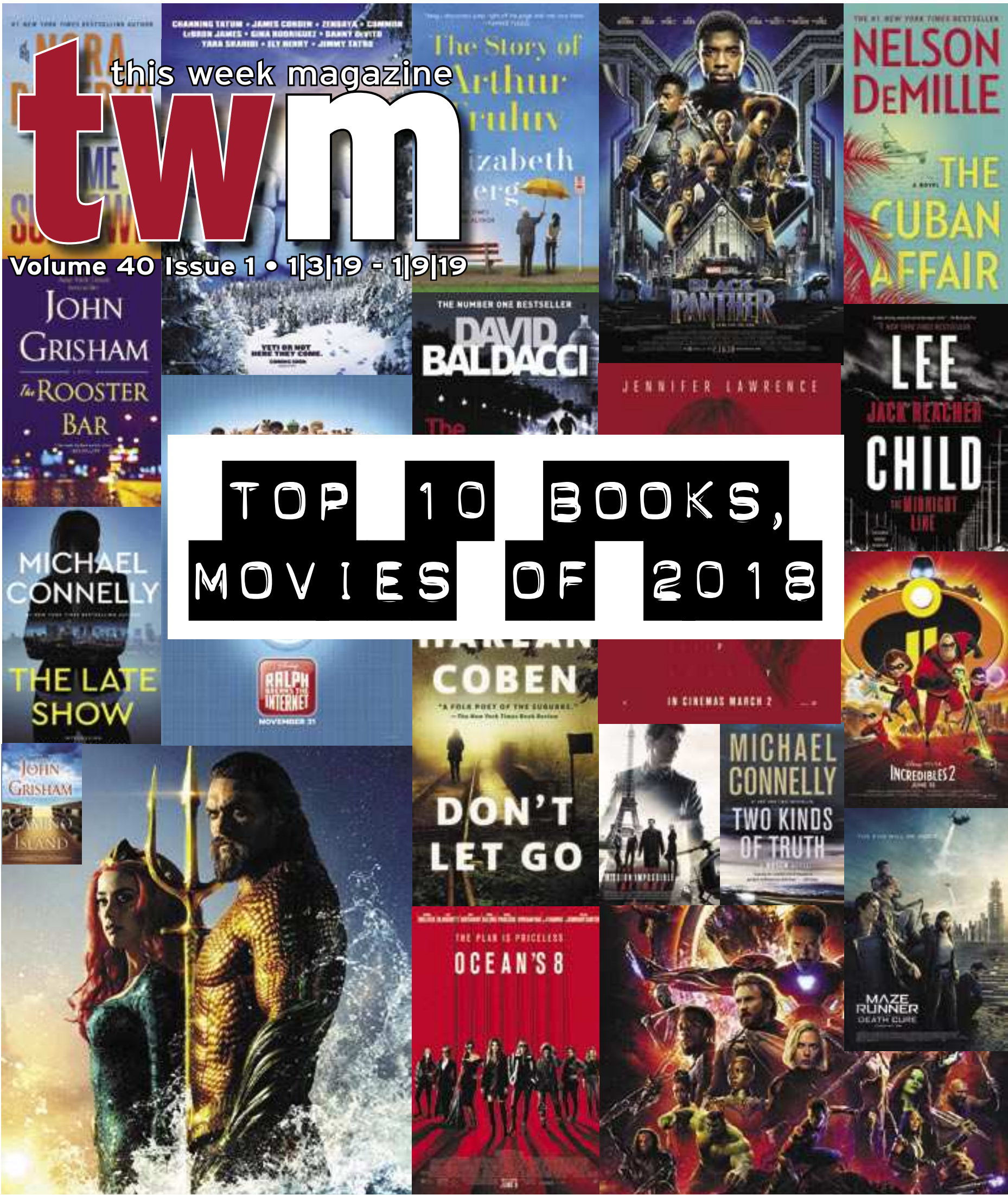


this week magazine

twm

Volume 40 Issue 1 • 1|3|19 - 1|9|19

TOP 10 BOOKS, MOVIES OF 2018



this week

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John Leys will share the lively and vibrant history of New Bern's Ghent neighborhood during a Lunch & Learn Wednesday, Jan. 9.



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A treasure hunt story worthy of Indiana Jones will be led by historian Ed Bearss at an event at the N.C. History Center in New Bern.



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Internationally acclaimed entertainer and vocalist Will Martin will perform two concerts on consecutive days in Oriental.



FEATURED PHOTO



Core Sound is showcased during a cold December morning in this photograph by Jerry Nordskog. To see your photograph in this space, email it and a short caption to megan.soult@thenewstimes.com, share it with us on our This Week Magazine social media feeds or mail hard copies with a postage-paid envelope if you would like the photograph returned to you.

ON THE COVER: Cover photos of top 10 books at county libraries are from publishers' websites. Posters of top 10 movies are from IMDB.com. (Contributed photos)

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2018's Top 10 most-circulated books

BY MEGAN SOULT

NEWS-TIMES

The year 2018 is officially over, and the County Public Library in Beaufort has gathered a list of the top 10 most-circulated books at the library in 2018.

The popular titles are:

1. *The Rooster Bar* by John Grisham
2. *The Cuban Affair* by Nelson DeMille
3. *The Midnight Line: A Jack Reacher novel* by Lee Child
4. *Camino Island* by John Grisham
5. *The Fix* by David Baldacci
6. *The Story of Arthur Truluv: a novel* by Elizabeth Berg
7. *Two Kinds of Truth* by Michael Connelly
8. *Come Sundown* by Nora Roberts
9. *Don't Let Go* by Harlan Coben
10. *The Late Show* by Michael Connelly

The Rooster Bar

“Mark, Todd, and Zola came to law school to change the world, to make it a better place. But now, as third-year students, these close friends realize they have been duped. They all borrowed heavily to attend a third-tier, for-profit law school so mediocre that its graduates rarely pass the bar exam, let alone get good jobs. And when they learn that their school is one of a chain owned by a shady New York hedge-fund operator who also happens to own a bank specializing in student loans, the three know they have been caught up in The Great

Law School Scam.

But maybe there’s a way out. Maybe there’s a way to escape their crushing debt, expose the bank and the scam, and make a few bucks in the process. But to do so, they would first have to quit school. And leaving law school a few short months before graduation would be completely crazy, right? Well, yes and no...” *The book synopsis was taken from jgrisham.com. The book is published by Penguin Random House.*

The Cuban Affair

“Daniel ‘Mac’ Graham MacCormick seems to have a pretty

good life. At age thirty-five he’s living in Key West, owner of a forty-two-foot charter fishing boat The Maine. But after serving five years in the Army and purchasing a boat with a big bank loan, Mac’s finances are more than a little shaky.

“One day, Mac is sitting in the famous Green Parrot Bar, contemplating his life, and waiting for Carlos, a hotshot Miami lawyer heavily involved with anti-Castro groups. Carlos wants to hire Mac and The Maine for a ten-day fishing tournament to Cuba at the standard rate,

BOOKS | CONTINUED ON 6



IMDB lists last year's top movies

BY MEGAN SOULT

NEWS-TIMES

It has been a big year on the silver screen, with much-anticipated sequels and popular superhero movies entertaining fans of all ages.

Now that the year is over, the International Movie Database, IMDB, has issued a list of this year’s most popular movies.

Here are the Top 10 movies of the year. For the full list of this

year’s most popular movies, visit imdb.com.

“**Maze Runner: The Death Cure:**” In this movie, based of the third and final installment of the “Maze Runner” series, young hero Thomas embarks on a mis-

sion to find a cure for a deadly disease known as “The Flare.”

“**Black Panther:**” In this Marvel movie, T’Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future

and must confront a challenger from his country’s past.

“**Red Sparrow:**” Ballerina Dominika Egorova, played by Jennifer Lawrence, is recruited

MOVIES | CONTINUED ON 6

BOX OFFICE

HAVELOCK AMC CLASSIC:

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252-447-0131

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- “Aquaman” rated PG-13
 - “Bumblebee” rated PG-13
 - “Mary Poppins Returns” rated PG
 - “Spider Man: Into the Spider Verse” rated PG
 - “Vice” rated R
- Coming Friday, Jan. 4*
- “The Mule” rated R
- Leaving Friday, Jan. 4*
- “Dr. Seuss’ The Grinch” rated PG
 - “Mortal Engines” rated PG-13

EMERALD PLANTATION:

8700 Emerald Drive, Emerald Isle
252-354-5012

Matinee: \$8.25 for adults, military and seniors, \$7.25 for children. Regular showings: \$9.75 for adults, \$8.75 for military and seniors, \$8.25 for children.

Visit emeraldplantationcinema.com for more info and tickets.

- “Aquaman” rated PG-13
 - “Bumblebee” rated PG-13
- Coming Friday, Jan. 4*
- “The Mule” rated R
- Leaving Friday, Jan. 4*
- “Mary Poppins Returns” rated PG
 - “Spider Man: Into the Spider Verse” ... rated PG-13

ATLANTIC STATION:

1010 W. Fort Macon Road, Atlantic Beach
252-247-7016

Matinee: \$8.25 for adults, military and seniors, \$7.25 for children. Regular showings: \$9.75 for adults, \$8.75 for military and seniors, \$8.25 for children.

Visit atlanticstationcinema.com for more info and tickets.

Theater currently closed due to damage from Hurricane Florence.



From left, R.H. Thomson as Matthew Cuthbert, Amybeth McNulty as Anne Shirley-Cuthbert and Geraldine James as Marilla Cuthbert enjoy a relaxing day at the beach in one episode of “Anne with an E: Season 2,” which was the eighth-most binged series released in 2018 on Netflix, according to a release by the company. (Chris Reardon photo)

Netflix provides lists of top-watched content in 2018

Many hit series and shows debuted this year on Netflix, and the streaming service showed why it is a force to be reckoned with in media.

According to an Associated Press report, Netflix started the year with almost 118 million subscribers, went on to win its first feature-film Oscar, briefly surpassed Disney as the most valuable U.S. media company, lured many superstars, won The Associated Press Entertainer of the Year award for 12 months and ended the year with 130 million subscribers.

At least one secret to its success is its content, and Netflix released lists of movies, stars and series viewers rewatched, fell in love with and binged in 2018.

The movies:

Nothing says true love quite like repetition, which is why viewers revisited these films again and again and again. These three had the highest rewatch rate of Netflix films released between Jan. 1 and Nov. 28, 2018. Nearly 50 percent of global viewers rewatched No.1 and No. 2.

1. “The Kissing Booth”
2. “To All the Boys I’ve Loved Before”

3. “Roxanne Roxanne”

The stars:

Viewers watched, they liked, they followed. These are the talent who appeared in a Netflix series or film and received the largest percent growth on Instagram following since January.

1. The Fab Five (“Queer Eye”)
2. Lana Condor (“To All the Boys I’ve Loved Before”)
3. Joel Courtney (“The Kissing Booth”)
4. Miguel Herrán (“Elite” / “La Casa de Papel”)
5. Jaime Lorente Lopez (“Elite” / “La Casa de Papel”)
6. Maria Pedraza (“Elite” / “La Casa de Papel”)
7. Noah Centineo (“To All the Boys I’ve Loved Before”, “Sierra Burgess is a Loser”)
8. Joey King (“The Kissing Booth”)
9. Hannah Gadsby (“Nanette”)
10. Kiernan Shipka (“Chilling Adventures of Sabrina”)

The shows:

“Are you still watching?” Viewers sure were. Based on U.S. viewing data of series released on Netflix through Nov. 28, these are the ones that had the highest aver-

age watch time per viewing session ... the ones that kept viewers glued to their seats ... the ones they fell in binge with.

1. “On My Block”
2. “Making a Murderer: Part 2”
3. “13 Reasons Why: Season 2”
4. “Last Chance U: INDY”
5. “Bodyguard”
6. “Fastest Car”
7. “The Haunting of Hill House”
8. “Anne with an E: Season 2”
9. “Insatiable”
10. “Orange Is the New Black: Season 6”

Netflix is the world’s leading internet entertainment service, according to a Dec. 11 release. The service boasts 130 million paid memberships in more than 190 countries and features films, series, documentaries and more (original and acquired) across a wide variety of genres and languages.

Members can watch as much as they want anytime, anywhere and on any internet-connected screen. Members can play, pause and resume watching, all without commercials or commitments.

Warm up with sweet, savory comfort food

5 • this week

1/3/19 - 1/9/19

MOCHA-RUBBED DUCK BREAST WITH CHERRY AND RED WINE PAN SAUCE

Prep time: 2 hours, 10 minutes

Cook time: 35 minutes

Servings: 4

Mocha Rub:

2 tablespoons brown sugar

½ teaspoon sweet paprika

½ teaspoon ground coffee

2 teaspoons kosher salt

1 teaspoon ground black pepper

½ teaspoon cocoa powder

4 Maple Leaf Farms Duck Breasts, thawed

Cherry and Red Wine Pan Sauce:

2 tablespoons reserved duck fat

½ cup minced shallots

¾ cup dry red wine

1½ teaspoons balsamic vinegar

1½ teaspoons granulated sugar

5 ounces frozen dark sweet cherries, thawed and halved

5 sprigs fresh thyme

salt, to taste

ground black pepper, to taste

toasted sliced almonds, for garnish

To make Mocha Rub: In small bowl, mix brown sugar, paprika, coffee, salt, pepper and cocoa powder. Set aside.

Pat duck breasts dry and score according to package directions. Use half of rub on meat side of breasts. Cover breasts and refrigerate at least 2 hours or overnight.

In cold sauté pan, place duck breasts skin-side down. Place pan over low-medium heat 8-12 minutes, or until fat is rendered and skin is crisp and brown.

Turn breasts over and sprinkle remaining rub on skin side. Cook breasts 1-2 minutes skin-side up. Turn breasts back to skin-side down 1-2 minutes to caramelize rub. Reserve approximately 2 tablespoons duck fat for sauce.

Heat oven to 350 F.

Place duck breasts skin-side up on rimmed baking sheet; bake 5-6 minutes, or until internal temperature reaches 155 F. Let breasts rest 4-5 minutes before slicing. Temperature will rise during resting period to reach 165 F.

To make Cherry and Red Wine Pan Sauce: Place sauté pan with reserved duck fat over medium heat. Add shallots and cook until softened. Add wine to pan to deglaze. Stir in balsamic vinegar, sugar, cherries and thyme sprigs; simmer until reduced. Remove thyme sprigs. Add salt and pepper, to taste.

Serve sauce over cooked duck breasts. Garnish with toasted almond slices.



Find more comfort food recipes and tips for cooking with duck at mapleaffarms.com.

Use chocolate in dinner recipes

If chocolate for dinner sounds too good to be true, it's because chocolate is usually associated with decadent desserts. However, it can also take comfort food to a whole new level when paired with savory ingredients like red meat.

A bit of bittersweet cocoa powder helps balance out the richness of red meats like duck. Although it's leaner and lower in saturated fat than other red meats, duck has a bold flavor and texture similar to steak.

In this Mocha-Rubbed Duck Breast recipe, cocoa powder, ground coffee and

savory spices are rubbed onto the meat before it's seared and smothered with a luscious sweet cherry and red wine sauce. The toasty, nutty flavor of coffee complements the cocoa while dark sweet cherries, red wine and toasted almonds complete the sweet and savory dish.

(Content and images provided by Family Features.)

BOOKS | FROM PAGE 3

but Mac suspects there is more to this and turns it down. The price then goes up to two million dollars, and Mac agrees to hear the deal, and meet Carlos's clients – a beautiful Cuban-American woman named Sara Ortega, and a mysterious older Cuban exile, Eduardo Valazquez.

"What Mac learns is that there is sixty million American dollars hidden in Cuba by Sara's grandfather when he fled Castro's revolution. With the "Cuban Thaw" underway between Havana and Washington, Carlos, Eduardo, and Sara know it's only a matter of time before someone finds the stash – by accident or on purpose. And Mac knows if he accepts this job, he'll walk away rich...or not at all." ***The book synopsis was taken from [simonandschuster.com](#). The book is published by Simon and Schuster.***

The Midnight Line: A Jack Reacher novel

"Reacher takes an aimless stroll past a pawn shop in a small Midwestern town. In the window he sees a West Point class ring from 2005. It's tiny; a woman cadet's graduation present to herself. Why would she give it up? Reacher's a West Pointer too, and he knows what she went through to get it.

"Reacher tracks the ring back to its owner, step by step, down a criminal trail leading west. Like Big Foot come out of the forest, he arrives in the deserted wilds of Wyoming. All he wants is to find the woman. If she's OK, he'll walk away. If she's not – he'll stop at nothing.

"He's still shaken by the recent horrors of Make Me, and now The Midnight Line sees him set on a raw and elemental quest for simple justice. Best advice: don't get in his way." ***The book synopsis was taken from [leechild.com](#). The book is published by Random House.***

Camino Island

"A gang of thieves stage a daring heist from a secure vault deep below Princeton University's

Firestone Library. Their loot is priceless, but Princeton has insured it for twenty-five million dollars.

"Bruce Cable owns a popular bookstore in the sleepy resort town of Santa Rosa on Camino Island in Florida. He makes his real money, though, as a prominent dealer in rare books. Very few people know that he occasionally dabbles in the black market of stolen books and manuscripts.

"Mercer Mann is a young novelist with a severe case of writer's block who has recently been laid off from her teaching position. She is approached by an elegant, mysterious woman working for an even more mysterious company. A generous offer of money convinces Mercer to go undercover and infiltrate Bruce Cable's circle of literary friends, ideally getting close enough to him to learn his secrets.

"But eventually Mercer learns far too much, and there's trouble in paradise..." ***The book synopsis was taken from [jgrisham.com](#). The book is published by Penguin Random House.***

The Fix

"Walter Dabney is a family man. A loving husband and the father of four grown daughters, he's built a life many would be proud of.

"But then the unthinkable happens.

"Standing outside the FBI Headquarters in Washington, DC, Dabney shoots school teacher Anne Berkshire in cold blood before turning the gun on himself.

"One of the many witnesses is Amos Decker; a man who forgets nothing and sees what most miss. Baffled by what appears to be a seemingly senseless and random killing, Decker is thrust into the investigation to determine what drove this family man to pull the trigger.

"As part of an FBI special task force, Decker and the team delve into the lives of Dabney and Berkshire to find a connection that doesn't seem to exist. What they do find are secrets that stretch back a lifetime and

reveal a current plot of impending destruction that will send the world reeling, placing Decker and his team squarely in the cross-hairs." ***This book synopsis was taken from [panmacmillan.com](#). The book is published by Pan Macmillan.***

The Story of Arthur Truluv: a novel

"For the past six months, Arthur Moses's days have looked the same: He tends to his rose garden and to Gordon, his cat, then rides the bus to the cemetery to visit his beloved late wife for lunch. The last thing Arthur would imagine is for one unlikely encounter to utterly transform his life.

"Eighteen-year-old Maddy Harris is an introspective girl who visits the cemetery to escape the other kids at school. One afternoon she joins Arthur – a gesture that begins a surprising friendship between two lonely souls. Moved by Arthur's kindness and devotion, Maddy gives him the nickname "Truluv." As Arthur's neighbor Lucille moves into their orbit, the unlikely trio band together and, through heartache and hardships, help one another rediscover their own potential to start anew." ***This book synopsis was taken from [penguinrandomhouse.com](#). The book is published by Penguin Random House.***

Two Kinds of Truth

"Harry Bosch is back as a volunteer working cold cases for the San Fernando police and is called out to a local drug store where a young pharmacist has been murdered. Bosch and the town's 3-person detective squad sift through the clues, which lead into the dangerous, big business world of prescription drug abuse.

"Meanwhile, an old case from Bosch's LAPD days comes back to haunt him when a long-imprisoned killer claims Harry framed him and seems to have new evidence to prove it. Bosch left the LAPD on bad terms, so his former colleagues aren't keen to protect his reputation. He must fend for

himself in clearing his name and keeping a clever killer in prison.

The two unrelated cases wind around each other like strands of barbed wire. Along the way Bosch discovers that there are two kinds of truth: the kind that sets you free and the kind that leaves you buried in darkness." ***This book synopsis was taken from [michaelconnelly.com](#). The book is published by Little Brown Publishing.***

Come Sundown

"The Bodine ranch and resort in western Montana is a family business, and Bodine Longbow does all she can to keep things running, with the help of her siblings and staff and the new hire, Callen Skinner.

"But not far away, an aunt Bo has never met lives in her own twisted version of a family, one no one knows about, one she never chose. Years ago, Alice was a rebellious eighteen-year-old who ran off looking for adventure. Now she cowers in fear, rarely seeing the sunlight, her mind shattered by a man who views her – and her offspring – as his rightful property. The Longbows don't talk about Alice anymore. Many quietly presume that she is long dead.

"Then a young bartender leaves the resort late one night, and Bo and Cal discover her battered body in the snow. It's the first sign that danger lurks in the mountains that surround them. But the greatest shock comes when Alice returns – and the threat that follows in her wake will test the bonds that hold Bo to this place and these people, and thrust her into a darkness she could never have imagined..." ***This book synopsis is from [us.macmillan.com](#). The book is published by Pan Macmillan.***

Don't Let Go

"Suburban New Jersey Detective Napoleon "Nap" Dumas hasn't been the same since senior year of high school, when his twin

brother Leo and Leo's girlfriend Diana were found dead on the railroad tracks – and Maura, the girl Nap considered the love of his life, broke up with him and disappeared without explanation. For fifteen years, Nap has been searching, both for Maura and for the real reason behind his brother's death. And now, it looks as though he may finally find what he's been looking for.

"When Maura's fingerprints turn up in the rental car of a suspected murderer, Nap embarks on a quest for answers that only leads to more questions – about the woman he loved, about the childhood friends he thought he knew, about the abandoned military base near where he grew up, and mostly about Leo and Diana – whose deaths are darker and far more sinister than Nap ever dared imagine." ***This book synopsis was taken from [penguinrandomhouse.com](#). The book is published by Penguin Random House.***

The Late Show

"Renée Ballard works the night shift in Hollywood, beginning many investigations but finishing none as each morning she turns her cases over to day shift detectives. A once up-and-coming detective, she's been given this beat as punishment after filing a sexual harassment complaint against a supervisor.

"But one night she catches two cases she doesn't want to part with: the brutal beating of a prostitute left for dead in a parking lot and the killing of a young woman in a nightclub shooting. Ballard is determined not to give up at dawn. Against orders and her own partner's wishes, she works both cases by day while maintaining her shift by night. As the cases entwine they pull her closer to her own demons and the reason she won't give up her job no matter what the department throws at her." ***This book synopsis is from [michaelconnelly.com](#). The book is published by Little Brown Publishing.***

MOVIES | FROM PAGE 3

to "Sparrow School," a Russian intelligence service where she is forced to use her body as a weapon. Her first mission, targeting a C.I.A. agent, threatens to unravel the security of both nations.

"Avengers: Infinity War:" The Avengers and their allies must be willing to sacrifice all in an attempt to defeat the powerful Thanos before his blitz of devastation and ruin puts an end to the universe.

"Ocean's Eight:" Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's yearly Met Gala.

"Incredibles 2:" Bob Parr (Mr. Incredible) is left to care for the kids while Helen (Elastigirl) is out saving the world.

"Mission Impossible:" Ethan Hunt and his IMF team, along with some familiar allies, race against time after a mission gone wrong.

"Smallfoot:" A Yeti is convinced that the elusive creatures known

as "humans" really do exist.

"Ralph Breaks the Internet:" Six years after the events of "Wreck-It Ralph," Ralph and Vanellope, now friends, discover a Wi-Fi router in their arcade, leading them into a new adventure.

"Aquaman:" Arthur Curry learns that he is the heir to the underwater kingdom of Atlantis and must step forward to lead his people and be a hero to the world.

All movie synopses were taken from [imdb.com](#).



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New Year's Resolution ideas listed

With the New Year just arrived, many people look to creating a New Year's resolution.

The resolutions can range from losing weight, to finding more time for reading or spending quality time with loved ones. The possibilities are endless.

This article provides tips for those who are looking to create more time to relax, to help the planet and make more friends.

How to create more time to relax

Finding time to relax is an elusive goal for many people. Busy professionals with responsibilities at work and around the house may feel like there's no way to find a minute or two to exhale.

Fitting relaxation time into a typical day can have a profound impact on a person's overall health.

According to the National Center for Complementary and Integrative Health, relaxation techniques can help manage a variety of health conditions, including insomnia and anxiety associated with illnesses or medical procedures.

Men and women having trouble creating more time to relax each day can try the following techniques.

Turn off your devices. Technology has simplified life in many ways, but the amount of time many people spend on their mobile devices may be robbing them of time to relax.

Data from Flurry Analytics found that in 2016, U.S. consumers spent five hours per day on their mobile devices. People scrambling to find time to relax may benefit by designating at least one hour per day as a device-free hour when they do not check updates on their smartphones, tablets and other devices. Use that hour to unwind and avoid potential sources of stress, such as work.

Alter your commute. While few might associate mass transportation with relaxation, commuting to work via train or bus can be more relaxing than sitting behind the wheel in a rush hour traffic jam.

Use the time on a train or bus to read a book, take a nap or do something else that's relaxing, such as watching a movie or television show on a tablet.

Use all available vacation time. A 2017 study from the job site Glassdoor found that the average U.S. employee who

receives paid time off had only taken 54 percent of that time off in the previous 12 months.

So it seems that many people not only need to find time to relax, but also need to commit to using the relaxation time they have already earned.

Professionals should make an effort to use all of their available paid time off each year. Taking that time off may even prove beneficial to professionals' careers, as a 2016 report from Project: Time Off found that workers who took 11 or more vacation days were more likely to have received a raise or bonus in the previous three years than their counterparts who took 10 or fewer days off.

Stop working during vacation. The Glassdoor report also found that many workers who are taking time off are still working while on vacation.

In fact, two in three employees reported working while on vacation, while more than one in four indicated they were expected to know what was going on in the office while they were away, and even chip in if needed.

Men and women who need more time to relax can resolve to leave the office behind when beginning their vacations, informing their bosses and superordinates that they will not be reachable while away.

New Year's resolutions that can benefit the planet

Men and women who want to improve their lives while also contributing to the greater good may want to tailor their resolutions around protecting the planet.

Eco-friendly New Year's resolutions may benefit individuals in some surprising ways.

While men and women no doubt recognize the long-term benefits of protecting the planet they call home, the following resolutions also provide some more immediate benefits.

Unplug set-top cable boxes. It's not an especially time-consuming commitment, but unplugging set-top cable boxes and DVRs when they're not being used can reduce carbon dioxide (CO₂) emissions and save substantial amounts of energy.

A 2011 study from the National Resources Defense Council found that the electricity required to operate set-top cable boxes resulted in 16 million tons of CO₂ emissions in the United States alone. The

electricity needed to operate such boxes also costs American households more than \$3 billion per year.

The same study found that two-thirds of that energy consumption occurs when viewers are not watching or recording content. By unplugging these devices when they are not in use, people can save money and greatly reduce CO₂ emissions.

Support sustainable agriculture. According to the Grace Communications Foundation, an organization devoted to increasing public awareness of the environmental and public health issues created by the industrial food system, sustainable agriculture is the production of food, fiber or other plant or animal products using farming techniques that protect the environment.

Sustainable agriculture also employs farming techniques that protect public health and ensure the welfare of animals. Sustainable farms do not use chemical pesticides, synthetic fertilizers or genetically modified seeds, and such farms take steps to prevent the degradation of soil, water and other natural resources.

Cut back on driving. Men and women who can find ways to reduce the amount of time they spend behind the wheel can reduce vehicle emissions that harm the planet and cut back on fuel consumption. Reducing fuel consumption also reduces the fuel consumed and emissions produced by the trucks that transport that fuel from the refinery to the gas station.

If possible, bike to work or take public transportation. People who live in more remote

areas where biking or public transportation is not feasible can organize office car pools.

Spread the word. Another easy way eco-friendly men and women can resolve to benefit the planet is to spread the word about issues facing the climate and what everyday citizens can do.

Former U.S. Vice President Al Gore's Climate Reality Project aims to unite people from all walks of life in an effort to encourage their leaders to focus on the climate.

The project's Climate Reality Leadership Corps is a global network of activists working to spread awareness about the climate and how to address the issues facing it.

How to socialize more and make new friends

As adults grow older, responsibilities to work and family can make it difficult to stay connected to friends. Over time, social circles may unravel and people may find themselves wondering where those close relationships have gone and how they can make more friends and socialize more.

People who do not routinely socialize, especially those who do not have a spouse or partner, can experience loneliness.

When AARP surveyed adults age 45 and older about loneliness, a little over one-third of respondents were categorized as lonely.

That can be alarming for some, as loneliness is considered a significant predictor of poor health. Rates of loneliness were highest among respondents between the ages of 45 and 49.

Improving social connections, getting out more and making friends are excellent ways to boost one's mental and physical well-being.

Making friends is not about one's age, but one's situation. It's easy for school-aged children to make friends because they see the same classmates for many hours each day.

Striking up conversations and finding common ground are a snap.

Adults often find there are fewer situations that enable them to preserve existing friendships and make new ones.

As a result, many adults seek to replicate circumstances that made making friends so easy when they were young.

Start off by spending more time around people who share similar interests. Attend wine tastings, participate in an adult sports league, volunteer at church or take an art course. Meetup.com and its accompanying app enables people to find social situations for just about every scenario and can be a way to find friends who share common interests.

Be optimistic and try new things when people you meet suggest them. Openness to new experiences will help you get closer to people and fill up your social calendar. You don't have to like everything you try, but finding new hobbies or interests can pave the way to new friendships.

Don't be afraid to talk to new people. Make a good first impression by being confident and taking the lead.

(Content is provided by Metro Creative Connections.)

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SUDOKU

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4		1				3		
5	8		7					
			3					
8				2	7			5
	4				9			8
		2				6		
6								
	9				8		7	
7				6	5		4	

Level: Advanced

4	6	9	7	3	2	5	1	8
2	1	3	8	5	6	9	4	7
5	7	8	4	1	9	3	2	6
6	5	4	3	8	1	7	9	2
8	2	1	6	9	7	4	3	5
3	9	7	5	2	4	6	8	1
9	3	2	1	7	5	8	6	4
1	4	5	9	6	8	2	7	3
7	8	6	2	4	3	1	5	9

Editor's Note:

Sudoku puzzles and answers are published in the next edition of twm.

ENTERTAINMENT CALENDAR

Calendar deadline is two weeks prior to the start date of the event. Send an email that includes the event time, date, location including address, admission price and contact information to megan.soult@thenewstimes.com.

Event placement on a specific date is not guaranteed, as events run as space is available. Find the full calendar online at carolinacoastonline.com by hovering the pointer over TWM and choosing the "Calendar" option, or on a mobile device, choose "Calendar" from the drop-down menu. To have an event added, email information to megan.soult@thenewstimes.com.

Kids and Family

GLOW IN THE DARK CAPTURE THE FLAG 5:30-7 p.m. Friday, Jan. 4 and Friday, Feb. 1 at Fort Benjamin Park and Recreation Center in Newport. This is a free program for teens ages 12-16. Drop off is at 5:30 p.m. and pick up is at 7 p.m. For more information or questions, contact Whitney Smith, programs coordinator, at whitney.smith@carteretcountync.gov or at 252-222-5858, ext. 5688.

CAMP ALL YEAR AT CAMP ALBEMARLE Camp All Year is available for kindergarten through fifth-grade students. Drop off will begin at 7:30 a.m. for full days and 11:30 a.m. for half days. with pick up beginning at 3:30 p.m. Special arrangements may be made for children needing to be picked up later. Lunch will be provided for full-day programs, and snacks will be available every day. Programs will be held on the following dates: Full days – Monday-Wednesday, Jan. 21-23. Half days – Monday, Feb. 18, Friday, March 8 and Friday, April 19. Spring Break is Monday-Friday, April 22-26. The cost for individual days is \$70 for full days and \$30 for half days. Spring Break week is \$300. If you wish to sign your child up for all dates, you may do so at a special rate of \$800. To register, go to campalbemarle.org and click on the "Register Now" button. For more information about the program, payment options or campership opportunities, contact Sam Stone at sam@campalbemarle.org or call the office at 252-726-4848.

Art

DRAWING AND PAINTING CLASS 4-5 p.m. Friday, Feb. 1 at Bailey's Studio Art School, 905 Ocean Drive, Emerald Isle. Learn to draw and paint with two profes-

sional artists in Emerald Isle. Deb Covington will teach students to draw or work with pastels and Irene Bailey will teach students to paint in oils. For information, or to reserve a space call Ms. Covington at 336-688-1760 or email bobdeb@twc.com. Ms. Bailey can be reached by calling 252-723-6258 or through irene@irenebailey.com.

Music and Theater

CRYSTAL COAST CHORAL SOCIETY REHEARSALS 7 p.m. Tuesdays starting Jan. 8 at Swansboro United Methodist Church. Rehearsals are weekly through March with spring concerts the weekend of April 6 and 7. The Crystal Coast Choral Society is a non-audition community choir and new members are welcome. For more information, call 910-358-2997 or email the director, Finley Woolston, at finley@ec.rr.com.

CRAVEN COMMUNITY CHORUS REHEARSALS 6:30-8:30 p.m. Tuesdays starting Jan. 8 in Orringer Hall on the campus of Craven Community College. The rehearsals are for the spring concerts under the direction of Philip Evancho. The concert "Musical Journey Through America" will be Thursday, May 2, Saturday, May 4 and Sunday, May 5. Registration is \$30, and all voices are welcome. For more information, contact Marilyn Davis at 252-670-0230.

Food and Drink

INTERNATIONAL FILM SERIES will start in January at Carteret Community College in Morehead City. The films will be held at 7:30 p.m. in Joslyn Hall, while the dinners will be at 6 p.m. in the Crystal Coast Civic Center. The first film, "Waterboys" (Dutch) is Thursday, Jan. 24. A matinee film only is set for 1:30 p.m. Friday, Jan. 25. Other film dates are Thursday-Friday, Feb. 21-22, "The Concert" and "My Afternoon with Marguerite," Thursday-Friday, March 21-22. Dinner caterers will be announced. Each dinner will feature cuisine of the region or country.

EMPTY BOWLS 11 a.m. to 1 p.m. Wednesday, Feb. 20 at the Crystal Coast Civic Center in

Morehead City. Ticket holders may choose a handmade pottery creation and two soups. Tickets are \$20 and can be purchased at Hope Mission in Morehead City. In January, tickets will also be sold at Pet Provisions on Turner Street in Beaufort, Webb Memorial Library in Morehead City and Cape Carteret Aquatic Center on Taylor Notion Road. Early ticket purchases are recommended. Proceeds benefit Hope Mission and Martha's Mission Cupboard. For more information, call 252-240-2359.

Local heritage

COYOTES 2 p.m. Saturday, Jan. 5 at Hammocks Beach State Park in Swansboro. Participants will learn about this highly adaptable animal which has managed to make its home all over North America. They will see how the animal has learned to survive in the wildland urban interface and has been able to thrive in all areas. The program will include numerous game camera photos taken in the Hammocks Beach State Park area. For more information, call 910-326-4881.

FLAGS OF FORT MACON AND THE CONFEDERACY 10 a.m. Monday, Jan. 7 at Fort Macon State Park in Atlantic Beach. Meet at the Visitor Center to learn about the wide range of flags used by the Confederacy during the War Between the States.

MUSKET FIRING DEMONSTRATION 10 a.m. Wednesday, Jan. 9 at Fort Macon State Park in Atlantic Beach. Learn about a Civil War-era musket's history, loading procedures and firing. Meet in the fort.

OWL PROWL 5:30 p.m. Wednesday, Jan. 9 at Hammocks Beach State Park in Swansboro. This program will introduce you to some of the park's residents that like to keep watch during the night hours. Participants will learn about some of the owl species, their habitats and tips of what they can do to help these night watchers. If the weather is good, participants will take a short walk along the park's half-mile nature trail and try to call in any of the owls that may nearby.

CALENDAR | CONTINUED ON 9

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For more information, call 910-326-4881.

ASTRONOMY 6 p.m. Friday, Jan. 11 at Fort Macon State Park in Atlantic Beach. Meet at the bathhouse to view space through a telescope and learn more about our universe.

SNAKES 2 p.m. Saturday, Jan. 12 at Hammocks Beach State Park in Swansboro. 2019 marks the Year of the Snake for N.C. State Parks. Join a park ranger to learn about some of these slithering creatures that roam North Carolina and what important role they play in certain ecosystems. Participants will look at several species and talk about certain key snake features that help them determine if it is venomous or nonvenomous, as well as other safety tips. For more information, call 910-326-4881.

COASTAL CRAFTS 2 p.m. Sunday, Jan. 13 at Hammocks Beach State Park in Swansboro. Each month come out to the park and learn about some of the unique beach findings and what crafty ways can be applied with them. Participants will get a chance to build their own craft to take home. This month's craft is sea coast bird feeders. Registration is required by contacting the park office at 910-326-4881.

BIRD HIKE 9 a.m. Monday, Jan. 14 at Fort Macon State Park in Atlantic Beach. Meet at the Visitor Center and take a leisurely hike to identify birds native to the area.

NATURE HIKE 8:30 a.m. Tuesday, Jan. 15 at Hammocks Beach State Park in Swansboro. Join a park ranger for an exciting hike through the woods. Participants will get an opportunity to explore the park's new property, discovering sights and sounds while taking in the fresh air. They should bring binoculars if they have them. For more information, call 910-326-4881.

MUSKET FIRING DEMONSTRATION 10 a.m. Wednesday, Jan. 16 at Fort Macon State Park in Atlantic Beach. Learn about a Civil War-era musket's history, loading procedures and firing. Meet in the fort.

NATURAL SIDE OF FORT MACON 10 a.m. Thursday, Jan. 17 at Fort Macon State Park in Atlantic Beach. Meet in the Visitor Center lobby for a lei-

surely hike exploring the natural side of Fort Macon. The hike will cover trail and beach.

WILDERNESS FIRST AID 2 p.m. Saturday, Jan. 19 at Hammocks Beach State Park in Swansboro. Whether it be on a trail, the water or in the backcountry, accidents happen. This program will highlight some of the most common ailments that can occur and how to deal with them. No certification will be offered or presented with this program. For more information, call 910-326-4881.

LUNAR ECLIPSE NIGHT HIKE 6:30 p.m. Sunday, Jan. 20 at Hammocks Beach State Park in Swansboro. It's going to be a full moon, a super moon and a lunar eclipse. Come out to the park and explore the woods at night along the half-mile loop nature trail. Participants will get a chance to explore the park after dark as they learn about this unique night sky showing in 2019. The program is weather dependent. Contact the park office the day of for program status at 910-326-4881.

NIGHT SOUNDS 5:30 p.m. Tuesday, Jan. 22 at Hammocks Beach State Park in Swansboro. Join a ranger and learn to distinguish the sounds of the night with this program that introduces participants to their night time neighbors. For more information, call 910-326-4881.

WOOD ID 2 p.m. Saturday, Jan. 22 at Hammocks Beach State Park in Swansboro. Come out to the park to learn the ins and outs of what makes each tree species unique. Participants will get a chance to see some neat tricks to identify a tree just by looking at the wood. For more information, call 910-326-4881.

MUSKET FIRING DEMONSTRATION 10 a.m. Wednesday, Jan. 23 at Fort Macon State Park. Learn about a Civil War-era musket's history, loading procedures and firing. Meet in the fort.

MUSKET FIRING DEMONSTRATION 10 a.m. Wednesday, Jan. 30 at Fort Macon State Park in Atlantic Beach. Learn about a Civil War-era musket's history, loading procedures and firing. Meet in the fort.

Education

CLEANSE YOUR BODY 101 TO PREVENT DISEASE noon-1:15 p.m. Wednesday, Jan. 9 at

Carteret Community College. This class is \$10. Cleansing your body from hidden toxins from what we eat, drink and the environment can improve your health. Become aware of hidden toxins to reduce your chances of disease/cancer and help reduce weight gain, headaches, body aches and lack of energy. A hand-out includes recipes, ingredients to avoid and local health resources. Instructor Jade Morton is a certified holistic health educator. More information can be found at YogaWellnessNC.com. Preregistration is required by calling 252-646-3923.

HAPPINESS NOW – HOW TO BE HAPPY noon to 1:15 p.m. Wednesday, Jan. 16 at Carteret Community College. This class is \$10. Discover the science and practice of the secrets to happiness. Learn tips and activities that have been proven to increase happiness, along with ways to shape habits for your well-being. Handouts and resources are included. Instructor Jade Morton is a certified holistic health educator. More information can be found at YogaWellnessNC.com. Preregistration is required by calling 252-646-3923.

RESTORE BODY AND MIND: FOUR-WEEK WELLNESS SERIES noon to 1 p.m. beginning Wednesday, Jan. 23 at Carteret Community College. This series is \$45 and will guide students through easy step-by-step ways to heal their body and transform your life. This series is a great self-care resource for cancer prevention/recovery, care givers and human service professionals. The cost includes a health workbook, recipes and a local health resource list. Instructor Jade Morton is a certified holistic health educator. More information can be found at YogaWellnessNC.com. Preregistration is required by calling 252-646-3923.

Fitness

GENTLE RESTORE YOGA SERIES 12:10-1 p.m. Tuesdays starting Jan. 8 at Carteret Community College. This six-week class is designed to safely improve flexibility and alignment, build strength and restore the body and mind. The intention is also to aid with anxiety, cancer recovery and PTSD. No prior yoga experience is needed, and chair modifications are available. Late registration runs through Tuesday, Jan. 29. The cost for the class is \$40.55. For more information, contact Jade Morton at 252-646-3923 or visit yogawellnessnc.com.

NIGHTLIFE CALENDAR

Morehead City

SHUCKIN SHACK OYSTER BAR: Live music from 6-8 p.m. Wednesdays featuring local musicians each week.

Atlantic Beach

AMOS MOSQUITO'S: Karaoke 9:30 p.m. to 12:30 a.m. Thursdays.

CRYSTAL COAST BREWING CO.: Team Trivia is at 7:30 p.m. Wednesdays. A special delivery menu will be available on trivia nights from Roma's Pizza; **30 Second Rocks Music Trivia** is at 7:30 p.m. every Thursday. This is free to play and there will be prizes.

Beaufort

CRU WINE BAR: Nuttbred 9 p.m. Friday, Jan. 4; **Emily Musolino Band** 8 p.m. Saturday, Jan. 5; **Bobby Webb & Co.** 8:30 p.m. Friday, Jan. 11; **Open Mic Night** 8 p.m. Tuesday, Jan. 15; **The Dust Parade** 8:30 p.m. Saturday, Jan. 19; and **Valentine's Love Song Open Mic** 8 p.m. Tuesday, Feb. 12.

RIBEYES: Morris Willis 6 p.m. Tuesdays.

Emerald Isle

SALT: Justin West 9:30 p.m. Friday, Jan. 25; **The One and Only Ultimate Hank Williams Jr. Tribute Show** 9:30 p.m. Friday, Feb. 8; and **Nightrain** 9:30 p.m. Friday, March 15.

AREA SPORTS CALENDAR

Thursday, Jan. 3

High School Basketball

Jayvee Girls: Pamlico at West Carteret..... 4 p.m.
Jayvee Boys: Pamlico at West Carteret 5:30 p.m.
Varsity Girls: Pamlico at West Carteret 7 p.m.
Varsity Boys: Pamlico at West Carteret 8:30 p.m.

High School Wrestling

Varsity: Trask, Southwest Onslow at East Carteret 6 p.m.
Varsity: West Carteret at White Oak 6:30 p.m.

Friday, Jan. 4

High School Swimming

W. Carteret, E. Carteret at Winterville Aquaventure 4 p.m.

High School Basketball

Jayvee Boys: Southwest Onslow at Croatan..... 4:30 p.m.
Varsity Girls: Southwest Onslow at Croatan..... 6 p.m.
Varsity Boys: Southwest Onslow at Croatan 7:30 p.m.
Jayvee Boys: East Carteret at Dixon 4:30 p.m.
Varsity Girls: East Carteret at Dixon 6 p.m.
Varsity Boys: East Carteret at Dixon 7:30 p.m.

High School Wrestling

Varsity: East Carteret in Charger Duals at Ayden-Grifton..... 5 p.m.
Jayvee: Croatan in Wildcat Invitational at West Johnston HS..... 6 p.m.

Saturday, Jan. 5

High School Wrestling

Varsity: Croatan in Wildcat Invitational at West Johnston HS..... 9 a.m.

* Scheduled events are subject to change



This photo from 1918 shows a trolley in the Ghent neighborhood. John Leys will discuss the neighborhood during the New Bern Historical Society Lunch & Learn at 11 a.m. Wednesday, Jan. 9. (Contributed photo)

John Leys to present historical society Lunch & Learn event Jan. 9

The Ghent neighborhood has a lively and vibrant past. This is the story John Leys will share at the Wednesday, Jan. 9 Lunch & Learn at The Chelsea for the New Bern Historical Society.

Lunch & Learn starts at

11:30 a.m. at The Chelsea Restaurant, 335 Middle St. in New Bern.

The cost is \$17 for historical society members and \$22 for non-members; lunch is included.

"The Story of Ghent will

take us back to the days when Ghent was developed from the Rhem family plantation and explain how the neighborhood grew with the introduction of the trolley," Mr. Leys said in a recent press release. "We'll remember all the fun the chil-

dren had with the coming of the circus.

"Let's not forget the Casino with sports events, dances, rides and concessions ... Over the years Ghent has had a significant influence on New Bern, and we hope will continue to far into the future," he continued."

A Ghent resident, Mr. Leys came to New Bern after finishing his graduate degree at East Carolina University in 1975 and taught French, history and English in the New Bern school system.

After retiring as a teacher, he worked at the Craven County Convention and Visitors Bureau, the New Bern Public Library and Tryon Palace.

An active volunteer with the historical society, he served on the board of directors as the historian, recently stepping down after 10 years of service.

Mr. Leys has done extensive research and writing, and written scripts for and acted

as a ghost in Ghostwalk and Haunted Evening productions.

He has appeared in many productions at the Civic Theatre and was on the founding board of the Rivertowne Players.

Advance reservations for the event must be made by calling the New Bern Historical Society at 252-638-8558 or ordered at NewBernHistorical.org/tickets.

Lunch choices are low country pork tips, rosemary roasted potatoes, broccoli with lemon butter or shrimp and broccoli Alfredo and chocolate tuxedo cake.

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Its offices are located in the historic Attmore Oliver House at 511 Broad St. in New Bern.

For more information, call 252-638-8558, go NewBernHistorical.org or [facebook.com/NewBernHistoricalSociety](https://www.facebook.com/NewBernHistoricalSociety).

LIVE MUSIC

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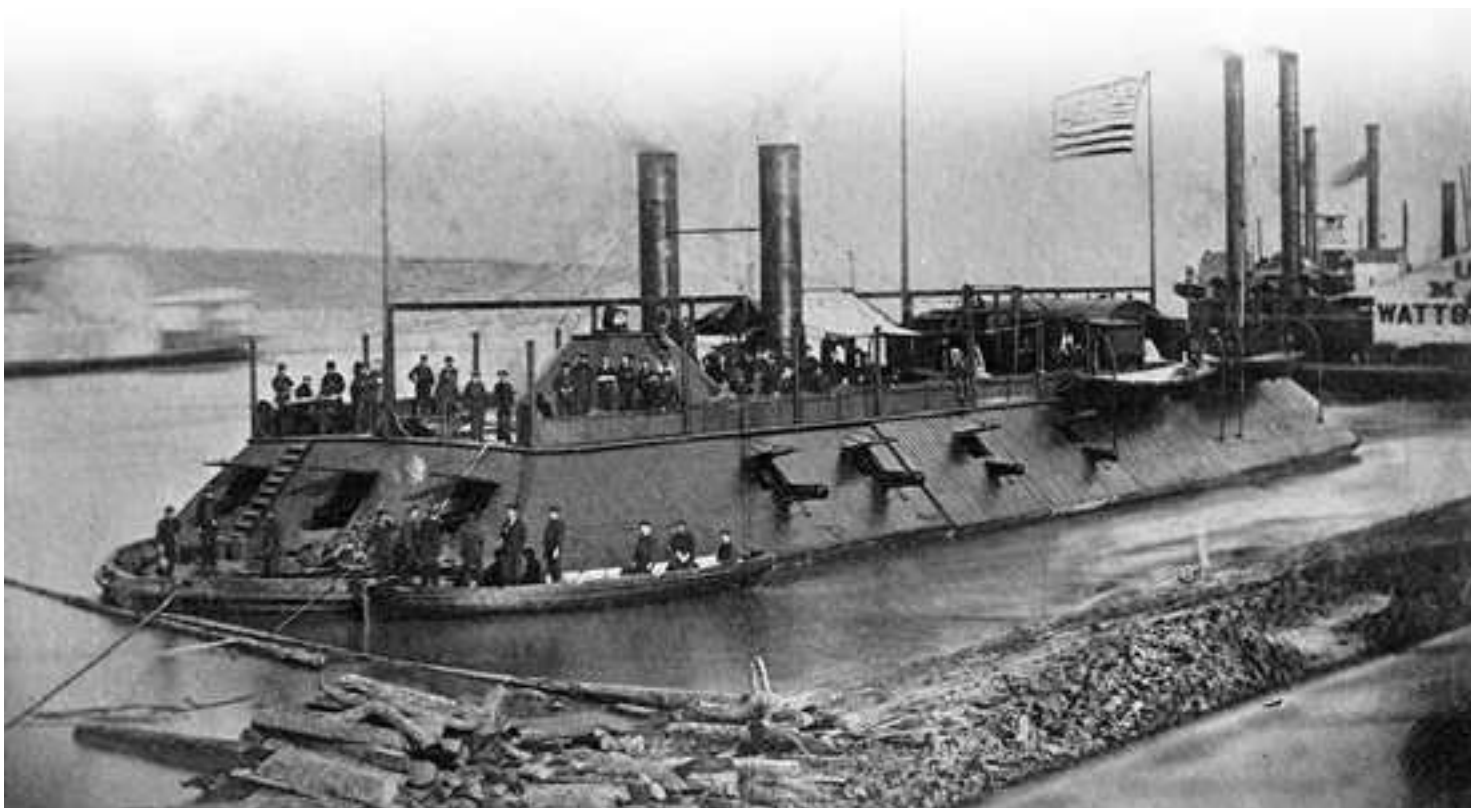
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Ed Bearss, ABOVE, will discuss the raising of the USS *Cairo*, LEFT, during an upcoming presentation at the N.C. History Center in New Bern. (Contributed photo)

Raising the *Cairo* with Ed Bearss

It's a treasure hunt story worthy of Indiana Jones, led by historian Ed Bearss.

At 2 p.m. Sunday, Jan. 13 at the N.C. History Center in New Bern, the now 95-year-old chief historian emeritus of the National Park Service, Mr. Bearss will recount the raising of the *Cairo*.

On Dec. 12, 1862, naval history was made when the Union ironclad USS *Cairo*, involved in the campaign against Vicksburg, was sunk in 12 short minutes in Mississippi's Yazoo River.

It was reportedly the first armored ship sunk by a remotely detonated mine. The gunboat lay largely forgotten for 98 years until a group led by Mr. Bearss,

then Vicksburg National Military Park chief historian, discovered the hulk resting on the bottom of the river north of Vicksburg.

A U.S. Marine Corps veteran of World War II injured at Suicide Creek, Mr. Bearss is a renowned military historian, an author known for his work on the American Civil War and World War II eras, and a tour guide of historic battlefields for The Smithsonian Associates.

A respected PBS commentator, Mr. Bearss was one of the stars of Ken Burns' award-winning PBS TV series "The Civil War."

After many years as a historian with the National Park Service, he served as chief his-

torian and is now chief historian emeritus.

Mr. Bearss has led thousands of unique tours of historic sites associated with the Civil War, the American Revolution, World War I and World War II in Europe, Abraham Lincoln's assassination and the American West.

He has been named by Smithsonian Magazine as one of the "35 Who Made A Difference," along with the likes of Maya Angelou, Steven Spielberg and Sally Ride.

Mr. Bearss was instrumental in researching and planning the restoration of New Bern's Civil War Battlefield Park. This will be his 13th visit to New Bern.

Reservations are recom-

mended for the program and can be made with a suggested \$10 donation, with all proceeds going to help with hurricane repairs at New Bern Civil War Battlefield Park.

A reception will follow the presentation. This lecture is present-

ed by the New Bern Historical Society and the New Bern Civil War Round Table in partnership with Tryon Palace.

For more information, call 252-638-8558, go NewBernHistorical.org or [facebook.com/NewBernHistoricalSociety](https://www.facebook.com/NewBernHistoricalSociety).



LEFT: Will Martin will perform concerts Wednesday-Thursday, Jan. 9-10 at the Old Theater in Oriental. The concerts are presented by the Pamlico Musical Society. (Contributed photo)

Celebrate 2019 with tenor Will Martin

Internationally acclaimed entertainer and vocalist Will Martin will perform two concerts on consecutive days at the Old Theater in Oriental, presented by the Pamlico Musical Society.

The concerts are at 7:30 p.m. Wednesday-Thursday, Jan. 9-10. Mr. Martin will also

TENOR | CONTINUED ON 12

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TENOR | FROM PAGE 11

conduct an informance, free and open to the public, at 1:30 p.m. Tuesday, Jan. 8 at Oriental United Methodist Church fellowship hall, hosted by Prime Time.

A celebrated and accomplished recording artist, Mr. Martin has achieved phenomenal success in his home country of New Zealand, as well as in Europe, becoming the youngest man in history to top the U.K. Classical Charts, according to a release by the musical society.

In these concerts, Mr. Martin will present a tribute to great songwriters of the past 50-plus years, from Dean Martin, Billy Joel and Elton John, to Berry Manilow and Paul McCartney, to Ennio Morricone and Leonard Bernstein.

Tickets to each concert are \$22 and are available in Oriental at Nautical Wheelers, 411 Broad St., and online at pamlicomusic.org. Tickets for sold-out shows may become available at the door last minute. Check at the box office at 7:15 p.m.

For more information, call 252-617-2125.

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