

WHALE Wine Festival at Custom House Square

☒ Sip. Savor. Celebrate. That is what you'll be in for if you attend WHALE's upcoming Annual International Wine Festival and Auction on Friday, September 16 from 5:30-9:00 pm in Custom House Square in New Bedford. Presented by WHALE and Westport Market, the Wine Festival has long been known as the largest wine tasting event south of Boston. If you are a wine or food connoisseur or you simply enjoy delighting your senses with tasty food and libations, you should attend this *fun*, fundraising event.

Tickets are \$70 for WHALE members and Westport Market customers and \$85 at the door. Tickets can be purchased in advance at WHALE, 128 Union Street in New Bedford and Westport Market in Westport or online at <http://www.waterfrontleague.org/support-us/donations/>. In addition, they can be purchased at the following locations: New Bedford – A Spa, The Bay/The Cottage, Celia's Boutique, Freestone's City Grill, and Travessia Urban Winery. Marion – My Fair Lady Consignment Boutique, Mattapoisett – Panache in Mattapoisett, South Dartmouth – The Packet, Details & Design.

Under festively decorated tents in Custom House Square, this is the place to be to enjoy more than 150 fine wines from around the world, champagnes from France, vintage and tawny ports, cognacs, single malt scotches, cocktails, and domestic and imported beers and ales. These libations are poured by professionals who can answer any and all of your questions and give you sound advice and tips on the best wine and food pairings. In addition, 18 local restaurants and caterers will be on hand to serve samples of their tastiest signature dishes.

The annual event attracts more than 500 guests annually.

Allison Cresswell, of Westport Market and vendor recruiter says that they are ready for the crowds. "Westport Market is pleased to continue the longstanding tradition of excellence the Wine Festival is known for" stated Cresswell. "It is truly a world class event and this year will be no exception." Cresswell adds that you don't have to be a wine connoisseur to benefit from the event. "This a great opportunity for anyone to sample over a hundred wines to find your favorite one. It is far more economical to sample these wines than to purchase bottle after bottle looking for the wine you like the best."

The Wine Festival is not just for wine enthusiasts notes Cresswell. "There will be beer, single malt scotches, and other liquor, too. There really is something for everyone." And the professionals pouring the wine are ready to help, too. "They will be able to suggest the perfect food to go along with your favorite wine."

It is true that rules for wine and food pairing have relaxed a bit, but the fact remains that certain flavors of food and wine mix better together than others. These days you're more likely to hear food and wine pairing suggestions than hard and fast rules. There's considerable room for experimentation and expression of your own personality in pairing food and wine. The bottom line is the wine and the food should complement each other.

At the Wine Festival you can learn how to achieve that perfect combination of food and wine tastes that will surely satisfy your family and your guests. For example, you can tempt your taste buds with Naked Grape Pinot Grigio or our own local Westport Rivers Riesling paired with flavorful and spicy foods like Jambalaya and corn bread from Morton's catering or quesadillas from No Problemo. Pizza from Pizzans and Brick or chicken tortellini from The Pasta House will go perfectly with Fritz Chardonnay or Pinot Gris from Coastal Vineyards in Dartmouth. Try a sample of DonQ rum or Flavored Vodka from Vodka1 with the tapas appetizers from Cork. Be adventurous and try the Wicked Kicken Cheesecake with a "Naughty lemonade" made by TyKu Asian liquors. The Wine Fest will also be a great night to try the crab cakes from Not Your Average Joe's with beer from Harpoon Brewery in Boston.



There are many more restaurants who will be serving their delectable dishes and many more wine pairings to be discovered at the upcoming Wine Festival. There are simply too many to name all the possibilities. Go and enjoy them all!

In addition to having the ability to taste more than 100 wines, champagnes, ports, and beer, Wine Festival guests who bring their wristband to Westport Market after the event through October 15 can get 15% off any liquor purchase at the store (groceries are not eligible for discount.). It will be a great time to pick up that bottle of wine you fell in love with at the Wine Fest.

Organizers note that the Wine Festival is not just about the food, wine, and auction. It is also about the cause. Proceeds from the Wine Festival will benefit WHALE. "WHALE is an exceptional nonprofit organization whose preservation

efforts have transformed the way New Bedford looks forever,” noted Joyce D. Lopes, Event Co-Chair and WHALE Board Member. “Without successful fundraisers like the Wine Festival, WHALE couldn’t continue to fulfill its mission of saving important, endangered historic buildings – like the 1834 Howland House – in New Bedford. In our 49-year history, WHALE has rescued nearly 50 buildings and historic resources, all of which were deemed ‘impossible’ including the Zeiterion Theatre, The Rotch-Jones-Duff House and Garden Museum, the Union Street Lofts, The Grinnell Mansion and Congregate Home for the Elderly, and now the Howland House.”

“WHALE is a cause worthy of our community’s support,” noted Wine Festival Co-Chair and Board member Michael J. Murray, “and we invite everyone to join us as we celebrate 49 years of preservation at this memorable event.”

Whether you are a wine novice or a connoisseur, this event is designed to satisfy even the most discriminating palate. For more information or to purchase your ticket please call WHALE at 508-997-1776 and come *Sip, Savor, and Celebrate* at the Wine Festival & Auction on Friday, September 16.

Culinary Delights Provided by:

- Brick Pizzeria Napoletana
- Beach Plum Bakery Café
- Cork
- Cravings Café & Cakery
- Dee Dees Delights
- Freestone’s City Grill
- Harriet’s Catering
- Morton’s Fork Catering
- Narragansett Star Café
- New England Clam Jams
- No Problemo
- Not Your Average Joe’s
- On A Roll

- The Pasta House
 - Pizans
 - Rose Alley Ale House
 - Whaling City Diner
 - Wicked Kickin Cheesecakes
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New Bedford Hurricane Preparedness Checklist

Family Emergency Plan



Develop a family emergency plan in case family members are separated during an emergency:

- Ask an out-of-state relative or friend to serve as the Family Emergency Plan contact person.

During and immediately after a disaster occurs, it is often easier to access a long distance telephone number than a local one.

- Make sure everyone knows the name, address and telephone number of the Family Emergency Plan contact person.
- **Designate places** where your family will meet, both within and outside of your immediate neighborhood. Sometimes an emergency could impact your neighborhood

or small section of the community, so a second location outside of your community would be more accessible to all family members.

Prior to the Hurricane

- Frequently monitor radio (NOAA Weather Radio), television and the Internet for the latest hurricane information. Hurricanes can change direction, intensity, and speed very suddenly. New Bedford residents should tune to the New Bedford Government Access Channel 18 or WBSM-AM 1420 for the most current local information and instructions.
- Obtain information on flood zones and evacuation shelters. (In New Bedford, Keith Middle School, 225 Hathaway Boulevard, will serve as the city's primary mass care shelter facility).
- Fill your vehicle with fuel.
- Replenish emergency kits and supplies. (See "Emergency Supply Kits" below for contents).
- Place a portable emergency kit in your vehicle, in case you are evacuated.
- Secure important documents from damage, and gather documents that will be needed in case of evacuation, such as driver's licenses. (See "Evacuation" below for details).
- Trim branches and trees.
- Ensure that your pets have collars and identification tags.
- Secure all loose objects outdoors (such as furniture, trash cans, garden tools).
- Take any lawn signs indoors.
- Secure all windows using plywood.
- Turn refrigerator and freezer thermostats to a colder setting.
- If in a mobile home, check tie-downs and evacuate immediately. Historically, manufactured homes suffer

the greatest amount of damage during hurricanes. Prior to 1994, most manufactured homes were not designed to withstand even moderate winds.

Emergency Supply Kits



- First aid kit
- Adequate supply of personal medications
- Drinking water – at least 1 gallon daily per person for 3 to 7 days. Store drinking water in clean bathtubs, sinks, plastic bottles, and cooking utensils. Public water supplies may become contaminated if electric power is lost.
- Nonperishable food – at least a 3 to 7 day supply of food that can be eaten with little or no preparation
- Manual can opener
- Clothing, personal toiletries
- Sleeping bags and blankets
- Flashlights and extra flashlight batteries
- Radio (battery operated) and extra radio batteries
- Telephone – fully charged with extra battery
- Cash and credit cards (banks and ATMs may not be readily available)
- Infant care items
- Pet care items (such as medications, ample food and water, a carrier or cage, muzzle and leash)
- Charcoal, gas (to use for cooking outside if the power is out for an extended period of time)

During the Hurricane

- If you are not advised to evacuate, stay indoors, on the first floor away from windows, skylights and glass doors, even if they are covered. Stay on the floor least likely to be affected by strong winds and flood waters. A small interior room without windows on the first floor is usually the safest place. Have as many walls between you and the outside winds as possible.
- Close all interior doors. Secure and brace external doors. Closed doors will help prevent damaging hurricane winds from entering additional rooms.
- Turn off all electrical devices and appliances that are **not** needed. If power is lost, turn off all major appliances to reduce power surge when electricity is restored.
- Stay away from coastal waters, rivers, streams or other flooding areas.
- Do not try to cross flooded areas with your vehicle.
- Do not use open flames, such as candles and kerosene lamps, as a source of light.
- Listen to emergency broadcast on the radio or television.
- Be aware that the calm “eye” is deceptive; the storm is not over. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings, and other objects damaged by the first winds can be broken or destroyed by the second winds. The opposing winds begin suddenly and have surprised and injured many people who have ventured out during the eye.
- Watch out for flooding. Hurricanes and tropical storms often drop large amounts of rainfall and cause severe flooding, even when they are weakening or are no longer named a storm. “Weak”

tropical storms are just as capable of producing heavy rainfall and flooding as major hurricanes.

- Be alert for tornadoes. Tornadoes can happen during and after a hurricane passes over. Remain indoors on a lower level, in the center of your home, in a closet or bathroom without windows. Going below ground, such as to a basement or storm cellar, increases your risk from flood.

Evacuation

If local authorities recommend evacuation for a particular area, residents should leave as soon as possible to be safe. Such a recommendation is based on knowledge of the strength of the storm and its potential for death and destruction. Take the following items with you if you are evacuated to a public mass care shelter:

- Blankets or sleeping bags
- Special dietary foods
- Eye glasses
- Flashlights
- Medications
- Infant needs
- Change of clothing
- Lightweight folding chairs
- Driver's license, other identification and important documents (such as wills, deeds, prescriptions, insurance policies, passports, birth certificates, health records, proof of address, Social Security cards)
- Do NOT take pets, alcoholic beverages or weapons of any kind to shelters. If leaving pets behind, provide food and water.

After the Storm

- Stay tuned to local radio and television stations for the latest emergency information.
 - Help injured persons. Give first aid where appropriate, but do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.
 - Return to evacuated areas only after so advised by local officials.
 - Beware of outdoor hazards:
 - Avoid downed, loose or dangling power lines and any water in which they may be lying
 - Be alert for weakened limbs on trees
 - Use caution when driving through the city.
- Be on the alert for:
- Downed trees and power lines
 - Disaster recovery personnel working in the streets
 - Intersections where traffic lights are out of service
 - Washed-out roads
 - Be fire safety conscious:
 - Use battery-operated lighting devices whenever possible
 - Do not use open flames, such as candles or kerosene.
 - Do not use hibachi or similar grills indoors
 - If telephones are out, know where the closest fire box is.
 - If using a generator, keep it outside.

Important Emergency Contact Numbers

- NSTAR is prepared to address and damage and outages resulting from the storm and encourages customers whose electric service is affected to call 1-800-592-2000. NSTAR strongly urges people to stay away from all down wires and to report them immediately.
 - Verizon is prepared to help customers with telecommunications related issues arising from Hurricane Irene. Verizon's regional control center is preparing for possible flooding, power outages and downed trees and wires. Verizon's toll free number is 1-800-837-4966 and website is www.verizon/support .
 - For medical, fire or other emergencies, dial 911.
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New Bedford Awarded \$2.7 million for Community Development

Mayor Scott W. Lang announced today the recipients of U.S. Department of Housing and Urban Development Community Development Block Grant (CDBG) funding of \$2,741,178. Each year, the US Department of Housing and Urban Development

allocates critical funding to New Bedford for community development activities. Funds are used to address community revitalization efforts through assistance to community based organizations and city departments that provide housing, economic development, public services and infrastructure



improvements to assist in addressing the community based needs in New Bedford. In addition to CDBG funding, the City also receives funding through the HOME Investment Partnership (HOME) and Emergency Shelter Grants (ESG) programs. The CDBG program is administered locally through the City's Office of Housing and Community Development.

The CDBG program provides critical funding to communities like New Bedford across the nation to address housing, community, and economic development needs. The program which began in 1974 has provided over \$100 million to the City of New Bedford. The City received approximately \$2.7 million in CDBG funding this year and leveraged millions of dollars in private investment to provide programs and services to New Bedford residents of low and moderate incomes. Each year, beginning in December, the City, through the Office of Housing and Community Development, initiates a comprehensive public input process to gather information and input to determine the greatest needs for these federal resources in the community. Residents, businesses and community agencies all provide critical information to assist in addressing the needs of low and moderate income residents.

"This funding is an important source of support for critical infrastructure projects, economic development programs New Bedford's nonprofit partners who are involved in addressing quality of life, health, and education issues," said Mayor Scott W. Lang.

Patrick Sullivan, Director of the Office of Housing and Community Development added, "The CDBG program remains the lifeline to building stronger neighborhoods, as is considered by Congress to be one of the most successful federal block grant programs in history."

2011 CDBG funding has been awarded to some 29 non-profit agencies and various city departments to provide services and undertake activities to revitalize New Bedford. Examples of

upcoming projects are:

INFRASTRUCTURE IMPROVEMENTS (\$350,000)

Improvements include the reconstruction and repaving of streets and sidewalks in several of the City's low-income census tracts as well as the improvements to the Acushnet Avenue corridor, improvement of vacant lots through the vacant lot restoration and community garden projects.

PUBLIC FACILITIES (\$662,000)

Renovations to the Hillman Street Complex, Brooklawn Park Playground upgrades, and restorations to the Zeiterion Theatre Façade.

PUBLIC SERVICES (\$450,330)

Funding to 29 non-profits and city departments providing services including, but not limited to: programs for youth, individuals with disabilities, senior citizen population, services for victims of domestic violence, youth outreach programs, legal assistance, counseling subsidies for low and moderate income persons, hunger relief and art therapy.

HOUSING AND REHABILITATION (\$680,000)

Funded provided for several housing rehabilitation programs, including lead based paint removal; Programs will also offer a counseling program for first-time homebuyers.

ECONOMIC DEVELOPMENT (\$384,000)

Economic development assistance projects sponsored by the City's economic development agency: New Bedford Economic Development Council, Inc. (NBEDC).

Community Development Block Grant Activities 2011

Access for Community Enhancement Services	Activities for People with Disabilities
Advocacy Resource Center for Greater NB	Resource center for citizens with disabilities
Art Therapy Inspirational Art for Seniors, Inc.	Healing Emotions through Art
ArtWorks! Partners for the Arts & Community	Teens Reach Beyond – After School Arts
Boys' & Girls' Club of Greater New Bedford	Youth Outreach Transportation Project
Brick by Brick, Inc.	Creative Careers
Coastline Elderly Services	Community Mainstream
Department of Community Services	Community Elder Programs & Services Project
Department of Community Services	Community Outreach Project
Department of Community Services	Kennedy Summer Day Program
Department of Community Services	Youth Summer Employment Program
Department of Community Services	After School Activities
Police Department – Domestic Violence Unit	Domestic Violence Intern Coordinator Project
Easter Seals Massachusetts	Training & Technologies Center
Immigrants Assistance Center, Inc.	Social Services for Non-English Speaking Residents
Neighborhood Housing Services of the South Sho	Foreclosure Counseling

New Bedford Museum & Art Center, Inc.	artMOBILE 2010
SEMCOA, Inc.	Wrap House—Case Management
New Bedford Symphony Orchestra Association, Inc.	SchoolsMusic!
New Center for Legal Advocacy	Housing Law Project
NorthStar Learning Center	Acushnet Heights Youth Club
NorthStar Learning Center	Farmers Market at Clasky Common
Old Dartmouth Historical Society (NB Whaling Museum)	Youth Apprenticeship Program
PACE (People Acting in Community Endeavors)	Youth United Basketball
PACE (People Acting in Community Endeavors)	Youthbuild Summer Employment
People Supporting Independent Leisure, Inc.	Trans. Resources for Common Inclusion
Team Builders, Inc.	Family Performing Arts Center
Trips for Kids New Bedford, inc.	Explore Your Environment
UMASS Dartmouth	SouthCoast ComPeer
United Way Hunger Commission	The Hunger Relief Project
Department of Public Infrastructure	Paving of roadways disturbed by the installation of new water mains in the eligible City Census Tracts

Office of Housing and Community Development	Brooklawn Park Project
Office of Housing and Community Development	Vacant Lot Restoration – Creating pocket green spaces for passive enjoyment in city-owned vacant lots in eligible census tracts
Office of Housing and Community Development	Creation of community garden grant program to promote the development of community gardens
Office of Housing and Community Development	Andrea McCoy Gymnasium
Zeiterion Theatre	Exterior Repairs & Restoration

WHALE Grill and Chill BBQ Fundraiser (14 Aug)

WHALE will be serving up a heaping helping of fun, food, and music at the Grill and Chill fundraiser on Sunday, August 14 from 4-8PM at the Howland House, 38 South Sixth Street in New Bedford.

It Pays to Recycle... Really!



by Marissa
Perez-
Dormitzer

Did you know the materials in your blue bin earn money for the New Bedford community? It's true. Things that get recycled at the curb, like paper, cans and bottles, have value. Companies pay the city of New Bedford for these materials which in turn are used to make new products. For instance, look at cardboard: In 2010, New Bedford collected 255 tons and earned more than \$20,000. For more information, check out our article on Cardboard Recycling in New Bedford.

Those funds are put back into the community to buy items like the black mesh trash receptacles throughout New Bedford as well as a small packer truck to collect the trash in them. The funds also purchased cloth tote bags (given out for free at city supermarkets), and free recycling blue bins, as well as paying for repairs to the Shawmut Avenue transfer station where the recyclables are loaded for market.



New Bedford blue
recycle bins.

Although recycling revenues may appear to be only a drop in the bucket, consider the alternative. If a ton of cardboard is thrown away, it takes up valuable space in the Crapo Hill Landfill. The City paid \$780,000 to dispose of trash generated in fiscal year 2011 from New Bedford residents, businesses and city departments. By recycling more, less of your trash ends up in the landfill. The less trash in the landfill the longer it lasts. And longer is good.

Let's say the landfill reaches its limit. Residents need to come up with an alternative to deal with their trash. Building a new landfill in New Bedford is not a viable option. More likely, city trash will be shipped to another location, which will cost up to \$100 a ton. Right now, the cost to throw it away at Crapo Hill Landfill is only \$18 a ton. That's more than 80% less. And that's a big deal since the city puts out 600-700 tons of trash a week. To keep the savings, the best option is to recycle and get as much life out of our landfill as possible. It's time to think of garbage in a new way –as a resource that earns money and not just trash that costs money.

New Bedford residents and businesses recycled 3,672 tons of paper, cans and bottles in 2010. Each year the City has consistently increased the tonnage of recyclables since 1999. Contact us at (508) 979-1493 or recycling@newbedford-ma.gov to request two free recycling bins. Visit us on the web or Facebook.

New Bedford Farmers' Markets



Beginning today, July 28th New Bedford will again welcome the annual farmers market to the downtown business district.

This year, due to the city's plans to revitalize the Wing's Court public space over the next several months, the downtown

farmers market will be held in front of the Main Library on Pleasant Street. The downtown farmers market will be held every Thursday from 2:00-6:00 PM now through October. Vendors at the downtown market include Brix Bounty Farm of Dartmouth; Pocasset Orchards of Dartmouth; and Winterbottom Farm of Fairhaven.

New Bedford hosts several farmers markets in other neighborhoods including:

Brooklawn Park Market

Mondays 2 p.m.-7 p.m., Brooklawn Park entrance, Ashley Boulevard and Carlisle Street. Vendors: Pocasset Orchards, Dartmouth; Sampson Farm, Westport; Winterbottom Farms of Fairhaven.

Clasky Common Market

Saturdays, 9 a.m. to 1 p.m., at Clasky Common, Pleasant and Pearl streets

Vendors: Paradise Hill Farm, Westport; Sampson Farm, Westport.

There are also farmers' markets in Fairhaven, Westport, Middleboro, Dartmouth, Taunton and Rochester. Full details [here](#).

Skatepark Expansion At Brooklawn Park Underway



On 21 July, Mayor Scott W. Lang announced the expansion of the Brooklawn Park Skatepark is underway. The project is funded through the Community Development Block Grant (CDBG) program and is part of a broad-based plan to improve the recreational facilities at

Brooklawn Park. The skatepark expansion project developed as a result of a number of young skateboard enthusiasts in the Brooklawn Park neighborhood who expressed a desire for enhanced recreational opportunities for skateboarding.

The expanded skatepark features mostly concrete construction and includes a replica series to mimic natural urban elements. The park includes an LA high bank, triangle ledges and several grindboxes, as well as open areas for freestyling and jumps.

The City's Office of Housing and Community Development, along with City Councilors' Linda Morad and Steve Martins began a comprehensive public participation process involving community stakeholders and residents in August 2010. A total of three large public meetings were held at the Brooklawn Community Center in 2010 and 2011 to determine community needs and design considerations for the proposed renovations and improvements to Brooklawn Park and specifically, the skatepark. "We were able to build on the initial efforts of a small group of young skateboard enthusiasts that were determined to see this skatepark come to fruition" stated

Patrick Sullivan, Director of Housing and Community Development.

The skatepark expansion project is just one facet of broad-based plan to improve the recreational facilities at Brooklawn Park. Other improvements include:

- The renovation of four tennis courts which includes repairing all cracks and new seal coating and lines as well as new poles and nets.
- New playground equipment will feature play areas for two age groups – 2-5 years old and 5-12 years old, as well as an adult fitness area. Plans have also been finalized for a water play area that will feature a “splash pad” to be located within the overall playground area.
- Parking and circulation improvements to enhance accessibility to the park and to “centralize” parking.
- General landscaping enhancements.
- Community garden.

New Bedford Art Museum Garden Party (22 July)



New Bedford Art Museum

Garden Party - photo by
John Robson.

by Joyce Rowley

What could be more elegant than a garden party? A garden party by New Bedford Art Museum, of course! The New Bedford Art Museum (NBAM) is holding its Annual Garden Party this Friday, July 22nd from 6 – 9 p.m.

This year's theme complements the current exhibit at NBAM, "New Bedford, Through the Lens, A Walk Through History," an exhibit of historic and iconic New Bedford photographs. Hosts Max and Karen Isaksen at 14 Fort Street, Fairhaven are generously sharing their lawn with panoramic views of historic downtown New Bedford and the New Bedford skyline.

Phoebe Perry, NBAM's Director of Development, said they expect over 200 people. Last year 230 people attended the annual garden party at Ms. Perry's home in Marion. "The party draws from all over the area," said Ms. Perry.

El Caribe, a steel drum band, will provide music. An open bar and a silent auction will be held in the stone barn on the Isaksen's property. 43 local artists have submitted their work for the auction focusing on a photographic theme.

A print by the late Herb Ritts, "Two Giraffes Crossed," and his book "Africa" will be auctioned with a minimum bid of \$7,000. The 16" x 21" black and white silver gelatin print was donated by the Herb Ritts Foundation based in Los Angeles. Proceeds from the sale of the print will fund a photography and journaling program for a dozen 7th and 8th grade New Bedford girls.



An outside view of the garden party - photo by John Robson.

"Our Point of View," as the program is called, will provide lessons in all phases of photography from how cameras work to different styles of photography to printing. Canon digital cameras have been provided by Lifetouch, a student portrait photography firm.

Photographer Neil Alexander, who recently opened 65 William Street, a gallery at that location, will be teaching photography. Sheila Duarte-Andrade, NBAM's head of Youth Education, and NBAM member Gina Gomes will mentor girls in the program.

"We wanted to give the girls another avenue to find their voices and build self-esteem...another avenue for expression," said Ms. Perry who designed the program's curriculum with photographer Arthur Rainchild. Ms. Perry will be teaching the journaling classes.

At the end of the course, the girls will have their own show at NBAM. Each student will exhibit two photographs of their own choosing and two journal entries to accompany it. The students will print and mount their photographs with the help of mentors from the New England Association of Photographers.

Friday's weather is supposed to be just right for a spectacular sunset over New Bedford. Be sure to bring your camera.

If you go: Tickets are only \$100 per person, \$175 per couple. Reservations can be made by phone (508.961.3072) or online at www.newbedfordartmuseum.org or purchased at the door the night of the event.

Information for this event provided by Joyce Rowley and the New Bedford art Museum.

New Bedford Libraries, Senior Centers Offer Relief From the Heat

Due to the unseasonably hot weather conditions forecast by the National Weather Service for the greater New Bedford area, the City of New Bedford Department of Emergency Management has designated several city buildings as cooling centers.

On **Thursday, July 21st**, the following air-conditioned locations will provide a cool place for anyone looking to escape the hot weather conditions:



- **Main/Downtown Library** (613 Pleasant Street) – Open 9:00am to 9:00pm
- **Casa da Saudade Library** (58 Crapo Street) – Open 12:00pm (Noon) to 8:00pm

- **Lawler Library** (745 Rockdale Avenue) – Open 12:00pm (Noon) to 8:00pm
- **Wilks Library** (1911 Acushnet Avenue) – Open 12:00pm (Noon) to 8:00pm
- **Howland Green Library** (3 Rodney French Boulevard) – Open 12:00pm (Noon) to 8:00pm
- **Brooklawn Senior Center, North** (1997 Acushnet Avenue) – Open 9:00am to 3:00pm
- **Buttonwood Senior Center, West** (1 Oneida Street) – Open 9:00am to 3:00pm
- **Downtown Senior Center** (560 Pleasant Street) – Open 9:00am to 3:00pm
- **Hazelwood Senior Center, South** (553 Brock Avenue) – Open 9:00am to 3:00pm
- **Ashley Senior Center, South** (543 Rivet Street/Goulart Square) – Open 10:00am to 4:00pm

On **Friday, July 22nd**, the following air-conditioned locations will provide a cool place for anyone looking to escape the hot weather conditions:

- **Main/Downtown Library** (613 Pleasant Street) – Open 9:00am to 5:00pm
- **Casa da Saudade Library** (58 Crapo Street) – Closed
- **Lawler Library** (745 Rockdale Avenue) – Open 10:00am to 6:00pm
- **Wilks Library** (1911 Acushnet Avenue) – Closed
- **Howland Green Library** (3 Rodney French Boulevard) – Open 10:00am to 6:00pm
- **Brooklawn Senior Center, North** (1997 Acushnet Avenue) – Open 9:00am to 3:00pm
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- **Ashley Senior Center, South** (543 Rivet Street/Goulart Square) – Open 10:00am to 4:00pm

The Southeastern Regional Transit Authority (SRTA) will offer FREE fare bus service beginning tomorrow, June 21st at 12 noon through Friday, June 22nd at 6:00pm. Visit www.srtabus.com for all route and schedule information. The public is reminded to bring any medications and/or special food items with them.

The weather forecast for the greater New Bedford area calls a prolonged period of excessive heat which may begin on Thursday. Dangerously hot temperatures are expected with heat indices of 105 degrees or greater on Friday. The heat index is “how hot it feels,” when combining the air temperature with humidity.

City public safety and health officials and the Massachusetts Emergency Management Agency (MEMA) offer the following tips for everyone to follow during hot, humid weather:

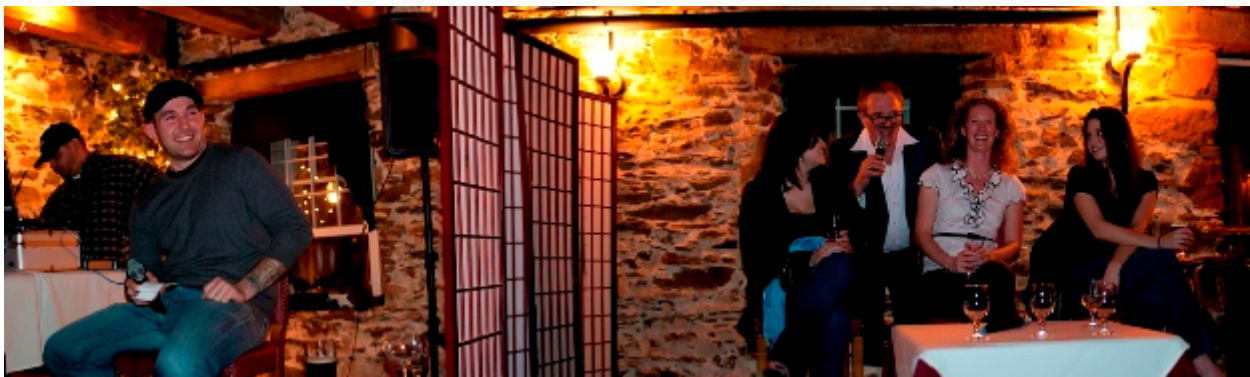
- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends and neighbors.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Stay indoors as much as possible.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the

air, but they do help evaporate perspiration, which cools your body.

- Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.

In normal weather, the body's internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke. If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place.

Date Night at Rose Alley Ale House (21 July)



Date Night is back with your host Phil Paleologos! After successful events at Catwalk, The Candleworks Restaurant and Hibernia Irish Pub, the folks at New Bedford Guide and **MGD 64** bring you Date Night at Rose Alley Ale House (94 Front Street, New Bedford) on July 21, 2011. Date Night is a PERFECT event for singles to have a date and find a chance at love! Videos and pictures of past events can be found on our Date Night page and Date Night Facebook Page.

The following items will be given to EVERY contestants that us selected:

- \$20 Gas Card
- MGD 64 Gift Package (T-Shirts, Hats, etc.)

One contestant will also win a pair of Red Sox tickets worth \$300, when at the end of the night, we will draw a name from the contestant list. To become a contestant, send details and a few pics of yourself to info@newbedfordguide.com. The MGD girls and staff will provide tons of items for anyone in attendance!



Here's how Date Night works: a bachelorette asks questions, written in advance on cards, to three hidden bachelors. The

same question is asked to each bachelor until time runs out. The bachelorette makes her choice based solely on the answers to her questions. This process is then reversed, with one bachelor and three bachelorettes. The winning couple then go on an instant date, with free food. In between each round of Date Night, gift cards, movie passes and other prizes will be given away through trivia questions.

Potential contestants are asked to answer the question: Why do you want to be on the show? Send an e-mail to info@newbedfordguide.com, with at least two photos and a brief paragraph on why you would make a good participant on Date Night. Want to sponsor or host Date Night? Also contact info@newbedfordguide.com.

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