

# The Grey Area™

## Local and National Unusual News

Bunn, Knightdale, Wendell & Zebulon NC Edition – 919.623.9392

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Volume 4, Number 10A  
May 9–22, 2014

## Small Business Spotlight

### Good-bye to Amy’s

Amy’s Cellular & Accessories of Knightdale closed their doors at the end of April. Amy’s had been located in the plaza at 833 North Smithfield Road, which is behind Big Lots near the Sports Page.

### CB Nail Spa

Also in April, Knightdale saw the opening of CB Nail Spa. This shop is open at 7137 Knightdale Blvd, Knightdale, in the same plaza as Dunkin' Donuts.



## 301 Endless Yard Sale Preparing for Extra Long Sale

Johnston County, site of the first US 301 Endless Yard Sale is working with neighboring counties to expand the sale along US 301.

The second annual “301 Endless Yard Sale” will take place the weekend of June 20-21, 2014. The communities along US 301 will join together with deals, antiques, collectibles, and more along a 100-mile stretch of highway between Kenly and Benson, in Johnston County, and new sites in Halifax, Wilson, and Harnett Counties.

The US 301 Endless Yard Sale officially starts on Friday, June 20th and runs through Saturday, June 21st. Many sellers will be located along the stretch in well-established visitor sites, interspersed with families, churches and schools on the route with yard sale spaces.

The event was created by tourism officials in Johnston County but relies on community support from each town planning department, and local Chambers of Commerce, to promote the event within their regions. The success of the sales depend on coordination!

There is no fee for local residents to participate; however, some vendor spaces may charge a nominal “rental fee” to provide booth space. Those fees are determined by the lot owner and are not sent by any committee.

There are no admission fees to shop the yard sale. The event was not set up for that purpose.

Most of the independent yard sales, and business-lots hosting sellers, will be open from 7am to about 6pm.

Vendors may sell almost anything! Popular is junk, antiques, collectibles, dishes and glassware, farm implements, baked food items, crafts, produce, and more.

In our effort to support local merchants, there will be no temporary food establishments or mobile food vendors. No animals may be sold. Food is only permitted for sale by 501(c)(3) nonprofit organizations.

Anyone can be a vendor by simply having a yard sale in their yard, at their business, or setting up in designated vendor places. The communities along US 301 have worked with area contacts to establish vendor locations and each town lists available locations. Each town will have worked with sites on permits, parking, public rest rooms, and food vendor guidelines. Vendors should work with town contacts closely to ensure a successful experience for all. A list of businesses hosting sales sites is available at [301endlessyardsale.com](http://301endlessyardsale.com) listed by county and town.

We invite you to explore the country roads of Johnston County and our partner counties every year looking for the unique collectible and rare find you have been dreaming about...it just may be along the US 301 Endless Yard Sale.

## Prom Activities Excite Students & Boosts Local Businesses

By Kay Whatley, Editor

Ah, Prom! It is once-in-a-lifetime for many students. A special event, it is even more special for Seniors as they leave high school behind. Prom is usually one of the last big school events for the senior class.

Local businesses benefit from providing tuxedo rentals, fancy dress sales, flowers for boutonnieres and corsages, hair cuts, manicures, shiny shoes, transportation, dinner reservations, safe after-events, and special locations for group and “date” photographs.

As mother of a Senior, the flurry of tuxedo fittings, flower ordering, planning, driving, and photographing was well worth it! Plus, we shopped at local small businesses for the supplies needed by our young man... though the “kids” did choose a “chain” restaurant for their group dinner.

We enjoyed seeing the group of young adults going out for what for many of them was their first formal occasion on their own. And, we’ll treasure sharing the photos for years to come!

## 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 at the beach. While you’re at the beach, someone starts to flail in the water. They send a team of lifeguards out there. Several of the life guard team are waiting to assist from the beach near you.

Everyone is watching the activity in the water. You see one of the team looking down at a towel where there are belongings unattended. You see him pick up what looks like an iPhone and tuck it in his pocket.

After the person is saved, all the people watching on the beach applaud, and the lifeguards return to their station.

Do you think that you would approach any of the lifeguards about the theft you think you saw? Do you think that you would be more likely to wait and see if the towel-owner noticed the phone missing?



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Things to Do in NC  
When You’re Bored

\* Bunn \*

05/13 Art Classes (Tuesdays)

05/20 Taught by Billy Farmer. At  
05/27 Common Grounds Coffee (and  
Fun) House, 20 Cheves Road,  
Bunn. Call 919.340.4477 for info.

\* Knightdale \*

05/12 Aerobics Classes (Mon-Wed-  
05/14 Fri @ 8:30am & 9am)

05/16 For \$5/class, come & join step or  
sculpt classes. Equipment  
provided. Bring a mat, towel, &  
water bottle. Ages 18 & Up! At K-  
FIT Center, 426 N First Ave.,  
Knightdale. Questions, contact  
Chris Roland at 919.217.2234.

\* Nashville \*

05/08 Blooming Festival (May 8-10)

-10 Special activities each day. Live  
entertainment, attractions, exhibi-  
tors, a parade, and fine festival cui-  
sine. On W Washington Street,  
Downtown Nashville.

05/08 2014 Outdoor Movie Series  
06/20 (June 20 @ 8:30pm)

Monsters University on June 20th.  
Add'l dates: Jul 18, Aug 5, Oct 31  
(Glover Park), & Dec 6. Start time  
varies. Movies at Stony Creek  
Environmental Park, 544 W.  
Washington Street, Nashville.

\* Rocky Mount \*

05/15 Downtown Live!

05/29 (May 15 & 29 @ 6-8:30pm)

Free Summer concert series on the  
lawn. Come be a part, dance, or  
relax. Concerts start at 6pm and  
end at 8:30pm. Bring lawn chair or  
blanket. Concessions available. No  
coolers, please. Band of Oz May  
15th, & Jim Quick and Coastline  
May 29th. At Imperial Centre for  
the Arts & Sciences, 270 Gay  
Street, Rocky Mount. Contact  
Parks & Rec at 252.972.1151. See  
www.downtownrockymount.com.

05/21 Take 25 Child Identification  
Event (May 21 @ 9am-12pm &  
4-6pm)

Event is free, but registration is  
required. Take 25 is a campaign  
created by the National Center for  
Missing & Exploited Children that  
asks families, educators, law-  
enforcement officers and trusted  
adults to take 25 minutes to talk to  
children about safety. Child  
Photograph ID Services, child  
safety presentations, parent health  
educations classes, arts & crafts,  
& refreshments provided. At  
Down East Partnership for  
Children, 215 Lexington Street,  
Rocky Mount. Contact  
252.985.4300 ext.220.

05/21 Business Essentials  
(May 21 @ 1-3:30pm)

The NC Department of Revenue &  
partner agencies present this  
seminar. Each agency covers basic  
requirements to help businesses in  
NC understand the laws and  
obligations necessary to be  
compliant. At Business & Industry  
Ctr, Rm 1211, Nash Community  
College, 522 North Old Carriage  
Road, Rocky Mount. Call  
252.973.1211 or register online for  
this or other seminars at  
www.dornc.com/business/  
smallbusseminars.html.

06/06 Lawn Chair Theatre  
(June 6 @ 7-10pm)

Free family movie nights every-  
other Friday from June 6 through  
August 15. Before movie, kids can  
enjoy free activities. Movies begin  
at dusk. Concessions available.  
Bring blanket or lawn chair. Add'l  
dates: Jun 20, Jul 11, Jul 25, Aug 1,  
& Aug 15. At Imperial Centre, 270  
Gay Street, Rocky Mount. See  
www.imperialcentre.org.

\* Tarboro \*

05/10 Spring Garden Symposium  
(May 10 @ 8:30am-5pm)

Featuring Dean Norton, Director of  
Horticulture at Mt. Vernon’s Plants  
& Gardens in Virginia, & Lisa  
Ziegler, Commercial Cut-Flower  
Farmer, Author, and Speaker, Grow-  
ing Your Own Bouquets. Blount-  
Bridgers Garden Symposium is at  
Calvary Episcopal Church, 411 E  
Church Street, Tarboro.

05/17 Happening on the Common  
(May 17 @ 10am-5pm)

The annual Happening on the  
Common! Come join the fun! This  
event is presented by Edgecombe  
Arts. A free festival of arts, crafts,  
music, great food, children’s  
activities, & amusements. On  
Tarboro’s Historic Town  
Common, Tarboro. For More  
Information, call 252.823.4159.

\* Wendell \*

05/10 Wendell Farmers’ Market  
05/17 (Saturdays @ 8am-12pm)

05/24 The Wendell Farmers’ Market is  
05/31 open Saturdays May 10-October  
25. Stop by May 10th for Opening  
Day. A great community gathering  
place each week with farmers &  
other vendors bringing their  
locally grown, seasonal produce to  
market, as well as baked goods,  
eggs, local crafts & more. At 3700  
Wendell Blvd, Wendell.

\* Wilson \*

05/10 Fairgrounds Farmers Market  
05/17 (Saturdays @ 7:30am-12pm)

05/24 Come & shop at the farmers market  
05/31 from April through August. Special  
dates include Strawberry Day (May  
10th), Cooking Demo (May 17th),  
Senior Citizen Day (May 31st). On  
the Wilson County Fairgrounds,  
2331 US 301 South, Wilson.

05/14 Downtown Farmers Market  
05/21 (Wednesdays @ 8am-1pm)

05/28 The popular Downtown Wilson  
Farmers Market is held  
Wednesdays, 8 a.m.-1 p.m., April-  
September. The market includes  
vendors selling locally grown or  
produced fruits & vegetables, plants,  
foods and other items. At 207 W  
Green Street grass lot, Wilson.

05/14 Downtown Alive Free Concert  
05/28 (Alt Wednesdays @ 5:30pm)

Come join “Steve Hardy’s Original  
Beach Party”! Beach music bands  
every other Wed. from April 30th  
to June 25th. Bring chairs, blankets,  
sunscreen, & dance moves. No  
coolers or pets. At the grassy lot,  
201 Tarboro Street, Wilson.

\* Zebulon \*

05/09 Family Movie Night

\*06/13 (Second Fridays @ 7pm)

07/11 Zebulon Parks & Recreation  
08/08

Department presents free movie &  
popcorn for all ages. A parent/  
guardian must attend. At Zebulon  
Community Center, 301 S Arendell  
Avenue, Zebulon. Call  
919.823.0432 to find out what is  
showing. (\*June 13th movie is  
8:30pm on the lawn at the  
Municipal Complex.)

05/12 Mudcats Baseball  
-18 (home games)

05/23 Baseball, hot dogs, & more. Small  
-29 ticket fee. At Five County Stadium,  
1501 NC-39, Zebulon. Online at  
www.gomudcats.com.

05/16 Market on the Lawn  
(May 16 @ 5-8pm)

One-day farmers market & fun  
too. At the Town Municipal  
Complex, 1003 North Arendell  
Ave, Zebulon

05/24 Butterfly Garden Clinic  
(May 24 @ 10am)

Bring a 15-inch pot & everything  
else is supplied! Garden expert will  
teach about potted annuals to  
attract butterflies & caterpillars.  
Ongoing care instructions a part of  
this clinic. Grab a friend & let’s  
plant! Register by May 9th. At  
Whitley Park, 601 N Wakefield  
Street, Zebulon.

\* Elsewhere \*

05/10 Edible Plant Hike  
(May 10 @ 9:30am)

The “Triangle Area Gardeners and  
Homesteaders” Meetup group is  
holding this informational event.  
Find out what can be eaten safely  
from the wild. At The Mitchell  
Mill State Natural Area,  
Rolesville.

05/10 Stepping Into The Past  
05/17 (Saturdays @ 10am-3pm)

History-oriented activities free with  
museum admission (\$6-\$8; under 2  
yrs free). May 10th Broom & Rug  
Making. May 17th Sugary Sweet.  
At Tobacco Farm Life Museum,  
709 N Church Street, Kenly. See  
www.tobaccofarmlifemuseum.org.

05/17 Shabazz Poetry Workshop  
(May 17 from 10am-2pm)

Phillip Shabazz, poet, writer and  
teaching artist is offering a free  
poetry workshop & a reading from  
his newly released book, *Flames  
in the Fire: Poems*. Bring a lunch.  
Refreshments available. At the  
Franklinton Public Library, on 9  
West Mason Street, Franklinton.  
Email FCACarts@gmail.com to  
register.

06/07 Bluegrass in the Village  
07/05 (First Saturdays @ 12-3pm)

Come by for music & more. At  
Waynesborough Historical Village,  
US 117 Alt, Goldsboro. More info,  
call 919.731.1653.

05/17 Bimbé Cultural Arts Festival  
(May 17 @ (12-8pm)

The Bimbé Cultural Arts Festival  
has been a tradition in Durham for  
over 40 years. This family oriented  
event is a celebration of African  
and African American history,  
culture, art and traditions.  
Participants enjoy live national  
and local talent, ethnic food, arts  
and crafts, an interactive kid’s  
area, and community resources.  
Come prepared to embrace the  
rich, diverse and unique traditions  
of the City of Durham. Bring a  
lawn chair. No alcohol or coolers  
permitted. Rain or Shine. At Rock  
Quarry Park, 701 Stadium Dr,  
Durham.

May Brings  
Possible Comet  
Sighting And  
Meteor Shower

On May 29, 2014, comet 209P/LINEAR  
makes a close pass by Earth. People may  
be able to spot the small, faint comet as it  
passes the constellations Ursa Major and  
Leo from May 10 through 27, 2014.

On the nights of May 23 and 24, when  
Earth passes through the dust trails left by  
this comet in its previous orbits, it may be  
possible to see a new meteor shower.

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.  
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names may not be included. Event organizers may  
purchase regular advertising space to provide more  
details for events.

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Family-friendly activities planned  
for Got to Be NC Festival

Released by Jim Knight, Got to Be NC Festival Manager



2011 Photo source: Got to Be NC Festival

From pig races and daily tractor parades to live music and fantastic fireworks, there is something for every member of the family at the 2014 Got to Be NC Festival. The annual celebration of agriculture returns to the N.C. State Fairgrounds May 16-18, 2014.

Children will love exploring the Agri-Plaza and Kidz Corral between the Jim Graham and Expo buildings. They will have a chance to see baby chickens hatch, watch ducklings slip and slide in a pool, see longhorn steers up close and learn how to milk a goat. Children of all ages will also enjoy the daily pig races held at the Hogway Speedway near the antique tractor display.

More excitement can be found on the midway with dozens of carnival rides and games. On Friday, thrill seekers can purchase an unlimited-ride wristband for \$20 from noon until 9 p.m. The wristband is good for the entire day. The same deal is available on Sunday from 9:30am to 7pm.

The Walmart Grandstand will feature a variety of free entertainment throughout the festival. On Friday, visitors can enjoy dog demonstrations from the Wake County Sheriff’s Canine Unit at 1pm and 5pm and the Dog Gone Fast Flyball Group at 2:30pm and 6:30pm. Also on Friday, riders from Carousel Farms will perform a patriotic flag presentation on horseback at 4pm and 8pm. On Saturday, massive antique tractors will compete to see who can pull the most weight in the antique tractor pull competition from 2-8pm. On Sunday, visitors can enjoy garden tractor and lawn mower pulls 2-7pm.

The action-packed “Paul Bunyan Lumberjack Show” returns to the festival this year with daily shows near Dorton Arena. Spectators will be amazed as world champion lumberjacks demonstrate a variety of sawing techniques in a humorous and educational way. For those who prefer chassis to chain saws, the lifted-truck drive-in on Sunday will not disappoint. More than 100 lifted and custom trucks will join the display of antique tractors and farm equipment on the final day of the festival.

In addition to the daily lineup of entertainment options, fireworks are planned for 9:15pm Friday and Saturday.

The fairgrounds will host a variety of other events that weekend including the Raleigh Flea Market, the Chatlee Boat Show, the Independent Labrador Specialty Dog Show, the Wake County and District 4-H Horse Shows, and more! All of the events are free and open to the public.

Festival hours are Friday 12-10pm, Saturday 9am-10pm, and Sunday 9am-8pm. Gate admission and parking are free. More information and a schedule of events are available at [www.gottobenccfestival.com](http://www.gottobenccfestival.com).

Dr. Nicholas’ Corner: Life Style And You – The Rules

Contributed by Nicholas Pediaditakis, MD, DLFAPA

We certainly follow rules when driving; we cannot drive against the traffic. we cannot exceed the speed limit (no too much anyway) we cannot run a red light. etc.

I know all of us do some time and we may even get away with it for a while but we end up sooner or later in grief, like in jail; or worse, in an accident, or with a lost license

In the same sense; do we need some rules and guidelines to fallow in our own lives? We certainly do! I do not mean strict, rigid programs set in cement.

The ancient Greek Athenians had it right with one broad guideline: “Every thing in good measure” No to be outdone the Greek Spartans who liked to talk less used to say “Nothing in excess”

In here we say “Please use a sense of proportion.”

Here you have it: You cannot eat daily lots of greasy food for long. you end up fat, diabetic, tired cobwebby or with a stroke. Again we made to be active and face challenges So walk a few minutes every day get into an active hobby. and By all means eat good food slowly to enjoy it but for heaven shake eat a little less. And watching TV for hours is as deadly

Alternative to Plastic Designed to  
be Biodegradable, Plant Safe

Released by Kristen Kusek @ [wyss.harvard.edu](http://wyss.harvard.edu)

Researchers at Harvard’s Wyss Institute have developed a method to carry out large-scale manufacturing of everyday objects — from cell phones to food containers and toys — using a fully degradable bioplastic isolated from *shrimp shells*. The objects exhibit many of the same properties as those created with synthetic plastics, but without the environmental threat. It also trumps most bioplastics on the market today in posing absolutely no threat to trees or competition with the food supply.

Most bioplastics are made from cellulose, a plant-based polysaccharide material. The Wyss Institute team developed its bioplastic from chitosan, a form of chitin, which is a powerful player in the world of natural polymers and the second most abundant organic material on Earth. Chitin is a long-chain polysaccharide that is responsible for the hardy shells of shrimps and other crustaceans, armor-like insect cuticles, tough fungal cell walls—and flexible butterfly wings.

The majority of available chitin in the world comes from discarded shrimp shells, and is either thrown away or used in fertilizers, cosmetics, or dietary supplements, for example. However, material engineers have not been able to fabricate complex three-dimensional (3D) shapes using chitin-based materials — until now.

The Wyss Institute team, led by Postdoctoral Fellow Javier Fernandez, Ph.D., and Founding Director Don Ingber, M.D., Ph.D., developed a new way to process the material so that it can be used to fabricate large, 3D objects with complex shapes using traditional casting or injection molding manufacturing techniques. What's more, their chitosan bioplastic breaks down when returned to the environment within about two weeks, and it releases rich nutrients that efficiently support plant growth.

The advance reflects the next iteration of a material called *Shrilk* that replicated the appearance and unique material properties of living insect cuticle, which the same team unveiled about two years ago in Advanced Materials. They called it Shrilk because it was composed of chitin from shrimp shells plus a protein from silk.

The team grew a California Blackeye pea plant in soil enriched with its chitosan bioplastic over a three-week period — demonstrating the material’s potential to encourage plant growth once it is returned to the environment.

After fully characterizing in detail how factors like temperature and concentration affect the mechanical properties of chitosan on a molecular level, Fernandez and Ingber honed in on a method that produced a pliable liquid crystal material that was just right for use in large-scale manufacturing methods, such as casting and injection molding.

“You can make virtually any 3D form with impressive precision from this type of chitosan,” said Fernandez, who molded a series of chess pieces to illustrate the point. The material can also be modified for use in water and also easily dyed by changing the acidity of the chitosan solution. And the dyes can be collected again and reused when the material is recycled.

This advance validates the potential of using bioinspired plastics for applications that require large-scale manufacturing, Fernandez explained. The next challenge is for the team to continue to refine their chitosan fabrication methods so that they can take them out of the laboratory, and move them into a commercial manufacturing facility with an industrial partner.

as eating pounds of fat back. and worse once set in our habits it is tough to change. In the same way happily when you set with good habits it is easy to maintain them. All my close friends who smoked died years ago long before their time all dead from lung cancer.

We doctors, as we are busy treating troubles, we hardly have time for warning, instructing and advising. So, we end up giving statins to reduce cholesterol and blood pressure medicines all with often severe side effects. In a way we help our Patients to keep up with their bad habits. It does not make sense.

So think to slowly change tack. Do not do it fast it will fail.

But start. The life you will protect and enjoy will be your own.

And finally a little note about “recreational” drugs; The Brain of ours for each one of us. IS US! all other parts of our body are tools in order for us to move around and do things. BUT MY BRAIN IS ME! and it is a very delicate organ! I will not mess with it, no way, no how!

Copyright ©2014 by Nicholas Pediaditakis, MD

The Strange-ness

Flying Saucer Launching from Hawaii

In early June 2014, a rocket-powered saucer will take to the skies over Hawaii in pursuit of the kind of air (and space) knowledge that could help the next generation of NASA spacecraft bring larger, heavier payloads to the surface of Mars — or return them to Earth.

Built at NASA’s Jet Propulsion Laboratory, the saucer-shaped Low Density Supersonic Decelerator (LDSD) will test a new braking system, and a new supersonic parachute.

The experimental flight test of LDSD is two launches in one. First, a balloon will carry the “flying saucer” to about 120,000 feet — over 22 miles up! Then, a rocket will carry the saucer even higher — and at a much faster Mach 4.

The LDSD will launch from the US Navy’s Pacific Missile Range Facility on Kauai, Hawaii. The first launch opportunity is on June 3, 2014. Alternative launch dates are June 5, 7, 9, 11 and 14.

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## Little Bits

### Word of the Issue

#### Mercurial

Changing quickly or often; very changeable.

#### Example:

“Both countries were changing positions, causing the political situation to be mercurial.”

### Chuckle of the Issue

At a golf course, four men approached the sixteenth tee. The straight fairway ran along a road and bike path fenced off on the left.

The first golfer teed off and hooked the ball left. The ball went over the fence and bounced off the bike path onto the road, where it hit the tire of a moving bus and was knocked back on to the fairway.

As they all stood in amazement, one man asked him, “How on earth did you do that?”

He shrugged his shoulders and said, “Well, you have to know the bus schedule.”

### Quote of the Issue

#### J. R. R. Tolkien

(English Author, b.1892 - d.1973)

“Not all those who wander are lost.”

### Translation of the Issue

#### English — “Ocean”

German — Ozean Spanish — Océano

Latin — Oceanus Italian — Oceano

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.

## A Little Bit of History

### 10193 S Nash Street, Middlesex NC

The building that houses Aggie’s Hot Subs in Middlesex is much older than it may appear from the restaurant seating area. Step into the back near the rest rooms, and you can see the 1920s era ornate ceiling which gives a hint of the building’s long history.

The building started as a part of holdings by the Middlesex Land Co, with several sales over the years until purchase by the most recent owner in the mid 1970s. The front of the building is set up as restaurant space, with the rear serving as more of a warehouse.



### Bigfoot’s Coupon Corner

919-269-0355  
919-818-8878 Cell

**Hawk Paving**

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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: A = O.

V A W Q B F W Q V S Q V B L E Q

V A X A N K L B L Z A A E

B Y L B F V D X A V F N K

B Y L B S Q V Q Q B A A

X L B Q B Y Q A N Q B Y L B

F V A J Q N

L X Q R L N Z Q E K E L Y L W

M Q X X

Answer to the previous issue’s cryptogram:

To every thing  
there is a season,  
and a time to every  
purpose under the  
heaven.

This prior cryptogram quote is from the Book of Ecclesiastes, which is part of the Hebrew and the Christian Bible. This part of Ecclesiastes was used in the chart-topping “Turn, Turn, Turn” released by the Byrds in 1965, written by Pete Seeger.

### Cryptogram Note:

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



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