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Feb 14–27, 2014

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. Their new clinic in the Salvation Army Judy D. Zelnak Center of Hope (1863 Capital Blvd., Raleigh) is going to allow Wake Smiles to expand their hours in order to provide dental care for more patients.

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 Kinds 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 Sochi 2014 Olympic 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 to the city for the Winter Games.



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Things to Do in NC
When You’re Bored

* Nashville *

02/19 Alzheimer’s Disease: What You Need To Know (Feb 19 @ 10am)
 There are currently over 5 million individuals in this country who have a diagnosis of Alzheimer’s disease. Alzheimer’s disease is not a natural part of aging. Join a presentation to learn the facts. At Nash Senior Center, 103 N Alston St, Nashville. For info, contact Ashley Winstead at 252.459.1365.

03/07 First Friday Coffee (Mar 7 @ 7:30am)
 Businesses & individuals can network along with town officials & the Nashville Chamber Board. At the Nashville Exchange, 229 W Washington Street, Nashville

03/08 Nash County Recycles Day (Mar 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.

* Rocky Mount *

02/20 Live Music Rocky Mount 02/27 (Thursdays @ 7pm)
03/06 Come & enjoy the local music. Feb 20th *The Mo’ Flows*. Feb 27th *Monte Tippette*. Mar 6th *Chickweed*. At Westridge Grill, 3639 Sunset Ave, Rocky Mount

02/21 Wellness Day (Feb 21 @ 10am-2pm)
 Screenings for: blood pressure, cholesterol, diabetes & oral cancer. Info on healthy eating, risk factors, dental health, & more! Designed only to detect several risk factors, not a full health screening. At 155 Atlantic Avenue, Rocky Mount

02/21 Computer Assistance 02/28 (Fridays @ 10am-1pm)
 Free seniors assistance including email, downloads, & more. In 2nd floor computer classroom, Braswell Memorial Library, 727 N Grace St, Rocky Mount

03/01 International Festival of Cultures (March 1 @ 12-4pm)
 Free celebration of Rocky Mount’s diverse cultures! Displays, entertainment, food & bazaar. At Nash Community College, Brown Auditorium, 522 N Old Carriage Rd, Rocky Mount, Questions? Call 252.972.1181 or visit www.rockymountnc.gov.

* Tarboro *

02/18 Children’s Story Time 02/25 (Tuesdays @ 10:30am)
 Tuesday story times include music, games, & crafts. At Edgecombe County Memorial Library, 909 Main St, Tarboro. www.edgecombelibrary.org.

02/19 Reading’s Alive! Book Club (Feb 19 @ 10:30am)
 Book Club meets third Wednesday. At Edgecombe County Memorial Library, 909 Main Street, Tarboro. Contact Ann Adams at 252.823.1141.

02/22 Free Wills Clinic (Feb 22-23) -23
 Edgecombe County Cooperative Extension Service Invites residents to this Will assistance workshop. Feb 22nd is 2-3 hour interview. Then, return on Feb 23rd to sign. Limited space. At Co-op Extension Service, Edgecombe Admin Bldg Rm 121, 201 St Andrew Street, Tarboro. Register: 252.641.7821.

02/24 Heart Truth Dinner (Feb 24 @ 5pm-8pm)
 Free. Speaker is actress & comedienne Tracey Conway. Learn signs of heart attack & tips for preventing heart disease. Screenings 5pm, dinner 6pm. Adults 18 & older. At Edgecombe Events Center, 1800 Western Blvd., Tarboro. Register 800.472.8500.

02/27 How to Finance a Small Business (Feb 27 @ 6 pm)
 Free informative & enlightening seminar. At Edgecombe Comm. College Small Business Center, Fleming Bldg, Room 173, 2009 W Wilson Street, Tarboro. *Followed by “How to Write a Business Plan” on March 4th.*

* Wilson *

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, audience volunteers join in. At Wilson County Public Library, 249 Nash Street W Wilson. Call 252.237.5355.

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

03/07 Live Music Friday (March 7 @ 8-11pm)
 Come by Friday evening to hear Travis Moss, Acoustic Musician. At @ Quince’s Bistro, 2801 Ward Blvd, Wilson.

* Elsewhere *

02/15 Live Music Spring Hope 02/22 (Saturdays @ 7:30pm)
 Live music each weekend with a variety of musicians & bands. At Showside Grill & Bakery, N Pine St, Spring Hope

02/15 Stepping Into The Past 02/22 (Saturdays @ 10am-3pm)
03/01 History-oriented activities free with museum admission (\$6 to \$8; under 2 yrs free). Feb 15th homemade soaps & ointments. Feb 22nd butter making. March 1st Blacksmith demos. At the Tobacco Farm Life Museum, 709 N Church St, 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 advocatesforhealthinaction.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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All About the Mediterranean Diet

Contributed by Nicholas Pediaditakis, MD, DLFAPA

My friends and patients often ask me: How do I do it? And what is it, anyway? They are referring to my Mediterranean diet.

They know I have being following the Mediterranean diet for a long time. I have being here in my new country for 55 years, and I am still at it and love it. At the same time, my cholesterol recently was 125 — normal is 200! I am ahead!

Here is what I tell my friends and patients — a little tongue-in-cheek but not far from the truth. For starters, buy all the lemons and olive oil you can get! Then, buy all these vegetables to boot: tomatoes, onions, green peepers, and garlic. Then, do not forget the oregano and the greens: collards, cabbage, poke weeds, pig weeds, mustard greens, spinach, and — of course — dandelions. After you finish with that, add to your shopping cart canned beans and garbanzos, and — finally — cucumbers and Greek fat-free strained yogurt (Fage or Oikos brands). Add fresh fish, canned sardines, and a little lamb, to complete the job.

Now, the preparation:

Day One: Slice onions. While you do not have to put them on it, try a few Kalamata Greek olives or feta cheese — it will help. Slice tomatoes and green peppers, then *mix* them with the sliced onions and pour on olive oil — lots of it — *and* some lemon juice (not lots of it)! Add a little oregano and that’s it! You now have your first *real* Greek salad.

Open a can of sardines, wash away the salty fluid in the can and — you guessed it — pour olive oil and lemon juice on the sardines. If you have fresh fish, that will be even better. You grill the fish without anything on it. And after that? YES! Pour olive oil and lemon juice on it!

Eat the salad and fish, together, using one or two slices of whole grain or — if possible — multigrain bread. Eat slowly, and if you must, drink a little red wine with them. (Alcohol between meals is a no-no in the Mediterranean diet and cultures.)

For a drink, use only plain water. Get it from the faucet, as the bottled water has phthalate, a possible poison leached from the plastic bottle! And, the expensive water inside *is* faucet water anyway!

In the evening for your dinner, eat a little Tzatziki along with boiled or steamed greens. Do not forget: again pour olive oil and lemon juice on the steamed greens. Now you can have your dinner.

Use salt sparingly, as it tends to damage the kidneys and to increase blood pressure. The lemon juice will make the meal tasty anyway.

Now, what in the world is Tzatziki? It is simply a delicious and very healthy mixture of Greek yogurt and pealed-and-chopped cucumber, together with chopped garlic, with a little olive oil added.

Remember, the Mediterranean recipes are flexible in the proportion of the mixed ingredients used, so you are free to use your judgment in a more-or-less way

After your diner, use always a little fresh fruit.

What about in the mornings? Easy: bran with shredded-wheat cereal and skim milk, blueberries, and a handful of walnuts. There!

Day Two: (Don’t worry I will stop with day two and will offer more recipes for the remaining days of the week in a future write up.) Here we go: Boil tender poke weeds, dandelions or pig weeds. (Their scientific name is *Amaranth* and its seeds are used in cereals now.) They need boiling to destroy the alkaloids in them which are their defense against bugs. Poke weed needs to be cooked three times and discard the water and unless you are instructed how to cook it avoid it. But, you can steam broccoli spinach or cabbage.

Add — you learned by now — olive oil and lemon, and put the greens on a plate next to peeled hard-boiled eggs, sliced, with black pepper, lemon and olive oil — I warned you to buy lots of it — with one or two slices of whole wheat bread.

In the evening for dinner, grill the lamb chop; but, first you marinate it with oregano, garlic powder, and lemon juice. Eat it with the left-over boiled greens.

About this diet: Mediterranean cooking is similar, with minor variations, across the entire rim of the Mediterranean Sea. It is practiced by over two hundred million people. It is more economical, most people find it delicious, and it safeguards you against diabetes, heart trouble, stroke, and high blood pressure.

Try it for a while; it may catch with you. Perhaps then in the future you may be saved from some grief.

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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?



Had enough of Winter yet?

Low-cost Fitness Classes for Children, Adults & Seniors

Rocky Mount Senior Center
(Parks & Recreation Dept.)

A health and wellness offering for adults of all ages is “Aqua Zumba”. Aqua Zumba provides adults with an invigorating workout in the pool. According to the parks and rec description, this workout provides cardio-conditioning, body-toning, and exhilaration. Held Wednesdays and Thursdays, until May 2014, classes start at 5:30pm and finish at 6:30pm. There is a \$6 fee per person for each session attended.

For 55+ adults, there is a Winter Senior Stretch program. This is a basic exercise class designed for seniors. Come early so you can walk a few laps before class begins. Wear tennis shoes and comfortable clothing.

Classes are held in the Multipurpose Room at the Rocky Mount Senior Center, Tuesdays and Thursdays (through April) 9:30-10:30am. The fee is \$6 for Rocky Mount residents, \$9 for non-resident.

For more information on the Senior Center (420 S Church Street, Rocky Mount), call 252.972.1152.

The NASH Senior Center
(Nashville NC and Bailey NC)

The NASH location 103 North Alston Street in Nashville offers fitness classes Monday through Friday. Classes include Tai Chi, aerobics, Zumba and line dance. While many classes are without fee, a few have a small charge.

Bailey classes are held at the Mt. Pleasant Community Center, Inc. at 7637 Harris Road. Programs and services for senior adults include Video Aerobics Mondays and Thursdays at 9am. Community Center hours are 8:15am-12pm Mondays and 9:00am Thursdays. For more information about the programs or to suggest a program, contact Holly Edwards at 252.459.7681.

E. L. Roberson Senior Recreation
Center (Town of Tarboro)

The Roberson Center caters to adults 55 and older. Offerings include aquatics, fitness activities, and line dancing. Senior citizens 55 and older may participate in any of the Roberson Center's activities. The center, located at 305 W Baker Street in Tarboro, is open Monday through Friday (8am-5pm). To find out more about scheduled classes, call 252.641.4263.

Reid Street Community Center
(Wilson Parks & Recreation Dept.)

Located at 901 N Reid Street in Wilson, the Community Center serves Wilson residents of all ages. This facility features a gym, multi-purpose room, fitness room, boxing room, and swimming pool.

Reid Street Community Center is open Monday-Friday, 9am-9pm. On weekends, the gym is open from 1-9pm.

Adult aerobics classes are Monday-Thursday starting at 6pm. The 45-minute classes have a fee of \$10/month for residents, or \$15/month for non-residents.

All-ages beginner line dancing classes are held Saturdays from 10am-noon, and Sundays from 7-9pm. Please register before attending a class. Fees are \$10 and up.

For more information on fitness classes available, call 252.399.2277.

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.

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