

Musician Spotlight: Abby Normal

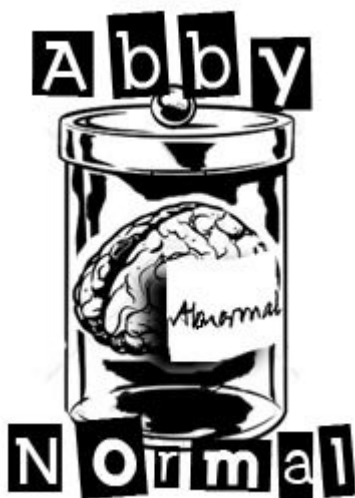


by Noah
Griffith

For this week's Musician Spotlight, I had a chance to speak with Christy Alferes, of the band Abby Normal. Read on to find out what the lead singer of this great local band has to say about their music, playing shows in the New Bedford area, and the great name of their band.

So where did you come up with the name 'Abby Normal?'

It came from my favorite movie, Young Frankenstein. People either get it right away, or have no clue.



Where do the members of Abby Normal come from?

Our guitar player, Jerome, and I are from Fairhaven. Our present drummer, Michael, is from Abington. Mike, our bass player, is from Swansea.

Where do you normally perform?

We don't perform *normally* anywhere :). But seriously, we have played Knuckleheads, The Bayside Lounge, The Ice Chest, Playoffs Pub, The District, CabbyShack, TJ's Grille & Bar...mostly the SouthCoast area. We have also performed at festivals, private parties, and weddings.

How long have you been a band? How did it all come together?

We have been together as a band since 2009. Jerome (guitar) came up with a plan to hire the best professional players he could find to fill in as we booked shows. We had a lot of really great players but no dedicated peeps. Now we have Mike and Michael full time. We met them as we hired them for shows.



Abby Normal performing at The Bayside Lounge.

Is this the first time for many of your members being in a band?

No. Jerome, Mike & Michael are all very seasoned professionals who have played in large event-type bands. They are excellent at what they do. I am pretty new to this, but have been in a few projects and have been professional for the last four years.

Do the band members have jobs outside of playing music?

Yes. We all work full time jobs, with the exception of Jerome. I mean, a guitar and comic book store, *that can't REALLY be*

considered work?! Also, the guys have side projects, and Jerome and I perform as a powered acoustic duo during the week and on Sundays.

Have you gone on tour?

Tour? Whats a tour? I have told the guys I want a tour bus, but no luck. Our goal is to be “roadrunners” to FL next winter.



What influences your music? Do you just do covers?

Yes, we are a cover-band, so we play what people want to hear and can easily recognize. Not too many obscure tunes, even if that’s what we would like to play. Positive reactions to songs keep them in the set list, while negative reactions lead to songs getting cut. We listen to feedback and suggestions from die-hard followers. We do have originals, but don’t play them live.

What is your most memorable experience as a band?

We have seen some crazy stuff. Some people have a REALLY good time and become “that” person of the night. Its great, but the coolest thing I would say is the crowd’s reaction when we play Zombie by the Cranberries. It’s a war song that you can really rock out – a lot of times we get a mini mosh pit!! It has become our signature song.

Do you have anything recorded?

Yes, we have a promo pack of covers (and one original) we have recorded called *Coming Down to This*.

Where do you get your material from?

Well, again, we are a cover-band so the material is gathered from input, feedback and research. 90% of the songs have to be upbeat. We just try to make it so everyone in the room hears their favorite song.



Christy and the boys,
again at The Bayside.

I would just like to add how much we appreciate any support and feedback that people give us. With everyone working so hard these days, our biggest thing is that everyone have a blast on the night they get to go out.

*If you are interested in finding out more about Abby Normal, below are some links to get you started. Feel free to email the band at **AbbyNormalBand@hotmail.com**, if you have any questions for them, or if you are interested in having them perform. You can also contact their manager, Mr. Steve, at (508)207-0623. Check in frequently with LocalOracle's Abby Normal page for upcoming shows.*

<http://www.facebook.com/abbynormalband>

<http://www.myspace.com/abbynormalband>

<http://www.wix.com/christya/abbynormal>

The John Stein Quartet Concert to Benefit the YWCA



Guitarist John Stein and his Quartet return to the Wamsutta Club in downtown New Bedford on Friday night, February 18 at 8 pm, for a jazz concert. The concert is presented by Whaling City Sound and proceeds benefit the YWCA Southeastern Massachusetts.

The last time The John Stein Quartet was in town, almost two years ago, the audience was carried away by the music. That feeling continued later that following week when the same group went into the studio and recorded what turned out to be an amazingly successful CD, *Raisin' the Roof*. The CD spent 18 weeks on the national *Jazz Week* radio chart, was in the Top 10 for eight weeks, reaching as high as #2. When *Jazz Week* recently published their chart of the Top 100 jazz CDs in the country, based on radio play, John and his band came in at # 8 for the entire year of 2010.

John Stein is an Associate Professor at Berklee College of Music in Boston. He is a highly praised guitarist and composer, and is also more than good on acoustic bass. Critics have lauded John's playing for its musicality and taste, among

many other aspects. John's recordings and performances are characterized by an unusually intense amount of listening on the part of the musicians. They contribute based on what they are hearing. John's quartets are four way conversations, to a much greater extent than is typical.

Like all great musicians, John surrounds himself with the best there is, even if it means long distance travel. Drummer Ze Eduardo Nazario is flying in once again from Sao Paulo, Brazil. Ze is "scary talented." He delights in throwing his prodigious technique and command into the joyous mix of this band, and his sheer love of playing the drums is infectious not only within the band but with the audience as well.



Bassist John Lockwood is respected by audiences and musicians alike. He performs and records many styles of jazz, from accompanying a bluesy or romantic singer to the most avante garde settings known in jazz. In John Stein's band, he provides a rock-steady rhythm that contributes significantly to the infectious pulse created by this band.

Pianist Jake Sherman is the newcomer to the group, and although he is giving away a few years compared to his bandmates, as a player he is mature beyond his years. His vibrant feel makes him a suitable contributor to the swirling cauldron or mellow stew that this quartet brews up. He also has a gospel side, performing on organ every Sunday at the Greater Antioch Temple Pentecostal Church in Brooklyn, NY.

The John Stein Quartet will be following the same formula they used last time they were in the area, by first playing in New Bedford at the Wamsutta Club, and then recording at engineer Peter Kontrimas' PBS Studio in Westwood, MA, a few days

later. The Wamsutta Club is an ideal setting to hear acoustic jazz. It is very comfortable and quiet, and the audience is there to hear the music. A limited food menu will be available, as well as drinks. The Wamsutta Club is located at 427 County Street, on the corner of Union Street in downtown New Bedford, and has plenty of on-site easy-in/easy-out parking and is handicap accessible.

Tickets are \$20.00 in advance and \$25.00 at the door. You are advised to purchase tickets early as seating is limited and the event may sellout. Tickets are available at the YWCA, 20 South Sixth Street, New Bedford, MA 02740, (508) 999-3255; from Whaling City Sound (508) 992-6613; at Baker Books, 69 State Road, Dartmouth, MA 02747: or at the Wamsutta Club.

ABOUT YWCA SOUTHEASTERN MASSACHUSETTS

Founded in 1911, YWCA Southeastern Massachusetts is a women's membership movement whose Mission is to eliminate racism and empower women. YWCA Southeastern Massachusetts serves an area that stretches from the Rhode Island state line east to Provincetown, south to the Islands and north to Attleboro, Brockton and Plymouth. YWCA helps women, girls and their families attain self-sufficiency by providing services to support the vast needs of people from numerous populations. While the special concerns of women provide the impetus for YWCA services, many programs are open to everyone. YWCA Southeastern Massachusetts programs and services are identified in five areas: Advocacy, Adult Services, Wellness for Women and Girls, Women's Collaborative Project and Youth Services.

Owner Spotlight: Monster Mini-Golf



by Noah
Griffith

Company Name: Monster Mini-Golf

Location: 8 Sarahs Way, Fairhaven, MA. (508)999-4222

Hours of Operation:

Tues: Thurs:2:00 pm – 9:00 pm

Fri:2:00 pm – 10:00 pm

Sat:12:00 pm – 10:00 pm

Sun: 12:00 pm – 8:00 pm

February Vacation Hours: Monday-Thursday, 11am-9pm, Friday 11am-10pm.

Owner Full Name: Joe Sousa



How long has Monster Mini-Golf been open?

Two years and three months.

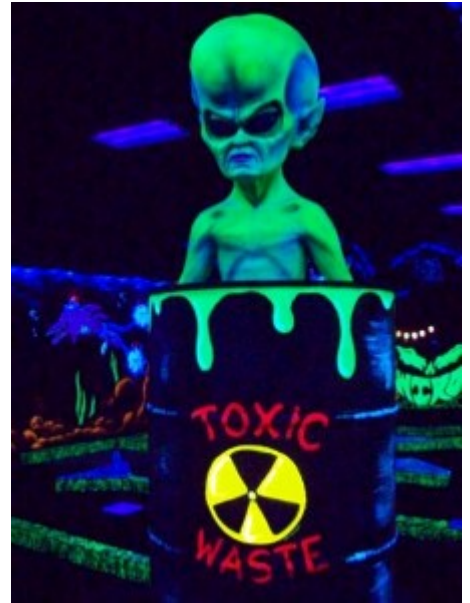
How did you decide to get into the indoor golf business?

We were looking at different family entertainment opportunities and came across Monster Mini Golf. We loved the concept and what it had to offer: a fun, safe, and friendly

environment.

What did you do before owning your business?

I was a full time tax accountant. Monster Mini Golf is much more fun.



What is the meaning behind your business's name?

Monsters are the key ingredient to our décor. All of our Monsters are very friendly.

What sets you apart from other similar businesses?

Monster Mini Golf is 18-holes of monster-themed, glow-in-the-dark, miniature golf, games, private party rooms and more. We have an in-house radio station, "Weird Radio," where we do tons of trivia questions and give out tons of prizes. We are available for all types of parties and fundraisers,

What is your busiest time of year?

We are really an all year place. Summer we are fully air-conditioned. Winter we are heated. Rain or snow, you're inside, protected from the elements. Day or night it's all black light (probably the only "light" that is still popular from the 70's haha). Halloween is popular with the Monster

theme and private parties.



What is your favorite part of owning your business?

Honestly, I love the interaction with people that I experience along with all the awesome people I have met, from children to grandparents. Everyone comes here to have a good time.

What kind of regular specials do you have each week?

We offer couples night on Tuesdays, \$10.00 golf per couple, and Thursdays are college night. Show your student I.D. and golf for just \$4.00

What big events do you have coming up?

On February 15th, meet the guys from Big Time Rush between 6pm and 8pm. FUN 107 will be there too.

Share

Musician Spotlight: Corey Zaccari



by Noah
Griffith

In this week's *Musician Spotlight*, we take a closer look at an artist that has been playing in the New Bedford area for a long time. Although he's enjoyed measures of success with his solo material, as well as part of a band, I personally don't think Corey Zaccari has been as close to the spotlight as he is right now.

So Corey, do you perform mostly solo, or mostly with a band?

I enjoy doing both, but people seem to gravitate more towards my solo material. Performing solo and with a band are two different sides of the spectrum. With a band I get to really let loose, whereas a solo performance has a more personal and intimate feel.

Where did you come up with the band name, BadMotherFunk?

The original name was GrandmotherFunk, but I thought BadMotherFunk sounded better. I'm taking time from that project so I can concentrate on my third solo album, *Big Fish*, to be released in the spring 2011.



Have you been in other bands?

I have been in a few, some you may know and some you may not. Let's see... Broken Poet, No Meteor, Lamotta, Andromeda, Circa:Era, and the Corey Zaccari Syndrome. Whether I was writing just lyrics, music, or both, all my experiences have helped me hone my writing and arranging

skills.

How long have you been performing?

For about 10 years. I got the "bug" from watching my grandmother, who sang in the church choir, and also sang in theater. I was always fascinated by that.

What made you want to get into music?

I imagine it was from watching how music affects people in positive ways, and also how it brings people together. Whether I'm performing or listening as a fan, it feels good to be a part of that.

Have you ever gone on tour?

Back in 2003 when I was in Lamotta, we did a small tour that started in Providence, RI, then went through Maine and Massachusetts before finishing back in Providence. It was a great experience.

What influences your music? How would you describe your music?

Usually, I write my best material when I'm going through some kind of change; whether positive or negative, that's my outlet...either way it keeps me out of the "darkside." My music is something that I like to share with everyone, young and old. I like to think that my music covers all ages, ethnic backgrounds, and genres.



Circa: Era, one of Corey's two EP's.

Do you have anything recorded?

I have two solo EP's under my belt: *Comedown*, released in 2000 and *Circa: Era*, which came out in 2004. I also completed four full band projects between 1998 and 2003. I'm now working on my third solo album, *Big Fish*, which is coming out this spring. It will be my first full-length album.

In all seriousness, is this for fun or do you intend this to take you 'all the way?'

I have been doing this for some time now, and the only reason I'm still doing it is because it **IS** fun. Late last year I signed on as an artist with Mass Boss Entertainment. They have embraced my talents and creativity, which has afforded me the opportunity to take this to the next level, so I am very grateful for that. As far as taking it "all the way," we have a motto: "We're going to ride this thing 'til the wheels come off."

Where do you get your material from?

It comes from a lot of places; my past, my present, and my future. I may write something today and realize that it's about something that happened a long time ago. I watch things and I see people living their lives, and that inspires me to write as well. I only write about real things that are going on.

Do you perform in the New Bedford area at all?

I have performed in and around the area for about 10 years, at places like the New Wave Cafe, Bridge Street Station, the Garden Pub, and The Bullpen. I also perform in Providence, Boston, and Connecticut. My goal is to get my music out to the fans and make them feel what I feel. At the same time, I want them to make my songs their own and have something can take with them always.

To hear a sample of Corey Zaccari's music, check out his video for the song "Edge of the World." Also, be sure to find out when and where Corey will performing locally at LocalOracle.com.

Financial Portfolios 101: A Guide to Ensuring Your Financial Future



by Noah
Griffith

Let's say you are interested in starting your first Financial Portfolio. Maybe we should begin by asking, "What is a Financial Portfolio?" For starters, a financial portfolio is a combination of different types of investments intended to grow over a fixed period of time. For the person who is just starting out, the simplest way to go is to find a financial advisor. It is also possible to learn how to invest on your own, although it can be very time-consuming.

Which is right for you? In this article we will look at different ways of investing money so you can decide which is best for you, and we will ask professional financial advisor Steven Griffith, who owns a private investment consulting firm in Mattapoisett, MA, questions about the different types and uses of various investment possibilities.

Why does a person need a Financial Portfolio?

Years ago, and up to the mid-'80s, people depended upon three sources of revenue for retirement: pensions, Social Security,

and their individual savings. In the '70s, most of the Fortune 500 companies provided their employees with pensions for economic support during their retirement years. Today that number has dwindled to only about 15% of all Fortune 500 companies, if they still offer a pension at all. Private pensions are rapidly becoming a thing of the past. We are all fully aware of the precarious nature and instability of our present Social Security System's ability to continue its payout through this generation and the next. The Federal Government's social policy is attempting to shift the weight and responsibility of caring for our aging population to the individual, as opposed to private corporations or various types of social programs doing so as in the past.

In addition, people are living longer. While life expectancy for Americans born in 1938 was around 64 years, those Americans who are currently 65 are projected to live another 18 years to age 83, on average. And, if you reach age 83, your life expectancy extends to age 90. Here's one final thing to keep in mind: While a 60-year old man today has a 20 percent probability of reaching 95 and a 60-year-old woman a 30 percent chance, there is a 40 percent chance that at least one member of a married couple at the same age will live until 95. Retiring couples need to consider this increased probability when planning for retirement.



Because we are living longer, we need to save more money for our retirement years. And we need to manage our money differently during retirement due to the longer lives we now lead. Therefore, we need a Financial Portfolio because it is really up to us to provide for ourselves – don't count on Uncle

Sam or your company or employer to provide for you later in

life. Remember: If it is to be, it's up to me!

At what age should a person begin creating a Financial Portfolio and start planning for retirement?

Yesterday! It is crucial to begin saving as soon as you possibly can in order to maximize the probability of having as much wealth as possible available later due to growth on your initial investments. This is the result of the reinvestment of interest and dividends from your earlier investments. *Is it better to put a little money away every month now, or to put a larger amount away every month later in life?* The answer is that it is best to start by putting away as much as possible as early as possible. Investing the same amount each month from the start, year in and year out, is known as dollar-cost averaging. In theory, the end result is that you will purchase shares of stock at varying prices throughout the year. At the end of the year, you will have purchased all of your shares of stocks at the average cost. Of course, if you were clairvoyant, you would take all of your money and purchase your shares of stock on the day on which they were selling at the lowest price during any given year. But since most people aren't clairvoyant, dollar-cost averaging is the next best thing to being able to see into the future. One should also try to increase the percentage of your investments by 4% annually in order to keep pace with inflation.

To whom can a person speak for reliable financial information? How do you know who to trust?

You can always start with parents or family members who have been financially successful. Or if you have friends who are financially successful, you might also ask them for some hints. Perhaps family members or friends have used the services of a financial advisor, and you could ask if they have been satisfied with that person's advice and performance. A key question to ask is: How did their portfolios perform during the most recent bear market? (A Bear

market means a persistent or perpetual market in which values are consistently declining). You should be concerned about the degree to which your portfolio sustains losses during a bear market, because every time you lose money, it takes that much longer to get back to where you originally were. If you lose less money during a bear market over the long run, during periods of growth (which are referred to as “bull” markets), you should ultimately have more money available to you when you’re ready to retire.

The benefit of utilizing a professional financial advisor is that they specialize in studying the stock and bond market trends as well as myriad other investment vehicles which should become part of your portfolio. They can advise and aid you in its design and construction, which will give you a higher probability of reaching your financial goals than you probably would achieve by attempting to synthesize the vast amount of information needed to accomplish this task on your own.

Just what kind of information can a financial advisor share with you?



He or she can explain to you the different types of assets available to you, and also explain how the stock market works – valuable knowledge that would take a long time to learn on your own. Stocks and bonds are the two most common ways that people invest their money. When you invest in stocks, you are buying partial ownership of a company. When you invest in bonds, you are letting that entity borrow your money. Let’s just focus on the various types of bonds one could purchase:

Municipal Bonds

Municipal bonds are issued by states, counties, cities and towns all across America to fund local projects such as roads, sewers, school construction, bridges, toll roads, and hospitals. The interest earned on this investment is generally free from taxes on the federal, and in some cases on the state level, though the interest may be subject to the alternative minimum tax.

Corporate Bonds

These bonds are usually issued by major corporations. Corporate interest is generally taxable at all three levels: federal, state and local. Generally, these bonds pay higher rates than government or municipal bonds since the risk is higher. Corporate bonds have a wide range of ratings and yields because the financial health of the issuers can vary widely. A high-quality blue chip company might have bonds carrying an investment rating such as AA (with a low yield but a lower risk of default), while a startup might have bonds carrying a "junk bond" rating (with a high yield but a higher risk of default). If a company goes bankrupt, both bondholders and stockholders can make a claim on the company's assets, but the claims of bondholders takes precedence over that of stockholders in a liquidation.

Zero Coupons

These are a different class of bonds, issued with a steep original discount and paying NO regular coupon interest, but maturing at full face value of \$1000. (Think of buying a dollar in ten years while only paying pennies for that dollar today.)

Treasury Bonds

These are direct obligations of the United States Government and are generally regarded as the safest bonds in the world. Government guarantees provide timely payment of principal and interest, if held to maturity. They do not insure against

volatility of interest. Interest from Treasury notes and bonds is not taxed by States, though their interest is subject to Federal income tax.



Financial Advisor Steven A. Griffith

Certificates of Deposit

CDs are timed deposits created by banks. Although CDs have similar characteristics to bonds, they are insured up to \$100,000 (interest and principal combined) by the Federal Deposit Insurance Corporation. Although banks originate CDs, investors may also purchase them from broker-dealers.

What is an IRA?

An IRA is an Individual Retirement Account. There are two types of IRAs: The traditional and the Roth IRA. When investing in a traditional IRA your income tax will be lowered during the year of your contribution. For example, if you earned \$50,000 this year and contributed \$5,000 to a traditional IRA, your new income tax basis would be \$45,000. With the Roth IRA, if you earned \$50,000 this year and contributed \$5,000 to a **Roth** IRA, your income tax basis would still be \$50,000. Contributions to a Roth IRA are generated by after-tax income.

The most important difference between these two Individual Retirement plans is their potential for long-term growth and the resulting tax basis that will be created in the future at

the time you withdraw your funds. For example, let's assume that over a two-year basis you contribute a total of \$10,000 into a traditional IRA and, hypothetically, over the next twenty years it grows advantageously into \$100,000. When you withdraw this money, you will have \$100,000 of taxable income. Once again, let's assume that over a two-year basis you contribute a total of \$10,000 into a Roth IRA and, hypothetically, over the next twenty years it grows advantageously into \$100,000. Your taxable income when you withdraw this money is zero. There are many other advantages to a Roth IRA, too numerous to mention here.

Why should a person bother to invest at all, as opposed to just putting his or her money into the local Savings Bank? The interest earned on your money in most banks and credit unions will not keep pace with inflation, and you will actually be losing money, although it will not appear so. So it really pays, in the final analysis, to take the time to find a trustworthy Financial Advisor.

These questions were answered by Financial Advisor and Retirement Planner Steven A. Griffith, AIF, of Peers, Inc., and edited by Cherie Thompson, B.A., M.A. Their office is located at 7 Gosnold Street, Mattapoisett, MA, and they can be reached at 508-758-2213. You can also visit them at their website, www.peersinc.com. Steven can also be reached at stevengriffith@nfpsi.com. Both Cherie and Steven are open to any questions you may have regarding the information in this article.

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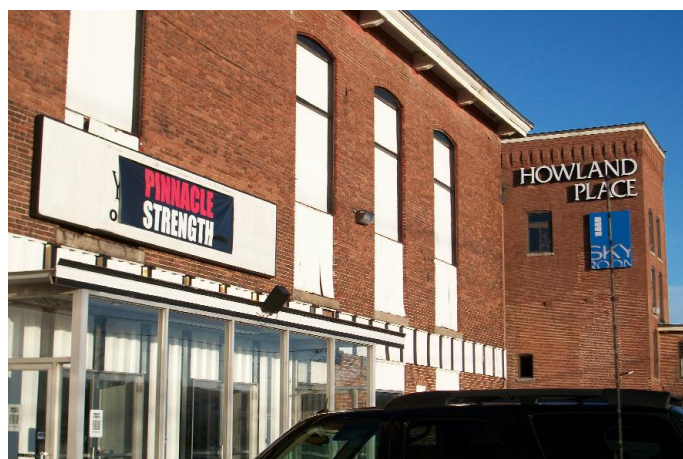
New Year, New You: How to Reach Your Pinnacle Strength



by Noah
Griffith

It's no secret that the most common New Year's resolution is to become healthier and to get into better shape.

There are a multitude of television shows dedicated to inspiring people to get fit and lose weight, like *The Biggest Loser* (NBC), *I Used To Be Fat* (MTV), *Celebrity Fit Club* (VH1), *Dance Your Ass Off* (Oxygen), and *Heavy* (A&E). Movies such as *Supersize Me*, *Fast Food Nation*, and *Food Inc.* also deal with the same issues. Over 129 million Americans are overweight or obese- roughly 64 % of the population!



Recently, there has been a small boom in the amount of gyms being opened in the New Bedford area: Club Fit, Planet Fitness, 24/7 Fitness and Total Fitness. These gyms are joined by all the local gyms that have been around for years: YMCA, WOW, Howland Place, Champions, and Gold's Gym, just to name a few.

However, the newest of all the gym's in New Bedford is **Pinnacle Strength**. I was fortunate enough to have a chance to sit down with the owner, Brad Cardoza, to find out what makes his gym a notch above the rest.

Strong man vs. Strongman = Pinnacle Strength

Brad Cardoza, known as BJ to his friends, grew up just outside of New Bedford in Mattapoisett. He became involved with football in high school and before attending UMass Amherst, where he became a star track & field athlete. It was during his five years in college working closely with strength and conditioning coaches that Brad realized he wanted to make a career out of being 'in shape.'

Since graduation Brad has dedicated his life to health & fitness. When looking at his resume there are some words you see over and over again: Pro fitness Trainer, Fitness Manager, Fitness Director, Personal Training Services, and let me not forget IFSA (International Federation of Strength Athletes) Professional Strongman.



"After graduating from UMass I immediately moved to Boston and began my personal training career at the Boston Sports Club in Government Center. It all fell into place for me from there."

Brads dream of owning a gym started at age of 14 when he first walked into a gym in high-school. Brad is hoping that he can bring back to gyms what has been lost over the years.

"Fitness Centers today lack the personal touch that all gyms used to have 20 years ago. I wanted to bring back a facility where you know who to ask all your questions to as soon as you walk through the door: the owner. Pinnacle was built specifically for athletes and people who take working out seriously. At the same time I have a ton of members here who are just starting to work out and feel comfortable because

they know I am always here to answer any questions or concerns they may have. Overall, Pinnacle is just a completely different type of business. The atmosphere is definitely more hardcore than your average facility, which all of my members seem to love. A lot of people don't understand how much atmosphere comes into play when trying to find the motivation to get through a tough workout. At Pinnacle, the equipment, the walls, the music, and the members all add to a great training atmosphere. "

Pinnacle Strength is filled with all manner of equipment, but taking a closer look I realized there's a lot of equipment here you don't see everywhere else. For instance, in the rear of the gym there is a 900 lb. tractor tire. There is also an unfinished area in the back where BJ is working on setting up for strongman and MMA-inspired workouts.

By the end of my inquisition I learned that even just after opening its doors, Pinnacle Strength continues to evolve. I learned that there will be a new MMA (Mixed Martial Arts) gym opening in the New Bedford area called Kage Kontrol, that is expected to open in March of 2011. Instead of competing against each other, these two plan on working together to help train not just fighters, but those who are interested in MMA as way of working out and reaching their peak physical condition.

The Test



After touring the gym and seeing the passion in Brad's face for what he was doing, I had an idea: I asked Brad if he would mind doing a special private workout routine that I would be able to spotlight and put his knowledge and Pinnacle Strength to the test.

He said, "Yes," before I even finished with the sentence. So I went home and grabbed my fiancée, Sasha, and told her that she had

to be up at 8 A.M. the next morning to have a private work out at Pinnacle Strength. I would be there too, watching closely from behind my camera and studying the workouts Sasha was doing.

We showed up in the morning, and immediately went to work. Of the ten different work outs that Brad had Sasha doing, I had seen three of them before. The other seven exercises that weren't unheard of or out of this world, but they were functional, realistic, and (as I said before) were done with equipment that you just don't find in most gyms. It was amazing. Brad had no problem at all answering our questions, and explained not only how to do the exercise properly, but the purpose behind each one as well.

Brad also pointed out that all of the equipment in the gym is band-compatible, making them ideal for speed training with athletes, and training muscles to move faster:

"Like an offensive line-man coming out of a 3 point stance, a sprinter coming out of their start, or striking like a kickboxer, bands are a safer and more effective form of resistance for athletes, as it is constantly increasing throughout the concentric portion of the movement. Bands make the eccentric portion of the lift considerably harder as well, and are great tools for learning speed and

acceleration, or just to increase your starting strength or lockout ability.”

Back at home, Sasha and I talked about the workout she had gone through earlier in the day. I asked her what she thought of the workout and the gym. She told me she loved it. “I can’t wait to sign up,” she told me, “I wish I had the ability to see him three times a week.” After checking out the gym and talking with Brad, and from what Sasha was saying she experienced, I knew that Brad is the real deal.

Though at first the gym may sound and appear to be set up for only a certain type or group of people, Pinnacle Strength proves to be a place where all are welcome and encouraged to come to work out, ask questions about working out, and become more physically fit human beings.

The Basic Info

Pinnacle Strength opened on December 23rd 2010 and is located at 665 Orchard Street New Bedford MA 02744, (774) 202-3110.

Hours of Operations are Monday-Friday 8am-10pm, Saturday-8am-8pm, and Sunday 8am-6pm.

BJ is at the gym from open to close. In less than a month already he has reached $\frac{1}{4}$ of his ideal annual memberships, so it is filling up quickly. He is extremely friendly and wants to answer any and ALL of your questions. Membership is \$20.00 per month, all up front or paid monthly.

Pinnacle Strength will be running classes for strength and conditioning programs, weight loss, teen strength training, and cardio kickboxing, as well as yoga, which will be soon be available.

For more information and pictures of Pinnacle Strength, workouts, and any overall fitness questions, feel free to

check out Pinnacle Strength's Facebook, You-Tube Videos, and of course the GYM!!!

More articles about Brad:

<http://www.umassathletics.com/sports/m-track/spec-rel/112405aab.html>

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Winter Storm Causes Blood Supply Shortages On The East Coast

Red Cross Blood Regions in the southeast reported that more than 6,000 blood donations could not be collected due to the storm which paralyzed the South. In the northeast, Red Cross Blood Regions reported that nearly 2,000 blood donations were not collected last Wednesday as the snow was still falling.



PLEASE HELP NOW. MAKE A
BLOOD DONATION APPOINTMENT



“The result of the cancellation of that many blood drives and consequently all those blood donations translates into as many as 24,000 blood products that we now do not have available for patients who may need them,” said Chris Hrouda, executive vice president, Red Cross Biomedical Services. “We are asking

anyone in these areas who is eligible to give blood to please consider making an appointment to donate as soon as it is safe to do so.”

If you're in an area unaffected by the storms, your donations could help meet the blood needs of those in your local community, or wherever blood is needed is most. There is a particular need for people with 0-negative blood to give now. 0-negative is the universal blood type which can go to any patient regardless of their blood type. 0-negative blood is often used in emergency cases when doctors can't wait to type a patient's blood.

There is also a need for people to give platelets during what is called an apheresis donation. A machine collects only your platelets and returns the rest of your blood back to you. Many patients who need platelets are undergoing chemotherapy or organ transplant and have weakened immune systems.

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to donate blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate. It must be 56 days since your last donation.

For more information, or to schedule your donation, **please call 1-800-RED CROSS.**



UPCOMING BLOOD DRIVES:

- First Congregational Church of Wareham, Tuesday, January 18th, 1:20-

6:30p, 5 Gibb Street, Wareham

- Acushnet Community Center, Tuesday, January 25th, 2-7p, 232 Middle Road, Acushnet
 - Saint Martin's Church, Sponsored by Your Theatre, Inc. Monday, January 31st, 1-6p, 136 Rivet Street, New Bedford
-

The Best Bars for Watching the NFL Playoffs



by Noah
Griffith

The NFL Playoffs began this past Saturday, as the Seahawks upset the Saints and the Jets beat the Colts on a last second field goal. I have several friends who lost a total of \$550 betting on the Jets-Colts game. I thought it was funny; they didn't. Sunday's action saw the Ravens advance easily past the Chiefs, while the Packers outlasted the Eagles. The matchups are now set for the next round, so as we head into next weekend's playoff action (including the big Patriots game on Sunday), the only thing left to do is figure out where you'll watch the games.

I took it upon myself to make a list of the best places in the area to watch the NFL Playoffs. Without further ado, and in no specific order, here is NewBedfordGuide's list of the best places to watch the NFL Playoffs.



Knucklehead's Bar & Grill: 85 MacArthur Dr New Bedford MA 02740 (508) 984-8149 www.knuckleheadsnb.com

Number of TV's: 17 HD

Food Specials: \$5 Steak Dinner and \$6 Tailgate Pan

Drink Specials: Bucket of beer: Domestic: \$13.50 Foreign: \$16.50

Capacity: 95

Other Information: Now accepting Credit Cards. Cheap food, great drinks, great time. For those of you that don't know yet Knuckleheads is now serving breakfast, and they also host a Hot Wing Eating Contest on Sundays. Eat all 10 hot wings in 30 minutes or less and win \$100.00. It's \$20 to enter and whether you complete the task or not you get a T-shirt commemorating your moment of temporary insanity.

Catwalk Bar and Grille: 34 Union St. New Bedford MA 02740 (508) 994-3355 www.catwalkbars.com

Number of TV's: 6 HD & 1 Big Projection Screen

Food Specials: Tailgate Pan Special (Ribs, Steak Tips, French Fries); Unlimited Wings \$5.95 and Tenders \$6.95 (per person).

Drink Specials: Reg. specials, 64 ounce pitcher of PBR, Rolling Rock, Catwalk Brew; \$8

Capacity: 200

Hibernia Irish Pub: 109 William St. New Bedford MA 02740 (508) 984-4423 www.hiberniairishpub.com

Number of TV's: 4 HD, 1 Big Projection Screen

Food Specials: \$.25 Cent Wings

Drink Specials: Reg. Special \$8 pitcher of PBR or Rolling Rock

Capacity: 99

Rose Alley Ale House: 94 Front St. New Bedford MA 02740 (508) 858-5123 www.drinkrosealley.com

Number of TV's: 9 HD

Food Specials: All-you-can-eat wings

Drink Specials: Beer Pitcher Specials

Capacity: 149

Ice Chest Bar & Grille: 136 Huttleston Ave. Fairhaven MA 02719
(508) 992-BEER. www.icechestbar.com

Number of TV's: 6 HD

Food Specials: Burgers and pizza: Buy one, get one free, during Monday night football.

Drink Specials: No

Capacity: 196

Miller's Homeport: 24 Cove Rd New Bedford MA 02744 (508) 992-1311

Number of TV's: 12 HD

Food/Drink Specials: Pitcher of beer & 8 wings for \$12, each additional wing is only \$.25. \$6 Pitcher of Millers Homeport Lager. \$3 Jager-bombs. Buy 2 burgers get an appetizer free. Tailgate sampler with boneless chicken wings, mozzarella sticks, onion rings, fries, and a cup of chili for only \$10.

Capacity: 99



Café Funchal: 123 Church St. New Bedford MA 02746 (508) 990-1886 www.cafefunchal.com

Number of TV's: 4 50" HD, 1 Projection Screen

Food Specials: Special Football Menu

Drink Specials: Special Draft Selection

Capacity: 220

Rasputin's Tavern: 122 Main St. Fairhaven MA 02719 (508) 858-5490

Number of TV's: 8 HD

Food Specials: Sunday Lunch Buffett 11am-your full

Drink Specials: \$2 PBR 16oz can, \$1.50 Drafts, \$2 Mikes

Capacity: 99

Other: Fairhaven's newest neighborhood sports bar. It occupies the same space as the old Bridge Street Station.

Shooters Sports Bar: 2691 Cranberry HW Wareham, MA 02571 (508) 295-6666

Number of TV's: 16 HD

Food/Drink Specials: Buy 1 pizza, get one free, buy a pitcher of beer and pizza for only \$9.99.

Capacity: 108

Endzone Sports Pub: 218 Coggeshall St. New Bedford, MA 02746 (508) 997-7309

Number of TV's: 7 HD

Food Specials: None

Drink Specials: \$10 Pitcher of Red Sangria. Draft beer special: Endzone Light \$2.50 for 23oz & \$2 for 20oz.

Capacity: 100

Strikers Sports Bar and Grille (Wonder Bowl): 66 Hathaway Road New Bedford, MA 02746 508-993-1746 www.strikerssportsbar.com

Number of TV's: 14 HD, including 115" Projection

Food Specials: Daily specials.

Drink Specials: Beer specials every month. Right now: Leinenkugel 16oz \$2.50/ Landshark \$2.00

Capacity: 120

Other: Only place where you have beer, sports, pool tables,

food, and BOWLING!!!

Applebee's: 500 State RD N. Dartmouth MA 02747 (508) 997-3957
www.applebees.com

Number of TV's: 5 in bar, 2 in dining room, all HD

Food Specials: \$.25 wings during Pat's games

Drink Specials: \$3.50 Coors Light Draft & others

Capacity: 210

Here is the schedule for next week's playoff games:

Divisional Playoffs:



Tom Brady leads the Patriots into a playoff showdown with the Jets.

Saturday, January 15, 2011

AFC: (5)Baltimore Ravens at (2)Pittsburgh Steelers: 4:30 P.M. ET on NBC

NFC: (6)Green Bay Packers at (1)Atlanta Falcons: 8 P.M. ET on FOX

Sunday, January 16, 2011

NFC: (4)Seattle Seahawks at (2)Chicago Bears: 1 P.M. ET on FOX

AFC: (6)New York Jets at (1)New England Patriots: 4:30 P.M. ET on NBC

The AFC and NFC Conference Championship Games will be played the following weekend, with both games taking place Sunday, January 23. The Super Bowl takes place two weeks after that on Sunday, February 6, in Dallas, TX.

Share

New Bedford's Comprehensive Guide to New Year's Eve



by Noah
Griffith

New Year's Eve has always been a great time for celebration around the world. Here in New Bedford it's no different... we make it one of the most sensational nights to go out and about the city. There are family-friendly events for people of all ages to enjoy, and there are also many activities geared a little more toward adults. No matter how you want to spend your New Year's Eve, you will be able surely be able to find something great to do in New Bedford!

There are also plenty of forms of public transportation that are available for those who would like to have a couple drinks or a night-cap before heading home. Please don't drink and drive: the police will be out. My only wish is that everyone has a great (and safe) time and that you work on making this 2011 year a better one for yourself and all those around you.

Now let's get into business!!!

New Year's Eve events are listed alphabetically by venue. Click on the venue for directions and/or additional information.

Arts & Culture

Artworks

New Year's Eve Artworks is bringing the community together from 12P.M. to 4P.M. (**Thursday & Friday**). Enjoy crafts and storytelling by Karen Chase from "Story Bug". While she's telling stories, everyone is invited to make and create hats for the New Year's Eve Parade at 4:30P.M. Awards will be given to the biggest, fanciest, and most creative hats. Then display your hat by marching in the parade!

New Bedford Visitor Center

Take your kids for crafts and games with the 19th Century Ladies from 5 to 7 P.M.

Whaling Museum

Fire & Ice! Watch live ice sculpting at Custom House Square starting at 5 p.m. and stick around for real fire-eaters at 6 P.M.

Live Music/Nightlife

AHA! & Fairfield Inn Marriot

Ring in 2011 with the AHA! ReNew Year's Eve Party. from 9 P.M. to 1 A.M. at the newly-opened Waypoint Event Center at the Fairfield Inn and Suites.

Bar 908

Live DJ and dancing, champagne toast and balloon drop at midnight, party hats & noise makers, horns & tiaras, and it's all FREE! That is if you're our Facebook friend and you RSVP for your tickets! It's just our way of saying "Thanks" for being our friend and supporting Bar 908 all year long!

RSVP NOW! Tickets are limited! Keep checking our FB Page for more details.

Bristol Hall

Swing dance to the beats of the The Hep Cats as they play from 5 to 7 P.M.

Café Arpeggio

For great folk music, Open Mic Night from 5 to 8 P.M.



Candleworks Restaurant

Infamous dining and drinking is what you will find at Downtown's #1 restaurant this New Years Eve!!! The Candleworks Restaurant is the place to be... A gourmet menu designed by executive chef & owner Jared Morgado will bring you into the 2011 with live piano music followed by the sounds of Vintage Soul, playing from 10 P.M. to 1:30 A.M. Make your reservations now or settle for something less.

Black Watch Pub

Ring in the New Year at the Black Watch Pub, where you'll find three bands playing!

Lesser Knows

Figures

Aaron Alves

The fun starts at 9:30 P.M.

Café Funchal

New Year's Eve party in the main ballroom. DJ Music by Chris Saraiva of Sound Explosion. Champagne toast and appetizers. Doors open at 5:30 P.M. with appetizers at 6 P.M. Entrées will also be served.

Tickets are \$75 for Adults/ \$40 for Children (under 12)

****Formal Dress Required****

Catwalk

I'M SINGING!!! IT'S NEW YEARS EVE AND I'M SIIIIINNNNGGIIIIINNNNG!!!

Jim and Doris will host karaoke 10pm – 2am down at Catwalk. So come down and ring in the New Year to 2011 with a great bartending crew serving all your favorite drinks. The kitchen will be open till 9P.M. There is No Cover Charge, and the music starts at 9:00 P.M.

Celtic Coffee House

Eddie Dillon plays traditional Celtic Music from 5:30 to 7 P.M.

Cork

Cork will be open all day and at night, they have a special New Year's Eve menu with Prime Rib, Surf 'n Turf (with Tenderloins and a Baked Stuffed Shrimp), along with other seasonal specials.

Fathoms

Come celebrate the New Year at Fathoms. Tickets cost \$50, and the event runs from 9 P.M. to 2 A.M. With your ticket you will receive valet parking, appetizers, a champagne toast, waterfront views, fireworks, and live entertainment provided by Slingshot!

Fins

Fins is closing down during the upcoming week for remodeling, but will be reopening December 31st 2010, just in time for New Years Eve. Doors open at 7 P.M. with a free pizza buffet and a Champagne toast to ring in the New Year. Music will be provided by DJ Lou. You'll be able to watch the ball drop on the new t.v.'s, and dance the night away on the new floor!

Ginger Grill

Adam Payne from 6 to 8 P.M.

Hibernia

Video Lounge starting at 10 P.M. Forget your average DJ. This New Years Eve DJ JK Music is going to have you dancing in the New Year. NOT ONLY will you hear all your favorite top-40 songs and requests, but you get to see the video's while the songs are playing!

Ice Chest

Get your tickets early for Ice Chests' 4th Annual 'Ticket Only' New Year's Eve Party! Reserved seating and sit-down dinner party with music by the Relics. Party favors and a Champagne toast will also be included. This event always sells out so it is advised that everyone get their tickets early! Starts at 6 P.M.

Inner Bay

For just \$39.95, enjoy a wonderful Dinner for Two, which includes a dessert and a bottle of wine!

Kirby's

Free appetizers and a Champagne toast at midnight.

Knuckleheads

Rock & Blues X-plosion will be going on down here at Knuckleheads to help you rock in your New Years Eve!!! Music from everyone's favorite Shipyard Wreck, and "Rock, Rhythm, & Blues All Star Band". Party favors and champagne toast at midnight!!!

Libads

There is going to be a Champagne toast at midnight, giveaways, drink specials, and food. Oh ya and don't forget to come by and ride the Mechanical Bull, YEEHAAA!

National Park

Fado musician Ana Vinagre will play from 7 to 8 P.M.

New Bedford Art Museum

The Michael Rollins Group will be playing jazz from 5 to 7 P.M.

The HQK Jazz Ensemble plays from 7 to 8 P.M.

New Bedford Public Library

If you've got kids, we've got activities! The Toe Jam Puppet Band will have concerts at 5:30 P.M. and 7 P.M., plus face-painting with Lulu the Clown before each show!

Pilgrim United Church

The Anchors, a local teen band, will play from 6 to 7 P.M.

Pour Farm

Doors open all day starting at noon. Neal McCarthy will be playing from 9P.M. to Close. Come on down and rock in the New Year with one of New Bedford Favorite's. No Cover Charge

Rose Alley Ale House

Free Champagne Toast, \$5 all you can eat Chinese Buffet (made by RAAH), & live entertainment. No Cover Charge! Party starts at 9:30 P.M.



Seaport Inn & Marina

Diane Blue And The Beantown Boys from 6-10:30 P.M.

\$25 Show only: \$50 Dinner & Show

UMass Star Store

The HQK Jazz Ensemble plays from 5 to 6 P.M.

Whaling Museum

The Showstoppers will play from 5:30 to 6:30 P.M.

Dori Legge & Butch McCarthy (from the MRL Trio) will be

performing a duet from 7 P.M.-10 P.M.

Zeiterion

Hosts one last big night of music for 2010: Shelley Chandelier & Her One Night Band, Boo City, Santa Mamba, Buzzard Blue Band, and Pumpkin Head Ted. From 4:30 to 8 P.M.

Other Cities/Towns:

I called around and there are no other city or town-sponsored events taking place on New Year's Eve 2011. Can you believe that there is nothing happening from Fall River to Wareham? It's just another of the many reasons why New Bedford is the bee's knees.

For those of you planning on not wasting a single minute of the New Year, here are a few ideas to get you started:



January 1, 2011

The **1st Annual Polar Bear Plunge** at **Fairhaven's Fort Phoenix Beach**. All the money raised from this event (through T-shirt sales at the Plunge) will go toward a scholarship fund created in memory of victims of domestic abuse. Also in support of this cause, New Bedford Guide will giving out five (5) FREE NBG T-shirts to the first five people who come to us (after going into the water). Additionally, we will be selling New Bedford Guide T-shirts for \$10 and ALL money will be donated to the Polar Bear Plunge Committee for its fund-raising purposes.

First Day at Kennedy Park in Fall River, from 12-3p.m. This event is open to the public and is FREE.

In the case of inclement weather, the event will be postponed until Sunday, January 2, 2011, 12:00 noon- 3:00pm (and will be called Second Day... just kidding).

Check back to LocalOracle for additional entertainment and activities.

1st Annual Ft. Phoenix Polar Plunge



by Noah
Griffith

For those of you who have participated in the previous Polar Plunges at Ft. Phoenix, I know what you're thinking: How is this year's plunge the First Annual Polar Plunge? Haven't I been doing this for the past ten years? I have answers to your questions, but first I need to fill everyone else in on what the Polar Plunge is all about.

I know you think I have to be crazy to jump in to freezing cold, close-to-freezing water in the middle of the winter, but take it from someone who has jumped into the freezing cold waters of the Atlantic the last five New Year's in row: This is the **BEST** way to start off the New Year (and get rid of your hangover from the New Year's Eve celebration from the night

before). If you don't believe me, ask the 20 or so people I've convinced to jump in with me over the years.

After getting out of the water, we all head to to a local bar to have a few brews or a cocktail or two. Why? Because after jumping into freezing cold water, you need a drink. It's a vicious cycle. And yes, I do have to mention something about drinking in all of my articles...it's my thing.

This particular plunge was started ten years ago for Nancy L. Schonheinz, a local physical therapist who was a victim of domestic violence and taken from us in November 2000. In honor of her, the Ft. Phoenix Polar Plunge was set up to raise money for domestic violence victims, and also to create a Fairhaven High School College Scholarship Fund. The event is, and always has been, free to attend and participate in.



Every year there is a theme, and people dress up according to the theme, although you are not obligated to do so. I myself have never dressed up because I've watched enough *Man vs. Wild* to know for a fact that it is better to run into freezing cold

water wearing as little as possible so that you can dry off faster when you get out. T-shirts are sold commemorating each year's event and theme, with the money from t-shirt sales being the primary source of donations to the domestic violence and scholarship funds.

The event is always a blast, and there is usually a huge turnout, but it takes money and a lot of time to set up and organize. While the event itself is continually growing, the amount of people buying the T-shirts has not kept pace. As I stated before, T-shirt sales are the primary means used to raise money and make it possible to put this event on.

After ten years, the Nancy L. Schonheinz Scholarship Committee has decided to drop the event because it just wasn't financially feasible for them anymore. Thankfully, someone else was there to grab the rebound: the Ft. Phoenix Polar Plunge Committee. That is the reason why this year's event is the 1st Annual Polar Plunge. The event is continuing on just like the previous years, only with a new name and a new organization benefiting from it. Proceeds will still be donated to honor the memory of victims of domestic violence, but this year some will also be given to the Dollars for Scholars Program.

Below is the information regarding this year's plunge. You don't have to jump in the water, but if you come to this event, please buy a t-shirt or make a donation. Anything from \$5 to \$5,000,000 is acceptable. You don't have to make a big donation to make a big impact.

Also, New Bedford Guide will give out five (5) FREE NBG T-shirts to the first five people that approach us after having DONE the plunge. We also be selling the remainder of our NBG T-shirts for \$10 each and ALL the money we raise will be donated to the Ft. Phoenix Polar Bear Plunge Committee for their fund-raising efforts. Feel free to pre-order your shirts (color and size) by emailing me at Noah@LocalOralce.com.



BE COOL. PLUNGE.

Who? You and all your friends!

What? 1st Annual Ft. Phoenix Polar Plunge

When? January 1, 2011 @ 10 A.M. SHARP!

Where? DCR's Ft. Phoenix State Beach Reservation

Why? To establish a scholarship at Fairhaven High School in memory of Fairhaven's domestic violence victims. Part of the

Dollars for Scholars Program.

Theme: This year's theme is, "BE COOL. PLUNGE." Prizes will be given for the COOLEST costumes.

What's new this year? As usual, this is a free event. However this year, for your safety, we are requiring you to register for the event. You can register prior to the Plunge via mail, or you can also register on Thursday, December 30th from 5-7 p.m. You can also register on the morning of, between 9-9:30 A.M. Just remember: The early bird gets the t-shirt!



How much do t-shirts cost?

- Twenty-five dollars buys a long sleeve T-shirt.
- Shirts will be available on a first come/ first served basis.
- Shirts may also be purchased at December 30th from 5-7p.m. at:

DAY'S HEALTH & SPORTS

86 HUTTLESTON AVENUE, FAIRHAVEN, MA

· Checks can be made payable to: Dollars for Scholars.
Please note on check: Ft. Phoenix Polar Plunge

What should I bring? Towels, blankets and warm clothes to change into after the plunge. We highly recommend water shoes or old sneakers to protect your feet from rocks and the cold. There are some unavoidable rocks in the area so be careful!

What will be available? Changing tents, Port-a-Johns, warming fire, and hopefully refreshments.

Questions? Email Kathy at: lopeska@aol.com, or call (508) 991-2194

Directions to the plunge: [Click here](#)