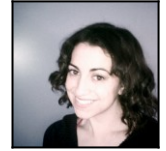


The Benefits of a Buttonwood Park Zoo Membership



*by
Amanda
Lawrence*

As a mom, I am always looking for great ways to entertain and enlighten my son without bankrupting myself, and recently, I found one such way after spending an afternoon at The Buttonwood Park Zoo. Since my son and I thoroughly enjoyed our visit, I decided that membership to the BPZ would be a fantastic investment in family fun! One which would guarantee to offer a different adventure every time we visited! You and your family just might feel the same.

Not only will your kids enjoy unlimited trips to the zoo, but your wallet will, as well! Think about it, for a family of four, say two adults and two children, the price tag of a single days admission to the BPZ is about \$18 (food, rides, souvenirs, etc.). For a typical family that goes to the zoo four times, that's \$72 a year, base. If you are not a New Bedford resident you're looking at about \$24 a day, equating to somewhere around \$96 per year! However, if you become a Buttonwood Park Zoological Society member, like us, your family is charged a flat rate of \$55, saving New Bedford residents around \$17 a year, and non-New Bedford residents about \$41! And as a bonus, your membership money goes right back into funding the zoo and its programs!

Basic monetary savings aside, as a member of the BPZ, your family will be treated to free, year round animal access,

discounted rates on zoo birthday parties, and invitations to members-only events! Additional perks include:

- 10% Discount at North Woods gift store
- Special online notices of Zoo programs and events
- Reciprocal Benefits at more than 140 Zoos and Aquariums across the United States

That's right, kids! Flash your membership card at the Franklin Park Zoo in Boston or the Stone Zoo in Stoneham and get 50% off your admission! And if you've been thinking about taking a trip to The Museum of Science, go for it! Because as a member of the BPZ, your family will get free admission there, too! And who doesn't love free science?!



So, to recap, not only does your membership allow you to experience a full year of fun, adventure, and great discounts (locally and otherwise), but your membership dollars also help to support the Zoo's conservation and education programs! It's win/win for everyone!

What are you waiting for? Head on over to the BPZ today, and snag the membership that best fits you!

- **Family:** Includes up to two adults named on membership

- card and their children under the age of 18 – \$55.00.
- **Grandparents:** Includes up to two adults named on card and their grandchildren under the age of 18 – \$55.00.
 - **Individual:** One adult named on membership card – \$45.00.
 - **Student:** One student named on membership card (requires copy of valid student I.D.) – \$40.00.
 - **Senior:** One adult age 62 or older named on membership card – \$40.00.

Plus you may add guests to any category for an additional \$10 per guest.

***Please note that the guest must be accompanied by an adult named on the card.*

The Zoo accepts MasterCard and Visa at the front gate for ticket purchases and MasterCard, Visa and Discover at the Café and Gift Shop.

Summer Hours: March – September: 9:00am – 5:00pm, daily (with the last admission at 4:15pm)

For more information and updates on the zoo, be sure to check out their [website](#) and give their [Facebook](#) a 'like,' and stay in the loop!

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Something New At An Old Icon:

Buttonwood Park Zoo



by
Amanda
Lawrence

Summer is in full effect and with my list of fun time activities growing smaller and smaller, my son and I begin to acknowledge the bleak notion that we may, in fact, lose our minds. A mind is a terrible thing to waste, let alone two! So, in order to quell the stuck-at-home blues, I suggest to him we take a trip to the Buttonwood Park Zoo, and away we go!

A little fun fact about the BPZ, it happens to be the oldest, continually operating zoo in Massachusetts. Pretty neat, huh? Owned and operated by the City of New Bedford, and supported by the nonprofit Buttonwood Park Zoological society, its' primary theme, *From the Berkshires to the Sea*, focuses on the land and water based wildlife found mainly around North America; with the exception of the Asian elephants, of course!

With nearly 200 species to care for, the BPZ staff has placed a special emphasis on creating natural habitats for the animals, comparable to those found in the wild. The charismatic River Otters, the majestic Harbor Seals, and the sleepy Black Bears are just a few of the many animals you'll encounter on your journey. And once you cross the adorable covered bridge and head into the Buttonwood Farm, you'll mingle with the goats, smile at the horses, and speculate what that gang of chickens is really up to. We bet it's no good!



The Zoo's *Wildlife Education Center* and *Zookeeper Staff* offer a full range of programs for children of all ages! *Animal Encounters* allows people the opportunity to chat with the zoo keepers and experience the bears, elephants, or seals in a more up-close and personal setting. *Zoo Nights* gives visitors a fresh and unique perspective on the animals they only ever see during the day, who, like some people, are less active in the summer heat. The animals are definitely more alert, and as a bonus, you get to roam the zoo at night! It's super fun! I know, because my son and I have done it! For groups of 20+ people there's *Flashlight Adventures*, *Critter Camp-ins*, and *Twilight Tours*; all excellent ways to experience the zoo in nontraditional ways!

If, by chance, your family should find themselves at the zoo on a Monday, my son and I would most definitely recommend

catching one of the Toe Jam Puppet Band's famous shows. Located by the elephants, weather permitting, or inside the cafeteria building, admission is just \$5 additional dollars for all the singing and dancing you can muster! And be sure to say "hi" to Tom and Vinny for us before heading out to catch a ride on the zoo train, or hopping aboard the Wildlife Carousel!



When you've finally hit that point where your feet begin to ache and your attention starts to wane, stop into the Bear's Den Café and take a load off. Reflect on your joyful experience and be thankful for it. You'll be refreshed and ready to return another time; or perhaps even make one last trip around the zoo before you leave to bid the animal's farewell.

For those of you who worry that a trip to the zoo might not be in your budget, head on over to one of New Bedford's libraries and reserve a pass for your family. The pass includes a one day admission for up to four people, free of charge! And while you're there, be sure to pick up a few zoological themed books (to get your little ones even more excited), and [Dig Into Reading](#)

So when boredom hits your household and you fear your children may usurp, thwart their revolution with a visit to the Buttonwood Park Zoo! It's a wonderful way to fill the day with fun, education, and the great outdoors; all while being surrounded by beautiful animals, passionate people, and the ones you love.

For more information and updates on the zoo, be sure to give their [Facebook](#) a 'like,' and stay in the loop! Also, check out New Bedford Guide's Buttonwood Park Zoo photo gallery for 100 photos of the zoo!

Summer Hours are March – September: 9:00am – 5:00pm, daily (with the last admission at 4:15pm)

New Bedford Resident Admission (Must show proof of New Bedford Residency)

Adult: \$6

Senior/Student: \$4.50

Child (Ages 3-12): \$3

Child Under Age 3: FREE

Parking: Free

Non-Resident Admission

Adult: \$8

Senior/Student: \$6

Child (Ages 3-12): \$4

Child Under Age 3: FREE

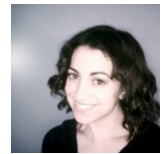
The Zoo accepts MasterCard and Visa at the front gate for ticket purchases and MasterCard, Visa and Discover at the Café and Gift Shop.

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Interview with Yoga in the Park's Däna Brown

Yoga has been rapidly gaining fans over the past few years as a form of exercise and relaxation.

Owner's Spotlight: The Hot Pink Health Coach



by
Amanda
Lawrence

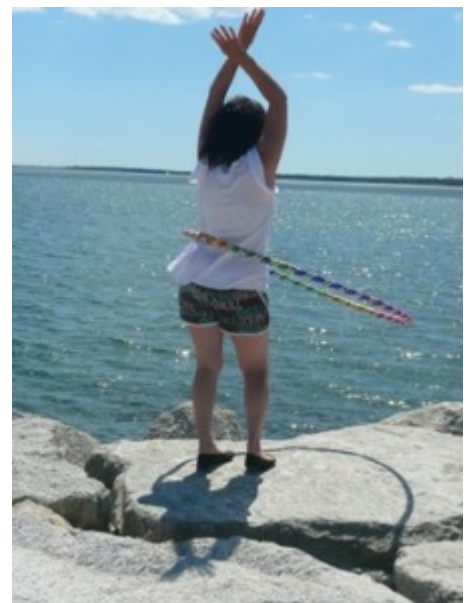
I first met Pamela Whipple, or Bunny as she is known to her friends, having a blast last summer at AHA: Kids Rule! Not only was her booth filled with an array of brightly colored, hand-made, hula hoops, but it was also swarming with interested people of all ages, hooping the night away. Since then, I have watched her passion for hooping spread like fire and ignite into the flame that is The Hot Pink Health Coach. When the opportunity to learn more about her, and her ever-pulsating pursuit of health and hoopi-ness presented itself to me, I jumped on the chance.

Amanda: What exactly is Hot Pink Health Coach all about, aside from its obvious title?

Pam: The Hot Pink Health Coach Company is a fun, creative and

comprehensive approach to nutrition and fitness for women that hate the gym. This approach means that stress, sleep, finances, relationships, creativity and community are observed to assess the best solutions for the client. Each session and program is specifically tailored for the woman I'm working with. I support them with their goals step-by-step at a pace they can handle. These sessions include fit hoop lessons, healthy shopping, cooking classes, books, a binder with handouts, e-support, supplement guidance, organic health and beauty, and more. Women who have worked with me not only lost weight, but have more energy, as well as a fitness routine that they love.

Amanda: As someone who hates the gym, I must say that sounds pretty amazing! What are some of the other services you offer?



Pam: A few FREE services I provide are Chakra Opening and a Health History Consultation. Your first session with me is free to see if we would like to work together which comes with a bonus tip. Chakra Opening is a holistic way to balance energy throughout the body and a great way to get started. I'm also planning on starting a FREE hoop group, Fit Hoop Challenge, in Buttonwood Park this spring.

Workshops on various topics, such as Sugar Cravings, Eating for Energy, Women's Health, Weigh Less, and Live More are FREE. Group classes are offered for a fee of \$10. And a Sampler Session, in which you choose three specific categories

that you would like to discuss and receive information on, is \$20.

A Six Months to Living Program is \$95 per month, and you receive the full benefits of group support, changing your relationship with food, and creating a life they you will love. Six months is the recommended amount of time to solidify new habits into your life.

Amanda: Free workshops and fit hoop lessons? I'm sold! But I have to know, how did you first become involved with the Hooper lifestyle? I mean most people are familiar with toy hula hoops, but I am almost certain that hooping as exercise is as foreign a concept to them, as it was to me last year.

Pam: Three years ago a dear friend of mine gave me a hula hoop as a gift after we reconciled a misunderstanding. A few months later this dear friend passed away from cancer. This experience gave me the push to apply and attend The Institute of Integrative Nutrition. My classes were inspiring and full of information I needed, but I struggled with wanting to exercise. I don't like to work out. I like to have fun. So I started to search for new ways to get moving. When I found Hoopnotica and Body Hoops it all came together. I couldn't believe people were losing weight with their hula hoops! It was so fun!

I started with videos on YouTube because it was free. I also took a few classes with The Boston Hoop Troop. Within three months, I went from 140 pounds to 117.

Amanda: That's so awesome! And now you make your own hoops! Could you tell me a little bit about some of the styles that you offer?



Pam: Our little shop offers hoops you can buy either online or in person at Ervanaria Estrela on Acushnet Ave in New Bedford. We offer fitness hoops, which are weighted to give you a great workout and they are much easier to keep up than toy hula hoops. We offer kids hoops as well! And this spring we will be releasing our first wave of LED hoops.

We decorate our hoops with special grip tape, glow tape, fabric and upcycled materials so our customers can create the hoop of their dreams. Our most popular hoops are the Purple Flash and the Tokidoki special edition.

Amanda: What are some important things to be aware of when choosing the right hoop?

Pam: When you choose a hoop, the most important part is choosing *your* size. Make sure that you have a hoop that will measure up to the mid chest area, especially if you are a beginner. Before you buy your hoop from someone, make sure that you message any questions you might have to the company. And most importantly, do not buy from someone that doesn't return your emails in a timely fashion.

Amanda: I know you mentioned a free hoop group starting this spring, but would you mind briefly describing a hoop workout that is beginner friendly for the ambitious individual who can't wait that long?

Pam: I recommend that people ready to start now pick up a hoop

at a toy store and get on YouTube! If you are taller and much bigger than a child I recommend buying from us of course! Hoopnotica and Body Hoops are also great places to buy. Body Hoops has the best videos on YouTube for a beginner aerobic work out.

Good luck and Happy Hooping Everyone!

For more information on Pam's workshops, or if you want to learn more about fitness hooping check her out at: <http://hotpinkhealthcoach.com>.

Location: 78 Wing Road, Acushnet, MA 02743

Phone: 508-348-4375

Payment Options: Cash, Credit/Debit, or Pay Pal accounts.

Owner's Name: Pamela Whipple

Holiday Gift Ideas for Teachers



by
Amanda
Lawrence

Tick. Tick. Tick.

That's the sound of your advent calendar running out, cruelly reminding you that the holidays are approaching fast, and just like last year, you are ill prepared. But don't fret, my friends! We here at the New Bedford Guide understand that the

most wonderful time of the year can also be one of the most stressful times, both financially and emotionally; especially for the parents of young children. Financially stressful for obvious reasons and, well, emotionally stressful in part because there is nothing like a solid week of no school to make parents realize just how much they value the amazing gift that keeps on giving – their child’s teachers!

I mean think about it, have YOU ever successfully taught a class full of animated first graders how to write a coherent sentence, or understand the basics of mathematics? No? Me either, and frankly I don’t even want to imagine a world where I would be subjected to such tasks. I would rather spend a week locked in a room with the cast of The Jersey Shore while watching non-stop marathons of the Kardashians on a 19” TV.



Teachers are some of the most patient, calm, understanding, and devoted individuals I have ever met. Most of all, they really love what they do. Being an educator is no easy feat. It’s a calling; one that I personally hung up on several times throughout my college

years. Which is why the men and women of this profession should be appreciated for all that they do. And what better way to show the people who spend about nine months a year with your child just how grateful you are for their existence than a small token of your appreciation around the holidays.

I’m fully aware that times are tough, and when giving gifts it really is the thought that counts, but c’mon, how much thought did you really put into that ‘World’s Greatest Teacher’ mug you grabbed from the supermarket the night before your child’s holiday party last year?

Teachers do not need any more coffee mugs, cheap lotion sets

from the dollar store, or cheesy stuffed animals holding plastic flowers. Seriously. So, after speaking with some other parents and educator friends of mine, I have compiled a handful of suggestions to help you show your child's teacher that you truly value them as an individual, and not just a name to cross off a list.

Homemade presents, such as cards or ornaments are awesome! Gift cards to places like Target or Amazon are probably the easiest, most versatile present you can give to someone whom you may not know personally. Coffee gift cards are also wonderful! And while Starbucks and Dunkin Donuts are prevalent, I'm partial to supporting local businesses. Mirasol's Cafe in Dartmouth, a cafe in downtown New Bedford, and Flour Girls in Fairhaven are just a few of my favorite suggestions!

Additional gift ideas:



- gourmet chocolate
- movie theater tickets
- age appropriate books for the classroom
- personalized stationary
- diamonds

Some gifts to avoid:

- Mugs of any kind

- cleaning supplies
- body wash sets
- candles
- re-gifted anything
- perfumes or body sprays
- framed 8×10 portraits of your child
- stale fruitcake
- forever lazy™

Alright, I added forever lazy™ to the list, but only as an example of why the things that we may enjoy might not be the best idea for a teacher's gift. I mean what hip mom on the go doesn't want to end her day shroud in a heap of comfy, yet fashionable fleece footie pajamas . . right?

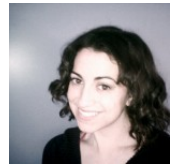
All joking aside, remember folks, teachers give our children more than just their knowledge and time. Over the course of the year they come to know and love our children, dedicating themselves to helping us mold these young individuals into decent and intelligent functioning members of society. This is evidenced by the giving of homework, the constant encouragement, and persistent support in the face of the many difficult obstacles that may arise throughout the semester.

With that being said, this holiday season I've decided that both of my son's teachers will be receiving a heartfelt letter of appreciation from myself, along with a handmade card containing a \$10 gift card from my son. I'm even contemplating throwing in a bonus bottle of wine, because I'm sure they need a drink after dealing with a room full of first graders all week. I certainty would!

The Orpheum

The Orpheum is undoubtedly part of New Bedford's past. But is it part of its future?

Owner Spotlight: The Celtic Coffee House



by Amanda
Lawrence

Company Name: The Celtic Coffee House

Location: 42 North Water Street & 49 State Pier (located in the Fast Ferry Terminal), New Bedford, MA.

Hours of Operation:

Mon – Sat: 7:00 am – 6:00 pm. Sun: 8:00 am – 4:00 pm

Payment Options:

Cash, Visa, Mastercard, Discover

Owner Full Name: Philip Dwane

What made you decide to open a coffee house in downtown New Bedford?



Philip: I originally came to New Bedford in 2004, when I bought a house on James St. with a partner as a rehab project. That's when I started to realize the potential that New Bedford had. I saw that it was really headed in the right direction. One thing I did notice is that

at the lower end of Union street there was a need for a comfortable, home-like and friendly space, where people of the community could gather and do whatever they pleased. So I invested in the building that is now The Celtic and started work on what I had envisioned.

Would you briefly describe some of the history behind the building?

The building was originally built in 1825 and was home to the businesses of Fredrick Bryant and Lysander Washburn. A lot of the original detail was still in the building when we purchased it, so during renovation we saved as much of the old wood floors and beams as possible. We then recycled them and have incorporated them into the current interior design of The Celtic.

What differentiates The Celtic from other coffee shops?



I think that in many ways we offer something different to our customers because we have a unique blend of New Bedford's history and the Celtic culture. These two factors, coupled with the hospitality we try to offer everyone that walks in the door, really sets us apart from other coffee shops.

What did your daily grind consist of in the pre-Celtic days?

My work before The Celtic hasn't changed too much from what I do now. I am still actively involved in restoring historic buildings in the area as well as renovating new buildings. My son, Ryan, handles most of the day-to-day operation of The Celtic, which allows me to continue my work restoring buildings. I actually received The Sarah R. Delano Preservation Award for my work on this building, which I am very proud of.

As a coffee connoisseur, what are some of your favorite caffeinated concoctions?

I'm a pretty simple coffee drinker. In the morning I normally have a cup of the Aurora, which is our light roast. Then I have a Barry's Irish Breakfast Tea towards noon, and a latte in the afternoon.

What does 2011 have in store for The Celtic Coffee House?



We are currently in the process of installing a full kitchen in our second location inside the Fast Ferry terminal. Last summer we did pastries and cold sandwiches at our main location and brought them down to the terminal daily, this year we will be making hot sandwiches by order as well as introducing ice cream. We also hope that we can continue to serve the Southeastern Massachusetts community with our hospitable service, delicious food, and inviting

atmosphere, not only for 2011, but for many years to come.

Regardless of whether you've come to Celtic to read a book, do some homework, have a meeting, or just to enjoy one of their meals, the staff at Celtic want you to feel as comfortable as possible. You can stay as long as you'd like; don't be chai!

Stop by The Celtic and be a part of their week-long celebration of St. Patrick's Day, beginning March 10th and running through the 17th. Below is a list of activities planned for the week:

Thursday, March 10th (AHA! Night)

Aiofe Clancy, daughter of Bobby Clancy (of the renowned Clancy brothers), performing 2 sets, the first at 5:45pm and the second at 6:30pm.

Friday, March 11th

Shepard's Pie and a roll: \$9.95



Saturday, March 12th

Bangers and Mash: \$9.95

Sunday, March 13th

Free travel mug with any purchase of \$10 or more.

Monday, March 14th

Corned Beef Omelet (served until 11:30am): \$7.95

Tuesday, March 15th

Irish Bacon Burger and Fries: \$9.95

Wednesday, March 16th

Fish and Chips: \$9.95

Thursday, March 17th (Happy St. Patrick's Day!)

Corned Beef Dinner: \$10.95

Visit celticcoffeehouse.com for more details!

Exploring the Ocean Explorium



by Amanda
Lawrence

With winter in full force, I often find myself searching for ways to alleviate my seasonal blues. I get so caught up in the negativity of winter that sometimes I forget it isn't just about plummeting temperatures, icy roads, and long hours of television. Quite the contrary. Winter is about trying new things, perfecting old hobbies, and creating adventures. And what better place to have an adventure than our very downtown?



The Discovery Bay room at the Explorium.

There is something exciting about spending an afternoon uncovering the hidden gems your city has to offer. Just recently I had the pleasure of introducing myself to one such gem. New Bedford's Ocean Explorium, a nonprofit organization established in 2008, is located by the seaport in historic downtown. The facility is housed in an elegant building on the corner of Purchase and Union streets, formerly home to The New Bedford Institution for Savings. The interior has been transformed to accommodate several living aquarium exhibits, while somehow allowing its original aesthetic beauty to shine through. The marble walls and natural lighting that once made for an inviting financial establishment now quietly compliment a vivid array of marine life.

I stepped inside eagerly anticipating my winter adventure, and was immediately greeted by a friendly pair of volunteers who provided me with informative brochures and promised to field whatever questions I may have had as I wandered about. My exploration had begun.



Making octopi in the Explorer's Zone

I then met Sarah, a volunteer in charge of the Explorer's Zone area. We spoke briefly about the educational programs and activities the Explorium offers to everyone, from children to adults. She explained that the activity themes change regularly; I happened to be visiting the Explorium midway through pollution week. Tables were set up with puzzles, games, arts and craft projects, and other pollution-related experiments encouraging tactile interaction. Little octopuses, made from old toilet tissue rolls, sat next to bird feathers dipped in oil to demonstrate its devastating effects on wildlife.

The Discovery Bay, a warm, soft lit room adjacent to the Explorer's Zone, offers story-telling daily between 12pm and 2pm. As everyone knows, crafting and exciting stories can make even the crankiest child squeal with delight!

The centerpiece of the Explorium is an enormous blue cubical that holds the Science on a Sphere® exhibit. The sphere, created by the National Oceanic and Atmospheric Administration and given by Umass Dartmouth, is one of only forty-one in the world, and the only one you'll find in New England. Upon entering the darkened interior of the cube, I was greeted by a floating, three-dimensional image of our planet; its like something straight out of Star Wars.



The Science Sphere really

must be seen in person; A picture could never do it justice.

Using video projections and computer assistance, real-time scientific data acquired by satellites is cast onto the sphere, which pivots and revolves to show various angles of our planet that would be impossible to see otherwise. The animation is remarkable, the color scheme amazing, and the detailed images are uncanny. Through the sphere, the Explorium is able to present different narrated programs to help educate its guests in animal movement, global weather patterns, and other such natural occurrences.

In addition to their hands-on activities and visual technology, the Explorium has tanks that feature sea horses, jelly fish, and tons of aquatic life native to New England, such as cod fish and scallops. They even offer a community touch tank which allows visitors to examine star fish, crabs, and other various creatures of the sea. However, the most impressive sea life display is the very vibrant living coral reef. Filled with fluorescent fish and exotic coral, this breathtaking exhibit demonstrates the complete and delicate balance of a functioning ecosystem, while offering a glimpse at the sheer exquisiteness of nature.

Bright colors, friendly faces, and natural beauty make the Ocean Explorium a warm, family friendly way to spend an afternoon. So nip those winter blues in the bud with a fun-filled day indulging in all the aquatic goodness the Explorium has to offer!

Ocean Explorium at the New Bedford Seaport

174 Union Street
New Bedford, MA
(508)994-5400



General Admission:

\$7.50 adults; \$6 children; \$5.50 senior; Free for members and children under 3 years of age.