



Valentine's Day
Offers Inside!

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Local and National Unusual News

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Volume 4, Number 3B
Jan 31–Feb 13, 2014

Job Opening in Nashville

The Town of Nashville's Parks and Recreation Department has a job opening for an Athletics Assistant. The town is seeking an individual to fill the position performing maintenance and office work, participating in the daily maintenance activities, and assisting with athletics programming.

The annual salary range is \$23,788–\$24,977 plus employer-paid benefits. Applications may be obtained on the town website (www.townofnashville.com). Or, mail a resume to the Town of Nashville's Human Resources Dept. (499 South Barnes Street, Nashville, NC 27856).

For a list of the job's duties, and required skills and abilities, visit the Town of Nashville website. Selected applicants will be subject to substance abuse screening. The Town of Nashville is an Equal Opportunity Employer.

Good News... New Season Opening at Imperial Centre

The City of Rocky Mount's Imperial Centre for the Arts and Sciences invites everyone to the Imperial Centre's many facilities to experience a variety of activities at the 2014 Season Opening.

The Rocky Mount Children's Museum & Science Center features its latest exhibit, "Grossology." Sometimes it's stinky. Sometimes it's crusty. Sometimes it's slimy. Explore why your body produces mushy, oozy, crusty, scaly and stinky gunk.

The Maria V. Howard Arts Centre opens multiple galleries, including: "Handcrafted," "Cabin Fever Quenched," "Seed Play" and "New Aesthetic."

The opening event takes place February 2, 2014, from 1pm to 5pm. An artist reception is scheduled for 2pm at the Maria V. Howard Arts Centre. Bring the family, or your sweetheart, out for the afternoon at The Imperial Centre for the Arts and Sciences, 270 Gay Street in Rocky Mount.

For more information on what's new at the Imperial Centre, call 252.972.1266.

A Little Bit of History

Finch Roadside Marker

In 2009, a roadside sign was funded and erected by the North Carolina Bluebird Society near Finch Nursery Lane in Bailey. The marker was placed in honor of Jack Finch, marking the entrance to the family farm which is now home to Finch Pottery, Finch Blueberry Nursery, and the nonprofit Homes For Bluebirds, Inc.

Mr. Finch passed away in 2006. A Bailey farmer who took an interest in the Eastern Bluebirds he saw on his farm, Jack Finch founded the nonprofit, Homes for Bluebirds. His work helped the bluebirds flourish in Eastern NC.

His nonprofit was founded in Bailey decades ago, and to this day, it distributes specially-designed bluebird houses from the Bailey location. Visit www.danfinch.com/birds.htm to order bluebird houses for your neck of the woods. Or, take a ride down NC Highway 581 between Bailey and Mount Pleasant Road to check out the bluebird houses, the family pottery, or pick up blueberries.

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

Getting the mail from your mailbox, you find yourself invited to two Superbowl parties. Both start and end when the football game does.

How do you think you would choose a party? Do you think it would be more important to be where the food is best, where the most friends are, or where the biggest television is? What is most important to you?

If one was family, and one was friends, would you feel more obligated to stop by both?

Local Business News

K-FIT Center Holds Grand Opening and Ribbon Cutting

Chris Roland, Recreation Activities Coordinator for the Town of Knightdale's Parks & Recreation, runs the Track Out, Before/After School programs, the town Farmer's Market, and Knightdale's new K-FIT Center.

K-FIT Center is located at 426 N First Avenue, Knightdale. It is the newest addition to the town Parks and Recreation's facilities. The K-FIT Center is located in the former Lions Club building. Parks and Recreation plans to host Yoga, Aerobics, Katandi, Zumba, Couch to 5K, and other fitness classes in this new facility.

The grand opening and ribbon cutting for the K-FIT Center were held the evening of January 23, 2014.



Town Council Members, Parks and Recreation Representatives, and Guests at the ribbon cutting.
Photo by Knightdale Chamber of Commerce

All of K-FIT's classes may be found at www.knightdalenc.gov. For more information, contact Chris at 919.217.2234.

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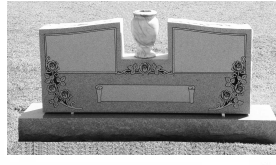
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Things to Do in NC
When You’re Bored

* Elsewhere *

02/01 Live Music Spring Hope
02/08 (Saturdays @ 7:30pm)
02/15 Live music each weekend with a variety of local musicians & bands. Jan 25 @ 8pm. At Showside Grill & Bakery, N Pine Street, Spring Hope

02/08 Stepping Into The Past
02/15 (Saturdays @ 10am-3pm)
These history-oriented activities are included with museum admission (\$6 to \$8; under 2 yrs free). Feb 8th is candle making, Feb 15th is homemade soaps & ointments. At the Tobacco Farm Life Museum, 709 N Church Street, Kenly. www.tobaccofarmlifemuseum.org.

03/08 Fifth Annual Dig In! (March 8)
Advocates for Health in Action annual gardening, agriculture, and community event. Held at Marbles Kids Museum, Raleigh. More at www.advocatesforhealthinaction.org

* Nashville *

01/31 Free Tax Preparation (Thurs & 02/06 Fridays @ 9am-5pm)
02/07 Trained personnel on-site at the library to prepare taxes free. First come, first served. At Cooley Library, 114 W Church St, Nashville



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Membership Drive — Call for Details

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02/07 First Friday Coffee
(Feb 7 @ 7:30am)
Businesses & individuals can network along with town officials & the Nashville Chamber Board. At the Nashville Exchange, 229 W Washington Street, Nashville

02/12 Badges & Books
(Feb 12 @ 4pm)
Includes reading age-appropriate books & singing songs to entertain the little ones! No minimum age! At the Harold D. Cooley Library, 114 W Church Street, Nashville.

03/08 Nash County Recycles Day
(March 8 @ 10am-1pm)
Bring old electronics, fluorescent tubes & bulbs, unwanted medicines, & documents. Recycle safely & securely at this free public event. In Nash County Court House parking lot, 234 W Washington St, Nashville. For more info, contact 252.467.4960.

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* Rocky Mount *

02/14 American Red Cross Blood Drive (Feb 14 @ 10:30am-3pm)
Walk-Ins are Welcome to come to the library to donate during this blood drive. For college students & adults. In Warner Meeting Room, Braswell Memorial Library, 727 N Grace Street, Rocky Mount. Visit www.braswell-library.org.

* Tarboro *

02/01 Take Your Child to the Library Day (Feb 1)
Come enjoy crafts, stories, snacks, games and prizes. Edgecombe County Memorial Library, 909 Main Street, Tarboro. More information 252.823.1141.

02/03 Valentines Day Social (Feb 3 @ 6:30-7:30pm)
Have fun & meet new people. Held at Woodmen of the World Chapter Building, 1903 Anaconda Road, Tarboro. Contact Becky Buck at 252.413.8280.

02/04 Exercise for Arthritis 02/06 (Tuesdays & Thursdays)
02/11 The class will be Tuesdays and
02/13 Thursdays from 1:30-2:30 p.m. at the E.L. Roberson Center. The class will be led by an Arthritis instructor. Cost is \$2 per class. Come workout “Arthur” to keep him from showing up.

02/04 Children’s Story Time 02/11 (Feb 4, 11 & 18 @ 10:30am)
02/18 Tuesday story times include music, games, & crafts. At Edgecombe County Memorial Library, 909 Main Street, Tarboro. See www.edgecombelibrary.org.

02/13 How to Write a Business Plan (Feb 13 @ 6 pm)
Free informative & enlightening seminar. At Edgecombe Comm. College Small Business Center, Fleming Bldg, Room 173, 2009 W Wilson Street, Tarboro

*** Wilson ***

02/12 Anime Club (2nd & 4th 02/26 Wednesdays@ 3:30-5:30pm)
2nd & 4th Wednesdays. Teenagers ages 13 & up. At Wilson County Public Library Main Branch, 249 Nash Street W, Wilson. Call 252.237.5355.

02/15 William’s Adventure in Black History (Feb 15 @ 3pm)
Stage-play best for students in grades Pre-K thru 5th. Nearly 20 historical figures & events unfold in this production, while audience volunteers join the actors on-stage. At Wilson County Public Library Main Branch, 249 Nash Street W, Wilson. Call 252.237.5355.

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.

Wake County Issues Rabies Notices

Released by Chris H. Smith on wakegov.com

Wake County advises people who live in the vicinity of three Wake County locations:

Winding Way and Friendship Road in Apex
Wood Green Drive and Deer Lake Trail in Wendell
Yarmouth Road and Wheeler Road in Raleigh

that rabies has been confirmed in those areas. Anyone bitten or scratched by unknown animals should call Animal Control.

For the Apex location, rabies was confirmed in a raccoon on January 17, 2014. The raccoon came in contact with a family and their pets. For the Wendell location, rabies was confirmed in a raccoon on January 21, 2014. The raccoon came in contact with a dog. Finally, for the Raleigh location, rabies was confirmed in a raccoon on January 7, 2014. A dog was exposed to the raccoon.

Wake County Animal Control responded to the Apex and Wendell cases, while Raleigh Animal Control responded to the Raleigh case. Each raccoon was taken to the State Lab in Raleigh for testing.

“We don’t want to alarm residents in these areas, but they should be aware of these cases and of the potential for exposure to themselves, family members and their pets,” said Sue Lynn Ledford, Community Health director for Wake County.

The Raleigh case involved a vaccinated dog, which required a booster vaccine, but in the Apex and Wendell cases one of the family pets was not vaccinated for rabies. State law requires potentially rabid pets to be destroyed unless owners agree to support a six-month quarantine.

“All pets are required by law to receive the rabies vaccination,” said Wake Environmental Services Director Joseph Threadcraft. “Many people believe that inside pets do not need to be vaccinated for rabies, and that is not the case. Vaccinating your pets is critical in helping prevent the spread of disease.”

Animal Control officers are concerned about possible exposure of unvaccinated animals, particularly pets, in the Apex, Raleigh and Wendell areas. Anyone who sees an animal acting in an unusual manner is urged to call Wake County Animal Control (919.212.7387). Animal Control officials urge the following:

- Residents should not approach animals that they do not know.
- Residents should ensure their pets have a current rabies vaccination. If a pet is allowed outside, a booster vaccine is recommended. Outdoor pets should be kept inside until they receive booster vaccines.
- Do not feed stray or unknown animals, incl. cats & dogs.
- Do not leave trash or food outside, unless it is in a trash can with a tight-fitting lid.
- If a pet is fed outside, do not leave food out overnight.
- If a pet comes in contact with an animal that might be rabid, contact a veterinarian immediately.

Information for Other Areas

Since the first of the year, The NC State Laboratory of Public Health has confirmed one case of rabies in a cat (Columbus County), three cases of rabies in skunks (Forsyth, Granville, and Union counties), and nine cases of rabies in raccoons (3 in Wake, 1 each in Alleghany, Beaufort, Forsyth, Mecklenburg, Stokes, and Watauga).

For more information or with questions, contact the nearest county health department or local animal control.

Edgecombe County: Health Department in Tarboro 252.641.7511, or Rocky Mount 252.985.4100

Franklin County : Health Administration Office 919.496.8110; after-hours 919.496.2533 For animal bites, the county recommends calling 9-1-1.


Nash County: Public Health 252.459.9819; Animal Control 252.459.9855

Johnston County : Public Health Department 919.989.5200

Wake County: Health Department 919.250.4516

Wilson County: Health Department 252.291.5470; Animal Enforcement Division 252.265.5971, after hours 252.265.8300.

Statewide: If you notice any animal acting abnormally, contact NC’s Wildlife Division at 919.707.0040. Do *not* attempt to capture a wild animal, no matter how sick or well it appears.



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Parents, Use Four Rules and a Little Love

Contributed by Nicholas Pediaditakis, MD, DLFAPA

How to Help Your Growing Kids to Develop A Successful Attitude for Themselves and Others

Human beings are made to be tough and enduring. We come from generations of our kinds, who unfolded over thousands of years under very difficult circumstances. Our great-great-grandfathers, acting together, have chased animals in the Savannah and stared over mile-high icebergs as they moved North, killing Mammoths in the bleak landscape. We are now their children’s children.

We are ourselves tough, enduring, and ingenious. We thrive in adversity and in being challenged. We are also social. We cannot be understood, except in connection with interacting and dealing with other fellow humans. We are best in being cooperative, contributing, and being **contributed**; helping and respecting each other. We are also competitive but we should learn early to obey the rules. Fortunately children are born with all these traits.

As parents, we need to bring these traits out and strengthen them in our children. We can do that with our own attitude, as mentors, while they are growing up. Unfortunately, in addition we, each one of us humans, feel naturally like little emperors from day one — and opportunistic on the side. All children do.

The sooner we, as parents address these attitudes that are naturally present in our children and then help them also to get rid of them, the better. The children later will be better able to survive, face difficulties, contribute, get along with others and be also reasonably happy. Treating them like chinaware with endless worry in “not hurting their feelings” at the current cultural attitude dictates — and which is being reflected in many professionals — is in fact counter-productive and even outright harmful.

Many children end up feeling entitled, non-contributing, and unproductive. They may not have developed enduring persistence of effort. Instead, they feel perpetually frustrated and even ready to get in to mischief.

Here are the four rules:

- 1. Structure (setting limits and constraints and sticking to them)
- 2. Consistency and sameness (avoid changing attitude)
- 3. Fairness (for all children and their siblings)
- 4. Expectancy (as a parent, expect the child to perform and feel challenged)

Of course, a little affection always helps but fortunately is almost always there. (It is in our genes.)

So, remember, children are neither puppies nor breakable chinaware; instead, they are tough and ready to be trained. They are given to us in trust; we should help them to be prepared for a successful life.

The sooner they are made to understand, that life is not made for our convenience, the better.

Those are the rules; use them. They work. They are the very rules which were used by the Pedagogues (guides/teachers/mentors of children) in the Fifth Century B.C. in Athens, Greece. These Pedagogues knew how to produce scientists, poets, artists, philosophers, soldiers, and responsible citizens who invented Democracy.

One last note: it is important the parents are in accord. Disagreements regarding issues in raising the kids should be dealt with privately, between them. A common front is of paramount importance for success.

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Dare to Dream Big

Contributed by Tai Miles, Tai Miles Productions

When a Franklin County teen was lost, the town grieved together. She had fought a hard fight with an optimism admired by those around her. This young lady’s positive example continues to inspire others.

On October 5, 2013 the Town of Bunn lost a beautiful young angel by the name of Autumn Wright. She has indeed gone too soon. I speak of Autumn because I had the pleasure of working with her in the Y.E.S. After-School program. She was always a joy to interact with.

The end of her story, the loss her family and our town have endured, is a sad one. Though Autumn’s life was short, she *lived* leading up to her last days and managed to leave a legacy. She is not physically here to behold it, but another chapter of life is unfolding which carries the *inspiration* of her spirit.

That chapter, which also begins in Bunn, is destined to have a happy ending. It, too, is about *living*. That is what Autumn desired to accomplish before she lost her battle; she wanted to *live*, not merely exist. That is my desire for my twenty-three-year-old sister, Juwairiyah Jacobs.

On May 21, 2012, our world changed forever. Our grandfather, who was there for us our entire lives, passed away. He was 94 years old and lived a good life. He taught us the importance of loving God and of helping people. Willie C. B. Miles left an impact and a legacy.

Juwairiyah took the loss very hard. She was heartbroken and her world shattered around her.

On May 7th, Audriana Dakota came into the world and Juwairiyah became a mother. “I can’t believe you came out of me,” she said during their first moments of bonding. Now this little person is here and she wants so much for her.

My sister is a *wonderful* mother. I see her raising Audriana and I am proud. She has even begun a course for Early Childhood Development at Vance Granville Community College. Still, I see sadness in her eyes and I know she needs something. She needs a miracle and the opportunity for one has presented itself.

The nonprofit Sharefish (Sharefish.org) has a missionary trip planned for Honduras (April 26-May 3, 2014) to help build a community center — and we are going!

Sharefish sponsors education projects in southern Honduras near Choluteca, including the communities of El Carrizo and Altos de Santa Marta. Participant in the Honduras mission trip will be working on projects in these or other communities.

Since Sharefish does not cover volunteers’ airfare, transportation, food or lodging arrangements, in addition to working on the community center we need to raise funds to get us there. In order to help the community there, we need help from our own community.

We have fees to pay to the nonprofit: for Juwairiyah, my niece’s godmother, Ebony, and myself. We are just crazy enough to believe we can raise the funds to reserve the tickets before anyone else gets them!

That is why we need *you!* We want my sister to “Dare to Dream Big!” We want her to know that the only limits in life are the ones that we put on ourselves.

We *know* we can raise the funds if people like you will donate and help us spread the word like wild-fire. That is why we are doing the All-Or-Nothing Campaign on Indiegogo.com (*Dare to Dream Big! Campaign Phase I*). We need a total of \$5,250. (Actual trip \$850/person to Sharefish, plane tickets \$600-900/person, Experience: *Priceless!*)

This trip will not only be life-changing for Juwairiyah but for Audriana as well. Mother will be able to look at child and say, “Yes, Darling, anything is possible.”

Bad News... Diffuser Danger

A popular air freshener style can be helpful in fighting odors, but hazardous if spilled by humans or pets. Some are poisonous if swallowed. Others can cause skin irritation.

Reed diffusers come in many shapes. Most are a liquid-filled vessel with a small opening. Long, thin reeds stand in the liquid, absorb it, and diffuse the liquid’s scent, releasing it into the air.

The liquid often contains aromatherapy “essential oils”, alongside ingredients that may be toxic, including isopropyl alcohol. Homemade versions’ recipes contain other oil choices which may be safe for humans, but not for pets.

Since keeping the scent going requires flipping the reeds — taking them out and re-inserting them up-side down into the oils — irritation can result from getting the oils on skin.

Cats are especially vulnerable. This is in part because of their curiosity; they’ll want to check out something new and smelly in the house. The other part is that the oils can poison or burn cats, so any spill or contact can be a problem.

If using a reed diffuser, for safety place it where no person or animal can reach it. Alternatively, find a family-friendly recipe online. Ingredients can be researched on pet-oriented websites and through poison control; for example, the National Capital Poison Center website, www.poison.org.



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Little Bits

Chuckle of the Issue

John took his new girlfriend to a football game. The young couple found seats in the crowded stadium and were watching the action.

When the quarterback entered the game, John said to his girlfriend, “Take a good look at that fellow. I expect him to be our best man next year.”

His girlfriend snuggled closer to him and said, “That’s the strangest way I ever heard of for a guy to propose to a girl. But, I accept!”

Word of the Issue

encroachment: Intrusion into a person’s territory or rights.

In football, encroachment is a penalty, when a defensive player crosses the line of scrimmage into the neutral zone before the snap.

Example: “Shrinking habitats and human encroachment are putting wildlife in jeopardy.”

Quote of the Issue

Carl Jung (Psychologist, b. 1875 d. 1961)

Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.

Cryptogram of the Issue

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

Hint: O= R.

U _ _ _ F _ C _ _ F _ O _ _ J _ I _ _ Q _

P _ _ _ _ _ J _ _ _ _ F _ _ _ _ _ F _ _ _ _

H _ _ _ _ , H _ _ _ _ _ T _ _ I _ _ Q _

B _ _ _ _ _ Q _ _ _ _ _ ; C _ _ _

I _ _ _ _ _ N _ _ _ _ _ W _ _ _ _

U _ _ _ _ _ J _ _ _ _ _ W _ _ _ _ ,

C _ _ _ _ J _ _ _ _ _ Q _ _ W _ _ _ _

U _ _ _ _ X _ _ _ _ _ Z _

-- B _ _ _ _ _ R _ _ _ _ _

Answer to the previous issue’s cryptogram:

You have your way.
I have my way. As
for the right way,
the correct way,
and the only way,
it does not exist.
--Friedrich Nietzsche

Raleigh Food-Business Conference

Released by Annette Dunlap, Food Bus. Specialist, NCDA&CS

The NC Department of Agriculture and Consumer Services is sponsoring its Third Annual Food Business Conference February 26, 2014 from 9:30am to 3pm at the McKimmon Center.

The event is geared for food businesses, and includes presentations on using Google analytics to help market your business, understanding how to reach buyers to get your product on the shelf, using Facebook to market your business, and building an online food business.

Registration is open to existing food businesses. Deadline to register is February 17th. Cost is \$15. See ncagr.gov or contact Annette Dunlap at 919.707.3117 or annette.dunlap@ncagr.gov.

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CONTRIBUTING FACTORS FOR OBESITY IS LACK OF EXERCISE AND AN UNHEALTHY DIET

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The Strange-ness
Snow Rollers
In Western Pennsylvania and Ohio, snow is being rolled into doughnut shapes by the wind. The resulting structures are called “snow rollers.” When a loose, slightly wet snow is on the ground, and the temperature is right, the wind can form snow rollers by pushing snow across the ground — just as a person makes a snowball larger when making a snow person.

Snow rollers don’t happen all the time, so their appearance this January is uncommon. Snow has to be just the right consistency. If you’ve ever made snowballs, you know that the snow can’t be too dry, or too icy, or too fluffy. It has to be just right to push into a ball and stay there.

Plus, the wind must be moving at just the right speed. The wind needs to be strong enough to roll, and not so strong that it blows the snow everywhere.

The resulting “rollers” are more of a doughnut than a ball. Their center is often hollow.

Even if NC’s snow fall from January 28th stays on the ground, gets more sticky, more snow falls, and the wind blows just right, it is still unlikely snow rollers will form. This month is the first time in several years that they have been reported anywhere in the US.

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