

# The Grey Area™

## Local and National Unusual News

Rocky Mount, Nashville, Sharpsburg, Tarboro & Wilson NC Edition – 919.623.9392

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Volume 4, Number 7B  
Mar 28–Apr 10, 2014

### 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@ucp-cog.org](mailto:twhitaker@ucp-cog.org) or Renee Kea at 252.234.5962 or [rkea@ucpcog.org](mailto: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](http://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](http://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](mailto:mcoleman@nashcc.edu).

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Things to Do in NC  
When You’re Bored

\* Bunn \*

03/28 **Local Live Bluegrass Music**  
04/04 **(Fridays @ 7-8pm)**  
04/11 Held with & for the community. At Common Grounds Coffee (and Fun) House, 20 Cheves Road, Bunn. Call 919.340.4477.

\* Knightdale \*

04/02 **JobLink Job Assistance Lab**  
04/09 **(Wednesdays @ 9am-12pm)**  
Get help navigating job search websites, submitting applications, updating resume. At East Regional Library, 946 Steeple Sq., Knightdale. Call 919.217.5300, Sandy.Alger@wakegov.com.  
04/12 **Easter Eggstrordinaire (April 12 @ 11am kids; 9:30am dogs)**  
Hunt for eggs, take photos with the Easter Bunny, grab lunch and enjoy music and activities. For ages 0-3, 4-5, and 6-8. Kids hunt begins at 11am sharp. *Paws in the Park Easter Egg Hunt for dogs at 9:30am.* At Knightdale Station, 810 North First Avenue, Knightdale. Contact Megan Thornton at 919.217.2236.

\* Nashville \*

04/04 **First Friday Coffee (April 4 @ 7:30am)**  
First Friday each month. Network with Nashville Chamber members, chamber board, & elected officials. At Nashville Exchange, 229 W Washington St., Nashville.

04/17 **Rabies Clinic Announced (April 17 @ 8am-4pm)**  
NC Rabies Law states that all cats and dogs over the age of four (4) months must be vaccinated for rabies. For a three year tag to be issued, proof of one year vaccination is required. Have animals confined or on a leash. Cost \$5/animal. At Nash County Animal Shelter, 921 First Street Extension, Nashville. If you have any questions, call the shelter between 1-4pm, Monday-Friday at 252.459.9855.

04/21 **Easter Egg Hunt (April 21 @ 9:30am-10:30am)**  
The Nashville Recreation Department will host an Easter Egg Hunt at Glover Park Monday, April 21st at 9:30 am. At J W Glover Memorial Park, 1434 South First Street, Nashville.

04/21 **Easter Story Time (April 21 @ 10:30am)**  
Easter Story Time at Harold D. Cooley Nashville Library, 114 W Church Street, Nashville.

\* Rocky Mount \*

03/28 **Computer Assistance**  
04/04 **(Fridays @ 10am-1pm)**  
04/11 Free seniors assistance. Email, downloads & more. In 2nd floor classroom, Braswell Library, 727 N Grace St, Rocky Mount

04/05 **Paws in the Park (April 5 @ 11am-2pm)**  
Free. Pet parade, largest dog, smallest dog, best dressed, best trick, barrel race, musical chairs & more. Prizes. Vendors & veterinarians provide health tips, microchips & rabies shots for a small fee. Pets must be on leash & owners must show proof of rabies shots/vaccinations. At Sunset Park, 1550 River Drive, Rocky Mount. Contact John Battle at 252.972.1151.

04/07 **Coffee with a Cop (April 7 @ 7-9am)**  
The Rocky Mount Police Department invites you to come have Coffee With A Cop. This is a great informal way to meet the officers in your area, ask questions, share concerns and get information. At Hardee’s, 1831 N. Wesleyan Boulevard, Rocky Mount. Contact Brad Summerlin at 252.972.1466

04/12 **Easter Egg Hunt (April 12 @ 9-11am)**  
Ages 1-10. Bring a basket & hunt for treat-filled eggs. Pictures with the Easter Bunny, door prizes, face painting & more. At Ennis Park, 4605 N. Old Carriage Rd, Red Oak. Contact 252.462.2447.

\* Tarboro \*

04/01 **Children’s Story Time**  
04/08 **(Tuesdays @ 10:30am)**  
Tuesday story times include music, games, & crafts. At Edgecombe County Memorial Library, 909 Main St, Tarboro. See www.edgecombelibrary.org.  
04/22 **2014 Meet the Candidates Forum (April 22 @ 6pm)**  
Public invited. At Edgecombe Administration Bldg. Auditorium, 201 St. Andrews Street, Tarboro. Contact Dr. Knight at 252.538.1384.

\* Wendell \*

04/01 **Family Story Time**  
04/08 **(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.

\* Wilson \*

04/12 **Spring Symposium & Plant Sale (April 12 @ 9am-12pm)**  
Something for every gardener and every garden! Speakers. Tried and true plants. At the Wilson County Agricultural Center, 1806 SW Goldsboro Street, Wilson. For info, call 252.237.0113.  
04/12 **Kids on the Lawn (April 12 @ 10am-3pm)**  
Free. It’s all for the kids. Enjoy goodies & great food. Free community & child care information available. *If rain, event moves to Wilson County Agriculture.* At Wilson County Public Library, 249 Nash Street, Wilson. Contact 252.206.4235.

\* Zebulon \*

04/11 **Family Movie Night (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!

\* Elsewhere \*

03/29 **Stepping Into The Past**  
04/05 **(Saturdays @ 10am-3pm)**  
04/12 History-oriented activities free with museum admission (\$6 to \$8; under 2 yrs free). March 29th: Tips from Expert Gardeners. April 5th: Reenactment demos of 1940’s. April 12th: Basket Weaving. At the Tobacco Farm Life Museum, 709 N Church Street, 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.


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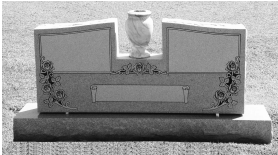
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Dr. Nicholas’ Corner: Mediterranean Diet Part II

Contributed by Nicholas Pediaditakis, MD, DLFAPA

NOTE: This is Part II. The first part of this article is available in the February 14, 2014 issue in print and online at www.greyareanews.com.

Here are a few more pointers regarding the diet of two hundred million people. First, a few more recipes:

Bean Soup

This is the recipe of the celebrated soul food of the Mediterranean countries; Mix two cups of dry beans in a pot with 4-5 cups of water, roughly chopped carrots, a few sections of roughly chopped garlic, plenty of olive oil, tomato paste, a little oregano, plenty of pepper, 1-2 roughly chopped onions, and a little salt (if any). Let them shimmer until tender, and there you got it! It is delicious, nutritious, healthy, and very economical, Always serve it with a little animal protein, like a slice of feta cheese, a little Tzatziki (mentioned in part 1 of this article), or sliced hard-boiled eggs — with pepper, olive oil and lemon on them. It will reduce your cholesterol. It did mine!

It is now important to note that people in Mediterranean countries always consider the eating of meals as a celebration, not as an act of hurriedly and guiltily gulping down, Instead, they always they take their time, preferably

in the company of friends, family members or even in company with other fellow humans in a little restaurant — and then take a walk slowly for 10-15 minutes.

Avgolemono

And make for a next meal, the famous *Avgolemono*; it requires a little more attention.

Boil the following in a pot: chicken breasts in water with half a cup of rice, a little pepper, sliced onion, a little salt, and nothing else. When well done, wait until the soup is luke-warm — not hot! Then, in a bowl with 3-4 raw eggs, start pouring — a little at a time and in sequences — a little of the soup into the bowl, beating the eggs with a wire beater or a fork, and pour lemon juice while continue to beat, then pour some soup, then a little lemon juice. repeat 4-6 times and keep beating until the beaten eggs are a white fluid. Pour the entire fluid of eggs into the soup with the rice and chicken. It is zesty, elegant, delicate, and a little exotic.

One more thing: do not worry about exact portions of ingredients. it is a more-or-less affair; use your judgment.

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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](http://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.

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

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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.

**CLASSIFIED**

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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’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?

## News from The Grey Area

This issue for March 28th will be in shops through April 10th. The next issue will be delivered April 11th.

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: [www.greyareanews.com](http://www.greyareanews.com).

## Theo’s Gallery of Finer Things



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## 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](http://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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