

The Grey Area™

Local and National Unusual News

Nashville, Rocky Mount & Wilson NC Edition – 919.623.9392

Also check out our Edition for
Bunn, Knightdale, Wendell, & Zebulon NC

“I’M FREE—Take Me With You!”

**Volume 2, Number 22B
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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.



Photo: Kim and “Monty”, taken by Kay Whatley

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.”

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

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

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 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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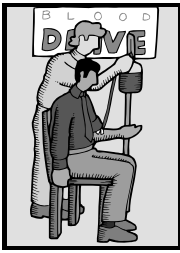
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Cleaning Closets & Helping Victims of Hurricane Sandy

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.

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.



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 www.greyareanews.com.

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