

# The Grey Area

Eastern NC Edition – 919.623.9392

Distributed in Edgecombe, Franklin, Johnston,  
Nash, Wake, Wilson & beyond

**Local and National Unusual News**

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

## When Tech Support Calls You

*By Kay Whatley, Editor*

While working at our parents' house recently, we were surprised to receive telephone calls from technical support, advising us of computer issues.

Now, I've worked in the computer industry and done some technical support. People call in for help. Help doesn't call people to say there is a problem.

Both calls we received claimed to "know we were using a computer" and that the computer "was being attacked" and we needed to help the "technical support person" calling us get into our computer. They asked us to help them connect to the computer they could "see" was having trouble.

Baloney, on all levels. This is a con, a ruse, to convince folks with computers to go to sites and access files that will allow access from, well, other folks with bad intentions.

The best defense is, if you receive a call about your computer, do not speak with the caller nor perform any of the "computer checks" they ask you to do.

## Pet Ear Scratching May Be Allergies

*By Kay Whatley, Editor*

Our female cat scratching its ears is not unusual. Animals scratch sometimes. When her ears started looking red, we wondered if something was going on. Then she started hiding behind the couch, which was not usual. Knowing that cats will hide if they are in pain, we decided it was time to take her to the vet.

The diagnosis was an ear infection — bacterial and yeast — likely caused by a food allergy. The vet treated her ears with medicine, we started buying cat food with fewer chemicals and grains, and all was well.

Then, we saw the grandkids' dog scratching his red-looking ears. The vet took a look, ran a test, and diagnosed the same problem that the cat had; again, some type of allergy. Before we left the vet's office, another pet owner came in and received the same diagnosis: ear infections due to allergies.

Now, I'm no spring chicken and I'd never heard of such a thing until it happened to our cat. I'm also not a vet, so these incidents leave me wondering:

is this due to all the junk in pet food these days or have pet ear infections always been so common?

Either way, the best bet for your pet is, if you see excessive ear scratching, to check with your vet. If allergies are the culprit, the vet may suggest a change in food.

## Progress on Park for 2 Nash Towns

Work on the Bailey-Middlesex Community Park continues, with park structures visible from the entrance including children's play equipment. Eventually this park will be full of fields, equipment, concessions, and families as the second phase of work continues.

More than \$1.5M is pledged to complete this park, which will serve Nash County families from its place between Middlesex and Bailey. Much of the funding came from two NC Division of Parks and Recreation Parks And Recreation Trust Fund (PARTF) grants.

## Nashville NC's New Online Marketing

*Released by Michael W. Coleman,  
Nashville Chamber of Commerce*

The Nashville Chamber has teamed up with the Town of Nashville to sponsor an ad campaign called #ILoveNashvilleNC. For the next two months, you should begin seeing posters around town, through email, and on social media representing our love for the Town of Nashville NC. The theme for this campaign hinges on Nashville's slogan, "A Great Place to Live, Work, and Play". Each promotional flyer will highlight a different part of the slogan.

The goal is to raise awareness and perception of our area and capitalize on what makes Nashville NC so special. You can participate on social media (Facebook, Twitter, Instagram, etc.) by sharing your stories, photos, or memories by including #ILoveNashvilleNC on your post. Attached is the first in the series of promotions that you should begin seeing. Let's show our support for our great town!

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## Things to do in NC when you're bored

### 07/18 Lawn Chair Theatre (Alt Fridays @ 7-10pm)

Free family movie nights. Kids' free activities until movie begins at dusk. Concessions available. Bring blanket or lawn chair. At Imperial Centre, 270 Gay Street, **Rocky Mount**.

### 07/18 Outdoor Movie Series (July 18 @ 8:30pm)

Enjoy movies & fun in the park. Add'l dates: Oct 31 (Glover Park), & Dec 6. Start time varies. Most movies at Stony Creek Envir. Park, 544 W Washington St., **Nashville**.

### 07/19 Market Nutrition Event (July 19 @ 8am-12pm)

Come to the Wendell Farmers Market & meet nutritionists from Wake County Coop Ext. Stop by their table for free samples, recipes, a treasure hunt, & kids' fun activities! At 3700 Wendell Blvd., **Wendell**.

### 07/19 Stepping Into The Past (July 19 @ 10am-3pm)

History-oriented activities free with admission (\$6-\$8; under 2 free). July - Rural farm life films. At Tobacco Farm Life Museum, 709 N Church St., **Kenly**.

### 07/19 Summer Night Lights (July 19 @ 6-9pm)

Block Party style program! Includes sports, field days, inflatable bouncers, DJ, face painting, balloons, Bingo & more! First 200 guests get free hotdog, chips & drink! Contact Francheskia at 252.822.2785. In Buck Leonard Park, 929 S Grace Street, **Rocky Mount**.

### 07/20 Sunday in the Park 2014 (Sundays @ 7pm)

Free family fun & entertainment. At the Town Common, Greenville Toyota Amphitheater, 100 E First Street, **Greenville**.

### 07/21 Healthcare Presentation (July 21 @ 10am & 11am)

For senior adults. Speaker Armeta Coley on Medicare Healthcare Fraud, followed by SHIP Counseling. Contact Holly Edwards at 252.459.7681. At Mount Pleasant Community Center, 7637 Harris Rd, **Bailey**.

### 07/21 Summer Reading Story Time (July 21 @ 10:30-11am)

Come to the library for summer reading & singing fun. Ages 2-5. At Cooley Library, 114 W Church Street, **Nashville**.

### 07/22 Art Classes (Tuesdays)

Taught by Billy Farmer. Info, 919.340.4477. At Common Grounds, 20 Cheves Rd, **Bunn**.

### 07/22 Projects!!!

(July 22 @ 11am-12pm)  
Kids 9-12 years old come & make a "rain stick"! Miss Melody shows just how! At Harold D. Cooley Library, 114 W Church Street, **Nashville**.

### 07/24 Downtown Live! (Alt Thursdays @ 6pm)


Free Summer concert series on the lawn. Bring lawn chair or blanket. Concessions available. No coolers, please. Doors open 5pm. At Imperial Centre, 270 Gay Street, **Rocky Mount**.

### 07/24 JobLink Job Assistance Lab (July 24 @ 2-5pm)

Free help navigating job search web sites, submitting online applications, & more. Visit this open lab for assistance. Employment advisor from AmeriCorps available. Call 919.217.5300 to sign up. At East Regional Library, 946 Steeple Square Ct., **Knightdale**.

### 07/25 Friday Afternoon Popcorn & a Movie (July 25 @ 2pm)

Free movie, popcorn 25 cents per bag. July movie: *Grudge Match*. Pre-register to ensure seating: 252.459.7681. At Nash County Senior Center, Room 112, 103 N Alston Street, **Nashville**.



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## More things to do

### 07/25 **Rockin' Classic Auto & -26 Motorcycle Expo (July 25-26)**

July 25th cruise, block party, & live entertainment. July 26th classic, antique car, & motorcycle showcase along Main Street. Registration July 26th 8:30am. Cars, cars, cars, plus live music, vendors, food, & kids activities. Presentations of the winners on the Main Stage at 2pm. Event ends 3pm. In downtown **Rocky Mount**.

### 07/26 **Spring Hope Family Game Night (July 26 @ 1pm)**

Spring Hope Fire Department, corn hole tournament, bingo & more! At First Baptist Church of Spring Hope, 111 N Walnut Street, **Spring Hope**.

### 07/27 **Sunday in the Park 2014 (Sundays @ 7pm)**

Free family fun & entertainment. At the Town Common, Greenville Toyota Amphitheater, 100 E First Street, **Greenville**.

### 07/29 **Art Classes (Tuesdays)**

Taught by Billy Farmer. Call 919.340.4477 for info. At Common Grounds Coffee, 20 Cheves Rd, **Bunn**.

### 08/01 **First Friday Coffee (August 1 @ 7:30am)**

Networking event for Nashville area folks. At the Nashville Exchange, 229 W Washington Street, **Nashville**.

### 08/01 **Foot Care Services (August 1 @ 2pm)**

Doctor Sellers provides foot care service. Limited space. On the day of the service, plan for a wait. Register: 252.641.4263. At E.L. Roberson Senior Recreation Center, 305 West Baker Street, **Tarboro**.

### 08/01 **Lawn Chair Theatre (Alt Fridays @ 7-10pm)**

Free family movie nights. Kids' free activities until movie begins at dusk. Concessions available. Bring blanket or lawn chair. At Imperial Centre, 270 Gay Street, **Rocky Mount**.

### 08/02 **Bluegrass in the Village (August 2 @ 12-3pm)**

Come for music & more. Contact 919.731.1653. At Waynesborough Historical Village, US 117 Alt, **Goldsboro**.

### 08/03 **Sunday in the Park 2014 (Sundays @ 7pm)**

Free family fun & entertainment. At the Town Common, Greenville Toyota Amphitheater, 100 E First Street, **Greenville**.

### 08/05 **Outdoor Movie Series (August 5 @ 8:30pm)**

Enjoy movies & fun in the park. Add'l dates: Oct 31 (*Glover Park*), & Dec 6. Start time varies. Most movies at Stony Creek Envir. Park, 544 W Washington St., **Nashville**.

### 08/06 **Container Gardening (August 6 @ 10:30am)**

Join Master Gardener Carol Wright as she shows the possibilities of planting in containers right on a patio! Planting vegetables & herbs in containers is a great way to grow food in small places. Age 60 & up. Register by August 4th for a chance to take home a door prize! In Room 112, Nash County Senior Center, 103 North Alston Street, **Nashville**.

### 08/07 **Downtown Live! (Alt Thursdays @ 6pm)**

Free Summer concert series on the lawn. Dance, or relax. Bring lawn chair or blanket. Concessions available. No coolers, please. Doors open 5pm. At Imperial Centre, 270 Gay Street, **Rocky Mount**.

### 08/07 **FCAC Art Stroll (August 7 @ 5:30-7:30pm)**

Spend a summer evening with the arts! Free refreshments & door prizes. Free music by Greg & Sean on the patio at Johnny's on Main. Also on the patio, Tar River Quilt Team & FCAC Student Arts Council. Other downtown businesses offering specials. FCAC Photographer's Photo Show at FCAC Galley 22 S Main Street, downtown **Franklinton**.

### 08/08 **Family Movie Night (August 8 @ 7pm)**

Zebulon Parks & Recreation Department presents free movie & popcorn for all ages. Parent/guardian must attend. Call 919.823.0432 for film title. At Zebulon Community Center, 301 S Arendell Avenue, **Zebulon**.

### 08/15 **Lawn Chair Theatre (Alt Fridays @ 7-10pm)**

Free family movie nights. Kids' free activities until movie begins at dusk. Concessions available. Bring blanket or lawn chair. At Imperial Centre, 270 Gay Street, **Rocky Mount**.

### 08/15 **Movies In The Park (August 15 @ Dusk)**

Miss spending a little quality time with the family? Take a couple of hours out of a busy schedule to bring them to free movies. Concession stand for snacks & drinks. August 15th is *Monster's Inc.* At Ennis Park, 4605 N Old Carriage Rd, **Red Oak**.

### 08/16 **Taste of Stantonsburg Festival (Aug 16 @ 9am-4pm)**

Orchestrated by the town of Stantonsburg. Open to all citizens. Live all day entertainment, arts, crafts, car show, & dozens of vendors from across NC showcasing their products & talents. Local fire, police, EMS, VFD units, S&R teams & the Red Cross displays. Family oriented event with plenty of fun & activities for the kids, parents, & seniors. Contact Police Chief John Hunt at 252.238.3534. At the Town Park, **Stantonsburg**.

### 08/21 **Downtown Live! (Alt Thursdays @ 6pm)**

Free Summer concert series on the lawn. Dance, or relax. Bring lawn chair or blanket. Concessions available. No coolers, please. Doors open 5pm. At Imperial Centre, 270 Gay Street, **Rocky Mount**.

### 08/22 **Friday Afternoon Popcorn & a Movie (Aug 22 @ 2pm)**

Free movie & popcorn 25 cents per bag. August 22nd movie is *Second Hand Lions*. Please pre-register before each showing to ensure adequate seating: 252.459.7681. At Nash County Senior Center, Room 112, 103 North Alston Street, **Nashville**.

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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.*



# March Against Fear

Contributed by Chris Chappell

I had the opportunity recently to interview Todd Stimson, on June 22nd, for my YouTube channel. He and a small group of fellow activists marched over 260 miles from Asheville to Raleigh in support of House Bill 1161, which would put a choice on the ballot in November to let the public decide on legalizing medical cannabis (aka, marijuana) for all patients; not just the genetically modified CBD Oil bill that just passed. The oil will only help children with seizures caused by epilepsy; but, there are many more people in NC who need the healing benefits of the whole plant.

I met up with the group from Asheville as they walked to each Senator’s office and dropped off a pamphlet and a card explaining the bill and the effects of cannabis on the human body. It also explained the endocannabinoid System.

The endocannabinoid system is a central regulatory system that affects a wide range of biological processes. It consists of a group of molecules known as can-

nabinoids, as well as the cannabinoid receptors that they bind to. Although marijuana is a source of over 60 cannabinoids (including THC and CBD), the human body produces a number of cannabinoids as well. Cannabinoid receptors act as binding sites for endogenous cannabinoids as well as cannabinoids found in marijuana. Research has also shown that tumor growth can be inhibited — and even reversed — when cannabinoids such as THC are taken.

Several of the people I was able to talk to were successful in treating and curing diseases and pain with cannabis. One had stage 3 lung cancer and was able to gain weight and survive chemotherapy with the use of cannabis/medical marijuana. But in the state of NC, that makes you a criminal. *Genesis 1:29* says “And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat.” God made it and it has been here long before we were. How can man outlaw an herb that has been shown in study after study

to cure cancer and treat all kinds of illnesses such as *AIDS/HIV, Alzheimer’s Disease, Arthritis, Cancer, Chronic Pain, Epilepsy, Fibromyalgia, Glaucoma, Multiple Sclerosis, Sleep disorders, Post-traumatic Stress Disorder, and many more?*

United States Patent 6630507 “Cannabinoids as antioxidants and neuroprotectants” was issued to The United States of America as represented by the Department of Health and Human Services in 2003. How can they say it has no medical properties, yet they have put a patent on it? How do you put a patent on nature? It just goes to show how we’ve been lied to for so many years while the drug war rages on.

So if you or a loved one could benefit from medical cannabis, please contact your representative today and ask them to support House Bill 1161. Tell them to let the people decide!

Please visit *CANnewsroom* on YouTube to see the interview with Mr. Stimson.

# More United States?

A proposed initiative to split California into six states may make it to the ballot for 2016 voters.

Originally proposed by billionaire Tim Draper, the initiative may be in front of voters in two years, despite its rather recent start in December 2013.

If passed, the next step would be for the US Congress. They would be charged with admitting the new states — Central California, Jefferson, North California, Silicon Valley, South California, West California — to the union as allowed under the US Constitution.

Similar state-splitting efforts are under way in Colorado, where Northern Colorado is seeking to break off several Colorado counties, potentially join with Kansas counties, and form North Colorado.

# Search & Circle

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CONSPIRACY	FOOTPRINT
GHOST	LIGHTS
MOON	MYSTERY
NESSIE	SECRET
SIGHTING	SPACESHIP
SPIRIT	TRUTH

# Edgecombe County Things To Do & Announcements

- ★ Edgecombe County Cultural Arts Council (Edgecombe Arts) is hosting Summer Art Camps throughout the summer. Discounts are available for Arts Council members as well as for families. We also offer scholarships. For more information, contact Joyce Turner at [jturner@edgecombearts.org](mailto:jturner@edgecombearts.org) or 252-823-4159. You may also view all of the camp listings at [www.edgecombearts.org](http://www.edgecombearts.org).
- ★ Edgecombe Arts proudly announces a new art exhibit at the Blount-Bridgers House, 130 Bridgers Street, Tarboro featuring works by Charles Philip Brooks, July 16th - August 29th. He will also be offering an oil painting workshop for adults on Saturday, July 26th, 2-5 p.m. For more information and to register, please contact Joyce Turner at 252-823-4159 or email [jturner@edgecombearts.org](mailto:jturner@edgecombearts.org).
- ★ The Tarboro Artisan Center located at 1601 St. Andrew Street, Tarboro proudly announces two fun art programs, Friday, July 25, 6-9pm: Adults “Brush, Sip and Nibble.” And a Watercolor Workshop for Children (age 8-12), “Create a Blue Blueberry Fish.” July 28 and 29th: 9am - 12 noon. For more information, contact Buddy Hooks at 252-823-3929 or [nanbud.hooks@gmail.com](mailto:nanbud.hooks@gmail.com).
- ★ Edgecombe Arts and the Town of Tarboro present 2nd Saturdays in Historic Tarboro, August 9th! Join us in downtown Tarboro for a day of shopping, music, and crafts! For more information contact Joyce Turner, [jturner@edgecombearts.org](mailto:jturner@edgecombearts.org) or 252-823-4159 or find us on Facebook at Edgecombe Arts.
- ★ Edgecombe County Memorial Library Summer Reading Program runs throughout the summer! For more information, contact the Library at 252-823-1141 or go to website, [www.edgecombelibrary.org](http://www.edgecombelibrary.org).
- ★ Save the Date! September 20th, 10 a.m. - 5 p.m. Edgecombe Arts will host our 3rd Annual Bluegrass Festival at Indian Lake Park, 3202 Western Blvd., Tarboro. For more information, contact Joyce Turner at 252-823-4159 or [jturner@edgecombearts.org](mailto:jturner@edgecombearts.org) or [www.edgecombearts.org](http://www.edgecombearts.org)



Listing courtesy of Joyce Turner  
Executive Director @ Edgecombe Arts  
252-823-4159

# Proposed Smell & Eye Tests May Detect Alzheimer's Earlier

Released by Alzheimer's Association®

A decreased ability to identify odors might indicate the development of cognitive impairment and Alzheimer's disease, while examinations of the eye could indicate the build-up of beta-amyloid, a protein associated with Alzheimer's, in the brain, according to the results of four research trials reported at the Alzheimer's Association International Conference® 2014 (AAIC® 2014) in Copenhagen.

In two of the studies, the decreased ability to identify odors was significantly associated with loss of brain cell function and progression to Alzheimer's disease. In two other studies, the level of beta-amyloid detected in the eye (a) was significantly correlated with the burden of beta-amyloid in the brain and (b) allowed researchers to accurately identify the people with Alzheimer's in the studies.

Beta-amyloid protein is the primary material found in the sticky brain "plaques" characteristic of Alzheimer's disease. It is known to build up in the brain many years before typical Alzheimer's symptoms of memory loss and other cognitive problems.

"In the face of the growing worldwide Alzheimer's disease epidemic, there is a pressing need for simple, less invasive diagnostic tests that will identify the risk of Alzheimer's much earlier in the disease process," said Heather Snyder, Ph.D., Alzheimer's Association director of Medical and Scientific Operations. "This is especially true as Alzheimer's researchers move treatment and

prevention trials earlier in the course of the disease."

With the support of the Alzheimer's Association and the Alzheimer's community, the US created its first National Plan to Address Alzheimer's Disease in 2012. The plan includes the critical goal, which was adopted by the G8 at the Dementia Summit in 2013, of preventing and effectively treating Alzheimer's by 2025. It is only through strong implementation and adequate funding of the plan, including an additional \$200 million in fiscal year 2015 for Alzheimer's research, that we'll meet that goal. For more information and to get involved, visit [www.alz.org](http://www.alz.org).

Clinically, at this time it is only possible to detect Alzheimer's late in its development, when significant brain damage has already occurred. Biological markers of Alzheimer's disease may be able to detect it at an earlier stage.

There is growing evidence that the decreased ability to correctly identify odors is a predictor of cognitive impairment and an early clinical feature of Alzheimer's. As the disease begins to kill brain cells, this often includes cells that are important to the sense of smell.

Matthew E. Growdon, B.A., M.D./M.P.H. candidate at Harvard Medical School and Harvard School of Public Health, and colleagues investigated the associations between sense of smell, memory performance, biomarkers of loss of brain cell function, and amyloid deposition in 215 clinically normal elderly individuals enrolled in the Harvard Aging Brain Study at the Massachusetts General Hospital. The researchers administered the 40-item University of Pennsylvania Smell Identification Test (UPSIT) and a comprehensive battery of cognitive tests. They also measured the size of two brain structures deep in the temporal lobes — the entorhinal cortex and the hippocampus (which are important for memory) — and amyloid deposits in the brain.

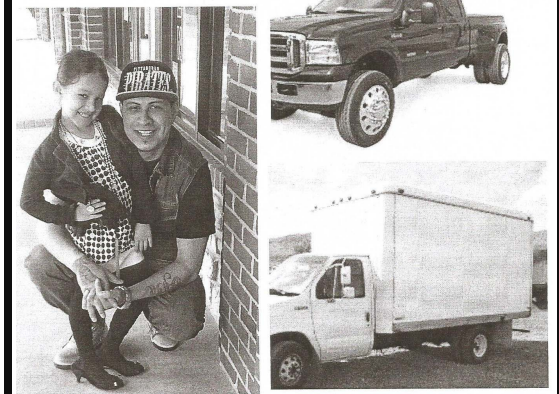
"Our research suggests that there may be a role for smell identification testing in clinically normal, older individuals who are at risk for Alzheimer's disease," said Growdon. "For example, it

may prove useful to identify proper candidates for more expensive or invasive tests. Our findings are promising but must be interpreted with caution. These results reflect a snapshot in time; research conducted over time will give us a better idea of the utility of olfactory testing for early detection of Alzheimer's."

An Eye Exam may also help to Detect Alzheimer's. Recent studies have identified beta-amyloid plaques in the retinas of people with Alzheimer's — similar to those found in the brain — suggesting the possibility of simple, non-invasive methods of early detection.

## Please Help: Seeking Information on Accident

Edgar Sanchez 27, passed away June 7, after he rear-ended a vehicle, crashed, and was hit by an oncoming tractor-trailer on U.S. Highway 264. He left behind family and a loving daughter. Please help, still in search of the driver of the second vehicle that left the scene. They believe the person was driving a truck with dual-rear tires. Please, if you have any information, contact 252-265-2247. - 252-290-0525 Spanish.



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## Dr. Nicholas' Corner

### Lifestyle Revisited, Part 3

By Nicholas Pediaditakis, MD, DLFAPA, ©2014

I just returned from a journey we take once a year to my native country: Greece. It is truly a lovely land of my ancestors, and, guess what? Mediterranean people still eat the Mediterranean diet. Of course, the epidemic of strokes, heart troubles and diabetes we now have here in our own country does not exist there.

Unfortunately, many people there, just like here, are now overweight. It is a worldwide phenomenon. As I have mentioned before in previous articles, we humans were made to gobble up food when we find it, and as at present we do find it in front of us: plentiful, inviting, tasty and fatty. We just eat it and eat it! Further, we often use eating for comfort when we feel bored, rejected, or lonely. That is why we all have to be choosy and develop good eating habits — and life habits — to protect ourselves from the unnecessary troubles which result from being slack and unmindful of our body.

I noticed while I was there that the Mediterranean people eat very slowly, sitting down, usually with friends or family members. They always have lots of boiled greens and salads as a part of their meals; like, pig weeds. Yes, *pig weeds*, otherwise known as *Amaranthus palmeri*!

We too have this in America and I eat them. Once these plants are boiled, olive oil and plenty of lemon added, they are wonderful and do not need to be boiled twice — like pokeweed-salad does. They are called *Vlita* there and are almost always part of the meal.

Greek people also eat a lot of sliced tomatoes and onions with feta cheese on top, plenty of olive oil, fish and chicken, cooked okra\*, or cooked eggplant. I too eat like that. These all are rich in antioxidants. Antioxidants are life-saving substances which protect our organs, especially our heart and our brain from some

nasty products of our body's metabolism. These products are called *free radicals*. They are truly nasty. They attach themselves to our organs and literally burn them slowly-but-surely, unless there are antioxidants to neutralize them. That's where salads, fruits, boiled greens, green tea, fish oil, vitamin C, and vitamin D come in. These have plenty of antioxidants. Additionally, the vegetables and fruits have fiber and minerals.

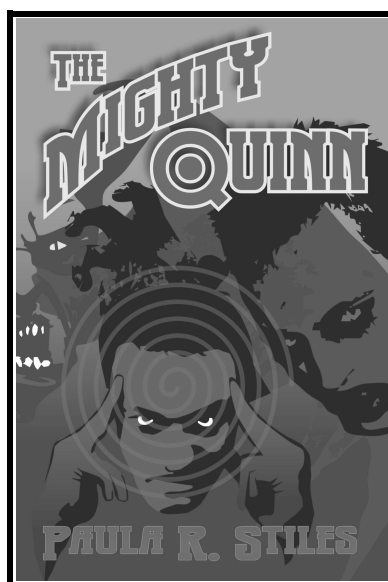
Let's review once more what eating habits are needed to protect our lives from stroke, high blood pressure and diabetes. Let's make our lives more comfortable and pleasant.

Granted, established habits are hard to change, so if a person makes a "quick attempt," to change his diet and try to lose weight, the attempt will usually fail even if there is an initial success. We may lose 5-10 pounds, only to gain 15 pounds a few weeks later. If anything has to be done, it should be done gradually, and in steps, in order to establish new habits. Follow these very simple rules:

- 1 Eat very slowly — double the time of your eating.
- 2 Never eat standing up.
- 3 Eat only what you put in front of you.
- 4 Do not drastically change the amount of food. but add greens, greens, greens — boiled or fresh — AND fruits!
- 5 Try after meals to take a walk, each time, every time.

Follow these simple rule without any other attempt for at least 4-5 weeks. By then, it will come automatically and easier.

*\*Cooking okra the Mediterranean way: In a circular motion, cut with a sharp knife only the stems of 2 lbs of medium size okra. Brown two sliced, medium-sized onions with generous amount of olive oil. Add the okra together with plenty of sliced, ripe tomatoes. Add 3-4 sliced cloves of garlic, pepper, and parsley, then simmer until tender. It is an agreeable alternative to southern-fried cut-up okra.*



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## Harvest Festival Volunteers Needed

The annual Wendell Harvest Festival will be held October 3-4, 2014. For more details, visit [www.wendellchamber.com](http://www.wendellchamber.com) or check out the "Wendell Harvest Festival" Facebook page.

Want to get involved? Come to the next committee meeting on July 30 at 7:30am at the Chamber, 115 N Pine Street, Wendell. Or, call 919.365.6318 to volunteer and learn about future committee meetings.



## Amateur Radio Stands Test of Time

Contributed by George Diering, AuxComm

Despite all of the modern forms of communication, such as smart phones, text messaging, social media and Internet chat, one communication medium is standing the tests of time.

On June 28th, ham radio operators from Wilson County Auxiliary Emergency Communications Team celebrated the climax of the week long “Amateur Radio Week” in partnership with the American Radio Relay League. The field day - held at the Wilson Co. EOC - allowed team members to check their radio equipment to ensure it will work at peak proficiency in the case of an emergency. Local ham radio operators are often called on to augment the communications abilities of emergency services providers around the country.

During recent storms in NC, some municipalities completely lost their communications abilities. Unable to direct emergency personnel to where they were needed, those municipalities reached out to the ham radio operators from around the State for help, including those from Wilson County.

In times of catastrophic weather emergencies, ham radio operators are ready to help when other forms of media, such as smart phones and other Internet communications fail. More information available online at [www.Wilson.NC.AuxComm.us](http://www.Wilson.NC.AuxComm.us).

## 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 about the choices people make, and the thought process they go through to arrive at decisions.*

### Consider: Submitted for Discussion

You run into a friend you haven't seen in a long time. When you last saw her, she was newly married and happy.

Now, she seems shy. Talking a little, you have a strong feeling that something is terribly wrong.

Do you think that you would ask if she needs help? Or, do you think you would just say your good-byes and go?

## The Strange-ness

### Moon Visit Conspiracies Conflict

In July 1969, Americans Neil Armstrong and Buzz Aldrin walked on the moon. Or did they? If they did walk on the moon, did they see other spacecraft already there?

Depending on which conspiracy theory is read, the US “faked” the moon landing, presumably to fool Russia and the world that we had landed there. Some theorize that the moon landing and moon walks were all filmed on a stage here on Earth.

Some conspiracy buffs take another approach. They believe that the US did land and walk on the moon, and that moon-to-NASA transmissions were picked up by Ham radio operators. These operators describe hearing the astronauts describing spacecraft on the moon's surface, and approaching them as they work. The astronauts have given TV interviews where they describe both the UFOs and the censoring by government agencies.

So, which is it? Do you believe US astronauts walked on the moon or on a stage? If they reached the moon, did they see crafts from other worlds?

Which of these conflicting moon-landing conspiracies seems most probable?

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## Little Bits

## Chuckle of the Issue

During a visit to the local mental institution, Jack asked the Director how they determine whether or not a patient should be institutionalized.

"It's simple actually," said the Director. "We fill up a bathtub. Then, we offer a teaspoon, a teacup and a bucket to the potential patient. We ask him or her to empty the bathtub."

“Ah, I think I understand,” said Jack. “Obviously a normal person would choose the bucket, because it is bigger than the teaspoon or teacup.”

“No. A normal person would pull the plug and let it drain. Do you want a bed near the window?”

## Quote of the Issue

**Ross Perot**

***(American Businessman, b.1930)***

“The activist is not the man who says the river is dirty. The activist is the man who cleans up the river.”

## Word of the Issue

***Pliable***

**Definition:** : Easily bent. Or, easily influenced.

**Example:** : The teacher found the kindergartner's minds to be pliable.

## Translation of the Issue

**English — “new”**

German — neu

Italian — nuovo / nuova

Irish — nua

Spanish — nuevo / nueva

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.

## Cryptogram of the Issue

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

**Hint:  $J = E$ .**

Answer to the previous issue's cryptogram:

*There is no such thing as a little freedom.*

*Either you are all free, or you are not free.*

-- *Walter Cronkite*

**Cryptogram Note:**

For a second Cryptogram hint, email [trivia@greyareanews.com](mailto:trivia@greyareanews.com) or visit [www.greyareanews.com](http://www.greyareanews.com).

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