

The Grey Area™

Local and National Unusual News

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Volume 4, Number 12AB
June 6–19, 2014

Counties Across The Region Commemorate World Elder Abuse Awareness Month Local Effort to Raise Awareness about Elder Abuse and Neglect in Our Community

Counties across the region are commemorating World Elder Abuse Awareness Month in June and World Elder Abuse Awareness Day on June 15, 2014. Edgecombe, Nash, Halifax, Northampton, and Wilson Counties adopted and signed proclamations at their monthly Board of Commissioners meetings on June 2, 2014. Counties were presented with purple wreaths in honor of Elder Abuse Awareness. This initiative was spearheaded by Tyronda Whitaker, Regional Long Term Care Ombudsman. Whitaker states that it important to increase awareness about the abuse, neglect and exploitation of the elderly population. We have to be advocates and provide resources to educate, decrease incidences, improve safety for victims and to hold offenders accountable. This year's theme is One person. One action. One Nation. United against elder abuse.

Did you know that every day 10,000 people turn 65 in the US alone? That trend is going to continue for nearly the next 20 years. Our demographics are shifting, and we will soon have more elder people in the US than ever before. At the same time that the population is growing, we know that a startling number of elders face abusive conditions. Every year an estimated 5 million or 1 in 10, older Americans are victims of elder abuse, neglect, or exploitation. And that's

only part of the picture: Experts believe that for every case of elder abuse or neglect reported; as many as 23.5 cases go unreported.

WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about abuse, neglect, and exploitation of elders. The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN) launched the first World Elder Abuse Awareness Day (WEAAD) on June 15, 2006 in an effort to unite communities around the world in raising awareness about elder abuse. WEAAD is in support of the UN's International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue.

The Upper Coastal Plain Council of Governments Area Agency on Aging, Long Term Care Ombudsman Program, and Gerontology Department at Barton College has partnered to host an Elder Abuse Awareness Workshop on June 12, 2014. This event is open to the public and there is no cost.

If you would like more information about this topic, please contact Tyronda Whitaker at 252.234.5963 or email at twhitaker@ucpcog.org.

Knightdale Seeking Vendors for Independence Day Event

Knightdale is creating a new tradition with a July 4th Celebration at the Knightdale Station. The town is seeking vendors to provide food and sell goods during this July 4th event.

The celebration begin at 5pm and conclude with fireworks at 9:15pm. Attendees will be treated to music by The Embers along with a variety of other activities. The town plans to draw attendees by providing shuttle service from the Knightdale Community Park.

Vendors may join either the Playground Circle or food sales area for a small fee. Contact Megan Thornton at 919.217.2236 with questions or to sign up as a vendor for this new Independence Day celebration.

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 neighbors are growing a large garden. You often see them watering, weeding, and tending to their plants.

You and your family take an overnight trip to the beach. When you return home the next day, your neighbors knock on your door. They tell you that they awakened to find their garden ruined. Their plants have been torn from the ground and stomped. Your neighbors want to know if you saw or heard anything during the night. You explain that you were away.

A few days later, you run into an acquaintance at the store. She is curt, tells you that she heard from the other neighbors how your children destroyed their garden, and walks away. You're shocked. Your family was at the beach and innocent; however, the neighbors appear to be spreading lies about your kids. Do you think that you would confront the gardeners next door?



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* Knightdale *

Hawaiian Hoedown (June 14 @ 4-8pm)

Join us for this Fun-Filled Event and Help us Make a difference! Fun for everyone! Includes food, games, live music, & more. Vendors too. American Wildlife Refuge & Raptor showcasing birds such as Owls & other Raptors. Games & prizes, plus a huge water slide. At Knightdale Recreation Center, 102 Lawson Ridge Road, Knightdale.

Business Expo 2014 (Jun 17 @ 3-7pm)

Open to the public. Free admission. Something for everyone! Product demos, area resources & info, food samples, local mascot visits, “celebrity” appearances, contests & more! At Knightdale High School, 100 Bryan Chalk Lane, Knightdale.

* Nashville *

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

African American Music Trail Book Event (June 13 @ 7-9pm)

Free event featuring Bill Myers, Sherry Winston, & William McLaughlin. At NashArts, 100 E Washington St., Nashville.

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 *

Lawn Chair Theatre

(June 6 & 20 @ 7-10pm)

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

Thelonious Monk Jazz Concert

(June 6 @ 7-11pm)

Come out & celebrate the musical legacy of the international jazz great, Thelonious “Sphere” Monk, with a Jazz concert. Monk, as a Rocky Mount native is celebrated as a legendary Jazz pianist and composer. Enjoy dinner at the Douglas Block with community vendors & businesses before the concert. At Booker T. Theater, 170 W Thomas St., Rocky Mount. For info, contact 252.972.1151.

Juneteenth Community Empowerment Harambee Festival (Jun 7 @ 10am-8pm)

Come to the Juneteenth Community Empowerment Harambee Festival to engage in great music, enjoy vendors, a bike rodeo & a day of entertainment and activities. This year’s headliner is National Recording artist Marques Houston. At the Douglas Block, Downtown Rocky Mount.

Downtown Live!

(June 12 & 26 @ 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. See www.downtownrockymount.com.

West Edgecombe Mini Pullers

(June 14 @ 5pm)

Non-profit 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. See westedgecombeminipullers.com.

Youth Forum

(June 18 @ 9:15am-1:30pm)

For ages 14-18. Topics include pregnancy prevention, gangs, & bullying. Free event. At Nash Community College, Business & Industry Center, 522 N. Old Carriage Rd, Rocky Mount. To register: 252.407.2168.

* Tarboro *

Beach Music Festival & Food Truck

Rodeo (June 7 @ 12-6pm)

Gather on the Tarboro campus to hear and dance to popular beach music bands & eat a variety of great food. A shag contest makes this an especially fun day. Rain or shine. \$15-20/person. At Edgecombe Community College, 2009 W Wilson Street, Tarboro

Family Fun Day (Jun 28 @ 11am-4pm)

Free community event. At M. A. Ray Park, 1405 Martin Luther King, Tarboro.

* Wendell *

Senior Walking Free Program

(Mon-Fri @ 7-11am)

Free exercise program. Participants enjoy meeting with friends & exercising together. At Wendell Community Center in Wendell Park at 601 W Third Street, Wendell.

* Wilson *

Downtown Alive Free Concert

(June 11 @ 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.

Elder Abuse Awareness Workshop

(June 12 @ 8am reg)

Free. Lunch Provided. At Kennedy-Campbell Theatre at Barton College, Woodard Street NE, Wilson. Contact Ty Whitaker, Upper Coastal Plain Council of Governments Area Agency on Aging, at 252.234.5963.

Emergency Field Day

(June 28 @ 10am-4pm)

The Wilson County Auxiliary Emergency Communications Team field day includes demonstrations of emergency communications capabilities. experienced operators test their emergency skills by setting up voice & digital radio stations at remote locations. At the Emergency Operations Center, 1817 Glendale Drive, Wilson.

* Zebulon *

Pickleball

(June 6, 13 & 20 @ 11am-1pm)

Free to all. Pickleball is easy for beginners and a blast to play. Learn to love this competitive, fast paced, & fun game! At the Zebulon Community Center, 301 S. Arendell Avenue, Zebulon.

Family Movie Night

(June 13, July 11 & Aug 8 @ 7pm)

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

* Elsewhere *

Yard Sale (June 7 @ 7am-2pm)

Stop by for the yard sale, bake sale & breakfast. At Mount Pleasant Methodist Church, 6048 Mount Pleasant Road, Bailey.

Stepping Into The Past (June 7 & 14 @ 10am-3pm)

History-oriented activities free with museum admission (\$6-\$8; under 2 yrs free). At Tobacco Farm Life Museum, 709 N Church St., Kenly.

Bluegrass in the Village (June 7 & July 5 @ 12-3pm)

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

Sunday in the Park 2014 (June 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.

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.

301 Endless Yard Sale (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 at www.301endlessyardsale.com.

FCAC Writers Guild (June 26 @ 4pm)

Fall writing retreat & taking submissions for 2015 County Lines: A Literary Journal until September 15. New members are welcome.

Fall Writing Retreat (June 26 @ 4pm)

FCAC Writers Guild is planning a fall writing retreat New members are welcome. Also taking submissions for the 2015 County Lines: A Literary Journal until September 15th. At the FCAC Headquarters at 22 S Main St. Franklinton.

Spring Hope Family Movie Night (June 7)

Bring a lawn chairs, family & friends for this local night out. Watch Frozen. Boy Scouts selling refreshments. In Downtown Spring Hope.

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NC Division of Veterans Affairs
Launches “Vet Tip Hotline” for
USVA Allegations

The NC Division of Veterans Affairs (NCVA) launched a “Vet Tip Hotline” June 2nd to help veterans and improve services at US Department of Veterans Affairs (USVA) medical facilities located in North Carolina. The hotline will provide a resource for veterans and federal employees to confidentially report alleged misconduct within USVA facilities. The Vet Tip Hotline, via (844)-NC4-Vets or VetTips@DOA.NC.GOV, will connect the tipster directly to NCVA executive staff. Tips will be referred to appropriate authorities within the USVA for investigation.

“Hundreds of thousands of veterans have received care from dedicated USVA employees at medical facilities in North Carolina,” said NCVA Director Ilario Pantano. “Our goal, first and foremost, is to care for our North Carolina veterans, and as their advocate, I want to help the USVA get back on track.”

The hotline was set-up after the NCVA received specific allegations of misconduct at USVA medical facilities in North Carolina. After conducting interviews, the allegations were found credible and referred to the appropriate USVA authority.

“Our goal with the Vet Tip Hotline is to be constructive, systematic and transparent,” said Pantano. “We are not looking for scapegoats but rather solutions to get our veterans the care they deserve.”

The Vet Tip Hotline follows a restructuring already underway that will locate NCVA offices within all 17 USVA medical facilities in North Carolina by 2016. This restructuring will assist with advocacy, provide benefit services to veterans, and will assist with the reporting of allegations received through the Vet Tip Hotline.

For more information, please contact NCVA Director Ilario Pantano at (919)-628-6894. To report misconduct at USVA medical facilities located in North Carolina, please call (844)-NC4-Vets or email: VetTips@DOA.NC.GOV.



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Roadwork & Safety

Roadwork is in full swing throughout Eastern NC. As repaving takes place, all drivers should be cautious of construction personnel and road conditions.

New, young drivers may need a little extra guidance on moving through construction areas; especially, areas where one lane is paved and the other lane not-yet-paved — causing an uneven surface down the center of the road.



As can be seen in the photo above, the left-side of the road is inches higher along the center line. Because of the difference in height before paving is completed, use caution approaching the edge to avoid the wheel *pulling* — possibly causing the car to swerve.

News from The Grey Area

Summertime is here! Hopefully you and yours will find good things to do over the summer break. We’ll do our best to list a good variety of summer events for fun, learning, or community building. If you know of an event, unusual story, or item of community interest, please call 919.623.9392 or email kayw@greyareanews.com. Authors submitting articles may choose to include their contact byline or publish anonymously.

Issues of *The Grey Area* newspaper are distributed every-other Friday. Advertisers may choose the number of issues and distribution areas that work for their business; *no contract required*. To advertise, call Frank Whatley at 919.637.6973 and Frank will be happy to discuss your goals and budget.



Dr. Nicholas’ Corner: Lifestyle and You Part II

Contributed by Nicholas Pediaditakis, MD, DLFAPA

Not by Bread Alone

In a previous article, I pointed out just what usually happens if we let the rules that govern our health go, and then say *the heck with it*. Overeating greasy food and sitting there for hours staring at the “tube” or space! We end up overweight, develop diabetes, high blood pressure, and feel grouchy, cobwebby and irritable on the side. Worse, we get locked in it, and it is difficult to change. So, we end up taking the now-needed — but dreary with their side effects — medicines! This is what is happening right now not only all over our country but the world over. Millions of us, even billions, are moving around wrapped up, as it were, in stockings — filled with sand often weighting 50 or 100 Lbs! No matter where we go, the stockings with sand are right there on our back!

Now, along with the strategies I have outlined in Part I to safeguard yourself, there is another related matter to discuss that may, in itself, help us to maintain our health and the sense of well-being. This matter is crucial for making our lives interesting and enjoyable under all circumstances good or bad. “Life is not a disease!” my grandfather used to say, bless his soul. “It is an opportunity for a wonderful journey, grab it and run with it,” he would add -- and grab I did, listening to his advice — now a long way from my goats back there in the Greek mountains. We humans are complicated creatures with diverse needs. We need to nurse and attend to these needs. They are the tools for joy and wonder and enrichment of our lives. We all are social and spiritual — some more, some less.

All of us need social wheeling and dealing, with friends and loved ones, but we also need time to contemplate alone. After that we again need to get involved — busy-bodies and curious by nature as we are! We need to read so we can continuously learn from our learned ones. We need music. We need to give and take love. We need to contribute in someone’s welfare and

make a difference in their lives! And then, have a hobby or hobbies where we can focus, excel, and be involved. We should attend to these needs and balance our lives. We all can find the correct mix/recipe with some diligence, and trial and error at the end it is called *The Art of Life*. But we need to do it and let's not forget our spiritual needs; we need to set aside to ourselves a time to contemplate, to think about-the-wonder-of-it-all, as well as inventory our lives in terms of not losing a sense of proportion. So do not become upset about issues that are really not very important. We need to read, see the opinion of others while continuously having feedback about world events- social, gossipy creatures as we are.

Periodically, we need companionship at various levels with friends, besides the ones at work, who may be part of our lives and family members especially a spouse, children or grandchildren. And by all means, find a way to get involved in the community including volunteer work, politics and the church.

By following these simple points, our lives will not wind up as a grim routine of “tomorrow’s looking like everlasting dreary yesterdays,” and perceiving our life like a burden instead of a wonderful, and pleasant adventure which ought to be, And remember; Our culture is wonderful in letting us, to choose the kind of life we want to live — even though that is becoming a little more difficult lately under the current circumstances — but our society unfortunately does not provide guidelines for all these. Our society is organized for individual initiative “for wealth making” as they say, It provides goods, services and entertainment. The “Art Of Living” is up to us. We must provide our own structure and care. We all have to learn to be the managers of what is appropriate and enjoyable and healthy for us. Nobody else will.

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Little Bits

Chuckle of the Issue

Jack was walking out to get the mail, when he saw his neighbor Bill putting a white powdery substance on his lawn.

Curious, Jack asked, “What is that you’re putting on your lawn, Bill?”

Bill said, “It’s to keep the UFOs and aliens away.”

Puzzled, Jack said, “We don’t get UFOs and aliens here.”

Bill smiled. “Fantastic stuff, isn’t it?”

Quote of the Issue

David Suzuki (Scientist, b.1936)

“Hydraulic fracturing requires massive amounts of water. Disposing of the toxic wastewater, as well as accidental spills, can contaminate drinking water and harm human health.”

Word of the Issue: Serendipity

Definition: A pleasant surprise; a happy occurrence or change of events.

Example: “Running into his old high school sweetheart was a fortunate stroke of serendipity.”



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Translation of the Issue

English — “Peace be with you.”

German — Friede sei mit dir

Spanish — la paz sea con vosotros

Latin — pacis erit vobiscum

Italian — La pace sia con voi

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

Tobacco Farm Life Museum

Often events at this museum are included in the “Things to Do in NC When You’re Bored” listing. While the Saturday history-oriented events are worth mentioning, the actual museum deserves a mention.

The Tobacco Farm Life Museum exhibits combine play, displays, and walk-through of the restored farmstead.

Tobacco played a key role in Eastern Carolina communities. The museum preserved part of this state history, now passing the history along to visitors and student groups. Visitors may view a tobacco farming video before touring the museum gallery.

To find out more about farm life way back when, start with the museum website to find out what to see when you visit: tobaccofarmlifemuseum.org.

Cryptogram of the Issue

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

Hint: I = A.

— — — — — — — — — —
P N U J D I F Y D U Z

— — — — — — — — — —
A I F Y H L D A I F E L

— — — — — — — — — —
H Q R N P L Y Z G U X I

— — — — — — — — — —
D Q F R H L A I F Y H L I F Y

— — — — — — — — — —
P N L H Q Z L U Z P N L

— — — — — — — — — —
A I F Y H L V Q H H F U P E L

— — — — — — — — — —
D N U G P L F L Y

— — — — — — — — — —
N I B B Q F L D D F L C L G

— — — — — — — — — —
Y L A G L I D L D E W E L Q F R

— — — — — — — — — —
D N I G L Y E J Y Y N I

Answer to the previous issue’s cryptogram:
No good movie is too long and no bad movie is short enough.
-- Roger Ebert

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



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Navajo Nation Mourns Passing of Last Code Talker

Flags across the Navajo Nation flew at half-staff in honor of the last surviving member of the Original 29 Navajo Code Talkers. Chester Nez, 93, passed in his sleep on June 4, 2014 in Albuquerque, NM.

“The Navajo Nation has lost our last living treasure, Chester Nez, an original member of the Navajo Code Talkers,” said Navajo Nation President Ben Shelly. “We send his family and friends our deepest sympathy and condolences.”

President Shelly issued a proclamation to have flags across the Nation to be at half-staff from sunrise on June 5 through sunset on June 8.

Nez saw combat as a Navajo Code Talker at the Battle of Guadalcanal, Battle of Guam, Battle of Peleiu, and Battle of Bogainville during World War II. He was honorably discharged from the Marine Corps in 1945. Nez also served in the Marine Corps Reserves and again saw combat during the Korean Conflict, according to his son Michael.

In 2011, Nez wrote about his experience with co-author Judith Avila in the book, “Code Talker: The First and Only Memoir By One of the Original Navajo Code Talkers of WWII.”

“During a time in our Navajo history when our kids were shipped out to boarding school and forbidden to speak their native tongue, these brave men stepped forward to protect our country with their ability to speak Navajo,” President Shelly said.

Nez was a member of the U.S. Marine Corps 382nd Platoon. The Original 29 were the first Navajo Code Talkers to serve and they developed the code that would bewilder the Japanese in World War II. Nez was a member of Chichiltah and Manuelito Chapters. The respective chapters are saddened with the loss of a larger than life hero of the Navajo Nation. President Shelly said the passing of Nez closes another chapter in the annals of Navajo history.

“Chester Nez and the rest of the Original 29 now belong to the ages. We salute their valiant service and memory,” President Shelly said.

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