

# The Grey Area™

Local and National Unusual News

Bunn/Wendell/Wilson/Zebulon NC Edition – 919.623.9392

Produced by Above And Beyond Learning Corp.

**“I’M FREE—Take Me With You!”**

Volume 2, Number 1  
January 1, 2012

## The Good News... Organic Cotton Grown Locally

### TS Designs Announces First Certified Organic Cotton Harvested in NC

In 2006, Eric Henry, president of TS Designs, and Brian Morrell, president of Mortex Apparel, met with experts in state agriculture. Their mission: to grow organic cotton in North Carolina. The response: it can't be done.

Now, five years later and for the first time in recent memory, a usable volume of USDA-certified organic cotton is being harvested in NC. Despite a myriad of challenges to growing organic cotton in the state, including weeds, pests and defoliation issues, two NC farms — Hickory Meadows Organics and Parrish Enterprises — have grown 65 acres of healthy organic cotton. This harvest is the first certified organic cotton grown in NC, right in Nash County.

Henry and Morrell have worked with these farms to grow organic cotton in their home state and as a solution for what they considered a broken supply chain. Until now, TS Designs' organic cotton T-shirts have been made at Mortex, but due to a shortage of US-grown organic cotton, the t-shirts have been made from overseas yarn.

Growing organic cotton has additional benefits for Hickory Meadows and Parrish Enterprises. Genetically-modified seeds commonly used in non-organic farming are costly — over \$500 a bag — and farmers cannot save their seeds for the next season. However, most of the non-GMO varieties used by Hickory Meadows and Parrish Enterprises cost less than \$100 a bag, and the farms can re-use the seeds obtained after ginning their cotton.

Roland McReynolds is the director of Carolina Farm Stewardship Association, an organization that advocates on behalf of organic and sustainable farmers. “Farmers can free themselves of the ever-escalating prices of genetically modified cotton seed,” McReynolds stated. “Over-reliance on GM seed has led to an epidemic of super-weeds, and thanks to the efforts of Mr. Watson, Mr. Parrish, and TS Designs, we have a chance to get off that treadmill.”

“The journey of growing organic cotton in NC began about five years ago when we were told it couldn't be done,” said Henry. “We started by making T-shirts from cotton grown in the state with a line called Cotton of the Carolinas, knowing that eventually we could do the same thing with certified organic cotton grown here.”

Henry and Morrell partnered to create Cotton of the Carolinas, which has been sold for the past few years. Since the cotton was not certified organic, the brand focused on supporting local jobs and creating an entirely transparent supply chain, connecting the wearer of every shirt with every producer in the supply chain.

“Conventional textile wisdom says you can't create an apparel line from one farm, but we did it,” said Morrell.

“This organic cotton harvest is the next milestone and represents significant opportunity in bringing a positive impact to both jobs and the environment in our state.”

The cotton quality, and thus the potential end product uses, will be determined after ginning in January. Henry is committed to finding producers nearby to use the cotton. He adds, “Ultimately we want to keep as much of this cotton in NC as possible, so we can maximize the job impact and minimize the transportation footprint.”



Credit Mary Wilks, Carolina Precision Consulting, Inc.

## A Little Local History

### Zebulon Family Ties

Harris Barber Shop was established in 1948 by Elmo Harris with his brother, Herman Harris. Both men had been encouraged into becoming barbers by their uncle, Sam Harris who ran the barber college in Raleigh.

When he was 17, Richard Harris began working with his dad Elmo in the shop. Father and son (pictured at right) worked side by side for many years until a knee operation at age 83 forced Elmo Harris to — as he says — “give up my clippers”.

Elmo Harris ensured the continuation of Harris Barber Shop, a family-owned business operated continually in Zebulon for more than half a century, when in 2001 he handed over the clippers to his son Richard, who continues to operate and grow the business, including expanding the shop in 2012 to six barber chairs. Richard still uses barber chairs manufactured by the Emil J. Paidar Company in 1948. As Richard likes to say, “they were made so durable they put themselves out of business”.

Richard Harris runs the family business along with owning and operating Harris Funeral Home in Zebulon. Speaking with Richard, he points out that before integration, barber shops and funeral homes were the pillars of the black business community — their services touched nearly every black family.

Tradition and value remain a staple of Harris Barber Shop. A recent *JET* magazine article addressed the key things to look for in a high-quality barber shop: at least four sets of clippers, a barbicide jar, spray disinfectant used on clippers, and a quiet demeanor for the barber. All these may be found at Harris Barber Shop!

Today the world has broadened so that businesses serve people of all races. And yes, women too often visit the barber shop as the clippers Richard uses are perfect for shaping the new shorter cuts favored by many women.

The town and the business have seen a lot of changes over the decades. The one constant is that the hot topic discussions continue to go on everyday inside the doors of Harris Barber Shop, ranging from sports, crime, and politics to current events. Head on down for a great haircut at a great price.



Credit: Richard Harris

## The Bad News... Combating Flu This Season

While Influenza (flu) activity has been low for the past few weeks, it is expected to increase and at least two variants of swine flu have been found in the US.

Flu season usually begins in November and runs through March. Taking precautions like avoiding those who are ill, washing hands often, and covering the mouth when coughing may reduce the spread of diseases like flu.

Local counties and the Centers for Disease Control and Prevention (CDC) encourage residents to get flu shots. Some counties provide flu clinics or shots by appointment. This flu season, a few counties — including Durham — have elected to provide flu shots at no charge. For more details, visit the web site of your county's health department.

## More NC UFO Sightings

The end of December may be best known for sightings of Santa Claus making his rounds, but in North Carolina the Christmas weekend also brought two new UFO sightings.

Sightings of red flashing lights in the sky were reported in the Asheville and Charlotte areas, according to the Mutual UFO Network (MUFON). MUFON tracks reports by individuals and groups who submit details about what they have seen.

Residents who spot an unidentified flying object are encourage to submit their experiences via [www.mufon.com](http://www.mufon.com) so the full extent of local activity may be traced.

## Nina's Wing Corner

**Fish Specials Wed-Thu-Fri-Sat**

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

### \* Bunn \*

#### **Discovering the Arts Gala (January 14 @ 6:30-9pm)**

The Franklin County Student Arts Council invites students, volunteers interested in working with the Student Arts Council and the community to this great event! There will be student and local artists, Open Mic, & awards given for the Visual Arts Contest.

Common Grounds Coffee House, 20 Cheves Rd, Bunn  
Contact ed@fcacarts.org or 919.853.7020 M-F 10am-2pm.

### \* Rocky Mount \*

#### **2012 MLK, Jr. Oratorical Competition (January 7 @ 9am)**

Students in grades 6-12 invited to participate. The speech theme for students in grades 6-8 is "Building Dreams through Education" & the speech theme for grades 9-12 is "Learning to Build Dreams." Everyone invited. Free.

Imperial Centre for the Arts & Sciences  
270 Gay Street, Rocky Mount, NC  
Contact 252.972.1180 or archie.jones@rockymountnc.gov.

#### **Japanese Embroidery Class (January 7-8 @ 9am)**

Originating in China, this thousand-year-old needle art was refined and perfected in Japan for decorative objects and especially for kimono and obi. The embroideries are worked on silk and fabric held in a wooden frame. The stitching is done with silk and metal threads using Japanese needles and other tools. Stitchers of all skill levels welcome. Pre-registration required. Ages 16 & Up. Registration \$68. Class is January 7th (9am-5pm) & January 8th (9am-3pm).

Contact the Arts Center at 252-972-1163 to register.

Arts Education Building at the Imperial Centre

270 Gay Street, Rocky Mount

#### **Get Your Game On! (January 12 @ 5:30-7:30pm)**

This literacy-related event is geared toward Teens (13-18).

Come join other teens for a board game smack-down!

Braswell Memorial Library, Warner Room

727 North Grace St, Rocky Mount

For more details, call 252.442.1951 ext. 257.

#### **Show - Ball in The House (January 12 @ 8pm)**

Five guys, five voices, that's it. This a cappella ensemble, who have done a Cool Whip commercial and performed on The Today Show, will astound and amaze you. Tickets \$30.

Dunn Center For The Performing Arts

3400 North Wesleyan Blvd, Rocky Mount

More details at [www.ncwc.edu/dunncenter](http://www.ncwc.edu/dunncenter).

#### **Anxiety Disorders, Free community program (January 17 @ 6-7:15pm)**

This program will be led by Vickie Ripley, PharmD.

Registration required. For more information or to register, call 443-8891. Open to teens (13-18), college students, adults, seniors, families.

Contact Judy Ingalls at 252.443.8891 for info.

Nash General Hospital, 2460 Curtis Ellis Dr, Rocky Mount

#### **RMPD Presents Personal Safety Tips (January 19 @ 6pm)**

Personal safety class for adults.

Braswell Memorial Library, Warner Room

727 North Grace Street, Rocky Mount

Contact Brenda Thibodeau at 252.442.1951 ext. 243.

#### **Emile Pandolfi (January 20 @ 8pm)**

Master of the keyboard play, one of today's top pianists.

Performing in popular and classical genres, his favorite arrangements from Broadway musicals. Tickets \$30.

Dunn Center for the Performing Arts

North Carolina Wesleyan College

3400 N. Wesleyan Blvd., Rocky Mount NC

#### **Mini Clay Class (January 25-26)**

Ages 16 and Up. Learn how to get started in the clay studio.

Quick two day workshop to prepare you for classes and open studio. Students will have at least one final product to be picked up the following week. Price \$20 to \$25.

Arts Education Building at the Imperial Centre

270 Gay Street, Rocky Mount NC

Contact the Arts Center at 252-972-1163 to register.

### \* Wendell \*

#### **Live Music in Wendell (January 6 @ 7pm)**

The Positive Connection Band will play for our New Year's First Friday Celebration. Bring in the New Year with noise makers, food, jazz, networking, and fun. Cost \$8/person.

Wendell Chamber Members 1/2 price.

The Kila Company, 28 Main Street, Wendell

For details, call 919.365.5003.

#### **Brown Bag Lunch Ministry (January 7 & 14 @ 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](http://www.steugeneparish.org).

### \* 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 to 7 months pregnant. Classes once a week for 4 weeks. \$25/class, may be covered by Medicaid.

Wilson Co. Health Dept., 1801 Glendale Dr., Wilson

Call RNs Kathy Luper or Samantha Wiggs at 252.237.3141.

#### **Master Gardener Training (January 12 @ 9am-12pm)**

Wilson County Extension Service Master Gardener Volunteer Training classes begin Thursday, January 12th and are held every Thursday through March 29th. Training is a team effort between Pitt, Wilson, and Edgecombe counties. Limited space available, application required.

1806 Goldsboro Street SW, Wilson

Contact Cyndi Lauderdale at 252.237.0113.

#### **Dr. Martin Luther King, Jr. Day Celebration (January 16 @ 3pm)**

Annual tradition of phenomenal community talent. Always eclectic and stirring, the 2012 musical and narrative program promises to move the audience as we collectively pay tribute to the memory of the slain civil rights leader. Tickets \$5. Edna Boykin Cultural Center, 108 Nash Street NE, Wilson

#### **ACT! for Youth "Footloose"**

##### **(Jan 27-28 @ 7:30pm & Jan 29 @ 3pm)**

"Everybody Cut Footloose!" The Boykin Center will be rockin' to the beat of the Top 40 score when Rodgers and Hammerstein's Footloose "kicks off its Sunday shoes" on the stage of the Boykin Center! Tickets: \$12, \$8 students and seniors. February shows also.

Edna Boykin Cultural Center, 108 Nash Street NE, Wilson

### \* Zebulon \*

#### **Creative Writing Meet Up Group (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

#### **Brown Bag Lunch Ministry (January 7 & 14 @ 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](http://www.zumchurch.org).

#### **Music & Benefit Show at Eclectic Intellectual (January 7 @ 7-10pm)**

Danny McCullers plays jazz/ambient music for your listening pleasure. This is a benefit show where "admission" is a new or gently used coat to warm the bodies and hearts of those who really need it this winter.

120 North Arendell Avenue, Zebulon

More info at [www.facebook.com/eiZebulon](http://www.facebook.com/eiZebulon).

#### **Free Family Movie Night (January 13 @ 7-9pm)**

Zebulon Parks & Recreation Department holds its free family movie nights on the 2nd Friday of each month. Movie includes free popcorn! Parent or guardian must attend. Zebulon Community Center, 401 S Arendell Ave, Zebulon  
Call 919.823.0432 to find out what is showing.

### \* Elsewhere \*

#### **Saddletree Mass Choir (January 8 @ 6pm)**

Special Evening in song with Saddletree Mass Choir. Middlesex Church of God, 5407 NC 231 South, Middlesex  
For more information, call 252.235.5885.

#### **Networking In Knightdale (January 17 @ 11:30am-1pm)**

Networking In Knightdale is a chance to connect with other businesses in the area. Everyone is welcome. Eat, mingle, share a 30-second commercial, & get useful information and prizes. Free to members, \$10 others. Attendees also pay for their own meals.

Applebee's, 6609 Knightdale Blvd, Knightdale

#### **"Hammering Out the Past" Blacksmith Demo (January 21 @ 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](http://www.tobaccofarmlifemuseum.org).

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**Knightdale**  
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**Nashville**  
Monday: 10:30am Story Time, Cooley Library

**Rocky Mount**  
Monday: Karaoke, Zaxby's of Rocky Mount  
Thursday: Live Music, Westridge Grill

**Wilson**  
Thursday: 4pm Movie, Reid Street Comm. Center

**Zebulon**  
Sunday: Trivia Night, McLean's Ole Time Cafe  
Monday: Trivia Night, Pizza Villa  
Friday: Scrabble/Game Night, Eclectic Intellectual  
Saturday: Karaoke Night, McLean's Ole Time Cafe

Contact 919.623.9392 to add your ongoing events.

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## Talking 'bout Resolutions

New Year, new slate. As 2012 rolled in, opportunity came with it. The new year gives a chance to set resolutions and make changes, big and small. People set resolutions based on what is important to them. It is a time when you might think about making changes to feel happier, lessen your stress, or improve your family and work lives. Some common resolutions are covered in this article.

### Time Management

One of the common New Year's resolutions is to spend more time with family or doing what you enjoy. January acts as a time for schedule changes to free up hours to play or visit. Depending on goals, you may decide to change your schedule completely or drop activities to gain free time.

Whether you wish to give more attention to parents, spouse, friends, or children, time you save may be spent doing fun things with the people you love. Or, you might resolve to give yourself time to relax or pick up a hobby. Thinking of what you enjoy, and finding a way to do it more often, may not only increase your enjoyment but could also relieve stress. In these ways, the time you gain can pay back in positive ways more than you think at the outset.

Taking time to organize paperwork can make finding things easier throughout the year, giving you more time savings. Spend a few extra minutes to put things in their place — if you feel you are not well organized yet. If papers seem overwhelming, consider buying files and keeping them organized. It takes time, but can also save time later on.

### Economic Improvements

Tough economic times since 2008 have taken their toll on many households. Using January 1st as a "reset" to revisit income, budget, and expenses may give you insight into how to lessen any financial strains.

Small financial changes may include minimizing existing bills or changing where home supplies and food are purchased. Big changes may mean dropping services that are perceived as "wants" rather than "needs". Reviewing banking arrangements, setting up automatic savings accounts, and tweaking insurance may be a part of your resolutions aimed at saving money.

Work is a big part of a person's day. Having a job you enjoy can make life happier. Not liking your job, or working in a high stress or negative culture, can make life seem much harder. Negativity at work can spread into home life. The new year may be a good time to begin seeking a new job — even your ideal job. Starting a job hunt while continuing at the "bad" job can not only eventually lead to a better workplace, it may also relieve stress by helping you to feel less "trapped" in the negative place.

### Self Improvement

New Year's resolutions may be a decision to improve yourself by picking up new skills — either for enjoyment or to improve your job options — or doing old things differently. It might include letting yourself move away from "sweating the little things."

Learning new things gives you an opportunity to challenge yourself, have fun, or gain confidence. This type of resolution may also give you a chance to change your attitude or focus. Depending on your circumstances, this type of resolution may mean big changes to your work, relationships, or living arrangements.

### Environmental Changes

If being green is important to you, take steps to do more recycling and use more environmentally safe products. Making a difference for the planet may help you to feel more positive. Small steps might include growing food organically, using less electricity, or reclaiming rainwater for yard use. If money is not a problem, adding solar power or replacing inefficient windows may net even more "green" return on efforts.

Helping others by volunteering or improving community resources can give you positive benefits too. Some benefit may be indirect, such as a sense of doing good and feeling good. Direct benefits may come through immediate feedback from those helped by your efforts.

### Health Focus

Perhaps one of the most common resolutions is to get fit. This might include exercising and eating better, either to feel healthier or to lose weight.

A wide variety of fitness offerings in the five county area range from walking trails and open gyms to organized exercise classes.

Changing diet may mean cutting out junk food. Or it might mean eating a specific diet or taking vitamins. For you, it could mean cooking only natural foods that have come directly from your garden or local farms. Changes in eating habits are many and varied, and can depend on the budget available for food too.

What about dropping a bad habit? Perhaps there is something you do regularly even though you think it harms your health or family life. These choices are individual, and only by examining your life can a possible change be found.

### Keep Going

Watch for Part 2 of this "Resolutions" article in the January 15th issue of The Grey Area. Resolutions are tough to make, and to keep, so this series is designed to help you keep it in your mind.

## 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

You're starting off your new year right. You resolved to get in better shape and start taking walks, with a plan to eventually start jogging. You also stop buying junk food at the store.

Initially, your kids and spouse are very supportive. After a couple of weekends go by, your spouse comes home with a movie for you all to watch, plain popcorn for you, and candy for the rest of them.

Halfway through the movie you switch from popcorn to the candy. You feel guilty but eat it anyway. Your family doesn't say a word or tease you about your "resolution".

Do you think that after your slip, you could return to eating healthy and avoiding junk? Could you stop feeling guilty and focus on future meals? Or would you be hard on yourself?

## News From The Grey Area

This month's newspaper explores possibilities for the new year. January things to do are listed.

Between issues, keep up with *The Grey Area* news and local event updates via online social media and at [www.greyareanews.com](http://www.greyareanews.com).



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Tuesday nights at 7:00p.m.

Location: Richard Harris Funeral Home  
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The Grey Area™



The Backside

## Little Bits

### Word of the Issue

#### Prosperity

**Definition:** a thriving condition, especially in finances; good fortune.

**Example:** "There is much hope the new year will bring prosperity."

### Translation of the Issue

#### English — "apple"

German — apfel

Spanish — manzana

Korean — 사과 (sagwa)

Italian — mela

Irish — úll

Dutch — appel

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

#### Cavett Robert

"Character is the ability to carry out a good resolution long after the excitement of the moment has passed."

### Chuckle of the Issue

One day a man went to an auction. While there, he bid on several items, and then the auctioneer brought out a large parrot.

The man really wanted this bird, so he got caught up in the bidding. He kept on bidding, getting outbid, and he bid higher and higher.

Finally, after he bid way more than he intended, he won the bid — the parrot was his!

As he was paying for the parrot, he said to the auctioneer, "I sure hope this parrot can talk. I would hate to have paid this much for it, only to find out that he can't talk!"

"Don't worry," said the auctioneer, "He can talk. Who do you think kept bidding against you?"

### Cryptogram of the Issue

Replace the letters to find the quote within the puzzle.

F A T H M E Q Z I S R W A I R

M W A S F M C I D P Q A O

X M Z Z U F I U M D Z M

Z I S ? P A O K

X M Z Z D E S M U M D Z M Z I S

W A I R E U H M L I D U M Z I S

M N K M F M H Z D E X A Z E

### 'Fridge Clipping of the Issue

#### January

First month of the Year in the Julian & Gregorian calendars

January 1 - New Year's Day

3rd Monday - Martin Luther King, Jr. Day

Birthstone - Garnet

Flower - Carnation

Named after the Roman god Janus

Birthdays: Betsy Ross & Paul Revere

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### M.E. Lane, Inc.

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