

The Grey Area™

Local and National Unusual News

Bunn, Knightdale, Wendell & Zebulon NC Edition – 919.637.6973

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New Regional Agronomist for Rocky Mount

Michelle McGinnis, NCDA&CS Agronomic Services Div.

The NC Department of Agriculture and Consumer Services (NCDA&CS) has hired Mike Wilder to help growers in Edgecombe, Franklin, Halifax, Nash, Northampton, Vance and Warren counties manage nutrient-related crop issues.

Wilder, a resident of Franklin County, comes to the department from the NC Cooperative Extension Service.

Regional Agronomists provide advice on crop fertilization, nutrient management, lime needs, soil testing, plant tissue analysis, use of animal wastes and composts, nematode assay, and testing of source water and nutrient solutions.

"We're pleased to have Mike Wilder join our staff," said Agriculture Commissioner Steve Troxler. "His broad range of experience and familiarity with regional concerns will make him a valuable resource for growers seeking advice on how to optimize crop nutrition and yield."

Wilder holds a bachelor's degree in agricultural education with a minor in agricultural engineering from NC State University. He has served many years as an agricultural agent with Nash County Cooperative Extension.

Wilder is also a licensed pesticide applicator, certified plant professional, and former registered landscape contractor.

Growers interested in arranging a consultation with Wilder may call 919.495.7495 or email mike.wilder@ncagr.gov.

Good News... Dental Help for Children & Adults

Each year, the American Dental Association encourages dentists to volunteer for the "Give Kids A Smile!" program. Now in its twelfth year, the program is designed to provide dental services to under-served children. Although the official date is in February, dentists and dental assistants volunteer to provide screenings, treatments and dental health education year-round to children throughout the US.

Give Kids A Smile! is the annual centerpiece to National Children's Dental Health Month. Dentists around the country provide free oral health care services to low-income children. Several NC dental health events are coming up.

In Raleigh this year, the Marbles Kids Museum is hosting a *Children's Dental Awareness Day* on February 16th (11am-3pm). This day is an opportunity for local children to learn about their teeth and how to care for them. Organized in partnership with Raleigh-Wake County Dental Society, the day includes a fun activity — the making of tooth fairy pillows! For more information, contact Dr. Kavita Ghai at 919.674.6070 or email crescentdental22@aol.com.

The *Dentistry From the Heart* event is held by Cary Family Dental each year. This "first come, first serve" event includes free dentistry. The 2014 date is April 5th. As providers are available, people may receive dental cleaning, tooth extraction, or a filling. More details are available at www.carydental.com.

In addition to public events, the Raleigh-Wake County Dental Society's community dental health program, "Wake Smiles", is holding a *Give Kids A Smile!* event on February 28th. This event is open to children residing at the Salvation Army Women and Children's Shelter — where the clinic is located.

Wake Tech Community College dental assisting and hygiene students provide fun activities and help the volunteer dentists, hygienists, and assistants during the event. These volunteers will provide examinations, digital x-rays, fillings, cleanings, and extractions in the four-chair clinic.

To reach Wake Smiles and find out more about their expanding program, contact Dianne Keyser, Executive Director at 919.834.6733 ext. 138 or email wakesmiles@yahoo.com.

To find out more about the Give Kids A Smile! program, or dental clinics around the state, contact the local health department or visit the North Carolina Dental Society at www.ncdental.org.

Twelve Events Debut at Sochi 2014 Games

The Sochi 2014 Sports Program has set an Olympic record with over ten new sports being included in 2014. In total, twelve events have been added to the program, taking the total number of Olympic events and sets of medals to 98.

Nine of the new events in the program will feature in one of the first Olympic sports: skiing. Eight types of events have been added to the freestyle skiing and snowboarding programs (four in each discipline), including ski halfpipe, ski slopestyle, snowboard slopestyle, and snowboard parallel slalom. Team events have been added to the Sochi 2014 Olympic Program in three disciplines: figure skating, luge (relay), and biathlon (combined relay).

The Olympic Games in Sochi are set to be the most "equal" in the entire history of the Winter Games. A record number of women, around 1,200 are due to participate — around 45% of the total number of athletes. Women's ski jumping has been included for the first time.

The new types of events in the 2014 program include:

- Women's ski jumping
- Figure skating team events
- Luge – team relay
- Freestyle ski halfpipe (men & women)
- Biathlon – mixed relay
- Snowboard – snowboard-slopestyle
- Freestyle – ski-slopestyle
- Snowboard parallel slalom

In total, 50 sets of medals are being contested by men at the Games in Sochi, 43 sets by women, and another 5 in events where men and women compete together. As a result, the total number of types of events and sets of medals in the program reached 98, of which 29 will be competed in the Coastal Cluster and 69 in Mountain Cluster.

Sochi is a city in Russia, located on the Black Sea. Due to its high temperatures, snow had to be added for the Games.

Dr. Glen Peterson DC **919-217-8188**

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Low-cost Fitness Classes

K-FIT classes every day
(Town of Knightdale)

Knightdale Parks & Recreation offers a variety of Fitness Classes at the K-Fit Center, 426 N First Avenue, Knightdale. These include:

- Mandy’s Aerobics \$5/class — M/W/F 8:30-10am, plus Mondays 6-7pm. and Wednesdays 6:30-7:30pm
- Yoga \$7/class — Tuesdays 5:15-6:15pm
- Zumba \$5/class — Tuesdays 6:30-7:30pm
- Katandi West African Rhythmic Movement \$5/class — Fridays 6:30-8pm

Call 919.217.2234 or visit www.knightdalenc.gov.

Zebulon Community Center
(Parks & Recreation Dept.)


Located at 301 S Arendell Avenue, this Community Center offers fitness for children, teens, adults, and seniors.

To introduce residents to their fitness offerings, a “Fitness Fusion” event is scheduled for February 22, 2014 from 9-10am. Three instructors provide information on their classes including Heather Driver (Zumba), Amy Skaggs (Cardio & Muscles), and Ganel Johnson (Yoga). Stop by for this free fitness day and pick up a copy of the January-April schedule.

The center is open Mondays through Thursdays 7am-8pm, and Fridays 7am-4pm. Contact the Community Center Coordinator, Sheila Long, at 919.823.0432 ext. 1.



Had enough of Winter yet?



**Bunn Centennial
Finalé**
March 22, 2014
10am to 6pm


Railroad Street
Downtown Bunn

Live Entertainment! The Carousels from SC, and several other live entertainment groups & dancers

Games too! Join in The Famous Cake Walk, play Corn Hole, and more.

Children’s activities! Bounce houses include an 18-foot slide. Plus, Muddy the Mudcat will be there. Bring the kids by for photos.

This Centennial Finalé Event is **FREE**.

 **Bunn Cruz Thru!** Vintage and antique vehicle event as a part of the March Finalé!

Cruz Thru will at Hwy 98W and Railroad Street

Vendors: Applications for craft vendors may be picked up at Bunn Town Hall... Only \$25 for a 10x10 spot! Contact Sherry Mercer at 919-426-5806 or smercerx2@yahoo.com. Forms also posted on TownOfBunn OneHundred Facebook page



919.438.3528

A Little Bit of History

Presidents’ Day

When I was a child, teachers gave lessons on George Washington and Abraham Lincoln in February. Both their birthdays were in that month. It was an opportunity for teachers to cover history and talk about celebrating these former Presidents’ birthdays as part of the school calendar.

The two birthdays were combined to create Presidents’ Day by some states, but not federally. Washington’s Birthday is the official US federal holiday name. It is celebrated on the third Monday of February and is a government and bank holiday. It is a school holiday, except due to snowy weather some schools are using February 17, 2014 as a make-up day.

There is no federal holiday for Abraham Lincoln’s birthday

Often labeled as “Presidents Day” by merchants holding sales, sale flyers often include likenesses of Washington and Lincoln, American flags, and even birthday cakes.

George Washington was born February 22, 1732. He was the first President of the US.

Abraham Lincoln was born February 12, 1809. Lincoln was the 16th US President.



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
While visiting school one day to drop off something for your child, you walk past a line of children in the hallway.

A teacher is speaking with them, nicely, and getting them in line. The kids are listening and all is well.

You see the teacher approach a child who is whispering to the child in front of him in line. The teacher admonishes the whispering child. Under her breath as she walks away, you hear the teacher mumble that the kid is a “brat.”

Do you think you would stop and say something to the teacher about her behavior? Would it be worth reporting to the school Principal? Or, do you think the teacher calling the child a name should be ignored?

Would it make a difference if it were your child or grandchild being called a brat?

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301 Endless Yard Sale
Returns, Even Longer

The dates for the 2014 “301 Endless Yard Sale” are June 20th and 21st. This year, the yard sale is expanding to 100 miles, crossing five NC counties. For more information, or to read guidelines for being a vendor, visit 301endlessyardsale.com.

The towns along the route include:

- Roanoke Rapids
- Weldon
- Halifax
- Rocky Mount
- Wilson
- Kenly*
- Micro*
- Selma*
- Smithfield*
- Four Oaks
- Benson*
- Dunn

* Participated in 2013.

Vendors are welcome to sell all types of goods. According to the website: “Almost anything! Popular is junk, antiques, collectibles, dishes and glassware, to farm implements, baked food items, crafts, produce and more. Rows and rows of clothes are not the most popular items, but as the saying goes, *One man’s junk is another man’s treasure*, so who can say!”

In our effort to support local merchants, neighbors and civic groups, no temporary food establishments or mobile food vendors. No animal sales. Food permitted for sale by legitimate 501(c)(3) organizations only.

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