

8 Things to Know About the 2012 Portuguese Feast



By Shonna
McGrail

The New Bedford Feast of the Blessed Sacrament, a.k.a. the Portuguese Feast, a.k.a. Madeira Feast is the largest event the city has every year. More than that, it is the largest Portuguese feast in the world and the largest ethnic festival in New England. The feast was founded in 1915 by four Madeiran immigrants who wanted to recreate the festivities of their home island.

Between my own experience with the feast, some careful research and some very helpful guidance from Ed Camara, the Director of Media and Public Relations for Clube Madeirense S.S. Sacramento I have come up with an overview of the feast which has become a major attraction for visitors from all over who come to celebrate the Portuguese culture through food, drink and entertainment.

For this year's 2012 feast, over 100,000 attendees are being anticipated. If you are considering being one of them, here are some things you should know about the feast:

1. Time and Location

If you have never been to the feast it naturally makes sense to let you know where to go and when to be there. The feast is a four day event, officially kicking off at 6:00 p.m. on Thursday, August 2nd and end Sunday, August 5th. The grounds close at 11:30 p.m. each night.



On Friday the grounds re-open from 6 p.m to 11:30 p.m. The weekend hours start a bit earlier with Saturday festivities beginning at 10 a.m with the 13th annual 5K Road Race followed by Kid's Day. The last day of the feast is Sunday which starts off with a parade at 2:00 p.m on Acushnet Avenue. For more information on when and where events will be taking place, go to the Portuguese Feast Entertainment Schedule (<http://portugueseifeast.com/page/entertainment-schedule>).

Most of the events take place at Madeira Field, which is permanent location in New Bedford's north end which comes to life one weekend a year for the festivities. The address of Madeira Field is 50 Madeira Avenue, New Bedford, MA. Parking can be a bit tricky, you may have to plan to search a bit to find a spot and walk a few blocks, or pay to park in a nearby lot.

2. Costs

The festival allows free admission and free entertainment thanks to the hard work of the committee members who comprise the 2012 Feast of the Blessed Sacrament Committee. While admission is free there are also many vendors at the grounds selling everything from handmade Madeiran souvenirs to cigars.

Tickets may also be purchased to buy authentic Portuguese cuisine or, if you're over 21, an impressive selection of alcoholic beverages. Tickets cost a dollar each and can be

purchased at ten machines located throughout the grounds by placing a five, ten or twenty dollar bill inside. Tickets are non-refundable. There are also stands with employees who sell the tickets.

Prices of food are kept reasonable, and I was informed by the Mr. Camara (who has been a part of the feast's organization since 1982) that prices on some items are actually lowered and no prices have been increased in the past few years. To give you a general idea of the prices of items at the feast, a full meal is 12 tickets (which equates to 12 dollars), most sandwiches are around four tickets, and a soda or a water goes for one ticket.

3. Food

One of the greatest features of the feast is the delicious Portuguese fare. There are many food stands located throughout Madeira Field that serve your favorites from the simple delights of linguica and cacoila sandwiches to full on Portuguese cuisine plates of chicken, beef, goat or tuna with potatoes, rice and vegetables.



Another major culinary draw is the Carne de Espeto, a massive, 40 foot barbecue pit where beef sirloin cubes can be cooked over an open flame on massive skewers. This is hard to miss since the aroma is absolutely mouth watering. Visitors are able to buy the meat for eight tickets a pound and a delicious aromatic salt is provided to cook with. Visitors are then able to roast their own dinner over the gas-fired lava rock grill. Mr. Camara advised me that if someone tells you to pour Madeira wine on the meat it is not advisable (it does not help the flavor and causes the meat to burn faster!)

In case you are not accustomed to the flavorful cooking style of Portuguese cuisine, go to the Food & Drink page of the Portuguese Feast website for definitions of some of the food you might expect to see (<http://portuguese-feast.com/page/food-drink>).

4. Drink



Madiera Wine at the Portuguese Feast in New Bedford

One of the great draws of the feast is the consumption of Madeira wine, which is a central part of the festivities as it is part of a long tradition. Madeira wine is a sweet, fortified red wine. Genuine Madeira wine is made on the island of Madeira, and exportation of actual barrels are restricted due to regulations. However, thanks to a special agreement made between feast officials and the President of Madeira, casks are able to be delivered to New Bedford and served for the weekend, making this a very rare treat for those who attend.

For those who don't find the taste of Madeira wine suits their pallet, there are a great variety of additional options including a full liquor bar for mix drinks. Alcohol stands also serve sangria and white wine and Budweiser beer is on tap.

5. Entertainment



Fuel Headlines Thursday
Night from 10-11 p.m.

There is a great deal of quality free entertainment at the feast each year from Portuguese and American cultures. There are three stages throughout Madeira field, and each host a variety of performance types throughout the weekend. In addition, the Museum of Madeiran Heritage will be featuring musical performances each night of the feast from 8- 11:30 PM.

These performances will be featuring fado music, a Portuguese genre of music that can be traced back to the 1820s but is believed to be even older than that. For a schedule of who will be performing go here (<http://portugueseifeast.com/page/museum-cafe-entertainment>).

One of the cultural acts that you may see take the stage at Madeira field is Grupo Folclórico Clube Madeirense S.S. Sacramento. This group of dancers present traditional dancing performances to authentic Madeiran music dressed in traditional clothing. Folclórico performances are always very spirited and interesting to see.

There will be dozens of bands on the smaller stages during the feast. The small stages feature varying music styles, from Portuguese rock groups to some really fun cover bands, and even local sensations like J Kelly Band, Rebecca Correia and Craig DeMello. The small stages provide a fun environment as you walk around the feast grounds earlier in the evening, but the largest stage is reserved for a special performance at 10:00 each night. Thursday night the band Fuel will take the

stage as this year's national headliner. Originally formed in 1989, Fuel reformed their band in 2010. They are known for several hit songs including "Hemorrhage", "Shimmer", "Bad Day" and "Falls on Me".

Friday night will feature *Entrain*, a band from Martha's Vineyard that specializes in "infectious rhythms" according to their website. Entrain features an impressive resume of musicians that play a variety of styles. On Saturday a Portuguese rock band from Massachusetts called Eratoxica will be the main stage highlight to cap off the evening, and Dirty Deeds will be playing AC/DC tribute music for the final night of the feast.

6. Families

Since Madeira feast involves alcohol consumption, some readers may be wondering if it is a family appropriate event.

You will be glad to know that family values are integral to the foundation of the feast.

While it is probably not advisable to bring young children later in the night due to large crowds and loud music, it should be mentioned that there are many features of the feast that children will love. Also, the feast takes great measures to prohibit underage drinking.

All who wish to consume alcoholic beverages are required to undergo a license verification process in order to receive a specially printed wrist band.



An interesting part of the feast is that it features carnival rides and games all weekend. Saturday is probably the best day for families with young kids thanks to Kids Day Afternoon which follows the annual road race. Kids Day kicks off at noon and involves local children's music and clowns. There are also carnival games and rides that are sure to make any

child's day.

Saturday afternoon is also typically dedicated to senior citizens in the community as well, offering half priced meals from noon to four which means only \$6 for a full plate of food.

7. History

The Feast of the Blessed Sacrament gains its roots from the island of Madeira which is located 390 miles off the coast of Morocco. Traditionally, each Roman Catholic parish in Madeira would observe a festival to celebrate their patron saint. A



committee of four men called festeiros would be responsible for preparing the village for the celebration by decorating the streets, contracting entertainment (often in the form of a brass band and fireworks) and holding a ceremonial meal after mass on Sunday.

There are many versions of the tale of why the Feast of the Blessed Sacrament was first begun in New Bedford 97 years ago.

What is certain however, is that the feast was initiated as a means of preserving basic values of the Madeiran culture. Of course, since it was first begun the feast has changed in many ways to accommodate thousands of eager participants and modern elements of celebration.

While there have been many changes in the feast, there are traditional aspects which still remain central to the celebration. The tradition of Madeira wine is a very old one, dating back to the 15th Century when the Malvasia vine was planted on the island of Madeira to see it would yield an alternative supply of wine for England. When growth was successful Madeira wine quickly took to the market, but did

not become a major export until many years later. It wasn't until the 16th Century that the taste we know of today was created when they discovered that the flavor of the wine was actually improved by being repeatedly heated up. Follow the link for more information on the history of Madeira wine (<http://portuguese-feast.com/page/madeira-wine-history>).

The religious aspect of the feast also remains a part of proceedings. As it did in 1915, the feast still takes place near Our Lady of Immaculate Conception which is located on the corner of Earle and Madeira Street in New Bedford. The Portuguese feast pays homage to its religious traditions with a special High Mass at 10 AM on Sunday, August 1st. The Festeiros and their wives or significant others participate in a procession to the church where Father Daniel O. Reis gives a Benediction to the Blessed Sacrament. Throughout the weekend the church also usually hosts organ music and vocalists in the evening.

8. Madeira Field



Santana House

The grounds on which the Feast of the Blessed Sacrament takes place are quite expansive and easy to lose people in. Be sure you have a plan for finding lost party members whether it be by cell phone or a designated area to meet up at.

When entering the feast you will need to get in line for a wrist band if you wish to purchase alcoholic beverages. One of

the most prominent features you will notice upon entering the festival grounds is the Santana House. The house is designed after the colorful architectural styles of the homes in the village Santana, Madeira and is where the Madeira wine is served from.

Across from the Santana House is Stage One, which is massive and where the main attractions will be hosted throughout the weekend. There are also two other smaller stages, one that is inside the gates and the other which is outside and amongst the souvenir vendors. You will also see several food and drink stands throughout the grounds, and towards the back you will find the barbecue pits for Carne de Espeto (or just follow your nose).

Ted Movie Review



By Shonna
McGrail

Ted is a movie about a fuzzy and adorable teddy bear that comes to life after a lonely little boy wishes for a friend. It's a movie about love, friendship and learning to grow up. Oh, and it's also filled with jokes based on stereotypes, some nudity, plenty of drug use and lots of tasteless but hilarious jokes... depending on your sense of humor of course. If you don't find things like a talking, promiscuous, stoner teddy bear funny, then this is not for you. Also, if you don't find *Family Guy* funny this is also not for you. This

movie is Seth MacFarlane's first motion picture and it uses plenty of the same over-the-top humor that has cracked up fans of Peter Griffin for years.

I find *Family Guy* funny, and so I had a good laugh seeing *Ted* in its opening weekend. Clearly I wasn't the only one to enjoy it since the MacFarlane comedy took #1 in the box office, grossing over \$54 million dollars. Aside from that, I can attest to the fact that there was much laughter coming from the audience, and who doesn't like to have a good laugh every now and then?



Ted stars Mark Wahlberg and Mila Kunis, and was written/directed by *Family Guy*'s Seth MacFarlane.

I will again state that *Ted* is not for anyone who has a very proper sense of humor. It's certainly not the most graphic or crude movie this country has ever seen, but it definitely doesn't bow to political correctness or any other sort of social niceties. Now that I feel I have made this disclaimer clear, there were also many things about *Ted* that I found downright sweet. First, there is the fact that while Ted's relationship with main character John Bennett (Mark Wahlberg) may be childish and centered on Flash Gordon, beer drinking and weed smoking, there is a closeness between them that is endearing in the way that it reminds us of the importance of

friendship. Second, there is the relationship aspect of the movie which features Mark Wahlberg and Mila Kunis as a long term couple at a critical point in their relationship where a serious commitment seems inevitable. The romance between them becomes rocky due to a combination of Ted's antics and Bennett's reluctance to grow up, but there is a sweetness to their relationship that is very dynamic in the film.

The movie is fraught with sex, booze, drugs and a bit of downright idiocy, but it isn't without some sincere emotional moments and meaningful messages. Even though the idea of a walking, talking teddy bear may be ludicrous, the film was well written to reflect actual life scenarios we can all relate to. *Ted* portrays messages about the depth of friendship, the balance of growing up but staying young at heart, and finding what matters most in life— all thoroughly sprinkled with absurdist humor and some very funny actor and actress cameos, not to mention a few well placed Boston jokes and references which are sure to resonate with Massachusetts dwellers.

Ted is a great date movie, both for the romance aspect and the fact that you are likely to have a great time laughing together as you escape the summer heat. It's also not a bad movie to go to with a group of friends, or anyone for that matter. Except children of course... and maybe your Grandma.

But who knows, maybe your Grandma has a twisted sense of humor.

Ted Official Movie Trailer

5 Greater New Bedford Area Beaches

We're definitely starting to feel the summer heat as schools have closed their doors and AC units are being put to the test all throughout the Greater New Bedford area. Summer brings many favorite pastimes to mind; cookouts, vacations, outdoor concerts, festivals... and of course, the beach. Living in the South Coast makes us all a bit privileged in that we are never too far from the water. We are just a short drive from two of the east coast's premiere beach destinations; Newport and Cape Cod. However, you don't even have to journey thirty minutes or brave the treacherous summer traffic to cool off since we have a number of fine waterfront options right in the region.

If you grew up in Greater New Bedford then you are probably plenty familiar with the many beaches scattered along the shores. However, if you are a transplant to the area like myself, you may still be seeking new places to soak up the sun on your day off. Or perhaps you are planning on visiting New Bedford this summer and hoping to get in a swim during your trip. For New Bedford beach lovers new and old, I have put together a list of 5 beaches that are in the area that you might consider checking out.



Horseneck Beach in Westport

1. Horseneck Beach

Location: *Route 88 Westport Point, Westport, MA 02790*

Parking Cost: \$8

I'm starting with the obvious here in saying Horseneck is probably the best beach in the South Coast. Located out on the peninsula of Westport, this beach is in a beautiful location that is well removed from the distractions of commercialism. For those of you who haven't been there, I will briefly explain what you can expect.

First, the water temperature at Horseneck is rather nice. Unlike some of the beaches you encounter as you move north, Horseneck water is rather warm (I was already swimming there in May.) Additionally, this is the beach to go to if you are a fan of waves. Whether you like body surfing, boogie boarding, or real surfing, Horseneck gets some decent swells that make it a fun place for water lovers. Horseneck Beach also has a bath house which makes it more accommodating than some places, and it has a snack shack for those looking to grab a bite to eat.

Horseneck Beach is fully staffed by lifeguards, so it is definitely a family friendly place. Rip tides aren't uncommon for Horseneck though, so know your swimming strength before getting too deep. There are only two small drawbacks to Horseneck that you might like to know. First is that on hot days it can and WILL get packed. While there are good sized parking lots to accommodate numerous beach goers, it is highly recommended you get there early and even still you can expect to be closely surrounded by other sunbathers the whole time.

The second thing about Horseneck is that it's rocky. Not the whole thing, but there is usually a fairly hazardous strip of rocks you'll need to navigate over to get to the water. This isn't to say you'll need hiking shoes but it is a little rough on the bottoms of your feet, so be forewarned. Nevertheless, once you pass that obstacle the rest of the beach is quite soft and sandy.



West Island Beach in Fairhaven

2. Beach on West Island

Location: *36 Bluepoint Road, Fairhaven, MA 02719*

Parking Cost: *\$20 non resident parking, \$10 non resident walk in*

West Island Beach is a natural beauty. Located adjacent to a state reservation, this small beach is very remote, peaceful and relaxing. Being a calm water beach it isn't ideal for playing in ocean swells, but it is a great swimming spot.

Since the lifeguards offer swim lessons for children here it is safe to say that this beach is a good spot for beginning swimmers of all ages. However, even for the more advanced swimmer there are patches of sand bars that are fun to swim out towards.

West Island is more on the pricey side for parking if you aren't a Fairhaven resident (it is a town beach) and it doesn't offer any shower houses or refreshment stands.

However, what it lacks in amenities it makes up for in beautiful views, clear waters and stunning surroundings.

Furthermore, being located in Fairhaven it is a short drive away from typical beach traffic. This is an ideal beach for packing a picnic, getting in some tanning and doing some leisurely swimming in a location you won't soon forget.

3. Onset Beach

Location: *182 Onset Avenue, East Wareham, MA 02538*

Parking Cost: *Some FREE parking, but a reader (Lynne) states:*

“Onset Beach has a \$2/hour parking fee. Parking on the street is restricted to one hour parking only which is strictly enforced.”

I have never been to Onset Beach during the summer, but it is definitely a place I hope to check out before this one ends. Located in Wareham this beach has pretty much everything you could hope for including restroom facilities, lifeguards, refreshment stands and lots of nearby places to eat. Having been to Onset Beach during the off season I can say that it a very beautiful area and there were a number of enticing looking restaurants that I wouldn't mind checking out.

Onset is a calm waters beach, so if you are into big waves this isn't the ideal place. However, calm waters are good for families with small children, or people who are just looking to take a dip without being knocked over. The beach is reported as being very well maintained and clean, which is obviously a plus. One downside I have heard about this beach is that when it becomes busy parking can be difficult to find.

You may need to plan on walking a bit if it's a hot day and you arrive late.



Fort Phoenix in Fairhaven

4. Fort Phoenix Beach

Location: *100 Green Street, Fairhaven, MA 02719*

Parking Cost: *FREE*

Fort Phoenix is a state reservation that overlooks Buzzards Bay and is right across the harbor from New Bedford. Originally it was built as a defense station for the harbor during the Revolutionary War. Fort Phoenix park still functions as a historical location with landmarks indicating there the fort walls once stood and cannons still in place. In addition to being a nice park complete with tennis courts, a volleyball sand pit and numerous picnic spots, Fort Phoenix has a public swimming area.

Unfortunately, Fort Phoenix is not known for being a top swimming spot. This is partly because many people do not like the quality of the water in New Bedford harbor. Having swam in it myself many times, I do not share this concern (I haven't gotten any skin diseases or grown extra limbs). However, Fort Phoenix is also a calm water beach since it is on the harbor, and it is very rocky and often gets a lot of red tide. Fortunately, there are bathhouses on site, but no refreshment stands. Occasionally there are food or ice cream trucks that will park at Fort Phoenix. Whichever way you look at it, this is a free swimming spot for a hot day, and the surrounding park is very well maintained. Thus, Fort Phoenix is a great place for bringing some lunch, exploring the scenic views, and even hopping in to cool off afterwards.

5. East Beach

Location: *East Rodney French Blvd. New Bedford, MA 02744*

Parking Cost: *FREE*

East Beach in New Bedford is located right across the harbor from Fort Phoenix. It is right down the road from Fort Taber, a 47 acre park that has a military history as it was designed for harbor defense. East Beach and West Beach are both municipal beaches in New Bedford that are located on opposite sides of the peninsula. Sadly they both often get a bad reputation for being dirty due to litter, but East Beach doesn't deserve such a bad rep in my opinion, and it has many

perks as well.

East Beach is mostly calm waters, and it is sandy which makes it more accessible than its counterpart across the water.

Also, it is only just south of Downtown New Bedford, which makes it very accessible for an after work swim for Downtown NB employees. In the past I would sometimes even bring my lunch over to the beach with co workers to eat in the sun since it is so close by. East Beach is staffed by lifeguards during the day and also features a volleyball court in the sand, restrooms and outdoor showers.

East Beach is very close to Fort Taber which is a great place to go for a walk and for taking in the views. Most of the military batteries, such as Fort Rodman, are not accessible, but there is a standing museum where you can learn more about these structures which hopefully await renovations. There is also a playground, bike paths and a nice pier that goes out into the water.

Snow White and the Huntsman Movie Review



By Shonna
McGrail

The story of Snow White is one that needs no introduction.

Since the Grimm brothers first collected this German fairy tale in 1812, it has been retold in many ways, with all sorts

of unique twists. For most, the story of Snow White calls to mind the 1937 Disney classic, *Snow White and the Seven Dwarves* (the first full-length animated feature in history). Of course, the 1937 Disney Snow White which features a singing damsel in distress who is saved by a charming group of dwarves along with a dashing prince who brings her back to life with his kiss is a bit antiquated. Thus, it is no real surprise that Hollywood felt compelled to alter the plot once again with *Snow White and the Huntsman*... we are living in a post feminist society after all.



Snow White and the Huntsman cost \$170 million to produce.

Snow White and the Huntsman casts Kristen Stewart as the lead in this “epic adventure” film. Stewart’s performance of Snow White certainly presents more of a strong female character than the Disney original (and for that matter, a stronger character than Bella in the *Twilight* series). Stewart’s Snow White is more of a Joan of Arc type of gal, bringing men together for her cause after enduring years of imprisonment under the cruelty of her evil stepmother, who is played by Charlize Theron. Unsurprisingly, I would say Theron’s performance was by far the best in the film. Throughout many adaptations of Snow White, audiences have seen the vain queen as a jealous witch with no real mission except to ruin pretty little Snow White’s life. Theron gives the audiences a bit more of a psychological thrill in this role; showing how

beauty can lead to power, and power can lead to madness.

As previously mentioned, this movie was marketed as an “epic adventure” film, and it strove to deliver that. As such, I would say it fell flat at times. There were lulls in the plot that bored me, and despite the quest to create a Snow White with a stronger will, there was a lack of depth to sustain any believability in my mind. I would say that even Chris Hemsworth as the hardened and depressed Huntsman had more of an emotional spectrum than Snow White. I had also been anticipating a bit more romance in this story, but there wasn't much chemistry to be found.



Charlize Theron's performance was by far the best in the film.

Nevertheless, the film had its redeemable qualities. First and foremost was the cinematography and special effects, which Universal Studios did not spare a penny on. *Snow White and the Huntsman* came with the incredible price tag of \$170 million, and it really shows on the big screen. Visually, the movie was quite attractive and there was an element of darkness that is very fitting for a Grimm Brothers tale.

While Disney's *Snow White and the Seven Dwarves* presented a squeaky clean, G rated version of the story, it is important

to remember that most fairy tales were a bit frightening originally.

Those of you considering seeing this PG-13 adaptation are probably wondering how close it follows the original fairy tale. Well, I won't spoil anything for you but I will note that there is plenty of magic involved and many of the characters we know and love from various adaptations appear as well, but in a reinvented form of course. This is probably evident, since you may recall that while the Huntsman allows Snow White to get away in most versions, he does not stay by her side thereafter. Additionally, in no version does Snow White pull together an army to tear her stepmother from the throne. These twists kept the plot somewhat interesting but I wouldn't say the creativity was all that impressive.

To wrap it up, I found *Snow White and the Huntsman* to be mediocre. I wouldn't entirely dissuade you from seeing it; it had many aspects that might appeal to fantasy lovers, both male and female alike. It also had some great action scenes, especially towards the end. But overall this movie fell flat in its attempt to instill life in an antiquated fairy tale.

New Bedford Summerfest 2012



By Shonna
McGrail

Over seventy musicians, more than ninety arts and crafts vendors and dozens of food options. This description may make

you think of a West Coast music extravaganza, or the Newport Folk festival, or perhaps something in a trendy NYC neighborhood. But you may be pleasantly surprised to hear that you won't have to drive out of Greater New Bedford to participate in this Summerfest. Perhaps you are a regular at the Greater New Bedford Summerfest, or this is your first time hearing of it. Regardless, this is hardly New Bedford's first year hosting this family friendly and culturally charged three-day festival; July 6-8, 2012 will mark the 17th year of celebrating international folk music and arts at Summerfest.

Summerfest 2012 will kick off on Friday July 6th with a concert featuring Peter Yarrow (of Peter, Paul and Mary), Annalivia, and Women in Docs. For those of you who aren't folk music aficionados, you may recall Peter, Paul and Mary as major features of the 1960s folk music scene, having recorded the 1969 number one hit, "Leaving on a Jet Plane". They were also the performers who recorded the very memorable and often misinterpreted "Puff the Magic Dragon". This opening night performance is sure to be a great way to kick off the weekend with, by bringing traditional, contemporary and celtic folk music onto one stage. Annalivia is bound to bring excitement to the stage with their acoustic Celtic inspired music stylings and the Australian folk-pop band Women in Docs will mix things up with a sound that is reminiscent of the Indigo Girls. As with all performances throughout the weekend, this first night concert is being held at the New Bedford Whaling National Historic Park at 6:30. Tickets are \$15 for Friday's concert and can be purchased at <http://www.newbedfordsummerfest.com/friday.html>.



July 6-8, 2012 will mark the 17th year of celebrating international folk music and arts at Summerfest.

On Saturday and Sunday the festivities will commence at 11 AM and continue until 9 PM with a full day of music on multiple stages as well as arts, crafts and food vendors. One thing that makes the Greater New Bedford Summerfest exceptional are what they call "workshops". While this may call to mind the image of a dry lecture or seminar, that is not the case at all. These workshops are essentially jam sessions where musicians with different styles come together on stage to perform something truly unique to the moment. For music lovers, this type of creative expression is a rare treat, and something that makes Summerfest stand out amongst many other summer music festivals.

In addition to the versatile quality of the music provided by Summerfest, this event also offers an explosion of creativity when it comes to visual arts and crafts. Artists and craftsmen of all types can be found lining the streets of the New Bedford Whaling National Historic Park selling everything from handmade jewelry to musical instruments to toys... and much, much more. The arts and crafts found at Summerfest are made by both locals and artists ranging from coast to coast.

Based on the sheer number of vendors and the wide variety of products you are sure to find something you love at the

Artisan's Market or the International Bazaar.

No festival is complete without food and drink, and Summerfest is no exception. 2012 drink vendors include a Beer and Wine Garden for adults, and for food you will find Captain Clamcakes on hand for some seafood snacks as well as an ice cream truck for a cool treat. Of course, since you will be downtown New Bedford, there is hardly a shortage of amazing restaurants to sit down in for a meal or to grab some takeout from. Summerfest is a one of a kind opportunity to bring your family out to indulge in a day of quality music, arts and crafts and a delicious dinner. The Summerfest website offers some recommendations if you should decide to eat at a downtown restaurant (<http://www.newbedfordsummerfest.com/food.html>), and of course, New Bedford Guide has some wonderful local restaurant reviews to help you make your decision!

As mentioned previously, tickets to Friday night's concert are \$15. Tickets for Saturday are \$20 and Sunday is also \$20 for admission. However, if you're hoping to make a weekend out of it you can buy the weekend pass for \$30. Children under twelve are free, which is yet another reason why Summerfest is great for families. Nevertheless, young or old you will find that Summerfest is a unique and memorable way to spend Independence Day weekend!

THE GREATER NEW BEDFORD SUMMERFEST



FOLK FESTIVAL

**SATURDAY AND SUNDAY
JULY 7 & 8
11 AM – 9 PM**

**NEW BEDFORD WHALING
NATIONAL HISTORICAL PARK
NEW BEDFORD, MASS**

**Saturday: \$20 • Sunday: \$20 • Weekend Pass: \$30
Children under 12 – FREE!**



**Kids Activities
& Ice Cream
Truck**

**Crafts &
Artisans
Booths**

**Food Vendors
Beer & Wine
Garden**



FRIDAY NIGHT CONCERT

**JULY 6
6:30 PM**

**\$15
ALL TICKETS**

- ★ **PETER YARROW**
(OF PETER, PAUL & MARY)
- ★ **ANNALIVIA**
- ★ **WOMEN IN DOCS**



JOAN AKIN
MOLLY ANDREWS
ANNALIVIA
CLAUDINE ARCAND
THE BEANS
AMY BLACK
JEFF BLACK
BENOIT BOURQUE & SON
BOXCAR LILIES
ANDREW CALHOUN
CHARLIE COVER

TRUCK CROTEAU &
MARY BETH SOARES
CATIE CURTIS
DALA
JEFF DAVIS
DEADLY GENTLEMEN
JOHN DIPPER
JOANNE DOHERTY
MELISSA FERRICK
FOURTEEN STRINGS
BOB FRANKE
SETH GLIER

LIVIO GUARDI
DAVE GUNNING
THE KENNEDYS
JEREMY KITTEL
PATTY LARKIN
ZOE LEWIS
JOEL MABUS
CASSIE & MAGGIE MACDONALD
ROD MACDONALD
GRACE MORRISON & THE RSO
PETER MULVEY
THE MURDOCKS

CHRIS PAHUD
BARBARA PHANEUF
PUMPKIN HEAD TED
RAZ DE MARÉE
IAN ROBB
JOHN ROBERTS
MARK ROBERTS & ANDREA
COOPER
GARNET ROGERS
SEAMUS & ELLIE
NATHANIEL SMITH
ART TEBBETTS

HIROYA TSUKAMOTO
WOMEN IN DOCS
PETER YARROW



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5 Reasons AHA! is Great



By Shonna
McGrail

There may be a number of reasons why you haven't gotten to experience AHA! New Bedford yet. Your excuses may vary from very practical (such as, I work Thursday nights) to very lame (such as, it's not my scene). If you're worried about not enjoying AHA!, I can assure you that it has something for people of all ages, dispositions, and budgets.

For those of you who don't already know, here's a little background on AHA!, which stands for Arts, History and Architecture. AHA! was started in July of 1999, and has taken place on every second Thursday of the month since. AHA! is dedicated to creating free cultural events for locals to join in, and it pulls in local restaurants and businesses in the effort to offer exciting opportunities each month. AHA! not only highlights the unique culture of New Bedford and its rich history, it also contributes to stimulating the City's Creative Economy initiatives.

Each month, AHA! focuses on a different theme. For example, April's focus was on Sustainability and included an Earth Day celebration parade at Custom Square. For more details on the sort of events that AHA! features, or to see their schedule for next month, go to www.ahanewbedford.org. You will also find that the New Bedford Guide regularly reports on some of the highlights you can hope to see at the upcoming AHA!

night. For this article however, I am going to give you 5 general reasons that make AHA! great, and why you should visit AHA! this evening.

1. Music

Music is a central aspect of AHA! and can be found just about anywhere you go. For those who are into the bar scene, you are sure to find some great bands at Pour Farm Tavern, Rose Alley Ale House, Cork or No Problemos most weeks. If you aren't a big fan of bars, or if you're too young, no worries! There are often featured performers and an open mic at Cafe Arpeggio, and the First Unitarian Church was featuring organ music. The J. Kelley Band acoustic show was at Celtic Coffee House from 6-7:30pm.



The music styles vary; I have had the pleasure of hearing some great jazz music at AHA! as well as some very talented rock and blues bands, and even local choruses. If you're planning out your AHA! night and hope to take in some music, go check out the site and see who is playing where.

2. Food

It almost goes without saying, but Downtown New Bedford has some great restaurants. If you're going to be out for AHA!, you might as well plan to grab dinner. No matter what budget you are on, you are likely to find something to suit your taste. No Problemo's has great Mexican food at an affordable cost, and Rose Alley Ale House is one of the best places around for wings. Pour Farm Tavern also has quite a tasty menu out now. However, if you're looking for something unique and have a bit more money to spend, try out Cork, which is a tapas bar, or Pier 37 which has a one-of-a-kind menu that

blends southern cuisine with south coast.

3. Unique Events

If you're tired of doing the same old thing, AHA! offers some one-of-a-kind experiences that you aren't likely to soon forget. For kids there is always some sort of art or craft project to engage in, or even a science events. For example, this past AHA! featured SEEAL's 5th Annual Shrink Your Footprint Fair, which was held at the Ocean Explorium and brought together vendors, non-profits, and others to host demonstrations on sustainability.



Of course, I would be remiss not to mention the prevalence of visual art throughout every AHA! night. There are numerous galleries downtown that open their doors to AHA! and often host special events. On an evening when there is good weather, New Bedford is art lovers dream as you can follow the walking map from gallery to gallery.

If you are like me and have a group of friends who are always looking for something new to do, AHA! offers a lot of other very unique (and very free) events to consider. In March the theme was "Hear Me Roar" and focused on women's history and empowering women. I got to watch roller derby girls demonstrate in the middle of the street, and I ended up participating in an all-girl arm wrestling competition at Rose Alley Ale House (which I did not win). Needless to say my friends and I were talking about what a great time we had for quite a while!

4. AHA! After Hours

AHA! After Hours starts at 9pm, when the other AHA! events come to an end. AHA! After Hours is usually the best time to

catch bands playing at the various bars. This past AHA! I went to Pour Farm Tavern for After Hours and heard the Neil McCarthy Problem jam out, and I also got to sample some delicious microbrews. In my opinion, AHA! After Hours is mainly a perfect opportunity to bar hop with friends since there are always a lot of people out enjoying themselves.

5. Community

The community aspect of AHA! is my favorite part. I feel like these days it's hard to connect with the community because there are so few events that bring people together (besides shopping at Market Basket of course). But AHA! brings a diverse crowd together to engage in fun and informative activities. Every time I go to AHA! I run into someone I know, but even more importantly, I meet new people as well.



This past AHA! was called "Sustainable SouthCoast" and as previously mentioned, it kicked off with really cool "people powered" parade. The parade featured floats that were carried or pulled by UMass students, and students from New Bedford schools who had partnered together. There were many unique costumes and memorable creations, all of which promoted sustainability and keeping the Earth clean. There were many organizations that also walked in the parade to show their unity with the cause, and there was even two marching bands. Additionally, the parade was kicked off by awarding "Mother Earth" and "Father Sea" to two members of the community who have taken great efforts in fighting for environmental causes in the area. This year's "Father Sea" was none other than former Mayor Scott Lang, and the parade start was announced by current Mayor Jon Mitchell. Seeing residents from all over the SouthCoast pull together for such a fun and important

purpose was great, and members of the community had lined the streets. This sort of quality community building is what truly makes AHA! great.

Photos from April's AHA!













The Avengers Movie Review



By Shonna
McGrail

Up front I want to say that I have been a DC over Marvel comics sort of nerd since I was a kid. Still, a nerd is a nerd and you can't really be a nerd without wanting to check out The Avengers movie. However, as much as I may think Batman and Green Lantern are the coolest (where's a Justice League movie already?), I have seen pretty much every Marvel movie in the theatres since they became a craze with Spiderman in 2002. I have waited until the end of the trailer each time for that wonderful little blip that inevitably came at the end of many of them, suggesting that an Avengers film was on its way. So was it worth the hype? I'm surprised to say that in my opinion, it actually was.

So, for those of you who didn't grow up collecting stacks of comic books, let me fill you in on The Avengers. The Avengers were a comic series started in 1963 and featured a group of Marvel comics' superheroes coming together to form a team of "Earths' Mightiest Heroes." Fortunately, the movie adaptation took some liberties with the original story line and we were spared some not-so-cool heroes like Ant-Man. The movie version features Thor (Chris Hemsworth), Black Widow (Scarlett Johansson), Hawkeye (Jeremy Renner), the Hulk (Mark Ruffalo), Captain America (Chris Evans) and of course, the dynamic Iron Man (Robert Downey Jr.). They are all brought together by Nick Fury (Samuel L. Jackson), who began to appear after the

credits in many of the Marvel films to recruit these super awesome heroes. Fury brings this team of more-than-human soldiers together to fight a force that threatens the entire Earth. Unfortunately, their egos are often also super-sized, and learning to work together becomes a problem in the race to save humanity.

I was excited to see this movie, but I was also skeptical.

Besides my aforementioned bias for DC comics, I had seen this premise played out before with typically not so great results.

Take for example, League of Extraordinary Gentleman. Granted, it was a weird plot bringing together random literary characters to fight evil, but it made for a really weird movie. Also there was the Fantastic Four which was a classic comic book crime fighting quad, but really kinda corny on the silver screen.

Bring a bunch of quirky personalities with cheesy powers together and you're bound to get a poor plot with a lot of bad one-liners.

I would say The Avengers was no exception to the weak plot/cheesy one-liners rule. The plot sort of dwindled at points and there was a bit that left you almost laughing upon reflection afterwards. So what made this not a flop? The all out, heart stopping action. And it didn't hurt that the cheesy one-liners were actually quite hilarious. I was so thoroughly entertained for the full two hours and twenty-two minutes that I really didn't care about how unfeasible most of the scenes were, or the bratty quality of the main villain.



Now this may not sound like a ringing endorsement, but would it help if I say that it was really, really cool? Now, I'm a well educated person who is well read and in my own mind I like to consider myself an intellectual. But I have no shame in saying I love a movie with awesome special effects and incredibly well choreographed action sequences and this movie had both. There were numerous laugh-out-loud scenes where the entire audience (may I add the place was jam packed) participated, and quite a few wowed gasps at some of the amazing visuals they pulled out in this film. I truly never tired of seeing the Hulk smash things to bits while Iron Man whizzed around at blurring speeds. This is what I dreamed of seeing as I read comics as a kid, and this was what made me really love the movie. They pulled out all the stops to bring comic books to life for the audience.

On top of all that, I would be amiss not to mention that the movie did dabble in some of the personal conflicts of the characters. There was Tony Stark's cocky attitude, Captain America's enduring code of ethics, Thor's ongoing sibling rivalry and naturally Bruce Banner's anger problems. With so many characters they could hardly delve deep into the hearts of each, but they were careful to touch on the human side of these super humans.

There were a lot of kids at the movie, and it seemed like a great family experience. Comic books are an American pastime, but keep in mind the movie is rated PG-13, really just for violence and some language. As we grow increasingly closer to summer I think this is a great film to kick off the start as it appeals not just to comic book nerds but to kids of all ages and to the kids within ourselves. Seeing good triumph over evil and loners learn to work together for the greater good is a theme that may be overused, but never loses its importance.

The Avengers Official Movie Trailer

2012 Taste of Southcoast



By Shonna
McGrail

It's the month of May, and that means something great for the City of New Bedford; the Taste of SouthCoast is rapidly approaching. On Sunday May 20th it will mark the 6th year that Custom Square will be home to samplings of some of the area's finest cuisine, and you can hear stomachs rumbling already. This yearly tradition has become one of New Bedford's most talked about events, and with good reason.

Taste of SouthCoast highlights something that this region does exceptionally well; food. With great cultural variety and often fresh ingredients from both ocean and farm, the SouthCoast is a food lover's heaven. You simply cannot consider yourself a culinary connoisseur if you do not make your way Downtown for this event. Currently, there are sixteen local eateries that will be doling out samples come rain or shine. Taste of SouthCoast is still recruiting, and anticipates over twenty-five restaurant options for eager taste buds to test out.



The restaurants that have already committed to Taste of SouthCoast offer great diversity. New Bedford favorite No Problemo's will be present with their mouth watering Mexican food, as will the distinguished Cork Wine and Tapas Bar. A new downtown addition, Braza Rotisserie should make for a savory newcomer (their menu of rotisserie chicken and ribs looks incredible), and there will be other participants from outside the downtown area as well. For example, Dartmouth's Ayur-Shri will be there with Indian cuisine, and Fairhaven's ever eclectic and delicious

Narragansett Star Cafe will have a table as well. For those with a sweet tooth, Taste of SouthCoast has you covered with Pink Box Desserts and Dorothy Cox's Chocolates.

Taste of SouthCoast isn't just about the food however; there's always the drink for those 21+. New England crafted beers will be featured, and for the wine lover Travesia will be present with their locally grown and bottled wines. There will also be soft drinks available from Cafe Arrpegio for the younger or non-drinking crowd. Keep in mind that beverages are not included in the ticket price.

With great food and great drink comes a vibrant atmosphere, which is why Taste of SouthCoast has become a jam-packed event in years past. This event is not just about sampling flavorful eats; it also offers friendly competition between these restaurants as participants cast votes for "People's Choice" and "Best Booth Presentation". In addition to the fun of voting, Taste of SouthCoast really adds to the atmosphere

by throwing live music into the mix. This year two very popular local bands will be performing on stage; The Relics and The J. Kelley Band. Both bands are upbeat and sure to get people partying throughout the day.

Taste of SouthCoast starts at noon and ends at 5pm. As previously mentioned, this event is held at Custom Square in Downtown New Bedford. Tickets are \$15.00 for adults if purchased in advance and can be bought online at <http://www.downtownnb.org/taste2012.html>. You can find tickets for children ages 6-12 at the same site, and these are only \$5.00 (free for children 5 and under). Tickets may also be purchased at many of the participating restaurants, and at Douglas Wine and Spirits, Cardoza's, and Acme Liquors on Dartmouth Street. If you decide to buy tickets on the day of the event it will cost you \$18.00 at the door. Tents are set up so keep in mind that this event will go on, no matter the weather!

There is a Facebook event created here: <http://www.facebook.com/events/375708662468040/> Invite your friends and family!

2012 Taste of Southcoast Winners

People's Choice Food

1. Lindsey's Family Restaurant
2. Little Red Smoke House
3. Braza Rotisserie

People's Choice Dessert:

1. Artisan Bake Shop
2. Narragansett Star Cafe
3. Pink Box Dessert

People's Choice Table Presentation

1. Inner Bay Cafe

2. Little Red Smoke House

3. Ying Dynasty

Taste of Southcoast Participating Restaurant List

- Artisan Bake Shop
- Ayur Shri
- Braza Rotisserie
- Cork Wine & Tapas
- Dorothy Cox Chocolates
- Freestone' City Grill
- Inner Bay
- Lindsey's Family Restaurant
- Little Red Smokehouse
- Mike's Restaurant
- Morton's Fork Catering
- Narragansett Star Cafe
- No Problemo
- Pink Box Desserts
- Tastebuds Bistro
- Ten Cousins Brick Oven
- Wicked Kickin' Savory Cheesecakes
- Ying Dynasty
- Dublin's Sports Bar and Grille

2011 Taste of Southcoast Gallery

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5 Spectacular Sushi Spots



By Shonna
McGrail

Sushi seems to be one of those foods that you really love or really hate. The ingredients may vary, but typically it consists of “shari” which is cooked vinegar rice and some type of raw seafood, all wrapped up in seaweed and often accompanied with salty soy sauce or spicy wasabi. Okay, so those things may sound a bit gross in theory, but this Japanese food has hundreds of years of history and is actually quite savory. If you haven’t tried sushi yet because you fear the consistency of raw fish, there are quite a few varieties of sushi rolls that are just as tasty and don’t require you to face your phobia.

If you are a sushi lover, or aspiring to become one, the South Coast is an excellent place to live. This is not because there is an especially large population of Japanese chefs here, but rather because of the off-the-boat seafood we have in this region. The sushi in Greater New Bedford is of a uniquely high quality, and eating sushi is always a fun experience (how daring will you get with the wasabi? Have you mastered chopsticks? What roll will you try next time?) If you are looking for place to grab some sushi, here is my list of the five best sushi spots in the South Coast.

1. A Kitchen

Allow me to be corny and and say A Kitchen is A Mazing. 

This isn’t the first time A Kitchen has been raved about on New Bedford Guide (see my 5 Dinners for \$10 or Less article, or Ivey Winkler’s A Kitchen Review), but when it comes to South Coast sushi, it would be absurd not to include this restaurant. A Kitchen is housed in a modest facility on route 6 in Fairhaven, and while it may be small, it’s always very tidy and welcoming. Since it is a BYOB, it’s a great place for a romantic dinner or a night out with friends. Most importantly however, I’ve never tried a sushi roll there I

didn't like.

When I asked some fellow sushi connoisseurs from the area where their favorite sushi spot was, they all mentioned A Kitchen. This is largely thanks to the quality of their rolls, their super fresh ingredients, and the fact that they have incredible variety. A while back my fiance and I decided to split the Sushi/ Sashimi Boat for two. For those of you who don't know, sashimi is basically thin strips of raw fish, often served on a bed of shari rice (disclaimer: if you are new to sushi, this is probably not the best meal to start with). The arrangement of the sushi and sashimi tower was really cool, and we shared a bottle of wine and rated each piece to determine our favorites. Overall, a very fun evening.

A Kitchen's Dragon Maki is hands down my favorite roll and it consists of shrimp tempura, eel and avacado with tobiko (fish roe) on top. The crunchy consistency of the tempura shrimp is delicious, and there is slight sweetness to this roll that when combined with salty soy sauce makes for a taste bud's dream.

2. Thai Taste Too

If you head west down Route 6, you will find Thai Taste in North Dartmouth. Aside from having some fantastic Thai food, Thai Taste now has delicious sushi options on the menu. Some of you may remember there was a time when Thai Taste was a cozy little restaurant across from the Dartmouth Mall. At its current location, Thai Taste is much larger, with a dining side and a bar side. I have had the pleasure of dining on both sides, and I will attest that they provide two very different atmospheres depending on what you are looking for.

The dining room is very quiet and relaxing, and the dim lighting and tasteful decor makes it a great place for a date, or for quiet conversation with friends and family. The bar side on the other hand, offers numerous TVs for sports fans,

plush leather armchairs, and even karaoke or live music some nights. It can become quite the happening place on karaoke nights, and is a lot of fun.

Whether you're looking to order your sushi roll while watching your favorite sports team or over intimate conversation, Thai Taste has an extensive menu. Expect it to be freshly prepared with high quality ingredients, making this sushi spot is one of the top picks for locals.

3. Turk's Seafood Market and Sushi Bar

I'll admit that I've not been to Turk's yet, but it absolutely at the very top of my restaurant "to do" list based on the rave reviews that I've heard from others.

Needless to say, a place that is both a seafood market and sushi bar is guaranteed to have the top quality seafood in the region.



Turk's is located in Mattapoisett and their sushi bar is open from 4-10 PM seven days a week. Their menu will have any sushi lover salivating, simply because it offers just about everything. Their options range from the usual spicy tuna maki, to a very unique (and incredibly delicious sounding) Rocket Roll which features lobster, mango, cucumber and scallions with tempura crunch finish and extra spicy sauce.

As with all sushi bars, Turk's prices range depending on the ingredients. The prices are very typical however, with most rolls around the \$5 mark and others ranging as high as \$14.

4. Dartmouth Wasabi (NOW CLOSED)

Dartmouth Wasabi was the first place that I've ever tried sushi, and it's still a great option. Also located on Route 6, Wasabi has a very comprehensive sushi menu and is sure to have more than a few of your favorite rolls. Another thing

that I really like about Wasabi is that it's a great place to go if you have a big group. They offer all the typical Chinese food favorites in addition to their sushi, so if you are looking to celebrate a special occasion there is likely to be something to delight even the pickiest eater.

The first roll I ever sampled of sushi (and still one of my favorites) is the well-known Philadelphia Roll. While this can be found at many sushi restaurants, I get it every time I go to Wasabi. The Philadelphia Roll is comprised of smoked salmon, cream cheese, cucumbers and salmon.

5. Waterfront Grille

Waterfront Grille is one of New Bedford's classiest restaurants.

Located right on the harbor, it's a beautiful location with quite a fine dining menu. While Waterfront Grille can be a bit more expensive, it's harbor views, excellent service and quality cuisine make this a



prime location for special occasions. Waterfront Grille's sushi is no exception to the restaurant's dedication to great food and a unique dining experience.

Waterfront Grille does not have the largest sushi menu in the area, but it does deliver on high standards of quality, and their specials are fantastic. I would recommend the Spider Maki, which is fried soft shell crab, cucumber, avocado, and tobiko drizzled with spicy mayo. Spicy mayo is actually an ingredient seen fairly often on certain types of sushi rolls, and it's quite a delicious condiment when combined with the salty taste of fish. The Spider Maki is a great roll if you are looking to try sushi, but not feeling too daring about raw seafood.

Boutique Fitness, Personal Training in Downtown New Bedford



By Shonna
McGrail

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

Boutique Fitness is one of Downtown New Bedford's newest additions, and it's only comprehensive fitness studio. Having just opened in late January, I was intrigued when I had the opportunity to try out a few sessions. Given that my workouts tend to be light on the running and heavy on the weight lifting, I expected to be criticized for my cardio habits, and then to set about curling free weights like any other day of the week. However, from the moment I walked into Boutique

Fitness, I was both intrigued and confused. Where was the treadmill, and the stacks of weights, where were all the Nautilus machines? Instead I saw things like a hallway covered in artificial turf, and what looked like a bungy cord dangling from the ceiling (I later found out this was a TRX suspension system).

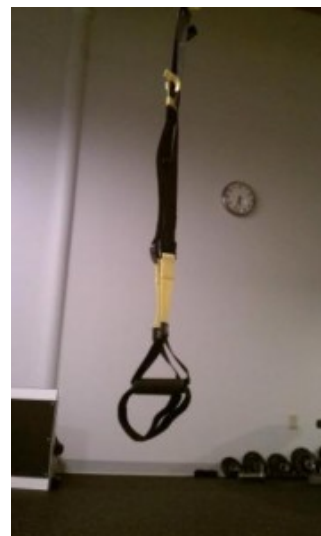


I was told that my first session would be a consultation and fitness assessment. Boutique Fitness is co-owned by Lara Harrington and Angela Corrieri-Johnson, both whom are certified personal trainers with years of experience. My first session was with Lara, and after filling

out some basic paperwork I was given a thorough fitness exam that went beyond the typical blood pressure and heart rate, and was able to deliver specific information about my target calorie intake and my body fat percentage. It was quickly evident that Boutique Fitness treats “working out” as a science, and Lara had rapid answers for every question that popped into my head about fitness and even nutrition.

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

more efficient.



TRX at Boutique
Fitness

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

Boutique Fitness is truly a positive experience, one that has changed my view on many aspects of fitness, and inspired me to

keep going to Lara and Angela for training. The Boutique Fitness studio is located at 516 Pleasant Street in New Bedford. For more information, I suggest going to their website and liking their Facebook. They offer a complimentary consultation and fitness assessment, and the two women are so friendly I can promise you won't regret it. Boutique Fitness is based on inspiration, not intimidation, so no matter your goals you will feel comfortable.