

10 Unique Date Ideas



By Shonna
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When you've lived in the same area for a while it becomes easy for everything to take on a "been there, done that" vibe.

Trying to be inventive with date ideas can really leave a person stumped, and that goes for all ages and relationship types. If you feel like all of your date ideas have boiled down to the same restaurant, movie theatre or bar maybe it's time for some fresh ideas. Luckily, Greater New Bedford has plenty of fun things to do that are often overlooked.

Hopefully in this "10 Unique Date Ideas" article, you will find at least one thing you've never done before that will bring a little fun back into your relationship... even if it's not a relationship of the romantic variety! A lot of these ideas are bound to work just as well with a group of friends as they are with a significant other.

1. Go Kayaking

You are sure to have a memorable experience at Osprey Sea and Surf Adventures. Located at 489 Old County Road in Westport, Osprey offers a variety of kayak rentals as well as Stand Up Paddleboarding (SUP). Osprey is situated at the head of the East



Branch of the Westport River, which is a truly picturesque area. Not only are kayaking and SUP excellent workouts, they

allow you the chance to take in the beauty of the area at your own leisure.

Osprey caters to paddlers of all levels. If you and your date are beginners looking for lessons they offer them. On the other hand, if you are looking to amp up your kayaking or SUP skills by going into the waves you can also gain further instruction from their experts. Osprey also offers SUP and kayak tours that range from scenic and casual to adventurous and physically demanding.

Whether your idea of fun is bird watching on the river or testing your limits against currents, Osprey Sea and Surf Adventures can help you get there and make for an unforgettable date. For more information on rental costs, courses and tours go to: <http://ospreyseakayak.com/>.

2. Find Your Inner Child

No matter your age, acting like a kid can be a lot of fun. If you're looking for a way to loosen up on your next date, consider doing something you haven't done in a long time. If you're really looking to bring out that 12 year old self, there's always Lazer Gate (<http://www.lazergate.com/>) located at 288 Plymouth Avenue in Fall River. Decked out with black lights and cool laser guns you can team up together to take opposite sides and navigate the mazes and catwalks as you exchange laser fire. If you're worried about being surrounded by actual children, go late at night, especially on weeknights (you're an adult, you get to make your own bedtime!). Lazer Gate is open until 10 PM weeknights and until midnight on weekends. With events like college nights and free mom and dad nights you won't be the only big kid there anyways.

And speaking of black lights, indoor mini golf puts a crazy spin on an otherwise typical date cliché. Ocean's 18 (www.oceans-18.com) in New Bedford creates an under the sea theme and actually serves wine and beer to those 21+.

Additionally, Ocean's 18 has a golf simulator for those looking to practice their swing.

3. Take a Hike

While Southeastern Massachusetts may be rather built up with cities, highways and other developments, it is not without beautiful reservations and state parks. No matter what the time of year is, you are subject to find some breathtaking views if you are willing to put on some walking shoes and take a short drive.



The Dartmouth National Resources Trust (DNRT) maintains 40 acres of walking trails that includes the much talked about Daffodil Field which is a popular sight in the Spring. To learn more about the Daffodil field, read our article (<http://www.newbedfordguide.com/daffodil-field-at-parsons-reserve/2011/04/20>). To learn more about the trails and the DNRT, go to <http://dnrt.org/>.

Another beautiful area in Dartmouth for walking paths is the Lloyd Center for the Environment (<http://lloydcenter.org/>). Featuring 5 trails, this area has stunning views of Buzzards Bay, Demarest Lloyd State Park, Mishaum Point and the islands.

If you are more into paved paths, two great local state parks offer incredible ocean views and plenty of nice picnic spots. The first is Fort Phoenix in Fairhaven, and the second, Fort Tabor is located right across the New Bedford Harbor. Both have interesting historical context and easy to walk on paths.

4. Challenge Your Taste Buds

If you find that dinner usually consists of the same old pub food or pizza, maybe it's time to try something with a little ethnic kick to it. There are numerous intriguing places to eat in the South Coast, and spicing up dinner a little can spice up your date as well.



If you're interested in getting sushi for dinner check out my article on 5 Spectacular Sushi Spots (<http://www.newbedfordguide.com/5-spectacular-sushi-spots/2012/04/24>). Testing out new sushi rolls and eating with chopsticks can be an engaging way to spend your date night out!

Of course, Portuguese cuisine is a staple of New Bedford culture. My personal favorite place for Portuguese food is Antonio's Restaurant which offers huge servings of authentic Portuguese foods. For more information about Antonio's, or to look at the menu, go to <http://www.antoniosnewbedford.com/>.

Thai food is also delicious and a personal favorite of mine. If you're looking for a restaurant off the beaten path, check out Sivalai Thai Cuisine in Fairhaven. Located in a cute little place it has a charming atmosphere and amazing food that ranges from sweet Pad Thai to spicy Pad Kee-Mao. You can also stick to the downtown area and share a Thai dinner at the equally charming Spicy Lime restaurant.

Finally, if you've been missing the rich flavors of Korean cuisine ever since Ginger Grill changed to Commons, drive over to Dartmouth and check out From the Seoul. New Bedford Guide's Elsa Yeung called it "the best, most authentic Asian food in the area" and I have to agree! To read her whole review go [here](http://www.newbedfordguide.com/restaurant-review-from-the-seoul/2012/04/28) (<http://www.newbedfordguide.com/restaurant-review-from-the-seoul/2012/04/28>).

5. Find a Unique Event

There are often many interesting and one-of-a-kind happenings in the South Coast, but they often go unnoticed due to a lack of advertising or just not knowing where to look. The New Bedford Guide's Event Calendar is a great way to stay in the loop about fun upcoming events and to plan a date night that ventures away from the monotony of the "same old thing".



Next time you are stumped for a date idea, check out the calendar. You and your date could go to a Yoga or exercise class together, or hit up a farmers market and cook a fresh and local dinner at home. You could go to a free informational documentary viewing, or take in the sights with a New Bedford harbor tour. Whether you're into the bar scene, running in road races or anything in between, there's a lot to be found on the calendar.

Of course, it nearly goes without saying that AHA! night in downtown New Bedford is perfect for finding unique events for your date night. There are always lots of art showings, musical performances and other activities and demonstrations that will make you glad you got out of the house for the night. For more information on the next upcoming AHA! night, go to <http://www.ahanewbedford.org/>. For more about why you should factor AHA! into your social calendar, check out this article

(<http://www.newbedfordguide.com/5-reasons-aha-is-great/2012/05/10>)

6. Check Out Some Local Music

Whether you like to dance or just prefer sitting back and taking in some relaxing tunes, Greater New Bedford has a variety of music offerings. If you're looking to bring your

date out to check out some tunes, 5 Live Music Spots in Greater New Bedford (<http://www.newbedfordguide.com/5-live-music-spots-in-greater-new-bedford/2012/07/20>) can help you find a promising location. Of course, the New Bedford Guide Event Calendar also often posts about upcoming musical performances.

If you're willing to spend a little more money to catch some music, the Zeiterion Theatre is always featuring varied performances. Located in downtown NB, the Zeiterion Theatre is a beautiful place with great acoustics. In the upcoming year the Z will house acts that range from big names like Art Garfunkel and Lyle Lovett to national cover bands and even theatre productions and classical music performances. Check out their site to find tickets to an event that will dazzle your date! (<http://www.zeiterion.org/>)

7. Indulge in some Microbrews or Local Wine

New Bedford may not be on the same level as Portland, ME or Burlington, VT when it comes to microbreweries and brew houses, but it isn't without variety when it comes to delicious brews. If you and your date are beer lovers, a fun night can be had testing out some unusual brews. Two microbrewery locations that frequently change up their beer options are the Pour Farm Tavern and Rose Alley Ale House.



On the Pour Farm Tavern's website they claim "We Always Choose Creative Brews" and this is very true. PFT features dozens of drafts beers that are often difficult to find anywhere else. Additionally, they have numerous bottled and canned selections, and a decent list of 22 oz bottles that are great

to share. Nearly every Thursday PFT hosts taste testing at 8 PM.

Rose Alley Ale House also prides itself on having an incredible beer selection, which features “40 constantly rotating taps with some of the finest beers from around the world”. The basement portion of Rose Alley is only open at certain times, but focuses mostly on “local micro brews and Belgian beers as well as a few of the all time favorites.”

Conversation over an international brew and a tasty appetizer at Rose Alley Ale House is certainly a great way for beer lovers to spend some time together.

If you are more into wine tastings, Westport Rivers Vineyard Winery (www.westportrivers.com) is a local place with beautiful views and frequent tastings and weekend tours. In addition to its wine offerings, the grounds of Westport Rivers are breathtaking, and it’s not a bad idea to buy a bottle after the tasting and find a spot to sit and enjoy.

Travessia is also part of the “coastal wine trail” and is an urban winery located right in downtown NB. They are open Thursday- Saturday from noon to 6:00 PM and Sunday from noon to 5:00 PM. You can test out their delicious wines and buy some bottles to add to your home collection or enjoy with dinner when you get home. For more information, go to <http://www.travessiawine.com/>.

8. Share a Romantic Dinner

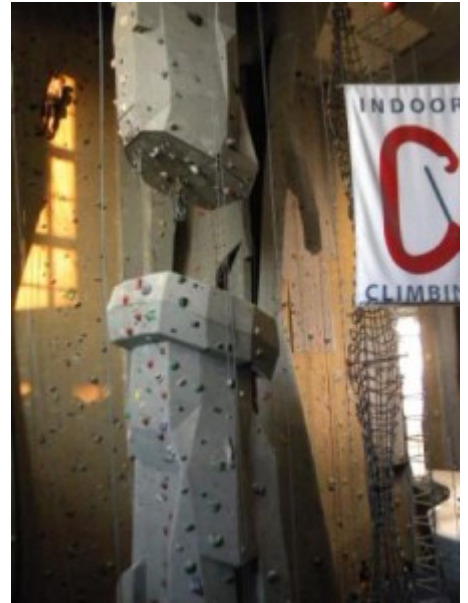
Some say that romance is dead, but it can be found if you know where to look! Greater NB is host to some wonderful restaurants where you can wine and dine your date in a cozy intimate setting, or even with beautiful ocean views. Check out New Bedford Guide’s “5 Greater New Bedford Romantic Restaurants”

(<http://www.newbedfordguide.com/new-bedford-romantic-restaurants/2012/08/14>) to find the ideal location for your next big

date.

9. Go Rock Climbing

Carabiner's indoor rock climbing facility in New Bedford is a great way to have some fun while exercising. It is sure to be a day neither of you will soon forget as you challenge yourself to scale the massive walls. Even if you have never been rock climbing before, Carabiner's is designed to be accessible and unintimidating, offering a personal belayer at the rate of \$50 for 2 climbers. Of course, you can also "learn the ropes" for yourself by taking the belay course which is \$35 per person and includes an hour of training, a day pass and all rental equipment. Learning to belay on your own is well worth it if you plan on making this thrilling date a regular activity. For more information on rates and options go to <http://www.carabiners.com/>.



10. Check Out a Museum

You don't have to drive to Boston or Providence to check out a museum. While the museums may not be as large in scale, they can provide a fun and cultured afternoon. New Bedford has three museum-type places that I would recommend checking out.

The first is the New Bedford Whaling Museum (<http://www.whalingmuseum.org/>) which has become a major part of the city and has a long history in and of itself. The concept of a whaling museum in New Bedford was first set out in 1903, and since that time the collection of artifacts, exhibits and information has grown greatly. If you have never been to the museum but live in the area, it really is a

worthwhile endeavor as the whaling history of this region is rich and imperative to how the city developed. The museum isn't dry and boring either, it has plenty of intriguing artifacts to check out.

The New Bedford Art Museum (<http://newbedfordartmuseum.org/>) is relatively young as far as art goes, having gotten its start in 1996. However, it changes its exhibits frequently to reflect both local and global collections. One of my favorite exhibits I saw there featured old photos of New Bedford. It was interesting to see how the city has changed in some ways but is very familiar in others. The museum is not huge, but its thoughtful exhibits make it a good time if either you or your date happen to be an art lover.

Located in the historic New Bedford Institute for Savings building, the Ocean Explorium is much like an aquarium, featuring exhibits that focus on marine life and the ocean.

While the Ocean Explorium is a great pull for children, it has intriguing exhibitions and presentations that are sure be educational and interesting to any age group. For example, there is a ray and shark touch tank where you can actually feel the aquatic creatures. There are also presentations done for general audiences (not just kids!) that feature the very cool Science on the Sphere, which is a spherical projection system that creates an image of the planet in 3-D. Of course, the Ocean Explorium can also make for a great family outing if you're looking to plan to get out with the kids as well!

Mayor Mitchell to Host Boston

Mayor Menino

On Friday, August 31, 2012, New Bedford Mayor Jon Mitchell will welcome Mayor Thomas M. Menino of Boston to the Whaling City. Menino, the five-term Mayor of Boston will dine with Mayor Mitchell and the two mayors will make several stops in the downtown New Bedford. Earlier this year, Mitchell offered a personal invitation to Menino to take a break from his mayoral duties and visit New Bedford located some 60 miles south of Boston.



At 10:00 a.m. the two Mayors and Tony Sapienza, President of Joseph Abboud Manufacturing will visit "The Bay," a distinguished local retail clothing shop and home to the Joseph Abboud Factory Outlet—a place of great interest to Menino, because of Abboud's ties to Boston as well as his appreciation for quality clothing. The Joseph Abboud tailored clothing factory located in the north end of New Bedford produces the signature line of Abboud men's suits sold at retailers across the United States and internationally. These New Bedford-made suits remain a testament to the City's great tradition of textile manufacture and the production of finely-crafted, tailored clothing. (The Bay—89 North Water Street, New Bedford).

At 10:45 a.m. the Mayors, joined by city transportation and planning officials, will walk one block from The Bay to the bottom of Elm Street and head south along Front Street to review progress being made on the Route 18/JFK Boulevard Improvement Project. The Project will link the downtown business district with the City's working waterfront by transforming the existing highway into a pedestrian friendly boulevard—much like the Central Artery Project and Rose Kennedy Greenway have expanded access to the Boston waterfront

and sparked economic development.

At 11:15 a.m. Mayors Menino and Mitchell will tour the UMass Dartmouth College of Visual and Performing Arts Star Store Campus and discuss the importance of the creative economy in arts and education centers like Boston and New Bedford. (Star Store Campus—715 Purchase Street, New Bedford)

The Mayors also plan to have lunch downtown at Café Balena (11:45 a.m.) and grab coffee at the Celtic Coffee House (9:30 a.m.). (Celtic Coffee House—49 North Water Street, New Bedford). All events are open to the press with the exception of lunch.

South End Mosquito Spraying Scheduled for August 31st

The Bristol County Mosquito Control Project (BCMC) has identified West Nile Virus in two samples taken from South End mosquito traps deployed at the request of the City of New Bedford last week.



In response to this development, the BCMC will conduct mosquito spraying during the early morning hours on Friday, August 31, 2012 from 3:00am to 6:00am in the South End of New Bedford. The spraying will be conducted on the entire peninsula south of Cove Street including all of the major recreation areas. During the spraying, residents are advised

to stay indoors, close windows, and bring pets inside. Given the very early morning spraying, minimal public exposure is expected. The anti-mosquito spray leaves no harmful residue and dissipates within 30 minutes so there is no need to bring children's toys or patio furniture indoors. Residents with questions can contact the Bristol County Mosquito Control Project at (508) 823-5253.

As a further precaution, Mayor Mitchell has also directed the Parks and Recreation Department to move the location of tonight's senior concert at Buttonwood Park indoors to the Buttonwood Park Warming House. The concert by the Meadow Larks will still begin at 6:00pm.

The planned spraying follows an aggressive three-day spraying effort conducted on August 17-20th, which targeted areas in the North End, Parker Street and Hicks-Logan neighborhoods. Preliminary indications are that the spraying may have been effective in reducing the threat, with the latest results negative for Eastern Equine Encephalitis (EEE) and (WNV) carrying mosquitoes in those areas.

Earlier this month, the Massachusetts Department of Public Health (MDPH) raised the EEE/WNV risk level for New Bedford to "High." MDPH continues to test for indications of EEE/WNV in local mosquito populations. The results of further testing will determine if additional spraying is necessary. Until the threat level is reduced, residents are encouraged to consider rescheduling outdoor gatherings from the evening to earlier in the day, wear long sleeves and pants, use repellent, check window screens and drain any standing water in yards. More detailed precautions follow at bottom.

Residents are advised to take the following actions to reduce their personal exposure to the threat posed by EEE/WNV:

Avoid Mosquito Bites

- **Be Aware of Peak Mosquito Hours** – The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. Otherwise, take extra care to use repellent and protective clothing. Mosquitoes are also biting in the afternoon now that evenings are cooler.
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent** when you go outdoors. Use a repellent with **DEET** (N, N-diethyl-m-toluamide), **permethrin**, **picaridin** (KBR 3023), **IR3535** or **oil of lemon eucalyptus** [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

Mosquito-Proof Your Home

- **Drain Standing Water** – Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.
- **Install or Repair Screens** – Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

My Favorite Meatless Meals in Downtown New Bedford



by
Michael
Silvia

As a seasoned New Bedford restaurant visitor, I've eaten at every place that serves a meal in downtown New Bedford. I'm careful to ensure that vegetables make up the vast majority of my meals and almost always choose the meatless options. In no particular order, here are my favorite meatless meals in Downtown New Bedford.

Miss America Quesadilla at No Problemo (813 Purchase Street)

No Problemo is by far the busiest restaurant in downtown New Bedford and for good reason. The restaurant is great for vegetarians. My favorite meatless dish is the Miss America Quesadilla that includes spinach, black beans, feta cheese in a grilled flour tortilla served with salsa, sour cream and jalapenos on the side. The portion sizes at No Problemo are HUGE, so regardless of what you order, prepare to take home some left over!

Papaya Salad and Fresh Rolls at the Spicy Lime (522 Pleasant Street)



The fresh rolls at Spicy Lime come with a creamy peanut sauce.

Thai food is one of my favorite cuisines and can be one of the healthiest foods on the planet. While there are three Thai Restaurants in the area (Sivalai in Fairhaven and Thai Taste Too in North Dartmouth), Spicy Lime is the only one that I know of that makes Papaya Salad on a daily basis. The papaya salad includes papaya, tomatoes, bean sprouts, basil, other vegetables and sauces that are spicy, citrus flavored, and sweet. The fresh rolls combine vegetables and noodle wrapped around a soft rice wrap. The fresh rolls at Spicy Lime include shrimp, so if that's not in your diet let the waiter know!

Blueberry Scone at Cafe Arpeggio (800 Purchase Street)

In my world, the muffin has outlived its usefulness and scones rein supreme. The scones at Cafe Arpeggio are fresh baked, moist and make a perfect addition to your morning coffee. Show up just after they open at 7 a.m. and they will be warm right out of the oven!

Margherita Pizza with Roasted Garlic at Brick Oven Pizzeria (163 Union Street)



A standard margherita pizza
a Brick. Heart shape
optional!

In my view, brick oven pizzas simply taste better than the traditional pizzas. My favorite meal at Brick Oven Pizzeria is the Margherita Pizza that includes basil, mozzarella, olive oil and parmigiano. I always choose to add whole chunks of garlic that Brick slow roasts in olive oil. The garlic becomes as soft as butter and really adds to the flavor of the pizza!

Creamy Tomato basil Soup at Destinations Soup (149 Union Street)

Destinations Soup makes the best soups in the city. My favorite meal there is a bowl of creamy tomato basil and if I'm weak, I'll add the grilled cheese sandwich that is PERFECT for dipping. Destinations Soup recently moved to 149 Union street where 'On a Roll' used to be near Wings Court. This was a great move that allows for having your soup outside!

What are your favorite meatless meals downtown? Overall in the Greater New Bedford area? Leave us a comment!

Hope Takes Flight: A Butterfly Release

Southcoast Visiting Nurse Association, known in the community as Southcoast VNA, will host “Hope Takes Flight: A Butterfly Release” on September 15 to benefit the agency’s Hospice program.



Hope Takes Flight will take place on Saturday, September 15, from 1 to 4 p.m., with the butterfly release occurring at 1:30 p.m. The event will be held at the Fairhaven Senior Center, 229 Huttleston Avenue in Fairhaven, and will take place rain or shine.

This inaugural event is being offered to the community as a way to honor and remember loved ones and friends and will support Southcoast VNA’s Hospice program. Activities for families and children will include musical performances, inspirational readings and a live butterfly release. Light refreshments will be served.

Butterflies to honor a loved one can be purchased for a \$25 minimum donation. Butterflies purchased before August 24 will include a listing of a loved one’s name in the event program book. Contact Southcoast VNA Community Affairs at 508-973-3472 or by email at scvnacommunityaffairs@southcoast.org to order your butterfly today. Butterflies will also be available to order at the following Farmers’ Markets:

Tuesday, August 7, from 3 to 7 p.m.
Old Rochester Regional High School

135 Marion Road, Mattapoisett

Thursday, August 9, from 2 to 6 p.m.

South Coast Business Center

200 Mill Road, Fairhaven

Tuesday, August 14, from 3 to 7 p.m.

Old Rochester Regional High School

135 Marion Road, Mattapoisett

Thursday, August 16, from 2 to 6 p.m.

St. Luke's Hospital (Taber Street)

101 Page Street, New Bedford

Friday, August 17, from 1 to 6 p.m.

Rex Field

351 Elm Street, Dartmouth

Sunday, August 19, from 1 to 4 p.m.

Fairhaven High School

12 Huttleston Avenue (Route 6), Fairhaven

Presenting sponsor is Mallard & POPS Printing. Monarch Sponsors are BayCoast Bank, McKesson and PSS World Medical Inc. For more information about the event contact Southcoast VNA Community Affairs at 508-973-3472 or by email at scvnacommunityaffairs@southcoast.org.

Lil' Monkeys Kid's Wrestling & Grappling Program



by Joe Silvia

The Lil' Monkeys Kid's Wrestling & Grappling Club is the latest offering from the New Bedford Fitness and Martial Arts Center. The classes will run every Tuesday and Thursday from 4:30 – 5:30 p.m. The program which is a combination of wrestling and submission grappling (no striking) is for children that average 7-15 years of age and between 45 to 140 lbs. Your child will develop physical, mental, and social skills in a positive, safe, and secure environment by coaches with decades of experience. All the while having fun! Objectives may range from self-defense, health, fitness, to losing weight, competing or to learn a foundation for MMA classes in the future.

What is grappling, or wrestling?

All-In Wrestling is the specific style that is taught at the New Bedford Fitness and Martial Arts Center. The two elements that comprise All-In Wrestling are amateur wrestling and submission grappling. Amateur wrestling is a highly athletic endeavor where the athlete works for takedowns and whose goal is to pin his opponent. It is an athletic based style, where the use of athletic attributes like strength, speed, power, explosiveness and cardiovascular endurance are used as “weapons” to back up technical ability. Specifically speaking, Folkstyle and Greco-Roman are the elements of the wrestling aspect.

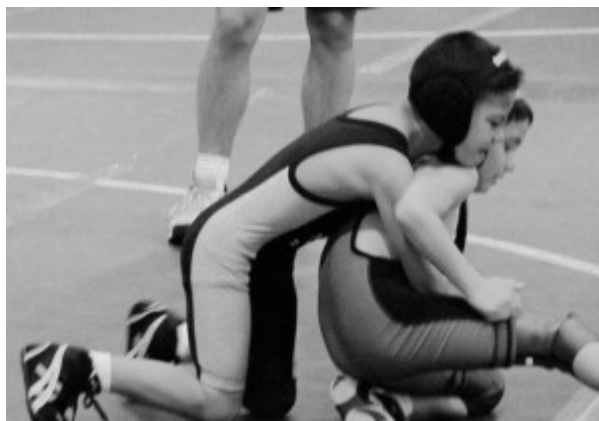
There are a variety of submission grappling styles around the world like Brazilian Jiu Jitsu, Judo, Sambo, Catch-As-Catch Can, etc. The Lil Monkey program takes the best from each in and synthesizes them into an effective style. The idea behind a majority of submission grappling styles is that a smaller, weaker, slower opponent can defeat a bigger, stronger, faster

opponent through the use of high level technique and submissions. Submissions are attacks on a joint such as an elbow, wrist, knee, ankle, etc. or a strangle or choke hold.

While this sounds intimidating these submissions are SLOWLY applied and NEVER with the intent of injury. Once a submission is applied the opponent simply taps with a hand, foot or verbally and pressure is released. In the Lil' Monkey Program there are NO neck cranks, slams, or joint attacks to the ankle or knee. These submissions are reserved for the teenage and adult classes.

What are the benefits?

Benefits of learning to wrestle are three-fold:



1. Physical

Your child will burn fat, develop muscle, increase cardiovascular endurance and health, increase strength, hand-eye co-ordination, reflexes, and overall athleticism.

2. Mental

He or she will develop certain mental and psychological traits that will carry over into their personality and everyday life such as patience, determination, goal setting, doggedness, competitive nature, perseverance, confidence, self-discipline, mental toughness, connection with emotions, work ethic, responsibility, and more.

3. Social

Lastly, your child will develop social skills through interaction with an authority figure and peers. Wrestling by

its nature is based on close proximity and over time your child will naturally develop and/or be coached to grow socially. He or she will develop lifetime friendships, learn to converse in two directions, to share, give and receive, form camaraderie, learn how to support, teamwork, empathy, sympathy and more.

How are the classes run?

The Lil' Monkey Program is a reward-based program based on positive re-enforcement. This is the chosen methodology utilized by the coaches of the Lil Monkeys Program. Positive transfer – successful learning that translates into ability – happens in this type of environment and kids progress faster using encouragement, motivation, leverage, and confidence boosting dialogue. Kids are willing to take on greater challenges when his coach and peers are telling him or her that she can do something and feels supported.

The program is called Lil Monkeys because children are broken into weight classes which are labeled as follows:

- 45-50#: Spider Monkey
- 51-55#: Capuchin
- 56-60#: Marmoset
- 61-70#: Monkey
- 71-80#: Baboon
- 81-90#: Chimpanzee
- 91-99#: Orangutan
- 100-119#: Gorilla
- 120#+: Silverback

This not only dramatically cuts down on injuries but by removing the weight advantage the kids will have more success and therefore a more rewarding experience. Of course until the number of kids participating grows, there may be an absence of training partners at the same weight. In this case kids will be paired up with a monkey at the next closest weight with the heavier kid lightening his intensity and with the coach's

monitoring.

Each child will not only be matched up by weight class, but by common objectives. A child who is taking up wrestling to lose weight and have fun, may not necessarily be paired up with a kid who wants to compete. Exceptions CAN be made, if your child has a passion to wrestle but is under the age or weight requirement, as long as the child who doesn't meet the age requirement is capable of listening and following directions.

What is a typical class like?

The classes are one hour long and consist of 3 phases, a primer (warm-up & review), drilling, and scrimmaging. Wrestling is hard work and by it's nature more intense than many other sports. While the PRIORITY of the coaches (and in



their best interest) is to prevent injuries, they are an unfortunate part of wrestling. Minor injuries like bumping heads, falling incorrectly, twisting an ankle, or getting a fat lip may result. This is not to scare a parent, but it would be irresponsible and to place it bluntly, be a lie if a coach were to say that there will be no injuries.

The Lil Monkeys coaches are not only *always* keeping an eye on the training intensity, but nipping scenarios that could create injury in the bud. Having said that, a child can never reach his or her truest potential without challenges. Wrestling is a rite of passage par excellence when it comes to this.

How much does the program cost?

There are four different memberships available. There are no annual commitments or contracts and all new students get the first week free. They are as follows:

Bronze (\$25/month) – One class per week. Perfect for those with a limited schedule or budget.

Silver (\$40/month) – Two classes per week.

Gold (\$60/month) – Three classes per week.

Platinum (\$100/month) – Unlimited classes per week. Platinum members also get discounts beverages, retail items, seminars and privates.

In addition, the New Bedford Fitness & Martial Arts Center is looking to develop a “Sponsorship for Hardship” program to help waive the majority of the cost. The referral program is another way to defer the membership cost. Details on these two aspects can be inquired about at the facility.

The Lil’ Monkeys Kid’s Wrestling & Grappling classes will run every Tuesday and Thursday from 4:30 – 5:30 p.m. To sign your child up, contact us on the web, by phone (774-202-2297), or e-mail (kagekontrolmma@gmail.com), or visit us on 665 Orchard Street in New bedford. Check out our website and follow us on Facebook!

Spotlight: That Scooter Spot

Did you know there is a new Scooter Store in New Bedford? It’s called “That Scooter Spot” and its located next to Kirby’s Pub on 812 Kempton Street.

2012 Massachusetts Statewide Ballot Questions



by
Michael
Silvia

On November 6th, 2012, Massachusetts voters will decide “Yes” or “No” on three statewide ballot questions. Two of the questions are major medical issues and will have a lasting impact on our state. Do we want to prescribe medication to end the life of suffering patients? Do we want to be a state that prescribes medical Marijuana? As a general rule, I don’t take sides on political issues on NewBedfordGuide.com. In this article, I’ll simply provide the facts on each ballot question and relevant resources so YOU can decide.

Question #1: Availability of Motor Vehicle Repair Information

This ballot question would force vehicle manufacturers to provide consumers the same diagnostic and repair information that the car dealers and in-state authorized repair facilities get. Basically, it stops dealers from overcharging



consumers for diagnostic and repair information and forces them to make it available outside of their proprietary networks. It provides the consumer (or the consumers repair facility) the right to obtain diagnostic and

repair information electronically on a subscription basis, for no more than fair market value and on terms that do not unfairly favor dealers and authorized repair facilities. It also provides consumers unfiltered access to the information outside of the dealerships propriety systems. You can read the official ballot question summary [here](#).

A YES VOTE would enact the proposed law requiring motor vehicle manufacturers to allow vehicle owners and independent repair facilities in Massachusetts to have access to the same vehicle diagnostic and repair information made available to the manufacturers' Massachusetts dealers and authorized repair facilities.

A NO VOTE would make no change in existing laws.

Question #2: Prescribing Medication to End Life



Dr. Jack Kevorkian and his "death machine."

This is probably the most controversial ballot question in decades for Massachusetts residents. At a terminally ill patients request, should Massachusetts doctors be allowed to prescribe medication to end that patient's life? In 1999, Dr. Jack Kevorkian served 8 years of a 20-25 year sentence for second degree murder for assisting a terminally ill patient's life. There are several strict requirements to the law. First,

the patient must be “mentally capable” of requesting these medications. Second, the patient must have “an incurable, irreversible disease that will, within reasonable medical judgment, cause death within six months.” Third, the patient must “voluntarily expresses a wish to die and has made an informed decision.” Finally, “the patient would ingest the medicine in order to cause death in a humane and dignified manner.” You can read the official ballot question summary [here](#).

A YES VOTE would enact the proposed law allowing a physician licensed in Massachusetts to prescribe medication, at the request of a terminally-ill patient meeting certain conditions, to end that person’s life.

A NO VOTE would make no change in existing laws.

Question #3: Medical Use of Marijuana

In 2008, through a ballot question, Massachusetts decriminalized Marijuana use for anyone in possession of 1 ounce or less. Instead of jail time, these users paid a \$100 fine. This year’s Question #3 addresses the medical use of Marijuana. In simple terms,



“this proposed law would eliminate state criminal and civil penalties for the medical use of marijuana by qualifying patients. To qualify, a patient must have been diagnosed with a debilitating medical condition, such as cancer, glaucoma, HIV-positive status or AIDS, hepatitis C, Crohn’s disease, Parkinson’s disease, ALS, or multiple sclerosis.” Currently, 17 U.S. states and the District of Columbia approve and regulate Marijuana for medical use. You can read the official ballot question summary [here](#).

A YES VOTE would enact the proposed law eliminating state criminal and civil penalties related to the medical use of marijuana allowing patients meeting certain conditions to obtain marijuana produced and distributed by new state-regulated centers or, in specific hardship cases, to grow marijuana for their own use.

A NO VOTE would make no change in existing laws.

Are you for or against any of these ballot questions? Post a comment!

Modern Parent, Relish the Experience of Motherhood



By Shonna
McGrail R
yan

Becoming a parent is and always will be a mixture of excitement, anticipation, hard work, and yes, a bit of nervousness. In modern times, some of the needs of new parents can be met through online resources such as parenting blogs and shopping from home. However, if you just had a new addition to your family or have one on the way, you probably have already discovered that the sheer number of sites out there can be overwhelming. For the modern parent looking for a little help, local woman and mother Denell Pepin has an innovative new blog site called MoPa.

MoPa (short for Modern Parent) is a trendy blog that is just getting its start but already has a lot to offer when it comes to highlighting everything from baby gadgets to back to school fashion. The website and social media components of MoPa are dedicated to today's modern parent lifestyle and celebrating parenthood as well as highlighting the individuality of mothers everywhere. In addition to frequent posts highlighting cool new products, MoPaShow.com also posts a monthly "Modern Mom Series" which shares interviews and photos of unique moms who have blended their lifestyle and motherhood into a successful package.



Denell and her two boys.

I sat down with MoPa creator Denell Pepin the other day to find out more about her blog and about the idea of a "modern parent." I do not have any children myself, but having friends and family who have recently had babies I have learned that it can be both exciting and overwhelming. Denell explained to me that too often new mothers find that their own sense of individuality comes under strain within the first few demanding years of raising a child. This is a concept that Denell is no stranger to, having been both a trend forecaster in NYC for Cotton Incorporated and now living the role of mother to two boys. Thus, Denell created MoPa as a landing page for moms to both shop at and get daily inspiration from.

Denell was very excited to talk with me about MoPa's first

upcoming event on September 23rd. This event is intended to take the idea of MoPa offline and into real time by providing a night out where attendees can interact with both local and national sellers while enjoying mocktails, light refreshments, music and workshops. According to Denell, participants should expect the event to be much like a beautiful baby shower that combines shopping and educational opportunities together to create a “chic and contemporary modern day expo” where new and expecting parents can mingle and chat with others from the area.

There will be five program rich workshops at the September 23rd Modern Parent event including how to best approach a baby registry and some health inspirations from the ladies at Boutique Fitness. The MoPa event will be attended by national brand representatives such as Bumble Ride, and there will also be local participants such as the New Bedford-based, internationally acclaimed jewelry artist Isabelle Grace.

Since MoPa is all about the lifestyle of the modern parent, all sales aren't just directed towards baby gear; there will also be exhibitors for beauty products, parenting services, and much more. Additionally, some lucky mothers will be eligible to win incredible giveaways for attending.

For new and expecting parents, this is really a great opportunity, and Denell expressed her hope that in the future this will be “an event that women look forward to every year.”

She explained to me that MoPa online and offline is geared towards giving women a chance to relish the experience of motherhood and enjoy the lifestyle of being a modern mom; “We're all about discovering trends in baby gear & gadgets, accessories, furniture, clothing, skin care, parenting services, and more.” It is her intention that this first MoPa event will be a night of celebrating parenthood for all in attendance. Additionally, Denell seemed thrilled to be bringing so many quality vendors to Greater New Bedford and hopes that this event will open the door for MoPa to be

involved with many other community events in the future.

The Modern Parent event will take place at the Hawthorne Country Club in North Dartmouth. Festivities begin at 3 PM on Sunday September 23rd and end at 7 PM. For tickets, go to www.mopashow.com. Tickets are \$15 for one person, or \$20 for two people. All participants will receive a Swag Bag and the first 50 people to sign up will receive a VIP Swag Bag with great products. For current and soon-to-be parents, this is a do not miss evening!

Mosquito Spraying in North End of New Bedford Tonight

The City of New Bedford and the Bristol County Mosquito Control Project remind North End residents that truck-based spraying to address the EEE and West Nile Virus threat is being conducted tonight (Monday, Aug.



20th) between 8pm and 11pm in areas of the City North of Tarkiln Hill Road. Residents are advised to stay indoors, close windows, and bring pets inside. The anti-mosquito spray leaves no harmful residue, so there is no need to bring children's toys or patio furniture indoors.

The State Department of Public Health continues testing for positive EEE and WNV and those results will determine if additional spraying is necessary. In the mean time, residents are encouraged to consider rescheduling outdoor gatherings to earlier in the day, wear long sleeves and pants, use

repellant, and drain any standing water in yards.

Residents with questions can also contact the Bristol County Mosquito Control Project at 508-823-5253.

Update. We spoke to the Bristol County Mosquito Control Project. At this time there is no plan to spray south of the Tarkiln Hill Road.

Update #2. From the Mayor's Office: "The City does not decide areas targeted for spraying alone but relies primarily on recommendations of the Bristol County Mosquito Control Project and the State Department of Public Health. BCMC's recommendation is to target the areas where traps test positive for EEE. The trap where EEE was confirmed last week was located outside the industrial park in the City's North End. No other traps in the City have tested positive for EEE. The North End is also much less urban and so contains a much larger area of mosquito habitat."