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"Green Beans"

Contributed by Lew Langley, Dimples 'n Lace

A Road By Any Other Name

With excerpts from NC Governor's Office Press Release

Governor Pat McCrory and Transportation Secretary Tony Tata recently announced that a stretch of US 64 has been added to the future Interstate Highway System. The road's new designation runs from I-440 (Raleigh) to I-95 (near Rocky Mount).

"This designation is critical to further economic development in the region," Governor McCrory recently told Regional Transportation Alliance members. "We can now tell businesses who want to locate to the area that they will have a future interstate connection to the vital I-95 corridor."

"This designation is an important part of our future vision for transportation in North Carolina and is key to promoting job creation and aligning our infrastructure with commerce activity," Secretary Tata said.

The section of US 64 between I-440 and I-540 — Raleigh to Knightdale — currently meets interstate standards and signs will be posted identifying it as "I-495". From I-540 around Wendell to I-95 by Rocky Mount, road signs will say "Future I-495". Because that stretch of US 64 was built to state standards, the roads must be upgraded to interstate standards. The upgrades will include some widening, changes to the road shoulders, and ensuring pavement is at appropriate thickness to support interstate truck traffic.

The interstate designation and renaming are expected to positively impact businesses in Rocky Mount, Nashville, and Zebulon partly due to the potential for growth along the I-495/Future I-495 auxiliary interstate highway.

The lead-up to creating this corridor was a decade of work by the Regional Transportation Alliance, seeking to connect Raleigh to I-95. The group is continuing their work with a plan to extend from the end of Future I-495 through Tarboro and Williamston, in to Virginia.

With upcoming work on Future I-495, and multi-lane widening scheduled for I-95 in the next few years, road work will be seen in the short term, with a hope for business growth and jobs coming down the road with future traffic.



Grandfather Langley was known to all as "PaPa", had a garden as far back as I can remember. As I understood it, PaPa had gardens all over Campbell County. As if that wasn't enough I understand that PaPa also got vegetables from farmers.

When I was about 1 0 or 11 Grandmother Langley and one of her friends took me with them to the largest factory I had seen up to that point in my young life. It was actually the kitchen for the orphanage. There were bright shiny metal conveyors at my chest level making a circle around the room and others going up into the air at gradual angles. I was tall for my age, but I could not see the other side of the room for the machinery. The room was filled with noise. There was the rhythmic clanking of the conveyor belt much like the sound you hear when ascending the first steep incline of an old wooden roller coaster. There was the banging of large #1 tin cans without paper labels on to shiny metal counter tops, and there was the hiss of steam from cookers.

This amazing room, I found out was "The Cannery". We were here to pick up green beans PaPa grew in his garden. The beans were washed, cut and cooked, and then they were packed into #1 tin cans. A machine sealed a lid on it and they all gathered at the end of a long metal table. I helped Grandmother and her friend pack the cans into cardboard boxes. When all were packed we carried them out to the car. At the time I did not know there was such a place where ordinary people could make their home-grow vegetables look like professional products. So I asked Grandmother if we were going to the store. She asked why I would ask that. I said that since these looked like they came from the store; I thought that is where all of the store-bought cans came from. Grandmother explained that those cans came from



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MERRY CHRISTMAS

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Designer: Mike Carroll

PO Box 241 18 East 3rd Street Wendell NC 27591 (919) 365-4818 somewhere else but our cans of green beans were going home with us. Then I asked how would we be able to eat so many green beans? She had grown tired of my questions and assured me that all those cans of green beans would be eaten and we would long for more when they were gone.

Well it wasn't long before Grandmother got sick with Leukemia. And there were no more trips to the cannery. A few years later, eight to be exact, I graduated high school and went to live with PaPa. I helped out around the apartment and went to the community college. One night PaPa wanted me to cook up some canned green beans. I looked in the pantry and came back to PaPa and told him that I could not find any green beans. PaPa went to the pantry and pulled out three bright silver cans without labels. "Here you go, green beans fresh from my garden. You'll love these."

I opened the first can and nearly lost my breath from the air that hissed out. I continued to cut the top open and saw black sticks in water resembling a swamp. I told PaPa whatever was in this can had gone bad. PaPa insisted that they were as fresh as the day they were canned.

I called Mom long distance and thought surely I would be in trouble: for the call, first of all, and then I would be in



trouble for tattling on PaPa. I asked Mom about the green beans and I had to describe them to her. I told her that PaPa insisted that they were green beans fresh from the garden. Mom figured it out that they indeed were fresh from the garden at one time but that time had come and gone and so had the green beans.



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Things to Do in NC When You're Bored

* Bunn *

01/02 Bunn Soup Kitchen 01/09 (Jan 2 & 9 @ 11:30am)

Free meals served to those in need. Collaboration of local nonprofits using donations & volunteers. In the Broad Building, Elementary School Road, Bunn

01/17 Photo Contest (January 17)

No fee to participate, enter contest. Selected to be displayed at Common Grounds Coffee (and Fun) House, 20 Cheves Rd, Bunn Call Ruby Savage at 919.495.2221.

02/08 Sweetheart Dinner/Social (Feb 8 @ 6-8pm)

\$15 for one or \$25 for two (steak, bake potato, salad, dessert, & tea). Tickets go on sale in December, money collected go toward March's Finale & Bunn's Park Fund.

* Knightdale *

01/03 First Friday Jazz (January 3 @ 6-9:30pm)

The Kila Company monthly Jazz music event. Fee \$8/person. At Knightdale Clubhouse, Milburnie Road, Knightdale Call 919.757.3527.

01/04 Wake Tech Job Assistance 01/11 (Jan 4 & 11 @ 11am-2pm)

Free. Stop by to search jobs & get help with searching. At East Regional Library, 946 Steeple Square Court, Knightdale

* Wendell *

12/20 Wendell Wonderland -12/31 (Nov 19 - Dec 31)

Santa, shopping, Lake Myra Christmas lights, candy store, & more. Opens at 6pm. Open until 10pm Sun.-Thurs; Open until 11pm Fri.-Sat., Downtown, with light show at 210 E Fourth St., Wendell

* Zebulon *

12/21 Brown Bag Lunch Ministry 12/28 (Dec 21 & 28 @ 11:30am)

Free to-go lunches for those in need. At Fellowship Hall, Zebulon United Methodist Church, 121 W Gannon Ave, Zebulon Info at www.zumchurch.org.

* Elsewhere *

12/21 Stepping Into The Past (Dec 21 @ 10am-3pm)

Activities incl. with admission to the Museum. Dec 21st Homemade Toys (fee), At Tobacco Farm Life Museum, 709 N Church St, Kenly www.tobaccofarmlifemuseum.org

12/20 Jingle in the Park 12/21 (Dec 20 & 21 @ 4-8pm)

Lights, Polar Express, s'mores, music & Santa Claus. In Herman Park, Goldsboro Contact goldsborott@gmail.com.

01/02 Joblink Job Assistance (January 2 @ 2-5pm)

Need help navigating job search web sites, submitting online applications, updating a resume? Visit this open lab for assistance. An employment adviser from AmeriCorps is available to assist. At East Regional Library, 946 Steeple Sq, Knightdale Info, call 919.217.5300.

12/30 Winter Fun 12/31 (Dec 30 & 31 @ 1-4pm)

Let's have a blast and do crafts over holiday break! Spend the afternoon making new friends and playing games! \$20 Resident, \$25 Non-Resident. Zebulon Parks and Recreation Department At the Zebulon Community Center, 301 S. Arendell Ave., Zebulon. For more information, call 919.823.0432.

12/22 Predators (Dec 22 @ 3pm)

Come discover some of the predators that call Medoc Mountain home & the various adaptations that allow these animals to live at the apex of the natural world. Free one-hour program. Meet at Visitor Center, Medoc Mountain State Park, 1541 Medoc Mountain Road, Hollister

12/29 Christmas Hike (Dec 29 @ 3pm)

Take this opportunity to get out and enjoy some fresh air and get a little physical activity in before diving into the holiday festivities. Meet the ranger at the Picnic Shelter for a 2 mile hike along Little Fishing Creek. Meet at Picnic Shelter, Medoc Mountain State Park, 1541 Medoc Mountain Road, Hollister Call park office at 252.586.6588 to register for this free program!

01/01 New Year's Celebration Hike (Jan 1 @ 1pm)

Start the New Year off right by taking a guided hike through beautiful Goose Creek State Park. Please be sure to bring appropriate footwear, clothing & water. Meet at Visitor Center Parking Lot, Goose Creek State Park, 2190 Camp Leach Road, Washington

01/16 Would You Love to Grow Beautiful Roses? (January 16 @ 3pm)

Come hear a Master Rosarian, Cyndy Scalf, from the Nash County Extension Services. In Warner Meeting Room, Braswell Memorial Library, 727 N. Grace Street, Rocky Mount Contact Brenda Thibodeau at 252-442-1951 Info at www.braswelllibrary.org

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 more details for events.





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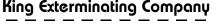


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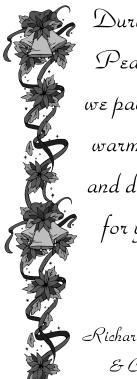
at Bunn Middle School 4742 Nc 39 Hwy S Bunn, NC 27508

Limited Tickets on Sale Now at Bunn Town hall \$25.00 for two or \$15.00 for one!

Dinner includes steak, bake potato, salad, dessert and tea

And watch for the Bunn Centennial Finalé Vendor spots for the Centennial Finale \$25 for a 10x10 March 22nd - 10am to 6pm

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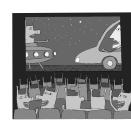
Richard Harris Funeral Home & Cremation Service Inc.

122 West Barbee Street Zebulon

Carmike 10-Wilson Movie Review of the Issue

By Kay Whatley, Editor

This issue's movie review is Anchorman 2: The Legend Continues. This movies is a sequel to 2004's Anchorman: The Legend of Ron Burgundy.



At the end of the first Ron Burgundy movie, Will Ferrell's Ron Burgundy got together with Christina Applegate's character, Veronica Corningstone. *Anchorman 2* begins with the two of them married and working as co-anchors at a New York City TV news station.

The original cast returns, including Steve Carell as Brick Tamland. Brick is the not-too-bright weatherman, whose antics make one wonder how he gets through a day. In this film, Brick moves from "I love lamp" in the first film, to actually dating. His love interest is a woman who goes through life functioning at the same level as Brick.

I found Brick much funnier in this film, compared to Ron who is dealing with serious issues: marriage, fatherhood, and competition at a new 24-hour news network that is the focal-point of the plot.

At 1 hour and 59 minutes in length, there were quite a few laughs along the way. As a mom, there are some parts of *Anchorman* and *Anchorman* 2 that make me cringe a little. There is some profanity and innuendo, with some sexual references. Much of the dialogue was bizarre and made me laugh, sometimes just because it was so "out there". Some really ridiculous scenes in the movie just made me roll my eyes. I won't say what it was, but I will say that a shark was involved.

As a member of the theater audience, I heard lots of laughing. Sometimes it was the entire audience; sometimes just a few people. I found *Anchorman 2* funny, and my husband and son thought it was *very* funny. If you liked the comedy and characters of *Anchorman*, I think that you'll like their revival in *Anchorman 2*.

Holiday Flavors and Their Countries or Origin

Have you ever looked at the ingredients in your holiday meal, or the spices in your rack. and wondered: Where do they come from? As you prepare holiday dinners, the seasonings you use may have been gathered from around the world to help you make the family's feast tastier.

Here are a few of those holiday flavors, and where they might start their journey to your table.

Cloves

Cloves grow as flower buds on evergreen Clove trees. The flowers grow in clusters, which are often harvested and separated by hand. When the flower buds darken, the "cloves" are harvested. Harvesting is done before the flower petals open, leaving the ball-shaped clove tops.

Cloves are harvested from India, Madagascar, Sri Lanka, and other foreign locations. Used mostly for cooking — adding flavor and scent to a Christmas ham, for example — cloves or extracted clove oils are utilized in parts of the world to combat upset stomach (gas), hiccups, and tooth pain.





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Black Pepper

Black pepper grows on a flowering vine, its fruit usually dried and used as spice. The fruit is a peppercorn when dried, containing a single seed. Ground pepper comes from these dried fruits/seeds.

Black pepper is produced in Vietnam (one-third of the world's black pepper), Brazil, India, China and several other countries.

Cranberries

The cranberries you use in your relish, or buy as gel, come from vines. The cranberries turn white, and then red, with most harvesting done after they take on their dark-red color.

Grown mostly in North America, a small percentage of cranberries are hand-harvested from the vine and sold fresh. The rest — about 90% of the berries harvested — come from flooding the fields (bogs) of cranberry vines, then scooping up the floating cranberries.

Studies are underway to see what health benefits come from eating these tart fruits, with early results showing that they might be good for you, and not too bad for diabetics.

Ginger

Ginger powder comes from ginger roots. Fresh ginger is also used in foods, with the dried, ground, ginger powder used to add flavor to holiday gingerbread cookies, cakes, and drinks.

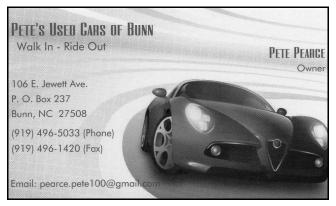
While Jamaican ginger was popular several hundred years ago, today's ginger (powder, root, etc.) comes from India, China, Indonesia, and several other countries.

Nutmeg

Nutmeg and a spice called mace, both come from evergreen trees in the "Myristica" genus. The "nutmeg tree" seed is egg-shaped. The ground (or whole) nutmeg in your pantry may have found its way to your kitchen from Indonesia, Grenada, India, Sri Lanka, the Caribbean islands or a host of other foreign countries.

Too much nutmeg may cause discomfort, or worse. Follow recipes carefully to avoid spoiling the food's flavor, or the evening. Even a small amount that doesn't bother you may do harm to animals, so don't share with pets.



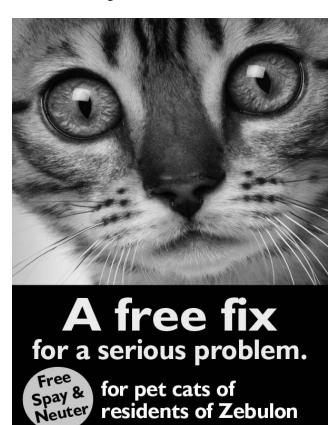


Miscellaneous

You might also want to read a US Food and Drug Administration report from October 2013 titled "Pathogens and Filth in Spices". The report concluded that roughly 12% of spices had "filth" contamination (insects or animal hair), though black pepper had a lower 2% contamination on average.

When I started writing this article, I wanted to call it "Herbs with Benefits" and discuss herbs and their uses as medicines. Unfortunately, this information falls into the grey area of 'medical advice" — something that the Food and Drug Administration frowns upon. So, I've only lightly touched on health impacts from these few ingredients. For more information on spices from a health standpoint, I encourage you to research those you use or plan to use.

In the meantime, to find out more about where the spices in your pantry came from, take a look at the containers. On the front or back, there should be a stamp naming the country, or countries, of origin.





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Little Bits

Chuckle of the Issue

Martin had just received his brand new drivers license. The family troops out to the driveway, and climbs in the car, where he is going to take them for a ride for the first time. Dad immediately heads for the back seat, directly behind the newly minted driver.

"I'll bet you're back there to get a change of scenery after all those months of sitting in the front passenger seat teaching me how to drive," says the beaming boy to his father.

"Nope," comes dad's reply, "I'm going to sit here and kick the back of your seat as you drive, just like you've been doing to me all these years."

Quote of the Issue

John Greenleaf Whittier

For all sad words of tongue and pen, The saddest are these: "It might have been."





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Cryptogram of the Issue

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

Hint: F = E.

KQID J D Q T E Q T Z WAFGJFU GNCFAJ FQTLJFQT

Answer to the previous issue's cryptogram:

Let us put our minds together and see what life we can make for our children. -- Sitting Bull

Translation of the Issue English — "Happy New Year"

German — Glückliches Neues Jahr

Spanish — Feliz Año Nuevo

Swedish — Gott Nytt År

Italian — Buon Anno Irish — Athbhliain Shona

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



Word of the Issue

Nullibicity: The state of being nowhere or nonexistence. (think of null).

Example: "Bigfoot seems to live in a state of nullibicity."

A Little Bit of History

Celebrating Olde Christmas

Christmas comes but once a year. For most of the US, it comes on December 25th; however, for some Hatteras Island residents, it comes on January 6th.

Gregorian calendar adjustment, following release of a 1582 "bull" (formal, sealed document) by Pope Gregory XIII, led to the dropping of about a week and a half from the calendar. This significant change took time to be adopted by different religious groups, civil authorities, and countries.

In the American colonies, adoption of the new calendar took from 1582 to 1752 — mostly due to England's adoption of the new calendar in 1752.

NC at that time was a British Crown Colony, as the Declaration of Independence signing was decades away in

While most colonists in America moved eventually to the Gregorian calendar, and continue using it today, there are residents of the Hatteras Island towns who kept Christmas where it was on the "old calendar", and celebrate it not on December 25th but around January 6th.

The island's Olde Christmas celebration has continued in Rodanthe for more than a century. The festivities consist of music and oyster roasts, cooking, gathering together, and a symbolic wild bull. This "Old Buck" bullish character dates back to early American times. The bull-like creature who roams the woods is thought to have come from an old story about a bull terrorizing residents, and a hunter killing the bull and freeing them from the terror. His spirit roams the woods, and he appears late in the evening — where folks touch him for good luck.

The celebration is planned for January 4, 2013 (Saturday) and is being organized by Mary Helen Goodloe-Murphy of the Rodanthe-Waves-Salvo Civic Association. Visit their website at www.rwscivic.org.

While visitors have been welcomed over the years, Olde Christmas is more for residents. Going to the event is kind of like going with friends to a school concert when you have no children at the school: made welcome, yet still separate. The embedding of Olde Christmas in the culture of these

island towns has built an important frame of reference visitors might not understand, but are an integral part of the local celebration.





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The Strange-ness

Canadian Airline Makes a "Christmas Miracle"

WestJet Airlines Ltd. recently surprised passengers with Christmas gifts when two planes landed in Calgary, Alberta, Canada.

Planning had begun in August, including creation of ticket-scanning booths to allow travelers to speak with Santa, coordination with three separate airports, and a troop of volunteer shoppers.

When the planes landed in Calgary, instead of baggage, the conveyors at the baggage claim carried gifts — the gifts travelers asked Santa for, just a few hours earlier. Each gift was wrapped and addressed to the travelers, which is why the Santa booth required scanning of tickets. Travelers gifts ranged from socks and underwear to toys and electronics.

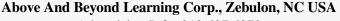
As WestJet said about the mass gifting event, "We know that Santa has a very busy schedule at this time of year, and can't be everywhere." WestJet's "Christmas Miracle" video may be viewed via their official YouTube channel:

www.youtube.com/user/WestJet



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