Bunn, Knightdale, Wendell, & Zebulon NC Edition - 919.623.9392

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# "I'M FREE—Take Me With You!"

Volume 2, Number 22A November 1–14, 2012

# **Not Just Horsing Around**

Horses have performed different types of work in NC going back hundreds of years. They have pulled plows and wagons. Horses carried riders. Horses became less necessary for daily work as their tasks were taken on by tractors. As they were replaced for farm and town work, some became recreational, put out to pasture, or became family "pets" as farm work became mechanized.

Some horses in NC have a new way of helping: being part of therapy sessions. The horses prove helpful in new therapies to help humans of all ages to improve physically, mentally, emotionally, and socially.

Working with psychologists, therapists, health care professionals, and horse handlers, horses take on the job of helping children and adults connect with the world. The horses also help humans to learn better ways of handling or dealing with emotions. They can also help people learn how to better work and interact with other people.

Some of the words used by therapy horse handler Kim Haselhuhn are *empowerment*, *confidence*, and *control*. By working with horses during therapy, troubled humans find new ways to connect with each other, and learn through interactions with the horse.

One local horse has been instrumental in helping children become comfortable enough to open up to therapists during sessions. "Monty", a quarter horse paint, has also helped teen gang members learn about their emotions and how to handle them. They have learned tools for mediation and managing anger. This horse — as part of a human-horse therapy team — has helped people of all ages gain confidence as a pathway to taking control of their lives and choices.

Monty lives on Sweetwater Farm as part of the Kindred Spirits Farm therapy program. Kindred Spirits works with psychologists and horse handlers. Located on the outskirts of Zebulon near Middlesex, Monty and his five current stable mates are a large part of therapy sessions at the farm.

Opened in 2009 by Kim, Kindred Spirits farm guides horses and humans in a carefully orchestrated regimen to help the humans.

Kim started the horse therapy program after she realized she was finding her own peace and stress release through riding. She was working a high stress, high emotion job as a neonatal and pediatric nurse. In her job, she dealt with childrens' struggles, pain, and sometimes loss. She found that riding her own horse after work left her feeling much better and more emotionally healthy and balanced. Kim retired from nursing to run the Kindred Spirits Farm program because of the peace she found and a desire to pass it on to others.

After researching some of the studies on human-horse therapy, including benefits to autistic children, Kim partnered with a Zebulon social work with knowledge of therapy and psychotherapy. Kim began making her horses, and several others, available for sessions.

In addition to therapy at the farm, Kim and Monty have visited local schools. "Some of these children have never seen a horse, never touched one," says Kim. "When they see this 1000 lb horse their eyes just light up."





Photo: Kim and "Monty", taken by Kay Whatley

Whether a parent struggling with a defiant child, a social worker struggling to break through with a client, or an adult feeling overwhelmed, depressed, or in need of a break from the "rat race", Kindred Spirits Farm's horse therapy program may prove helpful to mind, body, and spirit. No experience with horses is needed! They may be visited online at www.kindredspiritsfarmnc.com, or contact Kim Haselhuhn at 919.215.0811.

#### **Unsung Heroes**

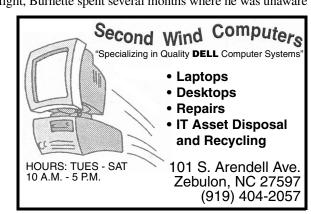
#### Bunn Man Serves Country & Neighbors

He has ensured folks had enough gas to get to work. He has given jobs to people who needed them. He has boosted his neighbors up and lent a helping hand more times than could be counted. Yet he is a humble local business owner who would never talk about what he has done, any more than he would stop doing them.

Meet Burnette Rogers of Bunn. Mr. Rogers has run East River Road Auto since the 1970s, ran a grill and store on Sledge Road, pumped gas, sold insurance, and worked hard to provide for his family, wife Christine and his children. A grandfather now, Mr. Rogers continues running his small business in Bunn, not far from the farm where he grew up.

As a young boy, Burnette worked with his father on their farm, sometimes driving a mule for days to break up acres for growing. It wasn't unheard of for him to plow 40 acres and work from sunrise to sunset.

In 1967, Burnette joined the US Marines and was deployed to Vietnam. He spent over a year in country. Shot during a fire fight, Burnette spent several months where he was unaware of





# Watch for the "Black Friday Feature" including special savings in the November 15th Issue of *The Grey Area!*

his surroundings, until one day he "woke up" and found himself in the hospital with his parents. He didn't at first understand why his parents were with him. It was explained to him that he had been wounded and flown back to the US for treatment. The hospital staff told Burnette he had been shot through the jaw several months before, and still had a long recovery ahead. He spent over a year total in the hospital.

When he was released from the hospital, and the service, he returned to Bunn. Mr. Rogers had a little money saved and bought the small store on Sledge Road outside of town.

He opened a grill and gas station for years, living in a trailer on the edge of the property with his wife, former high school sweetheart Christine.

When business was slow, Mr. Rogers says he threw onions on the grill, turned on the fans, and people followed their noses right to the store! Adding pinball machines and billiard tables, plus selling groceries, helped the grill to become a kind of convenience mart and rec center combination for local residents to congregate.

Burnette used to have a book showing where he extended credit to folks having a tough time. He helped hundreds over the years by providing gas, bread, and other items they needed to make their lives a little easier. He didn't worry about whether their credit was good; he just extended it, wrote it down, and sometimes collected. He made a difference to folks in Bunn for decades, and continues to help others as he sees the need through today.



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# Things to Do in NC When You're Bored

#### \* Bunn/Louisburg \*

Bluegrass Music Open Jam (November 2, 9 & 16 @ 7pm)

Live jam open to all each Friday night. Bring your instrument & join the fun. Be there at 7pm or join later. Or stop by to listen, sip coffee & enjoy very local music! Common Grounds Coffee, 20 Cheves Road, Bunn

Live Acoustic Music (November 3 & 8 @ 7pm)

Featuring Scotty Winstead (November 3rd) with classic country, folk & gospel, & Warren Hill (November 8th) with country, gospel & honky tonk.

Common Grounds Coffee, 20 Cheves Road, Bunn

Lake Royale Holiday Fair (November 3 @ 9am-4pm)

Free Admission, passes at the Lake Royale entry gate. Lake Royale Clubhouse, Off Sledge Rd, Louisburg Call POA at 252.478.4121 or visit www.LRPOA.com.

Sunday Vendor Fair / Photography Guild Meeting (November 4 @ 1-4pm)

Vendor Fair open to the public. Call to set up a table. Or join the FCAC Photography group starting at 2pm. Common Grounds Coffee, 20 Cheves Road, Bunn Call Barbara about 919.729.1180. For Photography Guild meetings email DonnaCampbellSmith@gmail.com.

Pre-Veterans Day Night of Music (November 10 @ 6-9pm)

Franklin County Student Arts Council event with Veteran Howard Overton of Overtone Productions. Honor our Veterans & their families. Bring the whole family! Common Grounds Coffee, 20 Cheves Road, Bunn Artists with works depicting a Military or Veterans them may exhibit. Contact fcacsac@gmail.com or 919.496.6719.

Franklin County Arts Council Annual Meeting (November 15 @ 6:15pm)

Pot Luck Dinner after which a program & the annual business meeting commences. The community is invited to celebrate the past year's accomplishments & plans for the future. Mitchell Media Center, 102 Dogwood Drive, Louisburg To RSVP call 919.853.7020.

Live Gospel Music (November 15 @ 7pm)

Come listen to Four On The Rock & enjoy Thursday night. Common Grounds Coffee, 20 Cheves Road, Bunn

Bunn Christmas Parade (December 8 @ 10am)

Come enjoy this annual tradition! Parade through downtown Bunn begins at the high school (participants rally @ 9:30am). Main Street, Downtown Bunn

Join parade/info: Linda 919.496.4831, Christy 919.497.3129.

Craft Show (December 8)

Santa clause on site for children, parents come & take photos! Held in conjunction with the Bunn Christmas Parade. Common Grounds Coffee, 20 Cheves Road, Bunn To be a vendor, see Barbara at Common Grounds.

\* Knightdale \*

Book Feast: Buttermilk and More (November 7 @ 6:30-8PM)

Join Debbie Moose, author of Buttermilk: a Savor the South Cookbook, as she talks about her latest cookbook and delicious southern cooking. Bring a sample of one of the recipes from her books or blog at debbiemoose.com. If you can't bring a dish, come & enjoy the hospitality. East Regional Library, 946 Steeple Square Court, Knightdale

For further information, call 919.217.5300

Networking in Knightdale (November 20 @ 11:30am-1pm)

Eat, mingle, share, & get useful information & prizes. \$10 non-members. Pay for own meal. 3rd Tuesday each month. Applebee's, 6609 Knightdale Blvd., Knightdale Contact jennifer.bryan@knightdalechamber.org.

\* Wendell \*

Tuesday Morning Coffee Break at the Chamber (November 6, 13, 20 & 27 @ 8-9am)

Connect, have coffee or tea, meet others, & network with local business owners!

Wendell Chamber, 115 N Pine Street, Wendell



#### East Wake Sons of Confederate Veterans Program (November 20 @ 6:30pm)

Come for supper at 6:30 & program follows. All invited. Historical program may be of interest to students, educators, & those interested in the Civil War.

Boulevard Pizza, 2925 Wendell Blvd., Wendell For more information, call 919.365.5206.

**Brown Bag Lunch Ministry** (November 3, 10, 17 & 24 @ 9:30am)

St. Eugene Catholic Church distributes brown bag lunches to those in need. Personal hygiene items.

St. Eugene, 608 Lions Club Road, Wendell More info at www.steugeneparish.org.

Wendell Chamber Community Yard Sale (November 24 @ 7am-1pm) Join the community for this vendor event.

Campen Street, Downtown, Wendell Contact the Chamber at 919.365.6318.

First Friday Jazz (November 2 @ 6:30-10:30pm)

End the week with an evening of jazz, networking, gourmet coffee, refreshments, door prizes, & fun. \$5 admission. The Kila Company, 28 N Main Street, Wendell For details, call 919.365.5003.

Goal Setting with Leslie Flowers (November 15 @ 6-9pm)

We typically reserve setting goals for January. Truth is we can set & begin achieving whenever we choose. Start setting goals for achievement anytime! Lively, interactive Workshop. Wendell Chamber, 115 N Pine Street, Wendell Call the Chamber to register at 919.365.6318.

Lake Myra Lights Show (November 17 @ 6-9pm)

Grand opening of the light show, which may be viewed from this date through December. Features tallest computer-control Christmas tree in the state, a flying angel, performing arts, downtown shopping & much more.

Downtown & Around Wendell

More details at lakemyrachristmas.com.

Cookie Walk (November 30 @ 5-9pm) The women's ministry is hosting a cookie walk to coincide with the lighting of the new Lake Myra Christmas lights in downtown Wendell. Fellowship Hall will be full of cookies, cocoa, apple cider & carolers. Cookies for sale. Volunteers needed to bake 10 dozen cookies each. Contact Jill. Fellowship Hall, Wendell UMC, 129 N Main Street, Wendell Contact Jill Herzog (herzog1214@yahoo.com) or Aaron Rose (r\_aaron\_rose@yahoo.com).

#### \* Zebulon \*

Zebulon Community Watch (November 15 @ 7pm)

Join the group on the 3rd Thursday each month. Eastern Regional Center, 1003 Dogwood Dr, Zeb.

Brown Bag Lunch Ministry (November 3, 10, 17 & 24 @ 10:30am)

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

Shepherd's Care Medical Clinic (November 10 @ 9am-3pm)

Invites you to a FREE Community Health Fair. Come Out to See. Event is Free. Cooking demonstrations, healthy choices, exercise, self-defense, & options. Health Screening too. Education & resources on-site.

Zebulon Community Center, 301 S. Arendell Ave., Zebulon Questions or info, contact Leona Doner at 919.404.2474.



#### Community Reach Block Party (November 17)

Help & information for at-risk women & children. Free event. Fun for children & resources for adults.

Dew 4 Him Ministries, 614 N. Arendell Avenue, Zebulon For information, visit dew4him.org.

Annual Zebulon Christmas Parade (December 2 @ 2-6pm)

Kick off the Christmas season with the Parade. Enjoy school bands, community & dance groups, antique tractors, cars & so much more!

Downtown, Zebulon

Family Movie Night (November 9, December 14 @ 7pm)

Zebulon Parks & Recreation free movie & popcorn. All ages. Zebulon Community Center. A parent/guardian must be present for all children.

Call 919-823-0432 to find out what movie is showing!

**Princess Party** (November 9 @ 10am-12pm)

Join the Princess & enjoy a fairy tale party. Wear your princess best! Register by Oct 12th. Ages 4-8. \$15/Princess. Zebulon Community Center, 301 S Arendell Avenue, Zebulon More information at www.townofzebulon.org.

#### \* Elsewhere \*

Live Music in Spring Hope (November 9 & 23 @ 7-10pm)

Featuring Spook Joyner w/ Amanda on Vocals Showside Grill & Bakery, 102 N Pine Street, Spring Hope More info at www.contagiousconfections.com.

Stepping Into the Past Series (November 3 & 10 @ 10am-3pm)

Event/workshop with museum admission. Nov. 3rd "Churnin' and Yearnin'" Butter Churning Nov. 10th "Carving the Way" Woodworkers & Wood Crafts 709 North Church Street, Hwy 301, Kenly Info 919.284.3431 or www.tobaccofarmlifemuseum.org.

The Raleigh Classic (November 30-December 1) Zebulon-based Auctions America is holding the next Raleigh Classic event. In Jim Graham & Exposition bldgs.

North Carolina State Fairgrounds, Raleigh For more information, contact 919.269.5271.

Celebrate Colonial Christmas (Nov. 30-Dec. 1 @ 10am-5pm)

Downtown Enfield Restoration and Preservation Association (DERP) is holding this special downtown open house. Colonial theme, costumes, vendors, and crafts. Farmers market. Sip 'n See art show (at The Lodge, Saturday 1-3pm). Carriage rides. Free event & free parking.

Downtown, Enfield Contact Jackie Allsbrook at 252.443.5786.

These "Things To Do..." listings are free, at publisher's discretion, and as space allows. Up to 2 lines of description may be included with an event. Priority is given to free, public events. Sponsor names may not be included. Event organizers may purchase regular advertising spaces to provide more details for upcoming events.





## Carmike 10-Wilson Movie Review of the Issue

By Kay Whatley, Editor

This issue we're reviewing a sequel, Taken 2, starring Liam Neeson. The original Taken came out in 2008 and was successful enough to lead to this sequel.



The story bears many similarities to the first movie: someone is "taken" and great rescue efforts follow. If you were a fan of the first movie, you will see some of the same types of action, and hear lines of dialogue that are similar to a few in the first movie. It is more of the same, but with different characters being taken, and doing the rescuing. I don't want to give away much so will leave it at that.

There are some scenes with violence; the movie is rated PG-13. We went together as a family, with our teen and preteen. Each of us liked the movie; I don't think any of us liked it as much as the original Taken. Not what I'd call a "must see" film.

## **Cleaning Closets & Helping Victims of Hurricane Sandy**

North Carolinians, Virginians, and other Americans have suffered during the end-of-October hurricane. Several organizations are gathering clothing, food & other supplies for these neighbors in need.



In addition to donating supplies, you can also donate blood or give money directly.

Organizations like the American Red Cross and Salvation Army have information online for those who would like to help with recovery from Hurricane Sandy. The American Red Cross is at www.redcross.org. THe Salvation Army

website is www.salvationarmyusa.org. Residents may also want to check with local churches and government offices to find out what supplies are needed most.

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# **Shades of Grey**

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 Discussion & Consideration**

You're driving through a storm with driving rain. A tree falls down in front of your car, and a car following behind you runs into the back of your car. Because of the heavy rain, you exchange information with the other driver and you both leave, rather than calling, and waiting for, the police.

The next day, you contact the other driver's insurance company. Not only are they not aware of the accident, but their client swears that he was never in an accident with you and doesn't know why you have his information.

What do you think of the other driver's denial? Do you feel that you have any legal recourse, without any evidence of the accident and no police report? Do you think you would try contacting the police? Or would you call your own insurance company and have them cover your auto repairs rather than fight to get to the truth?

# News from *The Grey Area*

This November 1st issue contains articles on a local person and an organization helping their communities. It also has a list of upcoming events that may be of interest.

In the November 15th issue there will be a special "Black Friday Feature" with an offering of special discounts for readers of The Grey Area newspaper. If you're planning to shop on the day following Thanksgiving, these shops have a variety of products marked down for the day.

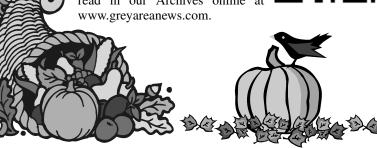
If you'd like event coverage, or have an article idea, please contact us via kayw@greyareanews.com.

The Grey Area is localized into two Editions of the newspaper. Edition A covers Bunn, Knightdale, Wendell & Zebulon. Edition B covers Nashville, Rocky Mount, & Wilson. News, events, and business advertisements are selected for each Edition's readership.

To advertise, call 919.637.6973. Issues of The Grey Area come out for the 1st and 15th of each month. Before the next issue, visit our Facebook page (the code can help) to see more events and news.

Prior newspaper issues may be read in our Archives online at





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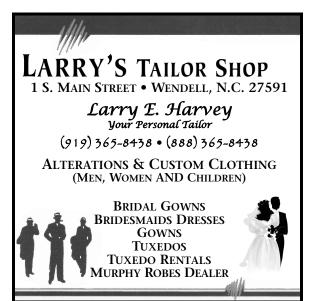
\*Service casket included!

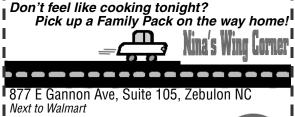
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#### The Backside

# **Little Bits**

#### Word of the Issue

penultimate

**Definition:** Next to last; second from the end in a series. **Example:** "Special features are on the *penultimate* page of the paper."

# Translation of the Issue

English — "Good night"

German — gute nacht Spanish — buenas noches Italian — buonanotte Dutch — goedenacht Danish — god nat Irish — oíche mhaith

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

## Quote of the Issue

Latin — bonum nocte

Bill Cosby

"I don't know the key to success, but the key to failure is trying to please everybody."

#### Chuckle of the Issue

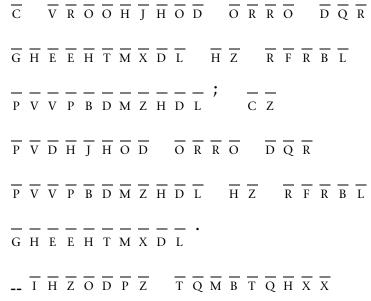
The young boy opened his birthday gift from his grandmother, and discovered it was a water gun. He squealed with delight and headed for the nearest sink.

The grandmother smiled, but the boy's father was not so pleased. He turned to her and said, "I'm surprised at you, Mom. Don't you remember how we used to drive you crazy with water guns?"

She smiled, patted his arm, and then replied, "Yes, son. I remember."

# Cryptogram of the Issue

Replace the letters in this Cryptogram with other letters to deduce the quote within the puzzle. This month, the name of the person quoted is listed, instead of you needing to solve for the name too. Hint: P = O.



Answer to the previous issue's cryptogram:

A people free to choose will always choose peace. -- Ronald Reagan

# **New Business Opens**

Zebulon has a new business, Stepping Stones CPI, which provides substance abuse counseling. The office held its grand opening in October. Stop by and say hello at 103 S. Arendell Avenue.



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### Correction

This photo of Linnie Hargrove's Cadillac appeared in The Grey Area in September, after the crew spotted it in Nashville. The article listed the car as a 1976; however, that was the year the car became Linnie's, not the model year of the Cadillac.



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