

# Spotlight: Cafe Mimo – Amazing Portuguese food in New Bedford

Love Portuguese food? Here's a look at some of the amazing food at Cafe Mimo at 1528 Acushnet Ave. in New Bedford.

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## The Buttonwood Park Swan Boats are back for the 2019 Season in New Bedford

Spring has sprung, and the nicer weather should inspire you to take a trip down to Buttonwood Park and check out the Swan Boats this season. Operations resumed last weekend and starting school vacation week they will be running every day (weather permitting) through September.

Here are some fun facts we bet you didn't know:

- The swan boats are very easy to operate. It is designed that so two people can pedal, but it only requires one person. You steer with a lever that controls the rudder in the back for easy turning.
- Paddling is not only great exercise, easy to do and lots of fun, but it is also great for the pond! **Paddling helps to add oxygen to the water, which benefits the pond and fish!**
- The swans can seat up to 2 adults and 2 small children or even 3 small adults can sit together. Because it's easy to use

it is popular for mothers or grandmothers to go out with their children or grandchildren. It's great for families too; we see couples of all ages come on for a nice date.

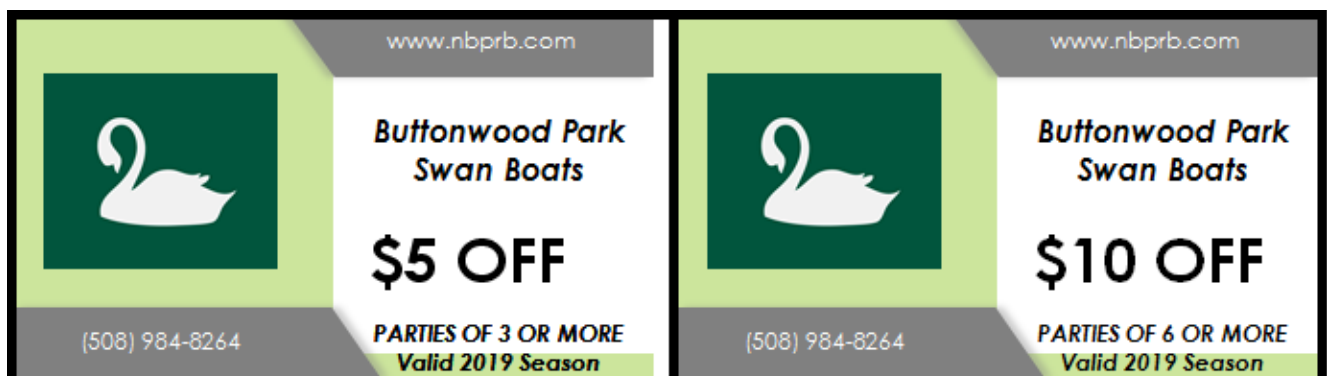
- The perfect pedaling time is approximately 20 minutes. It's an affordable activity and a great way to enjoy the outdoors.
- **A portion of all proceeds go directly towards making water quality improvements to Buttonwood Pond**
- Kid friendly, no age minimum or maximum and life jackets are provided for everyone under age 13.

They are currently running weekends from 10:30 am to 6 pm, (weather permitting) and will begin operating daily for April school vacation week beginning April 15 through Labor Day, September 2. After Labor Day it will be weekends only.

Prices are \$5 for Children between the ages of 2-15, under 2 are free and \$10 for Adults.

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*Looking to save a few bucks? Show them these coupons on your phone or print them out:*



# Solshine Yoga offers the South Coast a unique and transformative yoga experience like no other

The word *yoga* is increasingly becoming an English word in the same way pizza, latte and pajamas have become “English.” Words adopted from other languages that have become such a part of our culture that they seem like they *are* English words and have always been there.

The idea and the word have been assimilated which is something truly at the heart of yoga: being inclusive, bringing together, uniting. In fact, the word itself is Sanskrit for *union*. Why has yoga become a part of American culture? Why has it become so popular? Why is there hip-hop yoga, nude yoga, aerial yoga, rave yoga. and even yoga with goats? Why is it “cool” to update your social media with images of people doing *āsana* or postures?

Plain and simply said: it produces results.



If you do yoga regularly you **will** get results and those results will go far beyond physical improvements and extend to every aspect of life: your well-being, mental flexibility, happiness, lowering your blood pressure, produce a quieter and calmer mind, improve your ability to deal with stressful situations at home and work, gain clearer thought processes, and more. In essence, to “do” yoga is to improve every nook and cranny of who you are – physically, mentally, psychologically, spiritually.

That is why this import is as American as apple pie and so incredibly popular.

However, this presents its own problem: with so many yoga studios and instructors where do we go? Who is affordable, knowledgeable, and capable of addressing a variety of needs and levels? Who can we trust in this vast ocean of choices? Where do we start? Do I have to be in shape? Do I have to be athletic or flexible? Is it strenuous enough to lose weight? What if I am already athletic – will it actually challenge me? These and many more questions are a normal, natural part of the process.

One of the studios that has entered this crowded arena is

Solshine Yoga on West Rodney French Blvd. Started in 2018 by co-owners, business partners and “soul friends” Erin Poyant and Sarah Moniz, their objective was to bring world-class yoga with all its many physical and mental benefits right here to the South Coast; to share the transformation and power of yoga that they themselves have experienced.

I can attest personally to the benefits: after years of combat sports I took up yoga as a way to increase flexibility and compliment my training but I quickly found out that it is far more than a stretching routine and as much of an athlete as I was, I learned that a good instructor can challenge the most athletic person. That was more than 25 years ago, I was hooked -that is the power of yoga.



In 2017, I had a major stroke and woke up in the ICU at Mass General after being in a coma for three days. I had to relearn to tell time, walk, count change, talk, use my left side, loss of balance and too many other aspects that come with a stroke. As soon as I could stand I did yoga and I can say unequivocally it is directly responsible for my mental and physical recovery, likely my life. I went from having no balance, limping, and barely being able to stand to nursing myself back to health after a year and a half by solely using yoga as a rehabilitation program.

This demonstrates not only the benefits, but the accessibility



of yoga to a wide range of people, virtually everyone regardless of how strong and athletic you are...or how physically challenged and awkward you are, and how little balance, coordination and strength you have. If a person who can barely stand or hold himself up can do it, **you** can do it and transform your life for the better.

What the ladies felt was pivotal to convey was this very thing. That yoga is genuinely for **everyone**. This is not a cliché or platitude but people from every walk of life are giving yoga a whirl. There are levels to yoga and a good coach does not cookie-cutter everyone – you are not a number among an anonymous group but that coach will get to know you and your wants and needs.

Want to learn to de-stress and relax? Deal better with the incessant chatter in your head? Your anger, fear, and anxiety? Lose weight? Increase your flexibility, utilize yoga as a recovery program for intense athletics? Lower blood pressure? Deal with anxiety better? Build confidence?

Yoga is for you.



If there is any doubt about the inclusiveness of their classes, a quick glance over the social media accounts attached to the studio – or better a visit – will show a reflection the variety of individuals that attend Solshine Yoga. Young, old, overweight, men, women, children, athletes, the uncoordinated, beginners and advanced alike.

In the genuine interest of bringing the best that yoga can offer, Erin and Sarah take into account each person's "starting point," then maps out a way for them to get to where they want to be, but they do it in a way that is thoroughly enjoyable and rewarding. Knowing full well that there are as many reasons a person will come to yoga as there are people, they offer a yoga *experience* that incorporates different styles of yoga, meditation, Reiki, breathing techniques (Prāṇāyāma), aromatherapy, sound healing, and positive messaging (learning to be more optimistic on attitude and approach to life.)

You can check out the variety of workshops like Family Yoga, Buti Glow, Make a Mala Bracelet and Mantra Meditation, Restorative Yoga & Sound, Reiki and others here. If you prefer yoga or these workshops in a more private setting, you can do that as well.

Erin, Sarah and all the instructors at Solshine Yoga (all of whom are certified and have over 200 hours teaching experience) bring all of these components together to offer a unique experience that is flexible in its approach to an individual's needs – a sort of prescription.

"All instructors have full creative freedom, allowing each class to be a new experience that is personalized to the clients in the room. Incorporating different techniques like sound healing and aromatherapy together *with* Yoga enhances the experience for clients and also makes it easier for them to receive the mental and emotional benefits all of these healing practices are meant to provide," said Erin.



“Clients describe leaving class ‘with a clear mind and a full heart’ and ‘grounded and refreshed.’ added Sarah. “It’s about feeling the mind/body connection.” That is another layer of the meaning behind the word itself – the union of body and mind.



Their approach, attitude, and outlook are what makes them stand out like a tsunami among the vast ocean of waves that are yoga studios. All stemming from a shared vision and passion between the two girls who met teaching yoga and workshops together at various studios and centers throughout the South Coast.

Want to talk knowledge and expertise?

Erin is working towards her 500-hour RYT (Registered Yoga Teacher) certification through Yoga Medicine – a program that fuses eastern and western healing principles with a focus on how Yoga can heal the body. Erin is also a Reiki Master. Sarah is a 200-hour RYT, advanced Buti Yoga instructor and Energy Medicine I practitioner. Sarah is also has a Reiki Master certification.

Complimenting the studio is a natural backdrop: beautiful water views. While seemingly of not much import, the ladies

feel that it is actually very important as “Yoga is a very personal practice and clients need to feel comfortable and safe in their space. Seeing the sun rising, or sun setting or seeing the sunshine on the cove water brings in the healing element of nature that we are all missing in our lives so much spending most of our time indoors or driving in the car.” Sarah explained.

Nature is a much better “gimmick” to attract one to yoga.

So no matter where you are in life in terms of your physical ailments, abilities or capabilities there are benefits waiting for you at Solshine Yoga. A better you in every way – physically and mentally is one small step away and one that costs nothing: your first class is completely **free**. Free because Erin and Sarah know that once you have a taste of what they are doing and what it does for you, you’ll be hooked. All it is required to a new better you? Just you and your ability to breathe.

No goats, no wine, no gimmicks needed.



*Want to give Solshine Yoga a try? Beyond that first free class, Solshine Yoga offers a “Buy 2 Get 2 Free” package of 4 classes for \$30 to new clients. In addition, every weekend there are specialty workshops like Family Yoga, Restorative Yoga and Sound, Buti Glow with Live DJ Ace on Earth, etc. You can even book classes online!*

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## **Solshine Yoga**

127 West Rodney French Blvd  
New Bedford, Massachusetts  
Phone: (508) 287-1056  
EMail: [info@solshineyoga.org](mailto:info@solshineyoga.org)

*Monday-Friday: 9:00am-9:00pm*

*Saturday: 9:00am-5:00pm*

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

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

**Website:** [solshineyoga.org/](http://solshineyoga.org/)



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**Family owned and operated  
Aaron Pools and Spas turning  
dreams into reality for  
almost 50 years**

If you've watched television shows like Pool Kings, The Pool Master, and Insane Pools: Off The Deep End you really want to have a pool or jacuzzi more than you already wanted one.



Seeing the planning, hard work, and craftsmanship that goes into these projects, both small and large, gives you a deep (pardon the pun) appreciation for what these crews do.

However, those television shows have a way of making us feel like having a pool or spa is something that is out of our reach – unattainable. “That’s something people in Florida get for themselves – something people with a lot of money to spend. There’s no way I could afford something like that as much as I want it.”

What if I told you that there is a local company that creates similar projects with the same world-class workmanship, skill, and ability? That it is far more affordable than you think, making something you believe to be unattainable, actually attainable?



Imagine what it would feel like to have one of those backyards in the shows? The creative pools and spas, landscaping,

gazebos, stone patios, and everything else that turn a house into a home or breathe new life into it. We all know that it isn't so much about the material aspects of the projects, but the pricelessness of what it brings to your family: a platform for all the special events and occasions, as well as the countless memories.

Family owned and operated Aaron Pools and Spas of 597 State Road in Dartmouth is not new to the "game" – they aren't jumping on the bandwagon based on the current popularity of the aforementioned shows. They have been serving the SouthCoast and beyond since 1972 – almost 50 years!

An expert, knowledgeable staff of over 35 locals combines over 500 years of experience – that translates into the capability and ability to create your very own dream yard project the way you **see** it and want it. Aaron Pools and Spas have made themselves the premiere dream backyard creator through pools, spas, and hot tubs through the care, craftsmanship, and passion that goes into every single one of their projects.



No dream project is too small or too grand, each is approached



with the same care. These projects go well beyond the pool or hot tub installation and include grills, ovens, smokers, a large variety of tables, chairs, rockers, benches, loungers, lamps, stools, automatic pool cleaners, and accessories. See the astounding array of options [here](#).

They also don't walk off into the sunset when they are done making these dream projects into realities. They do more than sell and install: they service too. Something breaks? Burns out? Ages and deteriorates? They are one phone call away.

Being expert water chemistry technicians they maintain their knowledge by staying on top of current trends and changes, so that means when it's that time of year to open your pool, or the pH goes south on you, you are covered. I don't include hot tubs in that time of year since people use their hot tubs all year round, including winter.

One of the fascinating aspects that Aaron Pools and Spas offers is giving you the ability to actually see what the finished pool or hot tub would look like in your yard through CGI and artist renditions. You can see many of their finished projects and artists renditions in the gallery I've included below or on the photo section of their Facebook page and the photo gallery section on their website. Prefer videos?

If you are interested in what actual, real-world testimonials? What people are saying about their experiences with Aaron Pools and Spas? Check out the people are saying.

Whether you want to turn your yard into a place for memorable, fun, family experiences that will last a lifetime or just a place to relax, unwind and destress there is literally no one on the SouthCoast that compares to the dream makers at Aaron Pools and Spas. No one with more experience, passion, and higher standards. No one makes dreams more affordable placing it within your reach.



*See your pool or hot tub as it would look in your yard before its built.*

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## Aaron Pools & Spas

597 State Rd

Dartmouth, Massachusetts

Phone: (508) 996-3320

Email: [pools@aaronpoolsandspas.com](mailto:pools@aaronpoolsandspas.com)

*Wednesday-Saturday: 8:00am-4:00pm*

*Sunday & Tuesday: CLOSED*

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

**Website:** [www.aaronpoolsandspas.com](http://www.aaronpoolsandspas.com)



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**New Bedford Parks, Recreation  
& Beaches Kennedy Summer Day  
Program offers kids an  
opportunity for exploration**

# and adventure!

Does spending the summer swimming at the beach, boating, playing sports, doing arts and crafts and going on exciting field trips sound fun? With the Kennedy Summer Day Program offered by New Bedford Parks, Recreation & Beaches you can pick from 4 separate two-week sessions that offer all this and more!

The program is an immersive experience with hands-on learning, games and activities at a very low cost. The Kennedy Summer Day Program operates out of beautiful Fort Taber park and includes breakfast, lunch and transportation. The program is open to children who are eligible for kindergarten September of 2019 through the age of 14.



- SESSION 1: JULY 1-12 (NO CAMP ON JULY 4TH)
- SESSION 2: JULY 15-26
- SESSION 3: JULY 29-AUGUST 9
- SESSION 4: AUGUST 12-23

The Kennedy Summer Day Program (KSDP) provides children from



across the city with a high-quality summer camp type experience at an extremely reduced rate and most often provides financial aid to eligible participants. This program offers the full-range of services by providing daily transportation to and from camp, serving a healthy nutritious breakfast & lunch while providing a fun and educational summer experience to children.

KSDP offers a safe, structured environment for 8 weeks of the summer. Weekly participants (125 max.) are divided into age groups (Grades 1 & 2, 3 & 4, 5 & 6, 7, 8 & 9). Also, pre-teens are given the opportunity to learn counselor in training skills and assist staff during the program.

Each day participants travel from one learning experience to another. Activities include: arts & crafts, games, sports, swimming, boating, nature programs, field trips and partnering agencies who conduct hands-on learning workshops to further enhance the experience.



Previous partnerships include the National Park Service, National Recreation and Park Association, New Bedford Art

Museum Art-Mobile, Community Boating Center, Buzzards Bay Coalition, Buttonwood Park Zoo, New Bedford Fire Department, and SMAST.

**The program provides participants with a high-quality summer experience for a very minimal cost. Register today!**

This year for New Bedford residents it's \$240 for each two week session and \$270 for non-residents. There are scholarships for qualifying New Bedford residents that would bring the cost down to \$100 for each two week session. Fifty-five percent of kids that attend the Kennedy Summer Day Program receive a scholarship.

Applications are available at our office at 181 Hillman St. (bldg. 3) New Bedford, Ma 02740 or you can download a fillable version below. Financial aid is subject to availability and for New Bedford residents only.

Want to register? There are applications available in English and Español.

## **Kennedy Summer Day Program**

Fort Taber

1000 Rodney French Blvd,

New Bedford, MA 02744

Email: [KSDP@NewBedford-MA.gov](mailto:KSDP@NewBedford-MA.gov)

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

**Website:** [newbedfordma.myrec.com](http://newbedfordma.myrec.com).





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# Considering a new career? The Advantage School of Real Estate is offering classes starting March 30th

**Kick Start your 2019 with a Career change!**

Massachusetts Real Estate Salesperson course will be offered: Join us for our 2nd session which is starting on March 30th!

Tuition is only \$299 with LIVE Instructors. The format will be 2 weekend/4 day course offerings. Learn from two of the areas premier experts, Michael Amaral and Brian Cormier who have a combined 31 years in local real estate. The local market is

still red hot and primed for additional growth, why not take advantage? <http://www.advantageschoolofre.com/about>

Did you know that to become a licensed Massachusetts salesperson, you must complete forty (40) hours of education at a Board approved real estate school such as Advantage School of Real Estate? This educational course consists of various subject matters to provide you with the knowledge to schedule your state examination. This information is crucial to successfully obtain your license.

Once your education is complete, they will provide you with a "Candidate Handbook" which will contain verification of your completed education and information to make an appointment to take the salesperson examination with the Board's test administrator. All information to take the examination will be contained in the Candidate Handbook. Upon passing the examination you will be licensed at the test center.

**Our weekend classes make it easier to attend LIVE training with experienced and knowledgeable Instructors!**

Click **here** to get started!

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## **Session #2**

### **Class #1**

Saturday, March 30, 2019

8:00am-3:00pm

### **Class #2**

Sunday, March 31, 2019

8:00am-3:00pm-

### **Class #3**

Saturday, April 6, 2019

8:00am-2:30pm

**Class #4**

Sunday, April 7, 2019

8:00am-2:30pm

**Class #5**

Sunday, April 13, 2019

8:00am-2:30pm

**Class #6**

Sunday, April 14, 2019

8:00am-2:30pm

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**Advantage School of Real Estate**

*657 Quarry Street, Suite 30c*

*Fall River, MA 02723*

*Tower Mill Building – 3rd floor behind Amaral & Associates  
Real Estate Office with plenty of Free parking and a  
convenient location*

*Telephone: 508-686-1997*

Follow them on **Facebook**.

# ADVANTAGE

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## School Of Real Estate

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## **Spotlight: Pub 6T5 family meatball recipe (New Bedford)**

Who loves meatballs? Here's a look at Pub 6T5's (736 Ashley Blvd in New Bedford) family meatball recipe.

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## **Spotlight: Knuckle Heads Bar & Grill in New Bedford**

Love amazing food and rock music? Here's a look at a typical Friday night and amazing food at Knuckle Heads Bar & Grill (85 MacArthur Dr, New Bedford) – to include fried scallops, clams, lobster roll, Portuguese steak and more!

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## **Pub 6T5's family meatloaf recipe (New Bedford)**

Who loves meatloaf? Here's a look at Pub 6T5's (736 Ashley Blvd in New Bedford) family meatloaf recipe.

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# **Reminder! The last day to enter a lottery form for City on a Hill is this Thursday by 11:59pm**

## **City on a Hill in New Bedford**

City on a Hill only admits students who are entering grade 9. City on a Hill is open to all students residing in Massachusetts. Preference in the lottery is given to siblings of current students and residents of New Bedford. Register here: <https://www.cityonahill.org/attend-coah/nb/>

City on a Hill Charter Public Schools is a network of three college preparatory high schools in the cities of Boston and New Bedford. Each City on a Hill school is tuition-free and open to all students. CoaH schools do not have entrance exams; students are admitted by a random lottery with new students admitted in the ninth grade only. The next lottery is March 6, 2019 – Enter by 11:59 PM, February 28, 2019

**City on a Hill believes first, and most centrally, not just that all students can learn, but that all students must learn in order to address the social, economic, and political inequities of our nation. We approach learning accordingly and work tirelessly to prepare our students for success in college and beyond.**

City on a Hill serves students who are traditionally underserved by the public school system. The majority of students arrive performing significantly below grade level. However, 100% of City on a Hill students pass the MCAS, and 91% of

recent graduates have enrolled in college.

**Interested in scheduling a private tour or setting up a day to shadow a CoaH student or have questions?**

Contact Admissions to schedule and for more information.

Phone: (617)-659-6827

Email: [admissionsnb@cityonahill.org](mailto:admissionsnb@cityonahill.org)



# 9TH GRADE LOTTERY DEADLINE TODAY

Enter by 11:59 PM to be included  
in the last lottery before the  
first day of school.

TUITION FREE • NO ENTRANCE EXAMS

[www.cityonahill.org/attend-coah](http://www.cityonahill.org/attend-coah)

<https://www.cityonahill.org/attend-coah/nb/>