VER

# Local and National Unusual News

Bunn, Knightdale, Wendell & Zebulon NC Edition – 919.637.6973 Limited distribution: Bailey, Middlesex, Princeville, Sims, & Spring Hope

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Volume 4, Number 1A Jan 3-16. 2014

# **Business Profits with Vision** Of People, Planet and NC

There are business owners in NC who go beyond being locally oriented. These businesses operate on a Triple Bottom Line, considering people, the planet, and profit in a balanced way; a kind of business model for "do no harm". One such business is TS Designs, creators of Cotton of the Carolinas organic clothing. TS Designs not only considers the planet, they focus on doing what they can within NC.

From a local standpoint, the Cotton of the Carolinas t-shirts are made completely in NC. Cotton grown - organically in and near Nash County is turned into cloth, then into shirts. They call this their "dirt to shirt" production process.

This January, visitors have an opportunity to see their operation first-hand during their "Tour on the Tenth" event.

TS Designs is opening its doors for a full-access view behind the scenes - and around their campus. Tour on the Tenth invites the public to see what they do and how they do it. The tour begins at 3pm on January 10, 2014. It includes the Production Area, and the company's garden. TS Designs is located at 2053 Willow Springs Lane in Burlington.

In creating their shirts, TS Designs has gone above and beyond the norm to produce clothing using certified organic NC cotton. You know what you buy is locally grown, and locally made, in the Carolinas. Stop by for Tour on the Tenth and check it out for yourself.

# Guitar Lessons Offered

The Nash Arts Center is holding guitar lessons for beginners ages 13 and older, beginning January 6, 2014. Instructor John Battle will teach the 16-week session.

Classes will be held at 7:30pm on Mondays. The fee of \$160 covers the entire session, which averages out to \$10 per week. Classes held at Nash Arts Center, located at 100 E Washington Street in Nashville.

Don't have a guitar for yourself or your child? The Nash Arts Center has a limited number of guitars available, which can be provided for those who do not own one.

To register, call Shelly Gray at 252.459.4734. Be sure to let her know about any instrument needs. For more information, visit nasharts.org.



# How To Keep Your Shape Without Dieting

Losing Weight By Tweaking Your Eating Habits Contributed by Nicholas Pediaditakis, MD, DLFAPA

OK, all of us have a problem; it is real and present for the entire country. Almost all of us now are overweight.

This creates problems. For starters, it makes us uncomfortable to move around and do the everyday routines of our lives, like walking, taking a shower, or hugging each other.

If overweight and given time, most of us will get diabetes too. We may also develop high blood pressure - in fact, many of us do. We may even wind up with heart disease or a stroke; especially if we have high cholesterol clogging up our arteries with the grease we eat. Worse, God forbid, we may even get cancer.

Diets are useless; they do not work. Endless attempts to diet only end up in failure. We lose a couple of pounds only to gain them again a few weeks later. While all along, we mess up the joy of being alive.

Even worse, diets pills make you nervous, may be addictive, and even make you frantic and easily irritable.

After many years of practice and thousands of patients, I found that there is some hope with a method I have found useful. Most often it works!

Here it is: simply organize your ways of eating in the following way:

- 1. Eat three times a day; not once or twice, but just three.
- 2. Eat SLOWLY (enjoy your chewing).
- 3. Eat only what is in front of you. There is no need to put massive amounts of food on the table, which entices you to reach for seconds.
- 4. ALWAYS include some kind of greens, whether boiled or fresh.
- 5. Try to eat multigrain bread, and if you can, less.
- 6. ALWAYS take a walk of fifteen or thirty minutes after a meal.
- 7. Do not be discouraged if you do not have it right the first time.

If you can, invent new interests, including walking in the woods, reading new books, visiting a health club, and getting involved in your church. Good luck, because it will

Remember, no one was meant to tolerate too much food. Ironically, we may want to eat all the time if it is in front of

After a while, these seven steps will become a routine.

You may now lose 2-3 pounds a month without feeling it.

Finally, DO NOT attempt to speed the process up and switch

from this routine to whatever diet; it will fail. It always does.

Another thing: avoid stuffing your refrigerator with "this

and that" or anything on sale. Instead, tend to buy greens,

canned beans and chicken, as well as whole wheat or fully

us (as it was meant originally as

grained breads.

work.

an emergency way to store fat); however, now there is no longer an emergency, while we unfortunately still have a tendency to keep eating, as plenty of food is now available.



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For Accidents BIG or small

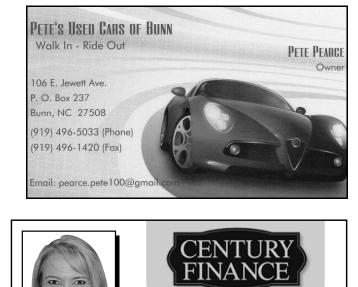
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# Things to Do in NC When You're Bored

# \* Bunn \*

- 01/09 Bunn Soup Kitchen
- 01/16 (Jan 9 & 16 @ 11:30am)

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

### 01/17 Photo Contest (January 17)

No fee to participate, enter contest. Turn photos in to Common Grounds by January 17th. Photos should be in an 8x10 frame. Photos of Bunn things, plants, places, old pictures are preferred, not required. Prizes will be awarded. Selected photos will be displayed at Common Grounds Coffee (and Fun) House, 20 Cheves Rd, Bunn. Call Ruby Savage at 919.495.2221.

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

A Valentine's type dinner (steak, baked potato, salad, dessert, & tea) as part of the Centennial celebrations. Tickets go on sale in December, money collected go toward March's Finale & Bunn's Park Fund. Limited Tickets on Sale at Bunn Town hall \$15-25. At Bunn Middle School, 4742 Nc 39 Hwy S, Bunn. Contact Sherry Mercer at 919.426.5806 or smercerx2@yahoo.com.

# \* Elsewhere \*

#### 01/04 Three Kings Day Parade - Dia de los Reyes (Jan 4 @ 1pm)

Free. A celebration of culture & tradition. Come celebrate the 12th day of Christmas & the Feast of the Epiphany in this cultural & fun celebration of an almost lost tradition of the arrival of the Three King Magis. At Fred G. Bond Metro Park. 801 High House Road, Cary. For info, call 919.852.0075.

01/10 Up, Up, and Away Astronomy: By Jove, It's Jupiter! (Jan 10 @ 4:30p to 5:30pm)

Look up into the night sky & find out what's out there. Come study Jupiter with stories, games & crafts, then go outdoors to look. Bundle up! Held rain or shine. Most appropriate for ages 5 & up. Fee \$5/family or \$3/person. Preregistration req. Historic Yates Mill County Park, 4620 Lake Wheeler Road, Raleigh. Info, call 919.856.6675.

### 01/19 Stepping Into The Past

01/26 (Dec 21 @ 10am-3pm)

Activities incl. with museum admission. January 19th is butter making demonstrations. January 26th is hog killing demonstration (8-11am). At Tobacco Farm Life Museum, 709 N Church Street, Kenly. See www.tobaccofarmlifemuseum.org.

### 01/31 Praxis Film Festival

-02/01 (Jan 31 @ 1-8pm & Feb 1 @ 10am)

Support student filmmakers & professional independent filmmakers. Filmmakers conjure up amazing images in their mind's eye, but what ends up on film depends on practical matters like how much cash/credit they have, how many friends can help, & who will show their film. Tickets \$10/day or \$15/weekend. Jan 31st at Paramount Theatre, S Center Street, Goldsboro. Feb 1st at Wayne Community College, Moffatt Auditorium, 3000 Wayne Memorial Dr., Goldsboro. Contact goldsborott@gmail.com.

# \* Knightdale \*

# \* Nashville \*

01/06 Kids Story Time (January 6 @ 10:30-11am) Bring the kids for a story from a collection of wonderful books. Free event. At Nashville Harold D Cooley Library, 114 W Church Street, Nashville

01/15 Badges and Books Reading Event (January 15 @ 10:30am-11am) The Nashville Police Department will be having a Badges and Books reading event! Children of all ages are welcome, we will be reading books that were donated by people in the community! Hope to see you there! At Nashville's Cooley Library, 114 W Church Street, Nashville

# \* Rocky Mount \*

01/11 MLK Annual Oratorical Competition (January 11 @ 9:00am)

Participants may be middle or high school students who either attend Nash-Rocky Mount Public Schools or who reside within the City of Rocky Mount. Participants will speak on a designated theme, relating it to Dr. King's philosophies and to current day society. At The Imperial Centre, 270 Gay Street, Rocky Mount

## 01/15 Coffee with a Cop (Jan 15 @ 7-9am)

The Rocky Mount Police Department invites you to come have Coffee With A Cop. This is a great informal way to meet the officers in your area, ask questions, share concerns and get information. At Hardee's, 1200 E Raleigh Blvd, Rocky Mount, Contact Brad Summerlin at 252.972.1466.

#### 01/15 Coffee with a Cop (Jan 15 @ 7-9am The Rocky Mount Police Department invites you to come have Coffee With A Cop. This is a great informal way to meet the officers in your area, ask questions, share concerns and get information. At Hardee's, 1200 E Raleigh Blvd, Rocky Mount

### Contact Brad Summerlin at 252.972.1466. 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.braswell-library.org

#### 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 Grace Street, Rocky Mount. Visit Ν www.braswell-library.org

#### 01/20 Unity Breakfast (January 20 @ 7am; program 8am)

Keynote Speaker Dr. Julianne Malveaux, Economist, Author, Educator and Founder of Last Word Productions. Breakfast. At Dunn Center for the Performing Arts, Campus of NC Wesleyan College, 3400 N Wesleyan Blvd, Rocky Mount.

# \* Tarboro \*

01/07 Children's Story Time (Jan 7, 14 & 21 @ 10:30am)

# \* Wendell \*

01/07 Family Storytime (Jan 7 @ 6:30pm) Children ages 0-5 and their families. At Wendell Community Library, 207 S. Hollybrook Road, Wendell. Contact 919.365.2600.

#### 01/11 Adopt-A-Highway Cleanup (Jan 11 @ 9am-11am)

Along Wendell Boulevard, from Marks Creek Road Rolesville Road. Contact thughes@townofwendell.com for details

# \* Wilson \*

### 01/08 Early Literacy Programs

- 01/09 (Jan 8, 9, 15 & 16)
- 01/15 Held Wednesdays & Thursdays. Lap Sit (Ages 0-2)
- 01/16 at 9:30am. Preschool Story Time (Ages 3-5) @ 10am. At Wilson County Public Library Main Branch, 249 Nash Street W, Wilson. Call 252.237.5355.

### 01/08 Anime Club

01/22 (Jan 8 & 22 @ 3:30-5:30pm)

2nd & 4th Wednesdays. At Wilson County Public Library Main Branch, 249 Nash Street W, Wilson. Call 252.237.5355.

# \* Zebulon \*

01/04 Brown Bag Lunch Ministry

### 01/11 (Jan 4, 11 & 18 @ 11:30am)

01/18 Free to-go lunches for those in need. At Fellowship Hall, Zebulon United Methodist Church, 121 W Gannon Zebulon. Ave, Info at www.zumchurch.org.

### 01/06 Sports Exchange

- (Jan 6 & 7, Feb 3 & 4 @ 7am-8pm) 01/07
- 02/03 Donate outgrown/gently used sports equipment to 02/04 The Sports Exchange on the first Monday & Tuesday of each month. Donated items to be distributed to athletes in need, or sold (proceeds used to provide scholarships for youth sports). Items accepted: bats, balls, gloves, helmets, cleats, pads. pants/shorts. equipment. & more. Items not accepted include shirts, hats, and weapons. At the Zebulon Community Center, 301 S Arendell Avenue, Zebulon. For info, email zebulonsportexchange@gmail.com.

### 01/10 See Spot Read (Jan 10 @ 4:30pm

For kindergarten and up. Beginning readers to come and practice their skills with the certified therapy dogs of the local organization See Spot Read. At Zebulon Community Library, 1000 Dogwood Drive, Zebulon. Contact Margaret at 919.404.3610.

### 01/10 Family Movie Night (Jan 10 @ 7pm)

The Zebulon Parks & Recreation Department presents FREE movie and popcorn for all ages at the Zebulon Community Center, 301 S. Arendell Ave., Zebulon. A parent/guardian must be present for all children. Call 919.823.0432 to find out what movie is showing! Also Feb 14, Mar 14 & Apr 11.

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

The Kila Company monthly Jazz music event. Fee \$8/person. At Knightdale Clubhouse, 202 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

### 01/08 Joblink Job Assistance

#### (Jan 8 & 15 @ 9am) 01/15

Get help navigating job search websites, submitting online applications, updating resume. At East Regional Library, 946 Steeple Sq., Knightdale. Contact 919.217.5300, Sandy.Alger@wakegov.com.

#### 01/15 Professional Women's Networking Group (Jan 15 @ 11:45am-1pm)

Third Wednesday of each month PWNG is the Knightdale Chamber's networking event exclusively for women. This catered event is open to members and non-members, & registration is required. White elephant gift exchange. At Knightdale Chamber of Commerce, 207 Main Street, Knightdale. Contact Robin Smoot 919.266.4603 ext. 17

01/21 Tuesday storytimes include music, games, & crafts. At Edgecombe County Memorial Library, 909 Main St., Tarboro. See www.edgecombelibrary.org.

# 01/10 Civil War Roundtable

#### (Jan 10 @ 7:30pm; opt. dinner 6:30pm)

Free lecture by Ed Bearss, National Park Historian Emeritus. Open to students & the public. Program follows optional dinner (\$12). Dinner reservations req. Contact Monika Fleming at 252.823.5166 ext.241 (by Jan. 7) for dinner reservations. In the Fleming Bldg, Edgecombe Community College, 2009 West Wilson Street, Tarboro.

#### 01/30 How to Start a Small Business (January 30 @ 6 pm)

Free. Starting a small business requires determination, motivation, planning and knowhow. This seminar is designed to help you determine if you are ready to start your own business, and if so, learn just what it is going to take. Those who are thinking of starting their own business are encouraged to bring anyone who they are counting on for support, including family and friends, to this informative and enlightening seminar. At Edgecombe Community College Small Business Center, Fleming Bldg Room 173, 2009 West Wilson Street, Tarboro

#### 01/16 7-12 Open Gym (Jan 16 @ 4:30pm-5:30pm)

Weekly on Thursday. Play ball with friends. 20 participant max. Parent permission required. Supervisor on duty. \$1 fee. At Zebulon Community Center, 301 S. Arendell Avenue, Zebulon. Contact Zebulon Parks & Rec via zebulonparkrec@gmail.com.

#### 01/21 Winter Games (January 21 @ 1-4pm)

For kids grades K-5. Come & enjoy a fun filled afternoon of relays, games, art, crafts, and more! Fee \$10 resident \$15 non-resident. Register by January 14th. Held at the Zebulon Community Center, 301 S. Arendell Ave., Zebulon.

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.

# A Little Bit of History

### NC Highway Historical Marker at Princeville NC

A marker in Princeville, set in the 1980s, marks this Edgecombe County town's historic founding. The marker reads: Community established here by freed blacks in 1865. Incorporated as Princeville in 1885.

Princeville was the nation's first independently governed African American community. Originally named Freedom Hill, the area was incorporated in 1885 and named after an early purchaser of Freedom Hill lots, Turner Prince.

The town was founded in a swampy area, and has suffered from flooding several times over the years. Following Hurricane Floyd in 1999, the flooded town became the focus of a special "President's Council on the Future of Princeville" organized by then-President Bill Clinton.

Mr. Clinton's February 2000 Executive Order stated, "As the first city in the United States founded by former slaves, Princeville, North Carolina holds a special and highly significant place in our nation's history. In its early days, Princeville was called Freedom Hill by fleeing African Americans who settled along the banks of the River Tar under the protection of Union troops at the close of the Civil War. In more recent times, repeated flooding from the River Tar has caused damage in Princeville, which was devastated this fall by the particularly severe floods that accompanied Hurricane Floyd."

The highway historical marker is located at US-64 Business and US-258 in Princeville. Stop by to see the marker, and stay to visit local businesses and see some of the buildings that have survived both time and floods.



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# **New Year Not a Blank** Slate: an Opportunity

As 2014 rolls in, each of us has the opportunity to make changes to our lives, habits, and priorities. The new year for many of us means that we are making resolutions to change something as we move forward. It is also an opportunity to re-think where we want to be, and set a path from where we are to where we can be.

Resolutions may focus on subtle, small changes that are easy and positive. Or, resolutions may be big and focused on long-term life changes.

Whether you go big or take a small step, New Year's Resolutions are tough to keep. Help yourself succeed by setting reasonable goals based on what is important to you. Then, don't let yourself down.

## Small Steps

A common New Year's resolutions is to spend more time with family or friends. An adult might choose to spend more holidays with family, or start planning a summer reunion. A young child or teen might choose to leave their cell phone alone for awhile and spend evenings with family.

With tough economic times, saving more money is also a common resolution. A new year, new budget can set the stage for better ability to manage hard times.

Diet and exercise resolutions may be at the top of the list. Whether for health issues or appearance, many plan to hit the gym, take regular walks, or cut out certain foods. This is another resolution that can help one feel better and be more able to excel long-term.

Some resolutions are more about habits. One might decide to quit smoking, leave social media, recycle, or watch less TV. Establishing new habits can be fulfilling, but require ongoing work. Repetition creates a bad habit or a good one.

## **Big Steps**

A New Year's resolutions to improve job options might include taking a class or learning a new skill. Doing new things can open up opportunities for years to come. Going to school or taking classes requires a commitment. This type of resolution may literally change your life.

In order to find more work, change a relationship, or improve surroundings, a person or family might resolve to move in the new year. The long-term repercussions are major, and if done carefully and with good reason can yield positive results.

## Keep Going

As you set a resolution, remember that it has to be important to you. Look at the road ahead, and think again about how you will feel when you succeed.

You can do it!

# **GROW AND SHARE**

Garden Plant Giveaways • Free Gardening Classes • School, Senior & Shared Gardens

# **Time for Pre-K Applications**

Nash-Rocky Mount Public Schools is taking applications for pre-Kindergarten. Enrollment is available for children who will turn four on or before August 31, 2014. Applications must be received by May 16th.

In addition to the application, parents or guardians must provide a certified copy of the child's birth certificate, two proofs of address, family income verification, child's immunization record, and a health assessment.

Parents interested in enrolling their children should contact Nash-Rocky Mount Public Schools at 252.462.2527.

# 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

Standing in line at a local shop, your items in hand, you wait for the cashier to ring you up. You bide your time watching out the window and looking around the store.

As the cashier rings up another customer, you notice that a woman at the back of the shop is fiddling with her purse. A moment later, she pulls a shirt off of a clothes hanger and shoves it into the purse.

Do you think that you would say something to the woman or to the cashier? Do you think that you would you feel afraid to get involved and say nothing? If you were a regular customer, would you be more likely to bring it to the cashier's attention?







# Sweetheart Centennial Steak Dinner February 8, 2013 6pm to 8pm

at Bunn Míddle School 4742 Nc 39 Hwy 5 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 Apply at Bunn Town Hall or contact Sherry Mercer at 919-426-5806 or smercerx2@yahoo.com Forms also posted on "townofbunn" Facebook page

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The Backside



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# **Little Bits**

# Chuckle of the Issue

A man sees a sign in front of a house: "Talking Dog for Sale."

He rings the bell and the owner tells him the dog is in the backyard. The man goes into the backyard and sees a brown mutt just sitting there.

"You talk?" he asks.

"Sure do," the dog replies.

Shocked by the dog's speaking, the man hesitantly asks, "So, what's your story?"

The dog looks up and says, "Well, I discovered my gift of talking while very young. I wanted to use it for good, so I decided to help the government. I told the CIA about my gift, and in no time they had me flying from country to country, sitting in rooms with world leaders, because no one figured a dog could be eavesdropping. I was one of their most valuable spies for almost a decade.

"The traveling around really tired me out, and I knew I wasn't getting any younger so I settled down. I had a wife, a mess of puppies.

"To support them, I signed up for a job at the airport doing undercover security work - mostly wandering near suspicious characters and listening in. I uncovered some incredible dealings there and was awarded a batch of medals.

"Now, I'm just retired," the dog said.

The man is amazed. He goes back into the house and asks the owner how much he wants for the dog.

The owner says, "Ten dollars."

The man says, "This dog is amazing! Why on earth are you selling him so cheap?"

The owner replies, "Cause he's a liar. He didn't do any of those things!"

# Over-the-Alr Si com Suddenink 17 Creation (19 YOUR COMMUNITY STRATION Gretalend 19 RiemSi 1701 Sunset Ave Suite 201 **Rocky Mount NC 27804** Workshops 252-446-8857 CLASSIFIED Ads. Services & Directory To list your business, yard sale, item sale,

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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: B=I.

MY X	X Y	D		H	Y		I	E	P	Ā	P		D	E	P
RFDE	_ '	s	F	Q		N	P	F	M	,		H	Y		
B X U E	) P	F	M		I	E	P	Ā	P		D	Ē	P	A	P
$\frac{1}{B}$ $\frac{1}{U}$ $\frac{1}{X}$	X Y		R	F	D	E		F	x	M					
NPFL	P		F		D	Ā	F	B	N	•					

#### AFNRE PSPAUYX IFNMY

For a second hint, email trivia@greyareanews.com or visit the website: www.greyareanews.com.

Answer to the previous issue's cryptogram:

We cannot solve our problems with the same thinking we used when we created them. -- Albert Einstein



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# Word of the Issue

**Resolve:** Firm determination to do something, such as to hold to a New Year's resolution. Example: "He looked in the mirror, and it strengthened his

resolve to eat healthier."

# Quote of the Issue

## Albert Einstein

Italian — uccello

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

# Translation of the Issue

English — "bird"	
German — Vogel	Latin —
Spanish — pájaro	Welsh –

- avem – aderyn Irish — éan

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



# **The Strange-ness**

# Crop Circle Draws Onlookers, Farmer Takes Action

A farmer in Chualar, California, plowed under his field to remove a complex crop circle. Because the attraction was drawing too many people onto his land, Scott Anthony hopped on his tractor and got rid of the crop circle.

Scheduled your pick-up today Ph. 252-767-8366 Bunn-Louisburg-Pilot-Lake Royale-Pearces Fishing Pond in Yard! **Call Doris** 252.567-3303

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The complex, square-in-a-circle design was visible in the field the morning of December 30, 2013, immediately following the nighttime sighting of bright lights over the field.

Chualar residents, however, are skeptical. They believe it was man-made, as people had been spotted working in the field for several days prior to the finding of the crop circles.

While some crop circle's originals remain a mystery, others turn out to be hoaxes. While this Chualar, California field is now plowed, researchers and web surfers continue going over photos taken of the site before plowing. According to one report from KSBW news, a Braille expert found a message hidden in a series of dots inside the circle: the number 192 over and over.



To see the photos, search for "Chualar Crop Circles" and you'll find a variety to review for yourself.



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