

The Grey Area™

Local and National Unusual News

Rocky Mount/Wendell/Wilson/Zebulon/Bunn NC Edition – 919.623.9392

Produced by Above And Beyond Learning Corp.

“I’M FREE—Take Me With You!”

Volume 1, Number 21
December 15, 2011

The Good News... Wilson Health Dept WIC Program

More families than ever are finding it hard to put healthy food on their dinner tables. For young children, a lack of good nutrition can put them at risk for health problems and problems in school. North Carolina’s WIC program helps low-income families meet the nutritional needs of pregnant and post-partum women, infants, and children up to age 5.

“While adding more fruits and vegetables to these families’ diets is an important part of our program, participants get more than food from WIC,” Lida Blalock, WIC Director said. “WIC offers families nutrition education and counseling, breastfeeding promotion and support, supplemental foods, and even healthcare referrals.”

The NC WIC Program currently serves an average of 270,000 participants each month. Studies show that children who participate in WIC are more likely to receive regular preventive health services and are better immunized than children who did not participate in WIC.

WIC participants receive helpful one-on-one counseling with a nutrition professional. Group nutrition classes may also be offered by trained staff on topics ranging from healthy drink choices to grocery shopping on a budget.

Breastfeeding promotion and support is an important part of the WIC Program. All WIC agencies have trained staff ready to assist moms in making informed decisions about how they feed their babies. WIC also teaches moms the basics of breastfeeding.

Better educated moms mean healthier babies. Medicaid beneficiaries who participated in WIC had lower infant mortality rates than Medicaid beneficiaries who did not participate in WIC. WIC participation also decreases the incidence of low birth weight and pre-term births.

“WIC is so much more than people realize,” said Lida Blalock. “The nutrition education and healthy foods that WIC provides really give children a healthy start in life, which is so important.”

The WIC Program is available at Wilson County Health Department, 1801 Glendale Drive, Wilson. You may apply for WIC Monday-Friday from 8am to 5pm.

For more information about WIC or to make an appointment, please visit Wilson County WIC Program at the address above or call 252.291.3144. You may also visit the WIC website at www.nutritionnc.com. *USDA is an equal opportunity provider and employer.*

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A Little Local History

Perry’s Mill Pond

Cooler winter days give great weather for walking around Perry’s Mill, established in 1778 — back in the early days of this country and soon after signing of the Declaration of Independence! This 200+ year old mill sits next to the mile-long Perry’s Mill Pond.



The mill and pond are still in the Perry family and run as a fishing and boating spot. For a few dollars, visitors can fish from the bank or take their boat or canoe on a scenic ride.

Located in Franklin County around the 5300 block on Pearces Road, the pond has a Louisburg address but is just minutes from Zebulon or Bunn.



A plaque inlaid in stone below the waterfall explains that this landmark is one of the old mills of the US. The adjacent pond makes for a great fishing getaway, just around the corner.

Big Sea Creatures Spotted Off The Coast

NC’s coast teems with life, as local fisherman know! Lately, some very large fish and mammals have been showing themselves off the coast.

First, it was a very large great white shark spotted far off the coast of North Carolina in November. Then in December, a large humpback was spotted cavorting in the waters off of Oak Island (south of Wilmington). A family boating off the coast captured video of the whale, more than 30 feet long.

Most recently, a minke whale washed up on the beach, apparently after dying from natural causes. The minke whale’s body was sent for analysis to determine specifics of its death. Minke whales are of the same family as the humpback, but generally smaller.

So the next time you go boating, keep an eye out and you might catch more than you bargained for by hook or video!

The Bad News... No Bad News for the Holidays

With the holidays going on, *The Grey Area* is sharing no bad news. There are many good things going in local communities, with local organizations, and people helping each other more than at other times of the year. Happy Holidays to you and yours from *The Grey Area* staff! We’ll see you next year!

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Things to Do in NC When You're Bored

* Rocky Mount *

CPR Saturdays - learn CPR for FREE! **(December 17 @ 9-10am)**

Learning CPR & the use of a defibrillator.
Fire Station #4, 2054 Fenner Road, Rocky Mount
To sign up, call the Frederick E. Turnage Chapter of the American Red Cross at 252.977.1720.

* Wendell *

Brown Bag Lunch Ministry **(December 17, 24 & 31 @ 9am-10:30am)**

St. Eugene Catholic Church distributes brown bag lunches to those in need. Personal hygiene items for needy families.
St. Eugene, 608 Lions Club Road, Wendell
More info at www.steugeneparish.org.

Wendell Baptist Church Live Nativity **(December 17-18 @ 5-8:30pm)**

Join the Wendell Baptist Church for their Live Nativity. On these nights the Christmas story is brought to life. Guests do more than just hear about the birth of Jesus, they see, touch, feel and smell what life was like during this time.
Wendell Baptist Church, 3651 Wendell Boulevard, Wendell

KAWANZAA Celebration (Dec 29 @ 6-9pm)

Day 4 - "Ujamaa" - Cooperative Economics. Come enjoy African dance, drumming, & more.
The Kila Company, 28 Main Street, Wendell
For details, call 919.365.5003.

* Wilson *

Lamaze Classes

(Jan 5, 12, 19 & 26 @ 5:30-7:30pm)

Wilson Co. Health Dept has childbirth classes which include breathing & relaxation exercises, explanation of each stage of labor, pain management options, & other information that is useful in preparation for delivery. Applicable to women 6-7 months pregnant. Classes once a week for 4 weeks. \$25/class, may be covered by Medicaid.
Health Dept., 1801 Glendale Dr., Wilson
Call Kathy Luper RN or Samantha Wiggs RN at 252.237.3141.

* Zebulon *

Christmas Breakfast & Bingo **(December 16 @ 9:30-11:30am)**

The Zebulon Community Center staff serve up breakfast and entertainment to celebrate the season.
401 S Arendell, Zebulon
Register in advance at the center.

Scrabble/Game Night Meet-Up **(December 16 & 30 @ 7-10pm)**

All are welcome for this Scrabble night, with games, food, conversation, and coffee. Have a fun evening!
120 N Arendell Avenue, Zebulon
More info 919.375.4486 or www.twitter.com/EIZebulon

Benefit for the NC Food Bank **(December 17 @ 7-10pm)**

Includes open mic and scheduled performances including Doug Comstock (pop/rock). Bring canned food & non-perishable items, which will be donated to the food bank in Raleigh to help feed local children & families.
120 N Arendell Ave, Zebulon
Info at 919.375.4486, www.twitter.com/EIZebulon

Karaoke Night **(December 17 @ 7:30pm)**

Stop by for Saturday night karaoke.
McLean's Ole Time Cafe,
418 W Gannon Avenue,
Zebulon
Call 919.269.0125.

Brown Bag Lunch Ministry **(Dec 17, 24 & 31 @ 11:30am-12:30)**

Zebulon United Methodist Church distributes brown bag lunches to needy. Personal hygiene items too.
Zebulon UMC,
Gannon Ave & N. Church St., Zebulon
www.zumchurch.org.

McLean's Trivia Night (December 18 @ 7:30pm)

Zebulon's McLean's Ole Time Cafe Sunday night trivia. Offers free fun and prizes.
418 W Gannon Avenue, Zebulon
More details, call 919.269.0125.

Trivia Night (December 19 & 26 @ 7:30pm)

Come to Pizza Villa-Zebulon for Monday night trivia. Play on a team and win prizes.
409 US Highway 64 Business W, Zebulon
Call 919.269.4777 for more information.

Creative Writing Meet Up Group **(December 22 & January 5 @ 5-7pm)**

Meeting of Eclectic Intellectual's Creative Writing Meet-Up Group (poetry, prose, short story writers etc).
120 North Arendell Avenue, Zebulon

* Elsewhere *

The Twelve Birds of Christmas **(December 15-31 @ 9am-4pm)**

A Holiday Game for all ages! Join the hunt to find The 12 Birds of Christmas at Sylvan Heights Bird Park. From seven swans-a-swimming, to a Partridge in a Pear Tree, find them all at Sylvan Heights! Call to check dates closed.
220 Lees Meadow Road, Scotland Neck NC
Call Brent at 252-826-3186 or visit www.shwpark.com.

Cookies With Santa (December 16 @ 12-5pm)

Come by Currin's Art Corner to enjoy cookies with Santa himself! Lots of Holiday fun for all ages.
375 Main Street, Bunn NC
For more information, call Wanda at 252.562.4412.

C.H.E.E.R. Children's Holiday Empowerment & Encouragement Rally (December 17 @ 9am)

Now Faith Community Development Center presents the 2nd annual C.H.E.E.R. Kids up to 17 come out and hear motivational speakers on a wide array of topics, with chances to win laptop, Ipod, bikes, games, and more.
Now Faith Multi-Purpose Bldg, 8933 Buffaloe Rd, Knightdale

A Chance in the Country Christmas **(Dec 17 @ 11am-4pm & Dec 18 @ 1:30-4:30pm)**

A holiday event for all ages. Horse rides, cotton crafts, hot chocolate, Charlie Brown maze, and more! Pony rides are free; tickets for other activities. The Gift Shop is open.
ROMA's Clydesdale Farm, 16153 Red Bud Road, Castalia
Info rfreeman@hughes.net or www.achanceinthecountry.org.

"Hand Dipped Art" Candle Making **(December 31 @ 10am-3pm)**

The Tobacco Farm Life Museum presents their "Stepping into the Past" Saturday event series. Demonstrations with your regular cost of admissions into the museum.
709 North Church Street, Hwy 301, Kenly
Info 919.284.3431 or www.tobaccofarmlifemuseum.org.

New Years Eve (December 31 @ 9:30pm)

Music and more to ring in the New Year at Tie Breakers Sports Bar and Grill. Suitable for all ages. Tickets \$15 in advance or \$20 at the door.
1920 Smythewyck Drive, Greenville
Call 252.439.0555 for details.

Black & White New Year's Eve Ball **(December 31 @ 7pm-12:30am)**

This fifth-annual Ball presents an evening of Big Band, Jazz, jump blues, R&B, funk, Latin, slow blues, Waltz, & requests! Free desserts, party noisemakers, & midnight toast. Cash bar, non-alcoholic selections, & smoke-free.
Tickets \$18 after Dec 16th & at the door.
Temple Beth Or Congregational Hall
5315 Creedmoor Rd, Raleigh
Info Tina High at 919.494.2300, www.musicanddance.com.

New Year's Eve Pickle Drop 2012 **(December 31 @ 6-7:05pm)**

Mt. Olive Pickle Company, Inc. holds its 13th annual New Year's Eve Pickle Drop. The Pickle descends the flagpole at the stroke of 7pm (midnight Greenwich Mean Time). Live music by The Harmony Boys, & Dr. Alan Armstrong on the bagpipes. Enjoy free refreshments. Bring canned food items to benefit the Food Bank of Central & Eastern North Carolina & have a chance to win a door prize.
At the Corner of Cucumber & Vine, Mount Olive NC
Contact 919.581.3528 or atwilliams@mtolivepickles.com.

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Ring in the New Year!

It's that time again: ring out the old and ring in the new. New Year 2012 is approaching. It's a time for reviewing the year behind, and looking forward to the year ahead. Making resolutions, celebrating on the Eve, and performing lucky customs — and avoiding unlucky actions — all play a part in ushering in the new year.

From the coast to the mountains, North Carolinians will be ringing in the new year in different ways. Acorns, pickles, and other "balls" will be dropped. Some drop twice: early for families and then at midnight for an adult crowd.

From "First Night" Raleigh starting at 2pm, to the 6pm celebration start at Mt. Olive Pickle Company, festivities run through midnight. Indoor parties range from bowling in Wilson to a ball in Raleigh to bands in Greenville! There are activities for all ages. Alcohol and smoke free events mix with champagne celebrations, giving a good variety of choices for local adults. Just don't forget to make a lot of noise at midnight, a tradition for chasing away evil spirits and the devil!

And don't forget to follow New Year's traditions on both the Eve and the first day of 2012. Rituals passed down through the ages include opening all doors at midnight to let the old year leave, kissing at midnight, ensuring all wallets in the house contain money before midnight, and arranging a first-visitor to enter and bring luck after midnight.

Foods to eat, or avoid, also play a part in ringing in the new year. Some foods are felt to help bring fortune when eaten as the year changes. Cooked greens look like money, and collards may be served to bring fortune to the household. Eat lots of greens to bring the best fortune! Black-eyed peas likewise are thought to increase coin in the house — the peas look like coins, meaning this practice is essentially the eating of lucky symbols. Some participants even believe in eating one pea for every day (365, or 366 in leap year). Others prefer Hoppin' John, a mix of the peas with pork/ham and sometimes rice.

Because pigs symbolize progress, since they push forward while rooting in the ground, eating pork is supposed to bring good fortune too. Pork's rich fat content is thought to signify wealth and prosperity, and may be eaten in combination with black-eyed peas and other lucky foods.

Just a few foods are meant to be avoided. Poultry and lobster are thought to bring bad luck because the animals move backwards — representing setbacks or regrets — and wings representing luck flying away. This bears similarity to the practices of avoiding laundry and breakage on January 1st to avoid washing away life or cursing the year as it begins!

As the first line of a popular song asks, "Should old acquaintance be forgot, and never brought to mind?" This question calls us to think about whether old times should be forgotten, encouraging us to instead toast the old days and old friends. So while you plan, celebrate, and feast, send a happy thought to the old, but remember to look forward and not back when striding through that important first day of the year! Following these old traditions can help bring enjoyment of the coming good times and build hope for better times ahead!

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

It's the last work day before holiday break. Your office has a policy against gift-giving; however, just as you prepare to leave a colleague walks through the office dropping gifts on desks including yours.

Being late in the day and just before break, there is not a way to get a gift for her. You have a hunch that she may have planned it this way.

Do you think you should say something to her? Do you feel it is appropriate to keep the gift, or to return it to her?

Alternatively, what if you open the gift and find that it is an expensive and inappropriate item? Would you be more likely to say something to her, or even to your boss?

News From The Grey Area

This month includes several holiday events and some New Year's festivities. Late December happenings are listed inside this issue. Between issues, keep up with *The Grey Area* news and local event updates via online social media and at www.AboveAndBeyondLearning.com.



The next issue will be distributed for January 1st — distributed January 2 and 3 due to modified business hours at many of our distribution locations. The early January issue covers New Year's resolutions, change, and planning ahead.

The Grey Area has some exciting news to announce! Starting with the January 1st issue, *The Grey Area* will be distributed in "localized" editions. Localization is a way of focusing published information to fit the audience in a certain area. In the case of *The Grey Area*, it means that event listings and articles will be specific for the towns in which the newspapers are distributed. The "Rocky Mount & Nashville" edition begins January 1st, with the "Wilson" edition to follow early in 2012, and a separate "Wendell/Zebulon/Bunn/Knightdale" edition. Our current estimated 400 distribution locations will receive the edition most relevant to their customers, with new locations added.

For advertisers, new lowered rates will allow advertisers to focus on the specific areas they serve, choosing in which edition(s) or areas they would like their advertisement to appear.

We look forward to continuing to serve our readers and advertisers in 2012. Please do feel free to contact us with suggestions for articles and events. We strive to make the newspaper an interesting and informative read, and to provide a way for local residents to find out more about local happenings.



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December 31st

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Saturday, December 31st
7pm-10pm:
Extremely Deluxe Bowling Bash
Enjoy 3 hours of moonlight bowling & festive music, shoe rentals, fun New Year's Eve party favors, a celebratory non-alcoholic toast, & a mouth-watering spread of cuisine served buffet style.

10:30pm-1:30am:
Strike in the New Year Bowling Bash
Enjoy 3 hours of moonlight bowling & festive music, shoe rentals, fun New Year's Eve party favors, a celebratory (alcoholic or non-alcoholic) toast, & a mouth-watering spread of cuisine served buffet style.

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The Grey Area™



The Backside

Little Bits

Word of the Issue

Nullibicity

Definition: The state of being nowhere or non-existence. (think of *null*)

Example: "Bigfoot seems to live in a state of nullibicity."

Translation of the Issue

English — "Happy New Year"

German — Glückliches Neues Jahr Spanish — Feliz Año Nuevo

Swedish — Gott Nytt År

Italian — Buon Anno

Irish — Athbhliain Shona

("Happy New Year to You" is "Athbhliain Shona Duit")

Translations for these and many languages may be found in online (translate.google.com, babelfish.yahoo.com, etc.) and print resources.

Quote of the Issue

Hal Borland, American Writer

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."

Chuckle of the Issue

A man is strolling past a university and suddenly remembers he has an important meeting that afternoon.

Unfortunately, his watch has stopped, and he cannot tell if he is late or not. Then, he notices a young student strolling nearby.

Calling out to the student, the man says, "Pardon me, sir, but do you have the time?"

The student calls back, "One moment!" and throws himself upon the ground, pulling out a short stick as he does. He pushes the stick into the ground, and, pulling out a carpenter's level, assures himself that the stick is vertical.

With a compass, the student locates north and, with a steel ruler, measures the length of the stick's shadow.

Withdrawing a slide rule from his pocket, the student calculates rapidly, then swiftly packs up all his tools and turns back to the man, saying, "It is now precisely 3:29pm."

The man can't help but be impressed by this demonstration, and says to the young student, "That was really quite remarkable."

As he starts to walk away, he asks, "What do you do on a cloudy day, or at night, when the stick casts no shadow?"

The student holds up his wrist and says, "I suppose I'd just look at my watch."

Something to Clip for Your 'Fridge

This issue the clipping is a mistletoe for you to hang over your door, or hang from your tree... once a little color is added!



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