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Volume 4, Number 8A Apr 11-24, 2014

Keeping Biting Pests Away with Flowers & Herbs

Preparing in advance may help make summertime in the yard more comfortable. Planting herbs and flowers that are known to repel mosquitoes could mean fewer bites.

Marigolds are used as companion plants for tomatoes. These flowers also have a scent mosquitoes do not like. Plant marigolds along the edges of the yard, around a patio, or in containers that you can move to where you need them.

Citronella grass, just like citronella candles, are beautiful and helpful in keeping mosquitoes at bay.

Herbs including basil, catnip, lemon balm, rosemary, lemon thyme, peppermint and lavender also repel mosquitoes. Wiping lemon balm, catnip or mint on the skin can provide additional protection.

Plus, the flowers pretty up the yard, and herbs like rosemary, lavender, basil, and peppermint can add some flavor to family meals, indoors or out.

Fundraising Event for the Rocky Mount Railroad Museum

Submitted by Joyce Edwards Dantzler, rmrailroad.org

Preparations are underway for the second annual banquet and auction. Save the date — April 26, 2014. Tickets are \$25 for adults, and \$15 for ages 12 and under.

The banquet and auction are at the Hunter Hill Cafe (501 Old Mill Road in Rocky Mount). This year's presenter, Doug Riddell, will "recall living in Rocky Mount, a town shaped by the railroad and explain why it is in a unique position to host a museum dedicated to railroaders."

Contact your railroad friends and neighbors and have them join you for a great auction and excellent dinner. John Tugwell, a humorous and talented auctioneer, will conduct the auction.

Check the website (rmrailroad.org) for banquet ongoing event postings. Donations for the auction are appreciated, especially railroad memorabilia.

GRAND OPENING

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Local Filmmakers Selected for Cannes Film Festival

A major film festival includes an Eastern NC entry this year. Local filmmakers Robert and Kristyl Wagner's short film, "Bragg N East", was selected for showing at Cannes Film Festival in Cannes, France.

The faith-based short film was shot in Raleigh and surrounding areas. The story revolves around a police officer and a hardened gang member, and is based on Officer Robert Wagner's experiences on patrol.

Wagner has led a campaign of community policing, reviving the old idea that police are in a community to protect and serve, rather than just "arrest, arrest, arrest." With violence in the news each day, he has promoted a style of policing which include caring, love, and respect as part of the job.

Robert and Kristyl are more than producers. They also own Vapor Market, which moved to Knightdale (861-113 Old Knight Road, behind Bojangles) from Wendell last year. Kristyl runs the shop, and serves as Executive Producer for "Bragg N East".

The couple will travel to Cannes for the May 2014 film festival. They are looking forward to having access to the events, and believe their inclusion will help their film company make connections in the film industry. They are looking toward a future film or TV series production based on their short film.

The entrepreneurial, filmmaking couple plan to hold a NC premiere during 2014.

More information on the film festival is online at www.festival-cannes.com. Details are available April 17th, after the official selections are announced. Watch for this local production in the Cannes' Short Film Corner.

919-665-9413

NASA Celebrates Earth Day with "Global Selfie" Event

Release by Alan Buis, Jet Propulsion Laboratory & Steve Cole, NASA

For the first time in more than a decade, five NASA Earthobserving missions will be launched into space in a single year. To celebrate this milestone, NASA is inviting people all around the world to step outside on Earth Day, April 22, take a "selfie," and share it with the world on social media.

Designed to encourage environmental awareness and recognize the agency's ongoing work to protect our home planet, NASA's "Global Selfie" event asks people everywhere to take a picture of themselves in their local environment.

On Earth Day, NASA will monitor photos posted to Twitter, Instagram, Facebook, Google+ and Flickr. Photos posted to Twitter, Instagram or Google+ using the hash tag #GlobalSelfie or to the #GlobalSelfie Facebook event page and the #GlobalSelfie Flickr group will be used to create a crowd-sourced mosaic image of Earth - a new "Blue Marble" built bit-by-bit with #GlobalSelfie photos.

NASA's 17 Earth science missions now in orbit help scientists piece together a detailed "global selfie" of our planet day after day. Insights from these space-based views help answer some of the critical challenges facing our planet today and in the future: climate change, sea level rise, freshwater resources and extreme weather events. NASA Earth research also yields many down-to-Earth benefits, such as improved environmental prediction and natural hazard and climate change preparedness.

For more information on getting involved in the #GlobalSelfie Earth Day event, visit:

www.nasa.gov/content/goddard/globalselfie/.



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Things to Do in NC When You're Bored

* Bunn *

04/11 Local Live Bluegrass Music 04/18 (Fridays @ 7-8pm)

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

* Knightdale *

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 *

04/17 Coffee with a Cop (April 17 @ 9-11am)

Come and enjoy the coffee and food while getting to know the police officers in Nashville, the new owners and your neighbors! At the Church Street Grill, 121 W Church St, Nashville

04/17 Rabies Clinic (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 hosts an Easter Egg Hunt. 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 *

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.

04/28 Back to Work Job Fair (Apr 28 @ 9am-12pm)

Nash Community College job fair with local employers & information. At Brown Auditorium, Nash Community College, 522 N Old Carriage Road, Rocky Mount. Contact Michael Coleman at 252.451.8307.

* Tarboro *

04/17 Down East Senior Games Practice (April 17 @ 6pm)

Come to get in some practice for the Senior Games. Comhole, bocce, horseshoes, & shuffleboard are available for practice. Also practice is held in the evening on the 1st and 3rd Thursday from 6pm-dark. the E.L. Roberson Center at 305 W Baker St, Tarboro For more info, call 252.641.4263.

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.

04/23 Butterbean Auction (April 23 @ 10:30am)

Leigh Ann Moody from Tarboro Nursing. to do another fun game of Butterbean Auction. Come see what all the hype is about and join in! at the E.L. Roberson Center, 305 W Baker Street, Tarboro. For more info call 252.641.4263.

* Wendell *

04/13 Garden Plant Giveaway (Apr 13 @ 2pm)

To encourage gardening, Grow And Share provides free plants & seeds. Sign Pledge To Share, garden, & share harvest with neighbors, strangers & food banks. Hosted by Wendell Antiques & More, 123 N Main Street, Wendell.

04/15 SCV Monthly Meeting (April 15 @ 7:15pm; meal 6:30)

The Col. Henry K. Burgwyn/East Wake Camp of the Sons of Confederate Veterans will have its April meeting. Everyone is invited. at the Boulevard Pizza, 2925 Wendell Blvd, Wendell. For additional information, call 919.365.5206.

* 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.

04/27 Earth Day & Healthy Body & Soul Festival (April 27)

Earth Day is to honor the planet & all living things that inhabit it. Learn new ways of helping Mother Earth and share your ideas and Insights on Environmental Issues. To share, shop with local artist, food, fun, raffles, games, music & more. Free. At Truely Unique, 2006 US Hwy 301 S, Wilson

05/25 Wilson Tobs Baseball Opener (May 25)

The Tobs open the season with a Thomas & Farris post-game fireworks show. Small ticket fee. At Fleming Stadium, 300 Stadium St. SW, Wilson. Online at www.wilsontobs.com.

* 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!

04/15 Mudcats Baseball -21 (Apr 15-21 home games)

Baseball, hot dogs, & more. Small ticket fee. At Five County Stadium, 1501 NC-39, Zebulon. Online at www.gomudcats.com.

04/26 Community Spring Fling (April 26)

Rocky Cross Holiness Church annual community outreach, Spring Fling 2014, with food, fun, games, vendors, & more. At Rocky Cross Holiness Church, 12524 Anderson Road, Zebulon

* Elsewhere *

04/11 Navigating the World of Publishing Your Work (Apr 11 @ 7pm)

Have that manuscript ready to go? Wondering how to get started? Come for an informative presentation by Jon Batson of Midnight Whistler Publishers. Presentation covers an overview of publishing today for the new author. At Storytellers Bookstore, 158 S White St., Wake Forest.

04/12 Spring Ag Fest (Apr 12 @ 10am-2pm)

Free admission, minimal cost for games & food. All Ages. Community event featuring farm animals, carnival games, prizes, food, a spring plant sale, antique tractors & other farm equipment. Event dedicated to fun & farming. Plant sale with proceeds going toward FFA student scholarships. At Rolesville High School. 1099 E Young St, Rolesville

04/12 Spring Vegetable Gardening Workshop (Apr 12 @ 9am-12pm)

Free. Teens & up. Come learn basics of vegetable gardening: site selection, soil preparation, planting seeds & transplants, organic pest & disease management, soil testing, composting & harvesting. At Wake County Agriculture Building, 4001 Carya Dr., Raleigh. Register for free class by calling 919.250.1100.

04/12 Stepping Into The Past 04/19 (Saturdays @ 10am-3pm)

04/26 History-oriented activities free with museum admission (\$6-\$8; under 2 yrs free). At Tobacco Farm Life Museum, 709 N Church Street, Kenly. See museum website at www.tobaccofarmlifemuseum.org.

04/13 Get Hooked! (Apr 13 @ 3pm)

Provided: bait, fishing poles & instruction to get hooked on fishing! \$1 fee. Parents must register & accompany children. Preregistration required. At Durant Nature Park, 8305 Camp Durant Rd., Raleigh. Call 919.870.2871 or reg. online at reclink.raleighnc.gov.

04/14 Spring Break Quilting -16 (Apr 14-16 @ 1pm-4pm)

Free, three-day Youth Quilt Class. Participants must have sewing experience, and class size is limited. Must attend all 3 days. Bring light snack for the afternoon. Materials provided. At Johnston County Extension Services, NC 210, Smithfield. To register, call Johnston County Coop Extension at 919.989.5380.

04/17 NC Women Veterans Summit & Expo (Apr 17 @ 8am-6:30pm)

Free. Information & networking for female Veterans living in NC. Presentations from representatives of the VA, NCDVA, VHA & other resource centers. Registration required. Ages 18 & up. At National Guard Joint Forces Headquarters Auditorium, 1636 Gold Star Dr., Raleigh. Details at www.ncvrac.org.

04/18 Easter Egg Hunt Carnival (April 18 @ 10am-2pm)

Weather Dependent event. Fun Spring event with games & egg hunts throughout the day. Bring your camera & take pictures with Buddy the Battleship Bunny. Admission \$5/person, kids 2 and under free. Last ticket sold at 1pm. This event is weather dependent. At Battleship North Carolina, 1 Battleship Rd NE, Wilmington

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: ALL ABOUT LOVE

Contributed by Nicholas Pediaditakis, MD, DLFAPA

As I have mentioned before, we humans — social beings as we are — among other things, need love. Lots of it. We have the need to give love and get love. If we don't we wilt! That's how we have survived over thousands of years while trying to make it by the skin-of-our-teeth in the hot Savannah down in Africa or chill way up in Alaska.

We took care of our friends, our clan, our family, and, in turn, they took care of us. We also cooperated with one another and became altruistic — most of the time anyway. We thrived and, in addition, gave time to our helpless baby's brain to grow and grow, bigger and bigger, being born too early.

Love is the feeling when the welfare of the loved one is as important as our own!

Love comes in various forms. First, there is the love for the child and our family. The ancient greeks called it "Agape." You can find the word in the Bible where it is spelled out and defined beautifully (e.g., Corinthians 1st ch. 13). Other faiths have similar definitions in their own holy books.

Then there is "Philos," i.e., the feelings for your friends, buddies and fellow workers, our country, our neighbors.

Of course do not forget this one: "Eros," i.e., the sensual love for spouse or significant other.

As I have already mentioned, loving is defined as the concern for the welfare of the loved one being equal or even more important than our own. Unfortunately, there is another part of us which often is in conflict with the social /loving part of ourselves. The selfish part looks out for the needs of number one — for ourselves and our individual needs. After all, even a loving mother has to sleep and eat.

In addition, when we love and expect love, we may get uneasy as we feel that our well being is now dependent on the whim, or as if we were of somebody else, so we become demanding and get jealous. Furthermore, we all are a little opportunistic; i.e., thinking it is "ok" to love two people sensually simultaneously, as long as we do the loving.

Loving and being in a state-of-grace are good for you. You enjoy life and the company of others. You help and contribute to the well being of your community and — at the same time — when healthy these feeling help keep your blood pressure low and make you feel protected. So do it. And remember, you do not do your creator a favor! Instead, it is your well-being you protect and the joy of being alive. Unfortunately it is a pity, when we humans feel insecure often, it seems, feel more comfortable with a gun in our hand than a hug

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Cryptogram of the Issue

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

Hint: N = R.

J L D X Q NLDM YQDMM QDCLJQL X Q T M V N L P BDQDJBD E D P V Q T

Answer to the previous issue's cryptogram:

Our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's futures. And we are all mortal. -- John F. Kennedy

Cryptogram Note:

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



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Going to the Mattresses?

By Kay Whatley, Editor

How much do you care about your community? Enough to care about your neighbors and the cleanliness of the community?

Going to the mattresses, a phrase popularized by the Godfather movies, means preparing for war. In this case, it is a call to the community to stem the tide of debris thrown along roadsides otherwise beautiful with green growth and blooming flowers.

A few weeks ago, these discarded mattresses could be seen along the side of a Bailey road. Mixed with other trash, they stayed on the side of the road for several weeks. Eventually, someone took their time to remove them.



Likely, the person who loaded and removed the mattresses was not the same person who tossed them there.

The folks who left this trash did not take the time to dispose of it properly. Instead, the mattresses were left to be "someone else's problem."

Making work for neighbors is not a good way to nurture community. If people take the time to handle their own mess, they are not filling a neighbor's time taking care of the problem.

Reaching out to neighbors, making sure folks have help when they need it, and thinking of others is beneficial to all. Going back to the Golden Rule — "Do to others as you would have them do to you" - it has been important for people to rely on and respect each other.

To those who cleaned up the Bailey road mess, thank you. Please remember that the Golden Rule is a two-way street. If we work together, we can keep the roadsides clean, and not impose extra work on others.

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Little Bits

Word of the Issue

enigma

Something that is mysterious or difficult to comprehend.

"Its appearance through cloudy skies was an enigma,."

Chuckle of the Issue

The man passed out in a dead faint as he came out of his front door onto the porch.

Several neighbors ran to help him. When he regained consciousness, one asked if he knew what caused him to faint.

"It was enough to make anybody faint," he said. "My son asked me for the keys to the garage, and instead of driving the car, he came out with the lawn mower."

Quote of the Issue

Bruce Lee

(Actor, b.1940 - d.1973)

"Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind."

Translation of the Issue

English — tomato	tomatoes
German — tomate	tomaten
Spanish — tomate	tomates
Italian — pomodoro	pomodori
Danish — tomat	tomater
Irish — tráta	trátaí
Dutch — tomaat	tomaten
Polish — pomidor	pomidory

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

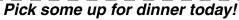
You take your kids for a drive to see Spring bloom. You ride along enjoying how the fields and roadways are brimming with green, and colorful flowers.

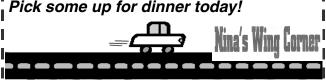
The kids are staring at their cell phone screens. You ask the kids for their phones, and tell them you want them to take some screen-free time and look out the window.

The kids make a fuss about being without their phones. Do you think you would give the phones back, or keep them so that the kids have time away from them?









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Taxpayers Can Help Wildlife by Donating on NC State Tax Form

Release by Jodie B. Owen, NCwildlife.org

Tax day is less than two weeks away and the N.C. Wildlife Resources Commission is asking taxpayers to remember North Carolina's wildlife this year when completing the state income tax form by making a donation on line 31.

Donations support the Nongame and Endangered Wildlife Fund, which helps the NC Wildlife Resources Commission conduct research, conservation and monitoring work that benefits animals not hunted or fished — animals such as songbirds, sea turtles, eagles, salamanders, frogs, turtles and bats.

The Commission uses donations to match federal and other grants or to pay for educational activities and wildlifewatching projects, such as the NC Birding Trail.

Donations made to the Nongame and Endangered Wildlife Fund make up the largest and most significant source of nonfederal funding to help these animals, so donations are critical to the continuation of many projects.

Current work includes surveys to determine the abundance and distribution of species such as bog turtles in western North Carolina, red-cockaded woodpeckers in the Coastal Plain and Carolina gopher frogs in the Piedmont. Through surveys, biologists collect data that help them determine the most effective ways to manage wildlife and their habitats. This ensures species not only survive, but thrive, in a state where habitat continues to disappear at an alarming rate.

More than 1,000 nongame species are found in North Carolina. Many of them, such as robins, cardinals, treefrogs and green anoles, are common and can be found in many backyards, fields and woods. Others, such as sea turtles, Carolina northern flying squirrels and several bat species, are endangered and need conservation to prevent them from disappearing entirely from our state's landscape.

Online tax preparation software, such as TurboTax, does not have numbered lines, so e-filers will be asked if they would like to make a donation to the Nongame and Endangered Wildlife Fund. Other tax filers can also tell their tax preparer that they would like to donate.

Tax season isn't the only time or way to contribute to wildlife conservation. Other ways to help North Carolina's wildlife and their habitats year-round are:

- Registering a vehicle or trailer with a NC Wildlife Conservation license plate;
- Donating online at www.ncwildlife.org/give;

More information about the Wildlife Diversity Program, including projects and quarterly reports, is available on the Commission's Conserving page at www.ncwildlife.org/ conserving.aspx.

Local Course Offers Insight into Benefits of Fresh Herbs

Contributed by Kay Soto, Truely Unique

An upcoming Wilson workshop provides an opportunity to learn how to use common herbs for more than just food.

The Herb Course is six classes held over three months. Attendees learn all about herbs and plants, including how to grow herbs for your own fresh supply. The course also covers rules of working with herbals, and the history of their use.

Learn show how to use herbs in tinctures, lotions, infusions, making pills and capsules, and more. At the last class, attendees get the chance to, hands on, make a lotion, lip balm, or cream to take home.

One class covers plant recognition; another, how to cook with herbs. When the six sessions are complete, you will be able to expertly work with any herbs: medicinal, culinary, and teas. Many that have taken this course previously, now make their own lotions, bath products, shampoos, soaps, and laundry soap.

Starting April 26th, "Herb Course 1 and 2" are being held at noon at Truely Unique in Wilson. The six-class course is \$60, or one class may be taken for \$15 to try them out.

To sign up, call 252.237.3800 or visit truelyunique.com for more details.

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The Strange-ness

Flood Cancels First Showing of "Noah" Movie

A United Kingdom newspaper, the Exeter Express & Echo, reported that opening night for the movie "Noah" brought more than a flood of moviegoers.

The Exeter Vue Cinema reportedly flooded due to a burst pipe. The first showing of "Noah" was canceled as workers cleaned up the excessive water in the

Once the deluge passed, the theatre re-opened and "Noah" hit the big screen.









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