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May 23–June 5, 2014

Got to Be NC Festival’s Food, Wine & Beer Expo

Details & photos provided by Sherry Mercer, Bunn NC

In the midst of the Got to Be NC Festival, visitors to the Exposition Building were treated to tastes of the Carolinas, thanks to the “Food, Wine & Beer Expo” vendors who brought their local products for visitors to try.

This Expo ran through the weekend — May 16-18, 2014 — at the NC State Fairgrounds in Raleigh. More vendors than ever were on-hand representing foods and beverages made across the state.

During the Expo, NC’s own food producers, breweries and wineries gave out samples and offered products for sale. Bunn NC’s own Back 40 BBQ Sauce spent three productive days meeting fair-goers and talking about their family-recipe sauce and local production facilities.



Meanwhile, outside the Exposition Building, visitors enjoyed rides, music, tractor pulls, and more!



This special “celebration” of agriculture brought customers together with local businesses. It also let everyone enjoy the fun side of farm equipment.

Call for Entries Open for Local Photography Competition

Contributed by Donna Campbell Smith,
Franklin County Arts Council

Photographers of all ages and skill level are invited to participate in the Franklin County Arts Council (FCAC) Photography Guild 2014 show. The FCAC Photography Guild is a group of area photographers, both hobbyist and professional, that enjoy meeting once a month to exchange ideas, knowledge, and inspiration related to the creative and technical world of photography. The guild is supported by the Franklin County Arts Council which is a nonprofit organization that is passionate about serving the diverse community in developing all areas of the arts. Together the Arts Council and the Guild encourage local artists and help gain recognition for their talents. The 2014 Photography Show is a great showcase for area photographers.

This is a non-juried show open to photographers of all levels, all ages, amateur or professional. Entries should be appropriate material for the general public viewing. Members of the Guild and the Arts Council will have final decision if a piece is suitable for display.

Submitted photographs should include at least one color and one black & white piece. Eligible work of still photography regardless of process, chemical or digital, accepted. Works submitted may be traditional photography projects or experimental works, but photographic techniques must be pivotal to the works submitted. Work should measure no more than 30 inches on its longest dimension, including the frame if applicable. Work should be framed, mounted, matted, or canvas wrapped with secure hanging devices, loops, brackets, or wire.

There is a \$25 entry fee, with a special discounted \$15 entry fee for FCAC members. The entry fee covers up to 3 photographs. Saturday August 2nd from 10:30am-5pm, entries may be dropped off at 22 Main Street, Franklinton, NC.

For additional information on judging, gallery details, or awards schedule, contact the Franklin County Arts Council at fcacarts@gmail.com or 919.497.6910.

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Medical Journal Article Describes Fluoride as Unsafe

By Kay Whatley, Editor

For years, fluoride has been added to drinking water across the US. Now a recent study published in *The Lancet* medical journal warns it may be especially hazardous to children.

US residents ingest fluoride “routinely” through water, packaged drinks made with fluoridated water, lunch meats, toothpaste, and even through pesticide exposure.

In *The Lancet Neurology* article released by Dr Philippe Grandjean and Dr. Philip J Landrigan, fluoride was one of six *developmental neurotoxicants* — chemicals that may damage young brains — for which the authors suggested exposure be prevented. They explain that fluoride is a chemical that may impact brain development of young children, possibly beginning while they are still in the womb.

An older (2012) scientific review by A. L. Choi, G. Sun, Y. Zhang, and Dr. Grandjean found that “children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas.”

Despite these and other studies, many cities still fluoridate drinking water. Currently Dallas, Texas, is considering halting the practice. Not only will the fluoride no longer be in the water their citizens drink, but the city will also save the \$1Million it spends each year adding the chemical to the water system.

For more information on research studies and fluoride-laced products, visit fluoridealert.org. This site includes a search for NC-specific updates.

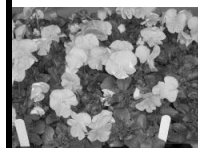


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Katie Watson
Manager

Things to Do in NC
When You’re Bored

* Bunn *

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

05/31 Cooperative Extension Centennial Event (May 31 @ 1-5pm)
Free fun family events. Enjoy music & history. Rain or shine. inside & outside events. Showcases Franklin County, its heritage, & the impact that the Cooperative Extension has had on the people & economy of Franklin County. At the Montclair Complex on Hwy 98 E, Bunn (beside Vollmer Farm).

* Knightdale *

05/29 JobLink Job Assistance Lab 06/05 (Thursdays @ 2-5pm)
Free sign-up. Visit this open lab for assistance with organizing job search, preparing resumes & cover letters, identifying job leads, completing applications, and preparing for interviews as requested and/or needed. At East Regional Library, 946 Steeple Square Ct., Knightdale.

* Nashville *

06/06 First Friday Coffee (June 6 @ 7:30am)
These have been very successful networking events. Build great relationships & enjoy the conversations. At the Nashville Exchange, 229 W Washington Street, Nashville

06/20 2014 Outdoor Movie Series (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 *

05/24 Crowd Funding (May 24 @ 12:30-1:30pm)
Free event. Learn more about Crowd Funding. In Bldg B, 2101, Nash Community College Small Business Center, Rocky Mount.

05/29 Downtown Live! (May 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. At Imperial Centre for the Arts & Sciences, 270 Gay Street, Rocky Mount. Contact Parks & Rec at 252.972.1151. See www.downtownrockymount.com.

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.

06/14 West Edgecombe Mini Pullers (June 14 @ 5pm)
Non-profit organization & proceeds go towards scholarships, local fire, police and rescue squads. Also helps families in the community. Family oriented, good, clean fun! Concession stand serving hot dogs, burgers, fries, nachos & soft drinks. At 12180 NC 43 North, Rocky Mount. Visit westedgecombeminipullers.com.

06/18 Youth Forum (June 18 @ 9:15am-1:30pm)
For Youth Ages 14-18. Topics include pregnancy prevention, gangs, & bullying. Free event by Edgecombe-Nash-Wilson-Community Collaborative. At Nash Community College: Business and Industry Center, 522 N. Old Carriage Rd, Rocky Mount. To register, phone 252.407.2168.

* Tarboro *

06/07 Beach Music Festival & Food Truck Rodeo (Jun 7 @ 12-6pm)
Begin the beach music season! Beach music aficionados gather on the Tarboro campus to hear and dance to popular beach music bands and eat a variety of great food. A shag contest make this an especially fun day. Rain or shine. \$15-20/person. At Edgecombe Community College, 2009 W Wilson Street, Tarboro

06/28 Family Fun Day (Free) (June 28 @ 11am-4pm)
At M. A. Ray Park, 1405 Martin Luther King, Tarboro.

* Wendell *

05/24 Wendell Farmers’ Market 05/31 (Saturdays @ 8am-12pm)
The Wendell Farmers’ Market is open Saturdays until Oct 25. Farmers & other vendors bring seasonal produce, baked goods, eggs, local crafts & more. At 3700 Wendell Blvd, Wendell.

* Wilson *

05/24 Fairgrounds Farmers Market 05/31 (Saturdays @ 7:30am-12pm)
Come & shop at the farmers market. Special dates include Senior Citizen Day (May 31st). At Wilson County Fairgrounds, 2331 US 301 South, Wilson.

05/25 Wilson Tobs Baseball Opener (May 25)
The Tobs open the season with a post-game fireworks show. Small ticket fee. At Fleming Stadium, 300 Stadium St. SW, Wilson.

05/28 Downtown Farmers Market 06/04 (Wednesdays @ 8am-1pm)
The Downtown Wilson Farmers Market is held Wednesdays. Market includes vendors selling locally grown fruits & vegetables, plants, foods & more. At 207 W Green Street grass lot, Wilson.

05/28 Downtown Alive Free Concert 06/11 (Alt Wednesdays @ 5:30pm)
Beach music bands every other Wed. Bring chairs, blankets, sunscreen, & dance moves. No coolers or pets. At the grassy lot, 201 Tarboro Street, Wilson.

* Zebulon *

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

***06/13 Family Movie Night 07/11 (Second Fridays @ 7pm) 08/08**
Parks & Rec presents free movie & popcorn. All ages. Parent/guardian must attend. At Zebulon Community Center, 301 S Arendell Ave., Zebulon. Call 919.823.0432 for movie title. *(*June 13th movie is 8:30pm on the lawn at the Municipal Complex.)*

* Elsewhere *

05/24 Stepping Into The Past 05/31 (Saturdays @ 10am-3pm) 06/07
History-oriented activities free with museum admission (\$6-\$8; under 2 yrs free). May 24th is Spinning, Casting Knotting; May 31st is Decoys; & June 7th is In Our Minds Eye. At Tobacco Farm Life Museum, 709 N Church St., Kenly.

06/01 Sunday in the Park 2014 06/08 (June 1 & 8 @ 7pm)
A Greenville tradition since 1973! Free family fun & entertainment. At the Town Common, Greenville Toyota Amphitheater, 100 E 1st St, Greenville. Info or sponsorship, skriewall@greenvillenc.gov.

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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.

06/14 SouthEast Crab Feast (June 14 @ 4-7pm)
Outdoor cooking of fresh seafood. All-You-Can-Eat extravaganza. Fresh blue crabs, Low Country Boil, music & family fun for \$12.50-\$29 per person. At Pullen Park, 520 Ashe Ave, Raleigh. www.southeastcrabfeast.com.

06/20 301 Endless Yard Sale -21 (June 20-21 @ 7am-6pm)
Sale spans 4 counties. Vendors in many business lots, plus yards all along the route. Start & end anywhere along the miles! More info & locations at www.301endlessyardsale.com.

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

Your daughter is on her Senior Trip to the beach. She gets there, and on the first evening that she is there you get a call from her.

She has gotten into an argument with one of her roommates on the Senior Trip. Your daughter tells you that she just can’t stay there, it isn’t working out, and she wants you to pick her up.

Since the trip was costly and a special event, you are against the idea. She insists that she wants to come home.

You get in the car, and head to the beach... two hours away. You get halfway there — about an hour from your house — and she calls again. All is well, she is happy, the girls have worked it out, and now she wants to stay.

Do you think that you would continue driving to pick her up out of anger?

Or would you turn around and head home like it never happened?

Or, are you more likely to tell her to tough it out and never leave home to begin with?

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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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Construction to Begin on 2016 NASA Mars Lander

Released by Guy Webster, Jet Propulsion Laboratory, Pasadena CA, Dwayne Brown, NASA Headquarters, Washington, & Gary Napier, Lockheed Martin Space Systems, Denver

NASA and its international partners now have the go-ahead to begin construction on a new Mars lander, after it completed a successful Mission Critical Design Review on Friday.

NASA’s Interior Exploration Using Seismic Investigations, Geodesy and Heat Transport (InSight) mission will pierce beneath the Martian surface to study its interior. The mission will investigate how Earth-like planets formed and developed their layered inner structure of core, mantle and crust, and will collect information about those interior zones using instruments never before used on Mars.

InSight will launch from Vandenberg Air Force Base, on the central California coast near Lompoc, in March 2016. This will be the first interplanetary mission ever to launch from California. The mission will help inform the agency’s goal of sending a human mission to Mars in the 2030s.

InSight team leaders presented mission design results last week to a NASA review board, which then gave approval for advancing to the next stage of preparation.

“Our partners across the globe have made significant progress in getting to this point and are fully prepared to deliver their hardware to system integration starting this November, which is the next major milestone for the project,” said Tom Hoffman, InSight project manager of NASA’s Jet Propulsion Laboratory, Pasadena, California. “We now move from doing the design and analysis to building and testing the hardware and software that will get us to Mars and collect the science that we need to achieve mission success.”

To investigate the planet’s interior, the stationary lander will carry a robotic arm that will deploy surface and burrowing instruments contributed by France and Germany. The national space agencies of France and Germany are partnering with NASA by providing InSight’s two main science instruments.

The Seismic Experiment for Interior Structure (SEIS) will be built by CNES in partnership with DLR and the space agencies of Switzerland and the United Kingdom. It will measure waves of ground motion carried through the interior of the planet, from “marsquakes” and meteor impacts. The Heat Flow and Physical Properties Package, from DLR, will measure heat coming toward the surface from the planet’s interior.

“Mars actually offers an advantage over Earth itself for understanding how habitable planetary surfaces can form,” said Bruce Banerdt, InSight principal investigator from JPL.

“Both planets underwent the same early processes. But Mars, being smaller, cooled faster and became less active while Earth kept churning. So Mars better preserves the evidence about the early stages of rocky planets’ development.”

The three-legged lander will go to a site near the Martian equator and provide information for a planned mission length of 720 days -- about two years. InSight adapts a design from the successful NASA Phoenix Mars Lander, which examined ice and soil on far-northern Mars in 2008.

“We will incorporate many features from our Phoenix spacecraft into InSight, but the differences between the missions require some differences in the InSight spacecraft,” said InSight Program Manager Stu Spath of Lockheed Martin Space Systems Company, Denver. “For example, the InSight mission duration is 630 days longer than Phoenix, which means the lander will have to endure a wider range of environmental conditions on the surface.”

Guided by images of the surroundings taken by the lander, InSight’s robotic arm will place the seismometer on the surface and then place a protective covering over it to minimize effects of wind and temperature on the sensitive instrument. The arm will also put the heat-flow probe in position to hammer itself into the ground to a depth of 3 to 5 yards, or meters.

Another experiment will use the radio link between InSight and NASA’s Deep Space Network antennas on Earth to precisely measure a wobble in Mars’ rotation that could reveal whether Mars has a molten or solid core. Wind and temperature sensors from Spain’s Centro de Astrobiologia and a pressure sensor will monitor weather at the landing site, and a magnetometer will measure magnetic disturbances caused by the Martian ionosphere.

InSight’s international science team is made up of researchers from Austria, Belgium, Canada, France, Germany, Japan, Poland, Spain, Switzerland, the United Kingdom and the United States. JPL manages InSight for NASA’s Science Mission Directorate, Washington. InSight is part of NASA’s Discovery Program of competitively selected missions. NASA’s Marshall Space Flight Center in Huntsville, Alabama, manages the Discovery Program. Lockheed Martin will build the lander and other parts of the spacecraft at its Littleton, Colorado, facility near Denver.

For more about InSight, visit: insight.jpl.nasa.gov. For more information about Mars missions, visit www.nasa.gov/mars. For more about the Discovery Program, visit discovery.nasa.gov.

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TODAY!
THE PUBLIC IS INVITED TO ATTEND!

Run For Your Life? No Need To, Just Walk For It

Contributed by Nicole Pediaditakis

(Reflections of a Previously Flabby–Now Restored, Working Wife on the Joys of Walking)

Last year, as my habits had become stale, my body grossly unattended, my exercise routines slack or nonexistent, my eating haphazard or even sloppy, I was visited by my own “season of discontent.”

In the beginning, it started slowly, almost unnoticed, then suddenly accelerated until it eventually cascaded upon me. Being in my early forties, I was now feeling cobwebby in both spirit and body. My limbs felt like appendages, rusty and heavy; my body rotund, unable and disobedient; and my bones creaky. And, as an author once wrote, “This body of mine is now so difficult to wear!” I repeated this to myself.

I was now irrationally convinced the best years of my life were behind me and my time has come and gone. I even took to gloomy, fearful, hypochondriacal thoughts of being afflicted with mysterious and exotic maladies, like Lyme Disease or Chronic Fatigue Syndrome or — God forbid — an early menopause! My doctors’ visits and expenses were up, while my concerns were deepening.

As the zest of life departed, I felt as if “tomorrows were no longer like tomorrows, but dreary, predictable yesterdays.” Even interacting with my luminous, energetic seven-year-old daughter, Vicky, became a burden to manage. In short, I felt over the hump — a middle-aged, joyless woman going to seed.

And then one summer morning, reluctantly, with hesitation and a secret resentment for my intention (after all, habits are tenacious, especially the bad, noxious ones), I took a short walk. The next morning, another walk for a longer time; after then, another for even a longer time. It turned into a discovery, a renewal. I took this new habit well and seriously. In the beginning, slowly, aching, then faster my body responded.

Things were happening. The limbs once again became my own obedient, humming in action — once more serving me well. My blood pressure was now where it ought to have been.

They say the brain responds quickly with its wisdom. Endorphins (i.e., small proteins acting as neurotransmitters produced by the brain when challenged, exercise being one of the challenges) once more flowed in strategic places, triggering zest, a sense of inner tranquility, and joy at large.

I now discovered again the happiness of camaraderie and communion with other fellow walkers. The common hobby forging a bond, a trust and affection. A flock of new friends formed, from different backgrounds and levels of life, exchanging ideas, recipes, advise, giving support, telling jokes or even secrets.

When occasionally alone in the morning, I now treasured longer and longer walks, discovering joys long forgotten: seeing, really seeing. the flowers, the mountain tops in the distance — rose colored by the rising sun; to feel the fresh scents of the seasons, to hear the sounds of running, mountain water over the rocks in the brook by the road, or the crackling of the ice in the winter, the sudden cry of the crow, the startling response of the quarry. Once again, I felt happy in being alive.

I also began looking at the passengers in their zooming cars. Fellow humans like myself, preoccupied, faces furrowed in deep thought, themselves possible captives of the routines, running over in their minds the logistics, obligations and “must-dos” of the new day. I started to contemplate and ponder. “My God!” I said, “Humans are not colonies of ants made to be confined prisoners of the endless routines and habits, programmed and imprinted or inactive, passive spectators of the dreary TV.

Instead, we are made as creatures of moving, interaction, figuring things out, of using our limbs and our brains well, with fortitude, restraint and a sense of proportion. We are designed to eat slowly small portions of well-prepared meals, of inviting measured novelty at work and play, assigning time to contemplate things spiritually and attending our body with affection and care. The ancient Greeks called it “lifemanship” and “Techni-zoes.” Otherwise, the spirit wilts, the zest departs, the dreariness in the form of boredom visits us, and the body puffs up like a foreign, flabby burden — dysfunctional and creaky.

Well, I now walk four miles a day, my morale up. My sense of well-being restored. A healthy, vibrant, enthusiastic woman functioning well. So, just don’t run frantically here and there and everywhere or lay back for hours glaring at the dreary tube. Just walk two to three miles in the mornings and, who knows, I may be the companion beside you, sharing the morning gladness and the early sun.

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Little Bits

Chuckle of the Issue

A pastor had a kitten that climbed up a tree in his backyard and was afraid to come down. The pastor coaxed, offered warm milk, but nothing would encourage the kitten out of the tree.

The tree was young and thin, so the pastor decided to tie a rope to his car and drive forward until the tree bent, so he could reach the kitten. As he moved the car slowly forward, the rope broke. The tree flung skyward and the kitten catapulted out of sight.

The pastor was horrified! He walked around the neighborhood but did not find the kitty. So, he prayed, “Lord, I just commit this kitten to your keeping,” and went on about his business.

A day later, the Pastor was at the grocery store, and saw one of his church members. Her shopping cart was full of cat food and kitty supplies. “Did you get a new cat,” he asked?

The parishioner replied, “You won’t believe this,” and told him how her little girl had been begging for a cat, but she refused. Then, yesterday, her daughter had begged again. Frustrated, she told her little girl, “Well, if God gives you a cat, I’ll let you keep it.”

She told the pastor, “I watched my child go out in the yard, get on her knees, and ask God for a cat. Pastor, you won’t believe this, but I saw it with my own eyes. A kitten suddenly came flying out of the sky, with its paws spread out, and landed in my daughter’s lap!”

Quote of the Issue

Eleanor Roosevelt
(US First Lady, b.1884 - d.1962)
“With the new day comes new strength and new thoughts.”

Word of the Issue

Perspicacity
Definition: Acute understanding or insight. A human ability to mentally grasp an idea clearly.

Example: “He was known for his *perspicacity* in and out of the courtroom.”

Translation of the Issue

English — “chicken”
German — huhn Spanish — pollo
Latin — pullum Italian — pollo
Irish — sicín Dutch — kip

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 in the Making

White House Goes Solar

Solar panels have been installed on the White House in Washington DC. These panels will generate power, and were installed as a part of the administration’s clean energy initiatives.

NC Bill Proposes Medical Marijuana

NC General Assembly’s House Bill 577 is known as the “North Carolina Medical Cannabis Act.” A full text version of the Bill is available on their website — www.ncga.state.nc.us — including descriptions of the known medical uses of marijuana, Federal law implications, and possibilities for its production by NC growers.

May Brings New Meteor Shower

On the nights of May 23 and 24, 2014, Earth is going to pass through the dust trails left by the comet 209P/LINEAR. Watch the skies and you might just see a brand new meteor shower!

NASA is encouraging folks to “Step outside and take a look at the skies on the evening of May 23 into the early morning of May 24.” This new meteor shower, the May Camelopardalids, is expected to be visible.

Cryptogram of the Issue

Replace the letters in this Cryptogram with other letters to deduce the quote within the puzzle. Hint: K = N.

— — — — — — — — — — — —
K D H D D C P D L Z Y Z Q

— — — — — — — — — — — — — —
M D D W D K H X K C K D R X C

— — — — — — — — — — —
P D L Z Y Z Q Q O D V M

— — — — —
Y K D S H O

-- — — — — — — — —
V D H Y V Y R Y V M

Answer to the previous issue’s cryptogram:
*Sometimes we stare
so long at a door
that is closing
that we see too
late the one that
is open.*
--Alexander Graham Bell

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

The Strange-ness

Glowing Orbs Reported in Multiple NC Counties

Residents from Mecklenburg, Brunswick, Buncombe, and Wake counties reported UFO sightings just in the past few weeks. Over the span of 10 days beginning May 3rd, multiple sightings of glowing orbs were reported.

Orange-red, blue-green, and white lights or floating orbs appeared in the NC skies — some in daylight, but most during the evening.

No explanation has yet been provided for these bright, moving objects. For now, they are “unidentified flying objects.”

UFOs spotted, with or without photos, may be reported online to www.mufon.com by clicking the “Report a UFO” button.

Decades of records are available for searching, for those interested in finding out more about sightings in their own NC county.

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