

# The Grey Area™

Local and National Unusual News  
Rocky Mount/Nashville NC Edition – 919.623.9392

Produced by Above And Beyond Learning Corp.

**"I'M FREE—Take Me With You!"**

Volume 2, Number 2  
January 15, 2012

## The Good News... Zebulon Boys & Girls Club New Facility

The Zebulon Boys & Girls Club provides classes, sports leagues, after school programs, and much more for area residents, and officially opens Monday, January 16th in its new facility with even more to offer.

Children not only come to play, but to learn. The club offers a variety of classes to sign up for, with the new expanded facility providing new space for league play, games, gardening, cooking, and more.

In prior years, the sports leagues traveled to use facilities at other clubs. With the new gym a local sports league is planned and travelling is no longer a necessity!

The new facility also expands the game room. The previous location only had space for one pool table, a foos-ball table, and a snack area. The new location includes three pool tables, three foos-ball tables, two ping pong tables, and two bumper pool tables.

Complete with a kitchen and raised bed gardens, the club can now provide expanded programs on nutrition, cooking, growing food, and more. Opportunities for new programs abound, and are expected to help them serve the children of the community more than ever. With help from outside groups, the offerings will increase far beyond what was possible in prior years.



Until now the Club served approximately 100 kids each day. They are now looking at 150 soon after opening and expansion to upwards of 200 per day.

The Zebulon Boys & Girls Club serve as an integral part of the local community, supporting families and providing local children with a safe place to play, learn, and grow.

## RBC & PNC Merger

In June 2011, the PNC Financial Services Group, Inc. and Royal Bank of Canada announced that they had signed an agreement for PNC to acquire RBC Bank (USA), the US retail banking subsidiary of Royal Bank of Canada. PNC is expected to re-brand the RBC branches throughout NC.

Based in Pittsburgh PA, the PNC Financial Services Group, Inc. is one of the largest diversified financial services organizations in the US, providing retail banking, business banking, and residential mortgage banking. PNC also provides specialized services for corporations and government entities including corporate banking, real estate finance and asset-based lending. PNC services include wealth management and asset management.

Until this time, PNC has not had any offices or branches in NC — nor across the Southeastern NC. The new deal expands PNC into RBC's many branches across both Carolinas, Alabama, and Georgia.

PNC's plans include retaining the existing RBC operations center in Rocky Mount. Fred Solomon, Spokesman for PNC Corporate Communications, says, "The net effect of our staff realignment will reduce positions; however, there will be growth in certain areas and we will retain the operations center as well as regional offices in Raleigh."

They expect to add jobs in NC, including positions for Corporate Bankers, Asset Managers, and Business Bankers.

That Rocky Mount operations center will continue to operate. From that location, Mr. Solomon says that they expect to serve a number of PNC businesses — and not just those in the former RBC Bank (USA) "footprint", but PNC businesses across the US.

off to each side of the center building were staggered wards built so that each ward would have free flowing fresh air through it, along with bright sunlight and views of the grounds from all angles. All of those things were considered a cure for mental illness. An interesting fact is that many people used to think that insanity was contagious, hence the need for fresh air. For more information on the Kirkbride Plan or Dr. Kirkbride, go to [www.kirkbridebuildings.com](http://www.kirkbridebuildings.com).

The hospital is still in operation today, so don't expect to get a tour of the building's interior, but you can drive through the grounds.

Back in the early 1900s the Western North Carolina Insane Asylum was the place to go for dance socials on a Saturday night. The first superintendent of Broughton Hospital was Dr. Patrick Livingston Murphy who was from Sampson County NC. He and his wife Bettie and their family lived in the Center building until the good doctor's death in 1907.

The building has a gothic look to it and many people wonder if it could be haunted. The hospital is over 125 years old and has tunnels running underneath that used to serve as a way to move patients from ward to ward out of the public eye. Several of the old wards are closed off and the empty windows are dark and frightening to some. One nurse who worked there for almost 17 years on the night shift has written two books about paranormal events that took place there while she worked there. She also documented stories that co-workers told her. If you are interested in reading about Broughton Hospital's hauntings, go to [www.hauntedbroughton.com](http://www.hauntedbroughton.com) or [Amazon.com](http://Amazon.com) to obtain a copy. The book titles are, *Haunted Broughton*, *Tales From the Graveyard Shift*, and *Haunted Broughton, More Tales From the Graveyard Shift*.

For now, Broughton Hospital is safe from destruction because it is on the national register of historical buildings. But if you are ever in the Morganton NC area, you owe it to yourself to see the hospital that once defined the meaning of "Moral treatment" in the care of NC's insane population.



Painting of Broughton Hospital by a patient, early 1900s.

## A Little Local History

### Broughton Hospital

North Carolina is a broad state that offers everything from the beaches to the mountains and lots of interesting things in between. So if you ever decide to hop onto I-40 and head west just for grins and giggles, you might want to stop off at exit 105 in Morganton NC and see one of North Carolina's historical masterpieces that is still in operation today.

At first glance you might think Broughton Hospital's main building, known as the "Avery Building" has the architectural structure of a castle. But in all actuality, it is what once was considered a treatment for mental illness. Yes, the building's structure itself was a medical treatment in the fight against insanity.

Designed by Dr. Thomas Story Kirkbride and subsequently called "Kirkbride Buildings," these immense structures were built on a Linear Plan. There was a big center building, and

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

### \* Nashville \*

#### **Daddy Daughter Sweetheart Dance (February 4 @ 6-8:30pm, photos 5:30pm)**

Nash County Parks & Recreation invites you to this 5th annual dance. \$25/couple & \$5/each add'l child. Space is limited; no registrations at the door. Register by Jan 27. Nash County Ag Center, 1006 Eastern Avenue, Nashville. Contact 252-462-2628 to register and request up to 6 songs.

#### **Nunsense - A Musical Comedy (February 17-18 & 24-25 @ 7:30pm-9:30pm)**

Presented by special arrangement with Samuel French, Inc; Book, Music, & Lyrics by Dan Goggin. \$12 Admission. Directed by Jim Lowdermilk. Nash Arts Center, 100 East Washington Street, Nashville. For more info, call 252.459.4734.

### \* Rocky Mount \*

#### **Anxiety Disorders (January 17 @ 6-7:15pm)**

This free community program is led by Vickie Ripley, PharmD. Registration required. Open to teens (13-18), college students, adults, seniors, families. For more info or to register, call 252.443.8891. Nash General Hospital, 2460 Curtis Ellis Dr, Rocky Mount

#### **Live Music at Westridge Grill (January 19, 26, & 28)**

Live music in a great atmosphere with a tasty variety of menu choices. Thursday, Jan 19th is Tim Wall. Thursday, Jan 26th is Rob Alford. Saturday, Jan 28th is Monte Tippette. 3639 Sunset Avenue, Rocky Mount NC. For more information, call 252.937.7299.

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

Adult personal safety class at 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. Tickets \$30. Dunn Center for the Performing Arts, NC Wesleyan College 3400 N. Wesleyan Blvd., Rocky Mount NC

#### **My Sister's House Art Show (January 27 @ 7-9pm)**

Come and support local artists, enjoy some hors d'oeuvres, and support My Sister's House, which receives a portion of each art sale. Variety of art available, including locally-made jewelry, original paintings, decorative gourds, ceramics, and much more. Get something special for yourself or to give as a gift, and help victims of domestic violence. No charge. Booker T Theatre, 170 West Thomas Street, Rocky Mount. For further details, contact 252.462.0366.

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

Ages 16 and Up. Quick 2-day workshop prepares you for classes & open studio. Students make at least 1 final product to be picked up the next 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.

#### **Senior Winter Bowling Tournament (January 30, 9:30am-12:30pm)**

Seniors are invited to participate in a morning of fun and fitness. Open to seniors, with age categories: 55-59, 60-64, 65-69 70-74, 75-79, 80-84, 85-89, 90+. Trophies awarded to 1st, 2nd, and 3rd place finishers in each age division. Register by January 13th. \$12 entry. Rocky Mount Bowling Center, 3250 N Church St, Rocky Mt. Contact Julie Smith at 252.972.1152.

### \* Wendell \*

#### **Brown Bag Lunch Ministry (January 21 & 28 @ 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).

#### **Wendell Women in Business Luncheon (January 18th @ 11:45am-1pm)**

Wendell business luncheon. this month's meeting is a joint event with the East Wake WIN. All local woman welcome! Eastern Regional Center, 1002 Dogwood Drive, Zebulon. RSVP by 1/16/12 to Wendell Chamber of Commerce.

#### **Valentine Ball (February 10 @ 8-11pm)**

NC Revelers Orchestra Performing. Tickets \$25. Wendell Community Center, 601 W. Third Street, Wendell. Call 919.365.6318 for reservations.

### \* Wilson \*

#### **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 \*

#### **East Wake WIN (Women in Networking) Lunch (January 18 @ 11:45am-1pm)**

East Wake WIN monthly lunch this month is a joint meeting with Wendell Women in Business. Eastern Regional Center, 1002 Dogwood Drive, Zebulon. RSVP required, so call Zebulon Chamber at 919.269.6320.

#### **Brown Bag Lunch Ministry (January 21 & 28 @ 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).

#### **Free Family Movie Night (February 10 @ 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.

#### **Pancake Breakfast (February 11 @ 7-11am)**

Zebulon Lions Club is holding a pancake breakfast with proceeds to go to Zebulon Community Projects. Donations accepted at the door. 118 East Lee Street, Zebulon

### \* Elsewhere \*

#### **Dr. Martin Luther King, Jr. Parade (January 14 @ 10am)**

The Town of Franklinton and the Dr. Martin L. King, Jr. Committee are sponsoring a free memorial celebration including a march beginning at the Franklinton High Gymnasium. March ends with a Memorial Service at the First Baptist Church, Main & Green Streets, Franklinton. Contact Fannie W. Brown at 919.494.5541.

#### **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).

#### **Cooking and Eating Healthy in the New Year (January 30 @ 5:30-:30pm)**

Free special events for all ages — teens (13-18), college students, adults, seniors, and families! Want to learn how to cook healthier this year? Interested in ways to break your bad cooking habits? Join us for a fun, yet educational cooking demonstration and information session on healthy cooking and eating well. Get helpful tips from our Registered Dietician on how to prepare healthier meals for yourself and your family in this new year. Enjoy healthy refreshments while we discover eating well together. Call to register for this FREE seminar today! Heritage Hospital Classroom, 111 Hospital Drive, Tarboro. Contact Heather Pachnar at 252.641.7126.

### Events Repeating Every Week

#### **Bunn**

Friday: Common Grounds Coffee House

#### **Knightdale**

Wednesday: Yoga, Knightdale Swim Club Clubhse.

#### **Nashville**

Monday: 10:30am Storytime, Cooley Library

#### **Rocky Mount**

Monday: Karaoke, Zaxby's of Rocky Mount

Thursday: Live Music, Westridge Grill

#### **Wendell**

Tuesday: 6pm Zumba, Wendell Community Center

#### **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

Call 919.623.9392 to add your ongoing event.

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### Grow And Share 2012 Giveaway & Festival Saturday, April 14, 2012

Grow And Share helps US residents grow gardens to feed themselves and their communities through sharing gardens. Fight hunger by growing fresh produce for those in your community who may need help putting enough food on the table.

**Come and pick up free garden plants and seeds, and enjoy a day of local music including Jazz, folk, and more!**

Performers, vendors, food, gardening information booths, local farms info, and more round out this community-oriented event! Plants and seeds are free in exchange for signing a Promise To Share your harvest in your community.

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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

You're cooking dinner one evening; it's already dark outside and your family is in the living room watching the news. A noise outside catches your attention.

Looking out, you don't see anything. You continue cooking, but are also listening for any more noise. After a minute, you hear another noise outside. This time, you can tell it is coming from the tool shed in your backyard.

Switching on the outside light, you find yourself face-to-face with a man you don't know, and he is carrying your leaf blower. He sees you have spotted him, and after a moment's hesitation he grabs some more tools nearby and starts running toward the road.

What do you think you would do next? Would you go outside and give chase? Would you stay inside and call the police? Do you think you would feel comfortable asking a family member to go outside?

What if you recognized the person from somewhere in your neighborhood? Would you still call the police? Would you be more likely to think chasing him was a good idea?

Alternatively, what if you or your spouse used the tools in your work and couldn't do without them? Does that change what you think?

## Talking 'bout Resolutions Part 2

Part 1 of this "Resolutions" article was published in the January 1st issue of The Grey Area.

New Year's Resolutions are tough to make, and to keep, so this continued series is designed to help you succeed by keeping your resolutions in mind.

Now several weeks into 2012, hopefully you have had a chance to work on your resolutions and the resulting changes, big and small. Whether you are working on getting healthy, managing your time, getting organized, focusing on family, or adjusting your budget, now is the time that the rubber meets the road!

You may find yourself getting tired of new eating habits. Or that signing up for a class or adjusting your work is going to require a lot of effort. As you think about perhaps letting the resolution go, think back to why you made it in the first place: because you thought it was important.

Remember that this is an opportunity to challenge yourself and make strides toward what you really want. You made the decision to set the resolution. You can do this! Look at the road ahead, and think again about how you will feel when you accomplish the resolution.

## Cervical Cancer: Your Best Protection is Early Detection

January 2012 is Cervical Health Awareness month. Approximately 400 women in NC were found to have cervical cancer last year, and 127 died from the disease. January is Cervical Health Awareness month and the focus is on raising awareness of the importance of prevention and screening for cervical cancer.

If it is detected early, cervical cancer is one of the most treatable cancers. A Pap test offers the best opportunity to find cervical cancer at an early stage, when successful treatment is likely. A Pap test is a quick and simple, generally painless test that finds abnormal cell changes in and around the cervix that can develop into cancer. Regular Pap tests can detect these changes before they have a chance to turn into cancer.

Despite the success of Pap tests in finding and preventing cervical cancer, not all women get Pap tests regularly. Low rates of screening and poor follow-up after an abnormal Pap test may increase rates of death from Cervical Cancer. It has been estimated that as many as 80% of deaths from cervical cancer could be prevented by regular screening and necessary treatment.

To start the year right, women are encouraged to schedule a Pap test to check for cervical cancer. The American Cancer Society recommends that women, who have been sexually active for at least 3 years or are over the age of 21, talk to their health care provider about being screened. Cervical Cancer can be prevented and treated. Schedule your Pap test today.

The Wilson County Health Department offers Pap test screenings and participates in the NC Breast and Cervical Cancer Control Program (NC BCCCP). Hours of operation are Monday, Tuesday, Wednesday and Friday from 8am-5pm and Thursday from 8am-7pm. Please call today to schedule a Pap test appointment.

The N.C. Breast and Cervical Cancer Control Program (N.C. BCCCP) offers free or low cost breast and cervical cancer screening services and follow-up care to eligible women in North Carolina. For more information, call 800.662.7030 or 919.707.5300.

## 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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The Grey Area™  
The Backside

## Little Bits

### Word(s) of the Issue

#### Capricious

**Definition:** Given to sudden changes in behavior or mood; impulsive.

**Example:** "Her behavior was as capricious as a windstorm."

#### Continual

**Definition:** Recurring frequently; having no interruption.

**Example:** "Turning resolutions into new habits requires continual effort."

### Translation of the Issue

#### English — "snow"

German — schnee

Latin — nix

Irish — sneachta

Danish — sne

Chinese, traditional — 雪 (Xuě)

Spanish — nieve

Italian — neve

Dutch — sneeuw

Welsh — eira

Korean — 눈 (nun)

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

#### Theodore Roosevelt

"Believe you can and you're halfway there."

### Chuckle of the Issue

A couple take their first prenatal class. The husband is told to wear a bag of sand to give him an idea of what it feels like to be pregnant. The husband stands up, saying, "This doesn't feel so bad."

The instructor drops a pen and asks the husband to pick it up. "You want me to pick up the pen the way my wife would do it?" asks the husband.

"Exactly," replies the instructor.

The husband turns to his wife and says, "Honey, pick up that pen for me."

## Cryptogram of the Issue

Replace the letters with other letters to deduce the quote within the puzzle.  
Hint: V = D.

K L C U P P L V ' Y P Y K A A  
B P O P O H P B L I C C U P  
Y I B V X I F I Q B P L P O K P X '  
H Q C C U P X K A P L T P I F  
I Q B F B K P L V X '  
O N B C K L A Q C U P B W K L J ' G B

Answer to the last issue's cryptogram (January 1st all editions):

How many legs does a dog have if you call the tail a leg? Four. Calling a tail a leg doesn't make it a leg. -- Abraham Lincoln

## 'Fridge Clipping of the Issue

### Presentation of US Flag



Local Woodmen Of The World representatives present a new US Flag to fly over the Wilson County Health Department

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