

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

Louisburg Farm Offers Dirty Hands and Clean Living for Vacationers

By Kay Whatley, Editor

Agritourism is visiting, or vacationing, at an agricultural operation. It is a growing trend, and one Franklin County farm is offering this new breed of tourists a place to visit — and try farming hands-on.

Lucky 3 Farm, a meat farm located at 384 Greys Mill Road in Louisburg, recently announced the opening of their Farm Guest House. The three bedrooms, one bath “rental” has a full kitchen and includes an option for the refrigerator to be stocked with farm-fresh products for self preparation. Keeping with the farm’s natural “Lucky Body” products offerings, the guest house includes natural bedding

and is cleaned with green, non-toxic cleaning products.

For those who are tourists now, but want to become farmers, Lucky 3 Farm offers optional workshops. Depending on the visitor’s budget, they may spend one-on-one time learning how to grow a farm the right way, or how to manage pasture grasses for optimal livestock health. Farm activities, such as a hayride, may also be added to a stay. All guests are invited to participate in farm chores, at no additional charge, to get that first-hand feel of tending the fields and animals.

“Guests are encouraged to help with farm chores, such as feeding the livestock and gathering eggs,” says farm co-owner Traci Nachtrab. “But it’s not required. It’s your vacation, so you get to decide!”

In addition to flowers, woods, and fields for walking or relaxing, Lucky 3 Farm “residents” include donkeys, cats, dogs, and several squeezably-cute Dwarf Nigerian goats (please don’t actually squeeze them) in addition to the cows, pigs, and chickens raised for meat.

Farms across Franklin County, and throughout Eastern NC, offer a variety of experiences to potentially lure visitors to the area. Lucky 3 Farm is ready for the tourists to arrive, with their guest house and chores waiting for hands to do them. It is likely that other area farms will add agritourism options, drawing tourists to visit and learn from our area’s many experienced farmers. Agritourism can provide farms with an added income stream to help these farmers weather the ups and downs of farm life.

Ready to get to work, or just vacation? The Lucky 3 Farm’s Farm Guest House sleeps six, and runs \$165 to \$185 per night with a minimum two-night stay. Activities and farm produce are available as add-ons at varying rates.

For more information or to plan family time in the guest house, visit www.lucky3farm.com or call 919.853.6304.



Register Now for L.B.’s Ride Against Suicide

Resurrection Riders is sponsoring a motorcycle ride to promote suicide prevention and awareness. The event is August 22, 2015, from 9am to 5pm.

Registration for motorcycles is at 9am and kickstands up at 11am. The cost to ride is \$20 a bike. The event begins at Tarboro Church of God, 412 Shirley Street, Tarboro.

L.B. Hathaway was a wonderful young man, someone’s child, husband, father, brother, uncle, friend, and so much more. He was a smart, sweet, fun living guy. Most would say he was the life of the party. One day L.B. decided his life was not worth living and took his own life. His loved ones had no idea this was something he would ever do.

The hope is this Ride will raise awareness to how common suicide is and prevent at least one person from doing this horrible act.

All proceeds for this events will be donated to help in this and will be donated to AFSP.

The Bike ride will be hosted through the Resurrection Riders of Edgecombe County. Other parts of the Event will be hosted by L.B.’s family and friends. It is intended to be a family event, not just a bike ride.

For questions, contact Annie Hathaway at 252.813.9139, or Bridget Keel at 252.883.0310.

Checks for donations can be made out to L.B.’s Ride Against Suicide, 19 South Jenkins Street, Tarboro NC 27886.

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Time for Food, Music, and Fun at Wendell Festival

Contributed by Thomas A. Zang, Jr.

The entertaining and tasty *International Food and Music Festival* will be here before you know it! This annual event, organized by St. Eugene Catholic Church, is returning for its thirteenth year.

The Wendell-based event is being held September 19, 2015, 11am-6pm. The festival may be found in its usual location, J. Ashley Wall Towne Square (Cyprus and Third Streets), though it has grown and tends to spread a bit beyond the Square!

Some people come to try the wide variety of authentic international food; others for the entertainment (music and dancing).

The festival features foods from over a dozen countries — the Dominican Republic, Ecuador, El Salvador, Germany, Haiti, Honduras, Ireland, Italy, Jamaica, Mexico, Nicaragua, the Philippines, Poland, and America — with choices including Cajun jambalaya, Filipino Manilla Bay barbecue, Polish pierogie, Salvadoran pupusas, and homemade desserts.

Entertainers this year include Barleycorn & Rye, George Berkley, the Fil-Am Dance Troupe, Irish

Dancers, Rhythmicity, and the St. Eugene Hispanic Dancers.

Bring along family and friends of all ages to enjoy playing the children's games, participating in the adult raffle, or checking out items in the silent auction.

Raffle tickets are \$5, and prizes range from a \$3,000 cash first prize, to a mountain cabin stay, a riding mower, and more.

No matter what your favorite activities are, the International Food and Music Festival can make for an enjoyable outing. And, proceeds go to the church to help them with their good works.

To find out more about this event, visit www.thefoodfestival.com or call 919.365.7114.

The NASH Seniors Upcoming Trip to Bailey

On August 7, 2015, The NASH is offering a day trip to visit the County Doctors Museum and Bailey Cafe.

The County Doctors Museum in Bailey is the oldest museum in the US dedicated to the history of America's rural health care. Following a guided tour of the museum, the group will enjoy lunch at the renowned Bailey Café.

Not only is the Bailey Café known for its delicious Southern menu, but it is also home to the largest collection of ornate teapots that you have ever seen!

Cost of the trip is \$15 per person and includes breakfast, transportation, and museum ticket. Attendees should meet at the Senior Center by 9am for check-in and breakfast. The group will depart at 9:30am and return by 2pm.

The deadline to register and pay at The NASH is July 31! Please make checks payable to Nash County.

Do You Know Maggie?

By Kay Whatley, Editor

Inspired by one found dog, the Maggie Society came into being, and now it helps rescue over 100 Eastern NC dogs per month. The Maggie Society operates in the Wilson-Johnston-Edgecombe area and surrounding counties. Their day-to-day work includes taking in stray and unwanted dogs, rescuing endangered dogs from shelters, finding foster homes and supplies, and transporting dogs to a sister organization.

Volunteers receive calls, emails, and social media requests continually. Each request for help, whether it is for a surrender — a family dog being given away — or a stray, is handled by volunteers as available. In between picking up dogs in response to community requests, volunteers pick up at area shelters — working with shelter personnel to get dogs out of the shelters before they would be euthanized.

Once dogs or pups are taken in, they need to have a place to go: a foster home. The Maggie Society has grown recently from 25 foster families to 50; allowing them to double the number of dogs they can rescue at any given time. At foster homes, dogs are fed and cared for, worked with, and provided with vet care — some by volunteer vets and some paid care made possible by donations.

Attempts are made to take in as many dogs as possible. All members of the Maggie Society are volunteers, and they rescue as many dogs as they can with the people available at the time.

"We need more bodies," says Lorena Flint, a Wilson-based volunteer who herself spends many days driving to rescue dogs or puppies, and gathering supplies for the dogs in the society's care.

Speaking with Lorena, the passion of Maggie Society volunteers comes through. Lorena not only assists with rescues, she also fosters Maggie Society dogs in her home as they await adoption.

Lorena interacts with many of the volunteers, as well as the foster care families — also volunteers — caring for Maggie Society animals. Foster care is crucial to the society's ability to take in animals as calls come. More foster families are always needed, and an application form is available. Visit their Facebook page — www.facebook.com/

groups/202074886508217 — or email laurierobl@yahoo.com.

To help move their dogs and puppies from foster homes into forever homes, volunteers here in NC work with a sister non-profit called Wags Rescue and Referral in Pennsylvania. Wags is in an area where there are few dogs to rescue, so they take 50 to 100 of the society's dogs each month. Maggie Society volunteers drive the dogs to Pennsylvania. The symbiotic relationship provides Wags with dogs in need of adoption, and frees up space in the Maggie Society foster homes in NC.

Founded by Laurie Brumfield and her husband, Jesse, the nonprofit is named for a Chesapeake Bay Retriever they adopted, who went from an old, unwanted dog to their beloved pet, Maggie. The namesake group has — in Maggie's name — rescued thousands of dogs from living as strays, or dying unwanted in a shelter or a backyard.

At any given point, more volunteers, fosters, dog food, supplies, and transporters are needed. If you are inclined to help, contact them and prepare to pitch in and save dogs' lives. If you don't have time to give, they welcome donations and use them wisely to care for rescues. Donations may be mailed or dropped off at Maggie House, 802 Broad St, Wilson, NC 27893.

On the other hand, if you know of a stray, dumped, unwanted, or abused dog, or you come across a mama dog with a litter of puppies and no owner in sight, contact the society. Their volunteers will mobilize to help you turn the unwanted into the beloved.

Either way, get to know Maggie. Help, donate, or call when you need them. As long as they have a pair of hands available, they will come to the rescue.



(Photo: Pups rescued by Maggie Society after they were found with their stray mother, under a Nash County farm building.)

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Things to Do in NC When You're Bored

07/31 Lawn Chair Theatre (July 31 @ 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. Bring blanket or lawn chair. At Imperial Centre for the Arts & Sciences, 270 Gay St, **Rocky Mount**.

07/31 Preschool Storytime (July 31 @ 10:30-11am)

Children ages 3-5 & their caregivers are invited to participate in an interactive program that incorporates age appropriate books, songs, & movement to nurture pre-reading skills. At Wendell Community Library, 207 S Hollybrook Rd, **Wendell**.

08/01 Stepping Into The Past (August 1 @ 10am-3pm)

Demos, with paid admission. August 1 is 'Baccer Stringin' & Tyin' with demonstrations of preparing tobacco for curing & selling. At The Tobacco Farm Life Museum, 709 N Church St., US Hwy 301 N, **Kenly**.

08/01 Annual Franklinton Center Day (Aug 1 @ 9am-5pm)

A fun day of festivities, food, and fellowship! Learn more about this historic school and conference center just north of Whitakers. At Franklinton Center At Bricks, 281 Southbend Lane, **Whitakers**.

08/04 National Night Out (August 4 @ 6-8pm)

Come to the parking lot at Target for food, drinks, & fun while meeting local Police, Fire, & EMS professionals. Try driving a golf cart with "drunk goggles", learn fire safety, dunk a police officer, and much more. At Knightdale Target, 1000 Shoppes and Midway Dr., **Knightdale**.

08/05 Smart Choice\$ Great Fun: Family Fun Financial Festival (August 5 @ 10:30-11:30am)

Come for an early childhood financial education celebration. Heather Forest presents "Sing Me a Story," a musical storytelling concert of world folktales featuring themes of cooperation, generosity, sharing, caring, & making wise choices. Program is followed by simple activities for preschool children & their families. At East Regional Library, 946 Steeple Square Ct, **Knightdale**.

08/06 Downtown Live! (August 6 @ 6-8:30pm)

Featuring Holiday Band. Free Summer concert series. Come be a part by trying out your dance skills or relaxing to great music. Bring a lawn chair or blanket. Concessions available for purchase. No coolers. Also August 20 with Legacy Motown Review. See www.imperialcentre.org. On the lawn of the Imperial Centre, 270 Gay St., **Rocky Mount**.

08/07 First Fridays on the Lawn (August 7 @ 6-9pm)

Rock music with PUSHH. Free family-style fun, Kid's Zone, Intermission performances, community booths, & local food vendors. At Wilson County Library Lawn, 249 Nash Street, **Wilson**.

08/08 Stepping Into The Past (August 8 @ 10am-3pm)

Demos, with paid admission. August 8 is NC Agriculture Day at The Tobacco Farm Life Museum, 709 N Church St., US Hwy 301 N, **Kenly**.

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.

08/08 Food Truck Rodeo (August 8 @ 11am-2pm)

Food Truck Fans...the Knightdale Food Truck Rodeo is happening once again. At Knightdale Station Park, 810 N First Ave, **Knightdale**.

08/13 Show and Share (August 13 @ 11am)

Bring your favorite collectible, memento, or interesting item, and share a story about it with your friends at The NASH. Light refreshments provided. *Pre-registration is required. Register by August 11.* In Room 112 At The NASH, 103 N Alston Street. **Nashville**.

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**.

08/16 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)

Legend has it that the feared pirate Blackbeard hid some of his ill-gotten treasure under the shifting sands of Jockey's Ridge & was never able to recover it. We probably won't have any luck recovering the real treasure, but 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**.

08/22 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**.

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Audition in Wilson for New Production

Playhouse of Wilson will hold auditions for *Brighton Beach Memoirs* at the Arts Council of Wilson, August 10-11, 2015, from 7pm to 9pm.

Contact Steve Witchey, Producer of Playhouse of Wilson, via kjw701@hotmail.com with questions.

Wendell Holding Mailbox Garden Contest

The Town of Wendell is holding a contest where the uniqueness of a mailbox and surrounding landscaping might win homeowners a cash prize. For more information, visit www.townofwendell.com or stop by the Planning Department at 15 E Fourth Street, Wendell.

Rocky Mount Fire Holds August Open House

The City of Rocky Mount Fire Department is sponsoring an open house event at Fire Station One for applicants interested in the upcoming hiring process. The date is August 8, 2015, from 2pm to 5pm.

During the open house, current firefighters will cover fire department history, benefits of employment with the fire department and details of the hiring process. Attendees may also meet firefighters, tour the facility and ask questions about the process.

“The open house event is a great opportunity for interested applicants,” said Fire Chief Mike Varnell. “I compare it to a college visit. You can read all of the shiny pamphlets and look at the website, but until you walk on the campus and meet the staff, you don’t have a feel of the culture of the organization.”

The hiring process for the fire department is August 3, 2015 through September 4, 2015. Women and minorities are encouraged to apply.

Fire Station One is located at 375 E Raleigh Blvd. in Rocky Mount.

Volunteers Needed to Deliver Meals

Volunteers are needed for a local Home Delivered Meals Program. The Nash County Department of Aging is in need of volunteers to help deliver meals to homebound senior citizens who live in Spring Hope. If you are interested in making a difference, please contact Brenda Shields at 252.459.1367.

Benefit Scheduled for Zebulon Boys & Girls Club

Five County Stadium and Cattails in Zebulon will host “Cocktails at Cattails” on September 26, 2015, with an estimated start time of 7pm.

This event benefits the Zebulon Boys and Girls Club. Come and enjoy cocktails, wine tasting, a silent auction, music, and more, and help local kids.

To RSVP or for more information, contact Briggs Petway at cocktailsatcattails@wakebgc.org.

Adult Library Programs Offered in Rocky Mount

Contributed by LaKesha W. Joyner, MLS, Braswell Memorial Library

For more information on any of these upcoming adult programs, contact Kesha Joyner at 252.442.1951 x.253.

August 1, 11am-12:30pm: Author Visit, Betty Umstead, Education Consultant and Life Strategist presents her book “He Knows My Name.” Books will be available for purchase and author signing after the presentation in the Warner Room.

August 8, 1pm-3pm: Writer’s Fellowship in the Computer Lab (2nd floor). All writers, all ages, are welcome to join.

August 22, 10am-5pm: Authors in August. Local Authors from Rocky Mount will present their books. Books

will be available for purchase and authors will be signing their books after the presentation in the Warner and Wiley Rooms.

Much to Do at 2015 Taste of Stantonsburg Festival

Orchestrated by the town of Stantonsburg, the Taste of Stantonsburg Festival is scheduled for August 29, 2015, 10am-5pm.

This family-oriented event will be held at the Town Park, located at W Macon Avenue and N Main Street, in Stantonsburg.

The event is open to all citizens. There will be live entertainment all day, arts and crafts, a car show, and dozens of vendors from across NC showcasing their products and talents.

Local VFD, EMS, Police, Red Cross, and S&R units plan static displays.

The Wilson Co. Auxiliary Communications Team will setup a radio display with HF V/UHF and digital communication demonstrations. Local Boy Scouts will get a chance to get on-the-air to fulfill their merit requirements. The general public will have a opportunity, via “ham” radio, to try and make contact with other stations around the world.

This event will have plenty of fun and activities for the kids, as well as the parents and seniors. To find out more, contact Police Chief John Hunt at 252.373.9278.

1ST TUESDAYS FOR SMALL BUSINESS

Exploring
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August 4th
5:30 - 7:30 pm
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Tai Miles Performing at FCAC Art Stroll

*Contributed by Donna Campbell
Smith, Franklin County Arts Council*

Tai Miles will perform at the Franklin County Arts Council (FCAC) Gallery during the upcoming Art Stroll in downtown Franklinton on August 6, 2015. *Silent Night*, her one-woman short play, sheds light on the epidemic of bullying. It entails spoken word and singing. The character Miles will portray is Nyah, the big sister to Jasmine, a teenager who commits suicide after being subjected to continuous bullying in school. The performance will begin at 6:30pm and is a free event. Miles is the creator of Tai Miles Productions, which produces inspirational stage plays, comedy shows, info-dramas, and gospel events, as well as implementing an outreach program for at-risk youth to involve them in the dramatic arts.

FCAC will also be featuring two art shows that evening. In the front gallery will be a Miniature Art Show – all works are 24 square inches or less. Miniature art as a genre is a very small, finely executed work of art and has been popular since the 1500s. Visitors will have the opportunity to vote for their favorite entry and then the People's Choice Award will be presented at 7pm. In the back gallery, FCAC is featuring folk art by Linda Wade of Bunn. Linda, a long time member of FCAC, is also a popular blues singer and jewelry designer, and has served on the arts council board of directors. Wade's and the Miniature Art Shows will continue through August and September.



The Art Stroll begins at 5:30pm and runs through 7:30pm. Various downtown businesses will be participating. The FCAC Writers Guild will celebrate the literary arts with Poetry on the Street. Their poems will be displayed in the downtown store windows. At Amariah Calligraphy and Gift Shop, a lucky person will win a "back to school" gift basket stuffed with school supplies. Johnny's on Main will be offering coupon specials which can be picked up at the FCAC Gallery that night.

The Gallery, located at 22 S Main Street, Franklinton, in the Lesley Martin Pottery Studio, is open Thursday through Saturday from 10:30am until 5pm.

For more information about FCAC call 919.497.6910 or email FCACARTS@gmail.com. Visit their website for activities and events: www.fcacarts.org.

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Another Florida Doctor Murdered, Bringing Total to 8 Dead and 5 Missing in Just the Last Month

*By Jay Symopoulos, reprinted with
author's permission. Originally published
on thefreethoughtproject.com.*

Last week I reported on a number of doctors, many from the Southeastern US, who had been killed, died under questionable circumstances or had simply vanished without a trace.

Just one week later, another three doctors have been reported dead, with one being found shot to death inside of his Florida home.

One of these doctors, Dr. Norman John Castellano, DMD, of Tampa, Florida passed away on July 13, 2015. An anonymous source has indicated a cause of death, which has yet to be verified or released.

I've also become aware of Dr. Nicholas J. Gonzalez's untimely death on Tuesday, July 21, 2015.

In the most startling case, Dr. Ronald Schwartz M.D. was found shot to death in his Jupiter Farms, Florida home, on Sunday, July 19, 2015. A friend had asked authorities to do a welfare check, which resulted in the brutal discovery, according to WPTV 5.

Detectives have not yet determined a motive or how many people carried out the murder, according to a Palm Beach County Sheriff's spokeswoman. Neighbors are on edge from the out of place murder.

"I think it's very creepy. It gives you that feeling that you need to make

sure your doors are locked," area resident Belinda Runnels said.

Authorities haven't indicated if the doctor was specifically targeted but have said that residents are safe in the community.

Schwartz's murder comes in the wake of a slew of curious deaths that began on June 19, with the death of Dr. Bradstreet. Bradstreet, a renowned autism researcher from Florida, now practicing in Georgia, was found with a gunshot wound to his chest. Authorities almost immediately ruled his death a suicide, but his family suspects foul play.

Then came the death of Dr. Bruce Hedendal, found dead in his car in Boca Raton, Florida on Father's Day, June 21; the same day as the unexpected death of Dr. Baron Holt, 33, while on a trip to Jacksonville, Florida.

Only a few weeks ago, Dr. Teresa Seivers, a renowned and respected doctor known as the "Mother Teresa of South Florida," was found savagely murdered with a hammer in her home on June 29. Then on July 1, Lisa Riley DO, 34, was found murdered in her residence, in Lee County, Georgia, with a gunshot wound to the head.

While all of these deaths could be nothing more than strange coincidences, we'd be remiss in not noting the fact that all of the doctors mentioned, sans Dr. Gonzales, practiced in the Southeastern United States, specifically in the Florida/Georgia region.

Do you think these deaths are simply a strange coincidence or that perhaps something more sinister is transpiring?

Jay Symopoulos is an investigative journalist, free thinker, researcher, and ardent opponent of authoritarianism. He is currently a graduate student at University of Denver pursuing a masters in Global Affairs.



NC Continues to Prepare for Possible Avian Influenza Outbreak

Contributed by Jen Kendrick, public information officer, NCDA&CS

State Veterinarian Doug Meckes announced additional precautions that are being put in place to help NC prepare for a possible introduction of highly pathogenic avian influenza.

The NC Department of Agriculture and Consumer Services (NCDA&CS) is requiring all poultry owners, regardless of the number of birds, to register for an **NCFarmID number**, Meckes said. This will facilitate the department in alerting poultry owners about an outbreak, especially owners in close proximity to a positive farm. Poultry owners can also sign up for a national premises ID number, but it is not required. Anyone already part of the National Poultry Improvement Plan is exempt from this requirement. An online sign-up form will be available after August 1, 2015.

“In planning our response for highly pathogenic avian influenza, one problem we’ve come across is that we can’t protect birds that we don’t know exist,” Meckes said. “We need to know where poultry are located so we can properly protect commercial and backyard flocks.”

Information gathered through NCFarmID registration is used solely for animal health purposes. This critical data will provide animal health officials with necessary contact

information in case of an animal health concern, and help identify animals and premises that may have been affected.

The NC Department of Agriculture and Consumer Services is also requiring any commercial poultry grower with 200 or more birds to submit a HPAI outbreak plan. A commercial grower would be any grower under contract with an integrated company.

“It’s very important that growers think through the worst-case scenario, because a confirmation of high-path avian flu would certainly be a worst-case scenario,” Meckes said. “We want each grower to consider their resources and location to determine how they can best handle an outbreak in a way that is environmentally sensitive and gets them back online as soon as is feasible.”

An HPAI Outbreak Plan template will be available on the department’s website after August 1. Growers will need to submit the plan to the Veterinary Division no later than Sept. 15. While only commercial growers will be required to submit the plan, all flock owners are encouraged to plan ahead and consider how they would respond to a confirmed positive.

Last month, Meckes and Agriculture Commissioner Steve Troxler announced that bird shows and sales would be halted from Aug. 15 to January 15, 2016. The intent is to prevent birds from commingling and spread-

ing the HPAI virus. Individual sales are still allowed to take place.

For more information about avian influenza and the department’s response plans, go to www.ncagr.gov/avianflu.

The Strange-Ness

July UFO Reports in NC

From the beginning of July 2015 through this printing (July 28), 16 UFO signing reports were filed with the Mutual UFO Network, MUFON, which collects data on worldwide sightings of UFOs.

Of the 16 sightings reported, six included photographs or video. Most reported unknown lights in the sky, including one sighting each in Durham and Franklin.

To view available media or see where else UFOs were reported, visit www.mufon.com and “Search the UFO Database.”



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Zebulon NC

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Bruce Lucas
Owner/Operator



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**Monday,
September 7,
2015 is
Labor Day!**

**Watch for
upcoming
holiday-
related
events in
future issues
of The Grey
Area
newspaper.**



“Oomph?”

What in the world is “oomph?”! Simply, it is that faculty in humans partially wired in our nature

— which later is promoted, and augmented by early experiences — that enables one, following an unpleasant weekend, to step out of his house on a Monday morning and look up and say, “Good morning God!” — ready to go and filled with enthusiasm and zest for being alive.

This sense of renewal, protecting you from the inevitable reverses and disappointments in life, together with persistence of effort, tenacity, and curiosity (and I would add eagerness to interact with and contribute to your fellow humans), enables you to perceive life not as a disease but as a potential and wonderful adventure. But for creating the adventure, you

Dr. Nicholas’ Corner

also need a plan; not only addressing attitudes you have been carrying from your past, but actively creating a plan for life-man-ship. To begin with, rules count! A sense of entitlement is a faulty burden to be dropped off sooner rather than later.

Avoiding creating cobwebs from your spirit or your own body is a must. Eat regularly, orderly, with well prepared meals of reasonable proportions.

Add to your plan to get involved in activities, whether as a deliberate exercise or as a hobby. And alcohol, while it is an agreeable companion in small amounts with meals, is also “poison of protoplasm” and you indulge in it at great peril. (It does kill the kidneys, heart liver, pancreas, stomach, and, above all, your brain.)

Further, get involved with your fellow humans in projects of common effort, for exploring or contributing to others less fortunate, should be added to the life-plan.

Unnecessary anger and rancor, while giving you a temporary satisfaction, are outright stupid. Hugging, however, is not. The more hugging, the better — whether it is your spouse, your loved one, your children, your

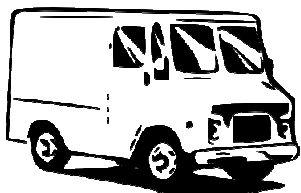
grandchildren, or even your pets. Social creatures we are! A philosophical view of what matters in one’s life, and remembering that you have only one visit on this earth — with the numbers of days been allotted, limited, and even uncertain — should be an awareness and a constant companion in your thoughts.

The faculty of us humans in wondering and marveling at the mystery of it all, along with exploring the “hows” and “whys” as science does, should be treasured and revered. Demeaning your fellow human because he is too tall or too short or too white or too dark is unworthy of one’s intelligence and damaging to the days on this earth, for himself and others.

So “oomph,” along with the rest of the plan or “prescription” have it! Think about them and perhaps put them into effect. When adversities take place, having a sense of fortitude is important. Remember that each one of us have a similar allotment (more or less) of “rocks fallen from heaven.” So, avoid recruiting adversities as if this natural allotment of yours is not enough. Good luck.

In case you cannot do it alone, by all means *get help*; but, just do it.

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friends/family.

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KnightsdaleNC.gov

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Little Bits

Chuckle of the Issue

It was during a hot spell one summer when signs went up on the side of the road one Friday. The signs read, “Garage sale this Saturday, 7am until 100 degrees.”

Translation of the Issue

English — “Earth”

German — Land

Danish — Jord

Irish — Domhan

Spanish — La Tierra

Italian — Terra

Dutch — Aard

Translations for these and many languages may be found in online (translate.google.com, babelfish.yahoo.com, etc.) and print resources.

Quote of the Issue

William Shakespeare

“Love all, trust a few, do wrong to none.”



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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: E = A.

E V O Y J W R Y O Y I V C X I
J X E Z I L B J S C B C S
E V E S F X W V V J X
O Y J L S B E S F A I I F B '
O Y I L I C B E V A E G B E
B Z E P I C S A Y C P Y
O Y I R J J F B I I F P E S
R L J A G J W Y E U I O J
O L W B O R J F
" Z J Z I X L E S P C B

Answer to the previous issue's cryptogram:

Be true to your
work, your word, and
your friend.

-- Henry David Thoreau

Cryptogram Note:

The second hint for this puzzle is J = O.

Word of the Issue

“Ponder”

Definition:

To think carefully about something, especially before making a decision or drawing a conclusion.

Example:

“Nicole seemed to ponder this, then carefully gave him her answer.”

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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

Mowing your lawn one day, you find a wallet along the road near your mailbox. The ID inside the wallet gives a name and address; it isn't anyone you know.

Inside the wallet is over \$200 cash and a small bag of marijuana. Do you think that you would return the wallet, call the police, or keep the cash and toss the rest?

News from The Grey Area

Issues of *The Grey Area* come out every other Friday. The next issue is August 14, 2015, and will cover late summer happenings and back to school. Yes, that time is approaching!

If you have an event, story or community happening or person you'd like to see covered in *The Grey Area* newspaper, call 919.623.9392 or email kayw@greyareanews.com.

Advertisers, the deadline for any issue is the Tuesday before distribution. There is no minimum on advertising purchased; you may advertise for one issue or as many as you desire to meet your marketing goals. *Pre-pay 12 issues together to receive one more issue free* (a Baker's Dozen). Ad sizes starting with a business card for \$55/issue, through many available sizes up to a full page.

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