

# Paper Shred Day in New Bedford (12 May)

The City of New Bedford, The Greater New Bedford Regional Refuse Management District, and Downtown New Bedford, Inc., will co-sponsor a paper shredding event on Saturday, May 12, 2012 from 9:00am through 12:00 noon. The event will take place in the parking lot located across from New Bedford City Hall (at the corner of William and N. Sixth Streets). Residents and New Bedford area businesses are encouraged to bring their outdated paper items including (bank statements, insurance forms, medical forms, retired tax forms, personal files, receipts, etc.) to be shredded on site by Doc Shredding Corp.



Paper clips and staples do not need to be removed, but the paper items must not be in binders or folders. A fee of \$5 per box will be charged to help cover the cost of the operation and each box should not be more than 40 lbs. Participants are welcome to watch the destruction of up to five of their boxes of paper. For more than 5 boxes, shredding may be done offsite.

Please contact District Recycling Coordinator, Marissa Perez-Dormitzer at (508) 979-1493 or John Lobo in the City's Office of Community Services at (508) 979-1692 with any questions.

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# Free Maritime Summer Camp Program

New Bedford Whaling National Historical Park and the Working Waterfront Festival are teaming up to offer 2 one-week summer camp programs for New Bedford children ages 9-10 (entering grades 4 & 5 in the fall of 2012). Designed to give kids an introduction to the history and



culture of the working port from whaling days to the present, camp activities will include: hands-on marine science, arts and crafts, daily fieldtrips, chantey singing and more.

The camp will run from 9:00 a.m. to 3:00 p.m. during the weeks of July 30th and August 6th and will be based out of the National Park's Corson Maritime Learning Center (located adjacent to the Visitor Center on William Street). The camp will be offered free of charge.

Interested families must complete and submit an application form by May 31st. Campers will be selected through a lottery process and notified by June 8th. If you are interested in obtaining an application form, please contact the National Park at 508-996-4095 or the Working Waterfront Festival office at 508-993-8894. Applications may also be downloaded from <http://www.workingwaterfrontfestival.org> or <http://www.nps.gov/nebe/index.htm>

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# 24th Annual "FORE...the Children" Golf Tournament

The Schwartz Center for Children and McDonald's of New Bedford, Dartmouth, Fairhaven, and Wareham, MA are proud to announce the upcoming 24<sup>th</sup> Annual "Fore the Children" Golf Tournament on Monday, June 11<sup>th</sup> at Allendale Country Club in Dartmouth, MA.



Friends and supporters of the Schwartz Center are participating in the tournament to raise money for agency programs; all proceeds will be used to provide education, therapy, and medical care to children with disabilities and special health care needs in Southeastern Massachusetts.

In this event, which is sponsored by McDonald's of New Bedford, Fairhaven, Dartmouth, and Wareham, single golfers as well as teams of four will tee off at the Allendale Country Club in North Dartmouth at 1:00pm on Monday, June 11, 2012.

Prizes will be awarded to the top three teams, as well as for those individuals coming "closest to the pin" and hitting the longest drive in the fairway. A dinner will be served at Allendale Country Club immediately following the tournament. Businesses also have the opportunity to sponsor a hole on the course, complete with 18x24 inch signage. To register or to inquire about sponsorship, please contact the Schwartz Center at (508) 996-3391.

The Schwartz Center for Children is a nonprofit organization with offices at 1 Posa Place in Dartmouth, MA. It has been serving children with a variety of special medical and

developmental needs from birth to age 21 in Southeastern Massachusetts since 1947. Services include a Day School, Early Intervention Program, Outpatient Rehabilitation Services, Regional Consultation Program, Pediatric Specialty Clinics, and a variety of other programs.

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## Five Cinco de Mayo Events



by  
Nicholas  
Walecka

If only every holiday were on the weekend.

Holidays give us an excuse to drink, especially the drinker's holidays. In 2012, we were blessed with St. Patrick's Day arriving on a Friday for the first time in what felt like forever, and now we have Cinco de Mayo showing up shortly after on a Saturday night, aka Friday's equally evil twin.

Most nine-to-fivers with a taste for booze were probably happy to hear this news. As we get older and attempt to be more responsible, we must also attempt to manage our potential hangovers. Weekend holidays allow us to celebrate to our full potential.

That being said, I've assembled a list of five things to do on the fifth of May in the New Bedford area that will hopefully help fill your appetite for entertainment, adult beverages,

and Mexican fare, and though some aren't necessarily Mexican themed, they should still satisfy your need for a fiesta.

5) Buster's Sports Bar and Grill (227 State Rd., North Dartmouth) features a Cinco de Mayo party which includes drink specials such as \$3 Dos Equis and Margaritas all day, as well as \$3 Buster Burritos until 5pm. There will also be live music in the afternoon, and they will broadcast the highly anticipated Mayweather vs. Cotto boxing match that takes place that evening.

4) No Problemo (813 Purchase St.) presents "A Night of Reggae" featuring Adowa Sound Star Boy and Omega Sound Sista Laura, as well as their regular menu of delicious Mexican themed dishes. No Probs always seems to pack in a crowd on Cinco de Mayo, so don't expect this Saturday to be any different.



3) Pizan's (29 Union St.) will host local act Weld Square for "Weld Square Rocks While You Get Rocked" from 12-2am. There will be \$5 sangria and \$3 Coronas, as well as a number of other beers on draft and in cans. Pizan's isn't a big venue, so you can imagine an intense scene for one of New Bedford's hardest rocking bands. "We're anticipating there to be at least two broken windows," said their animated bassist Kevin Nunes. Weld Square's debut CD "Femme de Maison" will also be available for cinco dolares (\$5).

2) The Tree at Kirby's Irish Pub (818 Kempton St.): The Tree is a genre-melding band with a focus on fun and positivity. I like to consider them a jam-band with a duo of rappers (HiLoe and B-Ez) and a sweet sounding female vocalist (Michelle



Oliveri), but they're much more than that. You'll have to check them out to understand what I mean, because trying to describe them with words does no justice to the smooth yet powerful sound they put out. Show starts at 10.

1) Mi Antojo Mexican Restaurant (95 Rivet St.) is probably the closest representation of authentic Mexican that this area has to offer. The wait staff isn't exactly fluent in English, so you might want to brush up on your Spanish, and the food isn't representative of what many of us are used to, so I see Mi Antojo as the perfect place to step outside your regular routine and into something a bit more Mexican for Cinco de Mayo. There will be a mariachi band to serenade you while you enjoy the various types of Mexican fare—I recommend you try the tacos with avocado or the pupusas with pork—and various other authentic Mexican traditions will be honored in the celebration. Oh, and they serve of cerveza and tequila and are open from 11am-11pm.

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## Collage 02740 at Colo Colo Art Gallery



## Frederick Douglass Collage

Trinidad-born, New Bedford Artist Alison Wells, captures the essence of Downtown New Bedford in her solo exhibition **"COLLAGE 02740"**. Her recent offerings of paper collages will be on view at **Colo Colo Art Gallery, 29 Centre St. from May 3 – May 21**

Wells depicts a side of Downtown New Bedford life and history that is tactile, memorable and alluring through the medium of paper collage. "Downtown New Bedford has been my home away from home for the past 7 and a half years" says Wells who came to the city from Trinidad to pursue a MFA in painting at The University of Massachusetts, Dartmouth in 2004.

"I wanted to depict downtown in a way that expressed the sweet and sometimes bittersweet facets of the things that make this quaint and quirky part of the city what it was yesterday and is today."

Wells examines how downtown New Bedford serves as a source of inspiration throughout her career in the United States, at first subconsciously and now quite consciously. She is influenced greatly by its rich architecture, its fascinating hidden histories, its multicultural and ethnic backbone and of course the rich artistic veins that pumps the city with life and vitality.

Wells manipulates this versatile medium of collage to transform her works into mesmerizing shifts in color, value and dimension by incorporating a wide variety of cut and torn papers to her palette. Each collage forms a bridge across time and culture to express her unique artistic vision and narrative.

Alison's paintings have been exhibited in solo and group exhibitions in galleries and museums in the United States, the Caribbean and Europe. Wells was selected to exhibit her work at

the 2010 World Exposition in Shanghai, China and in 2011 she was awarded an artist grant from the Brookline Commission for the Arts, (under the Massachusetts Cultural Council). Some of her most recent shows have been at The Narrows Center for the Arts, Fall River, Massachusetts, The Brookline Art Center Gallery, Brookline, Massachusetts and Clover Fine art Gallery, Brooklyn New York.

Wells is also an Adjunct Art Professor at Bristol Community College and she teaches after school programs in downtown New Bedford to kids and teens. Some of these include the Historical Society's "Hidden History" programs; The Friends of the New Bedford Free Public Library together with the New Bedford Art Museum's "Art in Words" program and Artworks' Cool Kids summer programs along with Art therapy classes with war Veterans at the Veterans Transitional House. Alison gives private lessons at her studio located in the Cummings Building, 96 William St., Studio #3, New Bedford. Wells is also a Board Member of the New Bedford Historical Society.

**Collage 02740 runs from May 3 – May 21 2012.**

**Opening Reception: Saturday May 5, 2012 5:00pm – 8:00pm.**

**Meet the Artist – Aha Night May 10, 7:00 – 9:00pm.**

*For further information please contact:*

- *Luis Villanueva, owner, Colo Colo Gallery  
colocologallery@gmail.com or (508) 642-6026*
- *Alison Wells at alisonwe@gmail.com or 774-526-6550*
- *Alison's work can be viewed at [www.alisonwells.com](http://www.alisonwells.com)*

### **Collage 02740 Samples**

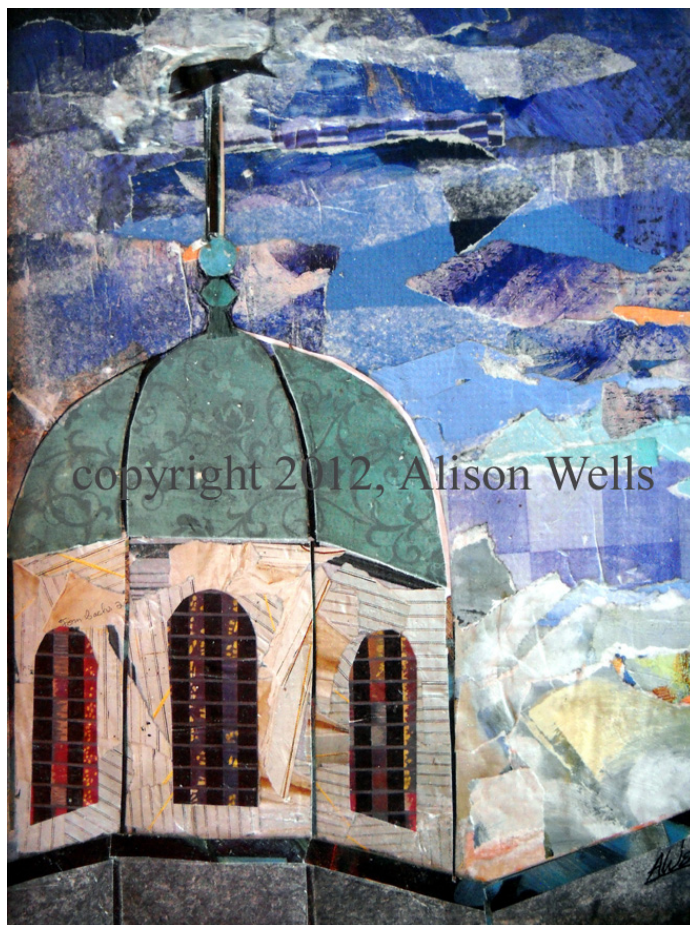


Frederick Douglas





Museum Cupola



Oillie Over Cummings





Red Sky at Night ... Sailors Delight.



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# Month of FREE Fitness Classes for Women



by Ashley  
Bendiksen

Want to improve your health and wellness? How about for FREE? Well, you're in luck! Throughout the month of May, FREE fitness classes are being offered every weekend! No costs. No commitments. Each weekend, a different class will be offered to provide you with optimal choices and variety to feel great and get in shape. Even better, these classes specifically cater to women's overall health. The YWCA's Leading Ladies value health and wellness and have sponsored this event by partnering with local fitness instructors. Registration is recommended as space is limited. To sign-up, email [FreeFitnessNB@gmail.com](mailto:FreeFitnessNB@gmail.com).

**YOGA: Sunday May 6<sup>th</sup> at 10:30am (90min)** —please bring mat

Yoga 101 Studio – 106 State Rd Dartmouth, MA 02747

Taught By: Vickie Smith, RYT

**ZUMBA: Sunday May 13<sup>th</sup> at 1:00pm (60min)**

Cheryl McCormack Academy of Dance – 731 Tarkiln Hill Road New Bedford, MA 02745

Taught By: Beth Methia

**HIP HOP YOGA: Sunday May 20<sup>th</sup> at 2:00pm (60min) —mats provided**



Hope Yoga Studio – 250 State Road Dartmouth, Ma 02747

Taught By: Jennifer Azadnia

**TAI CHI AND QIGONG: Saturday May 26<sup>th</sup> at 1:00pm (120min)**

–loose-fit clothes, socks or flat soled shoes

YWCA New Bedford – 20 South 6th Street, New Bedford, MA 02740

Taught By: Dave Chosid (from Yoga 101 Studio)

Hosted by YWCA Leading Ladies; Hope Yoga Studio; Beth Methia Zumba Instructor; Yoga 101 Studio; and Dave Chosid Tai Chi Instruction.

#### **ABOUT YWCA LEADING LADIES:**

Leading Ladies is an initiative of YWCA Southeastern Massachusetts which provides networking and leadership development opportunities for young women. It does this through active participation in a variety of group activities, as well as philanthropic activity in the community. The primary aim of the Leading Ladies is to empower young women by enhancing a sense of community and communication with a



special emphasis on women's professional advancement and collective leadership. Through collaboration, outreach, and education on essential issues, Leading Ladies helps women to build success and leadership qualities, enhancing both their personal and professional lives.

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## 2012 Taste of Southcoast



By Shonna  
McGrail

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

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



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

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

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

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



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

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

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

## **2012 Taste of Southcoast Winners**

### People's Choice Food

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

### People's Choice Dessert:

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

### People's Choice Table Presentation

1. Inner Bay Cafe

2. Little Red Smoke House

3. Ying Dynasty

### **Taste of Southcoast Participating Restaurant List**

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

### **2011 Taste of Southcoast Gallery**

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# **Walk and Bike to School Day**

New Bedford students will join students from around the state in celebration of “Walk and Bike to School Day” on Wednesday, May 2, 2012, as part of the Massachusetts Safe Routes to School program, in partnership with New Bedford Mass in Motion/CORD and the City of New Bedford. Parents, teachers, school administrators and community leaders, at participating schools within the New Bedford school district will walk to/from school on Wednesday, May 2<sup>nd</sup>.



At the Betsey B. Winslow Elementary School, Mayor Jon Mitchell and his daughters will join Principal Paula Bailey, Dr. Pauline, Hamel, project coordinator of New Bedford Mass in Motion/CORD, Mr. Jim Rattray, V.P. of Marketing for Southcoast Health Systems and school administrators for an organized group walk with other students and families. **The walk will begin at St. Luke’s Hospital at 7:45 a.m. on Wednesday, May 2, 2012.**

Walk to School events work to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, decreasing traffic congestion, concern for the environment and building connections between families, schools, public safety and the broader community.

There are over 300 elementary and middle schools in 111 communities across the state working with Safe Routes to School, organizing activities and events to encourage students to walk and bicycle to school. School principals will determine the time and location for their respective school’s participation in the event. Some will walk before and/or after school, or during lunchtime.

“Safe Routes to School is a positive and collaborative effort that builds a healthier community by bringing together our schools, parents and students with city officials, public safety, health providers, and other partners,” said Dr. Pauline Hamel, project coordinator of New Bedford Mass in Motion/CORD. “We are very grateful to Mayor Mitchell and school officials, teachers and City departments their support of this partnership with Mass DOT/Mass RIDES, and we hope to see all our schools participating in the ‘Walk and Bike to School Day’ on May 2<sup>nd</sup>. However, walking activities must go far beyond single events in our schools and should continue throughout the year. This year, we will implement the Childhood Obesity Research Demonstration (CORD) project to increase physical activity throughout our communities.”

New Bedford, a *Let’s Move City*, in partnership with U.S. Health and Human Services joined 500 leaders across America to adopt First Lady Michelle Obama’s *Let’s Move!* campaign to make significant changes in community health. In 2010, New Bedford was recognized by MA Department of Transportation/Mass RIDES at their annual conference for being the MA city to have the largest number of schools enrolled as official partners of Safe Routes to School. A *Rookie of the Year* award was also granted to the Abraham Lincoln Elementary School during the conference for its efforts with the 2010 International Walk to School Day. For additional local information, please contact Dr. Pauline Hamel, New Bedford Mass in Motion/CORD Project Coordinator at (508) 380-7775.

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# **Dodgeball Tournament for**

# Southcoast Charities



by  
Michael  
Silvia

In the movie Dodgeball there is a saying, "If you can dodge a tool, you can dodge a ball." That's painfully true, but I'd prefer to say, "Regardless whether you can dodge a ball or not, you can raise money for charity."

With a mission to raise a lot of money for Southcoast, Massachusetts charities, New Bedford Guide is organizing its **1st Annual Charity Dodgeball Tournament**. We're looking for volunteers to help organize and run the event. We'd like every penny to go to charity! We expect the tournament to be scheduled for some time in September or October.

## The Concept

The tournament will feature 6-member teams in a bracket style, single elimination tournament. Each team represents a charity of their choice and raises money for that charity. Additionally, each team pays a \$100 entry fee that is put in a pool. The pool-money will be dispersed in two ways; 25% goes to the top fund raising team and 75% goes to the winning dogeball team's charity. For example, if 100 teams enter, the pool money will be \$10,000. \$2,500 would go to the top fundraising team's charity and \$7,500 would go to the dodgeball tournament's winning team's charity. This will ensure every charity gets money (raised by the team) and the top fund raiser and winning dodgeball tournament team shares the pool money. In my example, 100 charities would get funds donated to them.

## Team Formation



Fun team uniform design encouraged!

Each team should come up with a fun name. Businesses and organizations should include their business name. Teams at a minimum should have team shirts made. Costumes and fun shirts are highly recommended. You don't have to be a business or organization to form a team. We want as many teams to participate as possible. With 6 team members the cost of entry is less than \$17 per person.

### Our Goals:

- 100 teams providing a prize pool of \$10,000 and ensuring 100 charities receive funds.
- 100 teams raise at least \$500 for their charity of choice bringing in \$50,000 for 100 different charities.
- 100% of all money raised goes to charity through volunteers and businesses donating their time, products and services.
- Athletic T-shirt maker(s) providing at-cost shirts for the teams. Shirts will be available for sale at the tournament with proceeds going to charity.
- Every media group in the area becomes an official partner to spread the word and recruit teams.

This is in the early planning stages and will only happen with volunteers. If you want to volunteer or pledge a team, please

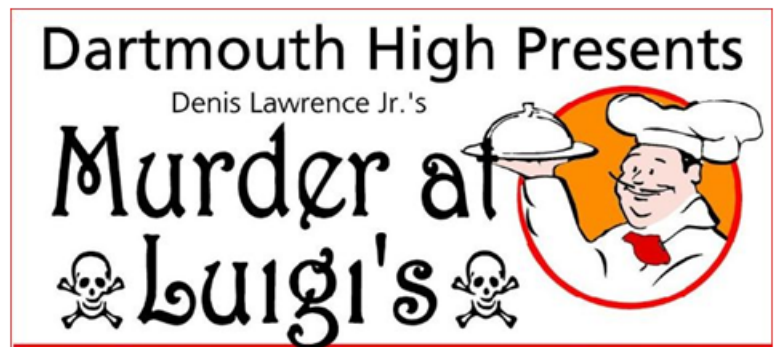


contact me at [info@newbedfordguide.com](mailto:info@newbedfordguide.com). No contribution of time is too little!

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# Dartmouth High Drama Club Presents Murder at Luigi's

The Dartmouth high school drama club proudly presents it's annual spring musical production of Denis Lawrence Jr.'s Murder at Luigi's. "Murder At Luigi's" is a



fun filled night of music, laughter within a murder mystery show where the audience participates throughout the show. Well over 30 Dartmouth High School students are participating in this laugh out loud production.

**Presented at:** Dartmouth Middle School (366 Slocum Road, Dartmouth, MA 02747)

**Date:** Friday, May 4th and Saturday, May 5th

**Time:** 7:30pm

**Price per ticket:** \$10 / \$8 for students (from any/all schools). Tickets sold at door or by calling: (508)961-2700 x402.

For additional information as it relates to this press release please call Jackie Beauregard (508)728-3735.