

# Remember nostalgic

# when...waxing



*Ah...the days when you were a kid and the world was less complex.*

We are going to take a diversion from our usual *Who Remembers?* article. You can browse those previous articles by using the search bar on the right or by clicking **here**. This time around we are going to approach our strolls down memory lane in a slightly different fashion. We're going to reminisce about how times have changed in general.

As always we would rather this be a discussion. No one knows this area better than those who grew up here! Please, leave constructive criticism, feedback, and corrections. We'd love to hear your anecdotes. Please share!

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Yeah, yeah...we've all heard the proverbial classic "When I was your age, I walked 5 miles to school...in the snow!" You could

easily finish that sentence with dozens of other options. There are a myriad of ways to describe how the times have changed.



*It wouldn't have been uncommon for me to hop on my bike in the morning, travel miles and not return until nightfall without touching "base" once.*

As is characteristic of New England, we may often finish that sentence with some griping or complaining, but that's no fun. We want to have a little fun – maybe chuckle a bit, bring a smile to the face or get that brain working and recalling the "olden days." It will certainly generate discussion in the home or the next time you are hanging out with friends in your age group.

Many of these changes happened so subtly that they were barely noticed, others were brought about immediately. Of course, this article could reach back to the 1940s or 1950s or even the 1960s, but not only would the article be incredibly lengthy, but I wouldn't be speaking from experience, having been born in 1970.

But don't let that stop those of you whom are older from sharing the things that you recall!

### **Roaming About**

When I was a kid...I would wake up around 10:00am on a Saturday

or Sunday morning, pour myself a bowl of cereal and watch Creature Double Feature and Kung-Fu theater. When those were over, I would bolt out of the house for the rest of the day – sans cell phone checks. When I lived next to Kinyon Campbell School, I'd often wander all over different parts of the neighborhood and I might return for dinner or I might not. When it got dark it just meant I had an hour or so before I'd have to get home or be in trouble.

Did this mean there were less predators back then to worry about? Or does it mean we've become a more fearful generation?

### **Communication and Media**

Today communication is instant – cell phones and laptops mean we are always accessible. However, there was a time when cell phones didn't exist – the horror! The humanity!

Car broke down? Well, I guess we'll have to walk to a pay phone. Pay phone? What the heck is that?! This is another one that my 13 year old daughter thought I was making up. For the price of ten cents (at least for some time) you could make a one-two minute phone call. Either keep pumping those dimes in or of course, you could "call collect."



*Call the operator  
and tell her you  
want to make a  
collect call!*

Speaking of phones, it was quite the “to-do” when push buttons replaced rotary-dials. State-of-the-Art! Then the cordless phone came about and that meant no more spiral cords to twirl or get tangled. Then came the beeper or pager with all its special codes to send messages. Man, if you had one of those you were the “man” or “woman.”

The 8-track tape was phasing out as I was growing up. Technology was so advanced that we had the cassette tape and it was replacing the 8-track. Then the cassette recorder came out and we could make mixed tapes. I often wonder why cassette tape manufacturers never tried to make a few extra bucks by making a special tool to spool the tape back in whenever it got all tangled up in the cassette player? Maybe because the pencil was too perfect?

While on the topic of music, remember when the “M” in MTV stood for “music” and all day and night that’s all you got?

Then there was the VHS tape and there were entire stores where you could rent them for a small fee for a night. But please ‘Be kind, rewind.” or you’ll pay a fee.

Finally, when the Al Gore let us have the internet in our homes we became really excited. We simply unplugged the phone from the outlet and plugged in the computer. Man, I hope no one tries call while my dial-up modem is making all that pinging, buzzing, and noise. Little did the Yellow Pages know that their days of popularity were numbered and its usage would dwindle immensely.

### **Running Errands**

Who doesn’t remember being asked by mom to run to the store to pick something up?! We KNEW what that meant: spending the leftover change on penny candy – when penny candy actually cost a penny. You could stuff one of those brown paper bags with the 50 cents worth of change. Who cared about the inevitable belly ache? Bob and Eileen’s was my favorite spot.



*"Sure mom, I'll go to the corner store a block away and grab some milk. Should only take 2 minutes..."*

I would make these store runs from as early as a time as I could remember. I would say since I was 5-6 years of age. Alone, crossing streets, and of course, with many pit stops. If the store was a block or two away, it wouldn't be uncommon to take 30-40 minutes to get there and back. While an ear beating wasn't uncommon for taking the scenic route to grab a gallon of milk, calling the police because the 5 minute walk took longer than usual was unheard of.

Often these trips to store would be to pick up a pack of cigarettes – yes, even at 6 years of age. Speaking of cigarettes, everyone smoked, everywhere – including inside restaurants. Imagine that!

### **No Safety Packaging**

My daughter thinks I'm pulling her leg when I tell her, there was a time when there was no sealed cellophane, plastic peel-offs, or other safety packaging. Today it seems common sense, but there was a time when you could simply open up a jar or bottle and take a few pieces of candy or aspirin or whatever, out. While there were child-resistant caps for some medicines, nothing was sealed.

Remember that you could go 'Trick or Treating' and it wouldn't be uncommon to come across baked brownies, cupcakes, or other homemade goodies? The Chicago Tylenol murders in 1982 took the

lives of five people, including a 12 year old child and precipitated massive changes in how consumer products, pharmaceuticals, and food would be packaged.



*Remember when “rolling” the window up meant using your whole arm and not a finger? (mikanet.com)*

### **Automobiles**

“Roll up the window” is a term that is still used today, in spite of the fact that nowadays, no one rolls anything up: you hold your finger on a button. But, there was a time when you used a crank to actually roll the window up or down.

We had the Pinto, El Camino, the Gremlin and the Yugo. I hope they make a come back. When it snowed, my friends and I would keep a watchful eye out for Z28s or other cars that had fin on the back trunk. That meant you could run out, grab a fin and ski down the road with the car pulling you along. “Oh the humanity!” again.

We had no GPS, no spinner rims, no \$10,000 sound system in the trunk, no keypad entry, no memorials pasted on back windows, the Jeep Cherokee was the biggest thing on the road that could be considered an SUV, and wood paneling was as flashy as it got.

### **School System**

Where to begin with this one? There was a time when you could bring anything you wanted for school lunch. Sometimes you had

a better lunch than others, sometimes they had a better lunch. Clothes? Same thing. Whether you got an "A" for a grade or an "F," you earned it and with it would come a sense of pride or shame, accolades or snickers, respectively. You played Dodgeball, you Square-danced \*cringe\* and sometimes you were one of the last to be picked for a team. That's just the way things were. No one who didn't have cookies packed with lunch turned out to become a serial killer. If you got hit by the dodgeball or picked last on a team, it didn't traumatize you for life. Someone had better shoes? Oh well. You didn't grow up and hate the world for it.

These days we eliminate sports that could give someone a boo-boo. No one picks teams so as to eliminate someone being picked last. We give out "NS" for "Not Satisfactory" instead of a big, fat "F" and make everyone follow the "Kommon Kore" from Kiev, Russia. We don't allow people to bring in a brand name snack and everyone has to share the same, really awful lunch.



*You can be picked last for a team sport and still develop self-confidence and esteem.*

All of these things happened to me: I got "F"s for grades, my family was very poor for years and my clothes came from the Salvation Army or charity organization, most of the time someone had a way better lunch than I did, I've been picked last for baseball and been pinged on the head by a dodgeball too many times to recall. I'm a productive, tax paying

citizen. It didn't harm me one bit. What's all the hoopla about?

Anyhow, I recall the popped collars, jam-packed with scribble and art brown paper bag book covers, the bolted to the table pencil sharpener, girl's bangs created with a round brush, parachute pants, Miami Vice style dinner jackets with shoulder pads, leg warmers, Jordache jeans, fingerless gloves, and terms like "rad," "gnarly," "take a chill pill," "barf me out," "totally," and "grody." I use these now on my 13 year old daughter to show her how hip I am. Did I say "To show her how hip I am."? I meant, to say "To torture her in front of her friends."

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*What do you remember from growing up? Is there something that has completely disappeared? Whether a fashion, saying, or notion? Please share and wax nostalgic with the rest of us!*

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**Mary's Mini-Hot Dog & Steamed Cheeseburger builds an avid following by offering affordable, fun and creative fare**





*Mary's famous steamed cheeseburger – this one piled high with 5 slices of bacon. If that's not enough you can get the "Insane, crazy, stupid, triple bacon cheeseburger" which has 15 slices!*

This January we showcased a slice of foodie heaven: Mary's Home to the Mini Hot dog & Steamed Cheeseburger. We highlighted the great personality behind Mary's, Mary Hocking herself, and her mouth-watering hot dogs and steamed cheeseburgers. We tempted and teased you with pictures of food that induced drooling and told you about her fun, original menu.

A lot has happened in these short, six months. Her menu has expanded, she has added family to her staff to provide quicker service, and the buzz about the place has gone into overdrive. There are a few things that haven't changed: Mary's is still an affordable, fun, family-oriented destination.



*Mary's fun, creative, original menu effortlessly puts smiles on faces. (Lois Jerome)*

Mary's has been called a "Hidden Gem," "The Restaurant Next Door." "A Hole in the Wall," and "The Best Burger Joint in the New Bedford" by her customers. Her burgers are so good, that she estimates that nine out of ten orders are for burgers! Pretty good for a hot dog joint!

What is it about these burgers that engenders comments like this? For one they are steamed goodness. This steaming not only makes a healthier burger (means you can eat more!) as opposed to frying or grilling, but instead of drying out the burger, it absorbs all the natural juices. You won't find a juicier burger. Anywhere. That flavor you taste is burger, burger, burger not grease. Mary could easily stop there, serving the perfect burger and she would be popular enough. However, magic happens when you get to choose from over 60 toppings – MOST of which are free. Yes, you read that right. If you want to have ketchup, onion crunch, jalapeños, sour cream, crushed potato chips and sauerkraut on your hot dog or hamburger, you may be an ill foodie, but you can have that...and all those toppings are FREE.

Mary isn't unstable, she just has passion. Passion coupled with pride, produce something special. She has it in spades.

What other types of symptoms of food madness does she exhibit?

Are you a bacon lover? Who isn't? How does one of these amazing, steamed cheeseburgers with five slices of bacon sound? Go to a local breakfast joint and order a side of bacon and it'll cost you about \$4 for 2-3 slices. You get the steamed cheeseburger with five slices of bacon, and all the other toppings you want for \$7. Compare that value to other burger joints in the area.

Other signature burgers:

- **Fly'n Hawaiian Bacon:** Bacon, pineapple, and BBQ sauce.
- **American Sniper:** Texas meat sauce, onion petals, jalapenos, nacho and American cheese.
- **Insane, crazy, stupid, triple bacon cheeseburgerr:** 15 pieces of bacon!
- **Sweet Georgia Peach:** Cheeseburger, sausage patty and maple mayo.
- **Yankees Suck Cheeseburger:** Fried Mac & Cheese, cilantro, ranch dressing, onion, lettuce, and tomato.
- **Candied Bacon Peanut Butter Cheeseburger:** topped w/ candied bacon, peanut butter, maple mayo and onion crunch.
- **Drunken Cheeseburger:** topped w/beer glazed candied bacon, vodka sauce and friend pickles.



*Some signature dogs:  
The Frito, Reuben, The  
Jon, Onion Crunch, The  
Brady & The BLT.*

Mary loves the New Bedford community and every time I visit –

that is often – she has some funny or positive anecdote to share. She said the community has an equal amount of love for her and the rantings and ravings (and even marriage proposals) make her day. Mary gives back to the community by not only sharing her fare, but in buying her ingredients from local businesses and designating one local charity as the charity of the month. This charity gets all the tips given to her. Since opening 6 months ago, Mary's has donated thousands of dollars of tips to local non-profits as well as donating gift certificates. On Super Bowl Sunday, Mary's prepared hot dogs for 109 on duty police officers and firefighters in New Bedford, Fairhaven, Acushnet and Freetown.

One of those local businesses that she has paired with is New Bedford Salchicharia who provides her with freshly ground linguica from a family recipe. No preservatives you can't pronounce, no vacuum sealing, just linguica love. While you can get New Bedford Salchicharia's linguica piled onto a hot dog or one of those perfect steamed cheeseburgers, you'll want to add Mary's own Sam Adam's beer cheese sauce and get the "Boston Strong." Again, for \$7. After one of these, you may want your mommy to hold you. The world and life can only go downhill from that moment.

New Bedford Salchicharia also provides Mary with her thick cut home-style bacon which she also offers candied with beer and brown sugar. If you aren't drooling at this point, you are a martian, communist or in a coma."

Now, I don't want her hot dogs to feel lonely. There are a lot of hot dog joints in New Bedford. An astounding number of them. I believe there are at least four on the "Ave" or just off it. I grew up eating at these places and think they are ALL fantastic. While Mary's has regular hot dogs as good, where she separates herself is with the amount of aforementioned toppings and she is the only one locally that offers the famous mini-dog. This dog is an import found only in small patches of New York and been around since the 1920s.

They are about half the size of a regular wiener and have a proper snap from a natural casing. No wet noodle here. SNAP. Kids will absolutely love these and will have no problem piping down, keeping calm and enter devour mode.



*Mary often spices up the menu with limited specials like the` "Cacoila Slider."*

My particular favorite – what I get every time I go, and cannot stray – is the Brady: Homemade Texas meat sauce (spicy version) banana & jalapeño peppers, and red pepper flakes. Drool. Mary makes this tangy, savory Texas meat sauce from scratch. It's the perfect blend of spices and meat and you can get it spicy or mild if you're a big wimp. It's so good that I often order a bowl of it and pretend it's a bowl of chili.

Mary's has quickly become one of the South Coast's number one destinations. A family oriented restaurant serving comfort food with love and passion – one that is affordable enough to feed the family without breaking the wallet. Her amazing variety of mostly free toppings, steamed cheeseburgers, mini-dog and signature sauces distinguish her from the others. Her connection to the community extends to benefiting local charities, buying from local suppliers, and always sharing her favorite spots to eat at on her Facebook. That tells you the type of big-hearted person she is, as anyone who has visited will tell you. She doesn't compete with other hot dog or cheeseburger joints or restaurants; she feels that there is enough room for everyone. One bite will tell you that this

love is one of the ingredients in all her food.

Affordable, mouth-watering comfort food, prepared with lots of love, by someone who cares about the community and offers a fun environment and menu. If you don't count yourself as one of Mary's rabid followers, you will after a visit or two.

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## **Mary's Home to the Mini Hot Dog & Steamed Cheeseburger**

2112 Acushnet Avenue, New Bedford, MA

Phone: 774.451.0222

*Mon-Friday: 11:30am-8:00pm*

*Saturday & Sunday: 12:00pm-8:00pm*

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

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

**Menu:** Mary's Menu

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## **Fay's Restaurant elevates Italian cuisine by marrying traditional recipes from**

# Fabrizia, Italy with culinary schooling

*Fay's perfectly lit, amply spaced, friendly atmosphere.*

My visit to Fay's taught me a lesson: do NOT go only by what you hear. It's part of the truth. I never stopped in at Fay's because all I heard was "Pizza, pizza, pizza." I guess, I am a stubborn mule. Over the years people told me about Fay's pizza. So many people in fact, that I didn't doubt that their pizza was great at all – I was convinced without ever even having sampled it, I just suffered from pizza fatigue; everyone is doing pizza.

Funny thing is that you would think I would have learned my lesson – I've mentioned making assumptions about places before. While I am out and about, people will tell me "Do a spotlight on such and such a place, please!"



*12 year old Fay Costa DiPiro left Fabrizia, Italy in 1931 and came to America.*

The list is a long one, and how I determine which one to do next is to choose the place that people are clubbing me over the head with; if I am told by three, four, eight different people, I know I need to prioritize that place.



This was exactly the case with Fay's. "When are you going to do Fay's?" folks would say. I would invariably reply with "Isn't that the pizza place?" After much scoffing, I realized that it wasn't a "pizza place." Or rather, it was a pizza place and then some. As most people know, Fay's made its name – placed itself on the gourmet map – with their Knotty Pine in the north end. Food – especially pizza – done so well, that it has grown to mythical status.

#### **Humble beginnings; Fay's Knotty Pine**

Why was their food so good? How have they lasted for decades? Using generations old, traditional recipes brought by Fay Costa DiPiro from Fabrizia, Italy, doesn't hurt. I've heard through the grapevine that Italians know a thing or two about pizza and pasta. Fay grew up making pasta, pizza and even sausages from scratch.

When she arrived in the 1930s, she and her husband Alexander, cooked at a number of spots locally and distant: Haskell's Place (now Freestone's Restaurant), the prestigious Thousands Islands in New York, various resorts throughout Vermont, Lucas' Diner and Smith's Restaurant in New Bedford, Nap's at the Fairhaven Bridge, and even at restaurants in the Italian enclave of Naples, Florida.

In 1959, Fay and her brother Mike put in a stint at Mattapoisett's "The Nest," before showcasing their talents at Tony Lopes' "The Knotty Pine" in 1961. Two years later they bought the restaurant from Mr. Lopes and it began to be known colloquially as "Fay's Knotty Pine."



*Fay's Restaurant on Dartmouth Street uses*



*generations old  
recipes from Fabrizia,  
Italy.*

Eventually Mike would move on and open a little place you may have heard of called Mike's Restaurant in Fairhaven. Daughter Evelyn and other family members would open up The Nephew's. Eventually Fay's would be run by no fewer than 8 family members.

Point? Decades of experience cooking and serving people have culminated in a restaurant that produces exemplar food. Every person in the family has had restaurant success – it's no accident. It all started with those old recipes and Italian cultural tradition!

In 1983 Fay retired and handed the business to daughter Evelyn, but the staff is still decorated with family members in a truly family-owned and operated business. In 1998, they needed to expand, so relocated to the current spot in Dartmouth on Dartmouth Street. That's where I found myself one Thursday evening.

#### **Location, atmosphere, welcome**

When I arrived at Fay's, I pulled into the parking lot. I'm sure people pointed and laughed at the noob thinking he was going to get a parking space. When I pulled in, my first thought was "Looks busy." Boy was that an understatement. I pulled out of the parking lot and drive down the road – problem was that all the available spots down the road were taken. One block, two blocks, 3 blocks away. Turn around, pick a different street...same thing.

Jumping Jehoshaphat. Something big is going on here. Good thing for Fay's that there are a LOT of streets to park on if you can't find a home in their parking lot. I found a spot about 100 feet away and met my brother and friend Craig at the entrance.



*Fay's perfectly lit,  
amply spaced, friendly  
atmosphere.*

Heading into Fay's was my third confirmation that this was more than a pizza place – it was a *proper* restaurant. Perfectly lit dining rooms with old black and white photos lending a nostalgic feel. Music from the popular and immensely talented Dori Legge was piping in from the barroom adding even more life to the vibrant atmosphere.

After being warmly greeted by the hostess, we were immediately seated by an equally friendly waitress. A great vibe so far and precursor to the evening ahead. The full drink menu ranged from wines and beer to cocktails and of course, non-alcoholic beverages. The two dozen draft and bottled beers start at \$3.50. The red, white and sparkling wines start at a very affordable \$5 per glass. The cocktail menu featured a variety of Margaritas, sangrias, daiquiris, cosmos and the interesting sounding Nantucket Mule (Tito's Cranberry Infused Vodka, Fresh Lime Juice & Gosling Ginger Beer), Grown-Up Shake (Kahlua, Bailey's, Absolut Vanilla Vodka, White Crème De'Cacao & Whipped Cream, shaken and served on the rocks.) Craig is a beer man, Mike and I are winos...er...oenophiles.

#### **Appetizers**

Food. Let the madness begin. We each ordered our own appetizer and a fourth for good measure. All three of us are seafood lovers. Well, we're more than that. We are seafood stalkers. We will readily admit that we have a problem. The cure is to devour seafood and we came to do business.

The **Portuguese Style Clams** came out first and were the perfect start: sautéed butter clams with linguica, onions, sweet peppers and tomatoes in a mild spicy saffron broth. These are made everywhere and one of my favorite appetizers on the planet. A healthy portion of fresh clams in a perfectly seasoned broth of natural juices. Bravo.

Next was something I had never seen before: **Pan Seared Lobster Cakes** – Lobster, peppers, onions, and bread crumbs, pan seared, served with Caper Remoulade and mixed greens. These moderate proportioned cakes had generous amounts of lobster chunks in them. You could see the glorious white meat poking through the cakes. We could tell this was going to be good. It was nothing short of amazing. Sorry Crab Cakes. Move over, you've been fired.



*You've heard of Crab Cakes – here is the new kid on the block: Lobster Cakes!*

We had to try one of the specials: **Lobster Stuffed Mushroom Caps**: a half dozen, juicy mushroom caps stuffed with a homemade Portuguese style stuffing, drizzled with a delightful mayo-based sauce and served with a bed of greens, shredded carrots and a lemon wedge. Oh, man. These reminded me of childhood – my mom made these on a regular basis growing up and they always made me feel like I was being rewarded for some unknown good I did. Same thing here. What did I do to deserve the love? These were fantastic and I could come, order 3 of these appetizers and some white wine and make it a meal

and be HAPPY.

Our **Tuna Cucumber Snapps** were the perfect palate cleansing appetizer to prepare us for our entrees – Sesame seed crusted Ahi Tuna with tomato, scallions, pickled ginger on sliced European cucumber with sweet chili soy sauce. The crunch and snap of the cucumber and the delicate softness of the tuna was a nice contrast.

I was relieved and delighted that these dishes were not salted to death. As those of you who have read these reviews before know: in my opinion, overly salting food is an attempt to either disguise poor ingredients or a lack of ability by the chef. It's also disrespectful to the ingredients and the consumer. We should have a choice of how much salt we can add to our dish and while we can always add more, we can't take it out. These three appetizers came out fast, contained fresh ingredients, were intelligently concocted and were perfectly salted. We were off to a stellar start.

#### **Entrees**

Mike ordered the **Petite Filet Mignon**: Open fire grilled Angus Filet Mignon with pesto pureed potatoes, Chef's vegetables, roasted garlic demi-glace and crispy onion. Mike stabbed me in the hand with his fork, when I went to try it. Well, he didn't really, but the look in his eyes told me that a second sampling wouldn't be without repercussions.

I can say a lot of great things about this dish – juicy, tender, the right amount of char, aromatic pesto potatoes that were clearly just made, not spooned out of a tub and heated – but this says more than any adjectives or descriptors can: we used a butter-knife to cut the meat. It was that tender. Amazing. Sublime. Divine.

Now – onward to trying the pizza that mad Fay's famous. The legendary pizza that everyone talks about. I am a veteran of dealing with hype. I retain my healthy skepticism, yet I also

don't overcompensate by joining the "eager-to hate-anything-popular" crowd. I go into these food experiences by being an objective "juror." Ignoring what I've heard and keeping an open mind.



*A heaping pile of happiness.*

We ordered the **Portuguese Feast**: House made cacoila, white cheddar cheese, linguica and banana peppers. Oh, man was it good. The crust was perfect – when you picked up a slice it stayed almost horizontal. There was no “slippage” – the dumping of the cheese and toppings onto your plate leaving you holding a soggy piece of sauce and dough. Usually one had to do the fold to prevent this. This is a non-folding pizza dough. The sauce was perfectly proportioned like you would encounter in Italy or Italian households. Sauce is supposed to compliment, not become a swimming pool for food to dive into. Here the sauce was the right amount – allowing you to enjoy not only the sauce, but the toppings and the dough. The pizza lived up to it's hype.

We finished out the evening with a decadent **Chocolate Pots de Crème**: A rich chocolate mousse served with fresh raspberries and raspberry sauce. Dessert is rarely a thing I do, but this work of art needed to be sampled. It wasn't only beautiful in appearance, but the fresh berries, mousse and whip cream all kicked out an aroma too powerful to resist. We did something we rarely do: we ate the whole thing and left nothing.

**The Fay's Experience and Chef Victor Vieira**

This was a stellar overall experience. The Fay's family –

whether genetic or extended – clearly has one objective: a positive experience for the customer. The food that comes to the table is of upscale quality, but astonishingly affordable. I get the idea that they would rather have you make a second home with repeat visits – they would rather your frequent company – than have you come only on special occasions. They want you to feel like any occasion is a special occasion. The attention to detail in terms of ambience, food, and service is simply exemplar.



*Chef Victor Vieira sharing his creations during a Sunday Brunch.*

One of those extended family members that is responsible for the quality that comes out of the kitchen is Executive Chef Victor Vieira. Victor has been in the restaurant industry since he was thirteen years old and likely worked in a restaurant that you frequented. On a quest to improve and expand his canvas, he honed his skills in Florida, Caribbean, Hamptons, N.Y., Pittsburgh and Mississippi before returning home where he worked in Boston and Plymouth.

He opened his own restaurant, Westport landmark Ellie's Place, with his wife which for 7  $\frac{1}{2}$  years. He then opened Fresca Grill in New Bedford, ran the Country Club of New Bedford for 4  $\frac{1}{2}$

years until partnering with Fay's Restaurant & Catering. Chef Victor's love of food and creativity speaks for itself in his dishes. He loves to create specials using local fresh ingredients and tries to focus on local sustainable product for his dishes.

Marrying tradition with a modernity has created something pretty darn special. The packed house of happy smiles, positive reviews and our experience bear that out.

#### **Summation**

In addition to in-house dining and take-out, Fay's brings all these values to their catering. You get the chef quality dishes at an affordable rate brought to any special event you may have. This is NOT a big tin foil tub of lasagna and pizza – take a look at the photos below and see that this is a restaurant that comes to you.

The regular menu includes a specialty sandwiches, a healthy section (grilled items, veggie burgers, etc.), a kid's menu where most items are \$5, and an insane Sunday brunch.



*Fay's perfectly lit,  
amply spaced, friendly  
atmosphere.*

Fay's averages live entertainment three nights a week with popular local acts. There are constantly rotating specials, so if you are thinking of visiting check their frequently updated Facebook page for that week's specials. You'll see things like Wine & Dine Thursday (3 course dinner for two – appetizers, entree & dessert, with a bottle of wine for \$45), Steak Mania, Kids Eat FREE Wednesday, or FREE appetizer Mondays (4:00pm to

close), \$3.99 pizza day.

There are few places that can rival Fay's for putting all the elements that they have put together: a perfect storm of high quality, food & service, entertainment, and atmosphere, yet keeping it affordable. They've kept one eye on the future to make sure they are improving, yet maintain a healthy respect for tradition. Fay's family values and recipes got them started and to where they are today and they keep that at the forefront of what they are doing. It's all about family, and extending it.

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## **Fay's Restaurant**

613 Dartmouth Street

Dartmouth, Massachusetts

Phone: (508) 997-8000

### **Hours of Operation:**

*Monday–Wednesday: 11:30am–9:00pm*

*Thursday–Saturday: 11:30am–10:00pm*

*Sunday: 9:00am–8:00pm*

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

**Website:** [faysrestaurant.com/](https://faysrestaurant.com/)

**Photos:** [facebook.com/FaysRestaurant/photos\\_stream](https://facebook.com/FaysRestaurant/photos_stream)

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# Camp Cathedral – creating lifelong memories through safety, organization, and most importantly: fun!



*Look like fun? Open House is on Sunday, June 12, 2016 from 1-3:00pm. Camp runs from June 27 to August 19, 2016.*

Some of my fondest memories in life, are of attending various camps and jamborees. There is something about a week of camp with a bunch of other maniacal kids doing kid “stuff,” that leaves a vivid, powerful and lasting impression. I’m a forgetful guy, yet these memories stand out – even make me *verklemt!*

There is a sense of freedom – breaking away from all those stuffy rules at home – that comes with going to camp. Ironically, just like at home, there are plenty of rules at camp and there is plenty of supervision, but these newer rules revolve around FUN. I’d swap out “Don’t wear your shoes in the house!” for “In a few moments, we’re going to hook up to an inner tube and you’re going to be screaming with delight – you MUST have your life preserver on.” any day of the week.



*Athletics – one of over a dozen activities kids will enjoy.*

One of the places keeping this type of thing alive is Cathedral Camp on Freetown's Long Pond – the largest natural body of water in Massachusetts. Originally a trolley-car picnic area called Lakeside Park in the early 1900s, the camp began in 1915 under Bishop Feehan of the Fall River Diocese, where it has remained a camp except for one year during World War II when it closed and was temporarily re-purposed as a military installation.

Camp Cathedral has all the races, archery, swimming, arts & crafts, boat rides, that you recall growing up and then some. Camp Cathedral has been doing this for girls and boys between the ages of 4 and 14 for almost a century now. Organizers maintain a perfect balance between fun, captivating and stimulating to body and mind, and being safe, organized, and supervised. Swing an inch into either direction at the cost of the other.

The camp accomplishes this balance in a variety of ways. A registered nurse is present at all times. All lifeguards are CPR and first-aid certified. Any child with special physical or sensory facility needs may be registered only after discussion with the camp administration. No child can be registered without a completed health history form and a recent immunization record certified by a physician or school nurse.

All potential staff must submit to criminal and sexual offender checks (CORI and SORI checks), be interviewed by the assistant director, and provide references. After these stipulations are met, each member then goes through rigorous pre-camp training. The vast majority of the staff are returnees: dedicated, experienced regulars who were campers at Camp Cathedral and went on to their Counselor in Training Program and then become Counselors and continue to work at Cathedral Camp through college.



*The friendly staff have a sole objective: provide a fun, but safe environment for all campers.*

Licensed by the Massachusetts Department of Public Health and the Freetown (MA) Board of Health, the camp also follows all state and diocesan regulations and today is headed by director Very Reverend Gregory Mathias and Asst. Director. Mrs. Rena Lemieux. As a ministry of the Fall River Roman Catholic Diocese, Cathedral Camp strives to create an atmosphere in which Christian values are modeled by the way we treat one another and the environment in our everyday activities. They gladly uphold, even surpass these high standards.

OK, safe, secure, organized? Check. Parent's concerns addressed? Check. Now, on to the part that the kids will care most about: tomfoolery, shenanigans, and fun! So, what type of

activities will the little ones be participating in?

All boating, swimming, archery, arts & crafts, dance, music, outdoor adventures and other activities are broken up into five age groups, to best ensure the safest environment and one most conducive to fun. There are also camp-wide fun activities for each session, for example, Halloween in August, a kickball tournament, Spirit Week.

1. **Indians (Ages 4 & 5):** The 4 and 5 year old age group will enjoy camping in their own tepee, plenty of games, story time, a supervised recreational swim in a shallow pen, tons of arts & crafts. The ratio of counselor to "Indians" is 1:5.
2. **Unit 1 (Ages 6 & 7):** In this age group, girls and boys are separated. In addition, to many of the above activities, there will be plenty of water-sports, swimming lessons, boat rides dancing and field sports. The counselor to camper ratio is 1:8.
3. **Unit 2 (Ages 8 & 9):** Unit 2 differs from Unit 1 by having all of unit 1's activities plus boating, fishing and archery.
4. **Junior Camp (Ages 10 & 11):** Junior campers get all the arts & crafts, outdoor adventures, boating, fishing, swimming, archery, and activities that the younger campers get, with the addition of sailing. The counselor to camper ration is 1:10.
5. **Senior Camp (Ages 12, 13 & 14):** Seniors campers get all the arts & crafts, outdoor adventures, boating, fishing, swimming, archery, sailing and activities that the younger campers get, plus assisting counselors with younger campers to develop leadership skills and responsibility.

Does your child have a friend that is attending and they want to participate in these activities with them? Camp Cathedral will gladly do their best to accommodate them.

In addition to these activities, and no less important is the sharpening of social skills through making new friends, interacting with authority figures, and encountering certain rules and guidelines. Finally, the environment helps develop a healthy respect for, and deeper connection with nature.



*One intensely focused camper with his eye on the target!*

All of these elements create a positive experience for the kids and the staff alike. It's a wonderful opportunity for the kids to burn off that extra energy, develop and hone social skills, learn new skills, exercise their minds and bodies and most importantly to just have plain ol' fashioned fun.

If you are interested in having your children attend this year's session at Camp Cathedral, there will be eight, one week opportunities from June 27 to August 19, 2016. One of the best ways to get a preview of things to come, get questions answered and any concerns alleviated is through the open house on Sunday, June 12, 2016. Opening remarks begin at 1 p.m., and tours will follow until 3 p.m.. At this year's open house, you can also throw your name into a hat and someone will win a free week of camp.

Campers are allowed to bring their own food or purchase food at the campsite. However, there is no refrigeration, so a cooler is suggested for those who will be bringing their own food. There is no charge for bus transportation, or before-and-after-camp care – it is included in the camp fee. The website has a list of this year's sessions, fees, registration

forms and more info here.

In addition to these eight sessions, the Cathedral Camp Retreat & Conference Center is a great venue for any outings that your church, organization, or school may have. Whether for workshops, overnight retreats, confirmation retreats, days of recollection or other special event, you have a venue for up to 71 overnight guests. Access to the facilities include a large auditorium, main dining room, several conference rooms, and of course, sleeping quarters.



*Who knows who or what you'll encounter in the natural environment on Long Pond, in East Freetown.*

There is nothing that defines coming-of-age than attending a camp: running, laughing, playing, swimming, ice pops, forming tighter bonds with old friends and creating new ones...simply creating powerful lifelong memories. I'm now in my mid-40s and if I was asked what the top ten best moments in my life were, camping memories would be some of the fondest. Your kids will absolutely love you for it now, and when they become adults they'll still recall who was responsible for it.

If you would like more information, you can contact Camp Cathedral by phone at 508-763-8874 or via email at [pam@cathedralcamp.net](mailto:pam@cathedralcamp.net) or [pat@cathedralcamp.net](mailto:pat@cathedralcamp.net).

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## **Cathedral Camp**

167 Middleboro Rd,  
East Freetown, Massachusetts 02717

P.O. Box 428

Phone: (508) 763-8874

Email: [pam@cathedralcamp.net](mailto:pam@cathedralcamp.net)

*Camp runs from June 27 to August 19, 2016*

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

**Website:** [cathedralcamp.net/](http://cathedralcamp.net/)

**Photostream:**

[facebook.com/CathedralCamp/photos\\_stream?tab=photos](https://facebook.com/CathedralCamp/photos_stream?tab=photos)

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**Dr. James Freitas – a pioneer  
with almost 30 years  
experience in improving bad  
backs in greater New Bedford**





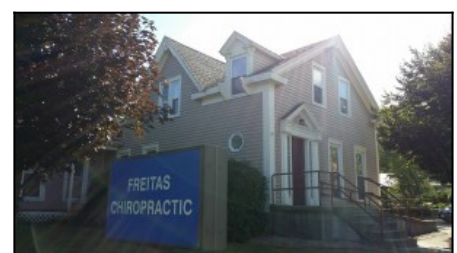
*Freitas Chiropractic – 27 years of service to greater New Bedford.*

Chiropractic has been around for almost 5,000 years – being mentioned in ancient Chinese documents as early as 2,700 B.C.E. The 5th century B.C.E. Greek physician Socrates who published many texts on spinal manipulation, declared “Get knowledge of the spine, for this is the requisite for many diseases.”

The modern version of Chiropractic began in 1895 with Iowan Daniel David, an expert in anatomy and physiology who practiced medicine and called it “The science of healing without drugs.” He had enough practical success applying his chiropractic method that he founded the Palmer School of Chiropractic in 1897.

**What is Chiropractic?**

**What exactly is Chiropractic and what does a Chiropractor do? Are they doctors? Are they accredited? Is it quackery or placebo? Once a person goes to a Chiropractor, do they have to keep going back for life?**





*Located at 33 State  
Road right next door  
to Shaw's Supermarket.*

In a nutshell, Chiropractic is the largest form of alternative medicine that focuses on mechanical or joint disorders that lead to dysfunction, pain, and/or discomfort. Like any profession, including doctors, there are differences in method and philosophy among chiropractors. Many utilize one or more methods like manual joint and spine manipulations, soft tissue massage, diet and lifestyle recommendations, and exercise. All agree that your spine and health are related in a very fundamental way, connected by the central nervous system.

Today all 50 states legally recognize Chiropractic and millions report relief and positive benefits. At any given time, approximately 10% of America is utilizing chiropractic care. Chiropractic is gaining wider respect around the globe and many medical professionals are realizing that Chiropractic can aid, supplement or compliment what they are doing. There is no reason for it to be one or the other. In fact, both can work together with the primary and end goal being the patient's well-being and health.

**Accreditation, schooling and practice**

**To receive a degree in Chiropractic one must complete four to five years at an accredited chiropractic college and pass the national board exam and all exams required by the state in which the individual wishes to practice. In addition to learning basic medical sciences, including anatomy with human dissection, physiology, and biochemistry, they must also be schooled in clinical sciences and related health subjects. They are then considered a D.C. or doctor of chiropractic.**



*Earning his Doctor of Chiropractic in 1987, Dr. James Freitas continued his learning through further schooling and conferences. He is the pioneer of Spinal Stabilization Therapy.*

An Acushnet native, Dr. James M. Freitas has a chiropractic office on 33 State Road in Dartmouth. He earned his chiropractic degree in 1987 from Palmer College of Chiropractic in Davenport, Iowa. In 2000 he attended the Spine Research Institute of San Diego, graduating in 2002 with an Advanced Certification in Whiplash and Brain Injury Traumatology.

He then spent the next decade and a half attending numerous conferences, staying on top of important issues and advances. In the last 4 years Dr. Freitas has dedicated his time into the study of diet and human health.

In 2001 after viewing a “motion x-ray” he dedicated the next 10 years to the study of how the muscular system of spine is responsible for accurate movement and stabilization of the neck and lower back.

All of this experience culminated in Dr. Freitas pioneering two rehabilitation techniques, one that uses the natural movements of the neck through what is known as spinal coupling and another in the area of the lower back called "lumbar spinal bracing" utilizing a technique that involves strengthening the spine along with all the abdominal muscles, with one exercise movement using resistance bands.

**Spinal Stabilization Therapy and the myth of the "pinched nerve"**

**These exercises have been shown to offer substantial relief for patients with neck pain, arm pain and headaches. These exercises can be seen in the video section of his website. Together they are coined, "Spinal Stabilization Therapy." When asked to explain it, Dr. Freitas said "It involves specific movements that will activate muscles that lie closest to the spine. These muscles control the most finite movements of each vertebra. These muscles move our spinal joints as accurately as the muscles that move our eyes. If these muscles are not working properly due to weakness, a person will always experience some sort of pain. Recently Dr. Freitas wrote an article on how insulin resistance effects these muscles and why pain would be produced. The spine has to move as accurately as your eyes to be pain free. Unless the treating chiropractor and or physical therapist truly understands this it is unlikely that they will be able to provide one with the most beneficial care."**

He also stated that most cases of lower back and neck pain attributed to a "pinched nerve" are actually not a pinched nerve. He often sees patients who have been treated by other chiropractors and/or primary care physicians who have been diagnosed with a "pinched nerve." On careful neurological examination it is determined in most cases that no nerve is pinched/compressed. "If a nerve is truly pinched/compressed it dies rapidly over a 10 to 14 day period and whatever muscle it leads to atrophies/shrinks in size. If your muscles are not wasting away or uncontrolled muscle twitching known as

“fasciculation” is not present, you do not have a pinched nerve” in most cases. Truly pinched nerves require immediate surgical decompression. This is not the case in most people.



*Do you suffer from back pain do to an accident, injury or other reason?*

Often this pinched nerve is something else altogether and it requires attending to or it will persist. Recently a patient came to Dr. Freitas with throbbing pain in the right leg and weakness in the right foot. “Initially I thought it was actually a genuine pinched nerve,” Dr. Freitas explained. “Upon examination and review of her medical records from her primary care physician, I saw that she had been on cholesterol medication for 5 years and that her current cholesterol level was very low. One thing that cholesterol does is repair nerves. Scientific research shows that cholesterol lowering medications can cause nerve damage if taken for greater than 2 years.

I sent her back to her primary care physician with this information and she was taken off her cholesterol medication. Two weeks later, this patient came into my office stating that the pain was greatly reduced and in about 4 weeks the leg pain was gone. After 27 years of providing chiropractic treatment I never stop reading and as such it was easy for me to identify this individual’s problem.”

**Misconceptions about Chiropractic; Advice for Bad Back Sufferers**

We've all heard the almost mythical anecdote that once you go to a chiropractor for a course of treatment you will need to see a chiropractor for life. He feels that if a chiropractor tells you that you need to be seen on a weekly basis for life, it is to benefit that chiropractor's bank account and not your health. "If a chiropractor is treating someone and tells them that they need to be seen every week for life, DIVORCE yourself from that chiropractor." he advises.

As a bad back sufferer myself, and one that has to mitigate everyday activities, lest I get a flare-up and be virtually disabled for a week or more, I was curious about his exercises and advice for myself and fellow back pain sufferers. Dr. Freitas, leapt at the chance to fire up his computer, explain to me how my spine was engineered and what was causing my pain. He then walked me through 20 repetitions of his lumbar spinal bracing exercise. While I was not in the middle of a flare-up, when I stood up, the mobility in my lower back and waist, made me realize I hadn't noticed how stiff and immobile it was. A pleasant surprise. He gave me the information, then had me apply it.

When asked to offer some advice that we can apply straight away, he was more than happy. "For maintaining a healthy spine, the first thing is to eat healthy. Greatly reduce the amount of sugar/carbohydrates and grains. Since glucose is stored primarily in muscles and excess sugar/carbohydrates cause insulin resistance, the muscles that stabilize spinal movement are greatly affected. This results in a loss of ability of these muscles to move spinal joints accurately. Next is some exercise. Daily exercise, even if for only 20 minutes – it will be helpful."

Dr. Freitas is a rather approachable and friendly individual, who is an open book. His thirst for knowledge and passion for what he does is evident with the simplest of interactions. His warmth, hard work, family values and eagerness to help others is something he feels his parents, Antonio and Norma Freitas,

infected him with. They encouraged me to seek my personal best. Though they have both passed on, they have left an indelible mark, evident by the fact that he mentioned them numerous times in our interview. Dr. Freitas has enough confidence in what he does that he offers your first two visits for FREE. If you don't begin to feel improvement, it costs you nothing.

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*If you would like to see further testimonials, there are a number of videos on Dr. Freitas' website. While not active on social media, he is easily accessible by phone and visit. His office has a parking lot, and ample street parking.*

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### **Freitas Chiropractic**

33 State Road

Dartmouth, MA 02745

Phone: (508) 996-4138

EEmail: freitaschiro@hotmail.com

**Facebook:** [facebook.com/pages/Freitas-Chiropractic/138553812913578](https://facebook.com/pages/Freitas-Chiropractic/138553812913578)

**Website:** [freitaschiro.com/Home.php](http://freitaschiro.com/Home.php)

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# **4th Annual New Bedford Jazzfest Survival Guide:**

# Talent, Food, Artists' Colony



*Jazz returns to Pier 3 in downtown New Bedford's historic waterfront for the fourth annual New Bedford JazzFest on Saturday, June 13 from 1:30-7:00 p.m.*

One of the most popular Spring events, the annual New Bedford Jazzfest, is quickly becoming a city tradition. The event, in its short 3 year history has become immensely popular because of the world-class musical talent, mouth-watering food, and quality vendors. If you are a fan of music, food and fun (in other words everyone ) then the Jazzfest is must-attend festival!

Taking place in the New Bedford Seaport Cultural District, NBJF showcases the best of the regional and the national jazz scene and provides exposure and financial support towards Your Theatre, Inc.(YTI), New Bedford's 68-year-old community theatre. NBJF believes that fostering music education and musical experience in youth is vital to the longevity of the art form and this year's sponsors which include Whaling City Sound and UMass Dartmouth make it all possible.



*The UMass College of Visual and Performing Arts will feature groups, like Native Spaces.*

The festival is a fantastic opportunity for not just jazz listeners, but for anyone that enjoys the atmosphere that a live music concert provides. When coupled with the food trucks, arts, crafts vendors and more, it becomes a safe, fun, and culturally rich environment for the whole family.

### **The Musical Talent**

At the heart of downtown New Bedford is the Seaport Cultural District and the working waterfront. Pier 3, adjacent to the Martha's Vineyard Ferry Terminal on MacArthur Drive, will serve as the location for the 1500 person main tent, ensuring that, rain or shine, the event will be scenic, comfortable and dry.

The main stage will showcase local, regional, national and even international talent – much of which is provided by one of the main sponsors and producers of the event, New Bedford based music label, Whaling City Sound. WCS has had three new albums in the top ten of the National jazz charts in the last two years and their newest release, Kind of New, by Jason Miles will be the headline act this year.

Here are just some of the act that you will encounter during the day's show:

- **The Nina Ott Group:** bringing lively Latin/Afro-Cuban



Jazz to the stage, this ultra talented group have been Berklee College of music instructors, playing, teaching and recording around the country and are now bringing their diverse talent to the south coast.

- **The Candida Rose:** is a Cape Verdean vocal powerhouse, leading an all female cast of musicians through classic tunes and world music. She will also be singing her “KabuJazz” with the Women in World Jazz group.
- **Jason Miles:** Headlining will be Whaling City Sound recording artist Jason Miles who just came back from the Cape Town International Jazz Festival in Africa in support of his new album which is already on the most requested list for national radio. We anticipate that Kind of New will top the jazz charts at No.1 within the next few months. Working as a keyboardist, arranger and producer, Miles has worked in a multitude of genres and performed at festivals and stages around the world including the Monterey Jazz Festival, Tokyo Blue Note, and the Cape Town International Jazz Festival in Africa.
- **The Southcoast Jazz Orchestra:** The orchestra has become the “house band” as they are returning for their fourth consecutive year bringing the big and classic sounds of a 17-piece band to our festival.
- **UMass Dartmouth College of Visual and Performing Arts:** jazz groups who will perform on the Second Stage, including Native Spaces.

#### **Bar, beer, food, crafts and the Artists’ Colony!**

A full cash bar, featuring local breweries, and a trio of gourmet food trucks will help create a great ‘festival feel’. Our partnership with the New Bedford Art Museum/Artworks! brings back The Artists’ Colony: a craft market for the thriving local and regional arts and craft scene.



*The 17-piece Southcoast Jazz Orchestra will be returning for their fourth year running.*

Placed adjacent to the Main Tent and the food area, The Artists' Colony presents handmade crafts and original artwork representing a variety of styles and mediums that is reflective of the region's vibrant arts scene. Of course, CDs and Jazzfest t-shirts will also be available for purchase.

Fantastic music, delicious food, refreshing libations, and the unique atmosphere of New Bedford's historic waterfront will combine to provide a singular experience during the fourth annual New Bedford JazzFest. Find out why the event has skyrocketed into popularity – you certainly don't have to have a love for jazz to enjoy the festival. In fact, chances are, after attending one event, you may leave as a new fan!

Tickets, \$20 in advance (Purchase: <http://yourtheatre.org/yti/index.php?page=jazz4>), may be ordered through the Your Theatre box office at 508-993-0772, online at [NewBedfordJazzfest.com](http://NewBedfordJazzfest.com), or at the Symphony Music Shop, State Road in North Dartmouth. Tickets at the gate are \$25. Children 15 and under are free when accompanied by an adult. Through cooperation with the city, NBJF is able to provide free parking on the adjacent State

Pier and at Elm St. Garage which is within three blocks of Pier 3.



*Jazz returns to Pier 3 in downtown New Bedford's historic waterfront for the fourth annual New Bedford JazzFest on Saturday, June 13 from 1:30-7:00 p.m.*

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**Repurpose Boutique & Unique Items offers affordable, creative handmade furniture, home decor and more**



*Repurpose Boutique is located at 27 Center Street offers one of a kind items you won't find anywhere else!*

I don't have an artistic bone in my body. The pinnacle of my ability would be stick figure sketches – that most people wouldn't even recognize. My handwriting is barely legible. My friends call my writing "Heijoelyphics." So, when I see someone draw, paint, sketch or create, I am in awe. I admire what people seem to do so effortlessly. I am a bit envious of the high that comes with creation. Every artist I know seems to be full of enthusiasm, passion and energy. Side effects of the creation process.

One place that excels in this department, and utilizes a rather uncommon medium, is Repurpose Boutique and Unique Items on Center Street in Fairhaven. The boutique specializes in handmade furniture and home decor – that means that 90% of the items you come across are one-of-a-kind handmade creations.



*An example of a re-purposed coffee table and window.*

You won't find many of the things you encounter here anywhere else on planet earth. The interesting bit is that the vast majority of these items are repurposed – taking two or more items and combining them to produce something different, interesting, functional or appealing.

Co-owners Rachel Collins and Robyn Bucklin are enthusiastic about their venture. It's a vehicle for their passions in interior decorating. They only stock items that they would absolutely love to see in their own home. It's an excellent guideline to produce happy customers.

Most of these original items are the product of Rachel's husband, Shane Collins who is Head of Manufacturing. Shane who is a lifelong carpenter, is not an artist. While I mention art at the beginning of the article, I only bring attention to the creativity that is seen here. These are not Frankenstein creations of some mad scientist. Shane's eye is a balance between function and eye-appeal. One is not required to interpret these items. The only brain work necessary here is "How would this add to my home?" or "Where would this look best?"

For example, on my last visit I saw two coffee tables. That typically will conjure the standard images of what coffee

tables look like: wooden structure with either a wooden or glass top. However, the ones I saw at Repurpose Boutique had a spin on that standard. These two tables had wooden bases – one was an antique – but the glass tops were re-purposed from windows. One top had a single glass pane framed with wood and the other six separate glass panels. Both were UNDER \$200.



*The ever changing showroom: every few days, something new and original.*

I saw a Reindeer made from re-bar: those long rods of steel for reinforcing concrete pours. The re-bar was also twisted to make legs for another table. A boat that was slightly altered to stand on its stern, thereby converting it into a shelf for books or knick-knacks. There was a figurine card-holder made solely from spoons and forks. One of the more interesting pieces was a wrench fish: a piece of scrap metal, nine wrenches and a pair of needle-nosed pliers welded into a fish!

If you have a cellar or attic full of items just collecting dust, you can bring them in to Repurpose Boutique and share your ideas. If you are like myself and not that creative, then you can describe, or bring in a photo of what you have and Rachel, Robyn and Shane will be more than happy to discuss what can be designed from them – making you something unique and personal.

Rachel and Robyn said it's not uncommon to hear friends or even customers say "That's cheap. You should charge a bit

more.” Neither will budge on that. They feel charging exorbitant prices will drive people away. In their minds the items are priced accurately and tacking on extra dollars to turn a greater profit, smacks of greed. From a practical perspective, Shane is churning out items with enough frequency that they wouldn’t see the light of day, unless room was made.

If unique items aren’t really your thing, there are plenty of “regular” items. Shane has an uncanny ability to take an item that someone would say is too old to be of use any longer, and turn it into something gorgeous. Often all an antique chair or table needs is a little tender loving care and elbow grease. Shane, Rachel and Robyn will sand, stain, repair, nail, or weld a piece until it obtains its former glory...and then some.

In addition, you will find very affordable, handmade jewelry. Affordable, meaning affordable – not lip service. The jewelry ranges in price from \$5-\$30. Stunning, handmade, original pieces of jewelry. Lastly, in an attempt to maintain a variety, Repurpose Boutique has recently started branching out by offering handmade items offered by local craftsman – candles, beauty products and the ilk.



*Repurposed items, refurbished, and re-loved.*

The showroom of Repurpose Boutique is densely packed with items. You could literally spend 10 minutes and take only one step or two. One thing that will become immediately apparent is that these items automatically generate conversation, even



a chuckle. You will be curious on the thought process of how it was made. You will appreciate the craftsmanship and obvious man-hours of effort. You will have questions.

Best of all, this aspect is not limited to browsing the shop. Imagine the piece is sitting in your home generating the same type of discussion, answers and interest.

Every week, the store's identity changes in the sense that when items are purchased, they simply create room for more of Shane's creations. This happens frequently enough that a visit a few weeks apart will feel like you are in a different spot – if it weren't for the smiling faces of Rachel and Robyn.

If you are in need of sprucing up the home, breathing some new life into it, or simply have an idea, but not the know-how, stop in at Repurpose Boutique and talk to Rachel or Robyn. Their artistic, creative personalities mean they are always bubbling with ideas and stimulated by the thought of a project. Instead of spending three, four or five times more money on a product that was made in a foreign country on an assembly line, browse through the items at Repurpose Boutique for a hand-crafted in the USA item, that likely no one else on the planet has.

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*Repurpose Boutique & Unique Items is located adjacent to Pumpnickels and Euro. You are a short walk to the Millicent Library, gorgeous 19th and 20th century architecture of the town hall, Taber Lodge Building, Unitarian Memorial Church, and memorial brick park. There are some great spots to eat at and it's a fantastic area to stroll and see some local history. There is ample street parking and you shouldn't have to walk more than a block.*