

The Grey Area™

Local and National Unusual News

Bunn, Knightdale, Wendell & Zebulon NC Edition – 919.623.9392

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Volume 4, Number 6A
Mar 14–Mar 27, 2014

Good News... Vermicomposting & Composting Workshop

Contributed by Colby Griffin, Horticulture Agent -
Edgecombe County North Carolina Coop Ext Service

Are you interested in improving your soil, becoming a better recycler, and being able to create compost for your garden? Well, you're in luck! In celebration of Earth Day, the Edgecombe County Extension Master Gardener Volunteers are hosting a workshop on vermicomposting and composting on April 26th from 10am until 1pm with optional worm bin workshop in the afternoon. We are excited to present Rhonda Sherman, NC State University Extension Specialist in Vermicomposting, Solid Waste Management, and Environmental Technology within the Department of Biological and Agricultural Engineering.

Rhonda Sherman is noted for her extensive knowledge of vermicomposting and solid waste management throughout the United States and abroad. She also coordinates the only large-scale vermicomposting conference each year. This two-day conference is attended by more than 100 people from all over the US and the world.

Event sign-in will begin at 9:15am with coffee. Ms. Sherman will be presenting two topics; one on composting and the other on vermicomposting followed by a workshop to create your own worm bin.

Registration forms online at go.ncsu.edu/edgecombeworms.

The cost is \$15 for the morning which includes lunch. The cost of the morning, lunch and the workshop is \$40. For additional information please call the Edgecombe County Extension Office at 252.641.7827.

The event is being held at the Eastern Carolina Agricultural Center, 1175 Kingsboro Road in Rocky Mount.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.

Wendell Farmers Market Call for Vendors

The Wendell Farmers Market is seeking vendors. Many vendors have already signed on for the 2014 season; however, the market is still seeking more produce vendors, and plant and herb sellers.

If interested in joining Wendell Farmer’s Market as a vendor, contact the market manager, Brandy Hunter, by email manager@wendellfarmersmarket.org or phone 919.374.8115.

Zumba Party Special Event

Knightdale Parks and Recreation will be hosting a Zumba Dance Party! Join the fun on March 29, 2014, from 6pm to 8pm.

Location is Knightdale Recreation Center (101 Lawson Ridge Road. Knightdale). Cost is \$5/person at the door. Open to 16 and older.

If you have any questions, contact Chris Roland of Knightdale Parks and Recreation at 919.217.2234 or visit knightdalenc.gov.

Wendell Site of SCV Special Event

Three regional groups of the North Carolina Sons of Confederate Veterans will co-host a major joint event Tuesday, March 18th, in Wendell.

Col. Henry K. Burgwyn/East Wake Camp, of Wendell, the Poplar Springs Grays Camp of Spring Hope, and the Franklin Rifles Camp of Louisburg will host well-known Franklin County attorney Larry Norman in an encore presentation of the major historical presentation he made at the North Carolina State Capitol for Flag Day on March 1 this year. The location is Boulevard Pizza, 2925 Wendell Blvd., in Wendell.

Tuesday, March 18, 2014. Visitors and families are especially invited. Join us for the meal at 6:30pm, followed by the program at 7:15pm. For additional information, call 919.365.5206.

Norman, a long-time Franklin County attorney, has been involved in civic activities for many years. He is a graduate of North Carolina State University and holds a law degree from Campbell University. He and his wife Alice have seven children and have been active in the Baptist church and local community affairs.

2014 Garden Symposium Coming Up

Gardens, artists, vendors, presentations, luncheon in churchyard, and afternoon tea!

The Blount-Bridgers Museum is hosting the 2014 Spring Garden Symposium on Saturday, May 10, 2014 at the Calvary Episcopal Church, listed on the National Register of Historic Places. This spectacular location, in historic Tarboro, North Carolina, is the perfect spot to learn about gardens, have lunch among early plants, examine garden embellishments, and begin the walking tour of garden sites in beautiful Tarboro and Edgecombe County where local artists will be working. Proceeds from this event will benefit the garden restoration of the stately Blount-Bridgers House.

This exciting day will be enjoyed by gardeners far and near. The day will begin with coffee and pastries at registration, and a presentation by Dean Norton, Director of Horticulture at Mt. Vernon, Virginia. “Mount Vernon’s Plants and Gardens.” A delicious luncheon will be provided in the historic Calvary Episcopal Churchyard, which contains native and exotic plant specimens over 100 years old. The afternoon will begin with the program “Growing Your Own Bouquets” by Lisa Ziegler, cut flower grower, author, and teacher from Newport News, Virginia. Meander through distinctly different Tarboro and Edgecombe County gardens and end the day with afternoon tea in the Blount-Bridgers garden.

Register for this May 10, 2014 event, which runs from 8:30am to 5pm. The location is Calvary Episcopal Church, 411 E. Church Street, in Historic Tarboro.

Registration ranges from \$40-60. For more details, contact 252.823.5770 or visit www.edgecombearts.org. For those traveling in, special rates are arranged at a local inn.

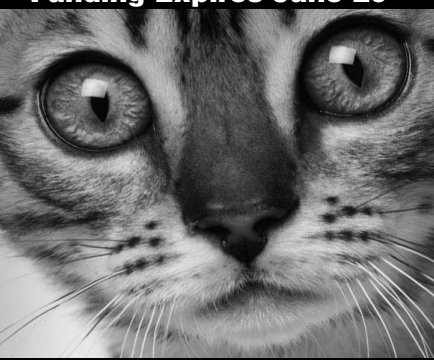
Raleigh Tamale Festival Returns

Check out the annual Raleigh Tamale Festival! This tasty celebration of Latino culture includes games, a tamale competition, live music, and more! Bilingual English/Spanish not necessary to enjoy the festivities.

March 15, the event begins at 11am, and wraps up at 5pm. This festival is at Peach Road Neighborhood Center, 911 Ileagnes Road Raleigh. There is no parking available at event. Participants may park in Carolina Pines Parking lot (2305 Lake Wheeler Road) and shuttle to the center.

Questions? Contact Christy Murray of Raleigh’s Parks, Recreation & Cultural Resources at 919.807.8545.

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Things to Do in NC
When You’re Bored

* Bunn *

03/14 **Local Live Music (Fridays @ 7-9pm)**

03/28 Held with and for the community. At Common Grounds Coffee (and Fun) House, 20 Cheves Road, Bunn. Call 919.340.4477 with questions.

03/22 **Centennial Spring Fling Bash (Mar 22 @ 10am-7pm)**

Centennial celebration finale event. Don’t miss it! Live music, food, craft vendors, games, raffles, bounce houses, auction, dance & more. Classic car event too. On Railroad Street, Downtown Bunn. For details, contact Sherry Mercer at 919.426.5806.

* Knightdale *

03/18 **Meet Congressman George Holding (March 18 @ 9am-10am)**

Attend this special meet & greet opportunity with the Congressman George Holding, representing NC’s 13th District. Congressman Holding is coming to Knightdale to meet with local business leaders, Chamber Board & Staff, & community members. Advance registration required. Secure facility requires RSVP with Chamber. Arrive at 9am sharp. Light breakfast provided. At 518 Sustainment Brigade-USAR, 408 Hinton Oaks Blvd, Knightdale.

03/19 **JobLink Job Assistance Lab (Wednesdays @ 9am-12pm)**

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

* Wendell *

03/18 **Family Story Time (Tuesdays @6:30-7pm)**

Young children & their families invited to participate in this interactive program that incorporates books, songs, & movement. At Wendell Community Library, 207 S Hollybrook Rd, Wendell. Info, call 919.365.2600.

M-F **Senior Walking Free Program (Monday-Friday @ 7-11am)**

Held by town Parks & Rec on weekdays. Exercise community-style. At the Wendell Community Center, in Wendell Park, 601 W. Third Street, Wendell. Parks & Rec phone is 919.366.2266.

* Zebulon *

03/14 **Karaoke (Fridays @ night)**

03/21 Stop by to sing, watch, or just hang out. At McLean’s Ole Time Cafe’s Press Box, 418 W Gannon Avenue, Zebulon

03/14 **Family Movie Night (Mar 14 & Apr 11 @ 7pm)**

The Zebulon Parks & Recreation Department presents free movie and popcorn for all ages. A parent/guardian must be present for all children. At Zebulon Community Center, 301 S Arendell Ave, Zebulon. Call 919.823.0432 to find out what movie is showing!

03/15 **Brown Bag Lunch Ministry (Saturdays @ 11:30am)**

03/22 Free to-go lunches for those in need. At Fellowship Hall, Zebulon United Methodist Church, 121 W Gannon Ave, Zebulon. See www.zumchurch.org.

03/19 **East Wake WIN (Mar 19 @ 11:45am)**

Women In Networking meets for lunch the third Wednesday each month. Small fee. At Zebulon Chamber of Commerce, 815 N. Arendell Avenue, Zebulon. To register, call 919.269.6320.

* Nashville *

03/17 **Kids Story Time (Most Mondays @ 10:30-11am)**

Come by with the children, ages 2-5, for a good book. At the Nashville Library, 114 W Church Street, Nashville. (The library is also holding a “Badges & Books” event March 25th.)

03/22 **Operation Medicine Drop (March 22 @ 12-4pm)**

The Nashville Police Department will be at the CVS pharmacy counter, collecting unused, expired & unwanted pills. Please leave pills in original containers if possible. The medications will be secured and taken to the SBI where they will be destroyed safely; keeping them out of the wrong hands and out of our water systems! At CVS, 101 W Washington Street, Nashville. For more information, contact Officer Bull at 252.459.4545.

* Rocky Mount *

03/14 **Computer Assistance (Fridays @ 10am-1pm)**

03/28 Free seniors assistance including email, downloads, & more. In 2nd floor computer classroom, Braswell Memorial Library, 727 N Grace St, Rocky Mount

03/20 **Live Music Rocky Mount (Thursdays @ 7pm)**

Come & enjoy the local music. At Westridge Grill, 3639 Sunset Avenue, Rocky Mount

* Tarboro *

03/18 **Children’s Story Time (Tuesdays @ 10:30am)**

03/25 Tuesday story times include music, games, & crafts. At Edgecombe County Memorial Library, 909 Main St, Tarboro. See www.edgecombelibrary.org.

* Wilson *

03/14 **Movie/Game Night (March 14 @ 6pm)**

Social event. Come out of the winter blues, & meet others of like interest. Either watch a movie or play card games or dominoes. At Truely Unique, 2006 US Hwy 301 S, Wilson. Details, call 252.237.3800.

03/16 **St Patty’s Day Brunch Social (March 16 @ 12-5pm)**

Come & enjoy a meal of corn beef and cabbage, soda bread, and all of the fixings. A time to dress green and socialize. \$6/plate. At Truely Unique, 2006 US Hwy 301 S, Wilson. Details, call 252.237.3800 or visit truelyunique.com.

03/22 **3rd Annual Celebrity Streetball Game (March 22 @ 5pm)**

Family Entertainment at its best! Starring some of the hottest streetball entertainers in the world. Tickets \$10-15. At Beddingfield High School, 4510 Old Stantonsburg Road, Wilson NC.

* Elsewhere *

03/15 **Live Music Spring Hope (Saturdays @ 7:30pm)**

Live music with a variety of musicians & bands. At Showside Grill, N Pine St, Spring Hope

03/15 **Stepping Into The Past (Saturdays @ 10am-3pm)**

History-oriented activities free with museum admission (\$6 to \$8; under 2 yrs free). At the Tobacco Farm Life Museum, 709 N Church St, Kenly. See www.tobaccofarmlifemuseum.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.

Dr. Nicholas’ Corner: Let’s Talk About Anxiety

Contributed by Nicholas Pediaditakis, MD, DLFAPA



Anxiety is good for you! It is a warning sign that something in your life may not be well. The trouble is if anxiety is excessive and out of place — as it sometimes is for some people — then you have a problem. Let me explain.

Anxiety feelings, like the sense of pain, are ways of our brain to warn us to attend to something that may harm us. Here is an example: As you are ready to leave work for home, a severe snow storm warning arrives over the radio. Alarm bells ring in your brain: *Do I have enough gasoline? Am I all right with no chains?* etc. These thoughts that come to your mind, prompted by the anxiety/uneasiness you are feeling, spur you to take action. This is normal anxiety working for you. It energizes you to take action for your welfare.

Unfortunately, for some people, from time to time, this warning part of the brain is too easily triggered. Then a sudden feeling of severe danger, without knowing where it comes from or what kind of danger, seizes them and may cause sweating, restlessness pounding heart, and uneasiness.

Now, they may even decide to drink a beer or two in an effort to calm them down from the unpleasant state-of-mind or ask a friend to give them a blue or red pill they may have been taking. (This is not recommended, since after awhile the anxiety comes back even stronger, even worse. The colored pill may mess them up.)

Some people are more prone to anxiety attacks than others. Their temperament from birth is more social, and very sensitive to the events and people around them. Furthermore, painful early childhood experiences sensitize them and make them prone to future anxiety attacks; while similar painful events leave others unfazed or more ready to endure future painful experiences.

These unpleasant “anxiety attacks” for some people may come often and to a severe degree, messing up their life, work, love life, or ability to take care of daily tasks.

Less often, these attacks may take the form of an overwhelming sense of doom and coming death! These kinds are called “panic attacks.”

For sufferers these attacks made take place in specific situations, and then are given specific fancy names; like *social anxiety* (the attack triggered by the presence of a crowd where you have to perform), or *acrophobia* (while in a high place), or *arachnophobia* (fear of spiders), and on and on. While in a state of anxiety, sometimes the brain may try to “take care of the anxiety” — by making a person finicky, preoccupied with details, or doing rituals like pulling their hair, etc.

Sometimes anxiety may be a warning sign for physical trouble, like a coming heart attack, very low blood sugar, thyroid problem, or others.

If the problem persists, and comes back often; then, you need help. Do not let pride hold you back. Anxiety conditions are treatable. You need a good evaluation by an internist as well as a specialist like a psychiatrist. If there is a physical cause — like diabetes or a thyroid problem — it needs to be corrected.

Then counseling or psychotherapy usually is enough. If the problem persists, certain medicines against anxiety take care of the problem. The issue is that some of these medicines can be addictive and need careful monitoring. As well, they may spoil you in tolerating stress and mild challenging situations.

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301 Endless Yard Sale Expands
to 100 Miles through the State

Contributed by Donna Bailey-Taylor,
Johnston County (NC) Visitors Bureau

The towns of Kenly, Selma, Smithfield, Four Oaks, Micro and Benson, located along US 301 in Johnston County, will have company at this year’s second annual “301 Endless Yard Sale,” taking place the weekend of June 20-21, 2014.

Expanding to a 100-mile stretch of highway between Roanoke Rapids and Dunn, NC, the communities along US 301 will join together with vendors offering deals, antiques, collectibles and more. It officially starts Friday, June 20th and runs through Saturday beginning at 7am and ending at 5pm daily.

Along the stretch, many sellers will be located in well established visitor attractions like the Tobacco Farm Life Museum in Kenly and TWN Antiques in Selma...as well as open fields, businesses, churches, and schools on the route with participating vendors.

Last year’s sale had over 150 vendors and thousands of shoppers clogged the 301 thoroughfare, so much so, this year the committee will be sending out notices to other businesses to take an alternative route for deliveries. Restaurants ran out of food last year and many vendors had to leave Friday night and replenish inventory for Saturday’s sale. Issues for towns are more parking at vendor locations to get cars off the highway and communicating to all involved just how busy June 20-21 will be this year.

The Visitors Bureaus in all four counties will provide marketing support and help to coordinate meetings for the event’s organizers with each town. Preparations are underway for welcoming tons of visitors who are invited to explore the country roads of Halifax, Wilson, Johnston and Harnett Counties to look for that unique collectible along the 301 Endless Yard Sale.

For more information on the event and contacts for each town’s vendor locations, visit the official website, www.301endlessyardsale.com

Cryptogram of the Issue

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

Hint: B = A.

W A N Z Q Q C V P C K W C D W X Y W X A B X N B J K B G A B N

B X C B H K T B Y C I Z N S C H N Z Z R I C N Z A C C

A B X N B J K B G A W X B S Z K K T L Z Z V V C Q B H N I C X N

A N Z H C B X V S C B A R C V F Z H I T B G N Z Y H B Q S

A S W H K C T N C I Q K C

Answer to the previous issue’s cryptogram:
A man who dares to waste one hour of time has not discovered the value of life. -- Charles Darwin

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



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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
You keep your child watching movies as they are age-appropriate. You have always made sure that your kids saw movies only as they reached the ages for movie ratings.

As you children became older teens, you let them go to scary movies with R-ratings. One of your children comes to you. They say that they are concerned about one of their friends. They went to see an R-rated movie, and now the friend can’t seem to stop himself from talking about the movie violence.

Your son tells you that his friend seems to have the movie violence “stuck in his head”, and he is concerned his friend might need help or might hurt someone.

Do you think you would say something to your son’s friend’s parents? What do you think you could say? Would you suggest they get him some psychological help?

Or do you feel that movie violence does not cause violence in people, no matter what they see on the screen?

Public Hearing in Nashville

Notice is hereby given that a joint public hearing before the Town Council and Planning Board will be held on March 26, 2014 at 7pm. The meeting will be in the Council Chamber, 114 W Church Street in Nashville.

The meeting purpose is to give all interested residents, citizens, and property owners an opportunity to speak, for or against, on a *Request for a Special Use Permit*. All interested citizens are invited to attend these hearings and be heard. Further information on the proposed requests may be obtained at the Planning Department in Town Hall located at 499 Barnes Street, Nashville or by calling 252.459.4511 ext. 232.

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Bunn Centennial

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10am to 6pm

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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 smcercx2@yahoo.com. Forms also posted on TownOfBunn OneHundred Facebook page





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Little Bits

Word of the Issue

separate

An item apart from others, or to cause something to move apart.

Example: “The two children need to be kept *separate* so they do not whisper together during class.”

Chuckle of the Issue

Little James came thundering down the stairs, much to his father’s annoyance. “James,” he called, “How many more times do I have I to tell you to come downstairs quietly? Now, go back upstairs and come down like a civilized human being.”

There was a silence, and James reappeared in the front room.

“That’s better,” said his father, “Now, in the future will you always come down stairs like that?”

“OK,” said James. “I slid down the railing.”

Quote of the Issue

Thomas A. Edison
(American Inventor, b.1847-d.1931)

“I have friends in overalls whose friendship I would not swap for the favor of the kings of the world.”

Translation of the Issue

English — excuse me, sorry, or pardon me

German — entschuldigen Sie mich

Spanish — perdóneme

Italian — perdonatemi

Latin — mihi ignoscant

Irish — leithscéal dom

Translations for these and many languages may be found in online (translate.google.com, babelfish.yahoo.com, etc.) and print resources. Note that for some words or phrases, the context may matter. Formal, casual, and even masculine and feminine variations may be used instead.

News from The Grey Area

This issue for March 14th will be in shops through March 27th. The next issue will be delivered March 28th.

Articles from *The Grey Area* newspaper may be read online, from anywhere. Online articles go all the way back to the first issue.

Check out local news or strange happenings that you might have missed.



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The Strange-ness

Planet X Not Found

After searching hundreds of millions of objects across our sky, NASA’s Wide-Field Infrared Survey Explorer (WISE) has turned up no evidence of the hypothesized celestial body in our solar system commonly dubbed “Planet X.”

Researchers previously had theorized about the existence of this large, but unseen celestial body, suspected to lie somewhere beyond the orbit of Pluto. In addition to “Planet X,” the body had garnered other nicknames, including “Nemesis” and “Tyche.”

This recent study, which involved an examination of WISE data covering the entire sky in infrared light, found no object the size of Saturn or larger exists out to a distance of 10,000 astronomical units (au), and no object larger than Jupiter exists out to 26,000 au. One astronomical unit equals 93 million miles. Earth is 1 au, and Pluto about 40 au, from the sun.

But searches of the WISE catalog are not coming up empty. A second study reveals several thousand new residents in our sun’s “backyard,” consisting of stars and cool bodies called brown dwarfs. The second WISE study, which concentrated on objects beyond our solar system, found 3,525 stars and brown dwarfs within 500 light-years of our sun.

The WISE mission operated from 2010 through early 2011, during which time it performed two full scans of the sky — with essentially a six-month gap between scans. The survey captured images of nearly 750 million asteroids, stars and galaxies. In November 2013, NASA released data from the AllWISE program, which now enables astronomers to compare the two full-sky surveys to look for moving objects.

Despite a large number of new solar neighbors found by WISE, “Planet X” did not show up. Previous speculations about this hypothesized body stemmed in part from geological studies that suggested a regular timing associated with mass extinctions on Earth. The idea was that a large planet or small star hidden in the farthest reaches of our solar system might periodically sweep through bands of outer comets, sending them flying toward our planet. The Planet X-based mass extinction theories were largely ruled out even prior to the new WISE study.

Other theories based on irregular comet orbits had also postulated a Planet X-type body. The new WISE study now argues against these theories as well.

Both of the WISE searches were able to find objects the other missed, suggesting many other celestial bodies likely await discovery in the WISE data.

WISE was put into hibernation upon completing its primary mission in 2011. In September 2013, it was reactivated, renamed NEOWISE and assigned a new mission to assist NASA’s efforts to identify the population of potentially hazardous near-Earth objects. NEOWISE will also characterize previously known asteroids and comets to better understand their sizes and compositions.

More information is online at www.nasa.gov/wise.



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