

Healthy Futures Farm CSA offers Affordable Weekly Produce – Space Limited!

Already eager to start consuming some fresh, seasonal, local produce? Maybe you're excited for the local farm stands, or to visit the farmer's markets? Have you ever considered purchasing a CSA?!

If you love fresh local fruits and veggies, a CSA is a tremendously affordable and fun way to eat seasonal, fresh produce for almost three full seasons. Even better, it's convenient! CSA stands for Community Supported Agriculture. In a nutshell, you purchase a "share" of a farm's produce. For one flat price, you get to pick up an assortment of fresh produce every single week. This can include anything from farm fresh tomatoes and cucumbers, to watermelon, strawberries, swiss chard, lettuces, broccoli, eggplant, green beans, and even garlic.



There's a common myth that local produce is expensive. In fact, many people think CSA's are expensive. Sure, some can be... but if you do your research, you'll often find many that are incredibly affordable.

Last year, we had a chance to sample a CSA all spring, summer, and autumn long from Healthy Futures Farm. You may even remember our spotlight on them last year. You can read their incredible story [here](#).

Healthy Futures Farm offers one of the most affordable CSA's around. A full share feeds a family of four and costs just \$425, while a half share is only \$225. This runs about 28

weeks! Do the math... If you go with the full share, this averages to about \$15 per week, and the half share averages about \$8 per week! But get this... when you see how much you're actually picking up, you'll be amazed at the quantity. Not only is it more than enough to last you the week, you'd spend three times the amount in the supermarket.

As the winter season closes, consider becoming a CSA member with Healthy Futures Farm. You'll eat better and feel better. You'll get your very own weekly share of fresh produce from their Westport Farm all spring, summer, and fall – from May through November!



In addition to its CSA program, Healthy Futures Farm offers various other benefits throughout the year. They set up shop at local farmer's markets and are often willing to accommodate your location to make pickup available at a nearby market. They even host their own Farmer's Market on site at their farm

once a week featuring local crafters and natural food makers. We even heard some 'buzz' that they have bees and are working on their own honey! (Shh...!)

Just imagine... easy, fresh produce all year long. Imagine saving money on your grocery shopping! You can eat new foods each week that are in season, and you can even prepare and save your veggies for the winter months. You can eat fresh, all year-long.

Consider a CSA but act now to reserve yours! Space is limited. A full share is \$425 and a half share is \$225. Distributions will begin no later than the last week of May continuing through November. CSA members will be notified as soon as produce becomes available. All CSA members also receive one bar of homemade soap on the first distribution of each month. Email healthyfuturesfarm@gmail.com or call 508-558-5205.

Healthy Futures Farm

528 American Legion Highway

Westport, MA 02790

Website: www.healthyfuturesfarms.com

Facebook: www.facebook.com/healthyfuturesfarm



ONE Theater Group, Inc. to produce A Christmas Carol in Fairhaven Proceeds to benefit Family Reach

ONE Theater Group, Inc. is proud to announce its upcoming production of A Christmas Carol. The play will take place Thursday December 15th, Friday December 16th and Saturday December 17th at 7 :00PM, and a Sunday matinee, December 18th at 2:00PM. Performances are held at the Fairhaven Town Hall Auditorium located at 40 Center Street, Fairhaven, MA 02719.

Adhering to its mission to raise money for charity, A Christmas Carol will support Family Reach as it's unique beneficiary. Family Reach is a Massachusetts organization that provides assistance to families who have a child battling

cancer. Specifically, this show's proceeds will go to Family Reach's 'Hope for the Holidays' program. Monies raised and donated will be used exclusively to purchase gift cards to help these families during the holiday season. This allows them to more easily afford holiday gift-buying, holiday dinner, and attend seasonal events, during an emotionally and financially challenging time. Every gift card recipient will be a local family in Southeastern, MA.

ONE Theater Group, Inc.'s production of A Christmas Carol is a truly magical yet faithful rendition of the Dickens classic. As is with all of ONE Theater Group's productions, patrons can expect bright colors, over the top décor, beautiful scenery, and a top notch cast. A Christmas Carol is family friendly, and a show that all ages can enjoy!



Ebenezer Scrooge does not embrace the holiday season like most people do... He is miserly, misanthropic, and devoted only to his work. On the night of Christmas Eve, he is visited by the ghost of his late partner Jacob Marley, as well as the spirits of Christmas Past, Christmas Present, and Christmas Future. Through various visions, he becomes enlightened to his unloving ways, sees what he's already lost, and sees the greater risk of what's to come. Scrooge then awakens on

Christmas morning renewed, and fully committed to honoring Christmas in his heart and keeping its joy and beauty all of his years.

Tickets are \$15 for adults and \$10 for children. Seating is general admission. Purchase tickets online at www.onetheatergroup.com or anytime during normal business hours at the Millicent Library in Fairhaven. Tickets may also be reserved in advance by emailing onetheatergroup@gmail.com. If seating is still available, tickets will be sold at the door. Doors open 30 min. before each show.

A Christmas Carol is being produced by Ashley Bendiksen and directed by Gregory Silver. The show features Nathaniel Tarantino as Scrooge; Colin Butterfield as Bob Cratchit; Sean Carney as Fred; Melissa Platt as the Collector and Party Guest; Owen Dias as the Townsboy; Patrick Long as Jacob Marley, Mr. Fezziwig, and Old Joe; Braiden Norton as Boy Scrooge and Peter Cratchit; Alissa Eskow as Fan and Martha; Sandra Cardoso as Christmas Past and Fred's Wife; Seth Sweeney as Young Scrooge; Molly Bobola as Young Scrooge's Girlfriend and Mrs. Dilber; Gregory Silver as Christmas Present; Brienne Allain as Mrs. Cratchit and Bag Lady; Zachary Ferreira as Tiny Tim; David Alves as Business Man #1; David Seguin as Party Guest and Business Man #2; Michael Hamel as Christmas Future; David Alves will provide musical accompaniment on the piano.

About ONE Theater Group, Inc.: *Founded in September 2014, ONE Theater Group, Inc.'s mission is to combine the performing arts with philanthropy. The organization produces two shows annually, selecting a different charity or cause as each show's beneficiary. Shows are family-friendly, utilizing local talent, high quality sets, costumes, and entertainment to bring quality theater to the local community. In just two years, four different productions have raised \$20,000 for*

local charities. Individuals and organizations are encouraged to apply for selection for future shows. Application information is available online at www.onetheatergroup.com.

About Family Reach: Family Reach is a financial lifeline for families fighting cancer. For over two decades, Family Reach has been helping families with cancer manage the overwhelming financial and emotional barriers of the disease. Working in close collaboration with a network of more than 145 hospitals and cancer centers nationwide, Family Reach provides immediate financial assistance, education and outreach to qualified families in need.

About Family Reach's Hope for the Holidays Program: During the holiday season, when most families gather with loved ones to savor festive meals and exchange gifts, Family Reach families face the unthinkable. Struggling with the financial devastation of cancer, many are overwhelmed to discover they are unable to fulfill the wishes and needs of their children. To address this need, Family Reach created the Hope for the Holidays program. By donating to the Hope for the Holidays program, 100 percent of monies received go directly to the cause. Monies will be used exclusively to purchase gift cards for families to use towards presents, food and other holiday essentials. Gift cards are purchased in \$500 and \$1000 increments depending on the family size. ONE Theater Group, Inc. has ensured that local households in Southeastern, MA are the recipients of A Christmas Carol's donation.

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Miss New Bedford's Outstanding Teen Pageant Seeks Contestants – \$500 Scholarship Prize

The Miss New Bedford's Outstanding Teen pageant is seeking contestants from New Bedford and surrounding cities and towns.

The ideal candidate is a teen who wishes to be a role model throughout the Southcoast. She must value the notion of making a difference in her community, and specifically in New Bedford.

Anyone is eligible to enter per the following requirements. Contestants must be between the ages of 13 and 17 and must live or attend school in the Greater New Bedford area. This includes Acushnet, Assonet, Dartmouth, Fairhaven, Freetown, Lakeville, Mattapoisett, New Bedford, and Rochester. (17-year-olds must be a junior. If a senior, you must compete in the Miss New Bedford pageant in the fall).

The winner will receive a \$500 scholarship, entry to the Miss Massachusetts' Outstanding Teen pageant, plus additional gifts from community sponsors. The winner will also spend an entire year making appearances, and engaging in various community service and leadership opportunities. Runners-up and top scoring contestants will also receive scholarships and/or

recognition.

Contestants compete in five phases of competition: Interview (before the pageant), Talent, Physical Fitness (a brief, group Zumba-style routine), On-Stage Question, and Evening Wear. ***This is not a glitz/glam pageant, nor does it require an expensive wardrobe.

A full information session will be held on Sunday December 11th at 9:00 AM at the Cheryl McCormack Academy of Dance located at 731 Tarkiln Hill Road, New Bedford. Attendance does not obligate competing, however interested contestants are required to attend. If this date does not work, we encourage contestants to contact us to discuss a secondary date.

To register for the info session, email info@missnewbedford.org or call (508) 971-9564. You may also visit www.MissNewBedford.org or find Miss New Bedford on Facebook

**The pageant will be held on Saturday January 14th at 6:00 p.m. at Keith Middle School in New Bedford.*

Divine Massage: Making Massage Affordable and Central To Your Well-Being and Health

Get a new lease on life ... that's the vision and driving force behind Divine Massage. It's all about helping people feel

better. Massages, once thought of as a novelty, are growing by the day as a common and frequent method of healing and self-care. From reducing physical pain to simply relieving stress, massage is a powerful approach to gaining better health.

Since its inception in 2010, Divine Massage has helped countless persons improve their health. In fact, it's hard to believe that Divine Massage started from a simple passion and an idea. "I was brand new in the area... a brand new massage therapist," owner Debbie Bolton says. "It wasn't like I worked anywhere else. I started with nothing. No clientele at all."

Today, Divine Massage proudly celebrates six years of success – so much success that they've opened up a second location. Expanding upon its existing site in Mattapoisett, Divine Massage is now in New Bedford as well, allowing them to serve and heal even more people.



Healing is at the core of Divine Massage's operations. In fact, the owner herself speaks from experience. She personally

discovered the life-changing benefits of massage, which inspired her to open her business and provide the same to others. "I had back problems. I used to clean houses...all that mopping and vacuuming. That's what made my back the way it was. I went to see a chiropractor and then started getting massages over there." Adding massage to her treatment, Bolton says, is what helped to fully relieve all of her pain.

For this reason, Divine Massage specializes in pain relief. "When I hire a massage therapist, I always make them give me a massage first. I want to make sure that they can do the neck and shoulders, the back and glutes... Anyone can give a relaxation massage. I want them to be able to work the muscles and really help people feel better," says Bolton.

However, Divine Massage serves clients from all backgrounds, professions, and health levels, and clients with varying interests and needs. This includes chiropractic patients, as well as runners, athletes, persons who workout, enjoy yoga and meditation, and those who simply love a great massage.

"There's so many benefits of massage," Bolton says. "It can relieve stiff necks, tension, lower back pain, sciatic and piriformis issues. 85% of our clientele is here because something is wrong. They're hurting. Something is bothering them... And then there's people that just want to relax. We can do that too. They just want to get away from the world."

One of the highlights of choosing Divine Massage, is that the experienced staff will help to identify each person's individual needs. They ask questions and get to know you. They'll provide you with a complete consultation beforehand so that your massage is individualized to your goals and your body's specific needs. Even better – if you decide to continue, they keep detailed notes after every visit to monitor your progress.

If you're new to massage, one of the greatest barriers for

most people is simply fear of the unknown. The truth is that many people have never had a massage. They don't know what to expect. They have questions. They wonder, *What happens? What do I wear? Do I have to take everything off? Will I be in pain? Will it be awkward? Will I feel uncomfortable?*



“Call us,” Bolton says. “We’ll talk you through it. I’ll show someone the room, show them the table. I explain that they are always draped... and I leave every choice up to them. They can leave everything on if they want.”

Then, client comfort and satisfaction goes one step further. “I try to match every client to the right therapist. I tell clients when they come in, if you’re not completely satisfied with one therapist, come back in. Try another therapist. Our goal is to find you one that matches and meets your needs.”

She also insists that clients should *always* communicate how they’re feeling. “People have to speak up if it’s too much. If they’re in pain, or if they want more pressure, they need to communicate with the therapist. I don’t know if they are afraid of insulting us?”

Again, this is what stands out most about Divine Massage – they are all about their clients’ needs. “I don’t try to push products. A lot of massage places try to push lotions, oils... We’re just about helping the client,” Bolton says.

Divine Massage is also affordable. “I keep my rates very reasonable because I want people to be able to afford to come in here at least once a month. We focus on the clients, their target areas, and whatever is bothering them. We focus on helping them to feel better for the long term. That’s our goal.”

Therapeutic Massages are just \$52 and Relaxation Massages are just \$47... If you’re a first-timer, take \$5 off that price on your first visit! During the holiday season only, a Relaxation Massage is reduced to \$39!!!

Getting a massage is not simply a “luxury,” according to Bolton and her staff. It’s something you should give your body regularly, to ease away stress, pain, and tension and restore overall health and well-being.

When you enter any of Divine Massage’s locations, you’ll feel immediately welcomed... and you can’t help but noticed that you are surrounded by the ‘ocean.’ This is Divine Massage’s signature décor. Bolton says it’s all part of giving her business a local flair.

Benefits of Massage

- Pain relief
- Stress and tension relief
- Detoxification and aids digestion
- Improved circulation
- Better bone and joint health
- Improved immune system
- Reduced muscular tension and cramping
- Faster muscle recovery for athletes/injuries
- Enhanced agility and flexibility
- Clearer lymphatic system
- Clearer respiratory system
- Menstrual and PMS symptom relief
- Alleviated labor conditions and improved newborn health

“I’m from East Fairhaven. I love the ocean. It’s always right

down the street. Sometimes if there's a break in between clients, I'll just go right down to Ned's point... I love being near the ocean. A lot of massage places all seem to be the same. They have the 'zen' vibe. I wanted something a little different. It's calming and soothing, but a little different, and it fits this area perfectly."

When asked what her top goals are, and what she wants the legacy of her company to be, Bolton says, "We're just here to help people feel better."

Today, a team of 9 licensed professionals at Divine Massage offer comprehensive massage services seven days per week. Therapeutic massages are their most popular service, and they also offer relaxation, deep tissue, and hot stone massage. Practitioners are also certified in prenatal massage and lymphatic drainage. In addition, massages may include moist heat, lavender scented lotion, and even coconut oil for people with very sensitive skin.

You deserve to treat yourself... Let Divine Massage help you feel better too. Start prioritizing your health with a massage today.

Call Divine Massage at anytime to try one of the following. All new, first-time clients receive \$5 off their first visit!

Massage Services Offered at Divine Massage:

- Relaxation massage
- Therapeutic massage
- Prenatal massage
- Deep tissue
- Hot stone
- Couples Massage
- Deep Heat Therapy

Divine Massage also offers Spiritual Medium Readings on Mondays at their New Bedford office. The cost is \$45 for a 30-minute session. The medium, Vanessa, is one of Divine's massage therapists. Want a truly moving experience? Receive a medium reading during your massage! Please note: In the spirit of the holiday season, Divine Massage will also serve as a "Toys for Tots" drop off location.

Divine Massage

Phone: 508-933- 4935

Email: divinemassage34@yahoo.com

Website: divinemassagema.com

Facebook: facebook.com/Divine-Massage

New Bedford Location: 862 Ashley Blvd, New Bedford, MA 02745

Mattapoisett Location: 34 Barstow St, Mattapoisett, MA 02739

All new clients receive \$5 off their first visit!

Both locations are open 7 days per week, by appointment only.

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**AAM Photography: Rooted in
Passion, People, and**

Community

Photo-capturing has become part of our everyday culture. We capture moments, memories, experiences, food, sights, and trips with family and friends. The advent of smart technology and cameras at our fingertips has allowed us to capture nearly every minute of every day on camera.

However before there were phone-cameras, there were cameras, and many fell in love with photography long before it became so commonplace. Tracey Medeiros Mongeon is one of those people.



Tracey has taken her love for people and community to the next level by launching her own photography business.

You may know Tracey first as the enthusiastic Branch Manager at Bank Five in Fairhaven, where she's worked for the last five years. When she's not at the bank, however, you'll see her attending community events, supporting local organizations, and serving area business associations, including serving as a top Ambassador for the Greater New Bedford Area Chamber of Commerce. Her energy, enthusiasm, and likability is unmatched... and don't be surprised to see her taking selfies with nearly every familiar face she passes. She's a people person in every sense of the word.

Now, she's taken her love for people and community to the next level by launching her own photography business. It seemed only natural for her to do. First, she's a Massachusetts native and an adoring fan of its sprawling geography and ornate architecture. Combine that with her natural ability to connect with people, and there you have it – a Kodak moment.

Tracey says she started to truly recognize her talents after her daughter was born. She grew inspired to take more photos, and capture as many memories as she could. "I love photography. I've always been the one taking pictures everywhere of everything." This transferred into family parties, her community work, and virtually, everywhere she went.

As a result, family, friends, and colleagues all told her she had a talent, which sparked a very faint idea in her mind – to someday start a photography business. Years later, when the time was finally right, she went for it.



That's the key word here... 'passion.'

"My husband and I were getting married, and we started to look at photography companies... I made the decision to take my own wedding photos, and then I thought, babe – I'm launching my company." That's right. Photography is such a passion of Tracey's that she even took all of the photos at her own

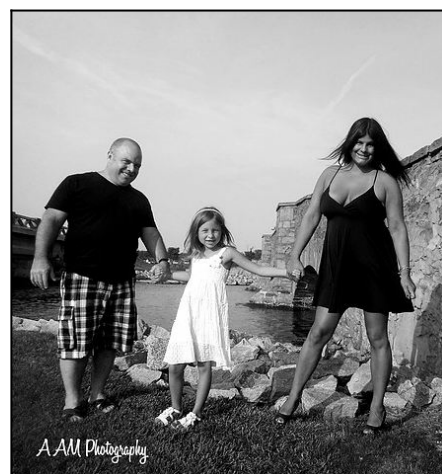
wedding.

That's the key word here... 'passion.' It gives Tracey and her company special value. She's not trying to make it her full-time business or career, and she's not in it for the money. She simply loves the opportunity to create beautiful photos for people.

Even more, according to Tracey, it's pure fun. "I just love taking photos. I love people. I love being out on location. We just have a ball. It's high energy, experimenting with different shots, locations, views... it's just having fun!"

In fact, it's rare to see her without her camera. When she's not working with clients, she's out anywhere and everywhere, just smiling behind her camera lens. "I often show up at community events just to take pictures of everyone, and everything. I have my camera everywhere I go."

Plus, she tries to donate as much as she can, having already donated five photoshoots this year. When asked why, she said, "Just to give back to the community. I really love working with people and helping people." And photography is just one of the many ways she does this.



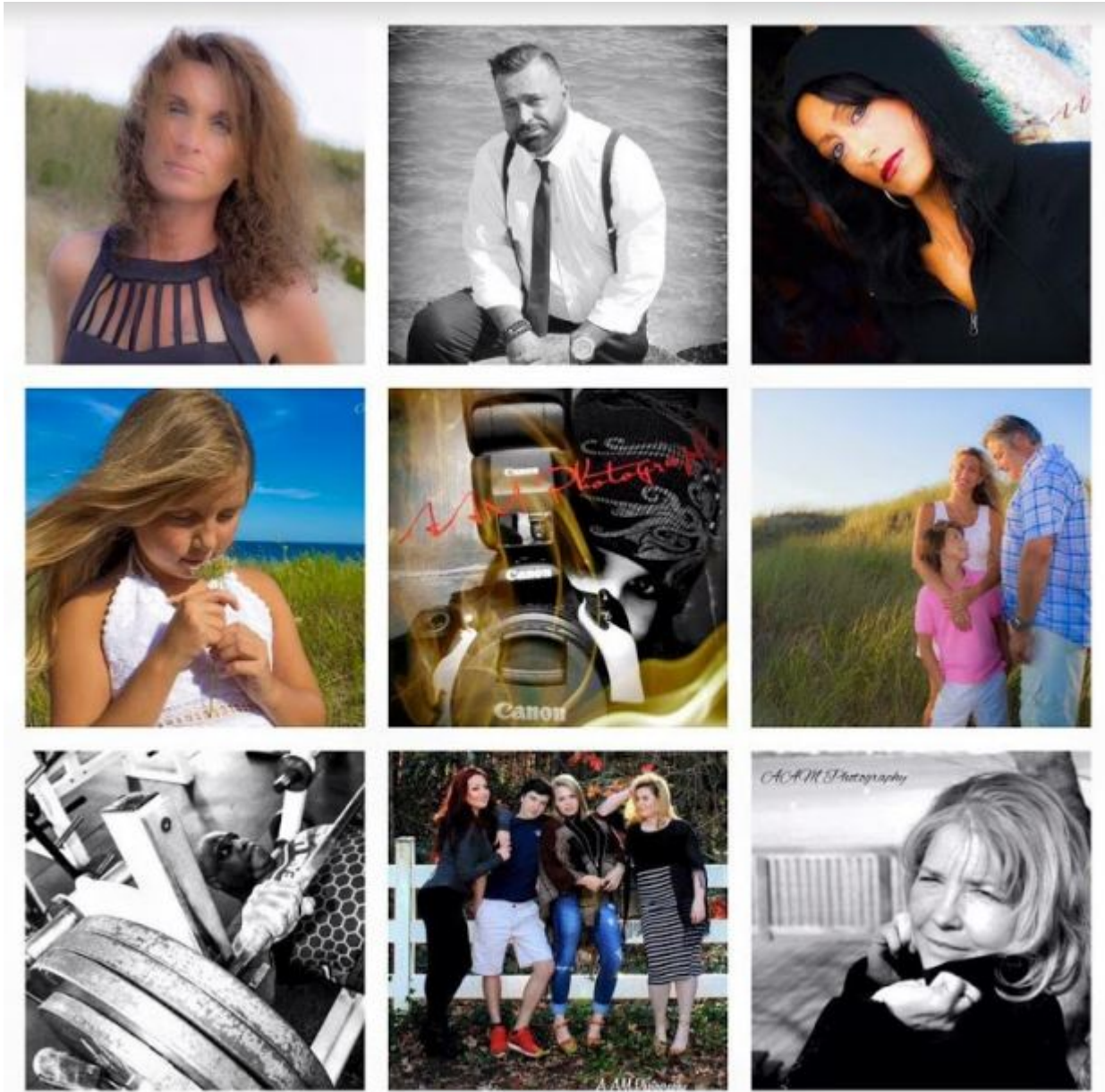
"I just love taking photos. I love people."

When asked the greatest value her business provides, Tracey

said, without hesitation, “Confidence building... that’s the number one thing. It’s amazing. People are just so thankful. They’ll ask, ‘Is that me?!’ But not just that, even after the shoot they’ll say, ‘Wow! I felt amazing!’ They say, ‘You made me feel so great’ or ‘I needed this.’”

That is the truth. Tracey does make you feel ‘so great.’ Her enthusiasm is contagious. Tracey may be a photographer, but she truly exemplifies her personal motto in her work – “It’s the person that makes the position, not the title.” She makes clients feel like supermodels. She removes fear and fills them with confidence, and of course, provides beautiful, lasting photos they are beyond proud of.

AAM Photography was officially launched in January 2016. Tracing back to its roots, and the very inspiration behind the business, she’s named her company AAM Photography after her now 7-year-old daughter, Amanda Ava Medeiros. She specializes in photographing people, offering headshots and business photo shoots, as well as landscape and animal photography.



AAM Photogrphahy

Elm Street

South Dartmouth, Massachusetts

Phone: (508) 813.6099

Email: aamphotography2015@gmail.com

Website: aamphotography2015.com

Facebook: facebook.com/aamphotography2015/

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Healthy Futures Farm's Core Mission: Making Healthy, Local Produce Affordable and Accessible

When Averyl Andrade heard that 1 in 5 children in New Bedford and Fall River go to bed hungry every day, her life changed. She was a student at Bristol Community College studying English when she decided to take their Master Gardener's Certificate Program on the side. Over the course of twelve weeks, she learned about farming, composting, pest management... but most importantly, the local food epidemic.

"Hearing that 1 in 5 kids go to bed hungry every day ate at me for weeks, like a stone in my stomach. It was making me nuts. I just kept thinking – 1 in 5? What are we going to do? How do we combat that?!"

Though she wasn't quite aware of it yet, her entire life course was about to change. The very issue sparked a passion in her. "I had to do something. Change needed to happen," she says. "There should never be a hungry child."

Her response? Start a farm. "The only way to combat this is to grow good clean food and make it accessible to people." And today, she and her husband Nathan are doing just that.



Photo by Dylan Cadieux.

Healthy Futures Farm started in the spring of 2015 and today it is thriving, growing, and accomplishing exactly what they set out to do. In fact, their story is amazing. It's incredible how much they've done in such short time. Perhaps it's because Healthy Futures Farm was meant to serve the community.

Before she'd even finished her Master Gardener's program, she went to Craigslist and posted an ad: Soon-to-be sustainable aggr graduates looking for a farm. By her very next class, she'd already received a response. "A local landowner emailed us and said he had all this grass!," she says, and today, that grass has become 2.75 acres of delicious, healthy produce.

With a plot of land, Averyl and her husband ventured out to work alongside other area farmers and learn more about the trade. They adopted best practices for clean farming and growing the healthiest produce they could. "Everything we do is clean and natural. We feel that all pesticides, herbicides,

fungicides, and synthetic fertilizers are unnecessary and damage soil. Instead, we focus on soil nutrition so everything grows naturally into a healthy plant.”

Today, they reap what they’ve sowed. The farm is breathtakingly beautiful, and the produce delicious. But don’t forget their central mission – to make good clean food affordable and accessible.

Through Healthy Futures Farm, Averyl and her husband are committed to feeding those who need good clean food the most. In just one year, they’ve made a huge impact working with food pantries, selling at farmer’s markets in underserved areas, and even making donations.



Photo by Dylan Cadieux.

“We try to go to farmer’s markets in economically oppressed areas. Usually, their lead pay is WIC vouchers and food stamps. We also do pop-up markets with other groups like NB Wellness every Sunday at the Boys and Girls Club, and pop-ups

at DCYF and different wellness events.”

And when they're not selling, they're donating. They donate to local food pantries, and even donate a weekly share to the animals at Buttonwood Park Zoo. Though Averyl is originally from Omaha, Nebraska, she had family in New Bedford. “We'd come up for long weekends and always visit the zoo. I was a kid and I remember when Ruth and Emily came, and I loved that.” Now, she gives back to ensure that the animals are eating good clean healthy food too.

Even more, it is Averyl's personal mission to educate and inspire others to effect even bigger change. The farm works with the NB Roots and Shoots program, donating seeds and transplants, and talking to kids about gardening. When she's not speaking to kids, she's speaking on behalf of the program at BCC and how it gave her both her career and her purpose.

When asked what she loves most about her work, Averyl said, “This gives me a chance to help people in a really good way. When you change people's eating habits for the better, that's pretty cool. I really like feeding people. That's key. When people come back and they say to me, ‘it was so good,’ that's so great.”

She has fun with it too. “I like being able to get people to try new things, or even just willing to try it... It's really nice to get to see kids try new foods, or to have a parent say, ‘my kid will not eat a tomato,’ and then they eat a tomato, or, ‘My husband will not eat a vegetable and you got him to eat lettuce,’ ...and now, they're willing to try other stuff.” Learning to love healthy food is at the core of her work. It is accomplishing her goal of changing people's food habits, for the better.

Healthy Futures Farm has done so much already, but they've only just begun. “We're working with a lot of other small local farms to get everyone to understand how important, good

clean local food is.”



Photo by Dylan Cadieux.

“This is the movement. People are going to start to recognize that their health is in their hands. It’s not in the hands of the doctors... Eating healthy, taking care of yourself, that’s the one all save all.”

Her hope for the future? “To get everyone to start gardening again. The guy next door might be growing cucumbers, this guy growing lettuce, all just working together, trading products, bringing people back together... Knowing who your neighbors are.”

For now, Healthy Futures Farm will be that neighbor, growing cucumbers and lettuce, garlic scapes, nutrient dense celery, hearty squash, watermelons – you name it. Averyl and her husband do essentially everything by hand. It’s a lot of work, but it’s worth it. It’s their passion.

“It’s like that saying... you know you’re in love when you know the words of a love song. I feel like that about what I do. I’m living the dream in a country. Just getting to be out here...” she says as she looks all around and takes in what she’s built.

“Once you get the farming bug, you’ve got the farming bug. Just knowing how people grow things. It’s awesome... and my kids know this is where they’re gonna be. To know that my grandson is going to be here, growing food, changing how things happen. That’s pretty cool.”

2018 Healthy Futures Artisan & Farmers Market Dates To Remember

June 6th: Opening Market

The Healthy Futures Artisan & Farmers Market is set to ring in the 2018 market season! This season’s line up is growing by

the week. Come by and support local farmers and artisans while supplying your family with locally grown produce, meats, jams, honey, body care items and 1 of a kind home decor. Some confirmed vendors are...

Stony Creek Farm and Grass Fed Beef

Shoplittlesprouts – handmade items for the whole family

Sampson Farm

Off The Grid 4H

Healthy Futures Farm

The Enduring Gift

Also still accepting vendor applications!

August 8th: Farmers Market Week

Come celebrate FARMER'S MARKET WEEK at the Healthy Futures Artisan & Farmers Market! This season's line up is growing by the week. Come by and support local farmers and artisans while supplying your family with locally grown produce, meats, jams, honey, body care items and 1 of a kind home decor. Some confirmed vendors are...

Stony Creek Farm and Grass Fed Beef

Shoplittlesprouts – handmade items for the whole family

Sampson Farm

Off The Grid 4H

Healthy Futures Farm

The Enduring Gift

Also still accepting vendor applications!

October 31st: Harvest Festival

Learn more online or stop by and say hello. Healthy Futures

Farm wants to see, meet, and feed you!

Healthy Futures Farm

528 American Legion Highway
Westport, MA 02790

Hours:

Farm stand daily: Tuesday-Sunday – 11:00am to 6:00pm

Wednesday Farmer's Market on-site at farm with six vendors

*Sunday Pop-up Market at NB Boys and Girls Club 11:00am-3:00pm
(166 Jenney Street)*

Website: guide.farmfreshri.org

Facebook: www.facebook.com/healthyfuturesfarm

New Bedford Guide is a proud consumer of one of Healthy Futures Farm's CSA's (Community Supported Agriculture). As a consumer, you pay a flat rate and pick up a weekly share. Broken down, the cost is about \$15 per week...and get this – each week, one CSA share yields something similar to this one we received:

- 6 ears of corn
- 1 pattypan squash
- 1 summer squash
- 1 eggplant
- 1 bell pepper
- 6 hot peppers
- 1 cucumber
- 2 heirloom tomatoes
- 1 carton of small tomatoes

- 2 stalks of fennel
- 1 stalk of leeks
- 1 stalk of celery
- 1 head of lettuce
- 1 delicious watermelon!

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10 Local Women Compete to Become Miss New Bedford and Win Scholarships

The media is invited and encouraged to attend at no cost. The pageant begins at 6:00PM and crowning is expected to take place between 8:00PM and 9:00PM.

On Saturday October 1st, ten young women from Greater New Bedford will compete to become Miss New Bedford and potentially win thousands in scholarship monies. This year's winner will become the 64th woman to join a long sisterhood of Miss New Bedford's whose lives have been changed by winning the crown.

A local preliminary to the Miss Massachusetts and Miss America scholarship programs, the Miss New Bedford pageant emphasizes scholarship and service within the community. Since 1954, the pageant has awarded more than \$135,000 to winners and contestants.

An estimated \$10,000 in scholarship monies and prizes will be awarded at this year's pageant. The winner will receive a \$3,500 educational scholarship, in addition to thousands of

dollars in additional gift awards. Runners-up and special awards winners will also receive scholarships and awards.



Left to right, top to bottom: Sara Achorn, Caitlyn Baker, Laura Bongiorno, Julie Duggan, Morgan Garcia, Olivia Marques, Kenzie Moniz, Alexandra Pimental, Beatriz Ribeiro, Kimberly Lim Souza

Contestants compete in five stages of scored competition: Interview, Talent, Lifestyle and Physical Fitness in Swimsuit, Evening Wear, and an On-Stage Question. The phases aim to test contestants on a variety of qualities that Miss New Bedford is expected to have, including confidence, intelligence, and a commitment to service. Each contestant has also chosen her own personal 'platform' to advance, and if chosen, dedicate her year of service to.

The reigning Miss New Bedford 2016 is Kristen Rose. Kristen is a recent graduate of Umass Dartmouth where she received her degree in Criminal Justice. Kristen made more than 130 appearances during her year-long reign and devoted her year of service to her personal platform which emphasized the importance of health and fitness. She successfully implemented programs within two local elementary schools and held a series of fitness classes to raise monies for Children's Miracle Network hospitals.

This year's contestants are just ten of 13,000 contestants nationwide who will compete in local pageants hoping to win scholarship money, leadership opportunities, and a chance at becoming Miss America.

This year's Miss New Bedford contestants are:

1. Sara Achorn, 17

School: Old Rochester Regional High School

Platform: Pushing the Importance of Body Positivity In Today's Youth

Career Ambition: Doctorate Degree in Music Therapy

Talent: Vocal

2. Caitlyn Baker, 17

School: New Bedford High School

Platform: Rhythm for a Change: Music Therapy for Children with Disabilities

Career Ambition: Pediatrician

Talent: Vocal

3. Laura Bongiorno, 17

School: New Bedford High School

Platform: Mental Illness Awareness

Career Ambition: Masters in English and Youth Ministry

Talent: Vocal

4. Julie Duggan, 23

School: 2015 Graduate Johnson & Wales, Bachelor of Science in Marketing

Platform: #Actually She Can – Women's Empowerment

Career Ambition: Marketing/Business Professional with a focus in tourism

Talent: Piano

5. Morgan Garcia, 19

School: Bristol Community College

Platform: Building and Supporting Art/Theatre Programs for Disabled Children

Career Ambition: Preschool Teacher

Talent: Presentation of Poem

6. Olivia Marques, 18

School: Westfield State University

Platform: We Rise By Lifting Others: Instilling the Values of Community Service

Career Ambition: Actress

Talent: Vocal

7. Kenzie Moniz, 20

School: Lesley University

Platform: Mind, Body, Spirit: A Holistic Approach to Health & Wellness

Career Ambition: English Teacher

Talent: Vocal

8. Alexandra Pimentel, 20

School: Bridgewater State University

Platform: Standing Up Against Bullying

Career Ambition: Teacher

Talent: Color Guard

9. Beatriz Ribeiro, 20

School: University of Massachusetts at Dartmouth

Platform: Stay Strong, Live Long

Career Ambition: Photography & Business

Talent: Dance

10. Kimberly Lim Souza, 20

School: Southern New Hampshire University

Platform: Healthy Smile, Healthy You

Career Ambition: Doctorate in Dentistry

Talent: Vocal

The pageant will be held Saturday October 1st, 2016 at 6:00PM at Greater New Bedford Regional Vocational Technical High School, located at 1121 Ashley Blvd, New Bedford, MA 02745. The pageant is open to the public and tickets are \$15 if reserved in advance, or \$20 when purchased at the door. To reserve your tickets, email tickets@missnewbedford.org. For more information, visit www.missnewbedford.org.

5 Best Ways to Engage With Consumers and the Community To Grow Your Business and Brand

Running a business takes work, but in today's world, it takes more work than ever. Why? There's been a fundamental shift in how people interact and connect, where they gain their information, and what messages interest them.

Let's face it. Businesses can follow the standard blueprint and succeed. The steps needed to start and run a business, manage its finances, create a vision, create product, etc. are all pretty universal. However, it is undeniable that two major changes exist today, and both of these impact businesses.

First, the internet has changed everything. Everyone is on the web. It's where they seek information and where they engage and build relationships. Many businesses, who perhaps have always done well, may start to see a decline in their numbers. They haven't changed a thing – so what's the deal? It's often because seasoned business owners rely on old marketing models. They fail to realize that the modern consumer is on the internet. If that's not the case, they may not understand how to leverage this new platform – or they fail to understand how to engage and convert followers to paying customers and clients.



The popular Newport Folk Festival last weekend was chock full of superlative businesses, personalities and organizations engaging consumers and community..

Even more, it's critical to understand what these consumers are engaging with on the internet. They're not liking and sharing infomercials. They don't want to see another ad pop up on their news feed. Consumers today are hooked on social media – which makes it THE marketing platform, however the keyword here is 'social.' They like content that is fun and engaging. They like photos and videos – not ads.

Second, millennials have brought widespread changes in business, consumerism, and lifestyle. There is a difference between what appeals to millennials versus what appealed to the generation before them. Millennials are leisure driven, inclusive, interested in social justice, community, relationships, technology, freedom, lifestyle, and fun...

So if this is true, how can companies work with today's trends? How can companies leverage creative techniques to reach more clients/customers where they are, and convert them to paying customers?

The answer is this – corporations and companies need to

engage. Even more, they need to engage on a community level, and in ways that build real relationships. People value companies that they trust. They value companies that are down to earth, and have community platforms. They remember these companies over others, and will ultimately engage with and support these more.

Here's just one example – The health food brand CLIF Bar joined up with the Newport Folk Festival we recently covered. How and why would CLIF Bar market at this? Sure, they can hand out samples of their new product – CLIF Nut Butter Filled energy bars. They can get people to love and hopefully buy them later at the store. However, this wasn't their ultimate goal. Their goal to engage, build lifelong consumers, and build a brand.



Folk/Pop singer and songwriter Brett Dennen signing his newly released album at the Newport FOLK festival exemplifies direct face-to-face engagement.

The real payoff was the image and impression they left on

everyone that interacted with them. During the entire festival weekend, CLIF creatively engaged with festival attendees (in ways having little to nothing to do with their product). They hosted artist meet-and-greets and record signings to bring people to their tent. After that, CLIF leveraged their festival involvement by giving engaged festival-goers exclusive access to various after parties they hosted. They talked, took selfies, built relationships, and hooked them up with sold-out tickets. Plus, they still went the extra mile to creatively market their products, staging them in fun ways all over festival grounds. They posted these, plus fan photos, record signing photos, and other 'we're cool' photos on social media. This is creative advertising – indirect advertising – and it works.

The result is this – people might remember the barely bite-sized free samples, but they absolutely remembered all the fun they had hanging out at the CLIF tent and at the company-sponsored after-party. Even more, when CLIF Bar isn't on site, offering tablings and free samples, and hosting fun events, they're hosting health and fitness conferences and expos as another way to engage with consumers.

The point? Do more. Don't just be an infomercial. Be creative. Engage and connect with consumers, and infuse a little fun. This is what builds your brand today and gets you remembered.

Here's 5 steps you can take to start engaging to build business and build your best brand:

1. **Directly interact and engage, face-to-face, with consumers...** and have fun! Get involved in the community. Become a sponsor of a community event or set up a table somewhere. Offer free food. Engage families and children. Do something creative and different... and have fun too!
2. **Incorporate a social justice platform into your business model.** Is there a charity that relates to your business?

Perhaps there's an important local cause you'd like to support. Consider hosting an annual charity event or fundraiser to support a cause you value.

- 3. Be more social. Don't worry about being 'all business, all the time.'** It's okay to be funny, vulnerable, and imperfect at times. Think about this when you send emails, post blog content, or create social media posts. Also, engage consumers in social media posts. Ask them a question. Ask for their feedback. Get them talking to you and remembering you. (Did you know this will also make you appear in their news feed more often?)



CLIF bar understands the pivotal role these 5 elements are to getting their healthy, delicious product out to the masses.

- 4. Use social media to show off your 'feel-good' efforts.** If you sponsor an event, or host one of your own, don't fail to take photos or promote your good work. If you make a donation somewhere, take a photo and share the news. Good works alone are great, but if you want to really build your brand, you have to show people what you're doing. Think photos, videos, quotes from people you interact with, shout-outs to partners, and more.
- 5. Engage and form real relationships with people.** Don't send blanket emails or messages. Don't bombard people with ads about your business. Start conversations. Learn about their family, work, leisure, and interests. This will help you develop lasting relationships. Engaging

with consumers is about knowing them – not throwing ad copy at them.

So which of these can you start incorporate into your efforts? Or, what obstacles do you face? Is it time? A lack of staff? ... Perhaps you just don't know where to start!

We have two options for you:

Talk to Ashley Bendiksen. When Ashley isn't working for New Bedford Guide, she is helping small businesses, people, and ideas succeed. Her expertise is in public relations, marketing, and development. All consultations are free. Contact her for a brainstorming session. You can then work on your own to put things into action, or continue with her for training, coaching, consulting, and more. Contact Ashley at ashleybendiksen.com.

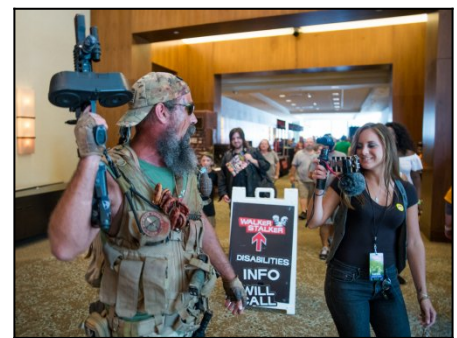
Let New Bedford Guide help. Accomplish big results with little to no effort by sponsoring our "feel-good" live stream videos. For a low price, businesses can sponsor our live stream videos. We cover everything from local events, to live music, parades, animal shelters, school athletics and more. You can even tell us what you want covered. All 78,000+ NBG followers will be notified, and we'll highlight you in the post and link your business information. Brand yourself on our feel-good stories. Make your business a household name. Email ashley@newbedfordguide.com.

Give us your ideas! What works for you? Do you have a social justice mission, a community platform? What is it?

What We Saw at the Walker Stalker Con in Boston: Thousands of Fans, Lots of Talent, Few Zombies

Thousands of fans of The Walking Dead gathered in Boston this weekend for the annual Walker Stalker Con – a two-day convention for fans of the series and other zombie, horror, and sci-fi shows.

The convention offered everything from photo ops to celebrity meet-and-greets, panel speakers, and a whole lot of shopping. Three huge conference rooms were lined with hundreds of vendors displaying and selling art, jewelry, and collectibles for comic, sci-fi, and horror fans of all generations, interests, and times.



A surprise was around every corner! (Josh Souza)

Surrounding the vendors were individual queue lines packed with fans patiently waiting for the convention's two dozen or so celebrities to appear for photos and autograph signings. Photo ops with any one celeb ranged from \$40 to \$150 – and \$420 bought you a photo with the entire Walking Dead cast.

However, cast members of The Walking Dead weren't the only celebrities to appear. In fact, actors from shows like Bates Motel, Gotham, and Night of the Living Dead were there too. Even Elvira was there – in full attire of course.

While fans waited for celebs to show up, they checked out other convention features such as the “total immersion” zombie experience – an interactive, zombie-fighting, almost too real, apocalyptic nightmare where participants fight to survive and shoot zombies with laser guns.

Tate Steinsiek, special effects/makeup artist for The Walking Dead, offered demos late Saturday afternoon, and even offered to zombify fans for a fee. Other makeup artists were also on site giving attendees everything from bloody, oozing bite marks to pulsing veins, bruises, and black eyes.



*Artist Rob Prior
showing off his craft.
(Josh Souza)*

One unexpected, awesome surprise Saturday morning was seeing Katelyn Nacon, who plays Enid on The Walking Dead, singing and playing the ukulele.

Just down the hall we found Rob Prior, an incredibly talented artist who's worked with some of the biggest in the industry including Marvel, DC Comics, and Image Comics. He's an amazing painter, and was painting right there on site at the convention.

Prior said can't create his works of art unless he has music playing – and playing loud. During a panel that afternoon, he explained that he paints “with the music.” Yep. He blasts music, finds a groove, and get this – paints with both hands, an unusual but trademark skill he developed when he was just a kid.

But perhaps the biggest surprise was the lack of zombies – anywhere. While some fans chose to attend with blood-stained t-shirts or their own personal attempts at minimal fake bruises and wounds, most simply wore t-shirts and jeans. The convention itself didn't seem to incorporate zombies into their planning at all. Sure, meeting celebrities is cool, but where were the zombies? The convention paled in comparison to the costumes and atmosphere you'd find at Comic Con. We won't be too disappointed though – that's coming to Boston in a few weeks.



No safe spaces here!
(Josh Souza)

The Walker Stalker Con coincidentally came to Boston the same weekend of Sunday night's premiere of new show, Fear the Walking Dead – a pre-quel to AMC's The Walking Dead chronicling what happened before the zombieapocalypse.

The real question on fans' minds though is not what happened before, but what's happening next. Season 7 kicks back up on October 23rd – with season 6 ending and leaving fans in total suspense. Who did Negan kill during the blacked out scene of

that final episode? Who won't return? Or scarier yet, who will return as a flesh-craving zombie? What are your predictions? Who's next?

Josh Souza Photos

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Newport Folk Festival – another year, another smashing success with world class acts like Norah Jones, Elvis Costello, Violent Femmes, and great local talent

“Raise your arms! Feel your blood pulsing through your hands... This is FREEDOM!!!!” Those were the words of Patti Smith at this year's Newport Folk Festival, followed by the cheers of fans roaring and shouting, “You're amazing!,” and “Patti, we love you!!!”

It's no surprise fans were thrilled to see the 69-year-old rocker, still killing it on stage just as she did in the prime of her career in the 70s. Patti Smith is a rocker down to her core. She's a product of her generation and still today, a truly incredible singer. Smith sang old favorites, and even

surprised the audience with a few new ones – like a tribute song commemorating the exact five-year anniversary of the death of Amy Winehouse.

“What a blessing it is to have such great singers here today, and how sad it is to have lost Amy. This little song, we wrote for her...” The song was good – simple and sweet – but it paled in comparison to the rest of her set. She opened with a cover of Bob Dylan’s *Boots of Spanish Leather*. Then, she honored Prince by singing *When Doves Cry*, followed by hits of her own like *Dancing Barefoot*, and then closing and engaging the crowd to sing Pete Seeger’s *If I had a Hammer*.



*The American Folk-Rock Duo, The Oh Hellos.
(Photo: Josh Souza)*

But perhaps what stood out most was Smith’s preaching to revolution. Playing up today’s political state, Smith called out to the crowd, “These are the words of Allen Ginsberg!,” reciting a footnote to Ginsberg’s poem *Howl*. “Holy! Holy! Holy! Holy! Holy! Holy, the world is holy!!!! Holy mercy! Charity! Faith!” After this, she sang *People Have the Power*, dedicating the number to Ted Cruz.

The entire three-day festival was defined by its incredible music and its near perfect weather – aside from hitting an almost unbearable 90 degrees on Saturday. Festival-goers stood knee deep in the water surrounding Fort Adams, taking breaks to cool off between sets, while others watched the entire festival from boats and floating rafts out on the water. They

were either staying cool too, or scoring the only access they could get – the festival sold out to 10,000 people every single day.

The weather didn't seem deter anyone however. Fans weathered the hot and sticky weekend, hanging around the expansive, oceanfront grounds of Fort Adams – picnics set, chairs laid out, spots on the lawns reserved to come and go from food and craft vendors to revolving performances. Visitors of all ages, from all over the East Coast and beyond (like Hawaii) dressed in Birkenstocks and plaid, straw hats and bandanas, with dust-covered ankles and grass-plastered backs. (There was also a mustache trend – perhaps Rayland Baxter-inspired.)

Four total stages offered nonstop music every minute of the festival, which occurred from roughly 11:00am to 7:00pm every day. Fans seemed glued to their phones, constantly checking the schedule to determine which stage, where to go, and who to watch next. If anything, “too many performers” is the only downside of the festival. It's certainly not a bad problem to have. In addition to nightly headliners Patti Smith, Flight of the Conchords, and Alabama Shakes, the festival offered offered musical talents from the past and present, and those likely to hit it big in the near future.

Norah Jones took to the stage, as well as Ryan Adams, Graham Nash, Father John Misty, Middle Brother, Nathaniel Rateliff and The Night Sweats, and dozens of others. At one point, even songwriting legend Kris Kristofferson showed up for a surprise appearance. The 80-year-old thrilled the crowd performing more than a dozen country music classics – including Me and Bobby McGee alongside up-and-coming star, Margo Price.



The eclectic sounds of “Raury” mixes soul, hip hop and folk. (Photo: Josh Souza)

At the exact same time, on different stages, were breakthrough artists like Ruby Amanfu who recently performed with Beyonce, or 20-year-old solo artist Julien Baker who performed at the iconic festival for the first time. New artists received instant recognition for their talent, and gained immediate followers and fans.

Elvis Costello also joined the weekend lineup, performing mid-afternoon on Saturday and drawing the crowds, dancing, to their feet. Throughout his set, he invited other festival performers like Middle Brother and Preservation Hall Jazz Band to perform along with him – as if the two young, guitar playing, rockin’ chicks with him weren’t already awesome enough.

When people weren’t dancing, they were taking photos and videos of the icon, and screaming out song requests. Costello even played the politics card too at one point adding, “It’s a season of campaign songs, I think we all can agree... and oh, I’m running for President by the way” ... and the crowd went

wild.

The festival closed on Sunday with an outstanding set by Alabama Shakes – an awesome blend of folk, blues, and a whole lot of funk. Lead vocalist Brittany Howard was a vision as the sun went down and the air grew cool.

With her plum-colored glasses, a long blue, brown, and white floral dress, and her mint green Gibson guitar, she was the very picture of folk, music, love, and good vibes. “Thank you for coming back all you beautiful people,” she said, referring to the band having been there just four years before. Leading the band, Howard captivated all with her loud rockin’ bravado and her alternating soft soul, bringing the long weekend to a beautiful and heartfelt close.

If anything stood out it was this – community, togetherness, peace, and love. Despite three jam-packed days of music and partying, everyone just had fun. The scene was busy but calm. The people were happy. People cheered, friends gathered, and musicians and fans alike mingled in the crowds. It wasn’t uncommon to see artists walking on the outskirts of the festival grounds or taking interviews from local media sources and photos with bloggers.



*Grammy-winning
American blues rock
band, Alabama Shakes.
(Photo: Josh Souza)*

At an afterparty at the Newport Blues Cafe, bands that had

performed during the festival were suddenly now performing right there in the small sold-out party of just 400 people. Artists walked right through the crowds of those who simply had been lucky enough to purchase tickets in time. Deer Tick, as usual, came on as Deer Tick and Friends – surprising the audience with their unannounced special guests – like Ruby Amanfu and Matthew Vasquez of Middle Brother. Vasquez ripped off his shirt and crowd-surfed, though this only followed Rayland Baxter who had already himself joined the crowd. Nearing the end of his amazing set, Baxter pointed to his sax and organ player and said to fans, “I want y’all to pay attention to this side of the stage for a minute.” He then put down his guitar, turned off his mic, hopped off the stage, swigged a beer, and just started jamming alongside fans in the crowd.

This is freedom. This is folk. Music, as Patti Smith cheered, “is the greatest f*ing weapon of my generation,” and for a moment, music seemed to make the world slow down. Life, stress, worry all seemed to come to a stop this weekend. And instead, the only way to feel or act was to love, and to jive, and to just feel the music, breathe the air, and unite together as many and as one.

Holy, holy, the world holy. “Holy is Newport!,” Smith improvised. “Holy the groaning saxophone... Holy the jazzbands... Everybody’s holy!” There must be something true in there, something awe-inspiring and spiritual, music and sound worthy of worship, veneration – the festival has been a hit since it started in 1959.

And until next year, the lyrics of the festival’s closing song will loom. Just moments before the crowds stirred up their own self-led closing chants, dancing, high fives, and train lines, Alabama Shakes fittingly covered Bob Seger’s Night Moves. “I awoke last night to the sound of thunder, How far off I sat and wondered, Started humming a song from 1962, Ain’t it funny how the night moves, When you just don’t seem to have as much

to lose, Strange how the night moves with autumn closing in...”

All photographs by Josh Souza.

Newport Folk Festival Day One

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Newport Folk Festival Day Two

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Newport Folk Festival Day Three

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