

# Tiffany's Tots & Toddlers Daycare combines secure, reliable, and affordable care in a 6 to 1 ratio

Are you in dire need of dependable daycare? Trying to juggle furthering your career and making sure your child's developing needs are met? Have you shopped around and seen nothing but jaw-dropping rates?

In a day and age where both parents have careers and single parents raise their kids alone, daycare has become a necessity for many households. However, the expense can often be burdensome, the safety concerns worrying, and task of finding top-quality caretakers time-consuming. Bouncing child or children from grandparent, to uncle and aunt, to best friend lends an unstable environment and endless phone calls and scheduling.



*Kids will never be  
bored at Tiffany's  
Tots & Toddlers.*

Can daycare be affordable, dependable and safe? Can it be run

by accredited, passionate caretakers while providing a balance between education and fun? Is there a facility whereby you can rest assured that your child is in great hands allowing you to stay focused?

Tiffany's Tots & Toddlers at 66 Grant Street, New Bedford is owned and operated by the prodigious Tiffany Pimental and is just such a place. As opposed to a group daycare center, Tiffany runs a home daycare facility – that means smaller groups (limited to 6 kids) that lead to more personal attention to your child. Her family child care center encourages learning, play, and the development of social skills, all in a safe, structured and secure, home type environment for children from newborn to five years of age.

Tiffany possesses a Teacher's Certification, is licensed by the Department of Early Education and Care, CPR and first aid certified. Not satisfied with that, she has regularly attended courses in the Early Education field and her passion drives perpetual learning so as to provide the best care possible.

I use the adjective "prodigious" because Tiffany is one of those that seems to have been born knowing who she is and what she wants: she has been in the teaching field since second grade when she became a Catechist Assistant. From 3rd Grade to 8th Grade she assisted in After School programs to watch over younger children at her Catholic School. When I was her age, I was focused on playing video games and playing "Army"!

Tiffany explains the motivation and inspiration that drove her to open her own family child care facility:



*Kids will learn social skills through interaction and play.*

*“My freshman year at Greater New Bedford Voc-Tech I was accepted into the Early Childhood Education Program where I spent the next four years taking classes and gaining experience in the Childcare field. After graduating, I worked as a classroom teacher for two year old children at a local preschool and later decided daycare centers were no longer for me and I wanted to pursue my dream of opening a Family Child Care.*

*“Though I just started this preschool, I have always been involved with children. I have had moments all throughout my life that made me think ‘this is why I’m doing this. Being able to see a child struggle with something, and then teaching them how to overcome it, is the best feeling. It makes you feel like you are here for a purpose, to make a difference in someone’s life. Even someone as small as a child.”*

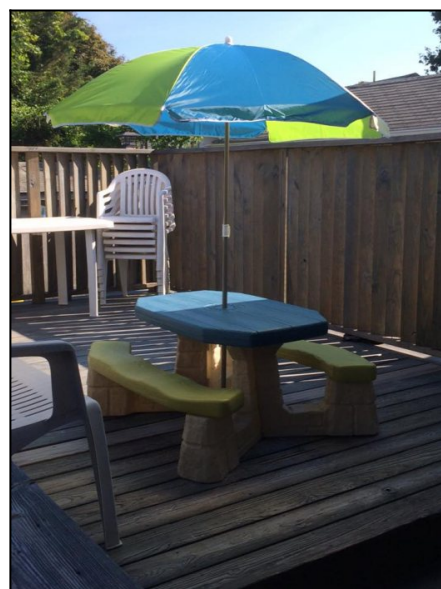
*In essence, she has found a way to do what she loves and make a career out of it.*

*At 19 years of age, she bought the house that she was not only*

raised in, but her parents were raised in as well. Your children are not being brought to a center or corporate facility, but a home. Which brings us to our next point: a home daycare translates into more affordable rates for you. Not having a corporate headquarters, massive staff and overhead means your wallet or purse doesn't get beat up. It's far cheaper than a nanny and since there are hours of operation, far more reliable than a babysitter.

Since Tiffany can care for 6 kids at a time, your child is interacting with her and the other kids, helping them develop their social skills and interacting with an authority figure and more importantly a structure that prepares them for the schools they will eventually be attending. They will never be bored with all the games, activities and interaction!

Unlike a group daycare center where the children are often separated to different rooms based on their age the children here interact. Older children learn to develop patience around the younger ones. The younger children learn new abilities and tasks from the older children.



*Breakfast, lunch and an afternoon snack are provided at no*

*additional charge. No.  
That's not a misprint.*

For those parents concerned about your child's well-being, daycare has been shown to actually make them happier and reduce the risk of emotional problems. There's gross motor skill development, art, music, free play, oral language work and naptime. Tiffany says it best:

*"I also follow a curriculum that has different themes every week. All activities are based around that theme. I work with parents to potty train children that are ready. I have security cameras that are installed for liability purposes. If parents have concerns about something that has happened with their child, it is nice to be able to rewind and see physically what happened."*

Rarely mentioned, but equally as important is that you, the parent get to reap benefits. Not just financial ones, but having your concerns alleviated means you can stay focused on your career knowing that your child is growing and developing while doing so. Another burden that is completely removed for you, is that Tiffany offers breakfast, lunch and an afternoon snack that all follow USDA guidelines at **no additional charge**. That cuts your grocery bill and saves you time that would be used for putting together the meals.

Whether you are caring for your child, grandchild, niece, or nephew, and you are giving daycare some serious consideration, give Tiffany's Tots & Toddlers a call. If you are looking for a passionate, educated, accredited person who provides education, fun, and the further development and growth of your child in a safe environment **and** is affordable, Tiffany's Tots & Toddlers is the place.

Tiffany's Tots & Toddlers is open from 6:30am-5:30pm, Monday through Friday and Grant Street is easily accessible from Route 140.

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## Tiffany's Tots and Toddlers Day Care

66 Grant Street

New Bedford

Mon-Fri: 6:30 am – 5:30 pm

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## Fascinating facts about the Lampyridae also known as the firefly – or “My 40 year friendship with the lightning bug”

*There are more than 2,000 species of “fireflies” found around the world – in an astounding variety*

Every year about this time I am reminded of one of the magical aspects of the universe in the form of a beetle that lights up – the *lampyridae* or as they are colloquially known, the firefly or lightning bug.

Who here doesn't have fond childhood memories of racing out the door and chasing fireflies around the yard or neighborhood? Do you remember the silly childhood notion that

if you captured enough and placed them in a jar, they could serve as a lantern? These beetles may be subtle in size, but massive in their ability to point back to our childhoods.

So late in each June, I start casually making it a point to peek out of the kitchen window to see if they've arrived. This year is rather special – it will make 40 years we've celebrated our friendship, so I made it a point this year to be especially attentive to their arrival.



*Fireflies are predators that will attack bugs and larvae and inject them with a digestive, numbing enzyme.*

*(filmflies.com)*

This evening my old friends made their return, and being a curious lot I decided to find out the magic behind them. Have you ever wondered *how* the beetle lights up? What is that scientific process (bioluminescence) by which they pull this off? Why are their different colors? In fact, why do they do it at all?

The name *lampyridae* is a combination of Latin and Greek, *lam* means a marsh or bog – their favorite breeding ground, *pyr* means fire, and *idae* means family and is used in classification. One thing I found out fast, is that with a mind-boggling 2,000 species of fireflies there is no easy way to answer those questions. The variations are astounding –

some fly, some don't. Colors vary from red, to yellow to green. Some aren't luminescent at all – though as larvae *all* fireflies glow and they are aptly called glow-worms. Most are nocturnal, some are diurnal or active during the day and get their sleep at night. Most have mouths, but the European version doesn't. Some stick around all year around, like the ones found in the Philippines. They are found all over the world, everywhere except extremely cold places like the North Pole, Antarctica and extreme north Canada and Siberia.

The glow is a result of the drawing in of oxygen and mixing it with an enzyme called luciferase. The most interesting facts I discovered were that fireflies don't die when the weather changes – they actually hibernate through Winter, often by hiding underground. In some cases, they've been found to hibernate for years. While they seem "cute" the firefly is a predator, they will gladly attack worms, snails, larvae and any bug that is fluttering about if there isn't any pollen to eat.



*Fascinating, up-close  
look at the  
lampyridae.  
(firefly.org)*

Also, not "cute" is that they can be poisonous to some vertebrata if eaten because of what is called a *steroid pyrone* – similar to the compound found in poisonous toads. As glowworms or in their larvae stage they attack by injecting prey with a digestive, numbing fluid. The same substance,



luciferase, that contributes to the complicated process that cause the bioluminescence is used within forensics to detect blood which can't be seen by the naked eye. In medicine it is used to detect metabolites like magnesium.

So what is behind the abdominal glow? If you guessed to warn predators and to attract mates, you would be half right – it's used in courtship. As larvae the glow isn't used to warn predators, but the opposite: attract something to eat. Adult female fireflies bury the eggs underground in a cave they have burrowed. Then they spin a silk nest and lay snares also made of silk. If you are an insect you might see the glow as a snack and crawl right into one of these snares...and have the roles reversed.

Getting back to the courtship, it is the intermittent glow – its cadence, pattern and rhythm that arouses a mate. In some cases, like in Asian and one American species, hundreds will synchronize their glow patterns to really drive the men bananas. For you ladies with a mean streak and are curious whether the female eats the male after mating: you'll be glad to know that the female *Photuris* fireflies – one of our own species – lures the males in using just the right glow pattern. The real cruelty here is that there is no mating – these femme fatales solely attract the men to eat them.

Poor sods.

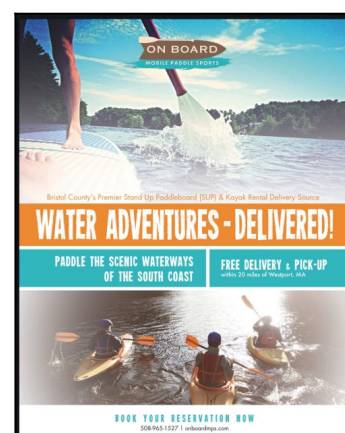
I hope this stream of thought wasn't too dull and I shed some light – pardon the pun – on these fascinating beetles. If it's evening and you're reading this, take a look out your window and see if they are visiting. See them in a, ahem, different light.

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# On Board Mobile Paddle Sports brings the fun of kayaking and paddleboarding to you through FREE delivery

Are you a water sports type of person? Love the smell of the salty, ocean air? Prefer splashing about or swimming in fresh water? Like to be on a boat, canoe or kayak? Heck, are you someone that just likes to have plain, old-fashioned fun?

Summer means water based recreational activities. Americans will begin to flock to the waterways – beaches, ponds, lake and rivers – for fun, exercise and spending time with friends and family.



*On Board has a large inventory of equipment to fit your needs.*

Two of the activities that are becoming increasingly more popular across the South Coast are kayaking and stand up paddleboarding or SUP. One of the only reasons kayaking in particular hasn't grown faster is because of the expense of just starting out in an activity you aren't 100% sure you'll make into a habit or even enjoy. No one wants to spend

hundreds of dollars on something they aren't sure about!

With this in mind, rental businesses have popped up. These places allow those who are unsure about the activity itself to give it a whirl. Perhaps you are one of those who **does** like kayaking, but simply can't afford it. I've done this very thing and absolutely loved it – it was a nice change to the trails I hike and I got to see a different set of flora and fauna.

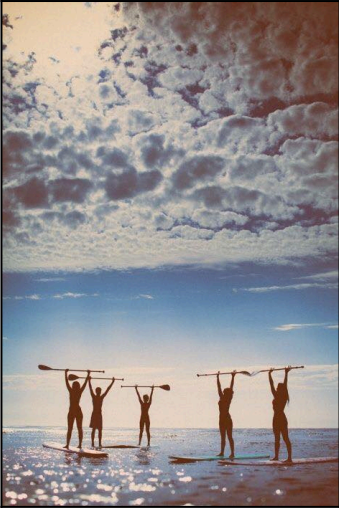
Now, here's the rub: you have to go to these rental places and either kayak or paddleboard right there on the spot, or bring a vehicle that you can strap the kayaks and boards onto. This comes with its own limitations and headaches. Are there enough boards and kayaks available? Are these tours led by experts and restricted to a schedule?

This is where Westport residents, Jenn and Bruce Mello got a light-bulb moment: "What if we bring the equipment to people? They won't have to spend hundreds of dollars, strap everything to their car, or drive to one of only a few spots to rent the kayaks." Jenn and Bruce are both outdoor folks who are always adventuring on land and sea – whether hiking trails or hitting the ocean or beach. They have a particular love for boating, kayaking, and paddleboarding.

Since both have extensive business and customer service backgrounds, they felt this was the perfect way to put that experience towards a passion while fulfilling a need of the community. They successfully turned that very love for kayaking, exercise and fun into a business called "ON BOARD Mobile Paddle Sports" in 2016 and the response has been overwhelmingly positive.

Stand Up Paddleboarding is all the rage these days, in fact "According to the Outdoor Foundation's 2013 Outdoor Participation Report, stand up paddleboarding was listed as the most popular outdoor activity among first-time

participants.”



*Exercise you  
brain, your body,  
and your spirit  
by hitting the  
South Coast's  
waterways.*

It's an offshoot of surfing that originated in Hawaii and is really taking off; it's easy to get started, easy to learn, and provides much better vistas than when you are seated. In addition, paddleboards fit right in at the beach and compliments all your regular beach activities.

How it works is simple: they deliver and pick up the equipment to the location of **your** choice. No need to go to one of a small handful of rental spots. No need to break out the ropes and bungees and muckle the kayaks or boards onto the roof of your car or truck bed. All that hassle disappears in a flash. You simply grab a few items and head to your favorite waterway and "ON BOARD Mobile Paddle Sports" will meet you at the chosen time – they bring the accessories and kayaks or paddleboards.

It gets even better: this is a FREE service within 20 miles of Westport. After that, it's a low fee of \$5 per 10 miles.

Now the thrill of exploration, the exercise, the fresh air,

and the plain old fashioned fun have just been placed in your hands in a hassle-free way. You can call or even head to their website to set up the day and time. You can browse through the equipment make a reservation or see the rates. In addition, if you think you would like to try out kayaking or stand up paddleboarding but don't know where the good spots to go are, "On Board Mobile Paddle Sports" has you covered: you can check out the page dedicated to recommended trips.

Whether you want to take up kayaking or stand up paddleboarding as a hobby, try it out to see if you'd like it, just want a form of exercise, be outdoors or want an excuse to get together to have fun with friends, family or even solo, you'll find that Bruce and Jenn are more than happy to help make that happen for you.

Now there's nothing stopping you, your friends, or family from reaping and enjoying all the benefits of kayaking and paddleboarding. Water under you, sun over you, good people around you.



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## **On Board Mobile Paddle Sports**

418 Pine Hill Rd,

Westport, Massachusetts 02790

Phone: (508) 965-1527

EMail: onboardpaddlesports@gmail.com

Mon: 7:00 am-7:00 pm

Fri-Sun: 7:00 am-7:00 pm

1st delivery time 7:00am last pick up at 7:00pm

**Facebook:** facebook.com/onboardpaddlesports

**Website:** onboardmps.com/

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# **Whaler's Tavern offers an exciting menu in a relaxed, non-stuffy atmosphere**

*Banner image by Brian Rapoza.*

Restaurant spotlights are my favorite thing to do. I am a foodie through and through, and outside of history I can't think of anything more fun to write about. Of course, I wouldn't let everyone know about the places that aren't good – if there isn't a spotlight here, it's because I haven't done it yet, or they aren't worth writing about!

With this spotlight, I get to mingle both my favorite topics

in one: food and history based on the eatery's location. The Quahog Republic's "Whaler's Tavern" is the new guy...er...gal...um...insert non-triggering, androgynous, pan-identity pronoun yet to be created so as to offend no one. I like this place. I really, really like it. Since it's new, we haven't fully bonded, but I think it's a romance that may blossom and turn into love. Once I've ironed out its identity, I'll know what figurines to top the wedding cake with.

Enough with the peripheral commentary – let's discuss what the Whaler's Tavern excels at. I've subtitled each section in case you want to get to the goods straight away.



*Is this real life?  
(Erik Horsley)*

The Whaler's Tavern did not arrive without a buzz as it's the third "flavor" of one of the Quahog Republic's eateries. The one in Falmouth has been facetiously dubbed "Dive Bar" and the one in Onset is aptly named "Waterfront Eatery." These places have burst on the scene and grown in popularity so rapidly because they offer something different. Something people have wanted. They filled a need of locals. This echoes the maxims in the business world "Give the people what they want." and "Find a need – fill it."

Well, the people were fatigued with eateries. Replicas and copy-cats are a dime a dozen. Once a restaurant comes up with a brand, gimmick, or theme and succeeds with it, others will

follow. However, they will always be chasing the “tail of the dragon” because copying isn’t the method of a creative, innovative and passionate mind. By the time, you have copied the original, he, she or they have already moved onto something else exciting and new.

This is the case with the Quahog Republic and explains their rapid success since opening in 2008. The Whaler’s Tavern is no exception. Here is an eatery that altered its New England theme, brand of service, and menu, to fit the character of the city. They have paid respect to the city’s history with their name, location and menu items. This isn’t a cookie cutter application, one-size-fits-all. They have married with New Bedford by taking the best elements that make the Quahog Republic’s eateries so darn good, and pairing it with the rich, local history and carefully selecting the downtown location – specifically a historic building on North Water Street.

Not that city officials would allow it, but how depressing would it be if a chain restaurant placed itself downtown? The positive aspect about chain restaurants is that they replicate something that *works* – something that people want and enjoy. But it’s a snapshot of what the public wants at that particular time. The downsides are obvious – menu fatigue, inflated prices, revenues go out of state, etc. One of the things that makes Whaler’s Tavern so great is that it keeps these positive aspects and sacks the negative ones.

### **Arrival, Atmosphere, Architecture**

I can’t say enough about the interior of the Whaler’s Tavern – the antique wood walls and decor make it feel like stepping back in time. It’s almost akin to the inside of a whaling vessel. I’d imagine the interior would look similar to a pub or tavern in the 19th century. Mind you, this isn’t a theme park – it’s not in your face, but subtle.





*The interior resembles a 19th century tavern with all its trappings. (Kristen Mitchell Hughes)*

On my first visit, I went with Rachael and we were greeted by a very friendly bartender. It was in between lunch and dinner – typically a slow time for anywhere – so she was able to come out from behind the bar immediately and serve us. I can't be alone in that I love any bar, pub or eatery that has lots of exposed antique wood or stonework, right? The antique windows, which look original, are a nice touch and one this history lover enjoyed. There were a number of city and regional themed paintings and wood art on the walls and I noticed a William A. Wall's "Gosnold at the Smoking Rocks" print right away. Behind the bar were two casks, a rather odd glass jar containing some secret concoction, and a number of liquor bottles.

One thing about the setup at the bar that I really liked is that the back bar is where the the tap handles were. Not in your face forcing you to navigate around them or gaze between them to talk to the bartender. The front bar had no clutter or taps, just a few jars of condiments and straws. It makes the bartender seem more accessible and makes the place feel less cluttered. Subtle touch that was clearly thought out.

The lighting came from a number of lanterns suspended from a chain. Of course, if it were yesteryear they would contain candles, but again I love the little odes to history. The overall ambience is a relaxed, non-stuffy one. Co-owners Erik

Bevans and Tom Hughes (they co-own the other two Quahog Republic establishments too) have really succeeded in carefully crafting the look and feel of a 19th century tavern.

### **Grog, Argh!**

The menu which is made to look like charred parchment, came in two separate pages: one page for food, the other for drinks. I sincerely dislike poring over a menu that is multiple pages long. It seems like those places have an identity crisis and I often wonder how good someone can be at cooking 200 separate dishes. A sort of jack-of-all-trades, master-of-none.” The size of this menu smacks of “Here’s what we are really good at. These dishes are what we specialize in.”



*Whaler's tavern has it all: cocktails, wines, beers, a variety of Rums, Scotches, and Bourbon Whiskeys. (Kendra Darcy)*

There were 13 wines and 3 champagnes to choose from: all between \$6-\$12 a glass. Of course, you can also purchase a number of them by the bottle. A dozen bottled beers (including cider) and 14 kinds of draft beers were offered. The varieties and brands can be seen here.

The rest of the drink menu consists of 13 cocktails and a number of originals and classics like a **Bloody Mary**, **New England Daiquiri** (Privateer Silver Rum, fresh lime juice, splash of ginger beer, fresh grated ginger garnish), **Dr. Flynn's Cask Ages Mai Tai** (Secret recipe smuggled from the Royal Hawaiian Hotel on Waikiki beach, cask aged for perfection) or the **Cantaloupe Martini** (3 olives, watermelon, orange juice, fresh lime and Marie Brizard watermelon. Chilled and served straight up.) If cocktails are your thing, you really need to check out the rest of that menu.

Finally we come to the Rums, Scotches and Bourbon American Whiskeys. The rum list is a massive one: 25 different brands of rum to choose from. Can't choose? Get one of three Rum Flights of cherry-picked 1 oz. pours of 3 different Rums.

If Bourbon American Whiskey is your thing, you have 7 to choose from – **Berkshire Bourbon** (made in Sheffield, MA), **Woodford Reserve**, **Booker's**, **Basil Hayden**, **Elijah Craig** (12 year), **Old Overholt Rye** and of course **Knob Creek**. Served in a 2 oz. glass with prices starting at \$8.

Prefer a Scotch? You have 5 Single Malts to choose from: **Glenlivet** (12 year), **Laphroig** (10 year), **Macallan** (18 year), **Balvenie** (14 year Carribean Casked), or **Balvenie Single Barrel** (Sherry Cask 15 year).

**Grub, Argh!**

At the time of day when I first went, it was too early to drink. (Yeah, go ahead, say it – I'm a lightweight) so we were there to eat. I looked over the menu and the very first thing that caught my eye was "**Raw Bar**." At a tavern/pub? This is a good development! Best of all is that they could be ordered by the piece. Want three quahogs and three oysters? You got it. No need to order by the dozen or half dozen – order only what you want.

**Appetizers** included standards like Caesar Salad, House Salad,

Tuna Tartar, Cod Cakes, chicken wings, stuffed quahog, and Kale soup. There were some rarer or original appetizers too: *Tavern Salad* – crisp greens, sun-dried tomato, grilled asparagus, mushroom & wholegrain mustard vinaigrette. *Truffled Parmesan Fries*: tossed with shredded and grated Parmesan, truffle oil, and scallions. *Poor Man's Surf & Turf*: stuffed quahog and a 1/4 hot dog.

We opted for 3 each of the oysters, quahogs, and chilled shrimp. We also figured a good measuring stick for any New England eatery would be to try their chowder, so we ordered the Quahog Chowder (\$6.50 bowl): Applewood smoked bacon, tender Red Bliss potato, & cream.



*The "Monsta Lobster Salad Roll": heaping pile of fresh tail & claw meat lightly dressed with Hellmann's Mayo on either a butter toasted Brioche roll or mixed greens.*

I can't tell you enough how perfectly fresh these were. The quahogs and oysters came with wedged lemons and a homemade mignonette sauce that was the perfect compliment. I've eaten a lot of quahogs plucked fresh myself from the sand and these reminded me of them – that quintessential ocean flavor, the right amount of natural saltiness and sweetness. The shrimp –

which were HUGE – came with a tangy cocktail sauce.

The chowder? Mind-bogglingly delicious with generous amounts of quahogs, a perfectly seasoned “almost clam boil-like” broth, and the right amount of potatoes. Clearly made from scratch. This wasn’t a potato soup masquerading as quahog chowder – a pet peeve of mine – this was a quintessential quahog chowder. Oh, man were we off to a great start.

**Sandwiches** consisted of a 1/4 Hot Dog, Crunchy Cod, Marinated Chicken, B.L.T., Veggie Burger, and a Beef Burger with a variety of toppings or “extra provisions,” like Swiss, American or Cheddar cheese, raw or caramelized onion, Blue Cheese, Applewood Smoked Bacon or a fried egg. All are served with a choice of bread: fresh baked white, wheat, bulky roll or Portuguese pop. The **Specialty Sandwiches** were four in number: the very popular *Monsta Lobster Salad Roll* – heaping pile of fresh tail & claw meat lightly dressed with Hellmann’s Mayo on either a butter toasted Brioche roll or mixed greens. The *Swordfish Sandwich* – fresh cut swordfish steak, Italian herbed with sun-dried tomato, caper relish on butter toasted bun. *Gaspar’s Chourico Melt*-griddled chourico with caramelized onion, melted Cheddar cheese, lettuce, mustard aioli on a butter toasted Portuguese pop. Finally, the one I opted for: one of my favorite sandwiches on the planet – a *Cubano*.

The Quahog Republic’s version was authentic and legit! It was described as “slow roasted pork and honey glazed ham, chopped pickles, marinated red onion, Swiss cheese, chipotle aioli, on French bread. Baked hot; brushed with butter, wholegrain mustard and grill pressed.” I’ve eaten a lot of Cubanos in my day, and the golden standard of course, are the ones I’ve had in various places in Florida made by Cubans. This one was as authentic as any I’ve ever had, excepting the Chipotle aiolo which was a nice, subtle touch. It was also the largest one I’ve ever been served – so large in fact, that Rachael regretted ALSO ordering the Cubano because there was enough to go around.

Our choice of sides were the golden French Fries – slightly larger than those you would get at a chain, golden as advertised and appropriately salted, in other words lightly so you can adjust to taste.

The **Flat Breads** come in traditional cheese, pepperoni, shrimp scampi and a daily special. There is also a section for **Shellfish Sautees** – either sauteed littlenecks or P.E.I. Mussels. Finally, the **Main Entrees** are Crunchy Cod Fish & Chips Cod Cakes, Country Style Ribs, and Swordfish Steak.

The available **Sides** are grilled asparagus, butter toasted Brioche, creamy coleslaw, golden french fries, baked beans, tri-color pasta salad or the vegetable or starch of the day. There are Daily Specials offered and it's a good idea to check every week to see what they are. You'll find things like Avocado & Beet Spinach Salad, Gouda Baked Oysters, Country Fried Chicken, Monty Cristo Egg Roll, Meatballs and more.

On subsequent visits I've tried the Flat Breads (Pepperoni – \$10) and the Beef Burger (w/ Blue Cheese) – half pound certified Angus beef burger, lettuce, tomato on a buttered toasted bun. (\$9.50). The burger was rather large and came with a healthy portion of their golden fries. This was cooked EXACTLY as I ordered it (medium-rare) and the Blue Cheese was the real deal: generous amount of chunks, not a cheap sauce. A life changing experience! I kid. I kid.

#### **Erik Bevans and Tom Hughes**

Their motto is “Live life to the fullest-Give back to your community-Relax.” or “Live-Give-Relax!” They hope to accomplish this with their hand-crafted cocktails, extensive Rum selection, mouth-watering fare, affordable pricing, and late night food (serving food until 11:00pm). In addition, they want to promote an intimate atmosphere by not having live music. “What?” you say? You won't find live music at the Whaler's Tavern – they don't offer it so that you don't have to scream to have conversation. There IS music from a Jukebox,

but that music is kept to a level low enough that casual, relaxed conversation can be had. Yeah. Some days I want that.



*The relaxed atmosphere means you can enjoy conversation without trying to compete with the music. (Katie Nelson)*

Erik and Tom are not some new kids on the block: Erik opened his first restaurant – a rustic beach bar that would become a model for the Quahog Republic and its motto – in 1997 on Mashnee Island. Tom was already a successful entrepreneur when he teamed up with Erik in 2007 to begin the Quahog Republic Company. They are mature and experienced entrepreneurs who joined forces to create something special and they seem to have a Midas touch – they have opened an additional three restaurants in the last 6 years. The Whaler’s Tavern is a culmination of all that experience, business savviness, and passion. They brought it all to bear in late June 2015, officially opening the Whaler’s Tavern’s doors to the public.

Why New Bedford you may ask? Tom explained: “People called/call us crazy! After Erik had to leave his first restaurant located on a great waterfront spot, we moved forward as business partners to accomplish a dream. We opened the Quahog Republic Dive Bar in a run down strip mall in Falmouth. People said we were crazy and that it wouldn’t work. They were wrong.

We opened our Quahog Republics' Waterfront Eatery a few years later in Onset Village, again people thought we were crazy and that it wouldn't work. They were wrong again. Now we opened in New Bedford, some people still don't get it. All I know is it's working. We say, we may be a little crazy (you have to be), but we see potential in places others may not, and adapt as necessary. We say, Why not?"

Well, I like crazy people. The world would be boring without its eccentrics. So, I'm glad they chose New Bedford because I enjoy what the Whaler's Tavern offers in terms of atmosphere, fare, drinks and affordability. It's a place I've frequented many times since my initial visit and a place I enjoy relaxing alone at or with friends, over drinks and food without having to shout at one another.

The Whaler's Tavern is positioned perfectly when it comes to parking, if Elm Street garage isn't your thing, there is usually Union Street to park on. You may get lucky and find a spot on North Water Street or one of the side streets, maybe even the small parking lot on the corner of North Water and Union Streets.

A loyalty card program is also offered whereby a customer receives a point for every dollar spent. Once you earn 300 points you get a \$15 Gift Certificate to be used on your next visit. Points can be accumulated at all three Quahog Republic locations.

So, if you are looking for something a little different, love a Raw Bar, enjoy not shouting to maintain conversation, consider yourself an aficionado of Rum, Scotch or Bourbon Whiskey, you'll want to give the Whaler's Tavern a shot...or three shots...Scotch, Rum and Whiskey, one after the other.

So what's in the odd glass jar containing some secret concoction? You'll have to head to Whaler's Tavern and ask!



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## **Quahog Republic's Whaler's Tavern**

24 North Water Street

New Bedford, Ma

Phone: (774) 206-6303

### **Hours of Operation:**

*Open daily 11:30am-1:00am, kitchen open until 11:00pm.*

**Facebook:**      [facebook.com/pages/Quahog-Republic-Whalers-Tavern/1622420264703137](https://facebook.com/pages/Quahog-Republic-Whalers-Tavern/1622420264703137)

**Website:** [quahogrepublic.com/](http://quahogrepublic.com/)

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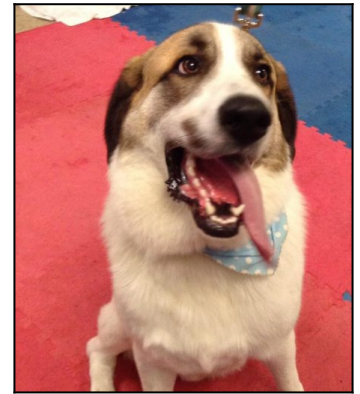
# **MJ's Pet Training Academy's dog grooming service – a place where your best friend will love to go!**

We've waxed positively in the past about MJ's Pet Training. We first introduced Melissa Vieira in an article last March and again after she expanded her courses and classes in an article in November.

If you missed those articles, feel free to read them. In a nutshell, MJ's Pet Training Academy is the premier training facility for any dog that needs some behavioral training,

exercise, or owner that wants their dog to learn some tricks and/or develop some social skills.

This doesn't mean it's a facility for "bad" dogs. Your dog may experience anxiety or nervousness around humans or other dogs. You may have a desire to compete in tournaments. You may just want him or her to learn some tricks so you can show him or her off. You may just want to enrich your dog's quality of life.



*One of the pampered clients enjoying his time at MJ's Pet Training Academy.*

Whatever the reason, the highly accredited, award winning trainer utilizes a successful positive reinforcement method that produces results time and again. Since she started her business, the response has been nothing short of amazing. Rave reviews demand, and word of mouth have catapulted "MJ's" into popularity.

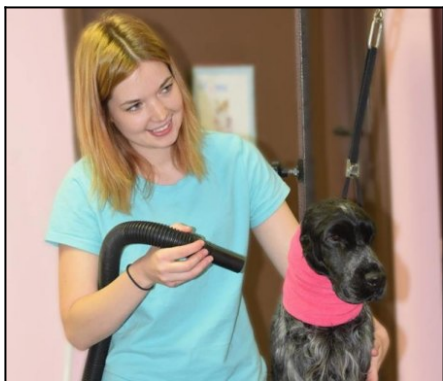
One aspect of MJ's that has really shined is the grooming services and she has developed a large regular and loyal following with what she calls "Positive Grooming." Since Melissa absolutely adores working with animals, her primary concern while grooming is that the pet has a positive experience since grooming can be stressful for many pets – something that is often glossed over. It certainly is not

comparable to humans having a haircut.

“Grooming can be stressful if the pet is not used to the handling, and holds required to get groomed, standing up for long periods of time, the sounds of a grooming salon, and so on.” she shared with me. “I am working really hard not just at MJ’s but within the grooming industry to come up with some creative solutions to make grooming a positive experience that dogs really enjoy.”

How does she know she is getting it right? She has clients that have told her that when they say “Do you want to go to MJ’s?” they get visibly excited. Melissa finds it very rewarding to see the dogs come in through the door knowing that they are about to be groomed, but wagging their tails!

So how does she get results like this? How does she achieve a scenario where your won’t have to twist your pet’s arm...er...paw, to get groomed? She **listens**.



*The pink collar pins the ears down so protect the dog’s hearing and lessen the stress from the noise of the vacuum. Pampered!*

She never forces the dogs to stand up during the entire process. She will work with each dog on an individual basis

and give them play breaks as necessary, let them run around the obstacle course, run through the tunnel or just let them run about. Maybe something she recently wrote about and was published in a top industry magazine is needed: utilizing a target -usually round-that the dog will be taught to put his nose on. A sort of distraction “trick.” If your dog is more low-key, they can simply relax.

Think you have an aggressive or nervous dog that may be a problem? Don't fret – Melissa has worked with just about every behavior imaginable. “Even dogs who are very aggressive, or nervous can be trained husbandry behaviors like put a muzzle on themselves without a human having to muscle it on. We train dogs to voluntarily lie on their sides or file their own nails. The dogs think these are tricks, but these “tricks” allow us to create a stress-free experience for both the animal and us.”

Eventually the personality of the dog comes through and Melissa gets to know the dog and the perfect formula to apply to that individual dog. *That* is how she gets dogs comfortable to the point that get excited to go to MJ's.

In addition to the “haircut” aspect of the grooming, MJ's provides a number of special services like mud scrubs, oil treatments, facials, arthritis soaks and a gentle de-shed treatment: a high-velocity dryer removes all that loose hair in the hard to get with a brush, undercoat.

The full menu of services and prices can be found here.

Melissa's love for animals extends outside and beyond MJ's. She spends all her extra time writing for her blog and magazines and helping animal causes. She was recently nominated for the Southcoast Emerging Leaders Award and as a favorite pet groomer for the Southcoast Reader's Choice awards for her work.



*"Mommy, can we stay just a little bit longer? Huh, huh? Please!"*

A cause that is dear to her heart is an organization called Healing Companions, Inc. The organization is dedicated to "...assist individuals severely limited in their ability to function due to mental illness." They believe in the healing benefits of psychiatric service dogs and to save animal lives they use shelter and rescue dogs as much as possible so they aren't living their lives in a shelter or eventually euthanized.

How she helps is that she has three "Name Your Price" bath dates set during the Summer season. Yep, YOU get to name your price. You get a dog that gets the primo wash treatment from head to paw and MJ's donates HALF of the proceeds to Healing Companions, Inc. You get a happy, clean dog while feeling good about having contributed to an organization that gets dogs out of shelters and away from euthanization **and** improving the quality of life of a person in need. That's something worthy!

In addition, MJ's will donate HALF of all mud scrub and oil treatments to Healing Companions, Inc. until September. You can find out more about Melissa and her connection to this wonderful organization here

If you are looking for grooming for your pet from a top-notch facility that specializes in pets – avoid the chains and

franchises and go local! Where you are on a first-name basis with passionate, animal-loving professionals. Your dog will not only come out looking as handsome or pretty as ever, but will learn a few tricks too. Stop in and say hi to Melissa and tell her Joe sent you!

**Watch Wally and Gidgette get groomed at MJ's Pet Training Academy!**

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**MJ's Pet Training Academy**

132 South Main St., Suite C6

Acushnet, Massachusetts

Phone: (774) 992-6929

EEmail: [mjsdogtraining@gmail.com](mailto:mjsdogtraining@gmail.com)

**Facebook:** [facebook.com/MJsPetTrainingAcademy](https://facebook.com/MJsPetTrainingAcademy)

**Website:** [mjspettrainingacademy.com/](http://mjspettrainingacademy.com/)

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**American Cancer Society's  
"Relay For Life" is a fun,  
family oriented event that**

# helps a cause close to us all

When I was growing up I don't recall there being many 5K, running or walking events for local causes. These days there are at least a dozen each year that people can participate in. And participate in them, you do! These events are always jam-packed – a tribute to organizers who have turned what was an athletic, competitive and individual focused event into a family-oriented one for a great cause.

Of course, these events don't exclude the competitive athlete, they have just become more inclusive – some even going as far as offering a 1K kid's walk. A great way to teach children how connected they are to the community and the importance of being active within it as well as the benefits of exercise and being social.



*Dr. Gordy Klatt, the man who started it all in 1985 with a 24 hour walk that raised \$27,000.*

One organization that has been putting one type of these events before they became so popular, is the American Cancer Society's "Relay For Life." The very first "event" consisted of one person, Dr. Gordy Klatt, in May of 1985. Dr. Klatt wanted to help the American Cancer Society raise funds to help them fight what he felt was the nation's biggest health

concern.

The event was called the “City of Destiny Classic 24-Hour Run Against Cancer” and as you may have surmised, Dr. Klatt ran for an inspiring 24 hours! He ended up raising a whopping \$27,000 for the society. As he was finishing the relay, he took note of the amazing turnout of supporters that spurred him on, and found it as a source of inspiration. He thought to do something similar annually, but on a much larger scale and thus, the concept of “Relay For Life” as born.

The following year, 19 teams totaling 340 people turned out and participated. Decades later, “Relay For Life” has grown from a one-man event to a multi-nation event that has raised more than \$5 billion. Sadly, Dr. Gordy Klatt passed away in 2014 of heart failure while battling stomach cancer at the age of 71.

Today the fun-filled event which celebrates survivorship continues as part of Dr. Klatt’s legacy and is as popular as ever. There is quite a buzz as people gather at local landmarks like schools, parks, and fairgrounds, excited to strike a blow to a disease that affects so many of us by raising much needed funds. The relay’s motto is “We’re fighting for a world with less cancer and more birthdays. ”

### **What is a “Relay For Life” event like?**

If you haven’t already participated in a Relay For Life, you likely have heard about one. Since there isn’t a person in the country who hasn’t been affected in some way by cancer, it is a cause that is perhaps rallied behind more than any other. So it’s likely someone you know or work with has done at least one.





*The Relay For Life allows anyone and everyone, regardless of age or fitness level, to get involved.*

What is different about Relay For Life compared to other events is that it is not a race or competitive in any way, but a relay – that means that people take turns walking or running laps keeping one member on the track at all times.

There is no time to beat, no minimum to accomplish, no high level of fitness required. Anyone and everyone can participate, regardless of age or fitness levels, whether an individual or part of a group, because of this. Yes, you do not have to be part of a team!

If your health prevents you from participating or perhaps you are nursing an injury of some sort, organizers are always looking for volunteers whether it is the day of the event or helping with planning to make the event happen.

### **New Bedford, Fall River & Tri-Town/Wareham Relays For Life**

The local American Cancer Society centers that organize the area's annual events are Relay For Life of Greater New Bedford started in 1994, Relay For Life of Greater Fall River started in 1999, and Relay For Life of Tri-Town/Wareham, which is a newly merged event but Relay For Life of Tri-Town started in 2005 and Wareham started in 2002.

Each center has a Community Manager: New Bedford is headed by Kjirsten Seiler and Fall River by Michaela Burke. Two individuals who have a passion for the cause, the people involved and the event. Kjirsten got interested as a volunteer 12 years ago and was so inspired by what she saw, that she knew she had to be more seriously involved.

“I have had far too many family members touched by cancer and joining the Relay For Life movement gave me the opportunity to be part of something much bigger than myself.

Watching the Survivor lap and walking the track during the Luminaria lap are very humbling experiences and make me want to fight for those who are traveling an unbelievably difficult road through cancer diagnosis and treatment. ”



*The central message at the core of the American Cancer Society's "Relay For Life."*

With Michaela, her first experience was with her youth cheerleading team when she was only 10 years old. She continued to be involved with the event through college. “My family started with the Daffodil Days program and then learned more about the fundraising events to get involved with. I have just like so many people, had far too many family and friends effected by this horrible disease. Seeing people you love have to endure such a hard journey is heartbreaking and since I was little I have wanted to work for the organization that has

made such a difference in the fight against cancer. ”

Both find continual inspiration and reminded of their initial motivation every time they speak with a survivor, a family member or friend who has lost someone, or team captain.

**How do I participate, donate or volunteer? When is the event?**

Each center has a website containing a one click button where you can sign up your team or as an individual participant, volunteer, as well as see how fundraising is going. If you live in Fall River, sign up [here](#), Tri-Town/Wareham can sign up [here](#) and New Bedford residents can sign up [here](#).

Can't volunteer or participate, but want to help out in some way? You can donate securely through the New Bedford Relay For Life's donate page which will even allow you to search for an individual or team to dedicate the donation to. Of course, you can simply just make a general donation.

Want to know the specific day and time a relay starts in your neck of the woods? If your area is not one of these three, any Relay For Life website allows you to simply enter your town and it will list the events closest to you.

**Relay For Life of Greater New Bedford**

Friday, June 24, 2016 @3:00pm

555 Maxfield Street

Paul F. Walsh Athletic Field

**Relay For Life of Greater Fall River**

Friday, June 24, 2016 @3:00pm

Bishop Connolly High School

373 Elsbree St, Fall River, MA

**Relay For Life of Tri-Town and Wareham**

Saturday, June 18, 2016 @3:00pm

Wareham Middle School

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# American Cancer Society's "Relay For Life"

Phone: 1.800.227.2345

Website: [Relay For Life of Greater New Bedford](#)

New Bedford Facebook: [facebook.com/relaygreaternewbedford/](#)

Fall River Facebook: [facebook.com/ACSRelayGtrFallRiver//](#)

Tri-Town/Wareham Facebook: [facebook.com/RelayWareham/](#)

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## **Joel Cordero turns his love for commercial video, photography and aerials into an opportunity for professionals seeking marketing content**

If you live in the area, it is likely that you have come across the work of Joel Cordero; he has been producing media work across the South Coast area for more than 15 years as a photographer and videographer.

As a Broadcast Editor at Boston's Ch7 NBC News, you've certainly seen his work without even being aware of it. He has produced promotional videos and product photography for the likes of Toth&Co, BlueFly, University of Rhode Island, South Coast Hospital group, Mass Dept of Health, SMEC, and many more.



*Preparing for a commercial aerial video shoot.*

Joel has managed to transform his deep love for photography and video into a career providing content primarily for realtors, business owners entrepreneurs and other professionals in need of world class marketing content.

Joel opened up about his motivation: “My biggest inspiration has been a deep internal desire to be able to provide a comfortable lifestyle for my family while doing something I love. Those who know me will attest that visual languages have always been second nature to me. My talent and skills have evolved from drawing and painting, to design and illustration, and more over, to video and photography.”

It is this intense desire that has sent him to university to balance the passion with technical knowledge and go through any extra training that would help him improve the craft, regardless if it was mandatory or not. In his mind, while it wasn't a necessity, it would deepen his understanding, improve his knowledge base and subsequently improve the quality of service he could offer.

Joel has a Bachelor of Fine Arts in Visual Design & Photography and has a FAA (Federal Aviation Administration) Sec.333 Exemption for Commercial Aerial Video & Photography. “There are other drone operators/Aerial photographers in the market but very few have the appropriate federal exemptions required from the FAA/Federal government to operate commercially. If caught, those operators and their clients

could be held liable for federal fines in the tens of thousands,” he explains.

Why does Joel place so much emphasis on video? You may have noticed the sheer volume of videos that circulate the internet is rapidly growing: Experts predict that by 2019, 80% of the world’s internet traffic will be video. Photography will always have a practical marketing application, but video is the future of marketing content.

