

# Barcelos Bakery: a genuine family-owned and operated bakery that offers traditional Portuguese recipes in a modern setting

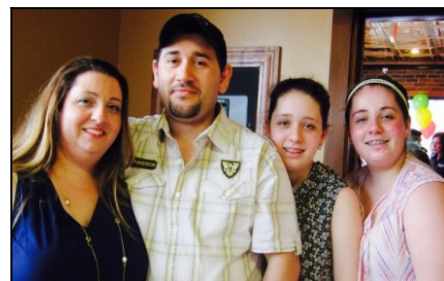


*Pastries, cakes, and other desserts that looks so amazing you won't want to ruin them by eating them...ok, you will.*

I'm a foodie through and through. I don't have a heck of a lot of vices, so this is one of the guilty pleasures that I relish – pardon the pun. Having lived and traveled throughout this country and Europe in my younger years, I've been fortunate to see what many different communities offer in terms of ethnic food.

One thing we locals take for granted is the Portuguese community – the Fado, Festas and food, seem “normal” to us. We've grown up on it, we've always been around it. It wasn't until I first moved out of the area that I discovered with great horror that the rest of the country (outside a few

pockets) has absolutely no idea what linguica or chouriço is. They've never had carne de espeto, bifanas, or caldo verde. Never a pop, feijoada or Pastel de nata. At best, someone has heard of and perhaps sampled bacalhau – but, that's a universal food across many cultures.



*A smiling face makes everything taste better.*

Can you imagine life without these things? I can't.

When I say take it for granted, I mean we don't give it much thought. It's ubiquitous on the South Coast. The region covering New Bedford to Fall River has all the Portuguese food we'll ever need. However, when you move to another state or country, it won't take but a month or so before you begin to crave all things Portuguese.

One of my favorite things to do is visit the Portuguese bakeries and cafes. Stepping into one is like stepping back into America in the 1950s or 1960s. It was more common to see family shops – where often the husband and wife who owned the shops would be the only employees and even the kids would put in a few hours after school. Back then America ate at home and cooked regularly. These days it's not altogether uncommon for households to spend more days eating out than they do sitting around a dinner table eating a home-cooked meal. America is changing.

So when I step into these bakeries and cafes, I feel like I'm stepping into that era. The Portuguese bakeries are often run

by families and frequented by local Portuguese. Typically they are modeled after the cafes in Europe and almost always Portuguese will be heard in lieu of English. I feel like I'm back in Europe all over again.

#### **The Family Background; Origins of Barcelos Bakery**

**One of the spots that is the quintessential cafe/bakery in that region from New Bedford to Fall River, is Barcelos Bakery, owned and operated by Antonio Rodrigues and his wife Sara. Antonio is the pastry, chef, and all-around handy-man and Sara is the front end, handling customers, or anything else including lending Antonio a hand whipping up your favorite Portuguese pastries. Their daughters Sara and Nichole have been working in the bakery in some capacity since they were 4 years of age, learning how to make all the pastries that dad creates on a daily basis.**



*Whether for breakfast, lunch, snacks, or other repast, you'll be happy, happy.*

Antonio has been in a bakery all his working life. When he arrived to America at 16 years of age, he went straight to work in local bakeries. This is where he met his soon-to-be wife Sara. They talked for years about owning their own bakery someday and after they were married, they revisited the idea. A little inspiration and a lot of perspiration later, they turned that dream into a reality.

Now they are 11 years on – the first ten right next door to

where they are currently, the old Ventura Pharmacy. There's no secret to their success: they are well-known to their regulars for pouring their heart and souls into what they are doing. This has allowed them to actually purchase the building where they are now and completely renovate it over a three year period. Yes, "Tony" in true handy-man tradition, did virtually all the work, from carpentry and sheet rock, to painting and tiling. Nothing puts a bill of ownership on something more than building it yourself.

They didn't let go of their first spot though: they turned into a lounge and private function room. These days, they get so busy that often people spill over into this area. Barcelos Bakery epitomizes the aforementioned spots that really make one feel like they've been zipped away to a European Cafe.

The white brick fireplace is a nice contrast to the dark hardwood tables and chairs, the flooring consists of white floor tiles, and one aspect of the dining area that I am a massive fan of is the vintage tin, artisan ceiling – there are many places in downtown New Bedford that have these ornate ceilings that harken back to the 19th century, when craftsman took great pride in detailing their stonework, carpentry and metal-smithing.

It's little details like this that evoke the rhetorical question "If they put that much effort and attention into something relatively unimportant and mundane, how much will they apply that to what they are passionate about?"

#### **The mouth-watering fare**

**Yes, let's cover what they are passionate about: pastries, sandwiches, and Portuguese delicacies from both the "islands" and the continent. Sure, they have the cafe staples that you'll find just about anywhere – the donuts, cupcakes and cakes – but they have those favorites that those of us who grew up in the area salivate over, like Malassadas. One of my all-time favorites is the Queijadas de Nata or custard cups:**

creamy custard sweetened just enough, surface charred just enough, in a perfectly cooked, flaky pastry shell. It'll only take one or five with an espresso to whisk me away to happy land.



*Everything, like these Queijadas de Nata, is made from scratch with love.*

The very traditional Azorean treat *Queijadas de feijao* is a bean tart, that is incredibly popular and for good reason: it's another example of treat that is balanced in sweetness and tartness. While the flavor profile is complex, if you pored over the recipe, you'd be stunned: beans, sugar, eggs, margarine. Love these.

Barcelos Bakery has all varieties of fresh baked breads imaginable, like Pao de Avó, Brazilian rolls, Vienna bread, and of course, sweet bread, including a coconut version. All versions of caffeinated beverages from tea, coffee, and cappuccino, to espresso or Galão. Got a large appetite? Barcelos Bakery serves breakfast and not just your traditional bacon and eggs, but a European breakfast. For example, you can get that coffee (or if you are wiser, smarter, and better looking, an espresso) with ham, Portuguese cheese, or *Presutto Corisco* sandwich (fresh goat cheese with pepper). Yum.

If you're off to a late start, or perhaps working and ready for lunch Barcelos Bakery has more favorites for you: bifana, caçoila, Mortadella & Swiss or chouriço and peppers sandwich. Codfish plates, pasta salad, croquettes, Portuguese tuna salad and more.

The Chicken Noodle Soup, *caldo verde* or kale soup are great for any time of year, but perfect for Autumn. Every day these soups are made from scratch, like *everything* made at Barcelos Bakery and you can taste the difference.

### Closing

At the end of the day, you may feel that many of the Portuguese bakeries are similar and love them all. What makes "Barcelos" special and worth a visit is the immediate and extended family. Just look at Facebook pictures and see all the smiling faces – it's as warm and friendly of a spot as you'll find on the South Coast. Even though it's been over a decade, Sara and Tony still feel that they are living their dream and can barely believe it. It comes through in the food and in the service.

Barcelos Bakery is one of the best kept secrets on the South Coast, and hopefully we don't ruin it for the regulars, who likely want to keep it that way!

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## **Barcelos Bakery**

695 – 699 Bedford St,  
Fall River, Massachusetts

Phone: (508) 676-8661

EMail: [Barceloscafe@gmail.com](mailto:Barceloscafe@gmail.com)

### **Hours of Operation:**

*Mon-Sun: 5:00 am-8:00 pm*

**Facebook:** [facebook.com/pages/Barcelos-Bakery-LLC/168431886563079](https://facebook.com/pages/Barcelos-Bakery-LLC/168431886563079)

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

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# Shooter's Billiards – a friendly hub for hobbyists and serious pool players alike, now offers wine, beer and bar fare

*Pool enthusiast Kellie Moreau's Shooter's Billiards located at 2112 Acushnet Avenue. (John Hachey)[/caption]*

For as long as I can remember, 2112 Acushnet Avenue has been a pool hall. I'm 44 years old, but in my hey-day when I hung and cruised the "ave," pit stops were inevitably made to "the pool hall." It's also an address I would never forget...and if you are a Rush fan, you know why.

For well over 25 years it has been a prime destination in the city to shoot pool. While it's had different owners over the years, it wasn't until it looked like it was closing its doors for good again, that current owner Kellie Moreau came along and breathed new life into the location and renamed it 'Shooters Billiards.'

You may recognize Kellie or her name – she's been a bartender locally for well over 15 years at some of the city's most popular spots.



*Shooter's offers  
beer, wine,  
malted beverages  
and your favorite  
bar food.*

Billiards is not only dear to Kellie's heart, but so isn't the location. It's a spot that has supplied hundreds of memories over the years, new lasting friendships formed, and money won and lost. Her fondness for the spot is common for anyone that has patronized the hall over the decades – many of whom were relieved when they found out that not only would the hall live on, but it would be run by someone who simply loves billiards, the location, and the city.

She is determined that Shooter's succeed where previous owners haven't. This isn't simply an emotional vow, but one that has a well-conceived plan backing it up. One of the first things she has done to separate Shooter's from the previous incarnations is acquiring an alcohol license. So, yes – there is beer (\$2.50 for domestic), wine, and your favorite pre-mixed malt beverages.

She also did some heavy renovations to the venue – often using her own elbow-grease, from paint, to swinging a hammer, and anything else that needed a woman's touch. That woman's touch also reflects on how CLEAN Shooter's is. Sorry, guys! One of the classiest additions to Shooter's is the brand new oak bar – another nice woman's touch.



Finally, she altered the menu and improved the standards of the fare – all your favorite bar foods like hot dogs, quahogs, linguica sandwiches and plenty of other snacks.

Contrary to what many people think, pool halls aren't a place where only "pool sharks" and scammers frequent. It's a place that is no different than a bowling alley, gaming arcade, or bingo game. It's a place to go to for unwinding, having fun, and leisure.



*Most people who frequent Shooter's aren't "pros," just regular Joes and Janes.*

Being an expert? Unimportant. In fact, most people you'll bump into at Shooter's are regular Joes like you and me – couples on a date, old friends doing some catching up, or it's a gals/guys night out.

While shooting pool has become ubiquitous at bars, it's an altogether different atmosphere and one that is not conducive to leisure. Having to make sure your quarters are on the table, or getting stink-eye because you are taking too long, isn't anyone's idea of a good time. At Shooter's, you rent the table and can take your sweet time if you want to. No stink-eye either!

Besides who wants to spend up to \$2 per rack? That's a price that bar owners incur because they want to take advantage of inebriated people. Bar owners and staff don't specialize in billiards and the maintenance of the tables and gear. "If the tables are not being serviced regularly by a professional you

are wasting your money playing. At Shooters you pay a low fee of \$4.00 per hour, per player. If you want to stop in and practice for 15 minutes it will only cost you a buck!" Kellie's husband and manager Brett Moreau told me.

Because it's a hall, and not a bar, you'll frequently find that regulars will go out of their way to help a novice or lesser experienced player. This is one of the aspects that makes a pool hall in general and Shooter's specifically, far superior to a venue like a bar.

Shooter's has many regulars who all share in one thing in common: they all enjoy pool while hanging out with pals. Unlike a bar where you are surrounded by strangers most of the time, here you'll be part of the crew in no time at all. Ask any one of your friends who goes to Shooter's – I guarantee you have at least one – what kind of environment you'll encounter at Shooter's and you'll find that everyone agrees that it's a friendly one.



*Shooter's also has darts and a Foosball table. (John Hachey)*

If you are the type who takes pool seriously, then you'll be happy to know that you will not only find many willing victims...er...challengers who are ready to compete against you. Of course, APA and other league players visit Shooter's multiple times per week – so if you are really serious, you'll be able to join a league or at least be around other experienced players. Some of their skill will surely rub off on you, whether you join a league or not.

When I asked Brett about the possibility of someone joining a league, or a current league jumping ship, he said "We have plenty of room to add league teams or for teams for individuals looking to join. We really appreciate our league teams and sponsor their home table fees as well as a free table to practice on during match play. We put specials on our Facebook page and change them around from time to time. If someone would like to learn the game or learn specific ways to improve their game just ask one of our houseman (bartender). If they would serious lessons we can do that as well."

Whether you just want to blow off some steam, looking to take up a new hobby, already a player and considering joining a league, you'll find like-minded souls at Shooter's. A friendly place filled with billiard enthusiasts with the common goal of having fun. While a "dinner and a movie" is a good way to get to know that new lady or guy in your life, you'll find shooting a few games over a beer to be far more conducive to conversation than a dark movie theater where you are supposed to be hush. How about dinner and a few racks?

If you head down to Shooter's, look for the Neanderthal that looks like he has no idea what he's doing. That's me!

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## **Shooter's Billiards**

2112 Acushnet Ave (Rear)  
Behind Wash World and CVS  
New Bedford, Massachusetts  
Phone: (508) 995-1652

### **Hours of Operation:**

*Mon-Wed: 10:00am-10:00pm*

*Thu-Sat: 10:00am-12:00am*

*Sun: 10:00am-10:00pm*

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

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# Northeast Flooring Forensics: Forensics for Flooring Flaws



*Northeast Flooring Forensics is an independent investigator of every and all flooring problems.*

You've recently had some wall-to-wall carpeting installed, and there's a strange discoloration in certain spots. Your new hardwood floors have developed a buckle or maybe the vinyl flooring, installed just weeks ago, has grown a bubble.

Cracked tiles, separating seams, stain-resistant rugs that don't seem to resist stains at all; a lot can go wrong when it comes to flooring. And when it does, it's often difficult to determine exactly what did go wrong – was it the installation?

Was it a defective product? Perhaps it was just the wrong material in the wrong place.

The installer blames the retailer. The retailer blames the manufacturer. The manufacturer blames the retailer and the installer. Where to turn...



*A lot can go wrong when it comes to flooring. Who is REALLY to blame?*

To Northeast Flooring Forensics, that's where. It's an independent investigator of every and all flooring problems. Owner John Paul Viveiros quite literally grew up in the flooring business. His father owned a flooring company that Viveiros still operates. Those forty years of experience, combined with many hours of specialized training in flooring forensics, make Viveiros unusually qualified to get to the bottom of the situation when flooring problems arise.

"My job is to find out what went wrong'" says Viveiros. "It sounds simple enough, but it's something that the consumer just doesn't have the knowledge and experience to determine for themselves."

Moisture can be a particularly complicated problem.

“There might have been too much moisture before installation, but there might have been too much moisture present only after installation. Part of my job might be to figure out which it is.”

But moisture is only one possible cause of a flooring problem.

“Every manufacturer has its own parameters; its own guidelines as to what material should be installed for each application and under what conditions. So you might have a great product that’s just installed in the wrong place, or you might actually have a defect in manufacturing.”



*Northeast Flooring Forensics has multiple methods to test various types of flooring.*

Viveiros will work with the consumer as that third-party, disinterested investigator to sort out who or what is the cause of the issue. However, he’ll also work on behalf of builders, retailers, installers, manufacturers and even architects.

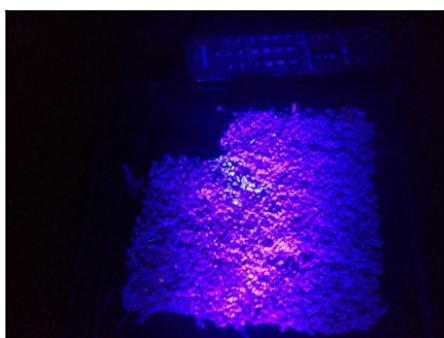
“The point of the process is to get it right. Manufacturers will hire me to make sure the installation is correct, for instance. But no matter who has hired me, my job is to give an objective, honest rendering of what the problem is, so we can determine how to fix it.”

For instance, let’s say you’ve had a hardwood floor installed

and, over time, the spacing of the floor boards has changed. Northeast Flooring Forensics will typically check the moisture content of the wood itself, but perhaps also the nail pattern.

Viveiros says that clients are often surprised at what turns out to be the source of the problem.

Acclimation is a big factor, he says. Flooring, and not just wood flooring, has to be acclimated. It often has to be introduced to the environment in which it is to be installed, 48 hours before the actual installation.



*There is always a forensic trail and nearly impossible to hide.*

“If that’s not done, there could be problems later on. It’s just not something people always know about,” he says.

In forty years, John Paul Viveiros has pretty much seen it all when it comes to floors. He’s works with every material: he’s sold it, installed it, repaired it and inspected it. Sometimes the cause of a problem is found where you’d least expect it.

“I had a case recently where there was a discoloration of the carpeting, but just in certain spots. After investigating, we determined that it was actually caused by acne medicine that had been on the fingertips of one of the residents of the house. She had touched the carpet in certain spots and it caused the discoloration.”



“New flooring costs a lot of money. If there’s a problem, call an expert to protect your investment. Sometimes, things wind up in court and we’re able to provide the facts that a consumer needs.”

But other times, the consumer is pointed in the right direction to fix the problem. When you need a flooring sleuth to arm you with the facts, call Northeast Flooring Forensics.

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## **Northeast Flooring Forensics**

189 Durfee Street

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Phone: 508.673.8333

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EMail: [jp@myjvfloor.com](mailto:jp@myjvfloor.com)

**Facebook:** [facebook.com/people/John-Viveiros/100009726407648](https://facebook.com/people/John-Viveiros/100009726407648)

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

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# **Unplugged Toys & Gifts merges educational, fun toys to spark kids’ creativity and imaginations**





*Unplugged Toys & Gifts carry many lines of stuffed animals, including the popular Beanie Boos.*

I've noticed a subtle change among consumers these past few years. It seems that people have come to re-appreciate the "Mom & Pop" stores, and/or smaller shops. I don't see it as an either/or issue – just that many people left the Mom & Pop behind a few decades ago, all in the pursuit of saving a buck.

The buying power of the larger chains translated into lower prices and purchasing power for us common folk. The "Mom & Pop" stores couldn't compete, so unless they offered a service or niche that couldn't be found in the large stores, they would disappear. This migration really hurt the smaller, local business owner and many shut their doors.



*Puzzles, building sets, board games, stickers, magic*

*tricks, arts & crafts,  
and more stock the  
busy shelves.*

What seems to be happening today, is a sort of revival of the smaller stores. Large chains have almost become synonymous with impersonal service, customer service turnover and often poor quality products produced in another country so that the supplier can save a buck. Of course, there are plenty of exceptions, but it seems that the older generation began to miss that personal service and high-quality product. They wanted it back.

We are seeing more and more smaller stores crop up again. People enjoy being called by their first name, seeing the same face, and dealing with someone that feels more like a friend than a “service rep” or salesman. Besides, it’s nice to be able to work with someone who knows your history – what your current projects and needs are.

In addition to this return to personal service, many shops are offering niche products. Things you simply won’t see these larger stores carrying. One shop that offers all these “lost” services and an excellent niche product is a new toy store that just opened up in the Dartmouth Mall: Unplugged Toys & Gifts specializing in toys for 10 and under. This is their second location, the first was opened 16 months ago in the Taunton Galleria Mall.

What has made Unplugged Toys skyrocket to success is their service **and** toys. Owner and manager Walter Mandeville prides himself in what he offers: “...quality well made educational toys, being creative, and having imaginative fun around every corner.” Walter felt that toys didn’t have to be either educational or fun – they could in fact, be both. He would have to cherry-pick and put in the work to find each and every product that he wanted on his shelf. Work that he was happy to do, because he has that genuine passion that I bring up in

many of these spotlights.



*Plenty of girl's  
dolls, dresses,  
and other  
accessories.*

Passion can't be faked – or at least, it can be seen through. Walter not only knows each and every item on his shelves, because he went through the laborious task of thoroughly researching each one, but he also tests them out. In fact, if you frequent the store enough, you'll catch Walter playing with the toys in the special area set aside for just that. Learning the ins and outs of each toy. When you ask him a question about a toy, he can not only tell you all the dull specs on them, but he can tell you about these toys from personal experience. Hey, if you have a kid or even an inner kid, you can plop down alongside him and test them too.

You simply won't see a customer service "rep" doing anything similar to this, in a chain store. You won't see them with the same passion and drive.

"Children can become self-motivated when their natural curiosity is encouraged." Walter began. "We would like kids to keep their imagination and creativity flowing while playing with any toy bought at Unplugged Toys & Gifts. An old-fashioned toy store like this is full of magic and you're missing out if you've never taken your kids to one."

What makes this play area brilliant, is that mom or dad can browse the aisles while their child plays. It's an open area, so you'll never lose sight of them. That means that even though your son or daughter tagged along, whichever toy you decide on can still be a surprise. No tugging your coat-tails distractedly while making a decision. If no surprise is planned and you're letting the kids decide on what to get, they can test run a few in the play area.

And what drives Walter and every staff member is their slogan "Powered by imagination." It's an accurate slogan that encompasses everything about Unplugged Toys & Gifts. Walter feels it reflects something that children have lost the art of: imagination. Remember when we were kids? If we had a branch, we had an Army Rifle, witch's broom, or microphone stand. If I had a tree to climb, I had something to do for half an hour. Manhunt? Could easily lose 4-5 hours in the blink of an eye.



*You never know when  
there may be a  
special guest  
visiting at  
Unplugged Toys!*

With the minimal and creative process in mind, Walter offers countless art and craft supplies. Building sets of many kinds: Pinblocks, Mega Blocks, K-nex, Laser Pegs, Erector, Nano Blocks and more. There are dolls, role-playing and dress-up

kits, and play tents that only need the minimal amount to imagination to kick-start. Puzzles (an astounding amount), tunnels, stickers, stuffed animals, games, magic tricks and more.

If your child has shown an interest in music, there are a dozen different instruments to choose from – xylophone, harmonica, guitar, whistles, play pianos, etc. Have an infant or toddler that is just developing? There is an entire section of First Play, Fisher-Price, Edushape and other toys.

The variety of items that are packed into this modestly sized store, is mind-boggling. I'm pretty sure that it would be next to impossible to walk into the store and have a child not want half of it. Since they all require fueling by imagination or creativity, your child will never realize that they are educational in some way. In an age and era where it's not uncommon to see an 8 year old with a "smart" phone, this is refreshing.

It is a business like Unplugged Toys & Gifts and small, local business owners like Walter Mandeville that I enjoy covering. I think a good thing can often be overlooked and under-appreciated. By spotlighting Unplugged Toys & Gifts, something and someone deserving gets the limelight. I'm not adverse to using big corporate or chain stores to save money, but when it comes to educational, creative toys backed by a passionate and knowledgeable owner and staff, there's nowhere else that is getting my buck. Here's the kicker – that buck goes far, because Unplugged Toys & Gifts has affordable prices that are as good, if not better than the big stores.

One of things that Walter prides himself in, is that he carries a toy line called "Green Toys," which uses recycled materials – a direction he'd like to see more and more. However, his greatest source of pride is the looks on the kids' faces when they first walk into the store and then start exploring.



*Let your imagination  
run wild!*

“To see the look in the child’s eyes as they come to the store is inspirational.” opined Walter. “Their smiles and questions provide the motivation so that we are able to do our best to enhance their lives with new and challenging educational toys.”

That look of the wheels turning, of excitement and exuberance is certainly not limited to the kids. Your inner child will be tapped. I know this first-hand, since the very first time I walked into the store, I spotted the Hot Wheels and Matchbox section right near the entrance. It opened up a can of memory worms. I was immediately flooded with fond memories of crash-up derbies, races, and rescue missions with my collection of Hot Wheels and Matchbox cars. In fact, I still have my worn, battered and abused collection stored away. I started to recall all those friends I enjoyed these moments with – how I had lost touch with them in this simpler time of my life.

Unplugged Toys & Gifts is a return to this type of play. One where you are surrounded by friends and create worlds of fantasy together. The toys become tools to a bonding and social interaction – bonds that last a lifetime. In a world where people are ignoring the person in front of them, for the person on the end of their text messages, it’s a welcome return. It’s a much-needed return.

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*Walter offers an incredible incentive to become a fan of his Facebook page. Not only will you be up to date on new items,*

*sales, events, and special visitors, but by becoming a fan, you receive a permanent 10% discount. That's no misprint – you get 10% forever. In addition, he runs a Christmas contest whereby twelve lucky kids are chosen to receive a present on Christmas. How it works, is he pulls a name based on a child's birthday. One child for January, February, March, etc.*

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## **Unplugged Toys & Gifts**

Location #1: Dartmouth Mall, Dartmouth, MA

Location#2: Two Galleria Mall Dr, Taunton

Dartmouth Phone: (508) 996-0006

Taunton Phone: (508) 821-7709

EMail: unpluggedtoysgifts@yahoo.com

### **Hours of Operation:**

*Mon-Sat: 10:00am-9:00pm*

*Sunday: 11:00am (12:00pm Taunton)-6:00pm*

**Facebook:** facebook.com/unpluggedtoysgifts

**Website:** unpluggedtoysgifts.com/

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# **Fisher Bus – a family owned and operated charter company**



**that has been offering  
superior service for three  
generations**



*Fisher Bus has been transporting people to special events, like sport outings, for three generations.*

America relies on its roads and highways, perhaps more than any other nation. Americans have a love affair with their roads; we have as many names for our thoroughfares as Inuits supposedly have for snow: road, street, lane, court, highway, freeway, route, avenue, boulevard, way, circle, etc.

We have the largest and most extensive network of roads on planet earth, over 4 million miles worth connecting America's small towns and cities and getting us to our destinations whether for work, play, or leisure. While no one calls this system by its name, the Dwight D. Eisenhower National System of Interstate and Defense Highways, we know it intimately.





*Fisher Bus built their reputation on wedding charter services – they know all the most popular wedding destinations.*

When it comes to utilizing this system, we typically use our own cars, but there is a growing demand for mass transit and charter services. There are a multitude of reasons for this: decreasing one's carbon footprint, lessening congestion, eliminating the stress and aggravation of navigating through traffic along one's route, freeing oneself up to focus on an event like a wedding, field trip, airport run, birthday celebration, work promotion or other special occasion.

Charter services allow you to "let go" and relax. There's no need to plan the route or other logistics. Often celebrations involve libations of the alcoholic kind – finding a designated driver can not only be a bit of a task, but can mean someone has to make a "sacrifice."

If you are having a field trip, not having to take care of the driving, means you are free to pin down the itinerary, make sure everyone is on the same page, and iron out any details. An airport run means there is no need to ask a friend or family member to take time off of work and/or drive home alone. Want a night out with the guys or gals? Whether for a bachelor/bachelorette party, corporate outing, or casino run. The list of reasons goes on and on.

If these reasons make sense, you have a special occasion

coming up, and think this is a service you would certainly utilize, Fisher Bus out of Somerset, MA is a family owned and operated business that has been offering charter services of this nature for three generations. Since 1971 Fisher Bus has been safely and successfully transporting folks like you and me to sports event, bachelor parties, weddings, receptions, airports, or any other occasion you can think of. In fact, they are ranked within the top 15% of the nation for the safest Motorcoach carriers and their school buses are trusted by the local community to deliver kids to school and home.



*All drivers get additional in-house training and only the friendliest, most professional are chosen.*

Current owner, Allen Fisher, inherited the business from his dad Charlie Fisher – a farmer with a 6th grade education that saw an opportunity in busing. He started out modestly with a single school bus. His intuition for a business opportunity that would be a service to the community turned out to be a correct one. Today, Fisher Bus is co-managed by Allen's sons Ryan and Michael and staffed by professional, friendly people.

With a fair number of charter service businesses in the region, why should one consider Fisher Bus? What do they do better than anyone else? Aside from placing in the top 15% in nation in terms of safety, in 2013 the Fall River Herald awarded them a reader's choice poll award for the "Best Tour."

This was chosen by the people, which speaks volumes for what they are doing on a daily basis. They've also received the Somerset Lions Club citizen of the year award.

Like other charter service companies they offer rentals and service with vans, school buses and motorcoaches. A rather interesting and unusual form of transport Fisher Bus offers is their Trolley. Yes, a trolley. This old-fashioned mode of transport features brass railings and oak bench seating, lending a touch of class for a wedding, night out, or graduation for up to 30 people.

If a chance at winning millions is something you want, you and your friends will enjoy one of the casino packages to Twin Rivers, Foxwoods, or Mohegan Sun. They have a Tuesday-Friday special where for \$15 you can not only get to spend a day at the gambling venue of your choice, but they also give you a \$7 food credit and \$10 free bonus play. So you are up by \$2 before you even arrive!



*Want something a little different: Fisher Bus offers an elegant trolley rental.*

One of the services Fisher Bus offers that make them stand out is their unique wedding package. They have built their solid reputation on successfully and consistently offering superlative service in this area. Decades of experience has made them experts on every wedding destination that matters in

Massachusetts and Rhode Island. Ride in style, worry-free with a company that has built their reputation on wedding charter.

Fisher Bus takes great pride in the fact that they do their own in-house driver training. Simply having a proper license isn't enough for their high standards. Being certified mechanics means that all the vehicles are in tip-top, well-maintained condition. In the case of the rare break-down or flat tire, a mechanic is dispatched immediately getting the group back on the road in no time.

Since all the vehicles are equipped with free wi-fi, you can keep close contact with friends, family or business contacts. As always, Fisher Bus offers free quotes that are only a simple, short phone call away. The Fisher family stamped their surname on the company's name proudly. They have complete confidence in their service that they this seemed an obvious thing to do. The maxim that they live by is "Big enough to serve you, small enough to know your name."

And know your name they will: once you become a customer you'll become a repeat customer and acquire their services for future occasions. They charge a more affordable rate than the major bus companies, because they feel having an ongoing relationship is superior to charging a one-time exorbitant rate followed with you riding off into the sunset. There was a time in America that a person's name and a business relationship was more important than impersonal service and "extreme, mega-super-duper-low prices" typically equated with poor quality product or service. This is a family business, like many businesses these days that is revisiting this concept – they want the relationship and to be able to continue what the family started. It's a future for you and them.

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*As of the time of this article, Fisher Bus is offering \$50 off*

*a charter rental (excluding Saturday rental) by simply mentioning "Newport Guide."*

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## **Fisher Bus**

586 County Street

Somerset, Massachusetts 02726

Phone: (508) 673-0685 Ext. 16

E-Mail: [Charterservices@fisherbusinc.com](mailto:Charterservices@fisherbusinc.com)

### **Hours of Operation:**

*Mon-Fri: 7:00 am-4:30 pm*

*Sat: 9:00 am-12:00 pm*

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

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

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# **Motion The Dance Studio: expertise, passion and knowledge producing superstar dancers**

*The proof is in the smiles!*

It seems that dance has become as popular as ever. There are a fair number of dance studios in the area, and it seems there are new ones cropping up regularly. What is it about dancing that has contributed to its recent popularity?

It is not that it has become a trend or fad, but rather that people are re-discovering the benefits of the millenia old activity. Dance has been around in some form for as long as people have been alive, and transformed into an art form for at least 9,000 years. While initially used for ceremony or ritual, dance would become a form of exercise, leisure and fun for anyone and everyone.



*The physical benefits of dance are many.*

Whether for ritual, trance states, and ceremonies or a form of expression, art or exercise, dancing seems to have as many purposes as there are people. Studies show that dancing benefits the body and mind, contributing to the health of both. Dance as exercise will help you lose weight, or maintain a healthy weight and increase muscle tone. Light to moderate impact is beneficial for bone strength. The cardiovascular demands reduce blood pressure and therefore promote heart health. Furthermore, the raised metabolism translates into higher energy levels.

Other benefits are social, mental or psychological. Aerobic exercise has been show to reverse loss in size of the hippocampus – the section of the brain which controls memory. Not only does this improve one's memory, but can stave off dementia.

The social aspects of making new friends and/or engaging in activities with old friends reduces stress and increases happiness – great ways to fight off depression or anxiety. Who hasn't shaken the blues, a stressful day or break-up by dancing the night away?

Dance allows students to use their motor skills to communicate and express emotions in a way that words always can't. On top of it being an outlet for kids to have fun, it also allows students to gain knowledge in what a healthy lifestyle entails, exercising, eating healthy, staying in shape, having a strong focus, teamwork, etc dance has become such a positive force in our students life that it has made them able to be more aware of who they are as young people and the future of society.



*Studies show that dancing benefits the body and mind, contributing to the health of both.*

So the list of reasons to take up dance are numerous. So it's no wonder, that we are seeing more and more dance studios popping up – all offering some pretty spectacular classes. One of the stars of the show is Motion The Dance Studio on Faunce Corner Road in Dartmouth owned by Cortney Puza, who is also the Artistic Director. "Motion" prides itself in allowing students to be themselves and have fun while creating the best dance education possible to shape them into elite dancers and remarkable people.

Puza is simply offering dance enthusiasts an opportunity to find out the aforementioned benefits and share her love of dance, which she has been doing since she was three years old and started teaching at age 15. She spent most of her life competing at the regional and even national level collecting awards, ribbons and trophies along the way from events like the American Dance Awards, Dance Masters of America, Kids for Kids and more.

By striking out on her own, Puza can narrow down her offerings to what she is passionate about: bringing dance and its benefits to people of all ages. While she focuses on contemporary, jazz and acrobat, she is adept and experienced in all forms and also offers classes in hip hop, tap, ballet, jazz and more. She was a member of the Bridgewater State University Dance team – which was named 10th in the Nation at the Universal Dance Association Nationals – en route to earning her Bachelor's Degree in Dance Education from Bridgewater State University in May, to compliment her life of competition.

*Register for the 2016 - 2017 season!*

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***SPECIAL OPEN HOUSE – MARK THOSE CALENDARS!***

Complimenting her experience and expertise are Dance Teachers Andrea Souza, Alica Barreiro, Erin McGurl, and James Brown. All share in the same passion for dance and an undying commitment to the dancers at the studio. This well-rounded cast of experts promotes a positive environment, and a family vibe that allows the relationship between the parents, kids, and teachers to communicate clearly – in integral and often



overlooked aspect to contributes to confidence, positive learning transfer and success.

The idea to open her own studio seemed part of an organic process, and perhaps something she was destined for. At a summer camp put on by Motion the Dance Studio's previous owner, Puza was overseeing the younger age group (7-8 years old) and was so touched by the drive, ability, and promise that these little superstars showed her that she came to the realization that this was something she wanted to do for the rest of her life. It also made me realize how important her role as a role model was to the kids. She genuinely felt that *she* was the one that was lucky enough to provide them with the knowledge and tools to shape them into and their future.

So, it could be said that Motion The Dance Studio is much more than a place to learn to dance. It's so much more than that – it's a center for mental and physical health, personal growth, self-improvement, a rite of passage (which seem to all but disappearing), and developing important social skills that will last a lifetime. If your child wishes to take their dancing to the next level and compete, they will have multiple opportunities, as Motion participates in numerous competitions and conventions all year long. A child learned another set of lifelong character attributes that are developed in the competitive environment – the three “P”s of patience, persistence, perseverance.



*Motion The Dance Studio is much more than a place to learn*

*to dance.*

Cortney is dedicated to providing these opportunities and backs it up by making tuition – which is not raised each month – something affordable and within reach. If you're looking for a positive environment, an educated, knowledgeable and passionate staff that keeps up with dance innovations, and a place for your child to develop important skills that will help them navigate through life, you will want to visit Motion The Dance Studio to watch a class and meet the instructors.

For the big “kids,” Motion has a spectacular adult fitness program, where they offer a four week boot-camp which includes a meal plan, weekly measurements, and a 3 day a week *Tabata* workout to get you in the best shape possible. Complimenting that is Buti Yoga whose signature movement fuses yoga, tribal dance and plyometrics, and functions as the core of the wellness approach.

On August 20th you will have a wonderful opportunity to do see what Motion The Dance Studio does and meet the instructors, at their Registration Event. All ages and levels are welcome to come and interact with Cortney, Andrea, and James. You'll quickly find out what the magic is behind the superstars that Motion is producing – a mixture of experience, passion, and knowledge that is personified by Puza and her staff.

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MTDS

INTENSIVE

AUGUST 22 - 25TH

Ages 5-7 >> 8:30-11AM - \$100  
Ages 8-16 >> 3:30 - 7:30PM - \$170

STAFF LIST

<b>Cortney Puza</b> Owner & Director MTDS	<b>Luke Bermingham</b> Dancer Yin Yue Dance Company
<b>Alica Barreiro</b> MTDS Staff Fitness & Conditioning	<b>Alex DeAlmeida</b> Artistic Director Static Noyze Dance Company
<b>Andrea Souza</b> MTDS Staff Jazz & Contemporary	<b>Kaylee Impavido Millis</b> Studio Ambassador CLI Studios
<b>Erin McGurl</b> MTDS Staff Jazz & Technique	<b>Cassie Angellis</b> Dance Team Coach Bridgewater State University

Open to the public • Mandatory for MTDS comp team.

Call or email us to sign up!  
[motionthedancestudio.com](http://motionthedancestudio.com) • 508.995.2403



*If you or your children are serious about learning to dance, mark your calendar for this must-attend event.*

## **Motion The Dance Studio**

365 Faunce Corner Road  
Dartmouth, Massachusetts  
Phone: (508) 995-2403  
EMail: [cbpuza@gmail.com](mailto:cbpuza@gmail.com)

### **Hours of Operation:**

*Mon-Thu: 4:00 pm-9:00 pm*

*Sat & Sun: 9:00 am-12:00 am*

**Facebook:** [facebook.com/pages/Motion-The-Dance-Studio](https://facebook.com/pages/Motion-The-Dance-Studio)

**Facebook Fitness Page:** [facebook.com/MotionFit](https://facebook.com/MotionFit)

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

**Photo Stream:** [facebook.com/pages/Motion-The-Dance-Studio/259162700771365?sk=photos\\_stream](https://facebook.com/pages/Motion-The-Dance-Studio/259162700771365?sk=photos_stream)

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**Whaling City Glass Smoke Shop  
becomes one year old; still  
premier destination for the  
smoke enthusiast**



*Whaling City Glass is located at 634 Pleasant St., New Bedford. Phone: (508) 717-4207.*

A year ago we told you about New Bedford's premier smoke shop, Whaling City Glass. Coming up on their one year anniversary, owner Brett Amaral along with servers Joshua Sullivan and Bethanie Benique want to celebrate by not only giving away some goodies, but by reminding the area what it is they do that separates them from other shops.



*Made in the USA  
and you will come  
across artistic,  
one-of-a-kind  
pieces.*

That's not to say that they are better than other shops – Amaral thinks that there is plenty of room for smoke shops in the greater New Bedford area – but focus on what they do differently and well: offer not only high quality, made in the U.S.A. smoking pipes, but vaporizers, and accessories. In addition they stock some rare or even one-of-a-kind pieces. Amaral's passion for the hobby extends to picking New Bedford to showcase it. Being born and raised in New Bedford, it was a no-brainer to make it the site for his business. Obviously, his love for New Bedford extended to the name he chose.

These past few years, you would have to be living on a deserted island to not notice smoke shops popping up all over. There is obviously something trending – people are gravitating towards saving a few bucks by smoking with a pipe, vaping, or wanting to stamp their personality on the hobby by collecting pipes, especially uncommon or unique ones. This growing demographic is clearly hungry for the hobby.

The only major change besides the growth of Whaling City Glass's popularity is that they have become adept at using their silkscreen press and have been producing some quality 50%/50% Poly/Cotton blend Gildan t-shirts and tanks tops.

What hasn't changed is that Amaral, Joshua and Bethanie still offer the same friendly, knowledgeable service, and top-end items. The consistent best sellers are the glass hand pipes and electronic vaporizers. Still no pushy sales-people, no aggressive tactics – it's a relaxed atmosphere that allows you to browse and walk out, or hang around and discuss your love for smoke with like minded people. Pretty sure you'll find something you have to walk out with: Juicy-J and Element

papers, Raw, Cyclone and Juicy-J pre-rolled cones and rolling papers in assorted styles, prints and flavors “pocket buddies” w/carbon filter, a complete line of G-Pro herbal vaporizers, water pipes, bubblers, tubes, bowls and more.



*Cones, rolling papers,  
and other accessories  
in a variety of  
styles, prints, and  
flavors.*

You can see what other people are saying by checking out the review section of their Facebook page.

Whaling City Glass is celebrating this anniversary with a special event where you'll be able to not only see what they have to offer, but they are giving away FREE Longevity brand t-shirts to the first one hundred people who walk through the door. In addition, there will be a ton of deals and special offers.

Whether you are looking to replenish your supply, need a new pipe, or considering vaping – check out the shop named after the city. The crew at Whaling City Glass is about as friendly as a group as you can find. If you spend 1 minute in the shop, it will also be apparent how knowledgeable they all are. Come in and fire your best questions at them.





*These hand-crafted glass pieces are also sturdy and durable: made for every day use.*

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## Whaling City Glass

634 Pleasant St  
New Bedford, Massachusetts 02740  
**Phone:** (508) 717-4207

### **Summer Hours:**

*Mon – Thu: 10:00 am – 8:00 pm*  
*Fri – Sat: 10:00 am – 9:00 pm*

**Facebook:** [facebook.com/pages/Whaling-City-Glass-Smoke-Shop](https://facebook.com/pages/Whaling-City-Glass-Smoke-Shop)

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

**Instagram:** [instagram.com/whalingcityglass](https://instagram.com/whalingcityglass)

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



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

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

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

What is Chiropractic?

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



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

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

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

**Accreditation, schooling and practice**

**To receive a degree in Chiropractic one must complete four to**

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



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

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

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

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

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

**Spinal Stabilization Therapy and the myth of the “pinched nerve”**

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

He also stated that most cases of lower back and neck pain

attributed to a “pinched nerve” are actually not a pinched nerve. He often sees patients who have been treated by other chiropractors and/or primary care physicians who have been diagnosed with a “pinched nerve.” On careful neurological examination it is determined in most cases that no nerve is pinched/compressed. “If a nerve is truly pinched/compressed it dies rapidly over a 10 to 14 day period and whatever muscle it leads to atrophies/shrinks in size. If your muscles are not wasting away or uncontrolled muscle twitching known as “fasciculation” is not present, you do not have a pinched nerve” in most cases. Truly pinched nerves require immediate surgical decompression. This is not the case in most people.



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

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

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

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

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

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

When asked to offer some advice that we can apply straight away, he was more than happy. "For maintaining a healthy spine, the first thing is to eat healthy. Greatly reduce the amount of sugar/carbohydrates and grains. Since glucose is stored primarily in muscles and excess sugar/carbohydrates cause insulin resistance, the muscles that stabilize spinal movement are greatly affected. This results in a loss of

ability of these muscles to move spinal joints accurately. Next is some exercise. Daily exercise, even if for only 20 minutes – it will be helpful.”

Dr. Freitas is a rather approachable and friendly individual, who is an open book. His thirst for knowledge and passion for what he does is evident with the simplest of interactions. His warmth, hard work, family values and eagerness to help others is something he feels his parents, Antonio and Norma Freitas, infected him with. They encouraged me to seek my personal best. Though they have both passed on, they have left an indelible mark, evident by the fact that he mentioned them numerous times in our interview. Dr. Freitas has enough confidence in what he does that he offers your first two visits for FREE. If you don't begin to feel improvement, it costs you nothing.

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

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## **Freitas Chiropractic**

33 State Road

Dartmouth, MA 02745

Phone: (508) 996-4138

EMail: [freitaschiro@hotmail.com](mailto:freitaschiro@hotmail.com)

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

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

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



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

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



the creation process.

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



*An example of a repurposed coffee table and window.*

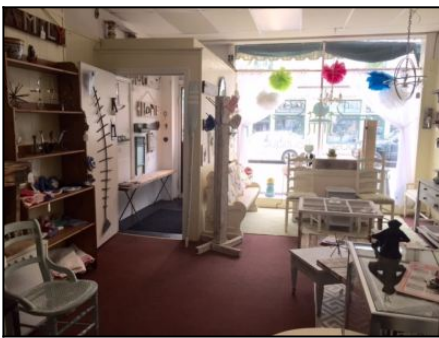
You won't find many of the things you encounter here anywhere else on planet earth. The interesting bit is that the vast majority of these items are repurposed – taking two or more items and combining them to produce something different, interesting, functional or appealing.

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

Most of these original items are the product of Rachel's husband, Shane Collins who is Head of Manufacturing. Shane who is a lifelong carpenter, is not an artist. While I mention art at the beginning of the article, I only bring attention to the creativity that is seen here. These are not Frankenstein

creations of some mad scientist. Shane's eye is a balance between function and eye-appeal. One is not required to interpret these items. The only brain work necessary here is "How would this add to my home?" or "Where would this look best?"

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



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

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

If you have a cellar or attic full of items just collecting dust, you can bring them in to Repurpose Boutique and share

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

Rachel and Robyn said it's not uncommon to hear friends or even customers say "That's cheap. You should charge a bit more." Neither will budge on that. They feel charging exorbitant prices will drive people away. In their minds the items are priced accurately and tacking on extra dollars to turn a greater profit, smacks of greed. From a practical perspective, Shane is churning out items with enough frequency that they wouldn't see the light of day, unless room was made.

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

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



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

The showroom of Repurpose Boutique is densely packed with items. You could literally spend 10 minutes and take only one step or two. One thing that will become immediately apparent is that these items automatically generate conversation, even a chuckle. You will be curious on the thought process of how it was made. You will appreciate the craftsmanship and obvious man-hours of effort. You will have questions.

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

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

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

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*Repurpose Boutique & Unique Items is located adjacent to Pumpernickels and Euro. You are a short walk to the Millicent Library, gorgeous 19th and 20th century architecture of the town hall, Taber Lodge Building, Unitarian Memorial Church,*

*and memorial brick park. There are some great spots to eat at and it's a fantastic area to stroll and see some local history. There is ample street parking and you shouldn't have to walk more than a block.*