

this week magazine

twmm

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Crystal Coast Bridal Fair

Jan. 14 at the Crystal Coast Civic Center

this week

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A group of nearly 300 people is expected to gather at the Crystal Coast Civic Center to remember the legacy of Dr. Martin Luther King Jr.



FEATURED PHOTO



Feature of the Week

Ice freezes over the water in Calico Bay in this photograph by Thomas Agee. 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 Crystal Coast Bridal Fair at the Crystal Coast Civic Center in Morehead City provides couples with the means to shop through vendors for their special day. (Dylan Ray photo)

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



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Bridal Fair to offer wedding opportunities for couples

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Models dressed in traditional wedding attire walk along the catwalk during a former fashion show at the Crystal Coast Civic Center during the Crystal Coast Bridal Fair. This year's show is from 10 a.m. to 3 p.m. Saturday, Jan. 14. (Dylan Ray photo)

BY MEGAN SOULT
NEWS-TIMES

For the past 25 years, the Crystal Coast Bridal Fair has provided a one-stop shopping experience for future brides and grooms.

Once again, the show will offer that opportunity. It's set for 10 a.m. to 3 p.m. Saturday, Jan. 14, at the Crystal Coast Civic Center in Morehead City. Admission is \$8 per person.

In years past, the fair featured wedding vendors and a special bridal fashion show, but according to Pam Kaiser, with Pam's Specialized Catering, one of the event sponsors, says that will change this year.

There will be no fashion show. Instead, shoppers will be able to watch floor shows throughout the day where models will display wedding dresses and other attire.

The theme for the show is vintage. The models will be showing dresses that date back to the 30s.

"I am looking forward to something different," Ms. Kaiser said. "The gowns that the girls are wearing are just as important as the floor show."

Another difference in this year's show is the addition of a Groom's Room, hosted by BOB

93.3, one of the event's sponsors.

Ms. Kaiser said this room is all about the grooms. They will have something to do, such as playing video games and eating hot wings, while the brides shop and browse through the vendors.

There will be entertainment from Carteret Community Theatre, West Carteret High School and Croatan High School, as well as door prizes.

One lucky shopper will have the chance to win a \$250 gift certificate to the vendor of that person's choice. The shopper must be present to receive the winnings.

The vendors present at this year's event are:

- Seaside Sensations.
- Just Bring the Dress.
- Country Club of the Crystal Coast.
- GB Lewis DJ Service.
- Havelock Events Center.
- Oceanana Resort.
- Mark Rohrig Photography.
- Chick-fil-A, Morehead City.
- Strange & Sons Catering.
- Karen Doody Photography.
- Lularo.
- Seas The Day Photography.
- Avolon Event Floral.
- CK Entertainment.

- Country Aire Rental.
- Bed, Bath & Beyond.
- Circa 81.
- The Inn at Pine Knoll Shores.
- Tom Bone' DJ Service.
- Jake's Mens Clothing.
- Class Act Catering.
- Ms. Vingeberg's Cakes.
- Crystal Coast Lady.
- Double Tree By Hilton.
- White Oak River Bistro.
- Scentsy.
- Crystal Coast Civic Center.
- DJ Professionals.
- A Diamond Limo.
- Seaside Wedding & Event.
- Thee Catering Co.
- Your Perfect Cake.
- Celebration Cottage.
- Hampton Inn, Morehead City.
- Crystal Coast Photo Booth.
- Tidal Images.
- Any Surface Engraving.
- Nistful Productions.
- Charming & Quaint.
- One Hope.

Sponsoring this year's event are Pam's Specialized Catering, Crystal Coast Bride Magazine, American Dream Cakes, Crystal Coast Tent & Event Rentals, DJ Professionals and BOB 93.3.

For more information about the Crystal Coast Bridal Fair, call Ms. Kaiser at 252-240-3256 or email at pkaiser@ec.rr.com.

Writing group to host contest

The deadline for Carteret Writer's annual writing contest is quickly approaching.

This year marks the 26th year for the group's annual writing contest. The contest is open to all writers age 18 and above.

Submissions are accepted through Wednesday, March 8, for five categories.

The five categories are fiction, flash fiction, nonfiction, poetry and writing for children. This category is intended for adults who write for children.

Entries must be in English, submitted by mail and must be unpublished at the time of submission.

The judging will be blind and conducted by published authors, journalists or other professionals in the field of writing who are not members of Carteret Writers. Their criteria will be originality and literary quality.

Winners will be announced at an awards banquet in May, and the winning entries will be

published in the group's literary journal, Shoal.

Awards for each category are \$100 for first place, \$50 for second place and \$25 for third place. There will also be one honorable mention for each category.

Carteret Writers is a nonprofit organization based in Morehead

City. The group consists of both published and unpublished writers of all genres that meet monthly, September through April.

Visit www.carteretwriters.org for detailed submission guidelines and contest forms, or email questions to carteretwriters@gmail.com.

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Review: 'Hidden Figures' is a feel good history lesson

BY JAKE COYLE
ASSOCIATED PresS

Led by a trio of unstoppable actresses playing black women who wouldn't be stopped, Theodore Melfi's buoyant "Hidden Figures" is an old-fashioned feel-good movie with powerful contemporary relevance.

Set in 1961 Virginia, the fact-based "Hidden Figures," adapted from Margot Lee Shetterly's nonfiction book, is about three peripheral characters at NASA who made important contributions to the space race.

Their workplace, at Langley Research Center, is segregated (with separate bathrooms and drinking fountains) and the offices are uniformly run by white men.

But the talent and smarts of mathematician Katherine Johnson (Taraji

P. Henson), budding engineer Mary Jackson (Janelle Monae) and computer supervisor Dorothy Vaughan (Octavia Spencer) are becoming impossible to ignore.

Metaphors are all around. While rockets lift off, the women of "Hidden Figures" strive for their own upward movement. Arithmetic surrounds them, but they're continuously underestimated.

"That's NASA for you. Fast with rocket ships, slow with advancement," says a manager played by Kirsten Dunst.

Ms. Johnson is pulled out of a pool of computers (human ones, though a room-sized IBM makes a late appearance) and brought into the all-white rocket center to check the trajectories and calculations of the scientists rushing to match Sputnik and lift John Glenn (Glen Powell) into space. Their leader

is Al Harrison (a fine, scene-chewing Kevin Costner), who compassionately responds to Ms. Johnson's rise.

"Hidden Figures," punctuated by bright original songs by Pharrell Williams (who also collaborated with Hans Zimmer and Benjamin Wallfisch on the score), avoids many of the typical notes of a civil rights drama and keeps its focus on its three indomitable leads and their characters' private lives. Nobody will mistake it for a deeply complicated examination of segregation and no one will wonder whether Mr. Melfi's film is going to end on a high note.

Instead, "Hidden Figures" is a straightforward, satisfying tale of triumph, and it's full of warmth and crowd-pleasing scenes that its excellent cast lends spirit and verve to. Ms. Henson fiercely delivers the film's big, cathartic moment, one that will surely resonate with audi-

ences familiar with her plight. In such scenes, "Hidden Figures" feels both of the 1960s and of the present. These are figures who have often been hidden from movie screens, too.

But of the formidable threesome, it's Ms. Monae who most stands out. Following her role in Barry Jenkins' "Moonlight" (whose Mahershala Ali also appears here, captivatingly as a military officer and love interest), the R&B singer has made an altogether arresting big-screen debut this fall. Regal, powerful and tender, she just might be a full-on movie star. The real rocket of "Hidden Figures" is Ms. Monae.

"Hidden Figures" is three stars out four. It is rated PG for mature themes and language. Run time is 2 hours and 6 minutes.

A blended take on family favorites

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MARINATED MUSHROOM BOWLS WITH LENTILS AND WILD RICE

Prep time: 40 minutes

Servings: 4

Mushrooms:

- ¼ cup extra-virgin olive oil
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon low-sodium soy sauce
- 2 teaspoons dark sesame oil
- 1 teaspoon chili oil
- 1 green onion, thinly sliced
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon sesame seeds
- 8 ounces crimini mushrooms, thinly sliced
- 2 cups thinly sliced purple cabbage
- 1 tablespoon fresh lime juice
- pinch of salt
- 2 teaspoons low-sodium soy sauce
- 2 cups cooked French lentils
- 1 cup cooked wild rice
- 1 cup chopped cucumber

To marinate mushrooms: In shallow bowl, whisk together olive oil, rice vinegar, soy sauce, sesame oil and chili oil.

Stir in green onion, cilantro and sesame seeds. Add mushrooms and gently toss in marinade. Cover and let rest 30 minutes.

Place cabbage in bowl and toss with lime juice and pinch of salt. Set aside.

Stir in 1 teaspoon of soy sauce to both lentils and wild rice.

To serve, arrange equal amount of mushrooms, cabbage, lentils, wild rice and cucumbers in each bowl. Drizzle with remaining marinade and garnish with chopped cilantro, sliced green onions and black sesame seeds. Serve with lime wedges.

Note: Can be served at room temperature or cold.



MIGHTY MUSHROOM BLENDED BURGER

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

- ½ pound any variety mushroom
- 2 tablespoons olive oil, divided
- 1 pound ground beef
- ½ teaspoon salt
- 4 buns

Finely dice mushrooms or gently pulse in food processor.

In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, cooking 5-7 minutes, or until golden brown. Remove from heat and cool 5 minutes.

Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined. Make four patties.

Add remaining olive oil to pan and cook burger patties on medium-high heat until internal temperature reaches at least 160 F. Plate and add desired toppings to bun.

Recommended toppings include: pickled red peppers, crumbled blue cheese and watercress greens.



ROASTED MUSHROOM AND WHEAT BERRY SALAD WITH ORANGE CURRY VINAIGRETTE

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

- 8 ounces white button mushrooms, halved
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon finely ground sea salt
- ¼ teaspoon ground black pepper
- 2 cups cooked wheat berries, warm
- 2 green onions, sliced
- 2 tablespoons dried cranberries, chopped

Dressing:

- 2 tablespoons extra-virgin olive oil
 - 2 tablespoons fresh orange juice
 - 1 teaspoon curry powder
 - ¼ teaspoon finely ground sea salt
- Heat oven to 400 F.

Place mushrooms on baking sheet. Drizzle with olive oil. Sprinkle with salt and pepper. Toss to coat.

Bake 10 minutes. Carefully stir mushrooms and bake 5 more minutes, until tender.

Transfer mushrooms to medium bowl. Add wheat berries, green onions and cranberries.

In small bowl, whisk together all dressing ingredients.

Pour dressing over salad. Toss to mix all ingredients. Serve warm.

For additional mushroom recipes that incorporate the blending technique, visit mushroominfo.com.

(Content and images provided by Family Features)

It's not always easy to create meals that are both nutritious and satisfying. Managing intake of added sugar and saturated fat takes effort and planning, but transforming favorite recipes into more nutritious family meals can be simpler than imagined.

The nutrient-dense mushroom masterfully bridges that divide, offering rich and meaty flavor while still being fat-free, low-calorie and low-sodium. All mushrooms contain vitamin D at various levels, which helps build strong bones.

Additionally, mushrooms are a source of B vitamins, including riboflavin and niacin, which help

provide energy by breaking down proteins, fats and carbohydrates.

"Mushrooms are an incredibly versatile ingredient," said Mary Jo Feeney, MS, RDN, nutrition research consultant for the Mushroom Council. "They can be the meaty star of a vegetarian dish or a nutritious complement to burgers and other hearty recipes."

For a healthy weekday lunch, consider building a salad bowl around the earthy mushroom. Pair roasted or marinated mushrooms with crunchy vegetables and nutty grains, beans and pulses, and top

with a simple vinaigrette or squeeze of citrus.

For lightened-up versions of classics such as burgers and meatballs, try adopting a culinary technique known as "The Blend." Simply chop any mushroom variety to match the consistency of ground meat, blend the mushrooms into the meat and cook the mushroom-meat blend to complete the recipe. Substituting at least 25 percent of the meat for mushrooms can enhance the taste of your favorite meaty meals, deliver an extra serving of nutrient-rich vegetables and trim calorie and fat intake.

Red Cross issues an emergency call for donations during severe winter blood shortage

The American Red Cross has a severe winter blood shortage and is issuing an emergency call for blood and platelet donors to make a donation appointment now and help save patient lives.

Hectic holiday schedules for many regular blood donors contributed to about 37,000 fewer donations in November and December than what was needed.

Snowstorms and severe weather have also impacted donations. Nearly 100 blood drives were forced to cancel in December, resulting in more than 3,100 blood donations going uncollected.

“Blood and platelet donations are critically needed in the coming days so that patients can continue to receive the life-

saving treatments they are counting on,” said Bernadette Jay, external communications manager of the local Red Cross Blood Services Region. “We encourage donors to invite a family member or friend to donate with them to help meet patient needs. Right now, blood and platelet donations are being distributed to hospitals faster than they are coming in.”

Find a blood donation opportunity and schedule an appointment to donate by using the free Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

The Red Cross is extending hours at many donation sites for more donors

to give blood or platelets. Overall, the Red Cross has added nearly 200 hours to blood donation centers and community blood drives across the country over the next few weeks.

Donation appointments and completion of a RapidPass online health history questionnaire are encouraged to help speed up the donation process.

“In about an hour, you can help save someone’s life. This simple act can have a profound impact on another human being,” said Ms. Jay.

Every two seconds, someone in the U.S. needs blood. Accident and burn victims, heart surgery and organ transplant patients and patients receiving treat-

ment for leukemia, cancer or sickle cell disease may all require blood to save their lives.

Listed are upcoming blood drives in the county:

- Noon-5 p.m. Sunday, Jan. 15, at Croatan High School, 1 Cougar Lane in Ocean.
- 9 a.m. to 3 p.m. Tuesday, Jan. 17, at First Presbyterian Church, 1604 Arendell St. in Morehead City.
- 10 a.m. to 4 p.m. Thursday, Jan. 19, at Carteret Health Care, 3500 Arendell St. in Morehead City.
- 11:30 a.m. to 5 p.m. Friday, Jan. 20, at Otway Fire and Rescue, 509 Highway 70 east.

Moors and McCumber to perform in DEFAS concert series

On Friday, Jan. 13, and Saturday, Jan. 14, Moors and McCumber will perform two concerts as a part of the Down East Folk Arts Society concert series.

The Friday performance is at Trent River Coffee Co. in New Bern and the Saturday performance is at Joslyn Hall on Carteret Community College’s campus in Morehead City.

Both performances start at 7:30 p.m., and doors open at 6:30 p.m.

Returning for a second appearance with Down East Folk Arts Society, James Moors and Kort McCumber are an acoustic

duo who craft story songs that walk the line between rootsy folk and melodic pop.

Based in Superior, Wis., Mr. Moors is an award-winning songwriter, guitarist and vocalist.

Colorado artist Mr. McCumber is a talented multi-instrumentalist who plays guitar, banjo, fiddle, cello, mandolin, piano, Irish Bouzouki and weissenborn just to name a few. He also has won multiple songwriting competitions.

Their latest CD, “Moors & McCumber: Live from Blue Rock,” features 22 songs and 12 instruments.

For more information on the duo, visit www.moorsandmc-cumber.com.

Tickets are \$16 general admission, \$13 for Down East Folk Arts Society members and active duty military and \$10 for students. Ticket prices do not include N.C. sales tax.

Tickets for both venues may be reserved by ordering online at www.downeastfolkarts.org/online.html or by calling or texting 252-646-4657.

In New Bern, tickets are also available at Trent River Coffee Co. and at the Bank of the Arts on Middle Street.



Moors and McCumber will perform two concerts for the Down East Folk Arts Society. The concerts are Friday, Jan. 13, at Trent River Coffee Co. in New Bern and Saturday, Jan. 14, at Joslyn Hall on Carteret Community College’s campus. (Contributed photo)



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Girl Scouts celebrate 100 years of selling cookies

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The most delicious time of year is here: The 2017 Girl Scout Cookie Program, which starts Saturday, Jan. 14.

With this year marking 100 years of Girl Scouts selling cookies, Girl Scouts are celebrating a century of the world's largest girl-led business with the unveiling of Girl Scout S'mores cookies.

The s'mores-inspired treat features a crispy graham cookie double-dipped in a crème icing and enrobed in a chocolate coating.

This take on the time-honored campfire tradition was developed in response to popular consumer trends. It is vegan and free of artificial colors, preservatives and partly hydrogenated oils. The new cookie joins classics such as Thin Mints and Shortbread.

Participating in the Girl Scout Cookie Program is a long-held and cherished tradition for girls, families, volunteers and customers.

For the last century, Girl Scouts have been using the power of the cookie to help build everyday leaders and make the

world a better place.

From traveling to new places like Europe or Costa Rica, to funding community service projects and philanthropy efforts, to attending skill-building programs in STEM (science, technology, engineering and math), financial literacy, healthy living and environment stewardship the Girl Scout Cookie Program supports girls on their path to leadership while broadening their experiences and opportunities.

Everything girls do in Girl Scouting is designed to help them grow into women of courage, confidence and character who will make the world a better place – and the Cookie Program is no different.

The Girl Scout Cookie Program is a true financial literacy program, teaching girls essential skills to succeed personally and professionally, including goal setting, decision making, money management, people skills and business ethics.

These five skills are important ingredients in the Girl Scout Leadership Experience. Through the program, girls become lead-

ers in business and sales, learn how to manage finances, and gain self-sufficiency and confidence in handling money.

"Through the Girl Scout Cookie Program, girls are able to fund unique leadership experiences that build them into bold and courageous young women who make the world a better place," said Kelly Griffin, product sales director of Girl Scouts – N.C. Coastal Pines in Raleigh. "Girls not only have a blast decorating cookie booths and selling alongside friends, they also learn real world skills that help them become innovators, entrepreneurs and leaders. Every box of cookies purchased is an investment in girls and provides life changing opportunities that show every girl and every voice can make an impact on the world."

Girls decide how to spend their troop cookie proceeds, which could include traveling across the world or across the state exploring new cultures and customs, donating items and serving dinner at a local soup kitchen (or funding another community service project)



This year's Girl Scout Cookie Program has begun with the introduction of the newest cookie flavor, s'mores. Cookies will be on sale starting Saturday, Jan. 14, and will be on sale until Sunday, March 5. (Contributed photo)

or spending a week at summer camp discovering the magic of the great outdoors – girls are able to have experiences and pursue their leadership development thanks to support raised each year through the Cookie Program.

The Girl Scouts – N.C. Coastal Pines' Cookie Program will

run through Sunday, March 5. Locally, all Girl Scout Cookie varieties are \$4 per box.

To find cookies on sale near you, visit www.girlscouts.org/cookies. For information about Girl Scouts – N.C. Coastal Pines' 2017 cookie season, visit www.nccoastalpines.org.



'Rescue Me'

(Drew Hoover art)

Carolina Artist Gallery's upcoming exhibit will focus on the importance of adopting rescue animals. "Rescue Me" features original art in many mediums to educate the public and to bring happy endings to many of these animals, with a portion of sales going to Austin Veterinary Outreach & Rescue. The public is invited to an opening reception from 5 to 7 p.m. Saturday, Jan. 14. The exhibit will remain open until Friday, March 10. Prizes will be awarded to participating artists in various categories. Carolina Artist Gallery is at 800 Evans St. in Morehead City. For more information, visit www.carolinaartistgallery.com.

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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!

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

Level: Intermediate

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

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.

Kids and Family

SEA TURTLE CAMP- GRADES 4-6 8:30 a.m. to 2:30 p.m. Monday, Jan. 16, at the N.C. Aquarium at Pine Knoll Shores. Budding marine biologists can experience what it's like to work with these beloved marine reptiles during their school holiday. Participants learn all about sea turtles as they work alongside the aquarium's turtle biologists. Animal encounters, behind-the-scenes action and a take-home craft project also are included. Advanced registration is required. \$40 per camper. For details, call 252-247-4003 or visit www.ncaquariums.com.

MISSOULA CHILDREN'S THEATRE Monday-Saturday, Jan. 23-28, at Carteret Community Theatre. Auditions are at 3:45 Monday, Jan. 23, and two shows are Saturday, Jan. 28. Only 50 children will be selected. The performance is for children in kindergarten through eighth grade. For more information, call Robin Hamm at 252-247-5838.

TILLER SCHOOL OPEN ENROLLMENT runs until Friday, Feb. 3. The student lottery will be held at noon Monday, Feb. 6. Student applications can be downloaded at www.tiller-school.org or picked up from the school office. School information sessions and tours can be scheduled by calling 252-728-1995.

Art

COASTAL CRAFTS 2 p.m. Sunday, Jan. 15, at Hammocks Beach State Park. 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 sand-encrusted candles. Registration is required by calling 910-326-4881.

GYOTAKU FISH PRINTS 1 p.m. Tuesday, Jan. 17, at Hammocks Beach State Park. Join a park ranger in detailing a one-of-a-kind fish print on rice paper to create a unique work of art to take home. Program is for all ages. Seating is limited, and registration is required by calling 910-326-4881.

PORTRAIT WORKSHOP 10 a.m. to 4 p.m. Friday-Saturday, Jan. 20-21, at Irene Bailey's studio, 905 Ocean Drive in Emerald Isle. The class is \$300, which includes model fee and lunch. The money is due Tuesday, Jan. 10. For more information, call 252-723-3258.

JANUARY OIL PAINTING CLASS 9 a.m. to noon Mondays until Jan. 30, at Irene Bailey's studio, 905 Ocean Drive in Emerald Isle. This class offers individual instruction and is open to all levels. The class costs \$100. For more information, call 252-723-3258.

JANUARY OPEN STUDIO WITH MODEL 1:30-4:30 p.m. Mondays until Jan. 30, at Irene Bailey's studio, 905 Ocean Drive in Emerald Isle. This class is \$50 or \$15 per class. For more information, call 252-723-3258.

WEEKLY ART CLASSES 9:30 a.m. to 12:30 p.m. Mondays and 1-4 p.m. Thursdays. Arts & Things offers classes in drawing and watercolor, oil, pastel and acrylic painting on the Morehead City waterfront. For more information, call Arts & Things at 252-240-1979.

Music and Theater

MARTY STUART PERFORMANCE 8 p.m. Friday, Jan. 20, at Carteret Community Theatre. Tickets are \$30-45 and are available at www.carteret-communiytheatre.com. For more information, call 252-497-8919.

CRYSTAL COAST CHORAL SOCIETY REHEARSALS are from 7-9 p.m. Tuesdays in the fellowship hall of Swansboro United Methodist Church. New members are welcome to attend until Tuesday, Jan. 24. All parts are needed and no auditions are required. For more information, call music director Finley Woolston at 910-358-2997.

Food and Drink

ESCOFFIER CHEF DINNER SERIES Tuesdays, Jan. 24, Feb. 28, March 28 and April 25, at Carteret Community College. For tickets or more information, visit www.cccfoundation.org.

Events

BUY-ONE-GET-ONE SALE 10 a.m. to 5 p.m. Thursday-Saturday, Jan. 12-14, at Caroline's Collectables in Morehead City. This sale excludes shoes, accessories and jewelry. All proceeds benefit the Carteret County Domestic Violence Program Safehouse. Donations of women's shoes, clothing and accessories are accepted. For more information, visit www.carteret-domesticviolence.com.

COASTAL CLEANUP KICKOFF 10 a.m. to noon Saturday, Jan. 14, at Hoop Pole Creek Nature Trail in Atlantic Beach. Volunteers will help pick up assorted trash and debris along the trail and adjacent shoreline. The event will take place outdoors, so dress accordingly. Sturdy shoes for walking in wet areas are also recommended. Trash bags, gloves and other clean up materials will be provided. Anyone under the age of 16 must be accompanied by an adult. Pizza and refreshments will be provided after the clean up. For more information, visit www.nccoast.org/crabpotproject.

FREE ADMISSION DAY Monday, Jan. 16, at the N.C. Aquarium at Pine Knoll Shores. Free admission for all. The aquarium offers a chance to return the favor with a contribution of nonperishable edibles to an on-site food drive for Martha's Mission Cupboard. For details, call 252-247-4003 or visit www.ncaquariums.com/pine-knoll-shores.

'SEEING THE FACE OF GOD IN EACH OTHER' 9 a.m. to 4 p.m. Monday, Jan. 16, at the Trinity Center's Sharp Building in Salter Path. Sign in begins at 8:30 a.m. This free workshop is hosted by the Racial Reconciliation Commission of the Episcopal Diocese of East Carolina. It is

CALENDAR | CONTINUED ON 13

open to the public. Preregister with the diocese at www.ecdio.org by clicking on Ministry and Education Opportunities and then Racial Reconciliation Commission. Participants may bring their own lunch or purchase one at the Trinity Center for \$10 a person. To purchase lunch, contact Nancy Reynolds in advance at 252-247-5600, ext. 17. If you are coming from a distance and would like to stay at Trinity Center overnight, contact Mickie Whitley at 252-247-5600, ext. 11 in advance.

HEALTHY LIFESTYLE SERIES: FIVE WEEKS TO A HEALTHIER YOU 5:30-6:30 p.m. Wednesday, Jan. 18, at the Carteret Community College Bryant Building conference room, first floor. Learn new ways to feel better and heal naturally. Weekly handouts include recipes and resources. The series is \$55. For more information, visit www.yogawellnessnc.com or contact the instructor, Theresa Jade Morton at 252-646-3923.

Local heritage

NATURE ON THE QUEENS 3 p.m. Wednesday, Jan. 11, and Jan. 25, at Hammocks Beach State Park. Join a ranger and explore the newest addition of the park along Queens Creek learning and writing about some of the sights and sounds that can be found in the park in this nature journaling program. Each time is a new topic. Participants should bring their own notebook. Meet at the former FFA Camp area. Registration is required by calling 910-326-4881.

ASTRONOMY 5:30 p.m. Friday, Jan. 13, at Fort Macon State Park. Meet at the bathroom to view space through a telescope and learn more about our universe. For more information, call 252-726-3775.

STARS AND PLANETS 5:30 p.m. Saturday, Jan. 14, at Hammocks Beach State Park. Participants will explore the different planets and stars that twinkle up in our skies at night. If it's a clear night, they will bring out the telescope and binoculars to see any planets and constellations that might be in view at the time. Participants should bring their own telescope and a red-lighted flashlight if they have them. This program is weather dependent. Call the park office at 910-326-

MUSKET-FIRING DEMONSTRATION 10 a.m. Wednesday, Jan. 18, at Fort Macon State Park. Learn about a Civil War-era musket's history, loading procedures and firing. Participants will meet in the fort. For more information, call 252-726-3775. This program repeats every Wednesday in January.

NATURAL SIDE OF FORT MACON 10 a.m. Thursday, Jan. 19, at Fort Macon State Park. Meet in the Visitor Center lobby for a leisurely hike exploring the natural side of Fort Macon. A hike will cover both trail and beach. For more information, call 252-726-3775.

Education

JUICING VS. SMOOTHIES WORKSHOP 5:30-6:30 p.m. Wednesdays at Carteret Community College Bryant Building conference room, first floor. Discover the benefits of juicing vs. smoothies and understanding which ingredients are healthy and which sabotage your efforts. The class is \$15. For more information, visit www.yogawellnessnc.com or contact the instructor, Theresa Jade Morton at 252-646-3923.

VOLUNTEERS NEEDED FOR U.S. COAST GUARD AUXILIARY FLOTILLA 20-02. To learn what capacities need to be filled and become a uniformed volunteer Coast Guard Auxiliary member in Flotilla 20-02 in Morehead City, call 252-393-2869 or email lhorton4@ec.rr.com.

USCG ABOUT BOATING SAFELY CLASS for those 28 or older at Coastal Carolina Community College or U.S. Coast Guard Station Emerald Isle. This one-day, eight-hour class helps boaters stay safe and legal and feel more comfortable on the water. Classes are taught by certified U.S. Coast Guard Auxiliary instructors. Those who pass earn a boater safety certificate. For more information, email smathusek@ec.rr.com, call 610-331-6764 or visit <http://swansboroaux.com>.

BOATING SKILLS AND SEAMANSHIP Mondays and Thursdays, two hours a session, for six weeks. Classes are taught by certified U.S. Coast Guard Auxiliary instructors. Those who pass earn a boater safety certificate. For more information, email smathusek@ec.rr.com, call 610-331-6764 or visit <http://swansboroaux.com>.

Fitness

CORE STRENGTH PRESENTATION 11 a.m. Tuesday, Jan. 17, at the Emerald Isle Parks and Recreational Center Community Center. Lisa McIntosh is a physical therapist with Encore Physical Therapy. Her focus is in the field of orthopedics and pelvic health. For more information, call 252-354-6350.

BARRE FIT 5:15 Tuesday, Jan. 17, and 10:15 a.m. Thursday, Jan. 19, at the Morehead City Parks and Recreation Department, 1600 Fisher St. There is no fee for these sample classes. Class-goers need to bring water. A yoga mat or towel is optional. This class is a hybrid of yoga, pilates and ballet flexibility and will consist of stretching and strengthening of all major muscle groups. For more information, contact Victoria Ward at victoria.ward@moreheadcitync.org or call 252-726-5083, ext. 1.

WALK TO RUN FOR BEGINNING RUNNERS 5:30-6:30 p.m. Mondays and 9-10 a.m. Saturdays, starting Monday, Jan. 23. This eight-week program develops a safe and efficient running style. Linda Carlsen will begin by analyzing running gait and use the run/walk method to teach participants new skills and drills for training. Running locations will vary during the program to make training fun and exciting. The class is \$75. Space is limited to 15 beginner runners. Contact Emerald Isle Parks and Recreation at slowe@emeraldisle-nc.org or 252-354-6350 to register.

GENTLE DE-STRESS YOGA CLASSES 5:15-6:15 p.m. Tuesdays until Feb. 14 at Carteret Community College's Historic Camp Glenn Building. The six-week class is \$40. Participants should bring a yoga mat and blanket. For more information, visit www.yogawellnessnc.com or contact the instructor, Theresa Jade Morton at 252-646-3923. The class repeats Tuesday, Feb. 21, and Tuesday, April 4.

TAOIST TAI CHI noon to 1:30 p.m. Wednesdays and noon-1:30 p.m. Fridays until April at the Morehead City Parks and Recreation Center, 1600 Fisher St. There is no need to preregister for this four-month class. For more information, call Terri Thomas at 252-314-4110, visit taoist.org or email moreheadcity.nc@taoist.org.

NIGHTLIFE CALENDAR



4EverAll will perform at 8 p.m. Friday, Jan. 13, at Cru Wine Bar in Beaufort. (File photo)

Morehead City
FLOYD'S 1921: 4EverAll 7-10 p.m. Friday, April 7; 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.

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

Beaufort
CRU WINE BAR: 4EverAll 8 p.m. Friday, Jan. 13; **Spencer Scholes** 8 p.m. Saturday, Jan. 14; **Edgar Allan Poe Literary Birthday Tribute/ Boulevard Beer Pairing** 7 p.m. Wednesday, Jan. 18; and **Casablanca** 8 p.m. Friday, Jan. 20.

RIBEYES: **Morris Willis** 6 p.m. Tuesdays.

ROYAL JAMES CAFÉ: **Telluride Bluegrass Band** 9 p.m. Friday, Jan. 13; **Davy Williamson** 9 p.m. Saturday, Jan. 14; **True Blue** 9 p.m. Friday, Jan. 20; and **Barry Charlton** 9 p.m. Saturday, Jan. 21.

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

Friday, Jan. 13

High School Basketball

JV Girls: West Carteret at West Craven 4 p.m.
JV Boys: West Carteret at West Craven 5:30 p.m.
Varsity Girls: West Carteret at West Craven 7 p.m.
Varsity Boys: West Carteret at West Craven 8:30 p.m.
JV Girls: Croatan at Southwest Onslow 4 p.m.
JV Boys: Croatan at Southwest Onslow 5:30 p.m.
Varsity Girls: Croatan at Southwest Onslow 7 p.m.
Varsity Boys: Croatan at Southwest Onslow 8:30 p.m.

Saturday, Jan. 14

High School Wrestling

East Carteret in Rumble on the Mat at South Lenoir 9 a.m.
West Carteret at tourney in Heritage, Va. 9 a.m.
JV: Little Beast of the East at Croatan 9 a.m.

High School Swimming

Croatan at Washington 10 a.m.
High School Winter Track and Field
West Carteret at JDL meet TBA

Volunteers needed for Shoreline Cleanup at Hoop Pole Creek

The N.C. Coastal Federation is looking for volunteers to assist in a shoreline and trail cleanup at Hoop Pole Creek Nature Preserve in Atlantic Beach on Saturday, Jan. 14, as part of the federation's statewide 2017 Coastal Cleanup Kickoff.

Volunteers are needed from 10 a.m. to noon to pick up assorted trash and debris items along the trail and adjacent shoreline.

The Coastal Cleanup Kickoff at Hoop Pole Creek is part of a statewide kickoff for the federation's Lost Fishing Gear Recovery Project.

Since 2014, the federation has received funding from the National Oceanic and Atmospheric Administration Marine Debris Program to hire commercial fishermen to recover lost crab pots from the state's internal coastal waters.

In 2016, the N.C. General Assembly appropriated additional money to this project to facilitate a statewide expansion

and hire greater numbers of commercial fishermen starting this month.

For more information on the progress of this project over the past three years, visit www.nccoast.org/crabpotproject.

Volunteers will meet and park at the easternmost section of the Atlantic Station shopping center in Atlantic Beach. This entire event will take place outdoors, so dress accordingly.

Sturdy shoes for walking in wet areas are also recommended, especially boots or waders if available.

Trash bags, gloves and other cleanup materials will be provided. This event is not recommended for young children. Anyone under 16 must be accompanied by an adult.

Pizza and refreshments will be provided for all volunteers after the cleanup.

The Coastal Cleanup Kickoff at Hoop Pole Creek, as well as the Coastal Cleanup Kickoffs hosted



A crowd gathers at the Atlantic Station Shopping Center for a previous N.C. Coastal Federation Hoop Pole Creek cleanup. Participants will meet at the same location at 10 a.m. Saturday, Jan. 14, to conduct another cleanup. (Contributed photo)

by the federation's Wanchese and Wrightsville Beach offices – to learn more about these events, please visit nccoast.org/events. that same day, will celebrate the beginning of the 2017 Lost Fishing Gear Recovery Project

For more information about the Hoop Pole Creek cleanup, contact Rachel Bisesi at 252-393-8185.

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Library meeting to feature author

The Friends of Western Carteret Public Library will hold their annual meeting at 7 p.m. Wednesday, Jan. 18, at the Western Park Community Center in Cedar Point.

The Western Park Community Center is at 275 Old Highway 58 in Cedar Point.

Refreshments will be provided. The event is free of charge, and parking is readily available.

The public is invited to attend this event where there will be a very short business meeting followed by a featured speaker. Thomas Gill of Emerald Isle will talk about his recently published book, *The Bridge*.

If the title doesn't give it away, then area residents need only read a few pages to recognize the setting of the book as Emerald Isle.

The book is about all things summer – a bit of romance, humor and summer images.

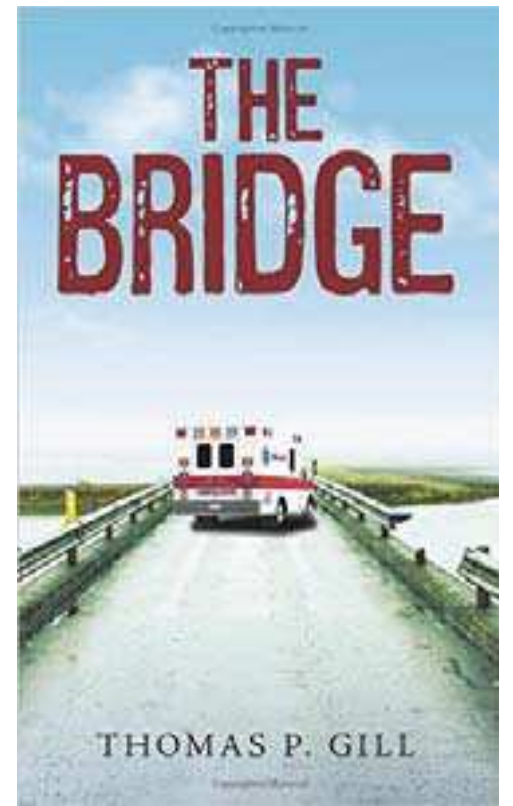
Add touches of mystery, drama and suspense and it appeals to teenagers and adults alike as the story follows Kirby, age 15, after she discovers that the man who raised her is not her real father.

Mr. Gill graduated with honors from East Carolina University in 1981 in intermediate education and followed that with a Master of Arts degree in business from the University of Arkansas.

He then completed a career in the U.S. Air Force, retiring in 1998 to Concord. Subsequently, he pursued a healthcare career as a dialysis executive, retiring in 2014.

He has worked as the branch manager of the Camp Lejeune and New River Air Station Transition Readiness Programs and recently as the director of military affairs at Craven Community College.

Mr. Gill and his wife, Alyson, now reside in Emerald Isle, enjoying retirement near their two daughters and their families as he begins yet another career as an author.



Emerald Isle author Thomas Gill will discuss his book, *The Bridge*, during the Friends of Western Carteret Public Library meeting. The meeting is at 7 p.m. Wednesday, Jan. 18, at the Western Park Community Center in Cedar Point. (Contributed photo)

The Red Clay Ramblers to perform at Joslyn Hall

11 • this week 1/12/17 - 1/18/17

The Core Sound Waterfowl Museum and Heritage Center and the N.C. Coastal Federation have announced the date for the rescheduled The Red Clay Ramblers performance.

The Red Clay Ramblers will perform a show at Joslyn Hall on the campus of Carteret Community College in Morehead City on Saturday, Jan. 21. The performance will start at 7:30 p.m., with doors opening at 7 p.m.

The show was originally scheduled for Oct. 7-8, but was rescheduled due to the possible threat of Hurricane Matthew.

Now beginning their 45th year, The Red Clay Ramblers are a North Carolina string band whose repertoire reflects their roots in old-time mountain music, as well as bluegrass, country rock, New Orleans jazz, gospel and the American musical.

Over the years, The Ramblers have performed with such figures as '98 Grammy-winner Shawn Colvin, Ralph Stanley and the Clinch Mountain Boys, Eugene Chadbourne, Ireland's Boys of the Lough, Randy Newman and Michele Shocked, who brought the Eagles' Bernie Leadon and a mobile studio to North Carolina to record "Contest Coming" with the Ramblers.

All along, members of The Ramblers have been involved separately in diverse creative projects, including children's works for the Repertory Theatre of St. Louis and the celebratory Carolina musicals "King

Mackerel," "Cool Spring" and Tar Heel Voices.

The Red Clay Ramblers have made several earlier, highly acclaimed appearances in the county, including a performance at Croatan High School in March 2012, at the Core Sound Waterfowl Museum and Heritage Center on Harkers Island in May 2009 and for the Coastal Folklife Project in Beaufort in November 1991.

The Ramblers' pianist Bland Simpson has also made numerous appearances in the county with his, Don Dixon's and Jim Wann's musical "King Mackerel & The Blues Are Running."

Personnel for the October Ramblers' shows will be Clay Buckner on fiddle and harmonica; Chris Frank on guitar, accordion, tuba and trombone; Jack Herrick on bass, bouzouki, trumpet and pennywhistle; Rob Ladd on drums; and Mr. Simpson on piano.

The Red Clay Ramblers shows are noted for great humor, high energy and wide-ranging repertoire, as *The New York Times* observes.

"The Red Clay Ramblers are a musical group whose eclectic repertoire is that of a fantasy roadhouse band from a vanished rural America. Bluegrass, New Orleans, classical folk and gospel sounds emerge in nutty profusion from these talented instrumentalists and singers."

Both presenters are coming up on important anniversaries. For the Core Sound Waterfowl



The Tony Award-winning band, The Red Clay Ramblers will perform in the county to celebrate the anniversaries of the Core Sound Waterfowl Museum and Heritage Center and the N.C. Coastal Federation. The concert is at 7:30 p.m. Saturday, Jan. 21, at Joslyn Hall on Carteret Community College's campus. (File photo)

Museum and Heritage Center, this year marks the museum's 25th anniversary. For the N.C. Coastal Federation, next year will be its 35th anniversary.

Tickets are \$23 for members of the Core Sound Waterfowl Museum and Heritage Center and the N.C. Coastal Federation. Tickets are \$28 for non members and \$12 for students. Taxes and handling included.

For more information, call 252-728-1500.

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Color the stress away

In recent years, adult coloring books have flown off of the shelves at craft retailers and bookstores, turning what was once a niche hobby into a popular and lucrative trend.

Studies show that coloring can have calming and therapeutic effects.

This form of art therapy can relax the mind and help a person learn more about oneself in the process.

All types of coloring can stimulate a person's creative juices while simultaneously strengthening his or her mental well-being.

Experts who study the impact coloring has on adults have

found coloring involves both logic and creativity. This activates the areas of the cerebral cortex in the brain involved in vision and fine motor skills.

The relaxation that coloring provides lowers the activity of the amygdala, the part of the brain that controls emotions.

Participants who color can find tranquility quite easily. Marygrace Berberian, a certified art therapist and Clinical Assistant Professor and Program Coordinator for the Graduate Art Therapy Program at New York University, has said, "Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring about more

mindfulness."

Adults interested in coloring have a substantial catalog of adult coloring books at their disposal.

Start with something relatively easily by coloring mandalas, or circles filled with other geometric shapes.

Intricate designs are hallmarks of adult coloring books, including fine art and design-themed coloring books.

Therefore, it's best to invest in a quality set of colored pencils for a greater level of precision.

Those looking to reduce stress as part of their New Year's resolutions should try adult coloring.

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Martin Luther King Jr.'s message of unity topic of upcoming celebration

BY MEGAN SOULT
NEWS-TIMES

A group of nearly 300 people is expected to gather at the Crystal Coast Civic Center to remember the legacy of Dr. Martin Luther King Jr. during an annual celebration.

The Martin Luther King Jr. Celebration starts at 11 a.m. Monday, Jan. 16, at the civic center, and this will be the 24th year that the observation is held, alongside the federal holiday that honors the late civil rights activist.

"We don't want to forget Dr. King's legacy," said Pauline Walker, head of the MLK Celebration Committee. "That's why we have it each year, to keep his legacy in the forefront of people's minds."

The celebration starts with the opening song, "Lift Every Voice and Sing," which is the Negro National Anthem.

This year's keynote speaker will be the Rev. Marian L. Hill from New Hope Missionary Baptist Church in Harlowe. Rev. Hill is originally from Carteret County.

The program will follow the same agenda as years before with a reciting of the Pledge of Allegiance, songs performed by high school students under the direction of Craig Everett and a performance by the Newport Community Choir.

Deacon Ronald Murrell will serve as the event's emcee.

Ms. Walker says that Dr. King's message is relevant now more than ever.

"In times today we need to think about what Dr. King wanted for citizens in this country. Right now we are having problems. It appears we are on the brink of some civil and racial problems in this country," Ms. Walker said. "They want to come back to the forefront. We need to keep in mind that we are all citizens in this country, and we all need to get along. We need to work to make sure that we don't go back to the old problems that we had with race in the early days.

"Dr. King wanted us to be able to function in this society and individuals who could get along. We are all American citizens, and we all have a goal to work together and show love,

not hate," she continued.

After the ceremony, a free lunch, served by the Boys & Girls Club of Coastal Carolina, will be provided.

Morehead City sponsored the first celebration in 1993 in the town's councilmen's meeting room in the municipal building over the police station.

The celebration was founded by former Morehead City mayor, the late Rev. William C. Horton.

Since its first year, the celebration has grown to include the participation of different churches, civic organizations and individual volunteers.

Martin Luther King Jr. Day is observed on the third Monday in January. The civil rights activist was born on Jan. 15, 1929, in Atlanta, Ga.

According to biography.com, Dr. King was a Baptist minister and civil rights activist who had a large impact on race relations in the United States beginning in the mid-1950s.

"Through his activism, he played a role in the end of legal segregation of African-American citizens in the South and other areas in the country, as well of the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

He received the Nobel Peace Prize in 1964, among several other honors the web-



Hundreds of people gather to honor the late Dr. Martin Luther King Jr., at the Crystal Coast Civic Center during a previous celebration. This year's celebration is at 11 a.m. Monday, Jan. 16, at the same location. (Dylan Ray photo)

site continued.

Dr. King was assassinated in April 1968, but he continues to be remembered as one of the most praised African-American leaders in history, often refer-

enced by his 'I have a Dream' speech, which was given in 1963."

The MLK Celebration Committee is open to all members of the public and accepting

new members to join its planning committee.

For more information, contact Ms. Walker at pwalker58@embarkmail.com or 252-726-3754.



HIDDEN FIGURES (PG)

Fri: 5:00-7:30 Sat/Sun: 1:00-3:30-6:45-9:15
Mon: 1:00-3:30-6:45 Tues-Thurs: 4:45-7:15

UNDERWORLD BLOOD WARS (R)

Fri: 5:00-7:00-9:00 Sat/Sun: 1:00-3:00-7:00-9:00
Mon: 1:00-3:00-7:00 Tues-Thurs: 5:00-7:00

LIVE BY NIGHT (R)

Fri: 5:00-7:45 Sat/Sun: 1:00-3:45-6:45-9:30
Mon: 1:00-3:45-6:45 Mon-Thurs: 4:45-7:30

SING (PG)

Fri: 4:45-7:05-9:25 Sat/Sun: 1:00-3:20-7:00-9:20
Mon: 1:00-3:20-7:00 Tues-Thurs: 5:00-7:20

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HIDDEN FIGURES (PG)

Fri: 5:00-7:30 Sat/Sun: 1:00-3:30-6:45-9:15
Mon: 1:00-3:30-6:45 Tues-Thurs: 4:45-7:15

UNDERWORLD BLOOD WARS (R)

Fri: 5:00-7:00-9:00 Sat/Sun: 1:00-3:00-7:00-9:00
Mon: 1:00-3:00-7:00 Tues-Thurs: 5:00-7:00

PATRIOTS DAY (R)

Fri: 5:00-7:45 Sat/Sun: 1:00-3:45-6:45-9:30
Mon: 1:00-3:45-6:45 Mon-Thurs: 4:45-7:30

SING (PG)

Fri: 4:45-7:05-9:25 Sat/Sun: 1:00-3:20-7:00-9:20
Mon: 1:00-3:20-7:00 Tues-Thurs: 5:00-7:20

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