

# The Grey Area

Eastern NC Edition – 919.637.6973

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

Local and National Unusual News

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

## Living Healthy Workshops Offered for Seniors

*Contributed by Lakendra Dixon,  
UCPCOG*

If you are age 60 or better with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or cancer? The Living Healthy workshop can help you take control of your health!

- 2 1/2 hour workshop, once a week for six weeks
- Learn from trained volunteer leaders
- Set goals
- Make a step-by-step plan to improve your health
- Manage Pain
- Increase Fitness
- Manage Medications
- Improve Communication with Health Providers
- Choose Foods for Health

Materials for the workshops are provided at no cost to those over the age of 60. Please contact the senior center for pricing of the workshop for those under the age of 60.

### **Chronic Disease Self-Management Program**

Join a Living Healthy Workshop in any of these towns. Funding for the workshop has been provided by the Title IIID grant for Evidence-Based Health Promotions through Upper Coastal Plains Council of Governments Area Agency on Aging (UCPCOG).

#### **E.L. Roberson Senior Center-Tarboro**

Every Tuesday starting September 1-29 & Wednesday October 25 from 1-3:30pm. To register, call Morgan Whitehurst at 252.641.4263.

#### **Jo Story Senior Center-Roanoke Rapids**

Every Thursday starting September 3-October 8 from 1-3:30pm. To register, call Rose Massey @ 252.533.2849.

#### **City of Rocky Mount Senior Center-Rocky Mount**

Every Thursday starting October 15-November 19 from 1-3:30pm. To register, call Julie Watson @ 252.972.1152.

## Nash Arts Offers Something for Everyone

*Contributed by Shelly F. Gray,  
Director, Nash County Arts Council*

Upcoming from Nash Arts, programs covering music, art, stage, and more. The Nash County Arts Council is located at 100 E Washington Street in Nashville. For more information on their offerings, call 252.459.4734.

### **Open Mic Night**

August 21 at 7pm. Tickets \$7 general admission, \$5 students 17 & under.

### **New Yoga Session**

Begins September 2, 6-7pm, and running through October 7. The cost is \$50 for the 6-week session. Classes meet Wednesday evenings.

### **Mysi Fortenbery Artist Reception**

September 11 at 6-8pm, this is a free event.

### **A Christmas Carol Auditions**

September 15 and September 17, from 7-9pm. There is no cost to participate.

### **New Covenant Gospel Concert**

September 19 at 7pm. Tickets are \$15 General admission, and \$13 Senior Citizens & Children 9-12. Tickets are half price for children 8 and under. Nash Arts member discounts are applied according to level of membership. There is also a special rate of \$11/person for groups of 10 or more.

### **Got Talent**

Nash County's Got Talent registration is now open! The entry fee is \$25 for an individual and \$50 for a group. Contact Shelly Gray at Nash Arts (252.459.4734) for more details!

## The Strange-Ness

Did you know there is an organization that cares for and trains oversized, African giant-pouched *rats* to do mine and disease detection?

APOPO ([www.apopo.org/en](http://www.apopo.org/en)) is a non-profit that trains the large rats to detect landmines. In countries scarred by war, landmines are often "found" long after war, and lives lost. The rats are trained to use their naturally acute sense of smell to find mines. The rats are big enough to handle, yet light enough not to set off the mines. Being able to find landmines and clear them potentially saves lives — and APOPO hasn't lost any rat to a landmine either.

Tuberculosis detection training allows the rats to detect tuberculosis in human body fluid.

So far, these two areas are how APOPO is developing detection rats to solve global problems. And, they treat the rats lovingly, too.

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## Things to Do in NC When You're Bored

### 08/12 30 Day Free Yoga Program -9/16 (August 12-September 16)

Offered on Wednesdays from 6pm to 7pm. Contact Kristin Sarmiento, Yoga Instructor, at 252.373.3204 if interested. At 306 Nash Street, **Wilson**.

### 08/14 Lawn Chair Theatre (August 14 @ 7-10:30pm)

Free family movie nights. Before movie, kids can enjoy free activities. Doors open at 7pm, & movie begins at dusk. Food, concessions, & drinks available for purchase. August 14-*Paddington*. Bring blanket or lawn chair. At Imperial Centre for the Arts & Sciences, 270 Gay St, **Rocky Mount**.

### 08/14 Family Movie Night (August 14 @ 7pm)

Zebulon Parks & Recreation Department presents FREE movie & popcorn for all ages. A parent/guardian must be present for all children. At the Zebulon Community Center, 301 S Arendell Ave, **Zebulon**.

### 08/15 Stepping Into The Past

#### 08/22 (Aug 15, 22 @ 10am-3pm)

Demos, with paid admission. August 15-Whittling. August 22-Good Ole Tobacco Chants. At The Tobacco Farm Life Museum, 709 N Church St., US Hwy 301 N, **Kenly**.

### 08/16 Ugandan Children's Chorus

#### (August 16 @ 6-8:30pm)

Bring the family for this unique music event. At First Baptist Church, 605 North Main Street, **Tarboro**.

### 08/17 Blackbeard's Treasure Hunt (August 17 @ 10am)

Participants will learn the basics of using a map & compass in this fun & interesting program. Length of program is approximately 45 minutes. For Adults & older children. Pre-registration required by calling 252.441.2588. Start location is the Visitor's Center, Jockey's Ridge State Park, 300 W. Carolista Drive, **Nags Head**.

### 08/20 Downtown Live!

#### (August 20 @ 6-8:30pm)

Featuring Legacy Motown Review. Free Summer concert series. Be a part by trying out dance skills or relaxing to great music. Bring a lawn chair or blanket. Concessions for purchase. No coolers. See [www.imperialcentre.org](http://www.imperialcentre.org). On the lawn of the Imperial Centre, 270 Gay St., **Rocky Mount**.

### 08/22 See Spot Read

#### (August 22 @ 11am-12pm)

Practice reading to a therapy dog! Readers of all levels welcome. No registration required. At Zebulon Community Library, 1000 Dogwood Dr, **Zebulon**.

### 08/29 Lawn Chair Theatre

#### (August 29 @ 7-10:30pm)

Free family movie night (*Willy Wonka*). Before each movie, kids can enjoy free activities coordinated by the Rocky Mount Children's Museum and Science Center. Food, concessions, & drinks available for purchase. Don't forget a blanket or lawn chair! More: [imperialcentre.org](http://imperialcentre.org). At the Rocky Mount Sports Complex, 600 Independence Drive, **Rocky Mount**.

### 09/02 Teen Leadership Corps Kickoff

#### (Sept 2 @ 4:30-5:30pm)

Teens in grades 6-10 are invited to come for the fall kickoff of Teen Leadership Corps (TLC), a leadership & volunteer program. Enjoy refreshments & meet other teens & learn about volunteer opportunities. An application is required for all new TLC members. For more info, call 919.217.5317 or stop by the Youth Services desk. At East Regional Library, 946 Steeple Square Ct, **Knightdale**.

*The following "Things To Do in NC When You're Bored" listings are free, at publisher's discretion, and as space allows. Up to five 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.*

### 09/04 First Fridays on the Lawn (September 4 @ 6-9pm)

R&B music from Carolina Soul Band. Free family-style fun, Kid's Zone, Intermission performances, community booths, & local food vendors. At Wilson County Library lawn, 249 Nash Street, **Wilson**.

### 09/12 Knightdale Community Day (Sept 12 @ 11am-4pm)

Enjoy local acts, entertainment, music, vendors, inflatables & food trucks during the day. Be sure to bring some spending money and shop with over 40 vendors! Knightdale Community Day is our way of honoring the citizens & community of Knightdale. This event is free, aside from purchases from vendors. Contact Megan Thornton at 919.217.2236 for specifics on vendor requirements or for more info. At Knightdale Station Park Amphitheater, **Knightdale**.

### 09/26 Annual Storytelling Festival

#### (Sept 26 @ 11am-4pm)

Featured Storytellers: The Healing Force, Rebecca Tighe, & Suzi Whaples. Highlighted Performer: Sandbox Band. Plus: wagon shuttle, activity tents, & food vendor. Lawn seating—bring a blanket or chair. Free to all ages. Rain or shine. At Historic Oak View County Park, 4028 Carya Dr, **Raleigh**.

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## On to Alaska Traveling on a floating global village

Contributed by  
Nicholas Pediaditakis,  
MD, DLFAPA

Our country is enormous and beautiful. Each corner of it has its own magic. Igor, my grandson, together with my daughter Nicole and I, boarded a truly enormous ship together with 3,500 fellow humans coming from every part of our planet. It was an experience to behold and cherish for years.

For the next week, all of us together, we cruised from Seattle all the way to Juneau, Alaska, hugging the coast of British Columbia and into the Alaska fjords. God's country! The mist shrouded mountains with hundreds of water falls cascading thousands of feet down below. The golden eagles soared and then swooped down, their talons extended skillfully, scooping a salmon here and there. Lonely seals perched on ice floats in the fjords, in the bleak landscape.

Igor climbed the mountain when in Juneau for several hours, beaming in gladness from the experience when he came back. It was a place of wonder and pray as we're taking it all in. And wonder and pray I did for hours!

I also had plenty of time to interact with my fellow passengers while eating together our fancy meals and staring through the windows at the passing wonders. The Boat was truly a modern Noah's ark. It was filled with fellow humans who came from every corner of our Earth. It was a floating global village. They were all there: the crusty rancher from Montana telling stories of his 25,000 acres and 2,000 cattle; the German engineer with his elegant wife taking their second honey moon; the world literature graduate from Mauritius — an exotic, far away island located at the south tip of Africa — who served our meals; the lovely young girl from Ukraine, a medical student, who ushered us to our tables; the retired oil engineer from Alabama discussing energy and problems of its storage; the mathematician from

## Dr. Nicholas' Corner

Mumbai who served our meals; the courteous, affable Captain who was Greek, and who, of course, had us for dinner in his table once; and, the social worker from Rumania, who back home is taking care of refugees from Syria! All with their regional or foreign accents, eager to talk and exchange views. And talk we did!

Myself, once more, pleasantly confirmed my awareness, born from experience and knowledge: humans, no matter from what corner of the Earth, we all are truly brothers under the skin. We share the same concerns, same dreams, same desires, same worries and all of us had had, more or less, similar allotment of adversities. And another surprise: we were all well informed, aware of the world happenings, and the new developments taking place. We all worried of the inane tribal strifes taking place in various parts of the world, worried of the global warming, and the disparity of poverty for billions of us and enormous wealth for few. I truly felt we all were from the same little town, the same neighborhood. To my happy surprise, this feeling also was shared by my fellow travelers. It soothed my heart, leaving me glad and filled with

hope for us humans on this little planet of ours.

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Nicholas Pediaditakis, MD

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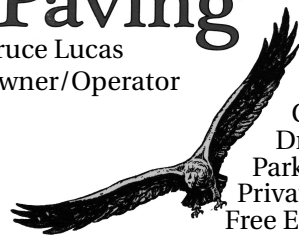
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**The Grey  
Area** news  
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## Every Saturday

Through October 10th

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**August 15:** Live music by Ron  
Anderson, 9am to 1pm

**August 29:** Shepherd's Care  
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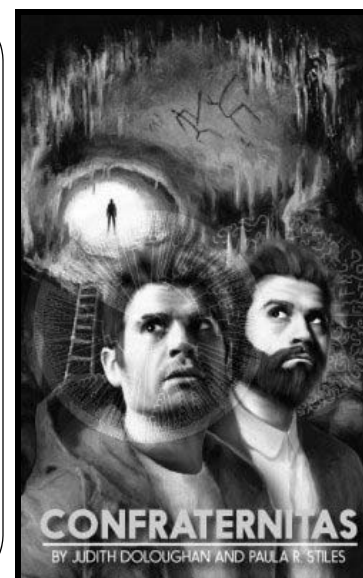
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## Little Bits

### Chuckle of the Issue

A man walks into a doctor's office. He has a banana stuck in one of his ears, a cucumber in the other ear, and a grape stuck up one nostril.

The man says, "Doctor, this is terrible. What's wrong with me?"

The doctor says, "Well, first of all, you need to eat more sensibly."

### Word of the Issue

#### "Delight"

##### Definition:

To please someone or feel great pleasure in some thing.

##### Example:

"She took delight in listening to his stories."

### Quote of the Issue

#### Mark Twain

"Do the right thing. It will gratify some people and astonish the rest."

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### Cryptogram of the Issue

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

Hint: X = R.

K R I R Q P R F U W X W  
Q U W M Z Q U D Z S  
N W Z K ' P R A I E Q W Z K  
F U W X W Q U W X W A E I R  
M Z Q U Z I K N W Z G W Z  
Q X Z A N  
-- X Z N M U F Z N K R  
W D W X E R I

Answer to the previous issue's cryptogram:  
*Although the life of a person is in a land full of thorns and weeds, there is always a space in which the good seed can grow. You have to trust God. --Pope Francis*

### Cryptogram Note:

The second hint for this puzzle is Z = A.

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| PT 6:00  | WIL 6:35 | WIL 6:35 | WIL 6:35  | PT 7:00  | PT 7:00  | PT 7:00  |
| PT 7:00  | SAL 7:00 | SAL 7:00 | SAL 7:00  | WS 7:00  | WS 7:00  | WS 7:00  |
| WS 7:00  | WIL 7:00 | WIL 7:00 | WIL 7:00  | LYN 7:00 | LYN 7:00 | LYN 7:00 |
| LYN 7:00 | LYN 7:00 | LYN 7:00 | LYN 7:00  | LYN 7:00 | LYN 7:00 | LYN 7:00 |

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\* All 50 tickets must be used for the same game

## 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

Your parents tell you that they are selling your childhood home. You're not interested in buying it, but you find yourself on the receiving end of boxes, keepsakes, and furniture that they had been holding for you throughout your life. Do you think that you would get rid of much of it, or find a way to keep all of it? Would you try to get them to keep some of it even as they move?

## News from The Grey Area

Issues of *The Grey Area* come out every other Friday. The next issue is August 28, 2015, and will cover Labor Day and early Fall happenings. If you have an event, story or community happening or person you'd like to see covered, email [kayw@greyareanews.com](mailto:kayw@greyareanews.com).

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