

# Restaurant Review – Brick Pizzeria



by Elsa  
Yeung

Brick Pizzeria in New Bedford has gotten a facelift and is looking better than ever. The dining area has been expanded to include more tables and new windows make the place feel bright and airy. Veterans of Brick will remember going up to the counter to order, but will now be greeted by a friendly waitress who will seat you and actually *hand you a menu*. This might be old news since I hadn't been to the place in a while, but I can't be the only person surprised by this change. During a recent visit, I spotted several fellow pizza patrons barge in the front door and make a beeline to the counter before their error was politely corrected by the waitress. I suppose this is an attempt to make the place feel more classy, but honestly I felt it made the experience a bit more stiff compared to the relaxed, seat-yourself-whenever atmosphere of the past.



Brick's Magherita pizza,

fresh from the oven.

Rest assured though, that the food has not changed. The pizza is still handmade right in front of you by a couple of hip dudes who are continuously pumping out one gorgeous pizza after another. You can watch as they knead lumps of dough into flat canvases on top of which they create their artwork of flavorful tomato sauce with super fresh ingredients of your choosing. The entire thing is thrust into the 800 degree brick oven that is the restaurant's namesake and emerges a mere two minutes later, a golden-crust wonder ready to be devoured.

Brick pizzas have a soft, chewy sourdough crust that is not too thick, though not thin enough to be crispy, that gives them a distinctive taste. On my last visit, I had a classic Margherita pizza (\$8.59) which came with fresh mozzarella, basil, and parmagan. It was doughy and light and thoroughly satisfying for a late lunch. Brick has an impressively varied list of ingredients that not only include the typical pepperoni, olives, and (since we're in New Bedford) linguica, but also sophisticated, grown-up toppings such as gorgonzola cheese, capers, and wood-fired wild mushrooms. You can pick among their classy topping combinations or create your own mix and match pizza. Brick also offers "white pizzas" with no tomato sauce, which go beyond the everyday alfredo cheese pizza and have the same amount of interesting variety as the red pizzas.



Brick doesn't mess around

when it says its pizzas  
come from an 800 degree  
brick oven.

The calzones are humongous, and are basically a large pizza folded over on itself to create somewhat of a gourmet, generously filled hot pocket. We ordered one and were impressed by the steam that bellowed forth when cut into and the tastefully spiced, meaty interior. The salads are also enormous, as I observed while gaping at my dining neighbor's behemoth mountain of greens. Also available are flatbread sandwiches, cannoli, and a good selection of craft beers to wash it all down.

Brick's major selling points are its fresh, fresh, fresh ingredients and relatively cheap prices for such high quality artisan pizzas that are filling and satisfying. It's located in downtown New Bedford also, which means there is plenty to do in the area after your meal, and on AHA! night, it's definitely a swanky place to go.

**Brick Pizzeria is located at**

163 Union St., New Bedford, MA 02740

508-999-4943

<http://www.pizzeriabrick.com/>

**Hours**

Monday-Friday 11-9

Saturday 11-9

Sunday – 11-6

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# 10 Things to Do This Weekend



by  
Michael  
Silvia

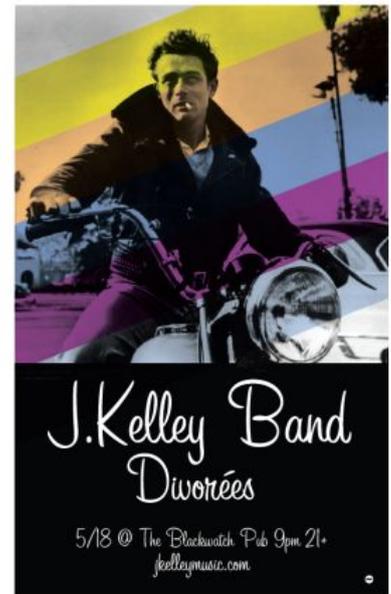
This weekend kicks off the the major event season in New Bedford. There are 11 major events and festivals between now and the end of October with three of them occurring this weekend. All of these and other events can be found on our Event Calendar. Here are 10 things to do this weekend.

## **FRIDAY, MAY 18TH**

### **New Bedford Jazz Festival (6-10pm)**

The New Bedford Jazz Festival will be hosted at Custom House Square in New Bedford's Historic District and National Park. Headlining the event will be Gerry Gibbs and the Electric Thrasher Orchestra featuring Nicholas Payton and Dave Liebman. Whaling City Sound recording artist Gerry Gibbs has been playing Miles Davis' music for over 20 years and recorded his own tribute to the legendary CD Bitches Brew entitled Gerry Gibbs and the Electric Thrasher Orchestra Play Miles Davis 1967-1975 in 2010. Full details on the event [here](#).

**The Divorcees and J.Kelley Band (10pm – 1am)**



The J.Kelley Band and the Divorcees take over the Blackwatch Pub (266 Dartmouth Street, New Bedford). Check out the Divorcees Know You the Best music video and the J.Kelley Shake You Music video (both shot downtown New Bedford) to get a sample of their music.

**SATURDAY, MAY 19TH**

**Operation Clean Sweep – Ward 5 (8:30am – 12pm)**

Operation Clean Sweep, a New Bedford based anti-litter organization, will hold a neighborhood cleanup on Saturday, May 19, 2012 in Ward 5 from 8:30 am until Noon. The Ward 5 cleanup will be hosted by SouthCoast Hospitals Group and headquarters will be located in the St. Luke's Hospital parking lot at Hawthorn and Page Streets. SouthCoast Hospitals Group will provide breakfast for volunteers in the morning and lunch will be provided by Domino's Pizza, "The Official Pizza" of Operation Clean Sweep. Gifts to Give, FUN 107, and the Southcoast Health Van will be onsite.

**New Bedford Airport Fun Day (10am – 4pm)**

At the New Bedford Regional Airport there will be performances by local dance studios, karate demonstrations, Mad Science of

Southeastern Mass, formation flying, aircraft displays, skydivers, airplane rides, Buttonwood Park Zoo's Zoo Choo, and so much more! Full details here.



The UMD Senior Show features over one hundred graduating UMass Dartmouth CVPA seniors!

#### **UMass Dartmouth Senior Art Exhibit (1-4pm)**

UMass Dartmouth is proud to present the College of Visual & Performing Arts (CVPA) Senior Exhibit! This is the first time that Graphic Design, Illustration, Photography, and Digital Media majors will be exhibiting their senior degree projects all in one day! The UMass Dartmouth CVPA Senior Exhibit will be on Saturday May 19th, from 1-4pm in the College of Visual & Performing Arts, and will feature over one hundred graduating UMass Dartmouth CVPA seniors. Please join us a truly incredible experience and witness work from very talented students who represent the future of art and design. More information about the show and the individual students can be found at [www.cvpaseniorexhibit.com](http://www.cvpaseniorexhibit.com). All are welcome to attend. Admittance is free. Refreshments will be served. Parking in lots 7, 8, and 10.

#### **Opening of the Bay Celebration (6-11pm)**

Kick-off the summer season by joining us for the 6th annual Opening of the Bay Celebration! Last year, the Opening of the

Bay fundraiser provided 135 scholarships to low income at-risk youth from Greater New Bedford to participate in our summer programs. Come join us for a night of dining and dancing while helping to make a difference in our community. This year we anticipate another sell-out crowd of 500 Southcoast residents dancing the night away under the tent overlooking Buzzards Bay from New Bedford's Fort Taber Park! Facebook event created [here](#).



Bowfire 2012

### **Bowfire 2012 at The Zeiterion Theatre (8-10pm)**

A spectacular extravaganza, Bowfire brings together some of the world's most critically acclaimed violinists and fiddlers on one stage in a visual and musical feast! Musical theatre meets classical virtuosity in an unforgettable performance. It's a musical journey that moves seamlessly through Celtic, Jazz, Bluegrass, Rock, old-time fiddle, Gypsy, Electric, Cape Breton styles and adds incredible step and tap dancing to the mix. It's an evening of show stopping hits strung together in glorious sequence.

**SUNDAY, MAY 20TH**

**Taste of Southcoast – (12-5pm)**



The Taste of Southcoast has 19 Restaurants this year.

One of the best events of the year! The Taste of the Southcoast allows patrons to eat their fill of some of the best food in the area. For \$15, you'll be able to try samples from 19 different restaurants. Hosted at Custom House Square in Historic downtown New Bedford, this is a must attend event. Full details with a list of participating restaurants [here](#).

### **Riverside Cemetery Tour (2-3:30pm)**

Created in 1850 by Warren Delano II, the grandfather of President Franklin Delano Roosevelt, this is one of the most beautiful rural-style cemeteries in Massachusetts. The FREE tour visits the final resting places of some of the town's most prominent people. You'll also see lovely examples of early tombstone art as you walk along the beautifully landscaped paths. Tour includes walking on uneven ground. Wear comfortable shoes. The tour guide is Christopher Richard and it is sponsored by the Fairhaven Office of Tourism.

### **Sunday Night Jam Sessions at the Pour Farm Tavern (7-11pm)**

The best kept secret is Sunday Night Jams at the Pour Farm on Sunday nights starting at 7pm. It's a jam session with some of

the best musician in the area hosted by Matt Antunes. Want to jam? Give Matt a shout: [straightlacedproductions@comcast.net](mailto:straightlacedproductions@comcast.net).

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# An Interview with Local Ninja Luis Moço

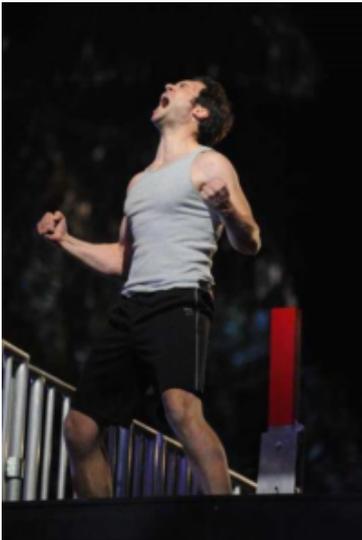


by Matt  
Neumann

“American Ninja Warrior” is an obstacle course competition based on “*Sasuke*”, the original Japanese version known as “Ninja Warrior” in the U.S. and other countries. For the past three years “American Ninja Warrior” has culminated with a mere ten Americans competing in Japan. This year a new format was introduced keeping the entire competition in the U.S. Six regional preliminary rounds were held with approximately 125 competitors in each region. Each region ran its own six obstacle preliminary course with the top thirty times advancing to a nine obstacle semi-final course, narrowing the field to fifteen finalists from each region. Ten “Wildcard” contestants were chosen at producer’s discretion to join the ninety regional finalists in Las Vegas, which consisted of a grueling, 4-stage final obstacle course.

The Prize for achieving “Total Victory”: \$500,000 and eternal bragging rights as the 1st American Ninja Warrior “Grand Champion.” American Ninja Warrior premieres the first of the six regional preliminary rounds on Sunday, May 20th at 9pm on

the G4 channel. Regional semi-final rounds will air the following night at 9pm on NBC.



A triumphant Luis Moco!

Athletes with diverse backgrounds as well as professionals from non-sport related careers have run the course. "American Ninja Warrior" requires speed, strength, agility, confidence, and the ability to think and react in the moment. Many Parkour athletes, or Free-Runners do very well on the course due to their training which normal consists of running, jumping, climbing, and general body awareness. Confidence is a key ingredient to success in any sport, and Parkour inherently teaches you to be confident in your own abilities at a moment's notice and strive to push your limitation to become a better athlete.

Luis Moço, a professional Stunt Performer from New Bedford, MA competed for the third time this year in the Northeast region's event. Episodes are tentatively scheduled to air June 3rd and 4th. I had a chance to sit down with our local Ninja and stuntman extraordinaire to discuss being on American Ninja Warrior and his experience working on movies and TV shows as a stunt performer.

**1.) You went through the whole American Ninja Warrior process**

**last year, why did you want to be part of American Ninja Warrior 2012?**

It's just too much fun to stop! You meet other athletes and keep in touch when you're not competing. It's a great community to be a part of. We all want each other to succeed. It's less of a competition and more of a social gathering with an obstacle course to play on.

**2.) Are you happy with your performance in this year's American Ninja Warrior? How much training did you put into this year's competition?**

I'm very happy with how I did this year. I've been training specifically for ANW 2012 since January; building replica obstacles and working on my upper body strength. I was way more prepared this year than last.

**3.) How did your background in stunt work help you with the competition?**



For his day job Luis likes to play chicken with cars ... the cars usually win.

When I'm on set and the Director calls "ACTION", it's go time. If something goes wrong I have to adapt and make it work, I can't just stop and ask to do it again. I have to suppress any doubt and be confident that my training will get me through the scene. ANW is very similar; you're waiting on the starting block, looking down the course, waiting for your chance to run and when it comes you have one shot. No second chances, no

“take two”, you either succeed or fail. You have to adapt in the moment and be confident.

**4.) Speaking of your stunt work, favorite stunt you've ever done? favorite actor/actress you've worked with? and, favorite movie/tv show you've worked on? and why?**

Favorite stunt would have to be my first car hit. It was the first stunt I did after moving to NY in 2010 on a show called “Blue Bloods.” It went great, everyone was impressed and the stunt community heard about it quickly, which helped me get more work.

Favorite actor would be Robert De Niro. I did a small scene with him in a movie called “Being Flynn”; he comes to my door with a bat with nails sticking out of it and when I opened the door he swings it at my head. Real bat, real nails, and we rehearsed this 15-second scene for 10 minutes just to make sure he didn't hit me, very professional.

Favorite film was a movie I worked on for a few months this past winter called RIPD. Shot completely in Boston, I learned so much from just being on set every day. Most of the time I work a day or two on a project and that's it. It was nice to know I had work the next day.

**5.) If you could work on ANY upcoming film, what would it be? What role would you want to have in the film?**

I would love to work on a superhero movie just to wear the costume. If I could double Batman or Captain America that would be a dream come true.



Luis playing a tough guy on TV.

**6.) American Ninja Warrior is not for the faint of heart. Do you have any advice for any aspiring Ninja's out there?**

If you've seen the show and think you've got what it takes, submit a video and try out. Find a gym with ANW specific obstacles in it and give it a try, especially the Quad Steps. For those of you who don't know, the Quad Steps are usually the very first obstacle you'll have to face, and I'd say 30-40% of people fail them. It's easy to underestimate an obstacle that looks simple on TV. I've done it and failed. Give every obstacle 100% of your attention, worry about the next one when you get to it.

**7.) Speaking of Ninja's, pretty cool being a Ninja?**

Ha, I wouldn't consider myself a "Ninja", but I am a competitor and an athlete. I do watch the show and when I see myself running the course I do think its pretty cool.

**8.) You got injured training for this years American Ninja Warrior, how are you feeling? Will you do it again next year?**

Unfortunately, I tore the ACL and Meniscus in my left knee training, it's a huge set back and I'm having surgery to repair it now that the competition is over. I'm pretty upset about it, but I know I'll be back in shape for next years competition.

**9.) Final question, any projects on the horizon and where can**

**people look for you on TV and in the movies (past or present)?**

Everything is on hold for a few months now that I'm having surgery but I did work on Men in Black 3, which should hit theaters soon. I was recently featured on an episode of "Gossip Girl". I worked on a subway fight scene with Bradley Cooper in "Limitless" that you could find online. I had a small part in "Whaling City" which filmed here in New Bedford as well. I've worked on several TV shows that film in NY but most of the time you can't see my face so it's hard to tell where I am. I really don't care about seeing myself on screen anymore, but doing a great stunt is always exciting!

Check out G4's What it Takes to be An American Ninja Warrior video for more details!

Video Games – E3 2012

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## **New Bedford Guide Affiliate Program**



Looking for a way to promote your business, drive traffic to your website and get more Facebook fans? Affiliate with New Bedford Guide and your business will benefit! New Bedford Guide (<http://www.newbedfordguide.com>) reaches over 90,000 people each month and our Facebook page reaches over 250,000 each week!

### **How to become a New Bedford Guide Affiliate**

Affiliates must:

- Add a banner somewhere on your website's front page and hyperlink it to: <http://www.newbedfordguide.com>. Banners can be found here: <http://www.newbedfordguide.com/partners>
- "Like" our Facebook Page and add it to your **Featured Likes**. To do this go to **manage tab** and **edit page** at the top of your Facebook Page. Then on the left side click **Featured**. Click **Edit Featured Likes** and select New Bedford Guide. Click save.

In return, New Bedford Guide will:

- Add you to our partner page: <http://www.newbedfordguide.com/partners>
- At our discretion, post your press releases on NewBedfordGuide.com. Affiliates get priority when posting press releases and we also post them on our Facebook Page. These press releases must be news worthy (i.e. events, major news, etc).
- We will help promote your events, news and information any way possible.
- Give an additional 10% discounts on our banner advertising program.

This agreement can be modified for those that don't have a Facebook page or other issues. Contact us at [info@newbedfordguide.com](mailto:info@newbedfordguide.com) if you have questions or want to discuss an affiliation! If you'd prefer to advertise with us instead check out our advertising programs.

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## Ward 5 Operation Clean Sweep (May 19th)

Operation Clean Sweep, a New Bedford based anti-litter organization, will hold a neighborhood cleanup on **Saturday, May 19, 2012 in Ward 5 from 8:30 am until Noon.** The Ward 5 cleanup will be hosted by SouthCoast Hospitals Group and headquarters will be located in the St. Luke's Hospital parking lot at Hawthorn and Page Streets.



Students, individuals, families and community service groups are encouraged to volunteer with Operation Clean Sweep to earn community service hours, to demonstrate support for their neighborhood, and to show pride in their community.

SouthCoast Hospitals Group will provide breakfast for volunteers in the morning and lunch will be provided by Domino's Pizza, "The Official Pizza" of Operation Clean Sweep. Gifts to Give, FUN 107, and the Southcoast Health Van will be onsite.

Volunteers are encouraged to pre-register by visiting [www.operationcleansweep.net](http://www.operationcleansweep.net) or call (508) 979-1493.

Pre-registration is not required but it is preferred so that organizers are better able to plan for the needs of the day. Volunteers are asked to wear closed toe shoes and clothing appropriate for the weather. Tools and gloves provided. Walk-ups are always welcome and all volunteer names will be entered into a drawing for a covered trash barrel!

Businesses or organizations interested in hosting a Ward cleanup are encouraged to call (508) 979-1493 for more information.

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## **Lobster in Local History & Culture**

The "bug" of the sea, the favorite of many a "seafoodie" and the crustacean that evokes drooling at its mention, is our friend the lobster. The word lobster comes from the Old English *loppestre*, which interestingly enough is related to the O.E. word for "spider", *loppe*. It is also related to the

Latin word *locusta*, or *locust*. Its resemblance to these creatures are evident. For those who don't think its anatomy is strange enough, perhaps you'll be convinced once you learn about the lobster's anatomy. The lobster hears with its legs and tastes with its feet. The kidneys are in the head, nervous system in the stomach with its teeth, and its brain is in the throat.

The lobster grows up to 3 feet long and can weigh more than 40 pounds. It has fewer calories than chicken breast ounce for ounce. Lobster was a term of "endearment" by colonists for the British soldiers, long before "Redcoat" was common parlance in the 1880s. The "infamous" rubber band that one sees on the lobster claws did not come about to protect today's customer, but to protect other lobsters as they have no problem eating one another when hungry.



*Red Jacket Brand by B&M*

The lobster, particularly the Maine variety, is popular the world over. Whether sauteed, part of a clambake, or part of Surf 'n Turf at Mike's Restaurant, its partner, butter is somewhere in the picture. It is hands down one of the most popular foods in the region, up there with the Clam Boil, Chowdah, and Fish and Chips. Unbeknownst to many, the lobster played an integral role in the development of not only local history and culture, but the nation as a whole. Both the "Old World" and the "New World" benefited in many ways from this tasty critter.

For local Indian tribes, lobster was prepared by covering them in seaweed and baking them over hot rocks. This inspired today's clambake loved by so many. However, they didn't solely serve as a food source. They were used as fishing bait and as a fertilizer for crops. The lobster, as well as fish, would be placed in the ground underneath the crop as a source of nourishment. Colonists in the 17th century quickly found out that the lobster was a prodigiously abundant food source for the American Indian, and quickly began to harvest them. Lobster was on the menu, along with swan and seal for the first Thanksgiving. Journals dated as far back as 1605 make mention of how easy to catch and how plentiful they were. Stories abound of the first colonists simply picking lobsters up by hand as they washed ashore "*...up to two feet high.*" While this may be urban legend, it paints a picture of how copious they were.

Anthony Parkhurst, 16th century explorer that navigated on the east coast of Newfoundland mentioned that he and his men could "*...take up in less than half a day, lobsters sufficient to find 300 men for a day's meat.*" American John Rowan in the 1850s stated "*I have seen two hundred lobsters taken in one tide by a couple of little boys wading about among the rocks armed with cod-hooks tied to sticks...Lobster shells about a house are looked upon as signs of poverty and degradation.*"

Indeed, William Wood, a British historian visiting Canada's Newfoundland in the early 17th century has been quoted as saying "*Their plenty makes them little esteemed and seldom eaten [except by the Indians who] get many of them every day for to baite their hooks withal and to eat when they can get no bass.*"

This abundance of the crustacean filled many bellies during these early times, giving a much needed fuel source for people to work, build and develop their hamlets. Certainly there were small communities that survived because of the lobster. It was used to feed prisoners, apprentices, servants, and the poor

alike. Because of this lobster was initially associated with being a poor man's food. At best it was eaten by the blue collar worker, for example peddlers had sold lobster from a wheelbarrow to the many Irish immigrants that came to Maine.

As times improved, and the colonists learned to farm better, raise cattle and harvest other crops, lobster became even less popular and virtually valueless as a commodity. People were saturated with this common staple. Some historical documents mention that servants and workers would have options in their contracts that would insure that they were NOT fed lobster more than two to three times per week or not at all.



This early history of the lobster has spurred many an urban legend. Supposedly there were colonial, fisherman or prison revolts. It is said that people were so fed up with eating lobster that they were willing to burn, pillage and physically intervene. Petitions with hundreds or thousands of signatures were created. Landlords, bosses, supervisors and masters were taken to court and successfully sued. Even laws were placed on the books for this cruel and unusual punishment of having lobster for breakfast, brunch, lunch, dinner, tea and a snack. Unfortunately, no historical records exist that can corroborate any of these legends. The stories do, however, crop up sometime in the 1950s, perhaps originating in marketing.

So what changed the people's outlook on the little critter? How do we get from lobster being so common and eaten so much that it was virtually worthless to where we are today where

people pay top dollar, crave it in any form, and love it enough that urban legends were created around it?

Lobster as a harvest and valuable commodity had a slight increase in the 1820s as other parts of the nation developed, particularly growing cities Boston and New York. Apparently, no one let these cities know how common the lobster was or that you would have difficulty getting much for a wheelbarrow full of them. With the advent of canning in the 1830s, lobster was able to be shipped to rest of the nation and even Europe. The Burnham & Morrill Company or B&M, who are known today for their canned beans, was one of the first of scores of lobster canning companies to crop up. Canning allowed lobster to stay longer and be shipped further and an industry was born. Eventually canned lobster would collect a greater price than fresh, live lobster.

This lack of knowledge of lobster's modest and humble beginnings, combined with marketing turned lobster into a rich man's dinner. In the 1840s restaurants in major cities, were offering lobster as a premium dinner and charging a premium price. A way to flaunt your affluence was to eat several lobsters during a meal. This new attitude toward the crustacean forged a massive industry, and financiers responded by building dozens of canneries and employing thousands of workers. By the 1880s lobster reached a harvest of approximately 130 million pounds per year. At this time lobstermen were being paid 10 cents per pound and the meat was being sold for 12 cents per pound. Imagine that!? The rest, as they say, is history.

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# 5 Tips for a Better Yoga Experience



by Pam  
Teves

Whether you practice yoga regularly, or just starting out, I hope this article will help answer a few questions you probably have regarding yoga class. Hopefully, it will also help you make the most out of your yoga practice. Here are a few tips and answers to the most common questions I come across.

## 1. What should I bring to class?

All you really need is a yoga mat and I recommend some water. Many places will allow you to use or rent a mat, but if you do purchase your own keep the following in mind:

How thick should the mat be?

Depending on your sensitivity to the floor you may want a thicker mat.



Make sure your mat is at least 68" long.

How sticky is the material?

Yoga classes put you on your hands and bare feet a lot. The stickier the material feels, the better it will be at keeping you in place and freeing your mind from thoughts of sliding

off your mat.

How long should the mat be?

Pilates and yoga mats differ in length. Make sure your mat is at least 68" long.

## **2. What should I wear to yoga class?**

Wear comfortable, breathable and fitted clothes. When practicing yoga, your head is often lower than your hips causing your shirt to ride up. Make sure you can comfortably tuck in your shirt, or wear something form fitting that won't move on you. Pants can fit a little less tightly, but when wearing shorts take the time to lift your leg and see if you expose anything you wouldn't want other people to see (please). It may be a good idea to wear bike shorts underneath your regular shorts.

## **3. Be respectful.**

For most people yoga is a time to relax, reflect, and let go of some stress. There is nothing worse than sitting next to a "chatty Kathy" throughout your whole practice. Sorry Kathy, I don't really want to know that your cat is sick or that you are cooking potpie for dinner. Of course, sometimes something funny comes up and you laugh and talk about it, but let it go and try not to let it get in the way of other people's practice.



Everyone practices with different levels of

flexibility and strength.

#### **4. Don't over do it.**

Everyone practices with different levels of flexibility and strength. Don't let your idea of having to perfect a pose get in the way of an otherwise great practice. My yoga instructor told me once that just because someone can do a headstand doesn't make him or her a better person. Try new things, but don't get to the point where you injure yourself or go past your edge. Know when to back off and enjoy what you can do that practice.

#### **5. Have fun.**

Stop thinking too much. It doesn't matter if you can't touch your toes, breath through your nose the whole class, or even keep up with the person next to you. All you have to do is be open minded, respectful of yourself and others, and be able to laugh at yourself.

Join me Tuesday nights all summer at Fort Taber in New Bedford for Sunset Yoga class. 6:30-7:30, \$5 a person. Please arrive 15 minutes early to get a parking spot and to walk over to the grass field behind the fort. All you will need is a mat or large beach towel, water, and sunglasses/sunscreen. Classes start June 5th. Head over to [www.southcoastyoga.net](http://www.southcoastyoga.net) for more details. Also, check out my other articles here on New Bedford Guide!

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# **Art Portal Tutorial for**

# Artists



by  
Michael  
Silvia

The Southcoast Art Portal is for artists in the Southcoast, Massachusetts area to showcase and sell their artwork. Currently, the art must be purchased through e-mail, but the art portal will soon allow people to make purchases via credit card or Paypal. In addition, the option to sell prints and digital downloads will be made available in the near future. The main portal page brings together all the artwork from each artist into a single browsing experience. Customers can filter the art by category, price, city and/or artist. Each artist has their own individual web page that has a profile image, short bio, and photos of artwork for sale. Customers have special features that allow them to purchase your art, schedule a viewing of the original, and subscribe to the artist so they are alerted to new art as you unveil it.

This tutorial shows artists how to get their own individual artist page and upload their art into the art portal.

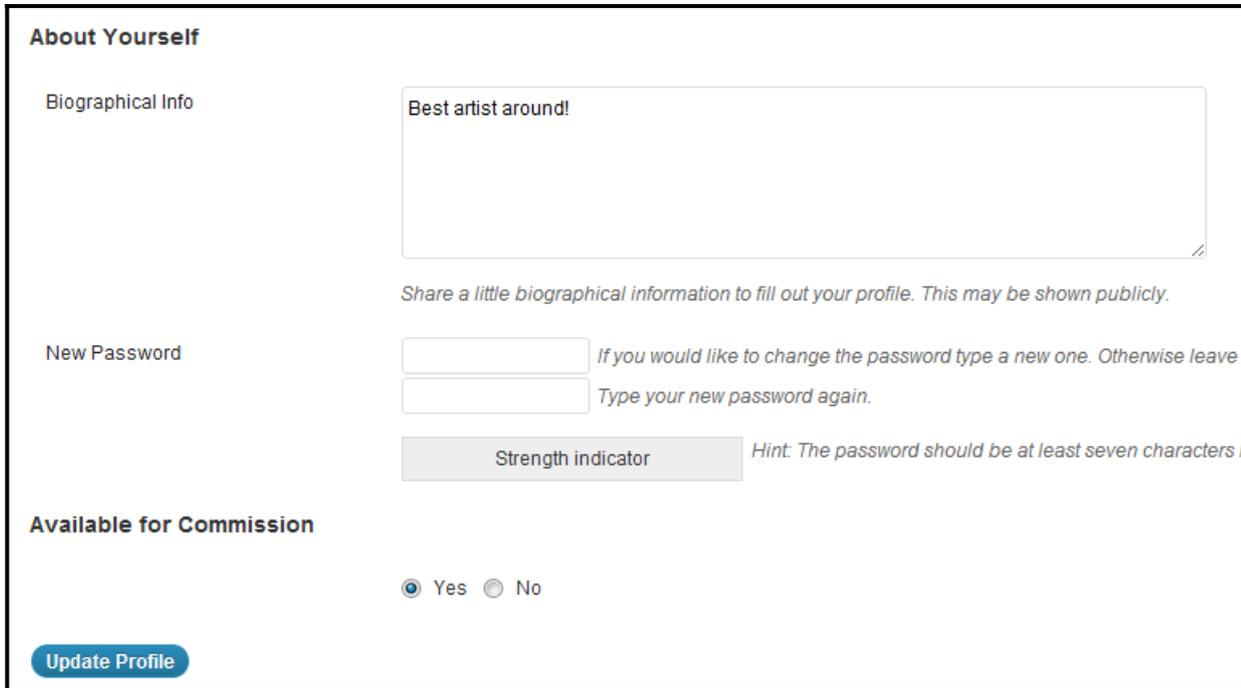
## **1. Register with NewBedfordGuide.com**

The first thing you must do is register with New Bedford Guide. Once you register with the site, send an e-mail to [ngbarts@gmail.com](mailto:ngbarts@gmail.com) and we will upgrade your account. Let us know the e-mail you registered with.

## **2. Update Your Profile**

While waiting for your account to be upgraded, simply update your profile by filling out the **Biographical Info** area. This

information will be displayed on your individual artist page as the **Artist Bio**. Sample artist page here. Once your account is approved, go back to your profile and state whether you are available for commission or not.



The screenshot shows a web form titled "About Yourself" with the following sections:

- Biographical Info:** A large text area containing the text "Best artist around!". Below it is a note: "Share a little biographical information to fill out your profile. This may be shown publicly."
- New Password:** Two input fields for password entry. The first field has a note: "If you would like to change the password type a new one. Otherwise leave". The second field has a note: "Type your new password again." Below the fields is a "Strength indicator" box and a hint: "Hint: The password should be at least seven characters".
- Available for Commission:** Two radio buttons labeled "Yes" (which is selected) and "No".
- Update Profile:** A blue button at the bottom left.

### 3. Upload your Profile Photo (After account approval and upgrade)

Your individual web page will have a photo of you. In the profile area, click on **Media** and **Add New**. Upload a small photo of yourself. Once uploaded click **yes** on the **Biographical Photo** area and click save. No need to fill out any more details. Once your biographical photo has been uploaded and your biographical information has been filled out your profile will look something like this:

**Artist Name: Daniel Savoie**



Artist Bio: I am a twenty-six year old Illustrator/Graphic Designer from New Bedford, MA. I earned my BFA in Illustration back in 2008 from UMass Dartmouth and have since gone on to work for Hasbro Toys in Pawtucket, RI as a Comp Artist. I initially went into college wanting to become a concept artist for video games and movies but as I progressed further into my college years, I became open to many other paths and careers such as editorial illustration, painting, portraiture, figure drawing, graphic design, and sculpture. Being open to different art forms has given me a broad perspective

on the arts allowing me to mix different art forms together to create new styles and unique works of art. I've been in quite a few galleries around New Bedford including the UGLY Gallery, Gallery X, and Artworks.

Subscribe to be Emailed when this artist adds new art

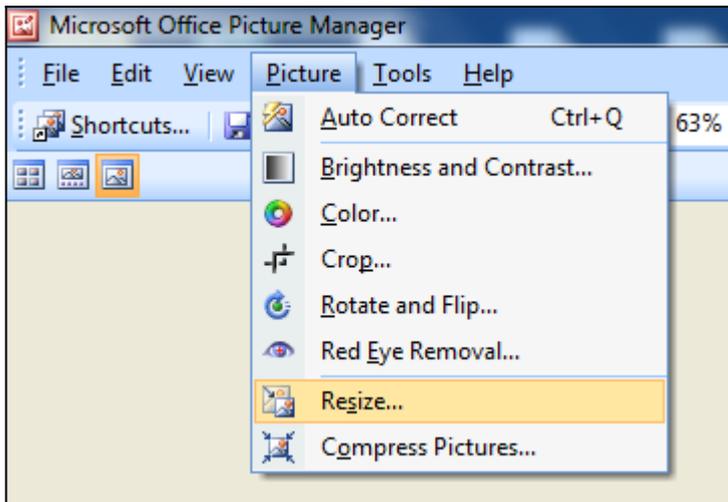
Include in the Featured Art Category

[Purchase/Schedule a Viewing](#)

**Available for Commission: Yes**

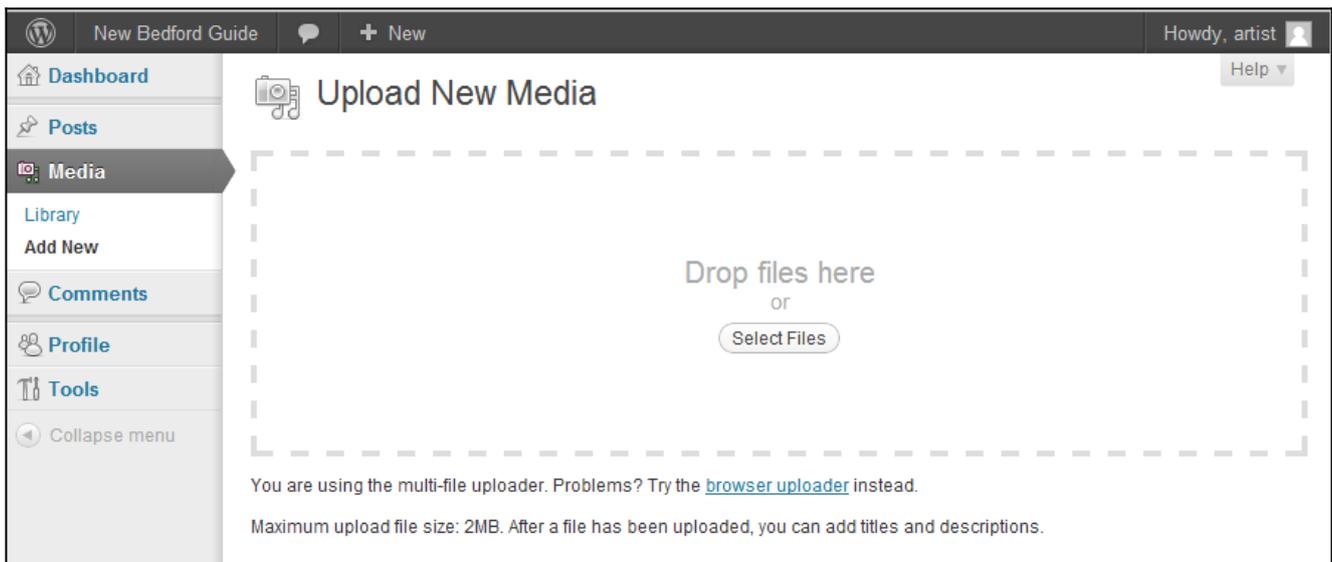
#### 4. Resize Your photos

Once your account is upgraded, you will be able to upload your art to the portal. The first thing you need to do is prepare pictures of your art. You must reduce the size of your photos to 1MB in size or less. Ensure it is high quality, but no bigger than 1MB in size or the image will get rejected by the system. Not sure how to resize an image so it maintains its aspect ratio? On a PC, right click on the photo and select "Open with ..." Select the Microsoft Office Picture Manager. Once the photo is open, click **Picture** and **Resize**. Use the tools on the right side to make smaller.



## 5. Upload Your Photos

Once all your photos have been resized, you can upload all your photos by either dragging and dropping multiple images into the system or uploading one at a time. It's recommended that you upload only 5 images at a time.



## 6. Add Details to your Images

After uploading your images it is time to add specific details like title, description, cost, dimensions, etc. One by one, click **Show** and edit the details of each photo/art.

File name: mona-lisa.jpg  
 File type: image/jpeg  
 Upload date: May 12, 2012  
 Dimensions: 743 x 1155

[Edit Image](#)

Title \* mona-lisa

Alternate Text Mona Lisa  
*All text for the image, e.g. "The Mona Lisa"*

Caption

Description Mona Lisa

File URL <http://www.newbedfordguide.com/wp-content/uploads/2012/05/mona-lisa>  
 Location of the uploaded file.

Biographical Photo  Yes  No

Art Price \$10,000

Art Category Acrylics, Gouache, Oil, and Sculpture

Art City New Bedford

Art Dimensions 11 x 20

Digital Download  Yes  No Available  
 10

Digital Download Price \$1

Art Print  Yes  No Price  
 \$100

Art Print Framed  Yes  No Price  
 \$150

[Delete](#)

[Save all changes](#)

**Be as detailed as possible!**

**If it's your mug shot select YES and then SAVE ALL CHANGES.**

**Select the art category, add your city and art dimensions.**

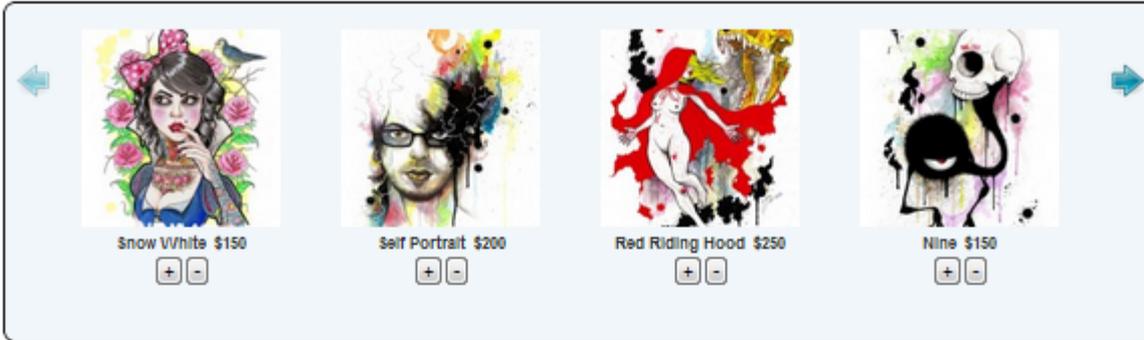
**This area is ONLY for those offering digital downloads, prints and framed prints. Skip this area for now as this is a future offering.**

Once you've completed all the steps in this checklist your art will be loaded into the art portal and your individual page will showcase your details and your art. Here is an example, or you can see one live here.

## South Coast Art Display

[Art Portal](#)[Art Portal Help](#)[My Favorites](#)[My Subscriptions](#)

More Art from Artist Daniel Savoie



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Subscribe to be Emailed when this artist adds new art

Include In the Featured Art Category

[Purchase/Schedule a Viewing](#)

Available for Commission: Yes



Art Title: Kasey  
Price: \$NF\$  
Category: Grunge/Pop/Cartoon/Street Art  
Dimensions: 15" x 22"  
Digital Download: Not available  
Art Print: Not available  
Art Print Framed: Not available  
Description: Kasey Print available for \$20

Be Sociable, Share!



That's it! If you have any questions or get stuck in the process contact us at [ngbarts@gmail.com](mailto:ngbarts@gmail.com). We have staff available that will gladly walk you through the whole process.

# UMass Dartmouth Senior Art Exhibit (May 19th)

UMass Dartmouth is proud to present the College of Visual & Performing Arts (CVPA) Senior Exhibit! This is the first time that Graphic Design, Illustration, Photography, and Digital Media majors will be exhibiting their senior degree projects all in one day!



The UMass Dartmouth CVPA Senior Exhibit will be on Saturday May 19th, from 1-4pm in the College of Visual & Performing Arts, and will feature over one hundred graduating UMass Dartmouth CVPA seniors. Please join us a truly incredible experience and witness work from very talented students who represent the future of art and design.

More information about the show and the individual students can be found at [www.cvpaseniorexhibit.com](http://www.cvpaseniorexhibit.com). All are welcome to attend. Admittance is free. Refreshments will be served. Parking in lots 7, 8, and 10.

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# Eric Fernandes Memorial Scholarship Fundraiser



**HELP SUPPORT  
NEW BEDFORD FIREFIGHTERS!**

at the  
**Eric Fernandes Memorial Scholarship Fundraiser!**

*This event will feature:*

- Live painting performance by artist Joshua Oliveira! (artdef.com)
- DJ Roy Barboza and the New Wave DJs with the best dance tunes!
- Chinese style auction with tons of great items!
- Lots of delicious food!

*Proceeds to benefit scholarships for the children of  
New Bedford Firefighters!*

**SATURDAY, JUNE 16<sup>th</sup>, 2012 from 6pm - 11pm at  
Dublin's Sports Bar n' Grille  
1686 Acushnet Ave. New Bedford, MA**

Advanced tickets: \$25 donation  
Tickets at the door: \$30 donation  
For tickets, call Elton Cabral at 508-525-1442

For more information visit:  
[www.ericfernandes scholarship.com](http://www.ericfernandes scholarship.com)  
[facebook.com/ericfernandes scholarship](https://facebook.com/ericfernandes scholarship)

On Saturday, June 16th, 2012 there will be a fundraiser to support the Eric Fernandes Memorial Scholarship Fund that provide scholarships to children of New Bedford firefighters. This year the event will be hosted at Dublin's Sport Bar and Grille on 1686 Acushnet Avenue in New Bedford. Tickets are \$25 in advanced or \$30 at the door. Call Elton Cabral at (508) 525-1442 to get your tickets.

Eric Fernandes was born on April 30th, 1981 and was raised in

New Bedford, MA. He belonged to the Immaculate Conception Church Parish and played Little and Pony League Baseball, making the all-star team one year. He attended New Bedford High School and then went on to earn his bachelor's degree at The University of Massachusetts Dartmouth in Sociology/Criminal Justice, graduating Magna Cum Laude. Eric came from a very close knit family and always stayed very close to them over the years.

In 2006 Eric became a New Bedford firefighter and served with great passion and integrity. He would often be heard telling his friends about some of the exciting and dangerous situations he found himself in. You could tell by listening to him that he truly enjoyed his work.

Eric passed away suddenly on June 16th, 2011 at the age of 30, leaving many family and close friends behind. For those who knew him well, this was truly a situation of too young, too soon. He had just begun his career as a firefighter, and had recently purchased his first home. Eric is survived by his parents, grandmother, sister, and several cousins, aunts, and uncles.

Eric's magnetic personality, big heart, and quick wit will never be forgotten by those who knew him. If you were a close friend of Eric's you could always expect a call or a visit from him, especially if it had been a while since he had heard from you. One look at his Facebook wall will show you how many of those out there were positively affected by Eric and who will forever miss him dearly.

Each year The Eric Fernandes Memorial Scholarship Trust Fund will provide scholarships for selected children of New Bedford firefighters who are seeking higher education. Your support will help us accomplish this goal.

In order to give The Eric Fernandes Memorial Scholarship Trust Fund the full benefit of this event, your generosity is

essential. We are looking for money donations or other donations of value for us to raffle off at the event and we also hope that you can attend our event.