

# Looking For A New Coffee Spot? Try Out Café Arpeggio In Downtown Fall River



*Café Arpeggio, 193 South Main Street, Fall River, MA*

By Kaylie Krauzyk

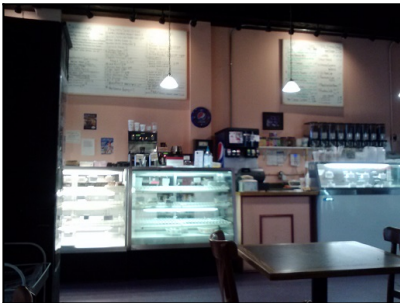
Recently I checked out Café Arpeggio, located in downtown Fall River on 193 South Main Street and I was delightfully surprised at what I found.

Situated within this busy city, Café Arpeggio has a comfortable and roomy atmosphere whether you're looking to sip some coffee and pass the time or for students to hit the books. Plenty of seating creates a relaxing environment to put your mind at ease. Overhead ceiling fans and dimmed lights give the café a classic coffeehouse vibe while music plays. Attached to the UMass Dartmouth downtown center, it's a great little place to grab a bite to eat and meet up with friends.

Photo montages of old Fall River, The Beatles, and owners celebrating decorate the walls in a historical fashion that helps to add an urban presence.

Moving ahead, how about the food!

“The tastiest fun in town” boasts a wide variety of treats and meals to quench the fiercest of appetites. Among the items offered include cappuccinos and hot/iced coffees, frozen drinks, gourmet salads, soups, sandwiches, ice cream splits and sundaes, as well as an assortment of pastries and breakfast made fresh to order each morning.



*Café Arpeggio has three sites, New Bedford, Fall River and South Boston*

At first glance I was able beam in on some good-looking treats along the lines of your typical bakery findings. Croissants, danishes with raspberry and jellied fillings, chocolate chip cookies, brownies, slices of chocolate cake, tiramisu squares, and cheesecake were out on display.

A “Make -Your-Own” breakfast burrito is available for the early birds and comes with your choice of veggies, cheese, and meats. For only \$5.00, this custom build is a healthy alternative to fast food pick-me-ups.

I sampled a warm and flakey cheese and chorizo croissant while sipping an iced coffee. The heated roll was light and fluffy with melted cheese and covering finely ground chorizo. The

iced beverage wasn't too bitter or sweet at all. It's certainly worth a try if you're looking to sip something other than Dunkin Donuts or Starbucks. And don't be intimidated by the presence of a Dunkin Donuts nearby. Coffee and meal prices are fairly reasonable; the variety alone makes for a reason to stop in. A loyalty program of "Buy 10 Cups Get the 11th Free" is available via punchcard too.

In my observations of the wide pastry counters and spacious sitting area, I also happened to notice the shop's ice cream machine tucked aside in the corner. Two large vats for churning milk and cream into delicious sundaes must get a lot of use in the summer. A "Fudge Brownie Meltdown" sounds like a great end to a long and hot July day.



*Doesnt' this look inviting?!*

Fall River location hours are 8am to 5pm, closed weekends. 800 Purchase Street in New Bedford and 398 West Broadway in South Boston are sister sites if you happen to be in those areas.

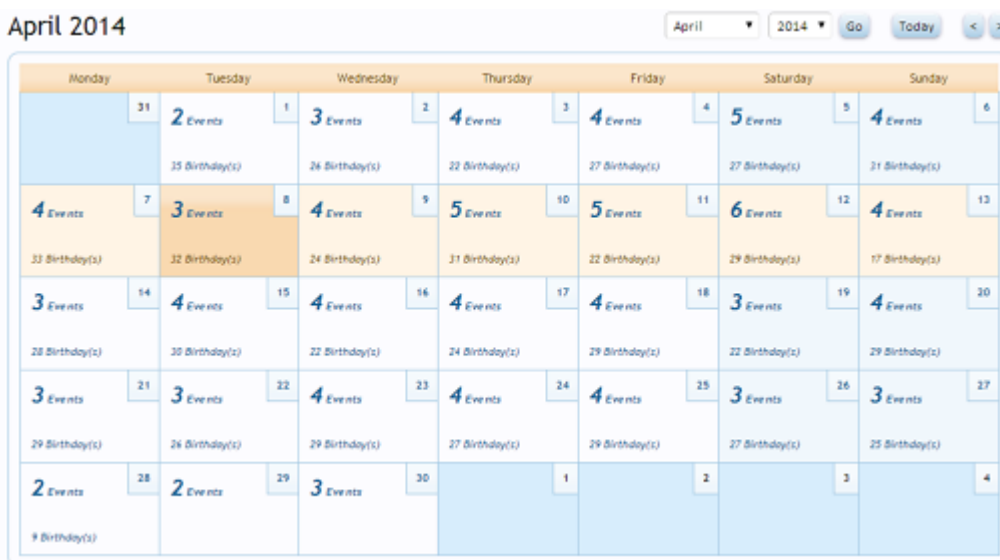
Café Arpeggio also offers catering services for office meetings. If you're looking to try a new coffee shop with a wide range of food and beverages, Café Arpeggio will be worth your time. Staff are very friendly and personally deliver your order; seating is more than plenty and the atmosphere has a relaxing feel to it. Kick your feet up and read the newspaper. Need to work on school assignments or browse the web? Wifi is available; I could easily connect to the web in a matter of seconds. I look forward to coming for my next visit (and I

can't wait to try out the other coffee concoctions they have too!).

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# New Bedford Guide Calendar Featured Partners



NewBedfordGuide.com has one of the most feature-rich, popular event calendars (<http://www.newbedfordguide.com/community/events/>) in the south coast, Massachusetts area. Thousands of visitors use our calendar to find out what is going on the in the Greater New Bedford area.

The event calendar is the main source our staff members use to post events to our popular **Facebook Page** over over 30,000 followers and used to build our weekly Weekend Guide publish every Friday.

NewBedfordGuide.com is inviting partners to add their events

to the calendar at no cost. Register with your Facebook account (or directly) here: <http://www.newbedfordguide.com/community/>. There is a tutorial on adding your events here: <http://www.newbedfordguide.com/community/threads/adding-events-to-the-calendar.19/>. Featured partners will eventually be allowed to bypass the moderation queue.

Contact [info@newbedfordguide.com](mailto:info@newbedfordguide.com) if you have any questions or trouble adding events.

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# The South Coast Hot Jobs List – 16 Apr 2014



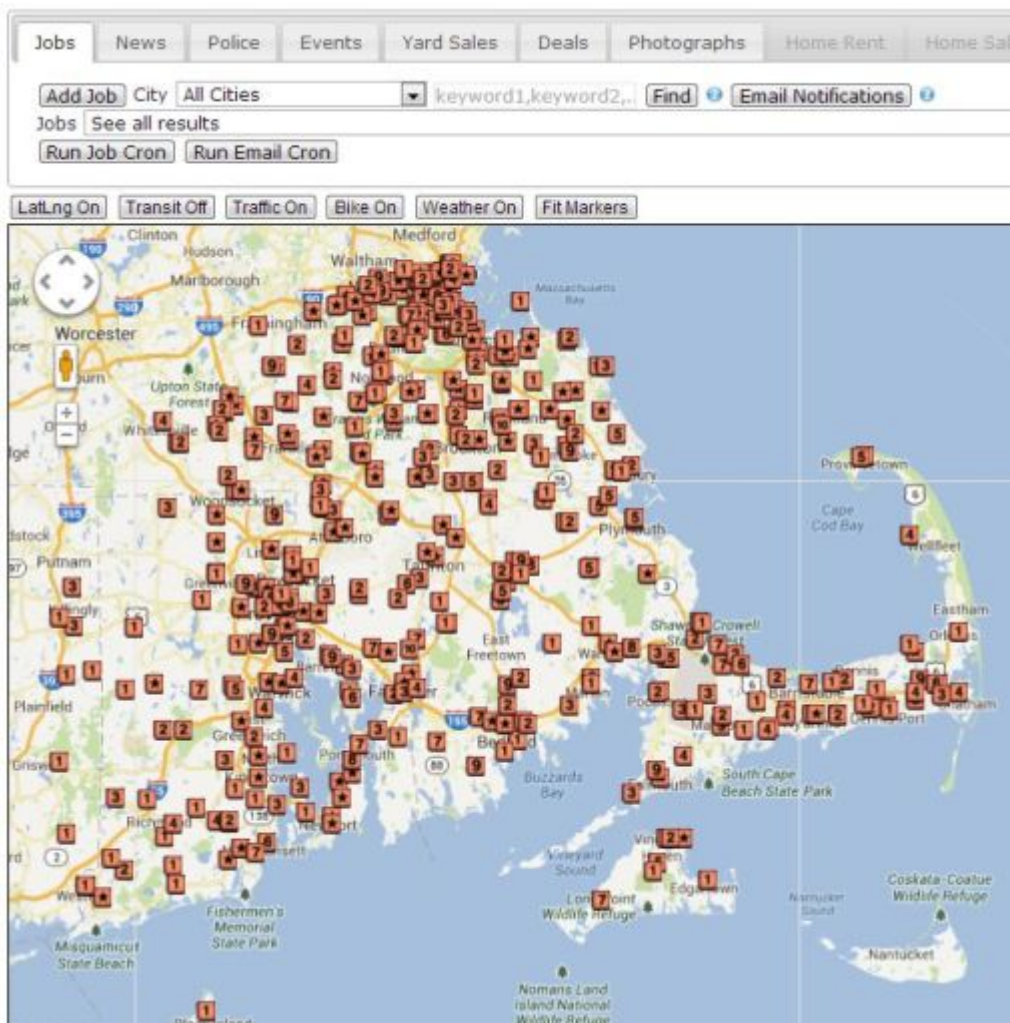
by  
Michael  
Silvia

The Greater New Bedford unemployment rate is much higher than the rest of Massachusetts, but believe it or not there really are a lot of jobs available for qualified applicants. Sometimes the barrier to a new job can be the lack of information on available job openings.

To solve this, each week New Bedford Guide will be working with the New Directions Southcoast (also known as the Greater New Bedford Career Center) and pulling jobs from our **jobs database** to inform job seekers about the hottest jobs in the area.

We will define “Hot Jobs” as those jobs that need to be filled by the employer immediately. For those looking to search some large job databases, checkout my **Best Job Search Resources for New Bedford Residents** article. Unless noted otherwise, those interested in these positions or want more information should go to the Greater New Bedford Career Center at 618 Acushnet Avenue.

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Here are the Hot Jobs from the Greater New Bedford Career Center as of April 16th, 2014:

### 1. **Masons #3950377**

Hiring for experienced masons. Immediate need for hard working masons with previous commercial masonry and construction experience. The projects are located within the Massachusetts, Connecticut and Rhode Island areas. Valid driver's license is

required. The company provides transportation for the employees to the job site. You must have transportation to the location where everyone meets at the parking lot in New Bedford. Carrying and stocking block or brick in designated working areas, assembling, measuring and cutting block or brick to specific lengths, mixing concrete and grout with a mixing machine. Must be a team player and ready to come on board to a company that is growing and looking for hard working individuals to grow with this.

## **2. Front End Supervisor #3961638**

Under the direction of store management, the Front End Supervisor is responsible for the protection of company assets. The Front End Supervisor provides customer service and oversight of front-of -store activities in accordance with all company policies and procedures.

## **3. Warehouse Worker #3950494**

Work all warehouse functions / Maintain paperwork and documentation for appropriate work functions; Pick and put away stock ; Housekeeping and organize warehouse. Work overtime as requires. Drive a forklift ; Able to interpret written and verbal communications. Must possess basic skills needed in the use of required equipment / tools. Capable of lifting, pulling, pushing at least 50 lbs. Women are encouraged to apply.

## **4. Fabric Pattern Cutter #3955647**

Fabric Pattern Cutter needed. Full and Part time hours are available. Experienced preferred. Please apply directly.

## **5. Greenhouse Manager #3961667**

Greenhouse Manager must be a responsible, enthusiastic, self-starter with greenhouse experience. Successful candidates must have a "green thumb". This is a year round, full time position. The role of the Greenhouse Manager is to supervise the day to day operations of a 10,000 square foot greenhouse. Successful candidates must understand soil conditions for

optimizing the vegetable and herb growing environment. The Greenhouse Manager must have oversight of insect, pest, and disease control. The Greenhouse Manager must be 21 years old or older and possess a current, valid Driver's License. Candidates must be able to repetitively lift 50+ pounds. Must have flexibility to work weekends and holidays.

#### **6. Seasonal Part-Time Lifeguard #3961679**

The New Bedford YMCA, a division of YMCA Southcoast, is looking for seasonal certified lifeguards for the Summer 2014. Must be up to date on your certifications (CPR/AED, First Aid, and Lifeguarding.)

#### **7. Executive Director #3961672**

A wonderful opportunity for a dynamic and successful YMCA professional to lead a 5,400 member, urban branch Y, serving the city of New Bedford and surrounding areas to the next level. The successful candidate will demonstrate an ability to create successful and strategic relationships with influential leaders and members of the community and an ability to leverage those relationships to enhance support for the Y mission. Candidates will be evaluated on their prior experience and success in these areas as well as maintaining a superior member experience and outstanding customer service.

#### **8. Facilities Specialist #3969579**

Must have a minimum of two (2) years experience in janitorial and maintenance work and grounds keeping. Must be capable of performing repairs utilizing carpentry skills helpful. Driver's license and the ability to respond to emergency calls.

#### **9. Custodian (Part-Time) #3969582**

Responsible for assisting in the general maintenance and sanitary conditions of the Head Start facility and grounds. Driver's license is required.

#### **10. Data Entry Clerk #3969587**



Performs a variety of general office functions including typing, record keeping, filing, proofreading and forms and report generation; performs a variety of general bookkeeping functions including departmental invoice processing, purchase orders, cash receipts and monthly reconciliation of accounts; performs accounts payable duties including auditing of accounts payable batches filed by departments, updating invoices in preparation of weekly accounts payable check run, and generating and distributing accounts payable reports; assists in the auditing of daily cash sheets; files records and reports; posts information to records; sorts and distributes mail; answers telephone and performs similar duties; attends meetings, trainings, workshops, conferences or classes for the purpose of increasing knowledge and/or gathering information required to perform functions.

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Here are the Hot Jobs in the New Bedford area from the **NewBedfordGuide.com jobs database**, as of April 16th, 2014:

**1. Paving Operator- Oldcastle (Acushnet, MA)**

Full details and application process [here](#).

**2. Cook – SavaSeniorCare (New Bedford)**

Full details and application process [here](#).

**3. Company Driver – Elite Carriers**

Full details and application process [here](#).

**4. Portuguese Linguists – MetLang**

Full details and application process [here](#).

**5. Property Manager – Storage Pros (2 positions, Full & Part Time)**

Full details and application process [here](#).

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Be sure to also check out our Job Portal to find jobs by

location on a map: [newbedfordguide.com/map-page#pm\\_jobs\\_tab](http://newbedfordguide.com/map-page#pm_jobs_tab).  
Want to get e-mail notifications for new jobs? Checkout our [e-mail subscription service](#).

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## **Deceased Newborn Baby Found in New Bedford**

New Bedford Police, Massachusetts State Police Detectives assigned to this office and prosecutors are currently investigating the discovery of a deceased newborn baby in The City of New Bedford.

New Bedford Police received a 911 call around 6:30 p.m. this evening from a resident who discovered the remains of the deceased infant outside of a three-story home at 1065 County Street. Police and rescue personnel rushed to the scene, and upon discovery of the deceased infant, contacted this office and state police detectives assigned to this office.

The investigation into this unattended death remains in its early stages at this juncture in time. A representative from the State Medical Examiner's Office is currently en route to New Bedford to take custody of the baby and will perform an autopsy this weekend.

Investigators are seeking the public's assistance in locating the mother of the infant, who could possibly be in need of medical attention. If anyone has any information regarding the infant's identity, the mother's identity or her whereabouts, they are urged to contact New Bedford Police at 508-991-6300 or leave an anonymous tip at 508-961-4584.

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# Of Roots and Reconciliation in the Whaling City

*By Joanne Mendes*

Thomas Wolfe once wrote, "I have to see a thing a thousand times before I see it once." Sometimes you need to step away from a place before you can truly appreciate all that it has to offer. This certainly is true about my relationship with New Bedford.

In 1975 I graduated from Bishop Stang High School, went off to college and never looked back. I couldn't wait to leave Southeastern MA, convinced that there was something bigger and better waiting for me. In my eyes, New Bedford was a depressing place, certainly not a place that held a future for the young professional I strove to be. All I could see was a city that used to be. Used to be a nice place to live, before "urban renewal" tore into its heart; used to be the leader in fishing, textiles and history. New Bedford was a city in decline, a city lost unto itself, a city divided.

For the next 30 years I bounced around the United States. Although I lived primarily in New England, my job afforded me the opportunity to travel extensively. Of course, I did come back, mostly for weekends, holidays and vacations. After all, being brought up an only child in an Italian/Portuguese household, home is always where your family is. And while I loved being with my family, and enjoyed our times together, I had no desire to stay.

And then the unthinkable happened. My parents got older, and I was downsized from my job. As my Dad's health declined, there was only one thing to do, move closer so I could be there for

them. I'd like to say I came back with a great attitude and loving thoughts, but I'd be lying. I did not return like a lamb, more like a lion roaring, kicking, screaming and lamenting. I was convinced I would have no friends, no culture, and no entertainment – in short, no life.

But once I settled in, my emotions settled down. As I spent time and reminisced with my parents, I began to record their stories. Ancestry research is like weaving. To quote Grandma Regis, "The most beautiful tapestry starts with but one thin piece of thread."

This city was built by hard working immigrants, my ancestors included, who came to this country looking for a better life. As I sifted through local records and historical documents, I soon found that my family threads were intricately woven into New Bedford's. For example, my paternal grandfather, who also worked the ferry to Oak Bluffs, laid most of the sidewalks in this city. Several local schools, including the Hathaway were constructed by my maternal grandfather, who also moonlighted as a carpenter, renovating some of the finer homes from Salters Point to Sagamore.

Looking at the city through this lens gave a whole new meaning to the word home. Suddenly, I'm not just riding down Purchase Street with my Dad, instead I am transported to the "Holy Acre" where my great grandparents and their families lived and worked.

At Purchase and Austin Street, Horatio Welding fades and becomes Giusti's Baking Company circa 1943. This where MY personal history began, when a baker home on leave from the Navy met a bookkeeper looking for a ride home so she can save streetcar fare back to Dartmouth.

On State Street I am at Great Aunt Jo's, where a houseful of boisterous Italians celebrate yet another birthday with a delicious strawberry filled cream cake from New Bedford Baking

Company. Two doors in from the corner of Chestnut and North, I don't see an empty lot; instead I see the faded image of my paternal grandparent's last home. I am standing on the sidewalk with my avo, crying because the ice cream bar he bought for me melted onto the sidewalk. At Christmas, when I walked Clasky (Common) Park, I am five again and holding hands with my parents as we ooh and ahh over the lights and decorations. Every path I walked, every road I drove became a wonderful journey down memory lane.

The City New Bedford was once the crown jewel of the manufacturing world. Names like: Wamsutta, Revere Copper, Cornell Dubilier and Acushnet were known worldwide for their quality products. I am proud to say, my immigrant ancestors were part of what made New Bedford great. From Atlas Tack to Morse Twist Drill; Paulding to GroTogs; Gilt Edge Silk to "The Process", my ancestors, like yours, were a proud, humble group that became this fine city's heart and soul.

It's now 2014, and the landscape has changed. Downtown, once a desolate place when Saltmarshes, Star Store and Cherry and Webb left, is revitalized with a new hotel, great restaurants, art galleries and boutiques nestled between two stalwarts – the Whaling Museum and the Zeiterion Theater. You want culture; I'd stack the New Bedford Symphony against any other. Entertainment: go downtown on the first Thursday of the month and say AHA!

Same is true for the festivals from First Night to July 4 to the Working Waterfront. You will experience a comfortable family atmosphere while listening to good music and savoring the local cuisine. If you want more, check out the Z. In the six years I've resided here I've watched some memorable performances from Bill Cosby to Midtown Men to Do Wop. And by the way, you haven't lived until you've heard the Vienna Boys Choir perform in St. Anthony's Church.

It only took 38 years for me to recognize New Bedford as the

rare gem she is. It also took me that long to realize that she and I both have a lot in common. We are rich in heritage, but still suffer from an inferiority complex. Our well-worn facades proudly display scars from our storied past. Still, what we've lost in youth and beauty, we more than make up for in maturity and wisdom. It took me a long time, but I've finally reconciled myself with my past, and am ready to face a brighter future. It's high time for New Bedford to do the same.

Now that I've seen where I've been it's time for me to figure out what my next role is in this play called life. That cute little bookkeeper (I called her Mom) passed away last year, and is now with my Dad (her sailor). My reasons for moving back no longer exist so it's time for me to be moving on. Unlike the last time I left "for good", this time, I will happily carry with me the spirit and pride of my ancestors and the many contributions they made to New Bedford and this region. When someone asks me where I am from, I'll proudly say I come from a city that once lit the world, and one that I know will light it again. The City that proudly bears the name – New Bedford.

Thomas Wolf was wrong – you can go home again. You just have to have the right attitude when you do.

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**Have an opinion you want to share? E-mail [mike@newbedfordguide.com](mailto:mike@newbedfordguide.com).**

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# New Bedford Guide's 10 Positive Stories of the Week



Benjamin Garcia Jr. with Taylor Swift. Photo by Benjamin Garcia.

For some reasons humans love negative stories and the media gives them what they want. At NewBedfordGuide.com we make every effort to promote the best parts of the Greater New Bedford area and make New Bedford a better place to live. Each Sunday, I'm going to find 10 positive stories of the week and share them. If you have a positive story to share e-mail us at [info@newbedfordguide.com](mailto:info@newbedfordguide.com).

Here are the positive stories this week.

- 1. Taylor Swift Visits Families in Hasbro Children's Hospital in Providence** – Taylor Swift visited the Hasbro

Children's Hospital in Providence with her father for five hours. Several families sent us their personal pics. You can see them [here](#) and [here](#).

2. **Bill Murray gets David Letterman to mention New Bedford** – Bill Murray got Dave to say, "Special hello to Kevin, Rudy and Frank at Maaco in New Bedford." Then Bill replied, "Thanks, they're not going to charge me for the primer." Apparently, Bill visits New Bedford from time to time from Martha's Vineyard.
3. **Gin Blossoms Named as Portuguese Feast Headliner** – The Portuguese Feast announced their headlining act, the Gin Blossoms. This is a major act for the 100th New Bedford Portuguese Feast and should draw a record crowd!
4. **School Nurses Shop For Neediest New Bedford Students** – The Health Services Department at the New Bedford Public Schools received a donation of \$1,600 to assist homeless and needy families in our district. On Monday, March 24th, 2014, school nurses were invited to the Keith Middle School's library to 'shop' for their most needy students.
5. **To the Woman Behind Me in Line at the Grocery Store** – The EBT machine went down at a grocery store and a woman had no way of paying for groceries for her children. A stranger stepped up and paid for her groceries. No judging the woman's situation. Great story of paying it forward!
6. **2014 Whaling City Festival is a GO!** – The New Bedford Park Board decided to extend the closing time to 9 p.m. for the entire weekend on a trial basis. While some people are not happy about this decision, most people consider this a good thing for New Bedford,
7. **Alma del Mar's "Backpack Club" For Hungry Kids** – A school nurse and parent at Alma del Mar stepped up and set up a Backpack Club to assist with the less fortunate students at the school. Tara Mendonca is a great example of someone stepping up and making a difference in New Bedford.



8. **New Bedford Makes Public Beaches, Parks, Playgrounds and Zoo Smoke Free** – Mayor Mitchell has decided to step up the awareness and prohibition of smoking in public area around New Bedford. My lungs are thankful.
9. **Working Waterfront Festival Unveils Winning Design** – The Working Waterfront announced the winner of their 2014 Design Contest – Jason C. Eckhardt of New Bedford. Clean and family friendly design and symbolic of the amazing FREE annual family-friendly, summer festival.
10. **Healthy Dining New Bedford Good for You, Good for New Bedford** – Bristol County is one of the unhealthiest counties in Massachusetts. Mass in Motion New Bedford is stepping up by getting New Bedford restaurants to offer healthy side dishes.
11. **Gaming Commission Extends Casino Deadline** – The deadline for casino applications in the south coast region (Region C) has been extended from July 23 to Sept. 23, giving New Bedford plenty of time to still get the \$500-million casino developed in New Bedford.

What was YOUR favorite story? Post a comment and let us know!

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## **Working Waterfront Festival Unveils Winning Design**

# The WORKING WATERFRONT FESTIVAL



*New  
Bedford,  
MA.*

The Working Waterfront Festival is pleased to announce the winner of our 2014 Design Contest – Jason C. Eckhardt of New Bedford. Mr. Eckhardt has been a professional illustrator for over thirty years. His editorial cartoons have appeared in the New Bedford Standard-Times and have won the Best Cartoon award from the New England Newspaper and Press Association five times. His work has also appeared in publications from Dell Magazines, Doubleday, and various small presses. “The Festival Committee was impressed with Mr. Eckhardt’s ability to convey the 2014 theme Fishing Families” (Laura Orleans, Festival Director). Mr. Eckhardt’s design will appear on the Festival t-shirt, program guide, and poster.

The 2014 Festival will be held on the New Bedford waterfront September 27th and 28th. Festival performers will present programs in area schools during the day on Friday, September 26th and a Festival Sampler will be presented on Friday evening. This year, we put the spotlight on the historic and contemporary role of fishing families, both on shore and at sea. Programming will highlight the skills, knowledge, and traditions which are passed from one generation to the next. We will explore what it means to grow up in a fishing family; consider the important support role family members play; and pay tribute to the many family businesses which are part of the industry. We will encourage multiple generations to compete in fishermen's contests; showcase family recipes on the Foodways Stage; and collect family stories in the FishTales Area.

The Working Waterfront Festival is a project of the Community Economic Development Center of Southeastern MA, a non-profit organization. The FREE festival, a family friendly, educational celebration of New England's commercial fishing industry, features live maritime and ethnic music, fishermen's contests, fresh seafood, vessel tours, author readings, cooking demonstrations, kid's activities and more. It all takes place in New Bedford, MA, America's #1 fishing port, on the last full weekend of September. Navigate to us at [www.workingwaterfrontfestival.org](http://www.workingwaterfrontfestival.org).

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## **2nd Annual International Portuguese Music Awards**

# winners announced



*IPMA recognizes outstanding achievement in the music industry by international artists of Portuguese ancestry (Paulo Chaves)*

The second annual International Portuguese Music Awards (IPMA) and Gala took place this past weekend on March 21st and 22nd. The two-night spectacular consisted of the IPMA Gala and the IPMA Show.

The IPMA Gala was held at the Cultural Center located at 205 South Main Street in Fall River, Massachusetts. The star-studded event included a red carpet entrance, cocktail hour, and formal dinner. This year, Portuguese actor Diogo Morgado was honored as the 2014 IPMA Person of the Year.

Born in Lisbon, Portugal, Morgado has become a familiar face to American audiences, both on television and on the big screen. He is best known for playing "Jesus" in the History Channel's miniseries, "The Bible." The Emmy-nominated show had the highest cable ratings in 2013 with more than 100 million viewers. Morgado is currently starring in the major motion picture "Son of God", where he, again, brings to life the story of Jesus Christ. The 20th Century Fox feature film is currently playing in theaters across the United States and has already grossed more than \$42 million.

Morgado was chosen as the IPMA's Person of the Year for his extraordinary accomplishments as an actor. He also, recently, appeared on the hit ABC drama, "Revenge". Morgado's rise to fame has opened the door for many other projects. He was recently cast as one of the lead actors in the new science fiction drama, "The Messengers", set to air on the CW Network. Unfortunately, because the pilot is currently filming in New Mexico, Morgado was unable to attend the Gala in person but he accepted his award via video.

The Gala included special appearances by all the 2014 IPMA performers, including Nuno Bettencourt, a Portuguese-American musician best known as one of the founding members of the band Extreme and guitarist for pop superstar Rihanna on her last four world tours. Marco Paulo, one of Portugal's most popular and recognizable pop stars for nearly five decades was also in attendance.

The Gala included two musical performances: José Carlos from Lowell, Massachusetts captivated the crowd with some Fado classics and Michelle Ferreira from Long Island, New York performed several of her pop-acoustic original songs. John Gonsalves, a former probation officer and current sports hosts on WJFD Radio and reporter on RTP International, was the Master of Ceremonies for Friday night.

The IPMA Awards Show, itself, held on Saturday, March 22, 2014 at the Zeiterion Theatre in New Bedford, Massachusetts opened with a bang with the performance of the song "More Than Words" by Gary Cherone and Nuno Bettencourt of the Grammy-nominated band Extreme.

The awards show also featured performances by several prominent artists. Nelia (USA), who followed Bettencourt and Cherone, got the crowd moving with her high-energy and thrilling combination of songs. Maria De Barros (Cape Verde) took off her shoes, went into the crowd and got the audience on their feet. Reno (Canada) rocked the house with a couple of

his original songs, and Tony Gouveia (Canada) captivated everyone with this intimate Fado performance. Marco Paulo didn't disappoint as he sang some of his biggest hits. He was also honored with the Lifetime Achievement Award for his exceptional 48-year career, in which he sold over 4.5 million records. Bryan Wilson & Sebastian Crayn closed the show with an electrifying performance.

Awards were handed out to the following artists (<http://ipmaawards.com/2014-ipma-nominees-winners>):

- Bryan Wilson & Sebastian Crayn (Romania) – Dance
- Joey Medeiros (USA) – “Música Popular”
- Josh Pereira (USA) – Pop
- The Procussions (USA) – Rap/Hip-Hop
- Ménage (Canada) – Rock
- Fatima Santos (USA) – World Music/Fado
- Fatima Santos (USA) – Song of the Year
- Sandro G (USA) – “Casal Garcia” People’s Choice Award
- Melisse Andrade (USA) – New Talent

The “Casal Garcia” People’s Choice award was voted on by the general public via the IPMA website. Votes from 66 countries were collected.

The two finalists for the New Talent category, Melisse Andrade (from Boston) and Rachael Stark (from California) performed live on stage. A panel of judges was present and selected Melisse Andrade as the winner. IPMA will award her with a trip to Portugal to make promotional TV appearances.

Ricardo Farias of Dartmouth, Massachusetts and Natasha dos Santos of Toronto, Canada co-hosted the show. The show was taped and will be streamed on the internet and televised on RTP International (RTPi) at a later date. RTP International reaches more than 20 million people worldwide. The dates of these airings will be announced on our website and official Facebook page.

Following the awards, the official IPMA After-Party was held at Trio Café & Lounge in Dartmouth, Massachusetts.

For more information about IPMA, please visit [IPMAawards.com](http://IPMAawards.com).  
“Like” the official IPMA Facebook page for breaking news and exclusive content:  
[facebook.com/InternationalPortugueseMusicAwards](https://facebook.com/InternationalPortugueseMusicAwards)

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## **CrossFit New Bedford – Exercise for everyone from the athlete to the family**



*CrossFit New Bedford, 140 Rogers Street,  
Dartmouth, Massachusetts (774) 202-3110!*

What the heck is CrossFit? It's a place where freakish athletes, born with tons of natural ability, drink protein

shakes, and ramp up on vast amounts of steroids gather to pick things up and put them down, right?

This is what I thought and boy, was I wrong.

Wrong, wrong, wrong.

As someone who has been in athletics for three decades, and coaching for a dozen, I've seen my share of new health or fitness fads come and go. The mere mention of the latest one is guaranteed to get an eye roll. It's now a default response for many of us. We're burnt out on guerilla marketing, in your face promotion, and promises to have a new you with only 90 seconds a day- just get that credit card out.

While the name CrossFit is something new, the concepts and principles are ancient. Many of the methods, exercises and tools are ones that have been used for hundreds, if not thousands of years. Call it a resurgence, if you will.



*CrossFit is an activity that the family can do together.*

I stopped by owner and head coach Brad Cardoza's facility – or box as it is called in CrossFit lexicon – in South Dartmouth to gain some more insight. I have about 20 friends who train here and they are fanatical. Heck, I'll just put it out there: they are pains in the arses about getting me to stop in!



What was to be a 15 minute visit turned into two and a half hours, demonstrating Brad's passion. What he has here is something special. Not only is Brad an interesting, storied figure, but CrossFit New Bedford has all the right things in all the right places.

Throughout our discussion, Brad revisited the same things over and over again. What he felt was incredibly important to convey: CrossFit is an "everyman's or everywoman's" activity – in fact, it is ideally suited for families. Is it for the elite athlete, or serious competitor? You bet it is, but that is a small portion of the membership at the Rogers Street facility. In fact, the majority of his members are women and children. Approximately 65% of his members are women alone!

Brad has been in the exercise business for decades. He has seen day in and day out, the benefits of what he coaches – improved health, physical strength, self-confidence, well-being – and wants to spread this positive service to the community. In fact, he's pretty darn passionate about these three things: health, fitness and community. When he discusses it, there is a fire in his eyes. His posture changes. He's 100% present. He's not in the CrossFit business – he's in the life-changing business.

### **So, what exactly is CrossFit?**

Here is the Wikipedia definition: "CrossFit incorporates high-intensity interval training, olympic weightlifting, powerlifting, gymnastics, strongman exercises and other disciplines. The exercise program is practiced by members of approximately 7,000 affiliated gyms..." The term is a compound of CROSS-training FITNESS.



*An action-packed  
box!!*

What Brad was wary about, is that people may think that each “box” teaches the same things. He felt it crucial that, people understand that each box, its coaches, its atmosphere, team, and instruction differ in terms of curriculum, methodology, technique and *quality*. Unfortunately, this means that there is no standard and that many folks open a box after a only few months of experience and dropping money over the course of a weekend to get a piece of paper that declares you an “expert.”

This has become an all too common trend. Being an inexperienced coach teaching a group of people to throw heavy weights around in close proximity is a recipe for disaster. There is substitute for experience – three decades in Brad’s case – no matter how fancy the piece of paper in its fancy frame hanging on the wall. The difference is not only night and day, but the difference between injury and none.

### **What is a CrossFit N.B. class like?**

People are always curious about what a class consists of. There is a lot that is familiar to all of us: bodyweight exercises like chin-ups or pull-ups, push-ups, jumping jacks or crunches. There are medicine balls, Swiss balls, rope climbs, dumbbells. There are gymnast rings, tires of various sizes to flip, barbells and kettlebells. But it’s not these things that make CrossFit N.B. what it is, but the “how” – the order, amount of time, repetitions – that matters.

Each workout changes from day to day and is carefully crafted by Brad and his team of expert coaches to maximize results. This spontaneity keeps one’s interest and fends off boredom.

You don’t have to take my word for it, or Brad’s. There are 3,200 fans and 200 reviews on **his Facebook timeline** alone, he has a 4 1/2 out of 5 star rating in a world full of cynics, and there are hundreds of pictures of satisfied people from

all walks of life – including young children and pregnant women.



*CrossFit is an excellent strength building activity for teens too!*

There is a buzz, an excitement, about Brad's facility, instruction, and curriculum that is contagious. The images showcasing the results bolster this idea and speak louder than anything I could say. There is a reason he is the premiere CrossFit box in New England, perhaps planet Earth.

Whether you are an individual or a family, an athlete or overweight, young old, male or female you have a home at CrossFit N.B. The genius behind Brad's curriculum is that it integrates and fits *anyone* regardless of objectives. You compete *with* YOURSELF and others, not *against* yourself and others. Brad is laser-beam focused on integrating your objectives and goals in a carefully calculated and crafted progression – not pushing you into the deep end of the pool and telling you to kick your feet.

CrossFit New Bedford offers group classes, one-on-one personal training, CrossFit Kid's Classes, Sport Specific Strength & Conditioning for teens and collegiate athletes. You get unlimited access to the classes for just \$95 per month in an industry that typically charges \$150 a month. For less than \$25 a week you can have a life changing health & fitness

experience with world class instruction in a friendly environment.

Training alongside people who are out-of-shape, pregnant or 8 years old will remove the intimidation factor and let you drop any barriers you may have had. Training alongside super athletes will spur you on and motivate you. More importantly, the group of genuine good folks will welcome you with open arms and treat like one of their own from the moment that you walk in, as Brad did with me.

In a nutshell, if you are looking to lose weight, improve your overall health and fitness levels, develop more strength and athleticism, or improve your performance in your chosen sport(s), there is a facility in greater New Bedford that offers world class instruction for affordable rates: CrossFit New Bedford.



*Come see why CrossFit New Bedford is the #1 CrossFit facility in the Greater New Bedford area!*

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## **CrossFit New Bedford**

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Dartmouth, Massachusetts 02748

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

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

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# The St. Patrick's Day Parade is Decadent and Depraved



*"There's a state of mind to being Irish that focuses on a good sense of humor and self-deprecation. "*

by Patrick Correia

In 2012 I was drunk looking out over the parade from a third floor porch on west 3rd st. in South Boston. It was noon. As

the clean up crew scooted along, picking up the worst of the garbage, there was an additional float trundling by green confetti. A blaring bit of nonsense and signs that, after adjusting my eyes, were less than jovial. The signs and chants are lost to me. None of this was part of the parade. The reality of inequality is nothing to put on someone utilizing a loop hole for alcoholism. That day I decided not to attend the parade until everyone was allowed to march on the St. Patrick's Day. Even if they've never had to eat Irish Soda Bread. Irish Soda Bread tastes like soap and cardboard.

The Catalpa sailed from New Bedford in April of 1875 to free Fenians being held in Australia. There's a plaque you've probably walked by a thousand times at the corner of North 6th and Market street in Downtown. You may not even know the story, so here's a song. It was commissioned to free members of the Irish Brotherhood. In case you didn't know, Ireland is a history of failed rebellion.

In the far south end of the city, there's a large stone Celtic cross that looks out to sea. A famine memorial. I'll spare you the customary use of Irish in this situation. Plus, I can't really spell in English, let alone Irish.

The history of the Irish in New Bedford is a search for freedom. St. James church stands a marker of that pride and a hope for the current immigrant population. The largely Guatemalan population of the South End is continuing a tradition of strong community in the neighborhood. At my own grandmother's funeral, local men removed their hats for the bagpipes cascading off the houses.

Over the weekend Boston will be overrun with visitors, especially on Sunday for the St. Patrick's Day Parade through South Boston. A large number of South Coast residents attend the parade and travel to area for the holiday weekend. The Friendly Sons of St. Patrick, based in New Bedford, march with blackthorn canes along with the rest of the parade. Don't go.

Don't go to the parade.

Marty Walsh has already said he won't attend and it's really not worth the trip. It's cold, the bars are packed at 8AM and, unless you know of a house party, it's really not worth the trip. Go to Brighton Center, to the Green Brier or Porter Belly's. Go to the Tara Pub or The Eire Pub in Dorchester. For Christ's sake, go to Tommy Doyle's in Cambridge. Either one really. I will even give you pub suggestions for a great St. Patrick's Day, if you ask. Seriously. Not a joke. I'll do it.

There's a state of mind to being Irish that focuses on a good sense of humor and self-deprecation. Unless you're lace curtain, of course. We should always remember; we were there. We need to embrace our roots as pariahs and revel in acceptance through quantity. St. Patrick's Day is contingent on the idea that a people can ascend from the depth of poverty. It's the closest we have to the American dream. So, through this weekend, drink too much, hug everyone, sing songs with strangers, and feel guilty about it for at least a week.

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