

# 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)

## String of Home Invasion Armed Robberies of Asian Restaurant Owners Prompts Appeal to Public for Tips

Released by Anthony Jernigan,  
252.756.4755

A 35th armed home invasion with an Asian restaurant owner as the victim is prompting area law enforcement to again make an appeal to the public for possible tips.

Multiple law enforcement agencies have partnered with the Bureau of Alcohol, Tobacco, Firearms, and Explosives and the NC State Bureau of Investigation to ask for the public's help in solving a series of violent crimes that have occurred in 13 counties.

Since December of 2013, 35 armed home invasions have occurred with the same mode of operation. The assailants surprise the owners and their families when they arrive home from the restaurant in the late evening. Three to five armed black males, with their faces covered, attack the victims from behind and assault them until they cooperate.

In all cases, cash was the primary item stolen from the victims. Counties affected are (with incident count):

Wayne (5), Nash/Edgecombe (5), Wake (4), Craven (4), Lenoir (3), Durham (2), Johnston (2), Harnett (2), Onslow (2), Pitt (2), Beaufort (1), Jones (1), and Wilson (1).

The 35th armed robbery matching this MO occurred on December 23, 2014 in Wake Forest.

ATF, Craven County Crime Stoppers, Edgecombe/Nash County Crime Stoppers, and Pitt County Crime Stoppers have combined with the Clayton Police Department and the Tarboro Police Department to offer an \$8,000 reward for information leading to the arrest and conviction of individual(s) responsible for these home invasion robberies.

If you have information concerning these crimes, please call the tip line at 800.276.4533.

## 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've set your New Year's resolution: to work on improving your health. Your family knows it, and are supportive. Because of your Facebook post about it, some people at work know about the resolution too.

As January progresses, you find that co-workers are making smart remarks each time you eat something unhealthy, or miss your lunchtime walk. Plus, each day someone asks you how much weight you've lost. You're actually feeling more stressed than normal, due to all the comments they are making.

How do you think you would handle this involvement in your resolution? Do you think that you would tell them that your resolution was private and not-for-comment? Or, do you think that you would welcome the comments as encouragement?

## O, Christmas Tree, Time to be Recycled

Don't forget to check with your city, town, or county regarding their favorite method of recycling Christmas trees. Here are a few places collecting trees:

Nash County, Nashville, and Rocky Mount accept Christmas trees alongside yard waste, much of which is mulched for landscaping.

In the City of Wilson, Christmas trees may be placed *behind* the curb, away from water meters and sidewalks, through Friday, January 16, 2015.

Town of Knightdale residents may discarded trees *behind* the curb for pick-up any Monday in January.

Check with your town if you aren't sure about collection, or you wish to drop off at a collection station. And don't forget: trees must have all decorations removed to be recycled.

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## Dr. Nicholas' Corner: The Joy of Hobbies, Part VI



Contributed by By Nicholas  
Padiaditakis, MD, DLFAPA

Let's Talk About *Hang Gliding*.

Try it a few times. It is easy, safe and within our means. You can do it right here in our own state. You do not have to be an athlete or an expert with long hours of training; though, in its serious form athletes soar up to thousands of feet high for hundreds of miles — even flying for hours!

Take a weekend trip with your children (12 years or older). Head straight to Kitty Hawk on the coast. Right there at the sand dunes, you pay a small fee for both you and your children. You get a few minutes of instructions, equipment is provided, and off you go. Do not worry, you fly only 15-20 feet above the sand dunes for a few hundred feet at a time. Landing on the sand — even if done a little awkwardly — is safe. But the joy of it! The excitement! Just think of the wonder of it: flying like a bird for a few minutes.

But what is hang gliding? Simply this: a contraption made of two wings of tough cloth 15-20 feet long on

either side, shaped exactly like an eagle's wings and with a horizontal bar underneath that moves back and forth to control speed and direction.

You grab the bar while raising it — it is very light. You run with it to the edge of the sand dune and off you go. You fly downhill at a speed of 10 miles an hour; but, for each one foot you lose in height, you fly in the air for twenty feet. Eventually, you wind up flying 700 to 800 feet!

Do not worry. You cannot drop down like a rock as long as the hang glider keeps moving. This *will* always provide a lift. This phenomenon is called the *aerodynamic principle* — the air moving on top of the wings has a longer distance to go than that under the wings. This is what makes the lift upward and why a plane remains in the air. (The engines are what keep the plane moving forward.)

I have gone hang gliding with my grandchildren several times. Each time was a shared, cherished adventure. So, come this spring, go alone or with someone. Certainly, on your return trip home, you will have a lot to talk about with your children or friends.

Next time I will share a trip I took with my grandchildren during Christmas time to the South African jungle. We called it: shaking hands with elephants.

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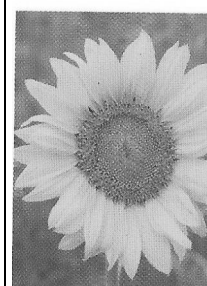
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# Crossing the Line?

*Disclaimer: Crossing the Line? poses questions for readers to consider. Authors are not licensed professionals. Consider the issues, and draw your own conclusions.*

This first article focuses on what food manufacturers might add to their products before they are crossing the line. Where do we say, as customers, *this far and no farther?*

Let's look at store-bought bread. White bread is vilified as unhealthy these days. So are wheat breads that aren't whole grain. Parents want healthy products to avoid family health problems, but it is tough to know what is really healthy, or what is truly unhealthy.

Food science and studies have found fault with white flour — raising blood sugar, causing health problems. There are pros and cons all over the internet about white flour, wheat flour and whole grains.

So, while customers are distracted, an ingredient is being added to some breads that is not a flour; not even food. That ingredient is a form of wood pulp added as an inexpensive fiber. Wood pulps appear as powdered *cellulose* or *cellulose gum* on the label of breads sold in the US — because who would buy bread if the label said wood pulp?

It may be that cost-savings make bread more accessible to more people. Could it be a way of making food affordable? Cellulose providers tout their products as improving food texture or necessary fiber. Is that why they choose to add cellulose to their products? Or is it just a way to save money for those who manufacture the bread? If that last is the case, at what point does making corporate profits cross the line?

I wouldn't feed handfuls of wood pulp to my kids, or use it in my kitchen. If I tried, I'm guessing authorities would show up at my door. Yet food manufacturers are given latitude to add ingredients like this.

When do we say enough is enough? Even if we can't afford to buy the super-expensive, healthy, or made-from-scratch bread, where can we draw the line?

We have competition in the US, and this requires companies to be able to make products in a cost-effective way. But, when does cost-effectiveness go too far? Was it when they started using white flour? Or wheat flour instead of whole grains? Or adding cellulose?

Do we really accept the use of cheap additives as a *cost-saving measure* in the same way that we understand white flour instead of whole grains? When is it inappropriate? Where is the line?

We don't get to draw the line for the manufacturers; production is regulated by corporations and government. We do get to draw the line with our shopping carts, and our money.

So, now it's up to you to decide what works for you. Every time you go to the store, you get to vote with your money. Read up on those food labels. If you don't want to eat cellulose, then buy products without it. You set the line that should not be crossed for your household.

**Ed. Note:** Forms of cellulose are added to many foods; not just bread, but also sauces, meats, cheeses, and more.

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

### 01/05 Kids Story Time

(Mondays @ 10:30am)

Stories and songs for Kids ages 2-5. At The Nashville Library, 114 W Church St., Nashville.

### 01/06 Find It: Classic Ebooks

(January 6 @ 4-5pm)

Drop in any time during the hour to learn about great resources for finding eBook classics! At East Regional Library, 946 Steeple Square Court, Knightdale.

### 01/06 Gamers & Dart League Night

01/13 (Tuesdays @ 6-9pm)

Board games kick off at 6pm, darts at 7pm. At Common Grounds Coffee & Music House, 20 Cheves Road, Bunn.

### 01/08 Movie Classic Remake

(January 8 @ 1-5:30pm)

Film Double Feature: *Ocean's 11* from 1960 & 2001. This is a program geared toward adults, rather than children. In the Warner Meeting Room, Braswell Memorial Library 727 N Grace St, Rocky Mt.

### 01/08 Brainstormer Trivia

01/15 (Thursdays @ 7:30-10pm)

Not too hard, not too easy - just right! Team registration begins at 7:30pm & game kicks off at 8pm. At Underground Pub, 101 E Church Street, Tarboro

### 01/09 Free Movie & Popcorn

(Jan 9 @ 7pm)

Second Friday of each month. For all ages. Parent or guardian must be present for all children. Call 919.823.0432 for movie title. At the Zebulon Community Center, 301 S Arendell Avenue, Zebulon.

### 01/09 Pickleball

(Fridays @ 11am-1pm)

Free fitness fun for grown-ups, teens, & seniors. Easy for beginners & a blast to play! A great workout too. At Zebulon Community Center, 301 S Arendell Avenue, Zebulon.

### 01/10 A Book to Film Presentation (Jan 10 @ 3-5:30pm)

Join this special movie event! Popcorn and refreshments provided. *Divergent*. At Braswell Memorial Library, 727 N Grace St, Rocky Mount.

### 01/15 Making the Customer Experience Magical in Your Small Business (Jan 15 @ 6-8pm)

Free. A *must* program for those serious about having a successful business. Register by Jan 14 (required). In Room G-240, Wilson Community College, 902 Herring Avenue, Wilson.

### 01/24 See Spot Read

(Jan 24 @ 11am-12pm)

Practice reading to a therapy dog! At Zebulon Library, 1000 Dogwood Dr, Zebulon.

### 12/19 Popcorn & Movie

(Dec 19 @ 2pm)

Pre-register. At Nash Cty Senior Ctr, Rm 112, 103 N Alston St., Nashville.

*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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## Little Bits

### Chuckle of the Issue

The story of Adam and Eve was being carefully explained in the children's Sunday School class. Following the story, the children were asked to draw some picture that would illustrate the story.

Little Bobby was most interested and drew a picture of a car with three people in it. In the front seat, behind the wheel was a man and in the back seat, a man and a woman.

The teacher was at a loss to understand how this illustrated the lesson of Adam and Eve.

But little Bobby was prompt with his explanation. "Why, this is God driving Adam and Eve out of the garden!"

### Translation of the Issue

#### English — "Happy New Year"

German — Frohes neues jahr

Spanish — Feliz año nuevo

Italian — Felice anno nuovo

Irish — Athbhliain faoi Mhaise Duit  
(to another person)  
Athbhliain faoi Mhaise Daoibh  
(to more than one person)

Latin — Felix sit annus novus

Translations for these and many languages may be found online and print resources.

## Search & Circle

R H S Q J Z C S O E  
S E O S S I D U B N  
S A S N E N E E D E  
E L G O E N G S F R  
C T O I L I T L Z G  
C H R C N U U I L I  
U F I N E N T F F Z  
S O I F A Y U I X E  
Q N C H A N G E O D  
G R A E Y W E N R N

BEGINNING	CHANGE
ENERGIZED	FITNESS
FRIENDS	FUN
HEALTH	NEW YEAR
RESOLUTION	SUCCESS

### Quote of the Issue

**Nadia Comaneci**

"I believe that you should gravitate to people who are doing productive and positive things with their lives."

### Word of the Issue

#### Resolved

**Definition:** Determined to do something.

**Example:** She resolved to spend more time with family in the new year.

### Cryptogram of the Issue

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

**Hint:** A = E.

O W A B J Q A V D U K R F

W R K X U L

C U Y A V K J A K O I R K

K A Y A V V A Q F R I A

O W A W A F Q B K C

W R K X U L R

K A B C W G U V

-- W H G A V O W

W H J Q W V A M

Answer to the previous issue's cryptogram:

*Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word. --Goran Persson*

#### Cryptogram Note:

For a second Cryptogram hint, email [trivia@greyareanews.com](mailto:trivia@greyareanews.com).

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