NC AQUARIUM ANNOUNCES SPRING PROGRAMS
COVER STORY

N.C. Aquarium at Pine Knoll Shores announces new events.

MOVIE REVIEW

“Kong: Skull Island” is the latest in a long line of reboots going back to the 1933 original.

RECIPES

If you’re observing Lent, Friday fish dinners could be in your future, but that’s no reason to feel limited by what you can cook.

FOOD AND DRINK

Tryon Palace is announcing its inaugural Colonial Market Days: A Tryon Palace Renaissance Fair, set for Saturday-Sunday, June 3-4.

CALENDARS

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

ART

ARTS Day convenes a mass meeting of the minds to advance big ideas for the arts at the state level.

MUSIC

St. Francis by the Sea Episcopal Church in Salter Path is gearing up for an evening of art and music.
The N.C. Aquarium at Pine Knoll Shores is gearing up for spring by hosting a series of educational programs in the upcoming months.

Those who visit the aquarium can learn more about the animals that call the aquarium home with special behind-the-scenes events.

Aquarium at a Glance is from 12:45 p.m. every Sunday, Wednesday and Thursday until May.

Those who participate in this event will be able to visit food preparation areas, animal holding areas and labs and get an overhead view of the Living Shipwreck exhibit.

The program is for those ages 5 and older and costs $12 per person.

Aquarium Close Encounters is from 2-3:30 p.m. every Saturday until May.

Those who participate in this behind-the-scenes event will visit labs and holding areas, as well as have the opportunity to feed the animals. This program also offers an overhead view of the Living Shipwreck exhibit.

The program is suitable for those ages 6 and older and costs $25 per person.

The behind-the-scene program Shark Snack is from 2:30-3:30 p.m. Tuesdays and Fridays until May.

Starting Saturday, April 1, registration for the aquarium’s summer camp opens. Registration opens at 6 a.m. and can be completed online at www.ncaquariums.com/pine-knoll-shores.

Those who can’t wait for summer camp can sign up for the aquarium’s spring break camp.

The sessions are from 8:30 a.m. to 2:30 p.m. Tuesday-Thursday, April 18-20.

These camps combine fun and learning into adventures during the holiday break. Participants will enjoy outdoor activities, animal interactions, discovery labs and behind-the-scenes action.

The camps are open for children in first through fifth grade. Advanced registration is required. The cost for the camp is $40 per day for nonmembers and $36 per day for aquarium members.

On Friday-Sunday, April 21-23, the aquarium plans to celebrate Earth Day with the special event Party for the Planet.

Special programs and activities will focus on conservation connection. Aquarium visitors will learn what they can do to help animals and their habitats. This program is free with aquarium admission.

Another conservation program is set for Tuesday, May 16.

The Shoreline Restoration Project is a group effort between the aquarium and the N.C. Coastal Federation.

The event is held at the Trinity Center in Salter Path, and it is part of a living shoreline project.

The event is free, but registration is required.

Endangered Species Day is set for Saturday, May 20.

During this special event, aquarium visitors will become more aware of conservation efforts and learn how they can help animals and their habitats.

The aquarium will highlight and bring awareness to endangered species through activities and crafts. The program is free with aquarium admission.

For more information about the aquarium programs, call 252-247-4003 or visit www.ncaquariums.com/pine-knoll-shores.

The program is set for Tuesday, May 24.

Participants will visit the food preparation areas, as well as the animal holding area and labs. During an overhead view of the Living Shipwreck, participants will be able to witness the aquarium’s aquarists feed the sharks.

This program is for those over the age of 5 and costs $20 per person.

Starting Saturday, May 27, the aquarium will host a free flight show entitled “A Bird’s-Eye View.”

This program is set for 11 a.m. and 2 p.m. daily in the Big Rock Theater. During this program, participants can get a closer look at some of the birds that live at the aquarium.

The show highlights the unique features of various owls, hawks, pelicans, vultures and other species.

This program is free with admission price.

In addition to the daily programs, the aquarium has scheduled special events to help educate the public on conservation, the ocean and the marine animals.

BY MEGAN SOULT
NEWS-TIMES
“Apocalypse Now” murmured of “the horror” has such a brooding beast lurked deep within a war-ravaged jungle as the King Kong of “Kong: Skull Island.”

Yes, the big ape is back, this time with a rollicking Vietnam War backdrop and the Creedence Clearwater-thumping soundtrack to match. The year is 1973, President Nixon is pulling troops out of Vietnam and American explorer Bill Randa (John Goodman) has convinced a senator (Richard Jenkins) to bankroll a quick expedition on the way out to an uncharted South Pacific island where “myth and science meet.”

Unlike Mr. Brando’s Col. Kurtz, we don’t have to wait very long for our errand boys – a cobbled-together team lead by Lt. Col. Packard (Samuel L. Jackson) – to encounter Kong on the exotic island. No sooner has their swarm of helicopters penetrated the island’s permanently stormy perimeter is Kong swatting them away like flies, and the soldiers – fresh off the failed war – yet again find themselves in a gruesome quagmire. What’s a gorilla got to do with Vietnam? Well, that’s the 800-pound metaphor in the room.

“Kong: Skull Island” is the latest in a long line of reboots going back to the 1933 original. The disappointment of Peter Jackson’s lavish but bloated 2005 attempt pushed producers to explore some other kind of evolution for the chest-pounding primate. Director Jordan Vogt-Roberts (whose only previous feature was the indie comedy “The Kings of Summer”) has uprooted the tale from its imperialist origins (beware of what you plunder abroad) and commissioned Kong as a stand-in for the folly of Vietnam.

The shift, which follows a brief World War II preamble, gives “Kong: Skull Island” a strange and surreal energy. An “Apocalypse Now” with monsters is about as bizarre a fit as you’d expect. It is, at least, not the cookie-cutter monster movie it might have been, and Mr. Vogt-Roberts – who fills his movie with napalm gas, a chattering President Nixon bobble head and fireballs in dense jungles – gleefully plunges into his cartoonish, digitally rendered heart of darkness.

The result is at turns grim and goofy. “Kong: Skull Island,” to be, but Mr. Vogt-Roberts is having too much fun to care.

The team includes a British ex-spy (Tom Hiddleston, who tries to do little beyond handsomely smolder through the film), a self-described “anti-war” photojournalist (Brie Larson, mostly just running with the pack and, later, catching Kong’s eye), and a handful of Vietnam vets under Lt. Col. Packard’s command.

The island, shot in Hawaii, is a verdant, mountainous paradise filled with not just Kong but other gargantuan creatures – a giant octopus, a long-legged spider – and, it turns out, John C. Reilly. He pops up as Hank Marlow, a World War II pilot downed on Skull Island decades earlier, whose long years there have left him a little nutty.

There’s something here about the tragic sacrifices and wasted heroism of soldiers, used as pawns against the wrong foes. Mr. Jackson’s Lt. Col. Packard – a bloodthirsty cowboy who wants to stay in the rodeo – takes the mission as a happy reprieve from the peace time he fears, but his infantry men wish they could just go home.

Whereas Mr. Reilly’s instinct is to lean into the movie’s absurdities, Mr. Jackson (in fine, full-throated form) solemnly readiness for a mano-a-mano showdown with Kong. By then, it has turned out that Kong isn’t the real enemy, but Lt. Col. Packard is undeterred. When others want to call in the cavalry, he glowers: “I am the cavalry.”

Ultimately, the film’s Vietnam setting is less about warfare and history than finding an intoxicating canvas for a pretty old story. “Kong: Skull Island” is more about the monster clashes and, as the post-credit clip (a true commercial) proves, setting up future installments. A wider kaiju-verse is planned.

King Kong, like many before him, has merely been drafted into a war not his choosing.

“Kong: Skull Island,” a Warner Bros. release, is rated PG-13 by the Motion Picture Association of America for “intense sequences of sci-fi violence and action, and for brief strong language.” Running time: 118 minutes. Two stars out of four.
If you’re observing Lent, Friday fish dinners could be in your future, but that’s no reason to feel limited by what you can cook. Seafood pairs well with all sorts of flavors — from chili seasoning to lime extract — and bakes quickly on a sheet pan with minimal cleanup.

Follow these simple tips from Dr. Wendy Bazilian, McCormick Health Advisor and Registered Dietitian, to get your family asking for good-for-you proteins like salmon and shrimp all year long:

• While lemon is a great complement to seafood, think about pairing with other citrus flavors like orange and lime. Try 

### COCONUT LIME SHRIMP WITH ZOODLES

#### Prep time: 15 minutes
Cook time: 15 minutes
Servings: 4

- ¾ cup Thai Kitchen Coconut Milk (regular or lite)
- 1 teaspoon McCormick Ground Ginger
- ½ teaspoon McCormick Garlic Powder
- ¼ teaspoon McCormick Crushed Red Pepper
- ¼ teaspoon McCormick Pure Lime Extract
- 1 pound large shrimp, peeled and deveined
- 1 small zucchini, cut into thin noodles with spiralizer
- 1 medium yellow squash, cut into thin noodles with spiralizer
- 1 medium carrot, cut into thin noodles with spiralizer
- 2 tablespoons oil
- ½ teaspoon salt
- ¼ teaspoon McCormick Ground Black Pepper

Heat oven to 375 F.

In large, re-sealable plastic bag, mix together coconut milk, ginger, garlic powder, crushed red pepper and lime extract. Add shrimp; turn to coat well.

Refrigerate 15-30 minutes. Remove shrimp from marinade. Discard any remaining marinade. In center of large, shallow, foil-lined baking pan, arrange shrimp in single layer.

In large bowl, toss vegetable noodles and oil. Sprinkle with salt and pepper; toss to coat well. Spread noodles around shrimp in pan.

Bake 10-15 minutes, or until shrimp turn pink and are cooked through and noodles are tender. Serve shrimp over vegetable noodles.

Test kitchen tip: For faster prep, use 4 cups store-bought spiralized vegetable noodles instead of spiralizing them yourself.

### ORANGE CHILI SHEET PAN

#### Prep time: 10 minutes
Cook time: 20 minutes
Servings: 8

Nonstick cooking spray
- 2 tablespoons olive oil
- 2 teaspoons McCormick Pure Orange Extract
- 2 pounds salmon fillets, skin removed
- 1 pound asparagus, ends trimmed
- 1 medium red bell pepper, cut into 1 package McCormick Original Chili Seasoning Mix
- 2 tablespoons packed brown sugar

Heat oven to 375 F. Spray foil-lined, nonstick cooking spray.

In small bowl, mix together oil and vegetables on separate sides of baking sheet with 1 teaspoon extract mixture. Brush both sides of salmon evenly with remaining mixture.

In small bowl, mix together seasoning mix. Sprinkle 2 tablespoons seasoning mix over both sides of salmon evenly with remaining mixture.

Bake 20 minutes, or until fish flakes and vegetables are tender.
A Tryon Palace Renaissance Fair, set for Saturday-Sunday, June 3-4, throughout the Tryon Palace grounds in downtown New Bern.

Colonial Market Days will bring a new outdoor festival to Tryon Palace that celebrates the cultures of the early inhabitants and settlers of North Carolina. Held in the spirit of a traditional Renaissance fair, Colonial Market Days celebrates the period of 1660-1720 with a lively outdoor market, encampments and multiple performance stages.

“Our fair is being planned for people of all ages in the spectacular setting of the Governor’s Palace. Once you enter the grounds of the palace you’ll step back in time,” Tryon Palace Executive Director Lee Johnson said. “In size, scale and scope, this is the largest event ever organized by Tryon Palace. We encourage everyone to clear out your schedule, mark your calendars, buy your tickets in advance and join us for the fair.”

Cultural areas dedicated to North Carolina’s early inhabitants and settlers will be displayed on the South Lawn with encampments representing French, English, German, Swiss and African settlers, as well as the native American Indians. Visitors may also meet pirates and privateers to learn about life on the sea during the time period.

Performance stages will come to life with a variety of entertainers, including musicians, puppet shows, magic shows, singing, dancing and theatre. Guests will also enjoy performances by the Tryon Palace Fife and Drum Corps and Jonkonnu Troupe.

“Our pavilions, our entertainment and all the activities now being organized will explore the culture of the early settlers of North Carolina,” Mr. Johnson said. “They mostly came from France and England, from Switzerland and Germany. They built homes and established themselves along the banks of the coastal rivers. We will honor the Africans who went with them, both free and as well as the Tuscarora and other Native American who are part of our heritage.

The fair will include a range of children’s activities that include games, rides, a petting zoo and Food vendors, historical and craft vendors will be available.

Tickets to Colonial Market Days will be available.

Tryon Palace will host a new event this summer. Colonial Market Days: A Tryon Palace Renaissance Fair, set for Saturday-Sunday, June 3-4, throughout the palace grounds. (Contributed photo)
The Down East Folk Arts Society annual festival is set for Friday-Sunday, March 24-26. Featured musicians will include Lipbone Redding and the Blue Eyed Bettys in concert on Friday night, Scearce & Ketner and Pat Donohue on Saturday night, followed up with Mari Black and Kaia Kater on Sunday afternoon.

On Saturday, enjoy storytelling demonstrations will be available. Even more music and a drum circle led by Tryon Palace’s Jonkonnu drummers will be held throughout the day.

Tickets are $20 for the Friday, Saturday and Sunday concerts. For both Friday and Saturday concerts, the ticket price is $35. For the Friday and Saturday concerts, as well as the Friday and Sunday concerts, the price is $35.

Festival tickets are available via PayPal, at www.downeastfolkarts.org or by calling or come to the festival:

- Friday, March 24
  - Sarah Williams, Celtic harp: 4-5 p.m. at the Bank of the Arts, 317 Middle St.
  - Sponsor reception with harpist: 5-6 p.m. at the Bank of the Arts, 317 Middle St.
  - In Concert: Lipbone Redding, Blue Eyed Bettys: 7 p.m. at Stanly Hall Ballroom, tickets are also available at the Bank of the Arts, 317 Middle St., New Bern.

For more information, visit www.downeastfolkarts.org. Listed is a full schedule for the festival:

- Friday, March 24
  - Sarah Williams, Celtic harp: 4-5 p.m. at the Bank of the Arts, 317 Middle St.
  - Sponsor reception with harpist: 5-6 p.m. at the Bank of the Arts, 317 Middle St.
  - In Concert: Lipbone Redding, Blue Eyed Bettys: 7 p.m. at Stanly Hall Ballroom,
  - Wild Honey, acoustic folk: 3-5 p.m. at Bank of the Arts.
  - Clogging workshop: 2-3 p.m. at Rivertowne Ballroom,
  - Secret Society annual festival is set

The Eastern Carolina Workforce Development Board will sponsor a Health Sciences Symposium and Career Fair from 10 a.m. to 2 p.m. Tuesday, March 28, at the Crystal Coast Civic Center.

In an effort to publicize the continued growth in employment opportunities in the health science field, the Eastern Carolina Workforce Development Board is partnering with the region’s workforce and education partners to include seven community colleges and nine county school systems.

“The symposium will feature a panel of regional health care employers who will discuss current and future job opportunities, workplace trends and ‘must have’ skills,” said Tammy Childers, executive director of Eastern Carolina Workforce Development Board.

The region’s educators will follow to discuss opportunities for students and job-seekers to pursue health care careers without leaving their communities.

A Health Pathways Career Fair will immediately follow the discussion panel at noon where job seekers, dislocated workers and middle school, high school and college students will be able to expand career networks with local health care providers and connect with local educational institutions offering health science programs.

For health care employers desiring to have a booth at the career fair, for more information or to RSVP, contact Erin Ananian-Gentile at the Eastern Carolina Workforce Development Board at 252-636-6901.

The Eastern Carolina Workforce Development Board Inc. is a nonprofit organization in New Bern. The ECWDB administers

Celebrate Easter at the theatre

Carteret Community Theatre plans to celebrate Easter in style with a new upcoming event.

Starting Friday, April 7, the theatre will host Candy, Chicks and Rock ‘N Roll.

During this event, participants will be able to watch the movie “Hop” at Carteret Community Theatre’s Easter Island.

In the giant candy factory within the theatre, the Easter Bunny is preparing to pass the mantle to his son, E.B. This holiday movie comes to life by blending live action with the movie. Easter Island will be complete with a complimentary snack and a visit with the Easter Bunny. Children under 12 years of age must be accompanied by an adult.

The event is set for 6 p.m. Friday, April 7; 6 p.m. Saturday, April 8; and 3 p.m. Sunday, April 9.

BRIEF

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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!

Editor’s Note:
Sudoku puzzles and answers are published in the next edition of twm.
Local heritage

‘EARLY SCOTS IN COLONIAL NORTH CAROLINA’ 7-8:30 p.m. Monday, March 27, at Joslyn Hall on the campus of Carteret County Community College. This program will feature a lecture on the early Scottish clans, such as the Pollock, Guthrie, Frazier, Grant and Burns families, who settled along the state’s coast in the early 1700s. Jane Burbella, of the research library, will host. The program will cost a special admission fee of $12 for non-members and $5 for historical society members. To guarantee a seat, make reservations and pay for your tickets in advance of the program by calling 252-247-7533, ext. 1 or stop by the museum store.

‘CLIMATE CHANGE: SCIENCE AND IMPACTS IN EASTERN NORTH CAROLINA’ 7-8 p.m. Monday, March 27, at Joslyn Hall on the campus of Carteret County Community College. In this presentation, Dr. Durie will shed light on the contributions of several Scottish clans, such as the Pollock, Guthrie, Frazier, Grant and Burns families, who settled along the state’s coast in the early 1700s. Jane Burbella, of the research library, will host. The program will cost a special admission fee of $12 for non-members and $5 for historical society members. To guarantee a seat, make reservations and pay for your tickets in advance of the program by calling 252-247-7533, ext. 1 or stop by the museum store.

Events

MAKE AMERICA GREAT AGAIN CELEBRATION noon-3 p.m. Saturday, March 25, at the GOP Headquarters, 5370-K Highway 70 west in Morehead City. The Carteret County Republican Party will host this event to honor all members of the military, as well as first responders. The event is open to the public, and all proceeds will go to assist a local disabled veteran. Those who plan on attending this event should bring two canned goods, non-perishable food items or paper goods to receive a free hot dog plate, which consists of a hot dog with all the fixings, a side and a drink. For more information, call 252-648-8164.

BLOOD DRIVE 9 a.m. to 1 p.m. Friday, March 31, at the Newport Moose Lodge, 456 Roberts Road, Newport.

BLOOD DRIVE 3-7 p.m. Friday, March 31, at the Church of Jesus Christ of Latter-day Saints, 1007 Island Road, Harkers Island.

SPRING CRAFT FAIR AND BOOK SALE 9 a.m. to 4 p.m. Saturday, April 1, at the History Museum of Carteret County. This event will feature crafts, handwork, antique books and food. Proceeds help benefit the Carteret County Historical Society. The cost of admission is $1 per person. Historical society members are admitted for free. For more information, call 252-247-7533.

CARTERET COUNTY DEMOCRATIC PARTY ANNUAL CONVENTION 10 a.m. Saturday, April 1, in the district courtroom in Beaufort. Registration begins at 9 a.m. All registered Democrats are welcome to attend, but only elected delegates are authorized to vote. For more information, call 252-654-2792 or email carteretdemocrats@gmail.com.

Education

PADDLE SPORTS AMERICA 8:30 a.m. Saturday, March 25, at Bryant Center at Carteret Community College. The class will be offered by the U.S. Coast Guard Auxiliary. This is a one-half day seminar designed specifically for recreational kayakers, canoe enthusiasts and other SUPs. The seminar will cover such topics as types of paddle craft, safety equipment, operating a paddle craft safely on the water, legal requirements and much more. All USCG Auxiliary courses taught by experienced Coast Guard/Coast Guard Auxiliary qualified instructors with many years of experience both in the classroom and as well as on the water. For additional information or a registration application, contact Ben Crabtree-USCG Auxiliary at 252-808-3091 or benandlibbie1@embarqmail.com.

Fitness

CORE SOUND RUN 9 a.m. Saturday, April 1, at the Core Sound Waterfowl Museum and Heritage Center on Harkers Island. This event features a 10K, 5K or a fun walk. Prizes include hand-crafted decoys, hand painted seashells and sports collectibles. For more information or to register, call the museum at 252-728-1500.

GENTLE DE-STRESS YOGA 5:15-6:15 p.m. Tuesday, April 4, at Carteret Community College. This 6-week series costs $40. This class safely improves range of motion and allows healing as it relieves stress and reduces pain. Also helps with depression and PTSD. No prior yoga needed. For more information, contact Jade Morton at 252-646-3923 or visit www.yogawellnessnc.com.

TRI TENNIS PROGRAM FOR BEGINNERS 5:30-7 p.m. Wednesdays starting April 5, at Western Community Park in Cedar Point. This six-week session is $30 and includes a new tennis racket and a T-shirt. For more information, call 252-222-5836.

GENTLE BACK HEALTH YOGA 12:10-1 p.m. Thursday, April 6, at Carteret Community College. This six-week series costs $40. This class safely improves bone density, builds strength, reduces pain and allows healing. Class also helps with depression, grieving and PTSD. No prior yoga needed. For more information, contact Jade Morton at 252-646-3923 or visit www.yogawellnessnc.com.

CO-ED ADULT INDOOR VOLLEYBALL 7-9 p.m. Monday and Tuesday until May at Newport Middle School. The fees are $25 for the entire season or $5 per night drop in fee. Must be 18 or older to participate. Preregistration is available online or pay at the door. For more information, call 252-808-3301 or visit ccprr.edcsdesk.com.

AMOS MOSQUITO’S: Karaoke 6 p.m. Fridays. Begin richard@ec.rr.com.

RIBEYES: Morris Willis 6 p.m. Tuesday, April 4.

ROYAL JAMES CAFÉ: Steel Shredder Barbeque 9 p.m. Saturday, April 8; and Scott’s 7 p.m. Friday, April 14.

Cedar Point Racquet Club: Taster Thirsts and $3 Drafts 7-10 p.m. Fridays. Karaoke and duets or solo acts with Ben and Libbie from 8:30 p.m. Saturdays featuring live entertainment while sipping beer. Drink specials.

BORO CAFÉ: Live music at 7 p.m. Wednesday. Guests.

ICEHOUSE WATERFRONT RESTAURANT: Tasting at 7-9 p.m. Saturday, April 8; and 9 p.m. Saturdays.

AREA SPORTS

High School Track and Field

High School Boys Tennis
Carteret at Swansboro

High School Baseball
Jayvee: Croatan at Southwest Onslow

Jayvee: West Carteret at White Oak

Varsity: West Carteret at White Oak

Varsity: East Carteret at Pamlico...

High School Softball
Varsity: East Carteret at Pamlico...

Varsity: Croatan at Southwest Onslow

Varsity: West Carteret at White Oak

High School Girls Soccer
Jayvee: West Carteret at Topsail ...V

Varsity: West Carteret at White Oak

Croatan at Southwest Onslow...

High School Boys Lacrosse
J.H. Rose at West Carteret .......

Jacksonville at Croatan ............

Monday, April 2

High School Boys Golf
Havelock at West Carteret (Brandt)

Croatan in ECC meet at Bear Trail

East Carteret at Northside-Pinetown

High School Boys Tennis
East Duplin at Croatan (Ft. Benjamin)

East Carteret at Riverside............

Tuesday, April 3

Core Sound Run

Gentle Back Health Yoga

Tri Tennis Program for Beginners

Gentle De-Stress Yoga

Co-Ed Adult Indoor Volleyball

Wednesday, April 4

Blood Drive

Spring Craft Fair and Book Sale

Carteret County Democratic Party Annual Convention
Spring is here, and the arrival of warmer weather means different things to different people. Some anticipate opportunities for outdoor fun, while others may be considering redecorating or remodeling their homes.

For the latter group, home improvement season provides a great opportunity to make homes more eco-friendly. When planning home improvement projects, it’s best to first choose a project and then look for ways to make the project more environmentally friendly. Such an approach may not only benefit the environment, but it also may benefit homeowners’ bottom lines.

**Interior decorating**

Longer days and warmer temperatures often translate into wanting to freshen up the interior of a home. Heavy draperies and comforters are put away, and lighter fabrics are taken out of storage. Whenever possible, reuse or repurpose items you already have rather than purchasing new items. Longer drapes can be cut and hemmed to be used as window treatments in other rooms. Making a patchwork blanket out of old T-shirts is a crafty project that makes use of items that would otherwise be destined for landfills.

When laundering linens, skip the energy-using dryer and let items line dry in the sun and fresh air. When purchasing new items becomes necessary, look for products made from sustainable or organic fabrics. Hemp and bamboo textiles have grown in popularity. Hemp and bamboo plants grow quickly, and their durability makes these materials smart choices.

When replacing items around the house, donate older items to a charitable organization.

**Flowers and plants**

Spring and summer call to mind beautiful blooming plants. Relying on native, sustainable plants is practical, environmentally friendly and cost-effective.

According to the National Wildlife Federation, sustainable plants are native plants. Native plants sustain local wildlife more effectively than non-native alternatives, so include native plants in a sustainable garden. Native plants also are less reliant on pesticides and herbicides to keep them beautiful and viable.

Don’t forget to bring plants indoors, as well. Even windows may be open during warmer days, but plants can filter and clean indoor air. The NASA Clean Air Study showed that plants in homes can significantly improve indoor air quality.

Flowers and plants...
Dr. Rosana Nieto Ferreira, an associate professor of atmospheric science at East Carolina University, will present a lecture and discussion on “Climate Change: Science and Impacts in Eastern NC” Monday, March 27, at Joslyn Hall, which is on Carteret Community College’s campus.

Doors open at 6 p.m. for light refreshments and a meet and greet. The lecture and presentation follow at 7 p.m. until 8:30 p.m. This event is free and open to the public.

Professor Ferreira will address the issues of what is climate change, as well as if climate change is real and how it could affect Eastern North Carolina.

Through images and graphics, she will present and discuss the dynamic condition of the Earth’s atmosphere, the rapid changes occurring to its life-sustaining capacity and the links to possible climate change, sea level rise and ocean acidification.

This presentation is an evidence-based lecture about the fundamentals of the atmosphere, its evolution and the far-reaching global atmospheric changes underway that will possibly limit our cultural options and affect our standard of living for generations.

According to a press release on the conference, it is possible that over the last 100 years the Earth has experienced a rapid global accumulation of non-life supporting greenhouse gases in the atmosphere. These atmospheric changes are inducing what is often referred to as climate change. But it is actually much, much more.

The recent rapid increase in greenhouse gases in the global atmosphere, primarily carbon dioxide, over the last 100 years is absorbing additional daytime radiant heat from the sun and shielding the Earth’s ability to cool itself nightly by using the cold regions of outer space.

Professor Ferreira will explain the potential catastrophic changes this rise in atmospheric carbon dioxide is starting to unleash within the environment and how these changes are associated with rising sea level, dissolving corals and shellfish shells, changing rainfall and drought patterns, changing how we farm and fish, where we live and ultimately changing our coastal lives.

For most of the year, arts lovers work to make local projects and programs happen. But once a year, ARTS Day convenes a mass meeting of the minds to advance big ideas for the arts at the state level.

ARTS Day is set to begin Tuesday, March 28, at the N.C. Museum of History in Raleigh. ARTS Day 2017 opens an especially significant window this year. Poised at the beginning of the legislative budget cycle and capitalizing on the effective advocacy efforts of recent years, ARTS Day 2017 will help hundreds of arts supporters unite to promote a plan that would provide sustainable arts infrastructure in every corner of the state.

With rural North Carolina communities still feeling the strain of a struggling economy and urban North Carolina communities stretching resources to accommodate explosive population growth, it comes as no surprise that a key focus in the legislature is how to help the state thrive across such differences.

In collaboration with the N.C. Arts Council, ARTS Day 2017 will offer the statewide arts community an important chance to reflect, celebrate and leap forward together.

Day One, Conference Day: 11 a.m. to 7:30 p.m. Tuesday, March 28: Conference Day is devoted to industry updates, networking and preparing messages. With a lineup of presenters that includes seasoned arts administrators, artists, lobbyists, public policy experts and educators, ARTS Day delivers a wealth of information and inspiration.

Arts lovers need not be seasoned advocates to attend. Conference Day starts with Advocacy 101 – an introduction to the nuts, bolts and process of arts advocacy in North Carolina. The session will be led by Arts North Carolina’s Executive Director, Karen Wells.

After an afternoon of learning and planning, Conference Day will culminate with the N.C. Arts Council’s 50th Anniversary Celebration.

The party will welcome the arts community as well as legislators for hors d’oeuvres, refreshments and a meet and greet. The event will feature keynote speakers, significant announcements and a raffle with many art-related prizes.

A traffic-stopping parade of floats, activities and believers will kick off the event at 6 p.m. A special one-of-a-kind mass meeting will convene at 7 p.m. until 11 p.m.

The evening will feature inspirational speeches, announcements, music and dance. It will also feature the creative vision of more than 500 arts organizations who have volunteered to create their own floats out of recycled materials.

The day will culminate with the main event of the day: the mass meeting of the minds.

ARTS Day 2017 opens an especially significant window this year. Poised at the beginning of the legislative budget cycle and capitalizing on the effective advocacy efforts of recent years, ARTS Day 2017 will help hundreds of arts supporters unite to promote a plan that would provide sustainable arts infrastructure in every corner of the state.

With rural North Carolina communities still feeling the strain of a struggling economy and urban North Carolina communities stretching resources to accommodate explosive population growth, it comes as no surprise that a key focus in the legislature is how to help the state thrive across such differences.

In collaboration with the N.C. Arts Council, ARTS Day 2017 will offer the statewide arts community an important chance to reflect, celebrate and leap forward together.

Day One, Conference Day: 11 a.m. to 7:30 p.m. Tuesday, March 28: Conference Day is devoted to industry updates, networking and preparing messages. With a lineup of presenters that includes seasoned arts administrators, artists, lobbyists, public policy experts and educators, ARTS Day delivers a wealth of information and inspiration.

Arts lovers need not be seasoned advocates to attend. Conference Day starts with Advocacy 101 – an introduction to the nuts, bolts and process of arts advocacy in North Carolina. The session will be led by Arts North Carolina’s Executive Director, Karen Wells.

After an afternoon of learning and planning, Conference Day will culminate with the N.C. Arts Council’s 50th Anniversary Celebration.

The party will welcome the arts community as well as legislators for hors d’oeuvres, refreshments and a meet and greet. The event will feature keynote speakers, significant announcements and a raffle with many art-related prizes.

A traffic-stopping parade of floats, activities and believers will kick off the event at 6 p.m. A special one-of-a-kind mass meeting will convene at 7 p.m. until 11 p.m.

The evening will feature inspirational speeches, announcements, music and dance. It will also feature the creative vision of more than 500 arts organizations who have volunteered to create their own floats out of recycled materials.

The day will culminate with the main event of the day: the mass meeting of the minds.
Church to feature art and music

St. Francis by the Sea Episcopal Church in Salter Path is gearing up for an evening of art and music.

On Friday, April 7, there will be an art gallery opening at 5:30 p.m. followed by a concert at 7 p.m. The gallery opening will feature the paintings and calligraphy art of Anne Cowie of Belmont. Concert seating will begin at 6:45 p.m. and the music will be provided by harpist, Carole Bowman Green, a vibroacoustic harp therapy practitioner, of Wrightsville Beach.

Ms. Green’s one-hour program of traditional Celtic melodies, folk tunes and hymn arrangements will include a presentation on the healing properties of the harp’s unique sound.

Both events are free, and refreshments will be served. All are welcome to attend the event.

For more information, visit www.stfrancisbythesea.org, email stfrancisbts@gmail.com or call 252-240-2388.

Updated Government Graph disprove 420,000 year Climate Change graphs

February 20, 2017 USLA US Atlantic, NC

A NOAA official presented a Graph to a University of North Carolina – Department of Marine Sciences seminar in November 2016, depicting 4 Cycles from high to low of CO2, Temperature and Methane over the past 420,000 years. (See Graph 1)

Some people would call your attention to the rise of the Blue CO2 line and the Red Temperature line following the rise of CO2: upward from 100,000 to 130,000 years ago.

Actually, this is an incorrect reading of time flow.

From kindergarten we were taught to read text, graphs and time lines from oldest on the left to current or future on the right.

Graph 1 reads backward from the traditional teaching, and misleads our thinking.

Graph 2 is the same as Graph 1 but is reversed to read in the manner that time is normally read, being from oldest on the left toward current or the future on the right.

In Graph 2 the Temperature and CO2 cycles are amazingly similar; however, comparison shows that temperature falls much faster after the peaks than does CO2. Therefore, CO2 can not possibly be forcing temperature to rise.

Graph 1 ... misleads our thinking.

Further, analysis of the past 10,000 years presented in Graph 2 (located on the right hand side) shows that CO2 continues to approach the high point of the range, while average temperature has stalled flat at approximately 3˚C lower than the typical high.

This shows that the traditional rise of CO2 has not forced temperature to rise very much in the past 10,000 years.

Neither of the Graphs depicts the recent 1,000 years of 5 to 7 tenths degree C, so called “Hockey Stick” promoted by V. President Al Gore. However, other data shows is well within the 3 degrees of the past 10,000 years.

Some scientists say methane release of CO2 from burian

*This is not to agree that the graphs presented are correct, or accurate. NOAA presented the graph. *Scientists working for government grants cite computer confirm that rising CO2 forces global temperatures to rise