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Volume 3, Number 21B Sept 27-Oct 10, 2013

# Free Workshop Offered on **Managing Chronic Illness**

For those living with diabetes, arthritis, heart disease, COPD, fibromyalgia, or another chronic disease, "Living Healthy" is for you. Living Healthy is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

Lessons take place Tuesdays, over a six week period from October 29 through December 3, 2013. Classes begin at 1:30pm and end at 4pm.

In attending this free workshop, participants learn how to manage symptoms, communicate effectively with health care professionals, fight fatigue, and more. Get more out of life! Each participant receives a free Book and CD upon workshop completion.

The workshop takes place at the Wilson County Senior Center (1808 S Goldsboro Street, Wilson). To register, contact Sandra Carter at 252.206.4059. Classes held in partnership with the Area Agency on Aging.



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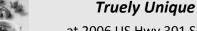
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# **Volunteers Needed to Serve Long Term Care Residents**

Contributed by Tyronda Whitaker, Regional Long Term Care Ombudsman

Ombudsman is Swedish word meaning advocate. The Long Term Care Ombudsman program was established in 1971 by President Richard Nixon to improve conditions in nursing homes. The local ombudsman program is an entity of the Upper Coastal Plain Council of Governments Area Agency on Aging.

In addition to being an advocate for residents, they educate the public and facility staff about rights and help resolve grievances between residents/families and facilities. The ombudsman also provides support for the Community Advisory Committees (CAC). These local committees, which are composed of volunteers appointed by county commissioners, routinely visit facilities, serve as advocates for residents, help ensure that the intent of the resident's bill of rights is maintained, and work to increase community involvement in long term care facilities.

The Ombudsman program is seeking volunteers in Wilson, Nash, Edgecombe, Halifax and Northampton Counties.

- Do you want to make a difference?
- Are you concerned about the lives in Nursing Homes & Assisted Living Facilities?
- Are you aware of Resident's Rights?
- Would you like to help ensure that all residents receive quality care?

If you answered "yes" to any of the above questions, please volunteer to become a Community Advisory Committee (CAC) Member. CAC Members serve over 3,000 long-term care residents in Edgecombe, Halifax, Nash, Northampton, and Wilson counties by making personal visits and

If you are interested or would like additional information, please contact Tyronda at 252.234.5963 TWhitaker@UCPCOG.org.

If you or a loved one have dealt with long-term care issues, the Upper Coastal Plain Council of Governments' Area Agency on Aging is here for you! Visit the Area Agency on Aging at 121 W Nash Street (PO Box 9), Wilson, NC 27894 or call 252.234.5963. Visit the Area Agency on Aging website for more information about their work.

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# **NC Forest Service Using Wasps to Fight Emerald Ash Borer**

Release by Brian Haines and Kelly Oten, NC Forest Service

The N.C. Forest Service is enlisting a small, stingless wasp in its battle with the invasive emerald ash borer.

On Thursday, Dr. Kelly Oten will release a species of parasitoid wasp that can kill emerald ash borer larvae. The wasp lays eggs inside the borer larvae, and as the young wasps develop, they kill the ash borer larvae.

The release will take place in three locations in Granville County: four miles northwest of Oak Hill, four miles northwest of Townsville near Kerr Reservoir, and one mile north of Stovall.

"The wasps are from China, where EAB originated, and they target this beetle specifically," said Oten, forest health specialist with the Forest Service. "The wasps are being reared by the U.S. Department of Agriculture in a laboratory in Brighton, Mich., and have been released for biocontrol of EAB in 16 of the 21 states where the borer has been found."

Releases of these wasps are conducted under specific USDA guidelines, Oten said. The release is being done in coordination with both private and public entities that have forest resources affected by EAB.

Emerald ash borer is a destructive wood-boring insect that attacks ash trees, including green ash, white ash and several horticultural varieties of ash. The insect kills healthy trees after it bores beneath their bark and disrupts their vascular tissues. The emerald ash borer is not native to the United States and was first found in Michigan in 2002. It has spread to 21 states and has killed tens of millions of ash trees in the United States.

The Plant Industry Division of the N.C. Department of Agriculture and Consumer Services established an EAB quarantine covering Granville, Person, Vance and Warren counties following detection of the pest this year. This means that ash trees, the ash borers and any hardwood firewood cannot be moved out of a quarantined county into a non-quarantined county. Firewood refers to wood that is cut to less than 4 feet in length.

The quarantine was established to prevent the spread of EAB to other, non-infested parts of the state.



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# Things to Do in NC When You're Bored

# \* Nashville \*

### 9/27 2013 Outdoor Movie Series (September 27 @ 7:30pm)

By Nashville Parks & Rec. Bring a chair! Concessions. At Stoney Creek Envir. Park, 455 W Washington St., Nashville For info, contact 252.459.9796.

### 10/26 Monster Dash Fundraiser (October 26)

Fun way to help Nash County citizens. Costumes are encouraged & welcome! Proceeds donated to the United Way Tar River Region. Small participation fees. Register by October 1st to secure t-shirt! Start/ finish on Elm Street, Nashville Info, contact Rosemary Dorsey at 252.459.9804.

# \* Rocky Mount \*

### 10/05 West Edgecombe Mini Pullers (October 5 @ 6pm; gates 3pm)

Lawn mower pulls, organized by West Edgecombe Farm Heritage Museum & Ruritan Club. Concession stand proceeds go to community work. At 12180 NC-43 North, Rocky Mount

www.westedgecombeminipullers.com

### 10/11 Eastern Carolina BBQ Throw -12 Down (Oct 11-12 @ 4-9pm)

Rocky Mount hosts this national barbecue competition. Friday night concert. Saturday music, BBQ contest cooking & more. In Downtown Rocky Mount Visit www.ecbbqthrowdown.com.

### 10/19 Farmers Market Free Concert - Illusions of the King (Oct 19 @ 11AM-12:30PM)

Come enjoy Keith Henderson's performance, popular vocal "Illusions of the King - A Tribute to Elvis." (Market open 8AM-1PM.) At the Farmers Market, 1006 Peachtree Street, Rocky Mount

## Tarboro \*

### 10/01 Children's Story Time 10/08 (Oct 1, 8 & 15 @ 10:30am)

**10/15** Tuesday story times include music, games, crafts, & more! At Edgecombe County Memorial Library, 909 Main Street, Tarboro See www.edgecombelibrary.org.

### 10/02 Healthy Living for a Lifetime (October 2 @ 10am-6pm)

Free health screenings. Receive educational materials, promotional items, refreshments & more! Screenings offered include: cholesterol, blood glucose, blood pressure, body mass index, bone density & vascular ultrasound. At Wal-Mart Super Center, 110 RIver Oaks Drive, Tarboro More info, contact 252.823.8101

# \* Wilson \*

see www.vidanthealth.com.

### 10/04 First Friday on the Lawn (October 4 @ 6-9pm)

International music by the Soul Brazil band. At Wilson County Public Library Lawn, 249 W Nash Street, Wilson

#### 10/05 Safety Awareness Day (October 5 @ 10am-2pm)

Stop by for Lowe's community event, in advance of Fire Prevention Week. Are you prepared? At Lowe's, 2501 Forest Hills Road, Wilson

#### 10/08 Basic Bookkeeping and Taxes for Your Small Business (October 8 @ 6-9pm)

Free workshop explains different accounting methods & financial terms. Basic introduction to bookkeeping & software available. Register by October 7th. At Small Business Center, Wilson Comm. College, Room E-101, 902 Herring Ave E, Wilson

More info at www.wilsoncc.edu.

### 10/19 Scaremongers' Showcase (October 19 @ 3pm)

Slightly scary holiday stories for 3-8 year olds. Costumes welcome! At Wilson County Public Library, 249 W Nash Street, Wilson

## \* Elsewhere \*

### 10/04 Wendell Harvest Festival -05 (Oct 4 @ 12-10pm & Oct 5 @ 9am-10pm)

Annual festival with food, music, crafts, vendors & more. At J. Ashley Wall Towne Square, Wendell See www.wendellchamber.com or call 919.365.6318.

### 10/05 Art in the Street (October 5 @ 10am-4pm)

Franklin County Arts Council hosts this art & music festival. Theme "Find It in Franklin County... People, Places & Things." Features chalk art competition. Trompe l'oeil artist, Kathryn Lane Hicks, creates 3-D art piece. Artists transform street & sidewalk with chalk. At Louisburg Town Hall, and One Man's Treasure, Nash Street, Louisburg

Online at www.fcacarts.org,

#### 10/12 30th Annual Fall Festival (October 12 @ 7:30am-7pm)

Zebulon United Methodist Church hosts this free event. Activities for the whole family Come have a great time! Breakfast, shopping, crafts, Silent & live Auctions, Children's Activities, plate sale (\$8), & more.) At 121 W Gannon Avenue, Zebulon More info at www.zumchurch.org.

### 10/12 Festival Viva Raleigh (October 12 @ 1-5pm)

Free. Entertainment, vendors & nonprofits. Música / Music, Juegos / Games, Actividades / Activities, Premios / Prizes, Comida / Food, Brincolines / Bounce Houses. At Green Road Community Center, 4201 Green Road, Raleigh

These "Things To Do..." listings are free, at publisher's discretion, and as space allows. Up to 5 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 space to

provide moredetails for



# **Bunn Collects Food for the Needy**

Starting October 15, watch for food collection boxes in Bunn stores. Nonperishable food will be collected through November 15.

All donations go to the Bunn Soup Kitchen, which serves those in need from the Broad Building each Thursday.



# The Strange-ness

# **Boomerang-shaped Unidentified Flying Object Spotted in Henderson NC**

A Henderson resident reported on www.mufon.com that a large object flew over his home Sept. 14, 2013.

The resident reported that he was outside one evening with his dogs when a large object suddenly flew above the trees.

He described the object as "larger than a hang glider." Appearing like a boomerang, it was triangular, had no tail, red and silver, and transparent in the middle. "We could see the sky though it," he reported.

The object was also seen by the witness' wife and son. The three saw the object fly off in a straight path until it was out of sight. The object's speed was described as similar to a turboprop airplane, though the UFO was smaller than a turboprop.

The unidentified flying object made no sound that they could hear. The resident's son has a familiarity with airplanes, and in fact has taken flying lessons. He told his father that he hadn't seen any airplane that looked like the craft that flew over their trees.



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# **NASA** and Homeland **Security Test Radar for Locating Disaster Victims**

Release by Dwayne Brown, Whitney Clavin and Elise Rand

NASA and the U.S. Department of Homeland Security are collaborating on a first-of-its-kind portable radar device to detect the heartbeats and breathing patterns of victims trapped in large piles of rubble resulting from a disaster.

The prototype technology, called Finding Individuals for Disaster and Emergency Response (FINDER) can locate individuals buried as deep as 30 feet (about 9 meters) in crushed materials, hidden behind 20 feet (about 6 meters) of solid concrete, and from a distance of 100 feet (about 30 meters) in open spaces.

Developed in conjunction with Homeland Security's Science and Technology Directorate, FINDER is based on remote-sensing radar technology developed by NASA's Jet Propulsion Laboratory (JPL) in Pasadena, Calif., to monitor the location of spacecraft JPL manages for NASA's Science Mission Directorate in Washington.

"FINDER is bringing NASA technology that explores other planets to the effort to save lives on ours," said Mason Peck, chief technologist for NASA, and principal advisor on technology policy and programs. "This is a prime example of intergovernmental collaboration and



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expertise that has a direct benefit to the American taxpayer."

The technology was demonstrated to the media Wednesday at the DHS's Virginia Task Force 1 Training Facility in Lorton, Va. Media participated in demonstrations that featured the device locating volunteers hiding under heaps of debris. FINDER also will be tested further by the Federal Emergency Management Agency this year and next.

"The ultimate goal of FINDER is to help emergency responders efficiently rescue victims of disasters," said John Price, program manager for the First Responders Group in Homeland Security's Science and Technology Directorate in Washington. "The technology has the potential to quickly identify the presence of living victims, allowing rescue workers to more precisely deploy their limited resources."

The technology works by beaming microwave radar signals into the piles of debris and analyzing the patterns of signals that bounce back. NASA's Deep Space Network regularly uses similar radar technology to locate spacecraft. A light wave is sent to a spacecraft, and the time it takes for the signal to get back reveals how far away the spacecraft is. This technique is used for science research, too. For example, the Deep Space Network monitors the location of the Cassini mission's orbit around Saturn to learn about the ringed planet's internal structure.

"Detecting small motions from the victim's heartbeat and breathing from a distance uses the same kind of signal processing as detecting the small changes in motion of spacecraft like Cassini as it orbits Saturn," said James Lux, task manager for FINDER at JPL.

In disaster scenarios, the use of radar signals can be particularly complex. Earthquakes and tornadoes produce twisted and shattered wreckage, such that any radar signals bouncing back from these piles are tangled and hard to decipher. JPL's expertise in data processing helped with this challenge. Advanced algorithms isolate the tiny signals from a person's moving chest by filtering out other signals, such as those from moving trees and animals.

Similar technology has potential applications in NASA's future human missions to space habitats. The astronauts' vital signs could be monitored without the need for wires.

The Deep Space Network, managed by JPL, is an international network of antennas that supports interplanetary spacecraft missions and radio and radar astronomy observations for the exploration of the solar system and the universe. The network also supports selected Earth-orbiting missions.

For more information on this and other NASA activities, visit www.nasa.gov.

# **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 watching TV with the family one evening. It is a weeknight, and you're all comfortable in the living room eating dinner while watching the evening news.

A news story comes on about a child expelled from your children's school for wearing a t-shirt with a Wounded Warriors image. The image included a gun, and the school decided that it violated the "zero tolerance" policy.

Do you think that you would agree with the school's actions? If you disagreed, do you think you would call the school to protest? What do you think you would say to your own children?

### **How Grey is Too Grey?**

The "Shades of Grey" feature is designed to encourage discussion on social situations and consider problems that may be faced in one's daily life. Solutions may be black or white, right or wrong, or in the grey area. Often people's actions are in the "grey", between right and wrong.

Each person makes judgements about a situation and how it impacts them. Most choose the best option for themselves and their families, without crossing lines into wrongdoing. With the recent fervor over a TV series called *Breaking Bad*, the show's situation is offered for consideration.

In Breaking Bad, the lead character (Walter White) finds out that he has cancer. His insurance is not going to cover treatment, and his family faces an uncertain future without him. Despite living a fairly clean life so far, Mr. White reaches some tipping point. He decides to provide for his family by using his scientific knowledge to produce drugs. He begins "cooking" Methamphetamine to be sold by a former student — Jesse Pinkman — who has lived a lessthan-clean life.

Certainly on the TV series, things do not go well for Mr. White. His decision leads to high-volume drug distribution, many deaths, and family strife.

With the large fan-base of this show, and so many millions of Americans tuning in to watch Mr. White and Mr. Pinkman do their work — and sometimes to cheer them on — it seems worth putting out the subject for consideration. Just how far into the grey area is too far? Can you see the thought process Mr. White went through in moving from a good life to criminal activity?

What do you think of the choice Mr. White made? Do you think that the extreme situation called for extreme measures? If life took a severe turn, do you think that you might move into such a dark grey (or black) space to serve your family?

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The Backside





# **Little Bits**

### Chuckle of the Issue

A man's car stalled on a country road one morning. When the man got out to fix it, a cow came along and stopped beside him. "Your trouble is probably in the carburetor," said the cow.

Startled, the man jumped back and ran down the road until he met a farmer. The amazed man told the farmer his story.

"Was it a large cow with a brown spot over her right eye?" asked the farmer.

"Yes!" the man replied.

"Oh! I wouldn't listen to Bessie," said the farmer. "She doesn't know a thing about cars."

# Word(s) of the Issue

**Comestibles** 

**Definition:** Edibles. Bits of food.

**Example:** "After the trip to the grocery store, the pantry

was full of comestibles."

#### **Quote of the Issue**

David Brinkley (1920-2003), American Journalist

"A successful man is one who can lay a firm foundation with the bricks others have thrown at him."

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## Translation of the Issue

English — eat

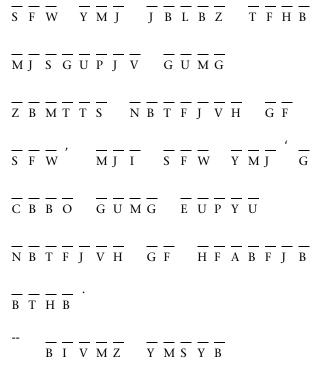
German — essen Spanish — comer Italian — mangiare Welsh — bwyta Irish — ithe Latin — manducare

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

### Cryptogram of the Issue

Replace the letters in this Cryptogram with other letters to deduce the quote within the puzzle.

Hint: B = E.



Answer to the previous issue's cryptogram:

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world. -- Lucille Ball

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# News from The Grey Area

As you enjoy the many Fall activities, watch for more and more to do close to Halloween. There are festivals, special events, and Halloween "scary" attractions to keep the family busy and entertained.

If you watched WHIG-TV on Thursday, September 19th at 6pm, you may have seen The Grey Area TV show's pilot broadcast. WHIG-TV in Rocky Mount NC has been offers locally-focused programming since 1997. We are happy to be a part of their schedule. Watch for our next broadcast October 17th. In the meantime, Episode 1 of the TV news show is online at www.greyareanews.com in the "Videos" section.

Articles are also online at www.greyareanews.com. Visit our site to browse or Search to find news from your town. To advertise in the local print editions, or on the website, call Frank at 919.637.6973.

# **Town of Wendell a Flurry** of Activity October 4-5

Wendell will be moving and shaking in early October! Multiple outdoor events make Wendell the place to be. The town will be adorned with Halloween decorations, pumpkins, Autumn breezes. Mark the calendar now for two days of festival food, outdoor fun, and Fall shopping.

The annual Wendell Harvest Festival takes over the J Ashley Wall Town Square and several blocks of Third Street. Food vendors will fill the air with smells of onions, meats, and sweet treats. The Town Square stage will fill with musicians and dancers. Bring lawn chairs or a blanket to sit and enjoy the entertainment while nibbling festival foods. Or, shop and enjoy checking things off of your Christmas gift list early! Vendors and local organizations provide information and offer gift items for sale, including quality homemade (locally made) goods. Many Wendell shops stay open for additional shopping during the festival.

Wendell Christian Church combines a yard sale with an auction. For two days, shoppers can peruse a variety of household items being offered for sale. Proceeds go to help the church, so spending here can help locally as well.

Stop by the Jus 4 You Designs parking lot on Third Street for their plate sale fundraiser. Cooking starts early, with plates available by mid-morning. Follow your nose! Proceeds from plate sales go to local community work through the Jus 4 You Designs owners' church.

Many Wendell Farmers Market? vendors are setting up at the Town Square Harvest Festival location. Instead of the market's regular location along Wendell Boulevard being open on Saturday, look for their vendors at the Harvest Festival Friday and Saturday.

Stop by and check out all this Eastern NC town is offerings.



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