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Dedicating more of your plate to fresh-fromthe-garden produce, as well as rice and grains can lead to a healthier lifestyle.



CALENDARS



Find out what's happening this week and beyond on the Crystal Coast and in surrounding areas.





As part of the Beaufort Historical Association's Living History series, Pat Tester will conduct a hand spinning workshop Thursday, May 11.



MUSIC



The Craven Community Chorus will present its spring concert series, "Echoes in the Park."



than ever.

FOOD AND DRINK



FEATURED PHOTO



Feature of the Week

This bee searches for pollen on an azalea bush on Friendly Road in Morehead City in this photograph by Cheryl Burke. Azaleas can be seen blooming across the county as a familiar sight of spring.

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

The Beaufort waterfront will play host to the 10th annual National Boatbuilding Challenge and the 43rd annual Wooden Boat Show. Both events are held Saturday, May 6.

CONTACT INFORMATION

twm is published weekly by Carteret Publishing Co. Inc. 4206 Bridges Street, Morehead City, NC 28557

EDITOR: Megan Soult megan.soult@thenewstimes.com

PHOTOGRAPHY: Dylan Ray dylan@thenewstimes.com

GRAPHICS: Sarah Smith sarah@thenewstimes.com

ADVERTISING: Kim Moseley kim@thenewstimes.com

To submit event information, email Megan Soult or write to: twm, P.O. Box 1679, Morehead City, NC 28557

Include the event time, date, location including address, admission price and contact information.



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BLACK CYAN MAGENTA









NC Maritime Museum's 43rd Wooden Boat Show sets sail for boating enthusiasts

Whether you're a boating enthusiast or prefer to keep your feet on dry land, the 43rd annual Wooden Boat Show has activities for everyone.

The show takes place at the N.C. Maritime Museum in Beaufort from 10 a.m. to 4 p.m. Saturday, May 6. The annual Wooden Boat Show is the longest ongoing wooden boat show in the Southeast.

The Wooden Boat Show is held simultaneously with the 10th annual National Boatbuilding Challenge on Front Street, so the town will be flooded with enthusiasts and spectators.

The Wooden Boat Show is a free event that celebrates the art of wooden boatbuilding, the sport of boat racing and the culture and history that surrounds these boats. Dozens of handcrafted wooden boats, full size and model, will be on display with many coming from outside North Carolina.

The kickoff reception for the 43rd annual Wooden Boat Show will be held Friday, May 5, at the Harvey W. Smith Watercraft Center. The event includes food and live music from 5:30 p.m. to 7:30 p.m. Tickets are \$10 per person and are available at the museum store.

As well as being the longest ongoing wooden boat show, the 43rd annual Wooden Boat Show show's younger visitors will find has received top honors from plenty to do at the Wooden the Southeast Tourism Society.

The society recognized the N.C. Maritime Museum's annual Wooden Boat Show as a Top 20 Event for the Southeast for May 2017. This is the third year in a have the opportunity to race row the museum has received the prestigious honor for the annual Wooden Boat Show.

Paul Fontenoy, museum curator and Wooden Boat Show coordinator, says the show has something to offer everyone, even if you're not a wooden boat enthusiast.

"We pay a lot of attention to making sure the show is not just interesting for wooden boat enthusiasts," Mr. Fontenoy said. "We have activities for children and opportunities for families to do things together, such as taking a boat ride, "he said.

Some of the highlights of the 43rd annual Wooden Boat Show include:

Wooden Boat Kids: The

their boat against other children's boats. If preferred, they can blow wind in their sails while boating on the temporary pond on the museum's front patio.

See Boat / Page 7

Last week, our feature story on the White Oak Shores Bluegrass Festival, "Best of Bluegrass," on page 3 incorrectly stated ticket prices were \$20 per person and \$30 for both days. It should have read \$25 per person and \$40 for both days. We are sorry for the confusion this may have caused.

Boat Show. Starting at 10 a.m.,

children will be invited to sand,

design and assemble their own

Upon completion, they will

wooden boats.



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Byron Ryan of Raleigh weaves in between the rows of vintage wooden boats along Front Street in 2013 during the 39th annual Wooden Boat Show in Beaufort. This year's show is Saturday, May 6. (Dylan Ray photo)

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(AP photo)

Review: 'Guardians' returns, and it's better than the first

BY JAKE COYLE ASSOCIATED PRESS

In James Gunn's sequel to his swashbuckling space Western, the Guardians of the Galaxy do their version of "The Empire Strikes Back," complete with daddy issues but with a considerably more anarchic spirit and enough acerbic interplay among its interstellar gang to make Obi-Wan blush.

The wild whiz-bang of the first "Guardians" and its gleeful upending of superhero conventions was, I thought, not the second-coming others felt it was. Having sat through a meteor shower of imposingly well-made Marvel products, the too-pleased-with-itself "Guardians" felt to me like an intensely scripted politician trying to smugly crack wise.

When the motley crew of scavengers reunites in "Guardians of the Galaxy Vol. 2," many of its tricks - the anachronistic 70s hits, the exotically foul-mouthed creatures – are not the sneak attack they were in 2014. But that turns out to be a good thing. No longer so busy advertising his movie's genre transgressions, Mr. Gunn, who wrote and directed the sequel, is free to swim backstrokes through his

cosmic, CGI-spiced gumbo. It's a soupy, silly spectacle that recalls, if nothing else, the weird, kaleidoscopic design of a Parliament-Funkadelic album cover. Mr. Gunn's film also shares George Clinton's goofy extravagance (and includes his song "Flashlight") and a neon-colored cast with its own Mothership.

There are two types in the universe, Dave Bautista's muscle-mound Drax declares early on. "Those who dance and those who do not." In the "Guardians" universe, which blithely mocks just about everything, this is close to a mission statement. Whereas the first film featured Chris Pratt's Peter Quill on a faraway planet bopping to Redbone's "Come and Get Your Love," the early scenes of "Vol. 2" find the Guardians battling some giant monster while Baby Groot – the extraterrestrial tree turned sapling (voiced by Vin Diesel) - grooves to ELO's "Mr. Blue Sky."

The "Guardians" universe, made up of such ironies and oddities, worships at the altar of incongruity. Referenced within are "Cheers," Mary Poppins, Looking Glass' "Brandy (You're a Fine Girl)," David Hasselhoff and Fleetwood Mac's "The Chain." It's the kind of wackedout tapestry that even Lindsey Buckingham would find headspinning.

While Quill resembles a classic Han Solo-like hero, his fellow Guardians – Zoe Saldana's green-skinned Gamora, the caustic, Bradley Cooper-voiced raccoon Rocket, Drax and Groot - are a multi-species band of outsiders. No two are alike in temperament or genetics.

Though they bicker endlessly, they're a cobbled-together, multi-species family, just one more likely to trade insults than hugs. And the nature of family is at the center of "Vol. 2." Quill, having lost his mother as a young child in the first film, learns that his father is a "celestial," or deity, named Ego (Kurt Russell), with shoots through so many hypera planet of his own creation. speed portals that their faces fleeing the remote-controlled pods that pursue them when Rocket steals batteries from High Priestess of the goldenhued Sovereign race.

Returning is Michael Rooker's excellent Yondu Udonta, who resembles a rejected audition to the Blue Man Group and controls a lethal arrow with a whistle. He's hired to capture the Guardians, but his character – who raised the orphaned Quill – plays an unexpectedly emotional role in Quill's journey into his past. The effect is similar for Gamora's sister Nebula, the Guardians' furious prisoner. Others are in the mix, too, including a brief cameo by Sylvester Stallone and, more impressively, Chris Sullivan's mutinying, unfortunately named pirate Taserface.

All of the names, though, are kind of joke, as is much of the plot (batteries?), the planets and, well, the whole operation. In one scene, an escaping ship

The Guardians meet him after go bug-eyed like Looney Tunes characters, maybe revealing the films' underlying DNA.

But while this "Guardians Ayesha (Elizabeth Debicki), the of the Galaxy" has no earnest belief in its sci-fi theatrics (the credits action scene is largely just blurry background to Baby Groot's dancing), it believes surprisingly sincerely in its characters' inner lives, the ones buried beneath their sarcastic exteriors. "Guardians" takes place further in the reaches of the galaxy than any other Marvel movie, yet it's the most earthbound. In the words of David Bowie, another space oddity, let's dance.

"Guardians of the Galaxy Vol. 2," a Walt Disney Co. release, is rated PG-13 by the Motion Picture Association of America for "intense sequences of sci-fi violence, and brief suggestive content." Running time: 136 minutes. Three stars out of four.



Greens and grains: Add fresh produce to your diet

Dedicating more of your plate to fresh-from-the-garden produce, as well as rice and grains can lead to a healthier lifestyle, according to Cheryl Forberg, registered dietitian and award-winning chef and nutritionist for 'The Biggest Loser."

"Most of my adult clients who are not veggie lovers usually had little exposure to them growing up, or they just weren't cooked properly," Ms. Forberg said. "It's important for parents to get their children involved in cooking, shopping and even gardening so kids can understand the journey from seed to plate.'

Ms. Forberg furthers her personal dedication to the seed-to-plate journey through her involvement with Seeds of Change, which invests in healthier and greener communities by offering both organic seeds and foods, and delivers an annual grant program that benefits school and community gardening, as well as farming programs.

This year, the grant program will award \$310,000 to participants who plan to help their communities and teach people about sustainability and where fresh food comes from.

To start living healthier and greener lives, Ms. Forberg offers four simple tips:

Start in the garden. This hands-on approach is a fun way to learn about nutrition and where food comes from. Following produce from seed to plate can compel you to eat more healthfully. Plant a garden at home or become involved in a local project nearby.

Opt for veggies with big impact. Richly colored veggies contain the richest supplies of nutrients. Opt for spinach or romaine instead of iceberg lettuce in your salads. Skip the celery or carrots and go for red bell pepper slices to deliver a healthy serving of antioxidants and vitamin C.

Make smart swaps. Replace the dense calories of pasta noodles with a flavorful cup of cooked spaghetti squash. The squash is a satisfying and tasty alternative with a mere 40 calories, 2 grams of fiber and loads of vitamins.

Pair with whole grains. Mashed potatoes may be a favorite dinner side, but there are more nutritious options to complement your garden produce, such as this grain bowl with wild salmon from Chef Seamus Mullen.

Learn more about starting a community garden and living a greener, healthier life at seedsofchangegrant. com.

WARM GRAIN BOWL WITH WILD SALMON, ALMONDS AND SALSA VERDE

Total time: 20-25 minutes Servings: 8 8 wild salmon fillets (3 ounces each) sea salt, to taste fresh pepper, to taste 2 tablespoons extra-virgin olive oil, divided 1 cup asparagus, cut into 2-inch pieces 1/2 cup shitake mushroom caps, sliced 1 package Seeds of Change Quinoa, Brown & Red Rice with Flaxseeds

1/4 cup slivered almonds

(Content and images provided by Family Features)



Salsa Verde (optional): 1 bunch scallions 1 clove garlic

½ cup packed cilantro leaves

1/2 cup packed mint leaves

1/2 cup packed basil leaves 1/2 cup lemon juice

1/3 cup extra-virgin olive oil

Heat oven to 400 F.

In oven-proof pan, season salmon with salt and pepper, and drizzle each fillet with olive oil. Bake 12-15 minutes, until cooked through.

In blender or food processor, combine all Salsa Verde ingredients and pulse until fully incorporated but still rustic and chunky. Set aside.

In medium sauté pan over medium-high heat, heat remaining olive oil. Add mushrooms and asparagus and sauté vigorously 3-5 minutes. Add grains and slivered almonds, and continue to sauté until heated through, about 5 minutes. Adjust seasoning with salt and pepper, to taste.

Divide grains among eight plates, place a piece of salmon on each plate then finish with dollop of Salsa Verde, if desired, and serve.

Substitution: Shitake mushroom caps may be substituted with button mushrooms or other wild mushrooms.

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Boatbuilding Challenge to be held May 6

For the 10th consecutive year, the Beaufort Boatbuilding Challenge will enliven the waterfront under the big top on Saturday, May 6.

At the starting whistle, anywhere from 12 to 20 two-person teams go at it full speed to build a 12-foot Carolina Bateau rowing skiff in less than four hours.

Since its inception, the challenge, sponsored in large part by the Atlantic Veneer Mill Outlet, has grown to become one of the largest crowd draws on the Beaufort waterfront. Held simultaneously with the N.C. Maritime Museum's Wooden Boat Show, Beaufort is flooded with boat enthusiasts and spectators.

This year, there are six middle school-age teams and four high school-age teams participating in the challenge.

The students compete with everyone who enters the competition just like the adult competitors.

There will also be a community college competition within the regular boat building competition.

Participating in the community college competition are Cape Fear Community College and Carteret Community College.

The winner of the competition will receive a team plaque to display at their school.

To be successful in the competition, speed must be accompanied by craftsmanship and seaworthiness.

After the boats are built, participants will take part in a rowing race, using the newly constructed boats.

The rowing race inevitably packs the boardwalk as participants demonstrate their



Vic Fasolino of Beaufort takes the purists route by using only hand tools without electricity during the ninth annual National Boatbuilding Challenge on the Beaufort waterfront. The 10th annual National Boatbuilding Challenge is Saturday, May 6. (Dylan Ray photo)

swimming ability, in their newly crafted vessels.

be named the winners of the Beaufort Challenge and also qualify for the national championship.

The first-place team with the lowest total points will receive

rowing ability, and sometimes \$500; the second-place team with the second lowest total points will receive \$300; and The top three teams in the the third-place team with the race will receive cash prizes and third lowest total points will receive \$200.

> As well as the wooden boat portion of the competition, new this year is a cardboard boatbuilding competition.

The Beaufort Cardboard



Boatbuilding Challenge, which is Sunday, May 7, will give competitors to build a boat completely out of cardboard. Once the boats are built, competitors will have a chance to race the vessels.

The competition is held from noon to 3 p.m., the race is from 3-4 p.m. and the awards and accolades will be given at 4 p.m.

During the competition, only cardboard and duct tape can be used to create a boat. The teams will supply the materials. Decorations are allowed and encouraged.

After the boats are built, judges will decide on the interpretation of the rules.

The competition is divided into two age groups.

Teen Flight: This category is for those ages 12-17. The category is "Guppy," which is one to two people per boat.

Adult Flight: This category is for competitors ages 18 and older. The categories are Guppy, one to two people per boat, Dolphin, which is three to five people per boat, and Whale, which is six to 10 people per boat.

The nonprofit organization is the N.C. Boatbuilding Heritage Foundation and it has a mission to promote awareness of the boatbuilding heritage of Carteret County and to provide scholarships to deserving students who wish to pursue the skills of boatbuilding.

With the success of the previous challenge, the foundation provides:

• An entire year's tuition scholarship at Carteret Community College to a fulltime student enrolled in the Marine Technologies program.

• An entire year's tuition scholarship at Cape Fear Community College for another deserving student in their Wooden Boat and Boat Manufacturing programs.

• All the necessary materials to Croatan, West Carteret and East Carteret high schools for each of their recently established boatbuilding classes.

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This craft is very popular, and boat supplies often run out early. The museum's staff encourages children to come by the Wooden Boat Kids area early to make their boat, get a temporary tattoo or to test their strength.

Free Sailboat Rides: Families can enjoy a traditional wooden sailboat ride on Taylor's Creek. On Saturday, Free boat rides in a traditional wooden boat will be offered from 1-3 p.m. On Thursday, May 4, and Friday, May 5, free boat rides will be also offered from 1-4 p.m. outside the Harvey W. Smith Watercraft Center. A \$5 per person donation is suggested, which will go to the sailing program.

Traditional Sailboat Races: Watch the races on Taylor's Creek. They will take place at 11 a.m. The Spritsail Race and the Beaufort Oars Gig Race is at 2 p.m., while traditional sailboat race is at 3 p.m.

Carolina Maritime Model Expo: One of the main attractions at the annual Wooden Boat Show is the many traditional wooden boats, but there's another show that takes place on a smaller scale, and it's always a big draw for boat enthusiasts and landlubbers alike. The Carolina Maritime Model Exposition features model boats ranging in average size from 25 inches to 40 inches.

In past years, the number of model boats on exhibit has ranged from 30 to close to 60 models. Often some members of the Carolina Maritime Model Society bring in as many as eight to 10 models each. Some of these models are equipped with their own motors, and their designers will be demonstrating their abilities in the larger pond set up on the front patio throughout the boat show.

"These handcrafted vessels are indeed a labor of love, sometimes taking 12 to 14 months to complete," said Grant Caraway, manager of the museum's Harvey W. Smith Watercraft Center.

Attendees to the show will have the opportunity to vote for the Spectator's Choice award.

The award goes to the most popular model at the show and is voted on solely by those visitors.

The exposition is held in the auditorium of the N.C. Maritime Museum.

Cricket II, the boat that inspired the movie "Jaws": Last year, the legendary Cricket II made its debut at Beaufort's annual Wooden Boat Show.

Once again, visitors to the Beaufort waterfront will have the opportunity to see the fishing boat that became the inspiration for the book and movie.

In-Water Boat Show: In addition to the *Cricket II*, several boats will be on display at the Beaufort town docks. From Sinbad's pirate ship the *Meka II* to a traditional Core Sounder fishing boat and others may offer tours aboard.

Barbour Boat Work: The N.C. Maritime Museum has partnered with the Barbour Boat Owners Association, of New Bern, to showcase the largest number of Barbour boats in the 42-year history of the show. Visitors can learn about the Barbour Boat Works from an exhibit inside the museum to learn more about where these beautiful boats were built.

Boating Skills Virtual Trainer: Fort Macon Sail & Power Squadron has partnered with the N.C. Maritime Museum to bring a Boating Skills Virtual Trainer for demonstration.

Attendees will have an opportunity to "virtually" maneuver the Boston Whaler Dauntless 200 on a lake where there are no risks as users approach other boats in meeting, crossing and overtaking situations.

In addition to the annual Wooden Boat Show, the Fort Macon virtual demonstration will also take place from 9 a.m. to 5 p.m. Friday, May 5, and 1-5 p.m. Sunday, May 7.

Nautical Rope Tying: Don Van Hoy became fascinated with rope work while serving in the U.S. Coast Guard. That was more than 15 years ago, and his fascination continues. He is keeping alive a tradition of working with ropes and knots for practical purposes.

Known as marlinspike seamanship, the practice goes back as long as there have been ships going to sea. Mr. Van Hoy will be demonstrating the art of knot work.

N.C. Wooden Boat Model Display: There will be a display of wooden model North Carolina boats by Robert Tuttle of Winston-Salem. He will have to-scale model boats including Harkers Island shallow water skiffs and Core Sound workboats.

Blackbeard's Queen Anne's Revenge Exhibit: In 1718, the notorious pirate Blackbeard lost his flagship, Queen Anne's Revenge, when it ran aground in Beaufort Inlet.

For more than 270 years, it



A wooden boat approaches the docks of the Harvey W. Smith Watercraft Center on the Beaufort waterfront during the 39th annual Wooden Boat Show in Beaufort. This year's show is Saturday, May 6. (Dylan Ray photo)

was hidden by water and sand, the location a mystery to archeologists around the world.

In 1996, private company Intersal Inc. discovered the ship-wreck.

The museum became the official repository for all artifacts from Blackbeard's wrecked flagship, among them cannons, grenades, belt buckles and beads.

The permanent exhibit opened in June 2011 and expanded in January 2015. Free admission to the museum and donations are always welcome.

Though the Wooden Boat Show will feature many different displays, there is also an interactive way to enjoy the event.

"We took steps in 2016 to

make the show more interactive than in the past," said David Cartier, public relations coordinator for the N.C. Maritime Museums. "Last year, we have an event-specific website for the annual Wooden Boat Show. Through the use of QR Codes throughout the show, participants will again be able to access the new website. The site will feature detailed information about the show."

Those interested can visit www.beaufortwooden-boatshow.com.

"We pack so much into one day, we want people to discover the vast number of programs we offer during the show," Mr. Cartier continued. "Participants will be able to access the complete show schedule through the use of smartphones." this week

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Sponsorships for the 43rd annual Wooden Boat Show are available by contacting Gina Holland, director of development and communications for Friends of the N.C. Maritime Museum at 252-728-1638 or by email at gina@maritimefriends. org.

For more information on the show, visit www.beaufortwood-enboatshow.com.

Those people interested in showcasing their wooden boat at the show, online registration is available at www.beaufortwoodenboatshow.com.

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Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken downintonine 3x3 boxes. Tosolve 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!

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

Level: Intermediate

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

Editor's Note:

Sudokupuzzlesandanswersarepublished 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.

Kids and Family

EMERALD ISLE YOUTH FISHING DERBY 9-11 a.m. Saturday, June 10, at Bogue Inlet Pier. The event is free and open to children ages 5-12. Great prizes will be awarded in categories ranging from Most Unique Fish Caught to Largest Fish Caught. Rods and reels will not be provided. Bait will be provided (while supplies last) or bring your own. Preregistration is required as the event is limited to 100 youth and runs from Monday-Thursday, May 8-June 8. To register, stop by the Emerald Isle Parks and Recreation Community Center, call 252-354-6350 or email slowe@emeraldisle-nc.org.

ENDANGERED SPECIES DAY Saturday, May 20, at the N.C. Aquarium at Pine Knoll Shores. Become more aware of conservation efforts and learn how you can help animals and their habitats. The aquarium will highlight and bring awareness to endangered species through activities and crafts. Free with admission or membership. For more information, call 252-247-4003.

SUMMER 4-H FUN **REGISTRATION NOW OPEN** Forms and money can be delivered to the Carteret County Extension Center, 303 College Circle, Morehead City, between 8:30 a.m. and 4:30 p.m. Monday-Friday. One registration packet may be completed for several 4-H summer programs. Medical releases must be notarized before acceptance at the county office. No refunds unless a program is canceled by the Carteret Extension Center staff. For more information, call the Carteret Extension Center at 252-222-6352 or email 4-H Agent, Danielle Sanders at danielle_sanders@ncsu.edu.

Art

CALICO CREEK COFFEE BAR POP UP SHOP 2-6 p.m. Saturday, May 6, at One Harbor Church in Morehead City. There will be 10 local craft, food and clothing vendors, and the event will raise funds for the Hope Mission's women's shelter.

GYOTAKU 1 p.m. Saturday, May 13, at Hammocks Beach State Park. Explore the ancient Japanese art of Gyotaku. Join a park ranger to paint and print a fish on a T-shirt to create a one-of-a-kind work of art. This program is intended for all age groups. Program will begin at 1p.m. on Bear Island near concession stand. (Ferry ticket purchase is required to attend this program). Seating is limited, and registration is required by contacting the park office at 910-326-4881.

FLOAT YOUR BOAT ART EXHIBIT 11 a.m. to 5 p.m. Friday, May 19, and 1-4 p.m. Sunday, May 21, at Carolina Artist Gallery, 800 Evans St. in Morehead City. Carolina Artist Gallery has invited artists to display 2D and 3D work that will complement the Crystal Coast Boat Show. All drawings, paintings, prints and sculptures feature boats, antique cars and fishing themes. For more information, visit www.carolinaartistsgallery.com.

ART WALK 5-8 p.m. Friday, May 19. In partnership with Carolina Artist Gallery, the Crystal Coast Boat Show is expanding to include an art walk throughout downtown. A schedule of participants can be picked up at 800 Evans St. in Morehead City before the event.

PAINTING GLASS AND SHINY METAL 9:30 to noon Monday, May 1-22, at Irene Bailey's studio, 905 Ocean Drive, Emerald Isle. The class is \$80. To register, call 252-723-3258 or email irene@irenebailey. com.

Music and Theater

POSI MUSICAL VARIETY SHOW 7 p.m. Friday, May 5, at Crystal Coast Unity, 117 East Fort Macon Road, Atlantic Beach. International performers Armand and Angelina deliver an uplifting show full of music, humor and passion. Tickets \$15 a piece, or two for \$25. Tickets can be purchased at the door or by calling 252-764-1860.

BALSAM RANGE CONCERT 7 p.m. Saturday, May 13, at Carteret Community College. This event is brought to the Crystal Coast by the Rotary Club of Morehead City. Tickets are \$30 for advanced, reserved seating and \$35 at the door. To purchase tickets or for more information, visit www.carteretcommunitytheatre.com.

'CINDERELLA' 7 p.m. Friday, May 19, and 2 p.m. Saturday, May 20, at Carteret Community Theatre, 1311 Arendell St., in Morehead City. Twenty-two musical theatre students ranging in ages 7 to 13 will perform this show directed by Dance Arts Studio instructor Katie Dixon. Tickets are \$5 at the door, cash only. For more information, call 252-726-1720.

BEAUFORT MUSIC FESTIVAL Friday-Saturday, May 19-20. This free multi-day, multi-genre music festival will be held at the Beaufort Historic Site. For more information, visit www.beaufortmusicfestival. com.

ATLANTIC BEACH MUSIC FESTIVAL 11 a.m. to 6 p.m. Saturday, May 20, at the Atlantic Beach circle. Admission is free. Pets and glass containers are prohibited. Details and sponsorship forms can be found at www. atlanticbeach-nc.com. For more information, contact special event coordinator Meredith Joyner at events@atlanticbeach-nc.com or 252-725-2808.

Food and Drink

EAGLE SCOUT BANQUET. **CROATAN TRAILS DISTRICT** 6 p.m. Saturday, May 6, at the Church of Jesus Christ of Latter-day Saints' Cultural Hall, 3606 Country Club Road, Morehead City. The event chairman is Dr. Richard Bloomfield, a physician and Eagle Scout. Dr. M. Lee Edwards will present "Exploring Space: Mercury to Pluto and Beyond." Dr. Edwards headed the Radio Communication Group at Johns Hopkins University's Applied Physics Laboratory in Maryland that designed and developed numerous communications systems for space craft. This will include inside stories about the Messenger space craft that flew to and orbited Mercury, the Near space craft, which landed on the asteroid Eros, and New Horizons, which explored Pluto in its close flyby in July 2015. This event is admission by invitation only.

BUNCO BEACH BRUNCH 12:30 p.m. Sunday, May 7, at the Coral Bay Club in Atlantic Beach. This event will feature prizes, a CALENDAR | CONTINUED ON 9

CYAN MAGENTA YELLOW BLACK

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raffle, silent auction and cash bar. Brunch starts at 12:30 p.m., and bunco starts at 1:30 p.m. Tickets are \$40 per person. All proceeds support the Sally Smith Memorial Scholarship and the Sally Smith Professional Development Fund. For more information or to purchase tickets, visit www.cccfoundation.org.

Events

SENIOR LIFE EXPO 9 a.m. to 1 p.m. Friday, May 5, at the Leon Mann Jr. Enrichment Center, 3820 Galantis Drive in Morehead City. This event will have health resources, safety information, fitness demonstrations and more. For more information, call 252-247-2626 or visit www.friendsofaging.com.

WRESTLING EVENT 7 p.m. Saturday, May 6, at the Carteret County Shrine Club 1411 Highway 101 north of Beaufort. Doors open at 6 p.m., and the show begins at 7 p.m. Presale tickets are \$8 for and \$5 for children. At the door, tickets are \$10 for adults and \$7 for children. Preorder tickets on PayPal with swefeeltheshock@yahoo.com.

UNIFORM AND SHOE SALE 4-7 p.m. Wednesday, May 10, and 7 a.m. to 3 p.m. Thursday, May 11, at Carteret Health Care. The event is held in Meeting Room 1. This is a special fundraising event sponsored by CHC Auxiliary to contribute to patient care and services. Cash and credit cards are accepted. Payroll deduction is available for eligible employees.

EMBRACE BETTER HEALTH 'SHRED 10' SEMINAR 5:30-6:30 p.m. Wednesday, May 10, at the Chamber of Commerce, 801 Arendell St. in Morehead City. This seminar is free and is hosted by Active Life Bodywork and Nutrition. For more information, contact Brandon Sutton at 252-646-4271 or visit www.brandonbsutton.com.

EXPERIMENTAL AIRCRAFT AIRPORT ASSOCIATION APPRECIATION DAY 9 a.m. to 3 p.m. Saturday, May 13, at the Michael J. Smith Field, 200 Airport Road in Beaufort. Plane rides to introduce the public to the beauty of the Crystal Coast from the air will be available for \$25 per person. There is no rain date. Minors under the age of 18 will require a parent or guardian signature. A local food truck will be available to purchase snacks and lunch. Credit cards will not be accepted. For more information, visit the Facebook page "EAA Chapter 1523."

SHORELINE RESTORATION PROJECT Tuesday, May 16, at the Trinity Center in Salter Path. The N.C. Aquarium at Pine Knoll Shores and the N.C. Coastal Federation will host this project. The event is free, but registration is required. For more information, call 252-247-4003.

Local heritage

NATURAL SIDE OF FORT MACON 10 a.m. Thursday, May 4, May 11, May 18 and May 25, at Fort Macon State Park. Meet in the visitor center lobby for a leisurely hike exploring the natural side of Fort Macon. The hike will cover the trail and beach. For more information, call 252-726-3775.

43RD ANNUAL WOODEN BOAT SHOW 10 a.m. to 4 p.m. Saturday, May 6, at the N.C. Maritime Museum in Beaufort. The wooden boat show features a variety of small wooden boats, historic vessels, nautical crafts, educational activities, boat models, traditional skills demonstrations and displays. Admission is free and open to the public. Proceeds help support the operations of the Friends of the N.C. Maritime Museum and the N.C. Maritime Museum. For more information, call 252-728-7317 or visit www.ncmaritimemuseums.com.

10TH ANNUAL BEAUFORT BOATBUILDING CHALLENGE Saturday, May 6, on Front Street in Beaufort. During this challenge, participants race to build a 12-foot Carolina Bateau rowing skiff in less than four hours. The rowing race allows participants to demonstrate their rowing ability in their newly crafted vessels. The top three teams will receive cash prizes and be named the winners of the Beaufort Challenge and qualify for the national championship.

NC PADDLE FEST 9 a.m. to 5 p.m. Saturday, May 6, at Hammocks Beach State Park. The Friends of Hammocks and Bear Island are hosting the N.C. Paddle Fest with multiple events throughout the day including a kayak fishing tournament, kayak races, demonstrations and classes. Kids activities will be provided throughout the day. For more information, visit www.ncpaddle.org or call 910-326-4881.

WHITE OAK RIVER BIRDING CRUISES 10 a.m. to noon Sunday, May 7 and June 11. The two-hour cruises will move through estuaries of the White Oak River and Bogue Sound. Participants will identify various types of birds. The fee is \$20 for N.C. Coastal Federation members and \$25 for nonmembers. Participants should bring binoculars, water and a snack. They will meet at the Hammocks Beach State Park Visitor's Center at 9:45 a.m. Visit nccoast.org/events to register.

BIRD HIKE 9 a.m. Monday, May 8, at Fort Macon State Park. Meet at the visitor center and take a leisurely hike to identify birds native to the area. For more information, call 252-726-3775.

M U S K E T - F I R I N G DEMONSTRATION 10 a.m. Wednesday, May 10, at Fort Macon State Park. Learn about a Civil Warera musket's history, loading procedures and firing. Participants will meet at the fort. This event repeats every Wednesday in May. For more information, call 252-726-3775.

HAND SPINNING WORKSHOP 1:30-4 p.m. Thursday, May 11, at the Beaufort Historic Site. The class is led by Pat Tester and is limited to six students. There is a materials fee of \$25. For more information, call 252-728-5225.

Education

CAROLINA STUDENT TRANSFER EXCELLENCE PROGRAM 6 p.m. Tuesday, May 16. 4 p.m. Wednesday, June 7, 10 a.m. to 2 p.m. Monday, July 10. and 10 a.m. Friday, Aug. 18, in the boardroom of the McGee building on Carteret Community College's campus. C-STEP targets hard-working, low-to-moderate income students and guarantees them two years in advance a spot at UNC-Chapel Hill. For more information, call 252-222-6175 or visit http://www.carteret. edu/student-life/.

DETOX INTRO AND HEALTH TIP WORKSHOPS 5:30-6:30 p.m. Wednesday at the Carteret Community College Bryant Building conference room, first floor. Receive guidance and recipes to get started and incorporate ways to detox your body a little every day. Participants will explore the many health benefits and detox tips to improve symptoms of body aches, lack of energy, brain fog, headaches and frequent illness. Handouts include recipes and resources. The class is \$15. For more information, visit www. yogawellnessnc.com or contact the instructor, Theresa Jade Morton at 252-646-3923.

Fitness

MOSQUITO RUN 5K/WALK 8 a.m. Saturday, May 6, at Fort Macon State Park. Sign up on runtheeast.com for this fundraising trail race that supports the Friends of Fort Macon. For more information, call 252-726-3775.

NIGHTLIFE CALENDAR

Morehead City

FLOYD'S 1921: 4EverAll 7-10 p.m. Friday, May 5; 7-10 p.m. Friday, June 2; 7-10 p.m. Friday, July 7; 7-10 p.m. Friday, Aug. 4; 7-10 p.m. Friday, Sept. 1; and 7-10 p.m. Friday, Oct. 6.

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

Atlantic Beach

AMOS MOSQUITO'S: Karaoke 5-9 p.m. Thursdays.

Beaufort

CRU WINE BAR: Wine Tasting with Angela of Coastal Bev 6:30 p.m. Friday, May 5; **Back Room Jazz Combo** 8:30 p.m. Friday, May 5; **Radar's Clowns of Sedation** 8:30 p.m. Saturday, May 6; **Sarah Shook & the Disarmers** 9 p.m. Friday, May 19; **Nuttbred** 9 p.m. Saturday, May 20.

RIBEYES: Morris Willis 6 p.m. Tuesdays.

THE DOCK HOUSE RESTAURANT: Morris Willis 7-10 p.m. Sunday, May 7, June 4, July 9, Aug. 6 and Sept. 3.

ROYAL JAMES CAFÉ: Scott Shelby Barefoot Wade 9 p.m. Sunday, May 7; and **Scott Shelby and Rob Lightner** 9 p.m. Friday, May 12.

Cedar Point

HARRIKA'S BREW HAUS: Tastings 6-9 p.m. each Thursday; Music and \$3 Drafts 7-10 p.m. Fridays, includes open microphone, live karaoke and duets or solo acts with \$3 draft beer; **Biergarten** 7-10 p.m. Saturdays featuring live entertainment for visitors to enjoy while sipping beer. Drink specials are also available.

Swansboro

BORO CAFÉ: Live music at 7 p.m. every Friday.

ICEHOUSE WATERFRONT RESTAURANT: 7:30 p.m. Wednesdays and 9 p.m. Saturdays.

AREA SPORTS CALENDAR

Thursday, May 4

High School Baseball	
Jayvee: West Carteret at Jacksonville 4 p.m	
Varsity: West Carteret at Jacksonville 7 p.m	
Varsity: Jones Senior at East Carteret 6 p.m	
High School Softball	
Varsity: Jones Senior at East Carteret 6 p.m	
High School Girls Soccer	
Jayvee: West Carteret at Jacksonville 5 p.m	
Varsity: West Carteret at Jacksonville 6:30 p.m	
Varsity: East Carteret at Richlands 6 p.m	
Varsity: Northside-Jacksonville at Swansboro	

Friday, May 5

High School Softball Jayvee: Croatan at Dixon Varsity: Croatan at Dixon 6:30 p.m. Varsity: East Carteret at West Carteret 6 p.m. High School Girls Soccer Jayvee: Croatan at Dixon Varsity: Croatan at Dixon 4:30 p.m. Varsity: Croatan at Dixon High School Baseball Varsity: Croatan at Dixon 6 p.m.

* Scheduled events subject to change

this

NCCF seeks volunteers for salt marsh planting

week this

• 10

5|10|17 5|4|17

BLACK

CYAN MAGENTA

The N.C. Coastal Federation is seeking volunteers for a salt marsh planting at the North River Wetlands Preserve in Carteret County.

Volunteers are invited to plant marsh grass from 10 a.m. to 1 p.m. Wednesday, May 10, at the newly restored salt marsh on the nearly 6,000-acre preserve. North River Wetlands Preserve is near Smyrna in Down East Carteret County.

For the planting workday, volunteers should wear weather-appropriate clothes that can

get dirty and closed-toe shoes. Wading boots are recommended. Work gloves, bug spray, sunscreen and snacks will be provided.

Participants can register for the event at the website nccoast.org/events. Registration is required. Please contact Dr. Lexia Weaver at 252-393-8185 or lexiaw@nccoast.org with any questions.

Staff and volunteers will meet at the entrance to the preserve at 9:45 a.m. and will then carpool to the planting site. The federation has been working with Kris Bass Engineering, Carteret Land Development LLC and Carolina Silvics Inc. on a 9acre tidal marsh and floodplain restoration at the headwaters of Williston Creek through a grant from the National Fish and Wildlife Foundation.

Rachel Bisesi, coastal education coordinator at the federation's Ocean office, said these community plantings help to support the restoration work being implemented at the preserve.

"They also allow volunteers the opportunity to learn more about the site and how these projects help keep surrounding waters clean and healthy," she said.

The NCCF said in its announcement this restored, 9-acre area will help filter and reduce polluted agricultural runoff reaching Williston Creek and Jarrett Bay, helping to improve water quality so that the area can eventually be reopened to shellfish harvest. The salt marsh will also provide habitat for fish,

crabs and waterfowl.

The federation has worked with many partners since 1999 on restoration projects at the preserve, which used to be a farm. About 2,500 acres have been restored from farmland back to wetlands, and another 1,200 acres of existing forested marshes and wetlands have been preserved.

Wetland restoration of the remaining 2,100 acres is ongoing. The preserve is one of the largest restoration projects of its kind in the United States.

Richard Caswell to be discussed during lecture

The life of Richard Caswell, former governor and Revolutionary hero, will be discussed during New Bern Historical Society's next lunch and learn lecture series.

The event is at 11:30 a.m. Wednesday, May 10, at The Chelsea Restaurant in New Bern.

Mr. Caswell came to North Carolina at age 16. By age 18, he was assistant surveyor general for the state. At age 23 he was clerk of court, then high sheriff.

He went on to serve in the

then the Continental Congress, and as North Carolina's first and fifth governor.

He had been a loyal British subject who fought against the Regulator rebellion, yet he emerged during the Revolution as a vital leader of the Patriot cause and embraced Americas revolutionary fervor.

Joe A. Mobley, author and historian, will discuss Mr. Caswell during the lunch and learn lecture. Mr. Mobley has worked with

the Division of Archives and

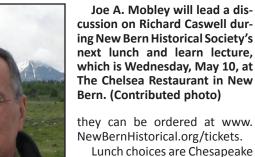
of Cultural Resources, serving as archivist, historical researcher and historical publications editor.

as editor in chief of the North Carolina Historical Review.

in North Carolina history at N.C. State University and Louisburg College.

works of history and has won the 2006 North Carolinian Book Award. His most recent book is North Carolina Governor Richard Caswell, Founding Father and Revolutionary Hero, and he will discuss that at the lunch and

The cost is \$16 for historical society members and \$18 for nonmembers. Lunch is included



chicken with beurre blanc sauce, rice pilaf with roasted vegetables or beef shoulder tenderloin with Cabernet demi sauce, garlic mashed potatoes and roasted vegetables.

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education.

Offices are in the historic Attmore Oliver House at 511 Broad St. in New Bern.

For more information, call 252-638-8558 or go www. NewBernHistorical.org.

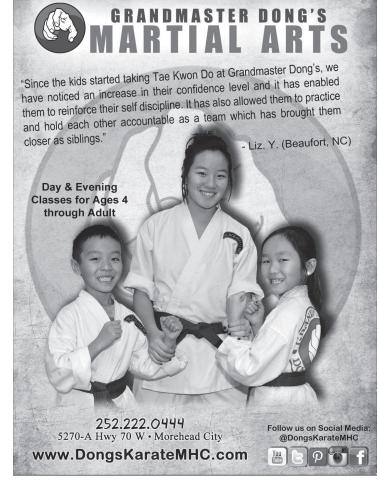
BRIEF The Bears to perform concert

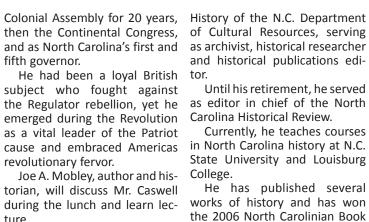
The Bears, New Bern's favorite oldies band, will play a free concert from 4-6 p.m. Sunday on the Town Commons, 45 Shoreline Drive, in River Bend.

The Bears play songs from the Golden Age of rock 'n' roll, with harmonies, laughs, trivia and more.

For more information on the concert or the band, call 678-205-7309.

To learn more about The Bears, check out the band's website, www.thebears.band.





learn program.

with the purchase of a ticket.

Reservations must be made by calling the New Bern Historical Society at 252-638-8558, or

Sun 1:00-3:30-7:00 Mon.-Thurs: 5:00-7:30

GUARDIANS OF THE GALAXY (PG13)

Rt445-7:30 Sat 1:00-3:45-7:00-9:4

Sun: 1:00-3:45-7:00 Mon.-Thurs: 4:45-7:30



Fit 900-7:30 Bat: 1:00-3:30-7:00-9:30 Bunch:00-3:30-7:00 Mon - Thurs: 5:00-7:30

FATE OF THE FURIOUS (PG13) Frt: 4:45-7:30 Bat: 1:00-3:45-7:00-5:45 Bun:1:00-3:45-7:00 Mon.-Thurs: 3:45-7:30

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BHA to host hand spinning workshop

≓ • this week 5|4|17 - 5|10|17

As part of the Beaufort Historical Association's Living History series, Pat Tester will conduct a hand spinning workshop from 1:30-4 p.m. Thursday, May 11, at the Beaufort Historic Site's Welcome Center at 130 Turner St.

The workshop is open to the public, but seating is limited for the hands-on spinning experience

While the exact date is unknown, evidence suggests that spinning was practiced as early as 20,000 years ago in Europe.

Whether by hand or machine, spinning is the process of drawing out a few fibers and winding them into a ball or onto a stick.

In the beginning, spinning was all done by hand, before the winding stick was modified into the hand spindle.

From there, the spinning

wheel was invented to mechanically turn the spindle.

By the 13th century, the spinning wheel was introduced to Europe and two centuries later a more complex wheel was introduced.

Both spinning wheel designs were brought to America with the early colonists.

Learn more about the history behind the art of spinning with Ms. Tester through the handson spinning workshop.

The workshop is limited to six participants and has a materials fee of \$25.

To reserve a spot or for information on this and other living history programs, stop by the Beaufort Historic Site Welcome Center, call 252-728-5225 or visit www.beauforthistoricsite. org.



Hand spinning is the focus of the Beaufort Historical Association's living history series. The event is from 1:30-4 p.m. Thursday, May 11. (Contributed photo)

Craven Community Chorus to present concert series

The Craven Community "Music Man." Chorus will present its spring Park."

Performances are set for 7 p.m. Thursday, May 4; 3 p.m. Harris Teeter, all in New Bern, Saturday, May 6; and 3 p.m. and from any chorus member. Sunday, May 7.

All concerts will take place in Orringer Auditorium on the campus of Craven Community College at 800 College Court in New Bern.

The concert will feature Dan Forrest's "Requiem for the Living." Philip Evancho will direct the chorus for this five-movement contemporary composition comprised of liturgical text.

Accompaniment will include Cheryl Kite on piano, the Trent River Orchestra under the direction of Rachel Pino and harpist Winifred Garrett.

New Bern High School music students will join the chorus for the first half of the concert.

The five movements form a narrative as much for the living and their own struggle with pain and sorrow for the dead.

The second half of the chorus' concert, under the direction of Frederick Angoco II, is entitled "Echoes in the Park" and will include a selection of songs written by Hoagy Carmichael, as well as music from some of Rogers & Hammerstein's most loved musicals, and a medley of songs from Meredith Willson's

Tickets are \$15 and are availconcert series, "Echoes in the able for purchase in advance from Bank of the Arts, UPS Store, Kitchen on Trent, Fuller's Music,

Tickets will also be available at the door. Tickets for students with ID are available for \$5 at the door, and tickets for active military personnel with ID and their families will be available for \$5 each.

During the concerts, Craven Community Chorus will accept donations to expand its memorial plaque honoring deceased choristers.

Donations will be accepted in the lobby before each concert. Acknowledgments and gratitude for donations will be included in subsequent concert program.

For more information, call 252-670-0230 or 252-665-0078.









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FREE 5-Day Trial Membership

• 12 **Curb Market set** to open May 6 this week

BY MEGAN SOULT NEWS-TIMES

The state's oldest curb market is gearing up for its opening season, and it will be bigger and better than ever.

The Morehead City Curb Market opens for business at 7:30 a.m. Saturday, May 6. Once the doors open, the market will be open Saturdays year-round with special events and vendors. Helen Harber and Ginger Wade have been trying to breathe new

life into the market, and they have several ideas to bring interest back to the site.

"It's been coming for years," Ms. Harber said. "My sister relocated to Morehead City and used to talk about the market. It started dropping off in the mid 90s. It broke my heart to see how quiet it was.

"It's got such wonderful history and charm. It shouldn't be let to go to ruin and become forgotten and unloved," she continued.

With the support of the city and other members of the community, the Morehead City Curb Market's building underwent a makeover with a new paint job and fresh, new tables for vendors to display their items.

There is also a new sign on Arendell Street that points to the market's location.

As for the vendors, there will be something new each week. The market will feature a winery, Scuppernong from Tyrell County, as well as fresh seafood by Blue Ocean Seafood and other fishermen, produce from Merrell Farms and other farmers, baked goods from businesses like Sugarloaf Bakery, homemade candles, sea glass candy, roasted corn, shaved ice and more.

Thirty vendors will be rotating each week so there will be a constant variety of items for shoppers.

In addition to the vendors, the

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market will host special events throughout the year.

Ms. Harber and Ms. Wade hope to host events like a holiday bazaar, a Valentine's Day extravaganza, a spring fling and more.

One event that both Ms. Wade and Ms. Harber are looking forward to is Ann's Attic.

Ann's Attic is a membership driven, high end swap shop to honor Ms. Wade's mother, Ann Olsson, who was instrumental in the market.

It is set to launch in October. During these events there will be activities for visitors of all ages

There will be a children's section with games and arts and crafts for young shoppers.

There will also be live music from performers such as Gumbo Lily.

Organizers are also looking for guest speakers who would like to come to the market to give lectures or teach classes. There will also be opportunities for the community to rent the venue throughout the year.

To stay up to date with market events, organizers have created a new Facebook page, a new email and are currently working on a new website for the market.

To see the market's Facebook page, search for "The Curb Market of Morehead City." The new email address is themorehe adcutycurbmarket@gmail.com.



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Swedish Wood Patrol to provide an afternoon of musical fun

The Friends of the Carteret County Public Library will host an afternoon of musical entertainment provided by the Swedish Wood Patrol from the Triangle area of North Carolina.

The event is at 3 p.m. Sunday, May 7, at the county library in Beaufort.

Comprised of Katharine Whalen and Danny Grewen, the duo has traveled and performed all around the world with amazing groups over the decades.

Ms. Whalen was one of the founding members of the Squirrel Nut Zippers, the North Carolina-based retro band whose fusion of raw jump blues and hot jazz has been one of the most unlikely success stories of the 1990s.

Their most recent project, the Swedish Wood Patrol. brings Ms. Whalen's style to a collection that reflects her love for classic vocal jazz.

She is joined by Mr. Grewen who plays trombone, baritone and euphonium.

Selections will include jazz and folk music of the 1950s-1960s in their hour long set.

This event is free and open to the public.



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