

The Grey Area

Eastern NC Edition – 919.637.6973

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Local and National Unusual News

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Extension Film Screening Offers View into Farm Life

The Wayne County Cooperative Extension invites all to see *Farmland*, a film by James Moll, and learn more about how farmers spend their days producing food for the country.

This free movie is showing on Tuesday, January 26, 2016, at 7pm. The Wayne County Cooperative Extension is showing the film for free to ensure those who want to see it, can.

Farmland, a feature length, award-winning documentary, shows the inside lives of six young farmers and ranchers. According to their site:

Many Americans have never stepped foot on a farm or ranch or even talked to the people who grow and raise the food we eat, yet are increasingly passionate about understanding where their food comes from. Through the personal stories of these farmers and ranchers, viewers learn about their high-risk/high-reward jobs and passion for a way of life that has been passed down from generation to generation, yet continues to evolve.

This special showing of *Farmland* is in the Paramount Theatre, 139 S. Center Street, Goldsboro.

Produced by Moll's Allentown Productions, *Farmland* was made with the generous support of the US Farmers & Ranchers Alliance (USFRA).

Based at Universal Studios in Los Angeles, Allentown Productions is a film and television production company specializing in non-fiction filmmaking. Allentown Productions was established by filmmaker James Moll, who was born in Allentown, Pennsylvania — hence, the name of the company. His work as a documentary director/producer has earned him numerous awards.

USFRA consists of more than 80 farmer- and rancher-led organizations and agricultural partners representing virtually all aspects of agriculture. It works to engage in dialogues with consumers who have questions about

how today's food is grown and raised. USFRA is committed to continuous improvement and supporting US farmers and ranchers efforts to increase consumer confidence and trust in today's agriculture.

Beekeeping Short Course

Released by Colby Griffin, Ext. Agent.
colby_griffin@ncsu.edu

The Coastal Plains Beekeeping Chapter, in conjunction with the NC State Beekeepers Association and NC Cooperative Extension are offering a beginning beekeeping short course. Starting February 23, 2016, the course is designed for those interested in honeybees and beekeeping, or as a refresher for the most advanced beekeeper. Classes are Tuesdays: February 23, March 1, 8, 15, and March 22, 2016. Each date, the workshop runs 6:30pm to 8:30pm.

The courses will cover topics such as bee biology, bee pests & diseases, apary site selection, seasonal management, swarm prevention, the role of pesticides, as well as other topics. We encourage anyone with a passion for honeybees to attend. Honeybees play an integral role in the landscape pollinating our food crops and ornamental flowers; and don't forget that delicious honey ~ We hope to see you there!

This course is free and open to the public. To register, call the Edgecombe County Extension Office at 252.641.7815 and reserve a spot.

The short course takes place at the East Carolina Agriculture & Education Center, 1175 Kingsboro Road, Rocky Mount.



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Things to Do in NC When You're Bored

01/09 2nd Saturday Game Night (Jan 9 @ 9-11:30pm)

Teams will compete for prizes in a board game competition! Game to be announced. Bring a team or join one at the Pub. At The Underground Pub, 101 E Church Street, **Tarboro**.

01/14 Live Music w/ Rob Alford (Jan 14 @ 7pm)

Live music most Thursdays. At Westridge Grill, 3629 Sunset Ave, **Rocky Mount**.

01/15 Live Music w/ JSP (Jan 15 @ 7:30-10:30pm)

Live music on Fridays. At Show-side Grill & Bakery, 102 N Pine Street, **Spring Hope**.

01/16 Share the Dream Talent Show (Jan 16 @ 6pm)

Held each year in Wilson NC in honor of Dr. Martin Luther King, Jr. Proceeds & canned goods from the event go to Wilson Community Soup Kitchen. Doors open 5pm. Tickets \$5/person; \$2/kids under 12. At Edna Boykin Cultural Center, 108 Nash Street NE, **Wilson**.

01/19 Planning Your Spring Garden (Jan 19 @ 3-4pm)

Joni Young-Torres will speak on planning your Spring Garden. At the Wilson Agricultural Center, 1806 SW Goldsboro Street, **Wilson**.

02/05 First Friday Coffee (February 5 @ 7:30am)

The Nashville Chamber of Commerce holds this public gathering monthly on the first Friday. At the Nashville Exchange, 229 W Washington Street, **Nashville**.

The "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.

The Strange-ness

Unusual Bobcat Burial Discovered: 2000 Years Old

Reported in the *Midcontinental Journal of Archaeology 2015*, a bobcat appears to have been buried in a human-like, loving, and bejeweled fashion. The bobcat grave was discovered in Illinois, and dates back to somewhere around the year 25.

The animal burial is considered rare, as the internment was similar to human burials of the time, and the only known bobcat burial in archeological records.



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Theatre Showing *Selma* on MLK Day

By Kay Whatley

As part of its Paramount Movie Nights series, the Paramount Theatre in Goldsboro will show the film, *Selma*.

The film is scheduled for Martin Luther King, Jr. Day, which is Monday, January 18, 2016. Screening begins at 7pm, and tickets are only \$5.

The description given on the theatre website is as follows: "Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for blacks to register to vote. In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965."

Selma is featured as part of the theatre's 2015-2016 Paramount Movie Night Series, their series started four years ago offering classic, holiday themed, and selected newer releases for public showings.

According to Vincent Bridgers, Theatre Service Coordinator, "We often look at recent academy award nomi-

nated or winning films to show in our series. We decided to show *Selma* on Martin Luther King Day because of the excellence of the film and in respect to its nominations."

The Paramount Theatre is located at 139 S Center Street, in Goldsboro.

The Paramount is a department of the City of Goldsboro, supported by City Leadership, the Paramount Theatre Foundation, and an Outreach Committee — consisting of members throughout the Goldsboro and Wayne County community. The Foundation of Wayne Community College also financially supports many students and staff to attend special showing. For more information, call 919.583.8432.

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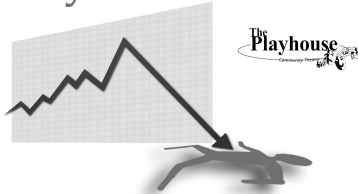
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Death of a Salesman

by Arthur Miller



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Contributed by Nicholas Pediaditakis, MD, DLFAPA

We have car care, house care, job care. They are all schedules and we leave reminders to attend to certain tasks for the needs of the car, house, job and so forth. Yet, most of us do not have a program of personal care; a dedicated, scheduled program in place for attending to the maintenance and care of our own person.

As modern science has discovered, humans were made to be active,

restless, on-the-go creatures. Such make-up was suitable back in the wilderness from which we came — for running in search of food, or away from animals, or chasing animals to kill and eat. Well, we still have that same make-up!

Back then, we were made to eat a lot of greens, tubers, and — occasionally — a cooked animal. Our body was made that way, for that diet. It still is; and yet, our circumstances and life at the present time does not require us to be on the run, or for us to be active.

Furthermore, as there is nowadays plenty of food available, we tend to eat it — and then eat some more. Because, along with other ancient characteristics, our body wants to eat more — even gorge — when food is available, since in that early time, food was very scarce.

No longer. We have food aplenty. So, our body make-up, personal needs for health and sense of well being, are grossly mismatched with current realities; we wind up sitting around for hours and then we get up and eat. A little later, we again get up and eat some more.

The fast food industry knows how to make food delicious with fine smells — and fatty. We get cobweb-y and overweight, with high blood pressure and cholesterol, heart attacks and diabetes 2. That is when the need of a program for personal care comes in — a program that has to be a set routine and be kept, day-in and day-out, so we can be healthy and happy of being alive.

Each one of us should set up an exercise program for a half an hour, day-in and day-out, no matter what.

The same goes for our eating habits. That is very simple: eat three times a day, eat sitting down, eat very slowly, eat only what you put in front of you, and always eat plenty of greens — boiled greens, raw greens — and fruits. Eating slowly is the most difficult part. Most of us gulp food like a wolf at the end of a long chase over a caught deer!

One more thing; try to have additional activities like a hobby on the side.

That's all. It is so simple. Humans have plenty of intelligence. All of us; we

should use it! You'll save yourself from grief, and wilting spirit.

Happy New Year!

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Coloring for Adults & Teens at Braswell

Contributed by Joetta L Pittman, MLS

It's showing up everywhere, and now it's here: the Braswell Memorial Library's Adult and Teen Coloring Club. Club meetings begin January 23, 2016.

The news is peppered lately with psychologists extolling the virtues of coloring for adults, including the activity's help in relieving stress. Coloring books aimed at grown-ups may be found on many store shelves.

We are very excited to bring this free program to Braswell. The Wiley room will be open, with coloring pages and a variety of coloring utensils available. Since we are opening our club to adults and teens, we will not be separating them. The freedom to color independently or together will be encouraged.

Using soft background music, as recommended by librarians that have already started Coloring Clubs, we hope to encourage conversation, creativity and cooperation across age levels.

Club meetings will be the fourth Saturday of each month, 3-4pm. The club will meet in the Wiley Room at Braswell Memorial Library, located at 727 N Grace Street, in Rocky Mount.

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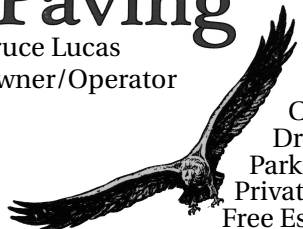
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Little Bits

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

CELEBRATE	CHANGE	FAMILY
HEALTH	IMAGINE	INSPIRE
LIFE	NEW JOB	NEW YEAR
PEACE	RESOLUTION	SEMESTER

Cryptogram of the Issue

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

Hint: T = O.

V C Z P Z M V V C K F Y V T
C T I L T F V T K F I K R Z
K M Z W U C T V C Z E
W X L E Z B C Z G P X E F

Answer to the previous issue's cryptogram:

*The new year stands before us, like a chapter in a book,
waiting to be written. We can help write that story by
setting goals. --Melody Beattie*

Cryptogram Note:

The second hint for this puzzle is P = B.

Chuckle of the Issue

A little boy was in his big sister's wedding.

As he came down the aisle, he would take two steps, stop, and turn to the crowd. While facing them, he would put his hands up like claws and roar.

So it went, step, step, *roar*, step, step, *roar*; all the way down the aisle.

The wedding guests were near tears from laughing by the time the boy reached the pulpit.

When asked what he was doing, the child smiled and said, "I'm being the Ring Bear."

Word of the Issue

"odyssey"

Definition: A long journey or wandering, with milestones or adventures along the way.

Example: "Life is an odyssey; live it."

Views expressed by contributors are their own & do not necessarily reflect the views of The Grey Area news and its staff.

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Quote of the Issue

George Jean Nathan
(American Editor; b.1882, d.1958)

"An optimist is a fellow who believes a housefly is looking for a way to get out."

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 set a resolution to take better care of yourself and your family in 2016. Getting off to a good start, you learn to serve healthier foods, cook more at home, and even shop from local farms.

During a family dinner in January, your family is not only unappreciative, but complain about the food you serve. They comment on being hungry for other things, such as fried or processed dishes.

Do you think that you would be discouraged from the path that you set for yourself? Or, would you be more likely to stand firm and invite them to bring their own dishes the next time you host?

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