

Best Job Search Resources for New Bedford Residents



by
Michael
Silvia

A man willing to work, and unable to find work, is perhaps the saddest sight that fortune's inequality exhibits under this sun. ~Thomas Carlyle

There's no doubt that it can be hard to find a job in today's tough economic conditions. If you live in New Bedford, it's even tougher to find a job than in the rest of the state of Massachusetts. According to the **Massachusetts Executive Office of Labor and Workforce Development**, as of January 2012, the New Bedford unemployment rate stood at 14.3%. This means 6,208 of the 43,556 people in the New Bedford labor force are looking for work. The Massachusetts unemployment rate stands at 7.7%, which means New Bedford's unemployment rate is twice the state average.

The key to getting a job in this tough, competitive environment is to know where to look. Simply looking in the Standard Times or randomly filling out job applications is not enough. Here is a list of resources for anyone looking for work in the New Bedford area or throughout the state.

1. The New Bedford Guide Jobs Portal/Map – Our jobs portal adds 500-1,000 jobs daily and allows you search jobs on a map. Jobs are posted within 50 miles of New Bedford: http://www.newbedfordguide.com/map-page#pm_jobs_tab.

2. The City of New Bedford Job Board – The City of New Bedford's website provides a list of city jobs. There are typically a dozen or more jobs available at any time. It is no secret that city government jobs pay well and provide great benefits like medical, life insurance, a retirement pension plan, paid vacations, holidays, sick and personal days. If you are a New Bedford resident start here.



3. New Directions Southcoast New Bedford Job Listing – Located in New Bedford, New Directions is a non-profit that not only provides job listings, they provide assistance and training for job seekers. From their website, "New Directions Southcoast, Inc. is the 501(C)3 non-profit corporation that operates the federally funded One Stop Career Centers in New Bedford and Wareham Massachusetts. We provide workforce development and training services for job seekers and employers throughout southeastern Massachusetts. Our professional staff works side by side with State job specialists to ensure our customers are afforded the individual assistance they need to meet their employment and training goals."

4. TopUSAJobs.com New Bedford Search – Last I looked (March 21st, 2012), the New Bedford search on this website resulted in 14,396 jobs within 50 miles or 2,781 jobs within 25 miles of New Bedford, MA.

5. The Standard Times – South Coast Job Mart – The Standard Times provides a job search tool that job seekers can search by job title and region. You can also use their **advanced search tool** to narrow down your search. Last I looked (March 21st, 2012), there were 775 jobs listed in their database.

6. Monster.com, New Bedford Search – There were over 1,000 jobs listed on Monster.com within 20 miles of New Bedford.

7. southcoast.craigslist.org – I've heard of people getting jobs through Craigslist, but I'd recommend it as a last resort. While there may be tons of valid jobs listed, Craigslist is known for having lots of scams. I've found Craig's List to be useful in hiring short-term, temporary jobs. If that's what you are looking for, search through the jobs section of the **southcoast.craigslist.org** portion of craigslist.org.

The key to finding a good job is to leave no rock unturned. Hopefully, this list provides a valuable resource in your job search. If you know of a good resource that i should add to this list post a reply. If you find a job due to this article, I drink coffee and I'm available for a "thank you coffee" anytime.

It's a recession when your neighbor loses his job; it's a depression when you lose your own. ~Harry S Truman

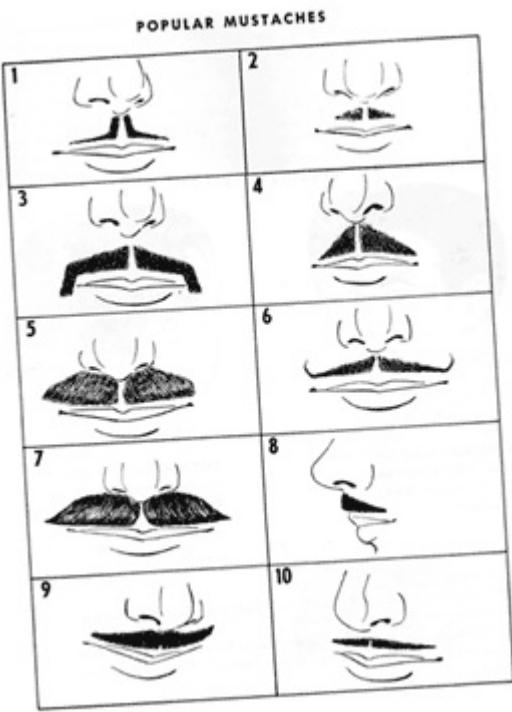
Mustache March–A Storied Tradition



by Nicholas

Every spring (with a few exceptions), I travel from Massachusetts to Colorado to visit friends and to hit the slopes in the magnificent Rocky Mountains. About five years ago on a trip to Breckenridge, I noticed a trend that I really hadn't seen much of since the 80's when my father was in his heyday—the moustache. (He had a sweet 'stache until the mid-nineties or so.) Men everywhere (and some unfortunate women) were sporting mustaches, and it didn't seem like such a big deal to them, but it was to me. I had to find out the reason for this newfound facial treason.

After talking with some of the locals, I found out that this wasn't just a random occurrence or a strange series of coincidences, but rather a yearly tradition. Every March, men (mostly in their 20's and 30's) grew their upper lip hair into carefully cultivated mustaches, merely for personal enjoyment. They called it "Mustache March." Some sported the pencil thin look, some used a moderately groomed mustache, while others a more traditional, fuller look. Some were more daring and attempted the Handlebar (see Rollie Fingers), the Fu Manchu (see Hulk Hogan) and even the Horseshoe (often confused with the Handlebar). And it wasn't just in Colorado. I heard it was big in parts of California. Other ski areas around the country were reporting stashes of 'staches amongst the population. To my surprise, it was even big within The United States Air Force.



I was taken with what I had witnessed, and suddenly I knew what my face was missing all those years. I was never a beard guy (too itchy), and sideburns weren't my thing, but a moustache? I could handle that! Plus my dad had one for all those years, so neither he nor the real boss, my mother, could do anything about it (though they tried).

So it was on that ski trip that I began growing out the hair above my lips that would eventually become the very first mustache of my life. By April, I had one, and a solid one at that, and the pictures are on Facebook to prove it.

That infamous spring came and went, and for one reason or another, I decided to shave the thing off, but the damage had already been done. It was then that I realized that to have a proper mustache was to really know what it felt like to be a man. Besides, it made my nose hair seem less out of place, and it was a nice, furry little change of pace. Plus, it was never intended to be a permanent thing, so at the very least, it was a fun experience.

Seasons changed, and once again I found myself counting down the days until the next February where I could start to cultivate my mustache for March. And so the tradition goes...I now grow a mustache every March, and a few years ago, I noticed that the trend had made its way back east. I saw that a lot of young men in New England were partaking, and that every recurring March brought some of my friends to become lip-deep in facial hair. Though I can't take complete credit (some of the Colorado transplants probably brought it back

with them as well), I would like to say that I had some influence on a few of them at least. (I can already hear them vehemently denying this as I write.)

While it did catch on within my inner circle and amongst some others who had caught wind of the tradition some other way, most people didn't and still don't understand it. "You have a mustache!" scream female friends when they see me out around town. Older ladies in my office smile at me when I walk by.

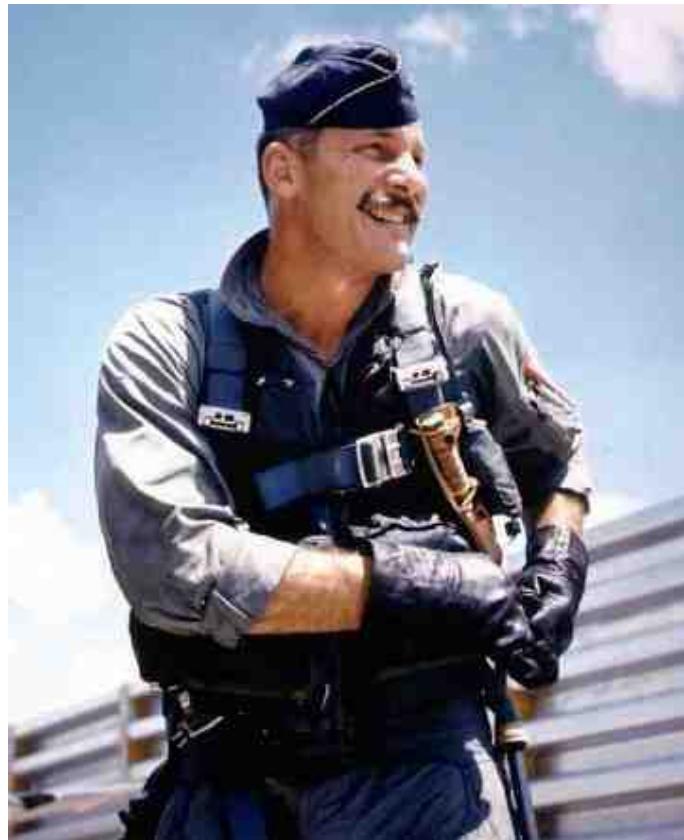
Guys say things like, "nice 'stache" when they see me, but I know they're laughing at me on the inside, along with most of the ladies. There even seems to be an anti-mustache campaign going on, as I often read about people bashing "hipsters" for having "ironic" mustaches. But for every five haters, there is at least one person who becomes completely infatuated with its existence. I've literally had woman beg me to bring it back. "Where's the mustache?" they say. "I want it back."

They demand me to grow it again. Same with some men, especially some of the guys at work. Most of them can't stop talking about it. Love it or hate it, I understand. Generally, it's not something you see much of anymore, but I feel that you have to have had one to really understand how it feels, inside and out.

From beginning to end, the human responses alone make the process of growing one worthwhile. A mustache in its early stages isn't ever a very good look, which is why I got my girlfriend a \$90 Edible Arrangement on Valentine's Day so I could start growing in February without complaints. And depending on whom you speak with (again, my girlfriend), some might say it's never a very handsome thing to try, but overall, I consider all my experiments with the mustache to have been successful because of the way it makes ME feel.

I've come to find that a mustache can make a man of average handsomeness turn into the top stud on his block, because a man who rocks a mustache is a confident man, and confidence is one of the keys to success in life, whether on the street, in

the business world, in the bedroom, or in our everyday lives.



Legend has it Robin Olds started Mustache March.

The tradition of Mustache March is believed to have been started by Air Force Brigadier General Robin Olds, a decorated Veteran of Vietnam and World War II. As the legend goes, the Air Force has always had a strict policy against facial hair, but Olds decided to push the boundaries. He was a triple-ace, meaning that he had at least fifteen head-to-head air victories against other planes in battle. (He had sixteen wins, to be exact.) Anyways, Olds decided that he would grow a mustache in defiance of the anti-facial hair policy, basically because he was such a badass that he knew he could get away with it.

Eventually, Olds was forced to shave his mustache when he moved up in the Air Force after retiring from his famously successful fighter pilot position. Apparently, he never got higher than Brigadier General because of his general

brashness, insubordination, and drinking habits, though he was viewed as the top winged commander of the Vietnam War. Nonetheless, he had made his mark in the air and also the upper lip of the men of the Air Force. Many of his comrades had begun to imitate him, and a tradition was started that lasts to this day. Olds paved the way for "Mustache March," the yearly tradition within the Air Force where men grow mustaches in friendly protest of the rules.

Nowadays, it seems that the Air Force's tradition has spread into civilian culture. Mustache March has taken off, and though it is not insanely popular, it is showing up all over the place.

There are commercials on national television for the chain Buffalo Wild Wings that campaign for "more March," where the main character is a man in his twenty's with a mustache that seems way out of place on him. There are parties all over the country aimed strictly at celebrating the sacred 'stache. The website www.mustachemarch.com is devoted to raising money for charity in the name of the mustache (their slogan is "just grow it," and the movement has even inspired a the copycat "Movember," where men grow their beards for charity). Yahoo.com even recently reported that The American Mustache Institute (AMI) is planning a "Million Mustache March" on the nation's capital, part of an ongoing campaign to convince lawmakers to create government incentives to grow facial hair.

Who knew there was such a thing as the American Mustache Institute, never mind people who want to be reimbursed for growing one? And at what cost!

It seems that the mustache has made its resurgence. I'd like to think so, at least. Never did I think that I'd write a four-plus page story on mustaches, but now that I did, I'm happy with myself. I'm happy that I learned about the origins of Mustache March, and who Robin Olds was because I googled those keywords. I'm happy that I learned that this isn't just going on in Colorado or amongst my friends, but

rather that it's a nationwide event of sorts. And I'm happy that I took a shot on writing about something that no one probably really cares about, except me and the AMI's hopeful million or so that plan on "marching" to D.C. And even though that's highly unlikely, and even though the people like to snicker and smile, I've had a great time the last five or so Marches, and I plan on bringing it back again next year, barring any growing issues. Hopefully I can be an inspiration to a whole new generation of growers and showers, as well as to be a leader in the fight against the anti-mustache movements that seem to be taking place.

"To each his own mustache." – Myself

2012 Lillian B. Lamoureux Music Scholarship

The New Bedford Symphony Orchestra is pleased to once again offer the \$1,000 Lillian B. Lamoureux Music Scholarship to assist an individual in pursuing his or her musical education. The deadline for the 2012 scholarship applications is April 13. To qualify for consideration, the individual must meet the following eligibility requirements:



1. Be between 15-21 years of age as of the date of the audition.
2. Be a resident of South Coast Region of Massachusetts.
3. Be actively involved in an instrumental or vocal performance program and intending to continue such music

study.

4. Must submit two (2) letters of recommendation from music teachers/instructors – these
5. should include your current vocal/instrumental director and/or your private teacher.
6. Must not have been awarded this scholarship within the last two years.
7. Must provide his/her own live or recorded accompaniment for the audition, unless the work performed is originally an unaccompanied work for solo instrument or voice

To apply, download the eligibility requirements and scholarship application.

The winner will be notified prior to the NBSO's Season Finale Concert at 8:00 pm on May 12, 2012, at the Zeiterion Theatre located in New Bedford, MA. Tickets to the performance will be provided to the winner.

New Bedford's Orpheum Theatre Turns 100!

On April 15, 1912, as people in New Bedford were getting ready for the Grand Opening of the Orpheum Theatre, little did they realize that the famed steamship, "RMS Titanic" had struck an iceberg and sank, taking along over 1,500 souls on



that very same day. But although the Titanic was lost, the Orpheum Theatre and French Sharpshooters' Hall opened to large crowds. It was one of the jewels of this area's many theaters. It was cherished for its entertainment by many of this region's local citizens for 46 years until it closed in 1958.

The organization O.R.P.H., INC. (*Orpheum Rising Project Helpers*) with support of the Community Building Mini-Grant Program of the United Way of Greater New Bedford, invites the public to join us in celebrating this 100 year milestone and to highlight plans to save this historic landmark.

Sunday April 15th, 2012 6-9 PM
Café Vila Franca Restaurant
601 South Second St. New Bedford, MA.
(One block West of the Orpheum Theatre)

The \$25 donation includes membership to O.R.P.H., Inc. (*Orpheum Rising Project Helpers*). There will be complimentary appetizers and a cash bar. Also, Café Vila Franca has offered O.R.P.H., Inc. a gracious donation for signature drinks sold, which includes the "*Titanic Martini*". There will also be a silent auction and raffle!

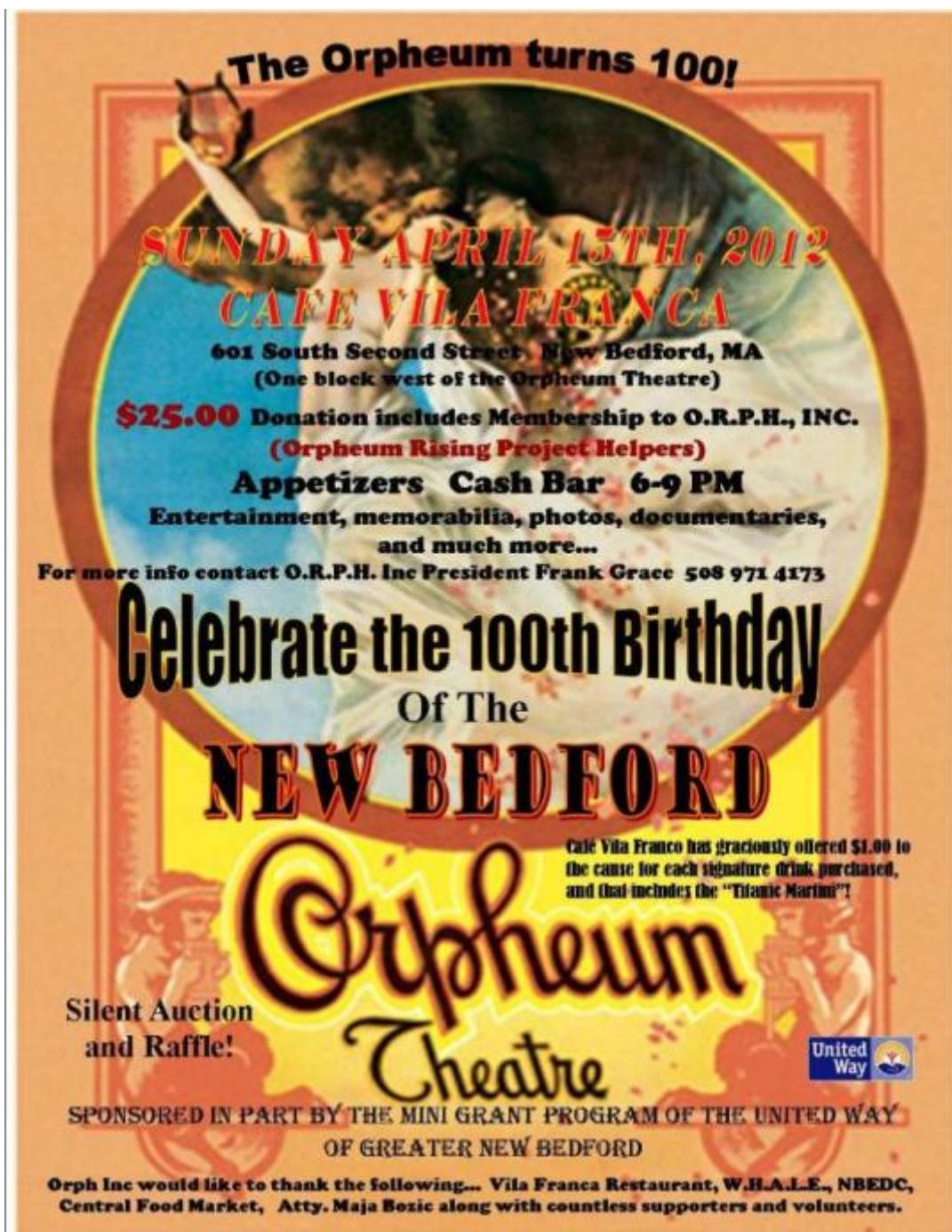
There will be entertainment along with memorabilia, photos, and documentary videos, highlighting the theater's rich history.

ORPH, Inc. would like to thank the following... The Mini-Grant Program of the United Way of Greater New Bedford Area, Vila Franca Restaurant, W.H.A.L.E., NBEDC, Central Food Market, Atty. Maja Bozic along with countless supporters and volunteers.

For more info contact ORPH, Inc. President, Frank C. Grace at 508-971-4173 or visit www.orphinc.org.

So please come out to show your support and help us to

continue our ongoing efforts to save this grand old lady and restore her to her former splendor. We hope to see you there!



Thousands of Fishermen, Mayor Mitchell To March on Capitol Hill

On Wednesday, March 21, 2012, New Bedford Mayor Jon Mitchell will join New Bedford commercial fishermen in Washington D.C., for a march and rally on Capitol Hill. Organizers anticipate thousands of fishermen hailing from ports across America will participate in the rally. The event will draw attention to the damaging effect federal fisheries regulations are having on America's commercial fishing industry.



Mayor Mitchell said rally attendees will urge Congress to address the lack of flexibility in the Magnuson-Stevens Act and pointed to the 10-year rebuilding requirement as an example of the Act's inflexibility.

"Decisions need to be based on timely, accurate information. Today, the federal government is relying on data from 2007 and the lack of fresh, reliable science is unacceptable," the Mayor said.

"An important step in the right direction is for Congress is to pass the Kerry-Snowe Fisheries Investment and Regulatory Relief Act which will invest in fishing science that we can have confidence in," he continued.

The Port of New Bedford is America's #1 fishing port with landings valued at \$306 million. New Bedford is New England's seafood hub, with more than 30 processors and distributors, ranging in size from high-volume international wholesale to local retail operations.

Sara MacSorley to Speak at Ocean Explorium (March 22)

The speaker series **Girls Interested in Real Life Science (GIRLS)** continues as the Ocean Explorium welcomes Sara MacSorley, project administrator for the NSF Experimental Program to Stimulate Competitive Research (EPSCoR) in Rhode Island. Ms. MacSorley has had many experiences in marine biology. While participating in a study-abroad program in Bermuda conducting marine research, she learned that she did not enjoy research as much as she had predicted. Faced with changing her perceptions of her future career, Sara turned to her mentors and through their help, found and is still finding the path that she truly enjoys. Sara's professional interests lie in scientific communication, marine science education in informal settings, and helping young women get started on their own paths to careers in science. Ms. MacSorley will speak to the audience on how to best use the people in your life who support you to help you challenge yourself and reach your goals. Currently, Sara works as the project administrator for RI EPSCoR, where she helps other people do research in Marine Science. EPSCoR works to advance marine life science research and education in Rhode Island, and aims to integrate programs around the research theme of how climate variability affects marine life.



The **Girls Interested in Real Life Science (GIRLS)** series runs each Thursday in March and features inspiring speakers drawn from professions in which the STEM subjects play a major role.

The series continues with:

March 22: Sara MacSorley, NSF Experimental Program to Stimulate Competitive Research

March 29: Kate Clopeck, Executive Director and Co-Founder, Community Water Solutions

The Girls Interested in Real Life Science (**GIRLS**) speaker series is free and open to the public, thanks to the support of the Women's Fund. Doors open at 5:00 pm each Thursday in March for refreshments and mingling in the Ocean Explorium before the talks begin at 5:30 pm. Students will receive a special memento to indicate attendance at each week's event. Girls and boys in grades 5 - 12 are encouraged to attend: families are always welcome!

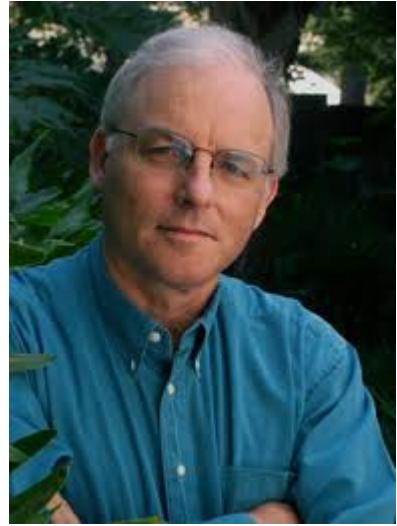
The Ocean Explorium is grateful to the Women's Fund for making the GIRLS speaker series possible. We look forward to students of all ages attending the evening speaker series to be inspired by women who have found success in the STEM subjects.

The Ocean Explorium is located at 174 Union Street in downtown New Bedford and is handicap accessible via the rear entrance. Call 508.994.5400 for after-hours access.

For further information, contact Abbey Spargo at aspargo@oceanexplorium.org or 508.994.5400, or visit the Ocean Explorium website at www.oceanexplorium.org.

Richard Louv and The New Nature Movement

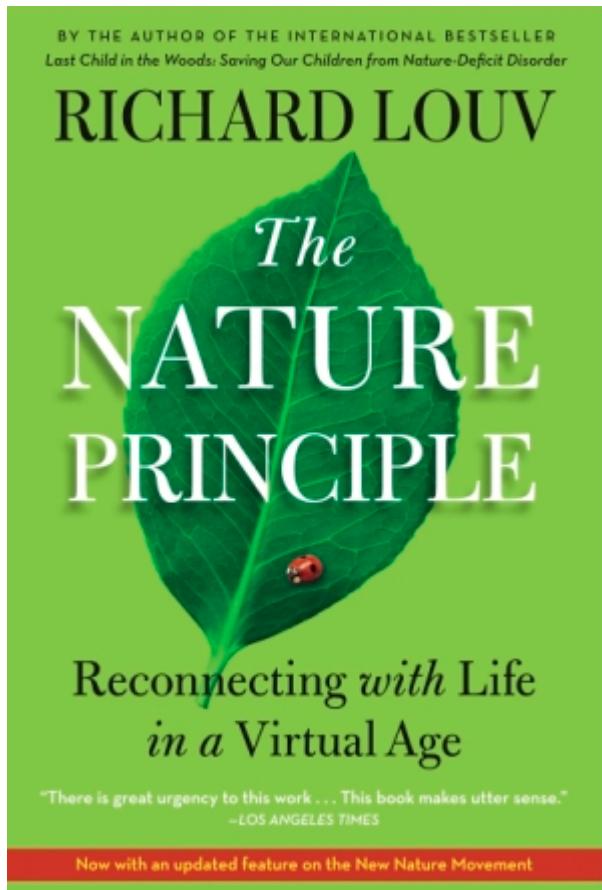
Nationally-renowned author and environmental advocate Richard Louv will give a major presentation in New Bedford on "The Nature Principle and The New Nature Movement." Louv's lecture will focus on the diminishing human connection with nature and how communities and individuals can work together to change that. The program will be held on Thursday, March 29 at 7 p.m. at Tifereth Israel Congregation, adjacent to Buttonwood Park in New Bedford. The program is free and open to the public. Copies of Louv's latest book, "The Nature Principle" will be available for purchase, courtesy of Baker Books, and Louv will on hand to sign them following his presentation.



The Louv lecture is sponsored by the newly-formed Southcoast Outdoor Network, a regional coalition of organizations connecting individuals, families and communities with the natural world here on the South Coast. "As the director of an urban national park, I can't emphasize enough the interesting outdoor spaces available to explore right here in urban New Bedford," stated Jennifer Nersesian, Park Superintendent and one of the founding members of the coalition. "Our group reflects the breadth and diversity of our natural world here on the South Coast and we are excited to be able to bring an internationally acclaimed speaker right here to our region."

Author of eight books, including "The Nature Principle" and "Last Child in the Woods," Louv's works have been translated into ten languages and published in fifteen countries. He is the founding chairman of the Children and Nature Network, (www.childrenandnature.org) an organization connecting today's children and future generations to the natural world. Louv coined the term "Nature Deficit Disorder" which has become the defining phrase for the increasing disconnection between

children and the natural world around them. Louv has also written for a number of national newspapers, has appeared on network television to discuss Nature Deficit Disorder, and has addressed the U.S. Congress regarding his work. He has been recognized with the national Audubon Award as well as many other prestigious honors.



Supported by groundbreaking research, anecdotal evidence, and compelling personal stories, Louv identifies seven basic concepts that can help us reshape our lives. By tapping into the restorative powers of nature, Louv argues, we can boost mental acuity and creativity; promote health and wellness; build smarter and more sustainable businesses, communities and economies; and ultimately strengthen human bonds. "The Nature Principle", according to Louv, is "about the power of living in nature—not with it, but in it. We are entering the most

creative period in history. The twenty-first century will be the century of human restoration in the natural world."

"As many organizations strive to promote a healthier environment for families through policy, activities and opportunities for learning, representatives of the Southcoast Outdoor Network believe Richard Louv's message needs to be shared," noted Southcoast Hospitals Community Benefits Manager Kerry Mello.

"Our children are becoming estranged from the natural world in part because of contemporary trends, online activity, and social habits. They are missing some of the best lessons

childhood has to offer," said Mattapoisett Public Library Director Susan Pizzolato.

The Southcoast Outdoor Network represents health care, educational, recreational, environmental and other organizations in the region. Participating organizations will have free information about their programs and events available in the lobby the evening of the program. The coalition will also work to create and provide ongoing information about outdoor opportunities that are readily available on the South Coast – in our cities, our towns, on our ponds and bays and even in our backyards. Sponsors of the program, and founding members of the Southcoast Outdoor Network include:

- Bristol Community College, The Institute for Sustainability and Post-Carbon Education
- Buzzards Bay Coalition
- City of New Bedford, Department of Parks and Recreation
- Greater Fall River Partners for a Healthier Community
- Greater New Bedford Allies for Health and Wellness
- Lloyd Center for the Environment
- MASS Audubon
- MassinMotion
- Mattapoisett Free Public Library
- Mattapoisett Land Trust
- New Bedford Community Rowing
- New Bedford Whaling Historical National Park
- Southeastern Regional Planning and Economic Development District
- Southcoast Hospitals Group, Inc.
- The Stifler Family Foundation
- Trustees of Reservations
- University of Massachusetts Dartmouth Sustainability Initiative
- Voices for a Healthy Southcoast
- Wareham Land Trust

- Whaling History Alliance
 - YMCA Southcoast
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Hetty Green Day at Historical Park (24 March)



Hetty Green

Have you ever heard of Hetty Green? “How about the “Witch of Wall Street?” New Bedford Whaling National Historical Park is hosting an event to shed light on this unique New Bedford woman, who is often misunderstood and typecast as stingy and cold. On Sat., March 24, from 10:30 am- 4:00 pm, New Bedford Whaling National Historical Park will celebrate the life of Henrietta (Hetty) Howland Green, as well as other prominent women in New Bedford’s history. The day will be filled with activities for children and adults, a tea with historical figures, and the debut of the park’s newest brochure called “Women of New Bedford.” The event is free and will take place at the park’s Corson Maritime Learning Center, located at 33 William Street in downtown New Bedford, Massachusetts.

Henrietta (Hetty) Howland Robinson Green was recognized as the richest woman in the world during her lifetime. She was also known as “the Witch of Wall Street”, and in her own right a financial genius in the areas of real estate, railroads and money lending.

Events for the day are as follows:

- 10:30 AM: Explore a day in the life of a Quaker child through games and stories
- 11:30 AM: make a bank to take home
- 1:00 PM: talk on Colonel Green (Hetty's first child) by Barbara Bedell (author of a book on Colonel Green)
- 2:00 PM: Hetty's best friend, Annie Leary, tells the real story of this enigmatic personality in a first-person portrayal
- 3:00 PM: Video on Hetty Green (featuring Edie Nichols) by Lance Gunberg

In addition, Abby, one of the 1850s ladies, and Annie Leary (a lifelong friend of Hetty Green) will be hosting a tea in honor of “Women of New Bedford,” a new park brochure honoring the legacy of these individuals who helped New Bedford in a myriad of ways. Join the ladies for tea, from 10 am-12:00 noon, and from 1 pm- 4 pm, as they chat about the women profiled in the park’s newest publication, “Women of New Bedford.”

New Bedford Half Marathon Shuttle Service



Runners from the 2011 New Bedford Half Marathon.

The New Bedford Half Marathon and Downtown Run is this Sunday, March 18th. The Race has over 3,200 registered runners so we are expecting a huge audience in the downtown New Bedford. More details on the half marathon can be read [here](#). There will also be a Scavenger Hunt.

The street closings in the Downtown are from 8 am to 3:30 pm and are basically around City Hall: William, Middle and Market at 6th and Pleasant at Union and Elm at Acushnet Ave.

The City and HDC are running two free shuttle van service from 8 am to 4:30pm for people who want to park in the Whale's Tooth lot on Rte 18 – it will loop from the lot to the YMCA to the Visitors Center and back to the Lot.

Boutique Fitness, Personal Training in Downtown New Bedford



By Shonna
McGrail

I never thought of myself as the sort who would enjoy having a personal trainer. As a college athlete who has worked as a swim instructor and a coach, I like to think I know a thing or two about fitness. I read the health magazines, take supplements, and get to the gym three days a week on average. In my mind, personal trainers were just for people who didn't understand how to use gym equipment or lacked personal motivation. Either that, or for people who were working up to a body building competition, another category I would never place myself in. I realized my preconceptions about personal trainers were mistaken after just a few sessions at Boutique Fitness.

Boutique Fitness is one of Downtown New Bedford's newest additions, and it's only comprehensive fitness studio. Having just opened in late January, I was intrigued when I had the opportunity to try out a few sessions. Given that my workouts tend to be light on the running and heavy on the weight lifting, I expected to be criticized for my cardio habits, and then to set about curling free weights like any other day of the week. However, from the moment I walked into Boutique Fitness, I was both intrigued and confused. Where was the treadmill, and the stacks of weights, where were all the Nautilus machines? Instead I saw things like a hallway covered in artificial turf, and what looked like a bungy cord dangling from the ceiling (I later found out this was a TRX suspension system).



I was told that my first session would be a consultation and fitness assessment. Boutique Fitness is co-owned by Lara Harrington and Angela Corrieri-Johnson, both whom are certified personal trainers with years of experience. My first session was with Lara, and after filling out some basic paperwork I was given a thorough fitness exam that went beyond the typical blood pressure and heart rate, and was able to deliver specific information about my target calorie intake and my body fat percentage. It was quickly evident that Boutique Fitness treats "working out" as a science, and Lara had rapid answers for every question that popped into my head about fitness and even nutrition.

When I returned to Boutique Fitness, a customized routine had been created for me. I started with lunges up and down the "fake grass" hallway, which over time I discovered has many unique uses. Much of my routine focused on those aspects which I had voiced as being my main concerns, especially my back. I am the sort to carry all my stress in my shoulders, which makes me hunch up and look perpetually cold. My customized routine had many components which really focused on isolating that problem, and after a workout I could instantly feel the effects. I had never considered how much working with a personal trainer can really help you with the finer points of fitness, such as form. Having someone not just encourage you, but gently correct you makes the workout far more efficient.



TRX at Boutique Fitness

One of the things that I was really enamored by at Boutique Fitness was that many of the exercises could be done at home without fancy equipment. Additionally, their website (<http://www.boutiquefitnessnb.com/>) shares a variety of helpful tips for fitness and well-being, such as a daily blog with photos, videos, recipes, and food journaling. For those with a busy schedule, the ability to get the occasional work out done at home is an excellent perk. Additionally, they were very flexible with my “quirky” work schedule, and their downtown location is very accessible to most locals. The workout sessions I did there were 30 minutes to an hour, which I thought was ideal for fitting into a busy schedule. Even more exciting to me was that they offer daily 20 minute “bullet” sessions between 11 am and 1 pm, which means that for those who work downtown, it is perfectly feasible to fit your workout in during lunch. If you’re worried about showing up at work sweaty, don’t fret because they have a shower on site that comes well stocked with every supply imaginable to get you back in a work-place appropriate condition.

Boutique Fitness is truly a positive experience, one that has changed my view on many aspects of fitness, and inspired me to keep going to Lara and Angela for training. The Boutique Fitness studio is located at 516 Pleasant Street in New

Bedford. For more information, I suggest going to their website and liking their Facebook. They offer a complimentary consultation and fitness assessment, and the two women are so friendly I can promise you won't regret it. Boutique Fitness is based on inspiration, not intimidation, so no matter your goals you will feel comfortable.