

It was very busy and well organized, with exhibits inside and outside. A little rain dampened the vendors outside but didn't stop the considerable visitor traffic. Well worth the time to attend and meet these large and small businesses from Rocky Mount and surrounding areas.

# **News From The Grey Area**

This issue lists mostly early November happenings throughout Eastern North Carolina and beyond. While we strive to include mostly free events, some events require payment of a fee. The majority of the events this issue are in Rocky Mount, Wendell, Wilson, and Zebulon. Several events are included from "Elsewhere" including Knightdale, Wilmington, and Red Springs NC.

The Grey Area newspaper "Things to Do in NC When You're Bored" listings are free, at publisher's discretion, and as space allows. If your organization has a fundraiser, fun event, public meeting, or special offering coming in late November, December, or January, please email your details to kayw@greyareanews.com for possible inclusion in a future issue. Please note that event sponsors are not listed; however, event organizers may purchase advertising space to provide more event details.

The Grey Area has some exciting news to announce in the December 15th issue. Stay tuned for more information!

Between issues, keep up with The Grey Area news and event updates via the website and online social media!

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### **Little Bits**

#### Word of the Issue

#### Permafrost

**Definition:** Permanently frozen soil at or below the freezing point of

water for two or more years.

**Example:** "The contamination may be due to thawing permafrost."

## Translation of the Issue

Enalish — "ice"

German — eis Spanish — hielo Italian — ghiaccio Irish — oighir Danish — is Dutch — ijs Korean — 얼음 (eol-eum) Latin — glacie

Translations for these and many other languages may be found at translate.google.com, babelfish.yahoo.com, and other online and print resources.

#### **Quote of the Issue**

#### Thomas Paine. December 1776

"What we obtain too cheap, we esteem too lightly: it is dearness only that gives every thing its value."

#### Chuckle of the Issue

It's the evening before Thanksgiving, and the butcher is just locking up when a man begins pounding on the shop door.

"Please let me in," the man yells desperately. "I forgot to buy a turkey, and my wife will be devastated if I come home without one."

Rolling his eyes, the butcher sighs, "Okay. Let me see what I have." He checks the freezer and discovers that there is only one scrawny turkey left. He brings it out to show the man.

"That's one is too skinny. What else you got?" says the man.

The butcher takes the bird back into the freezer, waits a few minutes, and brings the same turkey back out to show the man.

"Oh, no," says the distraught husband, "That one doesn't look any better. I had better get both of them!"

# Something to Clip for Your 'Fridge

Local libraries provide access to information, new and old. Below is a list of some of the Eastern North Carolina libraries available.

## Local Libraries

Braswell Memorial Library 727 North Grace Street, Rocky Mount NC — 252.442.1951

Black Creek Branch Library

103 Central Avenue, Black Creek NC — 252.237.3715

Bunn Branch Library 610 Main Street, Bunn NC — 919.496.6764

Crocker Branch 114 S. Main Street, Stantonsburg NC — 252.238.3758

East Branch

6000-C Ward Boulevard, Wilson NC — 252.237.2627

East Regional Library 946 Steeple Square Court, Knightdale NC — 919.217.5300

Elm City Branch

114 N Railroad Street, Elm City NC — 252.236.4269

Franklin County Central Library 906 North Main Street, Louisburg NC — 919.496.2111

Harold D Cooley Library 114 West Church Street, Nashville NC — 252.459.2106

Kenly Public Library

205 Edgerton Street, Kenly NC — 919.284.4217

Lucama Branch

103 East Spring Street, Lucama NC — 252.239.0046

Selma Public Library

301 N. Pollock Street, Selma NC — 919.965.8613

Spring Hope Public Library 101 East Nash Street, Spring Hope NC — 252.478.3377

Wendell Community Library

207 S. Hollybrook Road, Wendell NC — 919.365.2600

Wilson County Public Library 249 Nash Street W, Wilson NC — 252.237.5355

Zebulon Community Library

1000 Dogwood Drive, Zebulon NC — 919.404.3610

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