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Down East Event Designed for Seniors

Contributed by Tyronda "Ty" Whitaker,
Upper Coastal Plain Council of Government

The Down East Senior Games is a recreational event for seniors age 55 and older living in the Edgecombe, Halifax, Nash, Northampton, and Wilson counties. This year's games are scheduled for April 30th.

The games are coordinated by Rocky Mount, Tarboro, and Wilson's Park and Recreation Departments, as well as, J.W. Faison, The Nash, and E.L. Roberson Senior Centers and the Upper Coastal Plain Council of Governments Area Agency on Aging. As a part of Senior Games, Adaptive Events was sprung to life several years ago; when it became evident that older adults living in Long Term Care were unable to participate in the regular games. Adaptive Events is a modified adaptation of the Senior Games designed for older adults with significant medical conditions and physical disabilities. For example, a participant who might not be able to run in a Basket-Ball game can instead compete in a Basket-Ball Hoop Challenge. Individuals in wheelchairs are able to try and shoot as many goals as possible. Some other events include: wheelchair races; cane race/walk; bean bag toss; and miniature golf. There are many more events and host of volunteers who coordinate and lead the games.

There are NO participant fees for the Adaptive Events. The event is free to any person wishing to participate. Participants also receive a free lunch, medals for participating, and goodie bags. Goodie bags are comprised of items donated by local businesses. Upper Coastal Plain Council of Governments Area Agency on Aging partners with Nash, Edgecombe, Wilson, Halifax, and Northampton counties to help make the event a success. Upper Coastal Plain Council of Governments Area Agency on Aging is the only region in the state to provide Adaptive Events and received the Innovative Awards from the National Association of Development Organizations in 2011 for its role in Adaptive Events.

Adaptive Events are for residents of long term care facilities, adults over the age of 55 with physical disabilities, and adults who participate in adult day programs. The events are free to participants and are held annually. This year's Adaptive Events is scheduled for April 30, 2014 at the Reid Street Community Center in Wilson. Registration is at 9 and the events will begin at 10. Each participant will receive awards, free lunch, and goody bags. Residents from Nash, Edgecombe, Halifax, Northampton and Wilson counties are welcome to participate. For additional information, interest in volunteering or donating, please contact Ty Whitaker at 252.234.5963 or twhitaker@ucpcog.org or Renee Kea at 252.234.5962 or rkea@ucpcog.org.

OPEI Launches "Look Before You Pump" Facebook Sweepstakes

Using the Right Ethanol Blended Fuel for Outdoor Power, Garden and Small Engine Equipment

A new sweepstakes sponsored by the Outdoor Power Equipment Institute (OPEI), has been launched on the organization's Facebook page. The sweepstakes runs March 21 to April 6, 2014. It offers an interactive message about how to avoid mis-fueling outdoor power equipment, and will reward one lucky recipient with a \$200 gift card for gas.

Legal US residents (16 or older) are eligible to enter the Facebook sweepstakes. The winner will be informed via email on April 7, 2014. To enter, visit the Facebook page via this shortened link: <http://ow.ly/uJPAa>.

Participants watch a 30-second, public service announcement explaining the importance of putting the right fuel—E10 or less—in outdoor power equipment. After answering a question related to the ethanol warning message, participants may enter to win. The more they share the sweepstakes with their friends, the higher their chances of winning.

The sweepstakes is designed to alert consumers that price alone is not the only factor to consider when fueling outdoor power equipment, such as mowers, chain saws, blowers, trimmers, power washers and generators or other non-road product, such as boats, snowmobiles and motorcycles, with the exception of "flex-fuel" engine products.

It also supports OPEI's "Look Before You Pump" education campaign hitting retail stores, which warns consumers about the adverse impact of putting higher than 10 percent ethanol fuel blends into outdoor power equipment for which it is not designed.

The urgency of the industry's campaign comes from research that shows high-ethanol blends of gasoline (E15, E30, E50, E85), currently on or entering the marketplace, can damage or destroy small engines not designed to handle it.

And, consumer research shows the vast majority of Americans (71 percent) are "not at all sure" if it is illegal or legal to put high level ethanol gas (i.e., anything higher than 10 percent ethanol) into engines such as those in boats, mowers, chain saws, snow mobiles, generators and other engine products.

The Outdoor Power Equipment Institute (OPEI) is an international trade association representing 100 small engine, utility vehicle and outdoor power equipment manufacturers and suppliers of consumer and commercial outdoor power equipment. For more information, visit www.OPEI.org.

Call to Employers for Nash Community College Job Fair

Nash Community College is registering employers for their 2014 Back to Work Job Fair. To register, businesses may go to www.nashcc.edu/jobfair and click on the black button that says "Job Fair Employer Registration." Just fill out the electronic registration form and click submit. Employer Registration is free.

The event is scheduled for April 28, 2014. Employers can begin setup at 8am, so plan accordingly. Registration includes a free breakfast 8:30a-9am and one 3'x6' table.

The job fair location is the Business and Industry Center's Brown Auditorium at Nash Community College, 522 N Old Carriage Road, in Rocky Mount.

Doors open to the public at 9am, and close at 12pm. The college expects approximately 750 students, alumni, and community members to attend. Additionally, the college already has dozens of employers registered to-date.

If you have any questions about the event or issues with registration, contact Michael Coleman at 252.451.8307 or mcoleman@nashcc.edu.

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Bunn Draws Crowd for Centennial Finale

Contributed by Sherry Mercer, Centennial Committee

Our goal for the Centennial Finale event was to bring Unity to the Bunn community and I can say that we did it. After the March 22, 2014 celebration, there has been request after request that we make this a yearly event. It feels great to know that the Centennial events have made an impact on the community.

The Bunn Centennial Committee would like to say Thanks to all for making the Centennial Finale a huge success. The event could not have happened with out the support from our Sponsors and community. The Lord also blessed with the perfect day, for our “Day of Fun in Bunn!” The turnout was enormous; we had anywhere from 500-700 that attended.

The Centennial Team must say everything went well. Bunn High School’s Band open the event at 10am. The Carousels, the band from Jacksonville, NC played outstanding; people were shagging and line dancing all day long.

Kids from all ages enjoyed the 18-foot blow up slide and the other bounce houses. As for the parents, they enjoyed the vendors; we had vendors from as far as New Bern, Treyburn, Clayton, Raleigh and Durham.

The silent auction and the 50/50 drawing brought in over \$1,000 dollars for the Bunn park fund. Matt Barker won the 50/50 drawing, Tammy Winkle was the winner of the photo contest. Several t-shirts were won by answering some of Bunn’s Trivia questions, and the Cake Walk was another big hit — played by all ages.

Ed. Note: Watch for this Bunn “birthday’ Event, as it may return in a similar form next year!



Photos by Brittany Lester, Kim Gupton and Kay Whatley

Cryptogram of the Issue

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

Hint: M = E.

C I U X C G F O Z G N W W C X X C L E N L K N G F Q Z F T M

Z E E N L Q Z O N F F Q N G G X Z E E A E Z L M F T M Z E E

O U M Z F Q M F Q M G Z X M Z N U T M Z E E W Q M U N G Q

C I U W Q N E D U M L G P I F I U M G Z L D T M Z U M Z E E

X C U F Z E

V C Q L P K M L L M D S

Answer to the previous issue’s cryptogram:

I stopped believing in Santa Claus at an early age,” she says. “Mother took me to see Santa Claus in a Hollywood department store and he asked for my autograph! --Shirley Temple

Cryptogram Note:

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

SPCA Wake Assists in Rescue of Animals from Puppy Mill

Contributed by Darci VanderSlik, SPCA of Wake County

On Friday, March 21, 2014, the Society for the Prevention of Cruelty to Animals (SPCA) of Wake County assisted Duplin County Animal Control and the Humane Society of the United States in the rescue and removal of 46 dogs and one cat from a suspected NC puppy mill.

Twenty-six of the dogs and the one cat were transported to the SPCA of Wake County in Raleigh for medical care and adoption into loving homes.

Dog breeds removed from the property included Chihuahuas, Dachshunds, German Shepherds, and various other toy breeds.

“Immediately upon arriving at the location it was clear that the dogs were in need of veterinary attention. The smell of infection and disease was impossible to ignore,” said Darci VanderSlik, spokesperson for the SPCA. “It is a shame that the conditions need to escalate to this extreme level of neglect before something can be done about it in NC.”



Darci VanderSlik holding an SPCA-rescued Dachshund

The conditions these dogs were living in were atrocious. As many as 16 dogs were crammed into poultry cages high above the ground, living on top of layers of their own feces. As many as 15 large breed dogs were forced to live in small cages filled with mud and waste, feeding on what appeared to be bones of animal carcasses. Some dogs were forced to live in bird cages, sitting in feces and mud.

“It is clear these dogs lived a nightmare. We are grateful to be part of this rescue effort and to ensure these dogs will never suffer that neglect again,” said VanderSlik. “Right now what these dogs need most is our medical care and attention. The SPCA depends on donations to help us care for all our animals.”

The puppy mill survivors are currently being treated by the SPCA’s veterinary and animal care staff. SPCA Wake is looking for donations to help with the cost of the dogs’ care. To donate, please visit www.spcawake.org/donate or call the SPCA at 919.532.2083. SPCA staff hopes to announce a date for adoption availability on March 31st.

Founded in Raleigh in 1967, the Society for the Prevention of Cruelty to Animals (SPCA) of Wake County is dedicated to creating a more humane community where every adoptable animal has a home.

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Little Bits

Word of the Issue

Sundog

Two bright, colorful spots on either side of the sun.

Example: “The Sundog surrounded the sun along the horizon.”

Chuckle of the Issue

Three people were visiting and viewing the Grand Canyon — an artist, a pastor and a cowboy. As they stood on the edge of that massive abyss, each one responded with a cry of exclamation.

The artist said, “Ah, what a beautiful scene to paint!”

The minister cried, “What a wonderful example of the handiwork of God!”

The cowboy mused, “What a terrible place to lose a cow!”

Quote of the Issue

Walt Whitman

(American Poet, b.1819-d.1892)

“Keep your face always toward the sunshine - and shadows will fall behind you.”

Translation of the Issue

English — daughter / son

German — tochter / sohn

Spanish — hija / hijo

Italian — figlia / figlio

Latin — filiam / filium

Irish — iníon / mac

Translations for these and many languages may be found in online (translate.google.com, babelfish.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.

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’re sitting in your living room one evening watching TV with your family. Despite the late hour, you hear a knock at your door. Cautiously answering it, you find that a young teen is standing at your door. She seems scared, looks disheveled, and tells you that she has been dropped off. She asks to use your phone.

While you don’t feel comfortable letting a stranger into the house, you ask your husband to hand the teen your cell phone. She makes a call, and you hear her tearfully talking. She seems to be speaking with her mother, crying, and asking to be picked up to go home. She then hangs up the phone, gives it back, and says she is going to be picked up in about 20 minutes.

It’s a cool evening. She doesn’t have a coat. Do you let her in, or have her wait outside? How comfortable would you be?

Run for Fun, Raise Funds for Bunn

Each year, the Bunn Fun Run draws walkers, runners, and dashers to the town. Each step participants take raises funds for future recreational facilities in the Bunn community.

The Bunn Fun Run is a family friendly 5K run with a 1-mile run/walk event to end. There is also a 100yd Kids’ Dash for runners age 8 and under.

Funding is hoped to eventually build facilities including soccer fields, baseball fields, a community park, Frisbee golf course, and trails to walk and ride bikes.

This year’s Bunn Fun Run is April 26, 2014 at 9am. The cost to register is \$20.

The Bunn Fun Run begins and ends at the track behind Bunn High School on Bunn Elementary School Road.

For more details, visit www.bunnfunrun2014.com.

The Strange-ness

Even John Lennon Saw a UFO

Did you know that on the liner — a paper sleeve used to cover vinyl record albums — for John Lennon’s “Walls and Bridges” album there is a UFO-related note? The liner note reads:

On the 23rd Aug. 1974 at 9 o’clock I saw a U.F.O. J.L.

John Lennon spoke publicly about the sighting, providing details of how the object looked and its lack of sound.

On March 21, 2014, according to Alejandro Rojas of Open Minds (www.openminds.tv), a doodle drawn by Lennon depicting the UFO sighting came up for auction. The framed doodle fetched more than \$16,000 — much more than expected.

While the UFO doodle may have been one-of-a-kind, additional Lennon doodles will be auctioned at Sotheby’s auction house in New York. The John Lennon auction event, titled “You Might Well Arsk”, is scheduled for June 4, 2014, starting at 10am, in New York.



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