

What is New Bedford Street-Parking “Courtesy?”

[Neighbor 1: Let me borrow some sugar.

Neighbor 2: : I apologize, but I’m out of sugar.

Neighbor 1: Well, go to the store and get some sugar so I can borrow some.

Neighbor 2: I don’t want to: go to the store yourself!

Neighbor 1: You’re being discourteous!]

Neighbor 1 sounds pretty discourteous to me, but perhaps I’m taking my sugar analogy too far. I must confess that I’m fairly new to street-parking from my home, but I’m not new to the concept of courtesy. To me, street-parking courtesy in New Bedford has come to mean actions like the following:

***Park close to the sidewalk because there’s limited space for vehicles to pass.**

***Park as close as you can to your home whenever possible because other people need street-parking space too.**

***Do not park too close to the vehicles in front and behind you because they need enough space to safely get out.**

***Do not park on the sidewalk or on the side of the street where no parking is allowed because that’s utterly rude to pedestrians and neighbors.**

***Do not park beyond the white line or too close to driveways so those with driveways can safely exit onto the road.**

***Park quickly because it’s rude to hold-up traffic.**

***After parking, look before you open the car door because it’s**

impolite to scare the daylights out of a driver who doesn't want to crash into your car door.

I'm sure there are other acts of New Bedford street-parking courtesy that I'm missing, but I'm really hoping that it does not include the following:

***Do not park near your house because it's discourteous.** *[Do what?]*

***If you have a driveway that only fits one car, do not park near your house with your second car because that's discourteous.** *[But I thought I was supposed to park near my home?]*

***Do not park near your house if you do not drive your vehicle every day.** *[Are you my neighbor or my warden?]*

***Do not park on the same street of your house if the only street-parking spot available is in front of a neighbor's home that doesn't have a driveway.** *[Bless your heart.]*

***Do not park in the street-parking spot closest to your house because your neighbor says you shouldn't.** *[Last time I heard, you don't own the street!]*

***Do not park near your house when there are single women who rent apartments next to your home.** *[Bleep. Bleep. Uber-bleeping BLEEPER!]*

Within a week or two of moving in to our newly purchased New Bedford home, one of our neighbors approached my husband about street-parking. His entire argument about not parking in particular street-parking spots was predicated upon the fact the he rents to single women. I am a married woman. Do I by proxy have less of a right to park in a safe parking spot near my home because I'm married, or does that simply mean a woman needs a man to walk her to her car every time she drives? And here I thought the idea of a "damsel in distress" was a

backward Southern sentiment.

A week later, another neighbor asked us to move our vehicle because he had just purchased a home and had not gotten to park in front of his house since the purchase. My husband and I complied with this request as often as possible.

About five months later, we invited extended family to live with us. Within days the same neighbor aggressively confronts our female cousin and tells her that she can't park in his spot. Does she have less of a right to park there because she isn't a homeowner? The same neighbor parks on our sidewalk where no-parking is allowed several times before receiving a citation. Two days after the citation is given, the other neighbor with "single-women tenants" approaches my husband and tells him that we are being discourteous by parking on the street near our neighbors' houses.



Observe the picture above. The one in front is our second

car, a vintage Jaguar that I drive when I need to. The picture was taken from the bottom of our front porch. No, I don't drive the Jaguar every day because I'm a writer: does that mean I should park on another street? It seems to me that if parking near your home is a major issue, then you should purchase or rent a home where you know you will have parking – or, at the least, not try to manipulate your neighbors to comply with the number of steps you feel you should have to take to reach your front door.

I may not bake homemade cookies for everyone who lives near me, but I would certainly let any of them borrow some sugar. On the other hand, I will not make a special trip to the store to buy sugar any more than I will park out of my way to appease a whiny neighbor. If that makes me discourteous, then pet my head and call me crazy.

I suspect that New Bedford street-parking “courtesy” varies widely by street and neighbors. Let's see: comment and share your stories!

NB Home Care: Roof & Porch Cleaning



*Need to get your porch, deck or roof cleaned?
Here are some great tips!*

Wooden porches and decks are playgrounds for unhealthy molds, mildews, bacteria, and other microorganisms. Molds live everywhere, producing microscopic spores that constantly reproduce. When you open the door, molds can waft right into your home, and as soon as a mold spore touches any amount of moisture in your home, it starts growing. Mold quickly and easily grows on carpet, foods, and paper once inside of your home.

Molds are essential for the environment because they breakdown dead plant matter, but they can also adversely impact indoor air quality and pose a variety of human health risks, such as headaches, eye irritation, respiratory problems, allergic skin reactions, and even liver cancer. So don't let that black or green stuff build-up on your porch!

You may have heard that it's a good idea to clean your porch with bleach or oxalic acid, but these substances aren't good for your health or the local environment. Oxalic acid is a toxin that is corrosive to skin and eyes and damaging to the respiratory system. Bleach leaches unhealthy phosphates into

the soil, everything living in your soil, and your water system, which can harm plants and cause serious health problems. Plus, while bleach does kill surface mold, it doesn't kill mold below the surface or in the pores of wood.

To regularly clean your porch, use a more environmentally friendly solution of vinegar and water, which kills 82% of molds and bacterias. For even better mold-killing action, add a few drops of essential tea-tree oil to the vinegar and water solution. Tea-tree oil has natural inhibitory effects on a wide-spectrum of molds, bacteria, and microorganisms.

What about your roof? Ever wonder what's lurking up there—and periodically seeping into your house? Just as it does on cars, pollen piles up on your roof, which increases mold growths and negative health reactions. All sorts of other bacterias will wind-up on your roof, and if you leave them there too long, they can also cause a host of unfriendly growths inside of your home.

When pollution reacts with the atmosphere and forms compounds, acid rain falls to the earth—and onto your roof! Roofs become vulnerable to these acidic compounds over time, and they can deteriorate the composition of roofing materials and the aesthetic appearance of your roof.

Bird droppings may pose additional problems for your roof. While these tiny pellets may seem harmless, they are in fact extremely acidic. They eat away at your roof and can eventually cause leaks. Bird droppings can even lead to home invasions of parasites that bite you!

It's very important to get these molds, acidic compounds, pollens, and poo off your roof and porch! To ensure that you, your indoor air quality, and your house stays in great shape for years to come, thoroughly clean your roof and porch at least twice per year. Pressure-washing works great but can be difficult to do yourself, especially on your roof! Consider

hiring local New Bedford professionals like New England Roof Cleaners, an award-winning roof cleaning company that offers a \$25 senior discount and uses Eco-friendly products!

It Takes Guts to Live a Healthy Life

What does it mean to “have guts?” Don’t we all have them? Are we talking about extreme sports enthusiasts, some strange source of internal power, people who reconnect with estranged family members, or those going on a job interview? Yes. It turns out that any experience that evokes any amount or any kind of emotion takes guts—and brains!

The brain communicates with the gastrointestinal system to start working before you even put food in your mouth, and the “gastro” system immediately shoots signals to the brain every time it’s upset. Consider the expressions: butterflies in the stomach, gut-wrenching experience, or spilling your guts out. These aren’t just abstract symbols or silly word-plays.

Your brain produces direct gut symptoms every time you experience anxiety, depression, stress, anger, and even minimal frustration. At the same time, stomach pains and internal gut issues can produce symptoms of anxiety, stress, anger, etc. that go straight to the brain. This brain-gut relationship is completely **interconnected**, powerful, and super sensitive. Plus, the gut is lined by such a vast system of millions of nerve cells that it’s often referred to as the second brain!

Long periods of stress or other challenging emotions can literally change the healthy movements and physiology of the gastro system. Even the handy-dandy little mood-altering neurotransmitters called serotonin are primarily located in the gut. When those and other neurotransmitters aren't communicating clearly, they can effect the immune system, cause **functional GI disorders** like Irritable Bowel Syndrome, and lead to depression and other psychological disorders. Recent "**neurogastroenterology**" scientific research has even linked "second brain" problems to osteoporosis.

Maintaining a healthy gut-brain connection includes recognizing when your mind is talking to you through your body. Heartburn, lack of sleep, difficulty concentrating, and constipation are all signs of gut-brain imbalances. Understanding what lowers self-confidence, causes negative thought patterns, evokes stress, and produces states of non-acceptance, as well as having good coping mechanisms for dealing with stressors is key to balancing the gut-brain connection.

Mindful breathing, relaxation, meditation, moderate exercise, eating natural foods, and practicing cognitive behavioral techniques (like positive thinking) are all excellent ways to cope with stress and create healthy gut-brain activity. Just because you feel discomfort in your stomach or anxiety over something doesn't mean you should avoid it—because repression causes guts-brain imbalances too!

It takes guts to think differently, try something new, and put yourself out there for new experiences. When you feel that rise in your stomach, nauseous excitement, or an urge to let everything go, follow your guts—and then relax! Think of it as pushing through and not "catastrophizing" just because you feel a little emotional discomfort. When heightened states of being are greeted with satisfaction and pleasurable serotonin emissions, your guts re-balance quickly.

With psychology and physiology and all of the -ologies in-between, by the time scientists uncover most of the intricate details of the gut-brain connection, they might just find that love, acceptance, and gratitude are the cure-alls. From swimming in the ocean and listening to music to sharing good times with New Bedford friends and family, your guts just know when you're feeling good: it's your job have enough guts to make them feel good!

New Bedford Moon Astrology: May, 2014



The First Quarter Moon indicates a period of facing problems in innovative ways, tasking us to make decisions very quickly...

The Moon is intimately involved with water and the ebb and flow of ocean tides. Unlike the Sun, which resides in a particular sign for about a month, the Moon is connected to powerful feminine qualities and travels quickly from one sign to the next. Like the sailors of old who sang to her beauty and heeded her intuition, Moon energies are enhanced and experienced on a deeper level for New Bedford, MA residents.

The First Quarter Moon indicates a period of facing problems in innovative ways, tasking us to make decisions very quickly. This is an energizing time that may feel a little chaotic. On May 6, the First Quarter Moon will visit the sign of Leo, which will highlight creativity, self-expression, and risk-taking. If you feel frustrated by responsibilities, remember that habits, patterns, and structures can always be recreated to meet new circumstances and to form new connections. Start fresh from a place of clarity and a space free from boundaries with a good Spring cleaning! To fuel your creative interests, don't forget to attend the monthly cultural AHA! festival in downtown New Bedford on Thursday, May 8!

Full Moon energies represent a brief period of illumination, satisfaction, and completion, and on May 14, the Moon will become full in the dynamic sign of Scorpio. Focus will shift toward intimacy, psychological frameworks, and the examination of self. If things have been going smoothly in your life, you are likely to have exotic or mysteriously beautiful experiences during this time. On the other hand, if things have been difficult for you recently, you may find the reasons why your circumstances are less than what you desire.

The Last Quarter Moon calls for review, correction, and solidification. It asks us to get rid of elements that aren't working in our lives so that we can focus on the aspects that are going well and as planned. On May 21, the Last Quarter Moon will visit the ethereal sign of Pisces. While Pisces tends to bring out spiritual and delusional energies, these will be tempered by practical concerns and values. This is an

excellent time to transfer idealism into reality by getting active with an important community project: find plenty of things to get involved with here at the New Bedford Guide!

As for the New Moon, we're not talking about the Twilight Series, but growth and basic instincts are definitely involved on May 28 when the New Moon arrives in the communicative sign of Gemini. This is an excellent time for socializing, reading, and writing. Keep in mind, however, that people are not here just for your amusement or verbal play. Bottom line: enjoy yourself, but don't white-lie, manipulate, or make commitments based on what you experience in the short term.

It's often best not to initiate new activities, purchases, projects, or big life events when the Moon is void of course (not making contact with other planets). The Moon will be void of course during the following days: May 2, 4, 13, 18, 22, 24, and 26.

New Bedford Monthly Horoscopes: May, 2014



What do the stars hold in store for you?

Enjoy the cosmic and urban vibes of a thriving city filled with cultural, environmental, and historic beauty! More than just a horoscope column, each Sun sign includes special attention to New Bedford living.

Aries: Mars, the planet of direct action and cosmic guide of Rams, is visiting the harmonizing sign of Libra this month, which will put focus on your personal relationships. If things heat up, remember not to force your ideas or ego drives onto others. ~If you're looking for something to do that's a little wild yet totally local, try indoor or outdoor sky diving in New Bedford! **Romantic passions must be balanced by honesty, acceptance, and trust.*

Taurus: Happy Birthday Rams! Enjoy the Sun's illumination! This is a time of high motivation and big plans! Learn new things about yourself, focus on personal goals, and have as much fun as you want! ~If you want awesome cake to go with your Birthday celebrations, tell friends and family to go with a local favorite: Cakes by Lucy. **Every moment we experience is like a mirror, reflecting both past and future moments in its cosmic space.*

Gemini: Mercury, the planet of communication and guide of Twins, is visiting the earthy sign of Taurus this month. As your material interests increase, be mindful of what you think you "possess"—and what you truly value. ~Consider attending one of the classes offered at the Serlingpa Meditation Center in New Bedford. **Communication has a way of revealing complex colors of being: as one color shares the hue of another, all become inspired.*

Cancer: The Moon and planetary guide of the Crab sign visits you May 3-5. Take care to align your intentions with your actions, and be prepared for a shift in focus toward duties and responsibilities. ~Also consider enjoying the beauty of the Full Moon on May 14 with a harbor-front dining experience at the Waterfront Grille. **Possibilities are endless and*

always within reach: possibility turns into reality when we grasp it firmly without squeezing too tightly.

Leo: The Sun and guiding planet of Leo will make difficult aspect with Saturn, the planet of restriction. This energy demands hard work, diligence, and patience. If difficulties arise, keep cool and push through. ~Local Lion Sign History: Norman Wexler, the screenwriter of Saturday Night Fever, was born in New Bedford on August 6, 1926. **The feeling of want begins in the perspective of individual ego: the higher self emerges when we create the perspective anew.*

Virgo: Mercury, the planet of communication and cosmic guide of Virgins, makes difficult aspect with Neptune—the planet of spirituality and illusions. This energy has a way of confusing your thinking and creating strange misconceptions. ~Be very careful how you present yourself to others, and consider taking a trip to the New Bedford Art Museum to divert your attention to higher ideals. **To accept fulfillment, the openings of self must contain yet never close.*

Libra: Venus is the cosmic guide of your sign. As she visits the bold sign of Aries this month, you will likely express yourself more creatively and pay more attention to your appearance. In turn, others will take better notice of your attractive, dynamic traits! ~Local Scale Sign History: Benjamin Russell, the famous watercolor painter of whaling ships, was born in New Bedford on October 16, 1804. **Creating life purpose involves belief in self; achieving life purpose involves security of those beliefs.*

Scorpio: Saturn, the planet of restriction, has been visiting Scorpions since October 2012, challenging you to tighten the inner workings of your mind. Take time to release from the negatives of your past this month, and be honest with others. ~There are over ten food pantries in New Bedford: volunteering helps gain better perspective on life! **What others think about you that they do not share is of no value: insecurity*

creeps, while expression tangos.

Sagittarius: Jupiter, the planet of growth and cosmic guide of Archers, enjoys positive aspect with the little healing planet of Chiron this month, making it easier for you to initiate important life changes. This is a time of psychological understanding and self-expansion! ~Consider traveling, studying something new, and exploring your metaphysical vibes at the Crystal Expectations shop in New Bedford. **Future plans are only as effective as your ability to follow through in the NOW.*

Capricorn: Pluto, the planet of powerful, deep, long-term change, has been visiting the Goat sign for many months. Your professional and public interests represent the keys to making the most out of this demanding yet very important transit. ~Consider expanding your horizons at the Zeiterion Performing Arts Center in New Bedford, which has a number of great events to choose from this May. **How to balance freedom and responsibility: temperance.*

Aquarius: Uranus, the planet of sudden change and cosmic guide of Aquarius, will conjunct Venus this month. Unexpected romantic encounters are likely, but don't let your desire for these experiences strain your current relationships—or drain your resources. ~Local Water Pitcher Sign History: Robert Crossman Ingraham, New Bedford's first librarian, was born on February 11, 1827. **The inner fire within holds many flames, each one dancing as it greets the element of air.*

Pisces: The Sun will make positive aspect with Neptune, the mystical planet and cosmic guide of the Fish sign. This energy has a way of enhancing your inner drives and motivations: think and act boldly, and let your imagination surrender to new experiences. ~Connect with the emotional currents of water and enjoy the warm sunshine by visiting the beautiful New Bedford coastlines as often as possible! **Acceptance is an accomplishment in itself.*

Local Seafood: Eat-Up Healthy Omega-3!

New Bedford is one of the best spots on earth to reap the benefits of seafood in your diet!

Omega-3 fatty acids are rampant buzz-words in the health community, but what's the big deal? "Fatty" and "acids" doesn't exactly sound like substances for wellness, but, in fact, they are essential to the body. The human body, however, is not able to create Omega-3 fatty acids—so we must get them from food sources, such as local seafood that is loaded with the powerful good stuff.

Researchers have been studying the health benefits of Omega-3 for a while now. Back in 2010, a study showed how it prevents heart disease, a finding that is now "well established." It prevents hardening and clogging of the arteries, reduces the risk of stroke, and prevents abnormal heart beats from occurring in those who have already suffered from a heart attack. Another study in 2011 published by The American Journal of Clinical Nutrition examined how the consumption of Omega-3 helps the body synthesize protein and can prevent the muscle-loss (sarcopenia) associated with the aging process.

Want to lower your risk of cancer and diabetes? Eat Omega-3. Want to improve your cognitive abilities? Ditto—these fatty acids actually build cell membranes in the brain. The research goes on and on, with Omega-3 being linked to lowering blood pressure, treating depression, alleviating joint pain caused by rheumatoid arthritis, decreasing cholesterol and

triglyceride levels, and reducing all sorts of body inflammation. The stuff has health benefits for everything from Alzheimer's disease and asthma to ADHA and prenatal care! Pregnant women who eat sufficient amounts of Omega-3 ensure that their babies develop proper vision and even nerves. Whether you want a brain-boost or an energy boost, eating local seafood is the way to go!

From MSG to GMOs, FD&C dyes that have been banned in other countries, the flammable BHT and sodium nitrate (a substance used to make fireworks!) found in processed foods, Americans consume hordes of fats, proteins, and chemicals that are flat-out unhealthy: case in point—McDonald's "pink slime." While convenience is important, if you really think about what you're eating, there are more important things to consider than convenience.

Plus, most Americans don't get enough Omega-3 in their diets. Fatigue, dry skin, mood swings, bad memory, and poor circulation are all signs of not getting enough Omega-3. After reading about the powerful health benefits of Omega-3, you may be tempted to go buy Omega-3 supplements. While not a bad idea, remember that foods high in these fatty acids are often rich in other nutrients and vitamins that your body needs and may be deprived of as well.

Go for local seafood at least three times per week, and give yourself an extra boost by consuming flax seed, spinach, Brussels sprouts, and walnuts that are also high in Omega-3s. If you're on a budget and in a hurry, try a fish sandwich or lobster roll at Cyd's Creative Kitchen, or get seafood with an Asian flare delivered right to your door by Wok 'n Roll. For home cooking, The Fisherman's Market, Kyler's Catch Seafood Market, and Amaral's Fish Market all located in New Bedford, offer great weekly specials on seafood.

Best Healthy Snack Ever: Easy Homemade Chewy Granola Bars

Make granola treats that will wow the whole family! (This is a teaser! Healthy recipe inside!)

Granola Bars can be a little tricky to make. I created numerous recipes before I came up with one that I really like and that works well with different ingredients (because I like to play with my food!). Now a self-proclaimed chewy-granola-bar-making-queen, I announce the following to my fellow New Bedford cooks: The three most important things to keep in mind when making granola bars are 1) if you want them to be chewy, never add flour or eggs to granola bars—I don't care what food guru told you otherwise, 2) if the mixture isn't slightly wet when you put it into the pan, they will come out crumbly, and 3) never underestimate the power of coconut oil and honey!

Now for the fun talking points about these super yummys (what my husband fondly refers to them as): If you love snack foods yet don't want to succumb to the fatty, salty, commercially processed kind, these Chewy Granola Bars are super delicious, highly nutritious, and very easy to make! They also pack a powerful protein, fiber, and energy punch, and if you want to get creative, this recipe has plenty of room for variety. Just sweet enough to taste like an indulgence, eat them for breakfast, on the go, or for an after-dinner/during a movie treat!

Mix Time: 5-10 Minutes / **Bake Time:** 15 Minutes

Servings: ~24 Granola Bars

Ingredients:

1 Cup Peanut Butter (Regular, Natural – With or w/o Nuts)
1/3 Cup Brown Sugar (Dark or Light)
1/2 Cup of Honey
1/3 Cup Coconut Oil, Softened
2 1/2 Cups Oats
2 Cups Dry Goods – Any Combination of the Following: Nuts,
Dried Fruit, Seeds, Cereal, Coconut Flakes, etc.

Directions:

Pre-heat your oven to 325 degrees. Lightly coat an 11X9 rectangular baking pan with coconut oil. (You can also use a cookie sheet, as long as it has at least a half-inch or so of height around the edges.)

Stir Peanut Butter & Brown Sugar together in a large mixing bowl. Add Honey & Softened Coconut Oil. Mix well.

Add Oats one cup at a time, while mixing gently.

Fold-in remaining dry ingredients.

Spread granola mixture into pan and press down firmly and evenly with fingers or the back of a large spoon.

Bake for about seven minutes uncovered, then, for best results, cover the top of the granola mixture with aluminum foil and bake the remaining seven to eight minutes.

Cool completely before eating. Cut into squares or rectangles. You can store your Chewy Granola Bars in a covered dish for about a week unrefrigerated, but don't plan on them sticking around that long!

Variations:

This recipe is extremely versatile. Just search your cabinet for leftover dried goods and create a masterpiece! For extra healthy bars, add flax seeds, goji berries, dried cranberries, and/or chia seeds. You can also add up to two ripe (or over-ripe) bananas, which makes a moist, dense (and still chewy!) granola bar very similar to Odwalla's banana bar! Or, if you're feeling naughty and want something slightly more nutritious than a candy bar, add mini-marshmallows to the recipe!

Natural Skin Care Tips for New Bedford Residents



Coconut is not only nutritious, but the oil is great for your skin!

by Jennifer Hollie Bowles

New England weather can be brutal on skin with its many changes – often within one day alone! Any exposed skin gets assaulted by the severe weather. Traditional skin care products, however, are usually loaded with chemicals!

Here's a sample list of chemicals that are found in most skin care products: Dioxin – a component of PEGs (polyethylene glycol) and emulsifiers, classified as environmental pollutants with horrible side-effects such as cancer, miscarriage, reduced immunity, and nervous system disorders. Triclosan – a synthetic antibacterial agent, which is listed by the EPA as a pesticide that is harmful to human health. DMDM Hydantoin & Urea – toxic preservatives that release formaldehyde, which has been linked to cancer, depression, chronic fatigue, and chest pains. The effects of just breathing formaldehyde have been widely studied and proven to be harmful! From propylene glycol to FD&C color (synthetic colors made out of coal tar), traditional skin products are unhealthy! In 2013, the Huffington Post published a video about the thousands of toxic ingredients found in beauty products. For a natural alternative to these unhealthy commercial products, take a look at the list below:

1. – **Coconut Oil:** Coconut Oil is a wonder oil. Not only is a great for high-heat cooking (without GMOs,), organic cold-pressed coconut oil can be applied directly into dry skin and even hair. It hydrates, softens, and moisturizes wonderfully. It is easy to find, economical, and carried at most drug stores and markets.
2. – **Honey:** This one is messier, but if you've been staying inside too much, you may have gotten dark circles under your eyes. If you gently rub honey around your eyes and let it sit for about thirty minutes, your eye skin will feel fantastic and look brighter immediately! You can also apply a honey mask all over your face to take advantage of the antioxidant and moisturizing properties of this gooey skin gem!
3. – **Neem Oil:** If you have combination or oily skin that doesn't like the cold weather but is prone to break-out, neem oil is a fantastic choice. It's used in ancient Ayurvedic medicine, and is an amazing hydrating, anti-bacterial oil that will clear-up and heal the most

frustrated skin! I have a huge bottle of Neem Oil that I purchased online, but I suspect that the wonderful local Ervanaria Estrela shop in New Bedford will carry it!

4. – **Exfoliation:** When I first moved to New England, my skin was in shock because it was used to Southern living. At 35, my face skin had never been dry, but for the first time in my life, I saw dryness and even flakiness. I discovered that if I exfoliate my face (with a rag and firm strokes) for a couple of minutes every day and then apply the coconut oil, it never gets dry anymore. Don't underestimate the power of getting rid of dead skin cells!
 5. – **Turmeric Mask:** You want to go easy on the turmeric, but this is another trick from India. Mix about four tablespoons of flour with about a teaspoon of turmeric (less if you have very fair skin) and olive, coconut, or almond oil to make a good paste. Apply to your face and either gently scrub and rinse immediately, or leave on for about ten minutes. Be careful, though, as turmeric can stain your bathroom sink and your skin if you use too much or leave on too long. Turmeric is an anti-inflammatory wonder herb that is used medicinally for everything from arthritis and kidney disorders to diabetes and chemo-prevention. This homemade trick is sure to brighten and enliven your face!
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Winter Cooking in New

Bedford: Fried Eggplant Parmesan Recipe



Wow the family with some mouth-watering Eggplant Parmesan! (Flickr.com user "Blue Lotus")

by Jennifer Hollie Bowles

My cooking mentor in the South was my mom's boss lady, Mrs. Dominick. She owned a Kennel, where I got to play with everything from standard poodles and Siamese cats to peacocks and pet squirrels. She threw me in the kitchen at about age 9 and had me cook lunch for everyone, which was about five or six people, depending on the day.

Mrs. Dominick would tell me to cook something specific like lasagna or country fried steak and gravy, but that's all she should say—no advice, ingredients, temperature settings, nothing! If I had trouble, she flew in like a whirlwind and finished-up. I learned a lot by watching, yet always felt that I had the freedom to be creative in the kitchen. She never

used a recipe, and I still don't unless I'm making my own! I think of cooking to be a sort of alchemy, where I alter ingredients into ultimate yumminess!

Since moving to New Bedford, I've found that Price Rite has the most economical prices on most foods, as well as a wide variety of fruits and vegetables. The past few weeks they've had an excellent selection of eggplant. Eggplant is one of my favorite foods ever, and I've even converted my meat-loving husband to have a veggie night with this recipe, which is a unique combination of multi-cultural flare!

Fried Eggplant Parmesan

Preparation Time: ~1 Hour

Ingredients:

- 1 Eggplant
- 1 Jar Plain Spaghetti Sauce (preferably homemade, but store bought will do)
- 1 lb. Spaghetti (wheat spaghetti works great!)
- 1 Onion
- 1 Green Pepper
- $\frac{1}{2}$ Cup Vodka (for the sauce!)
- 1 cup flour
- $\frac{1}{2}$ Cup Bread Crumbs
- 3 Eggs
- Olive Oil
- $\frac{1}{2}$ Cup Mozzarella
- Grated Parmesan Cheese
- Salt, Pepper, Oregano, Basil, Minced Garlic, Garlic Powder, Onion Powder, Turmeric

Step 1: Slice-up the onion and green pepper. Put the slices in a big pan with one or two tablespoons of minced garlic. Saute them in olive oil (on medium-low heat) for a couple of minutes, until onion is golden. Add oregano and basil: don't be shy! Add the spaghetti sauce. Cook on medium/medium-high

heat.

Step 2: Put flour in a medium sized bowl. Add bread crumbs. Mix in spices—about $\frac{1}{2}$ teaspoon per spice (a little less with the turmeric), but get creative and add more of the spices you love most! Beat three eggs in another medium sized bowl (I like to add garlic and oregano to the egg mixture as well!). These will be used for dipping your eggplant slices.

Step 3: Put water in a big pot for your spaghetti. Turn on high.

Step 4: Cut the eggplant in slices (thicker for extra density and flavor, smaller for crispier).

Step 5: Cover a big frying pan in olive oil and place on the stove at medium heat. Your spaghetti sauce should be boiling at this point. Slowly add the vodka to the sauce, stirring well. Turn the temperature to simmer and cover with a lid.

Step 6: Take a slice of eggplant and dip it into the egg mixture. Coat well, but let the excess drip off. Then put the slice into the flour/bread crumb mixture. Coat well on both sides. Place eggplant slice into the frying pan. Continue until the pan is full. Let each side of the eggplant cook about two to three minutes, until brown and crispy but not too brown! Place fried eggplant slices on a towel-covered plate and sprinkle a little Parmesan Cheese on them. You may have to fill the pan with eggplant several times! The spaghetti water should be boiling about half-way through this process, and when it does, add your spaghetti!

Step 7: By the time you drain your spaghetti, your last round of eggplant slices should be almost done. I like to add extra Parmesan cheese directly to the spaghetti. To serve, generously top spaghetti and lightly top eggplant with your wonderful homemade vodka sauce. Top with Parmesan cheese and a good helping of shredded mozzarella cheese. To make sure the cheese is good and melted and the dish is popping hot, stick

in the microwave for about thirty seconds just prior to eating!
