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

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# "I'M FREE—Take Me With You!"

Volume 3, Number 2A January 18–31, 2013

# **Annual Banquet Showcases Past, Present & Future**

January 15th, Lake Myra Elementary hosted the Wendell Chamber of Commerce's Annual Banquet And Business Meeting. Slide shows and speeches started with the Wendell of yesteryear and planning for the Wendell of tomorrow

The evening began with social time. Those attending were from Wendell, Zebulon, Knightdale and beyond. Business people and chamber members came to find out more about the changes planned for the town.

The next part of the meeting included a catered dinner of a tasty salad, meatloaf, chicken, vegetables, and cake. This meal was followed by speeches covering plans for expansion. Four committees have been formed to oversee different aspects of town planning, management, budgeting, and so on. Also discussed was the reviving of Wendell Falls development with support from local banks. The town hopes to add almost 4,000 housing units while increasing commercial opportunities. Several town additions being explored included a college campus.

The evening ended with Chamber and town award presentations to special members and volunteers, including extended applause for the Mayor's Award recipient, Brandy Hunter.

With the Wendell Chamber Banquet and Business Meeting showcasing such promise, the new year should bring great things to Wendell residents and business owners alike.

# Riding the Rails in NC

Like many families, ours has spread across the country. With my oldest daughter living all the way on the West Coast, visits are tough. Luckily, she recently made a trip to Boston, bringing her that much closer to our NC home. Time for a visit with her was limited. I needed to get to Boston, and I needed to get there fast!

Option 1: Driving would mean 11-12 hours in the car, a few hundred dollars for gas, and arriving tired from all the driving Since my 12 year old was going to go along, that meant lots of stops for breaks along the way and likely a longer trip. Taking a bus seemed like it would be much the same, with added cost of tickets.

Option 2: Flying would be quick enough. Flights were running a few hundred dollars each. While the timing was right, flights were fairly expensive and we needed 2 tickets.

Option 3: Taking the train. I was new to the idea of taking a long train ride. With multiple stations in Eastern NC, the train was easily accessible and went where we needed it to go. It was about 4-5 hours longer than driving estimates at a total of about 17 hours with travel and stops. The train would be less work than driving. The train would have rest rooms, a snack car, room to stand and stretch or even walk a little, allowed 2 bags for each of us, and there was "WiFi". The tickets would be a few hundred dollars, with the 12 year old's ticket discounted to half price.

I decided to take the train to Boston January 11th and bought the tickets. What follows are a few points on the experiences of two first-time train travelers, based on our limited experience on the trains available from Rocky Mount & Wilson stations.

The day of departure, my husband took us to the Rocky Mount train station. When the train arrived, our boarding pass was scanned and we were directed where to sit. Our bags at our feet and legs stretched in ample room, off went our train. (Having flown frequently, I was glad there was no

lengthy scanning, body searches, poking, radiation, or general negativity. We arrived. We were checked in. We sat down. The train rolled on.)

Our train car was comfortable, and gave us plenty of leg room. The "wifi" was in the front cars, so we went to the snack car to surf the web for awhile. Through the 700 hundred miles, we watched out the window, snacked, listened to music, and napped. When a group of people left, we spread across empty seats and slept. Changing trains in DC, the wifi was a bit slow we mostly slept.

Advantage to the train over driving the highways was that we could walk around and stretch our legs, even walk from car to car up the train and back,... while still moving and covering the miles. Another advantage was that we could both sleep, since I didn't need to be watching the road as with driving.

A disadvantage was the limited travel times. Coming back at the end of the weekend, the train brought us home overnight on a school night, getting us home after most of the school day was done.

Seating was much more comfortable on the Palmetto route from NC. On the Northeast Regional train we boarded in DC to head north, the seats had less leg room.

Smokers jumped out at stops to smoke, as the trains were nonsmoking only. Before the train pulled out of the station, smokers would return to their seats. At some stops, the smokers were not allowed off the train to smoke, which caused them some discomfort.

Snacks offered in the snack cars included chips, microwaved sandwiches and pizza, and bottled drinks. There was a variety of snacks, though limited to easily prepared fare. Travelers can bring their own snacks, so we packed a few.

Trains stop at different stations depending on the route. The more a traveller knows about the stops in advance, the better a person can plan for things like grabbing souvenirs or a meal. From Wilson station going north, the train stops in Rocky Mount about 20 minutes later but is a brief stop. On the way to DC the train stopped at several NC and VA locations before rolling into Union Station. On the DC to Boston train, there was a long stop (40 minutes) in New York City's Penn Station.

# Flu Outbreak Prompts Greater Safety Efforts

The flu. Influenza, unlike the common cold, can feel like it is attacking your whole body. With this year's flu season getting an early start, reports of flu cases are high and people are asked to use extra precautions to protect themselves and others.

Most US states are experiencing flu outbreaks which exceed last year's mild flu season. Flu cases were so numerous in Boston this month that a state of emergency was declared. At a Pennsylvania hospital, an extra outdoor area was erected for handling potentially contagious ER patients.

In this country, people don't often wear masks when they are sick, nor stay home to rest and recuperate! With the severity of this flu season, either may be a good way to minimize spread of the virus. If you get the flu, wearing a mask out or staying home could minimize wear you spread the virus. If you can take time off when ill — without losing your job or dropping grades at school — keeping your flu "germs" at home can minimize your passing the virus to others and give you time to heal. Bed it, don't spread it!

If you haven't caught the flu, taking a few precautions may keep you from catching it. Stay away from others who are ill. Don't touch items you know an ill person has been using. Washing your hands with soap and water can help you avoid picking up germs from public places. *No skipping the soap, kiddies!* Also, the less you touch your face with your hands during the day, the fewer germs you might place near your nose or mouth.

Flu season continues for awhile. Hopefully many of you will avoid catching the flu, or spreading it, and minimize the local impact.



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

## \* Bunn \*

## Bluegrass Music Open Jam (January 18 & 25 @ 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 (and fun) House, 20 Cheves Road, Bunn

#### Music Jam (January 19)

The Franklin County Arts Council is holding its very first music jam. All are welcome to attend & encouraged to perform. This event held the first Saturday of each month.

Common Grounds Coffee (and fun) House, 20 Cheves Road, Bunn

#### The Clean Getaway Comedy Tour (January 24 @ 8pm)

Comedians John Felts and Zac Brown will keep us laughing with PG rated jokes. Tickets are \$4.

Common Grounds Coffee (and fun) House, 20 Cheves Road, Bunn

#### A Blessing Soup Kitchen Meal (January 24 & 31 @ 11:30am-12:30pm)

Thursdays free meals served to residents in need. Collaboration of local nonprofits using donations & volunteers. Donations welcome. Broad Building, Bunn

### Live Music with Three Strand Cord (January 26 @ 7pm)

Three Strand Cord is rockin' the stage with both old & new tunes. On stage at Common Grounds Coffee (and fun) House, 20 Cheves Road, Bunn

# \* Knightdale \*

## Job Search Assistant Lab (January 19 & 26@ 11am-2pm)

Free walk-in Career Consultation by a trained Wake Tech instructor. Help with resume & cover letter writing, job searching, online job applications & interviewing. First come, first served. At East Regional Library, 946 Steeple Square Court, Knightdale For information, call 919.217.5300.

## Wake Writers (January 22@ 6-9pm)

Writing practice group. Work on a project or step out as a first-time writer. All genres & styles welcome. Free. East Regional Library, 946 Steeple Square Court, Knightdale More info, contact 919.217.5300.

## **PWNG Monthly Luncheon** (January 23 @ 11:45am-1pm)

Professional Women's Networking Group (PWNG) helps women brush up on networking skills, exchange tips, & build business relationships. Network & give 30second commercial! RSVP required; 24-hour cancel notice. Lunch provided. \$10 More info at www.zumchurch.org. members, \$20 not-yet members. Knightdale Chamber, 207 Main Street, Knightdale Call jennifer.bryan@knightdalechamber.org.

# **Smokers Palace** Cigar, Cigarette & Tobacco Outlet Walk-in Humidor **Large Selection** e-Cigs Available 4916 Hayes Place, Unit C Wilson, NC 27896 (252) 237-9912 smokerspalace.wilson@gmail.com

## New Rhythms For The New Year (January 27 @ 2-3pm)

Enjoy the high energy fun of Latin American dancing, including a performance featuring salsa, merengue, belly dancing and more! Following the performance, certified instructor Maria Elena Williams will invite participants to try basic dance movements. Registration required as space is limited. Comfortable shoes and clothing recommended. At East Regional Library, 946 Steeple Square Court, Knightdale More info, contact 919.217.5300.

## Craft It: T-shirt Scarves (January 28 @ 7-8pm)

Go Green in January. Bring an old T-shirt to this workshop and recycle it into a fabulous new scarf. Registration required. Age 13 & up. At East Regional Library, 946 Steeple Square, Knightdale

For information, call 919.217.5300.

## \* Wendell \*

#### **Brown Bag Lunch Ministry** (January 19 & 26 @ 9:30am)

Brown bag lunches for those in need. Personal hygiene items. At St. Eugene Catholic Church, 608 Lions Club Road, Wendell Info at www.steugeneparish.org.

## Tuesday Morning Coffee Break (January 22 & 29 @ 8-9am)

Connect, have coffee or tea, & network with business owners at this Wendell Chamber of Commerce weekly event. At the Wendell Chamber, 115 N Pine Street, Wendell

### Triangle Network Group (January 23 & 30 @ 8-9am)

Weekly meetings of local leads group. Some membership opportunities. Meet at the Wendell Chamber, 115 N Pine St., Wendell Email mpaul@wendellchamber.com for group & meeting information.

## \* Zebulon \*

## Karaoke Night (January 18 @ 9pm)

Check out local talent or join the fun. Every Friday in the Press Box at McLean's Ole Time Cafe, 418 W Gannon Avenue, Zebulon Call 919.269.0125 for more information.

## Karaoke Saturdays (January 19 & 9pm-12am)

Stop by for Karaoke Saturday nights and show off your voice! Held at Pizza Villa, 409 W Gannon Avenue, Zebulon More information, call 919.269.4777.

## **Brown Bag Lunch Ministry** (January 19 & 26 @ 10:30am)

Zebulon United Methodist distributes brown bag lunches to needy. Personal hygiene items too. Held each Saturday at the Zebulon UMC, Gannon Avenue & N Church Street, Zebulon

## Middle School "Passport to Party" Dance (January 25 @ 7-9PM)

DJ Mike Ray is ready to turn up the music and start the lights as we dance the night away. Great free food, drinks, and vendor giveaways. Raffles throughout the night! Major prize raffle for those who complete the Passport to Party! Professional Skate Team, Rival Skateboarding is excited to join you for this dance celebration! At Zebulon Community Center, 301 S Arendell Avenue, Zebulon

Info, email zebulonparkrec@gmail.com.

## Drugs Uncovered: What Parents and Adults Need to Know (January 25 @ 7-9PM)

Parents & adults who work with elementary, middle & high school students are encouraged to participate! Drop your child(ren) at the dance and join this program. For adults ONLY. At Zebulon Community Center, 301 S Arendell Avenue, Zebulon More info online at www.poehealth.org, or contact the Poe Center's Senior Director of Educational Programming, Thomas Ray at

## Family Movie Night (February 8 @ 7pm)

The Zebulon Parks & Rec Dept. presents free movie & popcorn for all ages. A parent or guardian must be present for all children. Movie at the Zebulon Community Center, 301 S Arendell Avenue, Zebulon Call 919.823.0432 for movie details.

919.231.4006 or t.ray@poehealth.org.

## Simple Cooking with Heart (February 12 @ 6:30 pm)

Goals of this free event are to identify how to make small but lasting improvements to health & to learn new skills in order to prepare nutritious, heart healthy meals at home. Free food sampling & opportunity to participate with food demos & win a prize! Registration required. Space is limited; adults only. At Zebulon First Baptist Church, 304 E Barbee Ave., Zebulon.

To register, call Elizabeth Spender Smith at 919.250.3990 by February 5th.

## National Anthem Tryouts (March 23 @ 9am; register 8:30am)

Sing for the Carolina Mudcats! National Anthem tryouts are coming soon. Watch for more information on the Mudcats website as the date approaches. Held at Five County Stadium, 1501 North Carolina 231, Zebulon More info at www.carolinamudcats.com.

## Food & More for Those in Need (Monday-Friday @ 9am-3pm)

Zebulon United Methodist Church distributes food & personal hygiene items through their Food Pantry program. Name & address only req. Go to Zebulon UMC Office (white house) at Church Street & W Sycamore Street, Zebulon

Church online at www.zumchurch.org.

#### Soup & Sandwich Meal (Monday-Friday @ noon)

Soup & sandwich served at no charge each weekday at noon. Those in need, just walk in to Mt Zion Holiness Church, 200 East Stronach Ave., Zebulon For info, call the church at 919.269.7562.

## \* Elsewhere \*

## Live Music in Spring Hope (January 18 @ 7-10pm)

Live Music with Travis Moss-January 18th. Stop by Showside Grill & Bakery, 102 N Pine Street, Spring Hope

www.contagiousconfections.com

#### Stepping Into the Past Series (January 19 & 26 @ 10am-3pm)

Event/workshop with museum admission. A new topic each week, wide range of topics over the year. Held at the Tobacco Farm Life Museum, 709 N Church St., Kenly Info at www.tobaccofarmlifemuseum.org.

#### Martin Luther King Holiday (January 21 @ All Day)

National holiday, as well as a citizens' Day Of Service to community.

## "Yet, Praise Him!" A Gospel Stage Play (January 26 @ 7pm)

Visit with our vendors from 5:30-6:50pm, then enjoy the play. Free & open to the public. New Hope Freedom & Deliverance Cathedral, 3012 Hwy 98, Louisburg For info, contact Tai Miles 919.306.7642.

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.

# **Optimist Club's Student Essay Contest**

The Northern Wake Optimist Club is holding an essay contest. Students will write on the topic, "How Can I Help My Friends Realize Their Value?" The Due Date for essay entry is February 10th.

Essays should be 700-800 words Title, footnotes and bibliography are not included in the final word count.

The contest is open to students under age 19 as of December 31st, 2012, who have not yet graduated from high school or the equivalent.

More information and essay contest rules available at

www.optimist.org/Form/ Essay\_RULES\_PAD-E\_12-13.pdf

Essay Contest prize at the District Level is a \$2500 Scholarship. The 1st, 2nd and 3rd place winners will be invited to read their essays at the Optimist Club's March meeting.

For more information, contact Lynn Turnage, at 252.430.2535 or lturnage@vwstores.com, or Barbara Timmons, at 919.426.5824 or barbnjct@aol.com.



# **East River Road Auto Sales**

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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**

Wanting to improve your cooking skills in the new year, you sign up for a cooking class. It takes place after work, and the bonus is that you'll be able to prepare a meal you can take home for dinner.

During one of the classes, everyone prepares chicken and puts it on to cook. While is cooking the instructor walks everyone through preparing a healthy salad and dressing. It is made up of fruits and vegetables. The instructor shows the best way to cut each piece and begins mixing the ingredients together.

As you start preparing your salad based on her example, you notice that one of the other students is cutting salad fixings with a knife she also used for the raw meat. You can see bits of raw chicken on the handle and blade. Since eating raw meat has the potential to make a person ill, you mention to her that she is getting bits of meat in her salad. She doesn't seem to care and continues.

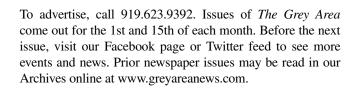
If the other student refuses to cook safely, do you think it would be her own fault if she became ill later from eating the salad? Do you think you would say anything to the instructor? What if you found out weeks later that this student was suing the cooking school because she became ill? Do you think you would get involved as a witness or just stay out of it?

# News from The Grey Area

This January 18th issue includes our usual local news alongside strange information from across the US. This issue is the first to follow our new schedule of publishing every other Friday. Watch for new issues every two weeks to get more frequent unusual news and local information!

The Grey Area is currently published in two Editions. Edition A is distributed in Bunn, Knightdale, Wendell & Zebulon. Edition B is distributed in Nashville, Rocky Mount, & Wilson. News, events, and business advertisements are localized for each Edition's readership.





# The Strange-ness

## **US Government Decides Not to Build Death Star**

Did you know that any American can start a petition for change? On petitions.whitehouse.gov, you can sign or start petitions for the issues you'd like to see the government address. Any petition reaching 100,000 signatures or more within 30 days is reviewed by the Administration.

Recently, a group posted a petition that a Death Star (similar to that in the Star Wars films) be constructed. The Administration responded once the minimum 100,000 signature threshold was reached. The response, entitled This Isn't the Petition Response You're Looking For, a reference to a Star Wars quote, gives a detailed explanation of why the Death Star will not be built.

If this is the first you've heard of this online petition website, please do not get the wrong impression about the petitions. Although the petition mentioned was a request to build a Death Star, and there is a petition relating to sasquatch hunting, most of the petitions deal with real

If you visit petitions.whitehouse.gov, you can review available petitions and "sign" the ones you believe are important — or even quirky — and check back from day to day to see how many other Americans have signed. Or, if you have an issue important to you that is not addressed by existing petitions, you can start one. You'll need to get 150 signatures before it may be found by the search tools. If the issue is big enough, likely you'll attract signatures.

Before you know it, your petitioning of the government for "a redress of grievances" as stated in the First Amendment of the US Constitution could lead to a response. Your voice may be heard, and one can hope that as the government learns what is important it will make changes in the directions the people desire.



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\*Service casket included!

## **Economical Direct Cremation**

Package.....\$985.00

Our Package includes: Services of funeral director and staff and transfer of remains These prices are subject to change at anytime without notice!







# **Little Bits**

## Translation of the Issue English —"freedom"

German — freiheit

Irish — saoirse

Spanish — libertad

Italian — libertà

Dutch — vrijheid

Latin — libertatem

Danish — frihed

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

#### Chuckle of the Issue

A woman went to the doctor's office. Where she was seen by one of the new doctors. After about 4 minutes in the examination room, she burst out, screaming as she ran down

An older doctor stopped her and asked what the problem was. She told him her story. After listening, he asked her sit down and relax in the waiting room.

The older doctor marched down the hallway to where the young doctor was. "What's the matter with you?" he demanded. "Mrs. Finley is 63 years old, she has four grown children and seven grandchildren, and you told her she was pregnant?"

The young doctor continued to write on his clipboard and, without looking up he asked, "Does she still have the hiccups?"

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# Word of the Issue

Resolution

**Definition:** A course of action determined.

**Example:** "I have finally decided my New Year's resolution is to worry less."

## 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: C = 0.

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Answer to the January 1st issue cryptogram:

I know in my heart that man is good. That what is right will always eventually triumph. And there's purpose and worth to each and every life. -- Ronald Reagan

## Quote of the Issue

"Courage is being scared to death but saddling up anyway." --John Wayne

# **Ag Forum Offer Economic** and Policy Outlook

The economic and policy outlook for North Carolina agriculture will be on the agenda at the eighth annual Ag Development Forum Thursday, January 31st, at the State Fairgrounds.

The forum will take place from 9:30am to 12:30pm in the Holshouser Building. Dr. Nick Piggott, an agricultural economist at N.C. State University, will be the keynote

The forum also will feature Agriculture Commissioner Steve Troxler's annual State of Agriculture address, and representatives of N.C. agribusinesses will share stories of how they succeeded in bringing local foods to market.

 "Winter is a time when farmers plan for the year, and we want to load them up with plenty of information they can use to make decisions," Troxler said. "This forum is designed not just for farmers, but also for agribusinesses and others with an interest in the continued success of North Carolina agriculture."

Admission to the forum is free, and lunch will be provided. Registration is requested by Jan. 25. To register, go to www.ncagr.gov/agforum. Individuals with questions may contact Chrissy Waggett at 919-707-3008.

The forum is sponsored by Matkins Meats, Carolina Packers and Chaudhry Halal Meats.

# **New Buffet Opens in Wilson**

With growing children, and different tastes of different family members, sometimes it is perfect to hit a buffet. Everyone may choose their own foods. The growing kids can go back for more food if they are hungry for more after finishing their plate.

Just after the New Year began, we took our family out to try a new buffet, Teppanyaki Grill & Supreme Buffet of Wilson. Our crew included the teenager, preteen, and two adults.

This buffet had just opened in Wilson. Teppanyaki Grill & Supreme Buffet, opened in the Forest Hills Centre on Raleigh Road. We found the buffet to be extensive, with a big variety of seafood, meat, and vegetable dishes. The kids found many things that they liked, and that we were happy to have them eat. Some of our favorites included the smoked oysters, and the hibachi area. We filled our plates with our favorite raw vegetables, meats, and space, then watched as they were cooked. As a finale the kids chose their desserts from the long

We left feeling that we had eaten well and for a good price. The kids enjoyed it and have already asked if we can go back sometime soon!

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# **Watch for our Garden Plant Giveaways coming up in April!**

**Volunteer to help** with planting



www.growandshare.org



# **Watch for Small Business Workshops**

Coming soon to Wendell, Zebulon, and other local towns

Many are being organized by the local Chambers of Commerce

Watch for opportunities to learn skills that may help with job searching in 2013