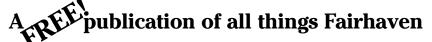


Fairhaven Neighvorhood News



—The little paper with a big ^{voice!}

Volume 19, Issue 6 • February 1, 2024 Teeming with information you need. (And some you don't need, but will be glad you have anyway.)

Union Wharf rehab should be done this spring



Fairhaven Harbormaster Tim Cox points out the "sheets" that form the frame of the wall at Union Wharf in Fairhaven, which are 50 feet long, with most of that length driven into the bottom. The ibeam holds the sheets together. Next will come concrete. The nearly \$8 million project should be just about finished in April. See page 12. *Photo by Beth David.*



First Amendment to the U.S. Constitution

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Judge Murray Gurfein, Pentagon Papers case, June 17, 1971: "The security of the Nation is not at the ramparts alone. Security also lies in the value of our free institutions. A cantankerous press, an obstinate press, a ubiquitous press must be suffered by those in authority in order to preserve the even greater values of freedom of expression and the right of the people to know."

Get the free mobile app at http://gettag.mobi

From The Editor

WEST ISLAND — A day late and many dollars short.

February is here! 'Tis good and bad it is.

It's bad because it's he coldest month. The month of the frozen marsh pictures and fluffy snow that piles up and up and up (at least we hope it's fluffy).



Publisher Beth David with Charlie, aka Evil Dog

But it also means that winter is half behind us. Next month is March...in just a couple of weeks, March will be just a couple of weeks away. Crazy March. The transition month. In like a lion, out like a lamb (we hope).

The old boat is itching to get out. The wood pile is shrinking in the driveway. But, the winter robins have not come yet to eat the berries on the big holly tree. I've been watching, waiting. The berries are plentiful this year. Some years, the birds don't come. Some years I just miss them. The way they converge on that tree by the hundreds, they just devour the berries in less than a day. But I'll keep watch. I know you love those pictures.At least I do.

We have some meeting coverage for you this week. See page 4 for some stuff from the last Select Board meeting in Fairhaven.

Our cover story is about Union Wharf and the fixin' up going on over there. They've been working in phases, and it looks like we're getting to the end of the track.

Speaking of tracks, where's the train?

Yeah, right. This year, they tell us with a straight face. This year. Been waiting for the train my whole life. Every time they mention it, I remember my Aunt Cil, Cecelia Attallah, who had her own beauty shop called "Ivy's Beauty Salon" on Purchase Street in New Bedford near the Common Park. She took the train from New Bedford to Boston every day for weeks to learn the trade. I guess that would've been in the 1940s. There were not a lot of woman owned businesses of any sort then. There are many of a certain age who remember training with her, working for her. She was one of the first. A pioneer. It would be nice if others had the same opportunities she had 80 years ago. GAWD, we are pathetic sometimes. Let's get this DONE, people.

There's other stuff in here of course, including some Black History Month events. Be sure to check out ALL the pages in this week's little miracle. And while you do, please be sure to notice who our advertisers are so you can

tell them you saw their ads in the *Neighb News*.

Until next week then, see ya

Glory to Ukraine! Glory to the Heroes!

Support local journalism

No one does local like a local newspaper. And it does not get more local than the *Neighb News*. Any small amount will help. Just clip the coupon and send check or money order to *Fairhaven Neighborhood News*, 166 Dogwood St., Fairhaven, MA 02719. Ask for a bumper sticker that says "I Support the *Neighb News*." And thank you for reading *the little paper with a big voice*.

Name:			
Address:			
City/State/Zip:			
Email:			
Do you want to receive the paper by email?	Y	Ν	

Fairhaven Neighborhood News

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CORRECTIONS/CLARIFICATIONS

More scholarships announced

Its scholarship season! Time for students to get some help with the next phase of their education. Here are some opportunities for local students to win scholarships for college and other programs. We have been running updates for the last few weeks, so be sure to check back issues at www.neighbnews.com under archives.

Fairhaven Historical Society

The Enrique Goytizolo Scholarship, awarded by the Fairhaven Historical Society annually, recognizes a Fairhaven-resident graduating high school senior planning to pursue post secondary education at an accredited institution of higher learning. The scholarship, a one-time grant of \$1000, is given in honor of Enrique Goytizolo's dedication to preserving the history of the Town of Fairhaven and his vital role in leading the Fairhaven Historical Society for many years.

Any graduating high school senior who resides in Fairhaven, Massachusetts, and plans to matriculate to an accredited institution of higher learning in the fall is eligible. Applications are available from high school counselors and should be submitted digitally to historialsociety fairhaven@gmail.com.

The application deadline is April 1.

SC Community Foundation

The SouthCoast Community Foundation, the largest provider of scholarships in southeastern Massachusetts, has opened its 2024 online application (https://southcoastcf.org/ receive/apply-for-scholarships/), with a March 1st deadline. Students complete just one application - no FAFSA (Free Application for Student Aid) is required this year - and applicants are automatically matched eligible scholarship with all opportunities. More than 100 scholarships totaling over \$700,000 will be awarded to high school seniors and college students in 2024.

Scholarships include: the Manuel S. Pina Scholarship (up to \$10,000), offered to area students of Cape Verdean descent; the BankFive scholarship (up to \$40,000), open to any college-bound senior in Bristol County, MA and Bristol and Newport Counties, RI; the Lipsky-Whittaker LGBTQ Scholarship (up to \$5,000) for students who identify as LGBTQ+ or have been raised in an LGBTQ+ household; and the Jacobs Family Scholarship (up to \$35,000) for New Bedford students going into science, math or engineering fields.

The Community Foundation is offering a virtual information session on February 13th at 5:30 pm. Students will learn about the application process, what scholarships are available, and how applications are evaluated. Registration is available at southcoastcf.org/scholarships

Visit https://southcoastcf.org/ receive/apply-for-scholarships/ to register and to see all the scholarships available.

Fairhaven Dollars For Scholars

Fairhaven Dollars for Scholars announces over 40 scholarships now available for 2024. Application period is February 1, 2024. thru April 1, 2024.

For full list of scholarships and details on how to apply go to https://

SCHOLARS: cont'd on page 5



Fairhaven Neighborhood News

Thursday, February 1, 2024

Fairhaven Select Board hears from department heads

By Beth David Editor

The Fairhaven Select Board heard from several department heads at its meeting on 1/22/24.

Recreation Director, Kelley Ramirez told the board a new staff person started that day, which will allow the department to expand services and outreach.

The winter program has more than 900 participants, a "significant" jump from last year of more than 100.

The Rec Center is currently enrolling for the summer "Kool Kids' program, and they are adding new activities. She said they are hoping to get the kids outside at the local parks this year, where they will be able to offer lunch to the participants and to the community, using the federal lunch program.

The Rec Center averages about 120 people a day, said Ms. Ramirez. They are also renting out the facility for private parties, and are completely booked.

More and more people are becoming aware of the programs they offer, said Mr. Ramirez. Select Board member Bob Espindola asked about revenue from program fees.

Ms. Ramirez said they generally generate about \$200,000 in revenue, which is about half of what they need torun the department.

She said an after school program would boost revenue, and they are trying to restart it.

Council on Aging Director Martha Reed told the board that her department has been successful in getting grants for a variety of programs, including computer literacy for seniors.

Ms. Reed said the grant allowed them to buy touch screens and smart boards, which make it easier for seniors to learn how to use computers.

They also have equipment and software to livestream programs so people who are still hesitant to be in groups can join remotely.

Ms. Reed told the board that the social day program and lunch services are serving up to 80 people each day. They are helping up to 500 different people a month for services.

The department is also aware of other needs and concerns of older residents, such as food insecurity a housing issues.

At the senior center, staff can help people fill out forms for housing authorities other affordable housing complexes, and private listings that accept Section 8 vouchers.

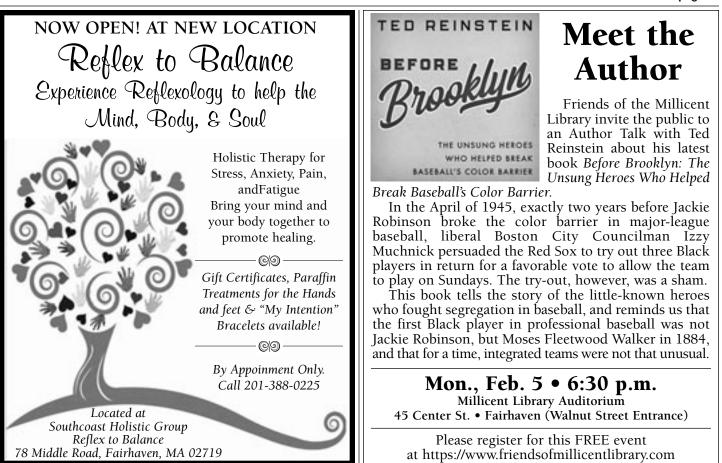
The third major area of concern is transportation. The senior center/ COA takes 170 to 200 people each month to a variety of destinations in town, including medical appointments and shopping.

Fairhaven has an aging population that is giving up their licenses, she said. The center has also arranged to have a safe driving course by AARP that will be offered in April. Drivers who take the course could get up to 10% off their car insurance.

The center also partners with Everybody's Hands to provide sign language for the hearing impaired.

Ms. Reed said the Social Day program is not yet back to five days a week, but they have applied for a grant to expand it. The program is

SB: cont'd on page 12



SCHOLARS: cont'd from page 3

fairhaven.dollarsforscholars.org.

NEW scholarships are being added constantly. Check your profile weekly to see what NEW scholarships you qualify for both at the local and national level. Scholarships are awarded for a variety of reasons, including academics, sports, community service, chosen major, and more.

Fairhaven Dollars for Scholars chapter is a nonprofit foundation that supports academic success in our community. As part of Scholarship America's national network of locally based, volunteer-driven Dollars for Scholars chapters, our mission is to mobilize our community on behalf of postsecondary education success for our students.

Fairhaven Colonial Club

It is with great pleasure that the

Fairhaven Colonial Club members wish to announce that three \$1,000 scholarships will be awarded to area high school 2024 graduates attending a 2 or 4 year college in the Fall.

The requirement is that the student should be a Fairhaven resident and the scholarship will be drafted to the recipient upon receipt of their first semester transcript. Applications are now available at area high school Guidance Offices.

Mattapoisett **Congregational Church**

Mattapoisett Congregational Church pleased to once again offer is scholarships to students graduating from high school in June 2024 who reside in the town of Mattapoisett. Marion or Rochester or are a member of the Mattapoisett Congregational Church. Two \$2,500 scholarships will be awarded on the basis of scholastic achievement, community service and financial need.

Applications and supplementary information are now available at the local public and private schools. The deadline for electronic submission of documents is Friday, March 29, 2024.

Students will be notified of their selection by April 26 via email. Scholarship recipients will he introduced in church on Scholarship Sunday, May 12th, during the 10 o'clock service of worship.

If you are a graduating senior and have any questions about the scholarship application process, you are invited to contact the Mattapoisett Congregational Church office via email at mattcongchurch@ gmail.com .

INGS AROUND TOWN HAPPEN

Shellfishing Open Shellfishing in Fairhaven is open again. Allof Buzards Bya had been closed due to the excessive rain strom on 1/9 & 1/10 when the City of New Bedford emptied more than 40 million gallons of raw sewage into the outer harbor.

The shellfish beds were reopened on 1/29.

Free at R.JD

The Rotch-Jones-Duff House & Garden Museum (RJD) is welcoming visitation from Fairhaven residents by offering free admission for the month of February 2024.

Upon arrival, individuals are asked to produce proof of residency with a piece of current mail, or I.D. For more information about hours of operation and current exhibitions, visit the Museum's website, rjdmuseum.org.

The historic house, now the site of The Rotch-Jones-Duff House & Garden Museum, was built in 1834 for whaling merchant William Rotch Jr. This Greek Revival mansion, located on a full city block of formal gardens, is a National Historic Landmark, one of only 2.500 in the nation. The period rooms of the house chronicle 150 vears of the economic and social evolution of the City of New Bedford, as reflected in the residencies of the Rotch, Jones, and Duff families and their domestic staff.

The Museum is located at 396

County Street, New Bedford. It is open Wednesday through Saturday, 10 a.m. to 4 p.m. Advance booking for admission is encouraged, but not required. Admission is \$8 for adults; \$6 for AAA members, seniors and students; and \$3 for children (age 7-17). The Museum is free for RJD members, as well as for EBT, Connector-Care, WIC, and Wunderfund cardholders.

The RJD gardens are open to the public at no cost and available to visit from sunrise to sunset, seven days a week. Visitors are urged to go to rjdmuseum.org to book their Museum visit and to review the most current information on hours and programs.

Town Mtg Articles The deadline for Citizen Petition

Town Meeting articles is Mon., 2/5.

Pursuant to Chapter 50, Section 2 of the Town of Fairhaven By-Laws, all citizen petition articles for the May 4. 2024 Annual Town Meeting, including street acceptance articles, must be submitted in writing with the signatures of not less than 10 registered voters through the Town Clerk's Office to the Select Board, Fairhaven Town Hall, 40 Center Street, Fairhaven, MA by February 5, 2024 at 4:00 p.m.

Petitions can be found at https://www.fairhaven-ma.gov/selectboard/pages/licenses-permits-andpetitions

The Town Moderator Mark D. Sylvia can be contacted 508-858-7123 or msylvia@fairhaven-ma.gov or msvlvia11@comcast.net.

Town Meeting will be held on Sat., 5/4, at Hastings Middle School at 9 a.m. To learn more about how to submit an article, contact the Town Clerk's office, 508-979-4023, Ext. 3.

Millicent Black Hisory Events The following events will be held at

the Millicent Library, 45 Center St., Fairhaven. Accessible. To register, or learn more call the library at 508-992-5342, email athiel@sailsinc.org, or visit http://www.millicentlibrary.org/events

Celebrate Black History month with events for all ages. This series is a collaboration between Millicent Library and the Fairhaven Belonging Committee.

Community Read: Invisible Generals Feb. 1st - Feb. 29th. Join us for a community read: pick up a copy of *Invisible Generals* by Doug Melville during the month of February. There will be multiple copies of the book available for check out on display near the circulation desk. No meetings to attend or deadlines to finish the book by - just a chance to read and learn in community!

Hidden Figures Storytime Wed., 2/21, 10:30am This storytime will

STILL AROUND TOWN

feature Hidden Figures by Margot Lee Shetterly, featuring related crafts and activities. For families, all ages in the auditorium.

Movie Screening - Hidden Figures Wed., 2/21, February 21st at 6pm Join us for a screening of "Hidden Figures" (2016, PG) in the auditorium. "Hidden Figures" is based on the true events that unfolded during the early days of the U.S. space program. The story revolves around three brilliant African-American women mathematicians -Katherine Johnson. Dorothy Vaughan, and Marv Jackson — who played pivotal roles at NASA, contributing to the success of the historic space missions. All ages welcome, light refreshments served.

Ekua Holmes Crafternoon Thurs.. 2/22 from 3-4pm In this special edition crafternoon, we will create collages inspired by the work of awardwinning artist and illustrator Ekua Holmes. Ekua Holmes, a prominent African American artist and MA native, has left a mark in children's book illustration with her distinctive and vibrant collage style. Options for all ages - young children may need assistance.

Movie Screening - Spider-Man: Into the Spider-Verse Fri., 2/23 at 2pm Join us for a screening of "Spider-Man: Into the Spider-Verse" (2018, PG) in the auditorium, an award winning animated movie, featuring Miles Morales, the first black Spider-Man in the comic book's universe (introduced in 2011). All ages welcome, light refreshments served.

To register for any of these events, visit: millicentlibrary.org/events.

Cinemaniacs

For Black History Month, South Coast Cinemaniacs presents Oscar Micheaux's WITHIN OUR GATES (1920). A landmark film of African-American cinema, it screens like a direct response to D.W. Griffith's BIRTH OF A NATION (1915). Following a schoolteacher's (Evelyn Preer) journey to raise funds for her underfunded, Southern school, Micheaux depicts the problems she encounters as a black woman in the South and North.

The film screens on February 12 at 5:30 PM at the Millicent Library on 45 Center St., Fairhaven. All are welcome, and the event is free! Use the Walnut St. entrance to access the auditorium.

South Coast Cinemaniacs meets the second Monday of the month, excluding holidays, to watch and discuss classic movies. For more information, email club president Beth Ann Gallagher at: southcoast cinemaniacs@gmail.com

Help Food Pantry Our Food Pantry Cupboards are

nearly bare! Can you help? Please bring your non-perishable donations to the First Congregational Church, corner of William and Center Streets, Fairhaven. Tuesday, Wednesday, Thursday from 10:00 AM - 2:00 PM and Saturday 10:00 - Noon. Please use the Williams Street entrance.

Needed Items include Peanut butter, jelly, canned soup, canned fruit, canned tuna fish, canned vegetables, canned stew, canned beans, canned meats, pasta, spaghetti sauce, cereals, rice, snacks, cookies, crackers, etc. Personal items are also needed such as: toothpaste, soap, toothbrushes, toilet tissue, and other personal hygiene items.

Unfortunately, we cannot accept perishables or outdated items.

HAPPENINGS OVERTO

Lebanese Feast

Join Our Lady of Purgatory Church for our annual St. Maron's Hafli on Sat., 2/3, featuring Lebanese food, music, dancing. Live entertainment by Thaer Malko & Bachir El Khourty Band. At our parish hall, 4254 Acushnet Ave., New Bedford, MA 02745. Cash bar & mezza at 7:30 p.m.; dinner served at 8:30 p.m. Tickets: \$75 pp general seating; children 12-17i, \$40; dance floor seating, \$100 for all ages; children under 12, no charge. For tickets call church office, 508-996-8934; or Sousou, 508-916-1523.

Douglass **Read-a-Thon**

On Sunday, February 4, the New Bedford Historical Society is hosting the Twenty First Annual Community Read-a-thon of the first autobiography of Frederick Douglass, Narrative of the Life of Frederick Douglass, an American Slave written by Himself (1845).

We invite members of the New Bedford community to join the event as readers in this celebration of the life and legacy of one of New Bedford's great men. The Read-a-thon will be held on Sunday, February 4th, from 2:00-6 p.m., at the First Unitarian Church, 71 Eighth Street in New Bedford, MA. Refreshments will be available. For additional information, please contact the Society at (508) 979-8828.

Call for Artists

The City of New Bedford is seeking proposals from artists for а permanent Herman Melville sculpture in the downtown historic district. An advisory committee will select up to three artists as semi-finalists to be awarded a \$2,500 stipend for the development of a proposal, travel, and overnight accommodation for presentation.

"New Bedford is the setting for what is arguably the preeminent work of American literature," Mayor Jon Mitchell said. "The novel has had a profound influence on artists the world over and on American culture itself."

Artist proposals need to include an artist statement, statement of interest, resume or CV, work samples, and an estimated budget.

Application deadline is Friday, February 16, 2024. Visit http://tinyurl. com/3up7r7w9 to access the application and for more information. Email HermanMelvilleStatue@gmail.com

https://newbedfordart.org/noirnights/

Noir Nights At New Bedford Art Museum, 608 Pleasant Street, New Bedford, MA 02740; Tel: 508-961-3072 2/9-6/9

Non-Member Subscription: \$125 Member Subscription: \$120

Film noir, what critic Roger Ebert once called "the most American film genre," is known for low key lighting as dark as a killer's heart, camera angles more skewed than a gumshoe's moral compass, and weaving plots as convoluted as was to circumvent the production code.

Subscriptions include all 5 film screenings and a ticket to our kickoff cocktail party reception.

Join us for a five month series of dim lit alleys, ambivalent motivations, hapless hard drinking men and women who would just as soon kill you as love you.

Sign up at https://newbedfordart. org/noir-nights/,

Opening Night Cocktail Pary Fri.. 2/9. Friday, February 9

Cocktails: 6pm | Screening: 7pm Join us for a post-prohibition cocktail party featuring light hors d'oeuvres to die for and a cash bar with signature neo-noir cocktails.

Our series kickoff starts with The Maltese Falcon (1941). San Francisco private detective Sam Spade takes on a case that involves him with three eccentric criminals, a gorgeous liar and their quest for a priceless

STILL OVERTOW

statuette, with the stakes rising after his partner is murdered.

SUBSCRIPTION BONUS: Present your film ticket stubs at Cork Wine and Tapas or 222 Union Restaurant & Bar for a 10% discount on your meal.

Upcomina Films: Sundays, 5pm

Sunday, March 24th: Mildred Pierce (Michael Curtiz, 1945)

Sunday, April 14th: The Postman Always Rings Twice (Tay Garnett, 1946)

Sunday, May 19th: Sweet Smell of Success (Alexander Mackindrick, 1957)

Sunday, June 9th: Body Heat (Lawrence Kasdan, 1981)

Black His. Month

New Bedford Whaling National Historical Park, 33 William St., New Bedford, has announced its programming commemorating Black History Month in February 2024. This year's theme chosen by the Association for the Study of African American Life and History (ASALH®) is African Americans and the Arts. New Bedford is known for its rich culture and historical artistic significance, and we celebrate today's artists of the African diaspora who come from every corner of the globe. Two of New Bedford's own, Iva Brito and Eden Soares will be telling the stories of their art and inspiration. In addition. the 1850s Ladies will explore New Bedford and Boston anti-slavery societies and how crafts became a part of the abolitionist cause. Finally, the park will show the movie, 12 Years A Slave, directed by African Brit Steve McQueen which tells the story of Solomon Northup, who was kidnapped and sold into enslavement from freedom.

Sat., Feb. 3 at 1:00 PM: Join Iva Brito (also known as Iva B), a mother, artist, poet, and award-winning author as she shares her art and inspiration. As a native of Cabo Verde, West Africsa, Iva channels her nostalgic love of her birthplace through her work that looks at the intersectionality of culture, social and political issues.

HAPPER

Valentines Dance

Join St. Joseph Parish for a Valentines dance on Sat., 2/10, at 6 p.m., Knights of Columbus, 57i Fairhaven Rd (Rte 6), Mattapoisett. Featuring DJ Carlos Matias, raffles, food and fun for everyone. Proceeds will benefit the Church Bell Tower project fund.

Donation: \$15/adults, \$8 children 10 and uunder. Tickets are available after all Masses & Rectory office, 74 Spring St., 508-994-9714

Mindfulness Walk

Come out of your winter hibernation den and join Mattapoisett Land Trust and the wonderful Yoga Nidra instructor, Carly Baumann, on a Winter Mindfulness Walk! The walk is free and open to people of all ages and abilities.

Sun., 2/4, from 10:00-11:00am at the Munn Preserve, located at the end of Mattapoisett Neck Rd. before Antassawamock. Parking is available. We will take a walk on the trail and Carly will lead participants through mindfulness exercises.

Please dress for the weather and wear sturdy shoes. Shake off those

winter blues! Email manager@ mattlandtrust.org with any questions.

Auditions

The Marion Art Center (the MAC) Theater announces open auditions for the June 2024 production of The *Minotaur*, written by Anna Ziegler and directed by Kate Sorensen-Young. A present-day version of a classic Greek myth, The Minotaur is a contemporary take on love, honor, and human connection. With refreshing originality and wit, it explores how we break out of history in order to shape new stories for ourselves.

Auditions will be held in the MAC's Anne Braitmayer Webb Theater at 80 Pleasant Street in Marion, MA on Sun., 2/4, and Mon., 2/5, 6:30-8:30pm. A total of nine performance dates are scheduled.

All races, ages, colors, sizes, genders, gender-identities and experience levels welcome! Casting is at the discretion of the director and depending on the final ensemble. Auditions will be from the script; sides will be made available for review in advance of auditions for actors upon request. Actors are advised to wear clothes they feel comfortable moving in. For contact information and to view the online. announcement visit marionartcenter.org/auditions.

Take Your Child to Library Day

The Mattapoisett Free Public Library, 7 Barstow St., invites you to join us in celebrating National Take Your Child to the Library Day on Saturday, February 3rd, from 10 AM to 3 PM in the Children's room. Come by to receive a complimentary book, engage in an exciting scavenger hunt, unleash your creativity with a special craft, and seize the chance to enter our thrilling raffle! No registration is necessary – just drop in and enjoy the festivities!

This program is generously sponsored by the Friends of the Mattapoisett Library. If you have any questions, please contact Michelle Skaar at mskaar@sailsinc.org or by calling the library at 508-758-4171. You can find more information about library events on our website at MattapoisettLibrary.org.



Fairhaven Recreation Center

Open Mon-Thurs, 6 a.m.-8 p.m.; Fri., 6 a.m.-6 p.m.; Sat., 8 a.m.-2 p.m.; Closed Sunday • 227 Huttleston Ave, 508-993-9269 https://www.fairhavenma.gov/recreation-department

KOOI KIDS SUMMER IS OPEN FOR REGISTRATIONS

Mommy & Me Movement & Sound

Must Pre-register!!

Bring your little one(s) to a fun and inclusive series! Join Sara DaCosta in a yoga movement and sound experience with your toddler(s). We will circle up with some stretches and games on our mats as we move our bodies and find some balance. Our circle will close up with an opportunity to use sound instruments and enjoy a relaxing shavasana with our friends while receiving some sound healing.

Sarah is certified in Advanced sound healing, Pretzel kids yoga and Yoga Alliance International. This is a 5 week program (no program (Feb 23), cost includes Parent or Guardian and a child 5 years old or younger. Additional children are \$25.

Members \$65. Non-members are \$75. Feb 9th-March 15th 10:30-11:30am

February Kool Kids

Embark on a thrilling school vacation program, tailored for grades K through 6 packed with an array of activities! Dive into active games, team sports, captivating art projects, exhilarating science challenges.

This is a 4 day program Tues-Fri 8am-3pm Pizza lunch on Friday.

Feb 20-23 \$160 for members \$175 for Non-members

Please register soon, this program fills up quickly

Support Local Journalism!

Donate to the Neighb News through a PayPal link on our website: www.neighbnews.com Or send check or money order to Neighb News, 166 Dogwood Street, Fairhaven, MA 02719. Thank you for reading the Neighb News!

Fairhaven Senior Center

508-979-4029 · 229 Huttleston Ave · Fairhaven

Visit our website at:

 $http://fairhavenma.virtual townhall.net/Pages/FairhavenMA_COA/index$

Fairhaven Council on Aging

Social Day Program

The Fairhaven Social Day Program provides a fun day of activities for seniors who are in need of supervision or just want to spend the day socializing with others. The program is open Tuesdays, Wednesdays and Thursdays from 8:30-3:00. Lunch is provided and transportation can be arranged at an additional fee.

For more information, please call 508-993-9455 and ask for Sally Bourke.

Join Us for Lunch

We serve lunch every weekday at 11:30 a.m. To schedule a lunch, call the day before by 10 a.m. Voluntary donation of \$2. To let us know you want to join us, and to arrange for a ride, call 508-979-4029.

Mall Trips

Reservations accepted for mall trips at beginning the 15th of the prior month. There is a \$6 charge unless otherwise noted. Please bring exact amount. The van leaves the Fairhaven Senior Center promptly at 9: 2/7, Twin River Casino; 2/14, Warwick Mall; 2/21, Hyannis Mall, Trader Joe's, Whole Foods; 2/28, So. Shore Plaza.

Walking Schedule

Walk with friends at the Rec Center gym next door from 12:30–1 p.m., Monday–Friday. FREE

Volunteers Wanted

The Fairhaven Senior Center is looking for volunteers to assist with various positions, including front desk, serving/cleaning at Supper Clubs, food box deliery, newsletter delivery.

Please call or email Martha Reed, 508-979-4029; mreed@fairhaven-ma.gov

Tax Filing Help

AARP Tax Aide IRS Certified volunteers will be at the Fairhaven Senior Center starting on Feb. 6. Please call 508-979-4029 to make an appointment. We are taking names now. This is a free service.

Do you have old medical equipment?

We are happy to take an unused medical equipment in working condition to loan to others in need.

Medical Transportation

Did you know we can help you get to your medical appointments? Call us for more info, 508-979-4029.

Legal Help

Free 15-minute consultation with Atty. Suzanne Seguin. Call the center for info, 508-979-4029.

South Coastal Counties Legal Services, advocates for older adults, 508-979-7150.

Caregivers Support Group

The first Thursday of the month, from 1-2:00 p.m. at the Fairhaven Senior Center. Please call 508-979-4029.

Reassurance Program

A free service for elders wanting a daily telephone check-in with a responsible person ensuring all is well.

Discover Be sure **Exceptional** to tell Senior our SENIOR Living advertisers you saw Independent, Assisted Living & their ads *Memory Care* • *Respite Available* in the Schedule a tour today! Neighb News! 391 Alden Road, Fairhaven, MA 508.994.9238 • www.atriafairhaven.net

Recipe of the Week Stuff Full Casserole

- 2 cups elbow macaroni, uncooked
- 1 pound ground beef
- 1 (14.5-ounce) can diced tomatoes, drained
- 1 (8-ounce) can tomato sauce
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 cup sour cream
- 3 ounces cream cheese, softened
- 3 green onions, chopped
- 1 cup cheddar cheese, shredded
- Preheat the oven to 350°Grease an 11x7-inch baking dish.

In a 6-quart stockpot, cook the macaroni to al dente according to the package directions.

Drain the water and return the macaroni to the pot.

While the pasta is cooking, in a large skillet over medium heat, cook the beef until no longer pink, about 6-8 minutes.

Stir the tomatoes, the tomato sauce, the sugar, the salt, the garlic salt, and the pepper into the cooked beef. Transfer meat mixture into the prepared baking dish.

Stir our cream, cream cheese, and green onions into the pasta. Spoon the pasta mixture over the beef mixture, spreading evenly.

Sprinkle the casserole with the cheese. Bake, covered, until the cheese is melted and bubbly, about 15-20 minutes.

Let the casserole stand for 10 minutes before serving.

Dear

Dear Frankie

Deserted and Stranded

Dear Frankie, When I left the dog park for my ride home. my mom's car was nowhere in sight. I checked the parking lot to see if she had parked there, but it was empty.

The only thing I could think of was something horrible had happened to her, and I was never going to see her again.

Tinker's mom noticed my distress and assured me my mom would be back soon.

She said, "Don't worry, she probably ran a quick errand and got caught in traffic.

I didn't say anything, but I thought she could have also been carjacked or kidnapped. Just then, my mom drove up to the gate. On the ride home, she talked about this and that and never said a word about

deserting me and leaving me stranded. Don't you think the least she could have done was to apologize for being late?

Lester

Dear Lester. Is it possible that your mom didn't think she was late? If that were the case, then there would be no reason for her to apologize or to say she was

sorry. When you got in the car, you didn't tell her how frightened you were when she wasn't waiting for you at the gate or how scared you were when you thought that something terrible had happened to her.

When your mom didn't say anything, why didn't you tell her what had occurred and give her a chance to apologize? I'm not trying to blame the victim here by saying this is your fault because you didn't speak up. Instead, to remind you that sometimes the people who love you get distracted and need to be told what you need and want from them so that they can come through for you.

Best. Frankie

FRANKIE: cont'd on page 18



Thursday, February 1, 2024

Fairhaven Neighborhood News

Acushnet's fire Chief Tom Farland gets accreditation

Press Release

The Massachusetts Fire Service Commission granted accreditation to Chief Thomas J. Farland of the Acushnet Fire & EMS Department on January 18, 2024 who has demonstrated the required fire service experience, education, and certifications for accreditation.

This accreditation is granted through the Massachusetts Fire Service Commission, a gubernatorial appointed board that has established a process for uniform credentialing for the level of fire chief.

Reading Fire Chief Gregory Bums, who serves as chair of the commission says, "The program establishes requirements based on education, training, and experience in areas relevant to serving as fire chief. It establishes benchmarks for training in fire and emergency service management so that chiefs may be better prepared to serve their department and their community."

The applicant's documentation is reviewed by a subcommittee of the Massachusetts Fire Service Commission to determine if the individual has

attained a minimum level of credits for education, training, and experience.

State Fire Marshal Jon M. Davine said, "This program allows chief officers to document their efforts to develop and maintain the skills to be an effective leader and manager in today's fire service. The process provides an equal opportunity for the volunteer, call, or full-time fire service leader to meet the minimum criteria for achieving fire chief accreditation."

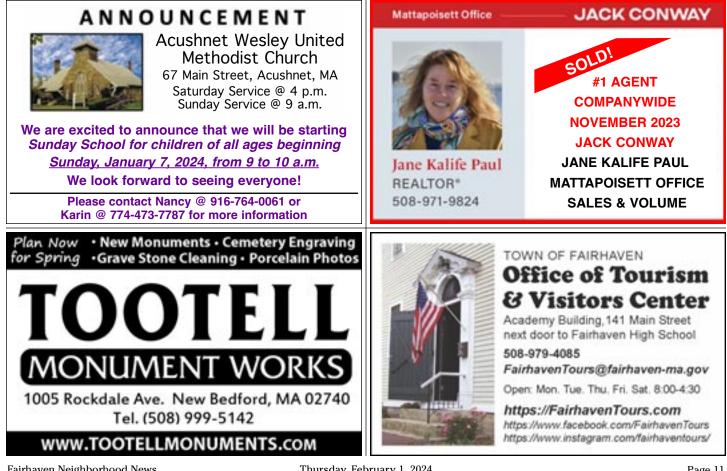
Chief Farland said, "Over the course of my almost 24-year career, l have been dedicated to providing the highest level of service to this community and have worked hard to continue my education and experience to bring a high level of professionalism to this position. I appreciate that this accomplishment recognizes my dedication to be the best fire service leader I can be for this community. I look forward to furthering that education in the future in hopes to continue to hold this Fire Chief Credential."s

Credentialed participants will be required to renew their credentials every three years. The program is

open to all members of the fire service in the Commonwealth serving as chief of department. Additionally, any person holding the rank of Lieutenant or above in that department is also eligible to apply for credentialing. Participation in this program is voluntary and all eligible personnel are encouraged to participate.



Acushnet Fire Chief Thomas Farland, who just received accreditation from the Mass. Fire Service Commission, speaks at Acushnet's annual Town Meeting on 5/22/23. Neighb News file photo by Beth David.



Union Wharf project getting close to end

By Beth David Editor

The rebuilding of the bulkheads at Union Wharf in Fairhaven is in the final phase. The east, west and south sides have been finished. Construction crews are now working on the north side.

The work consists of driving 50foot steel sheet piles into the ground; then connecting them with an ibeam; then using a tie-back anchor system to backfill the sheets; and capping it all with concrete.

The wharf is closed to the larger commercial boats that use pier, but it is open to the small lobster boats on a portion of the east side known as the lobster basin.

Fairhaven Harbormaser Tim Cox

said this phase closed down the wharf in November, and it should be reopened in April.

The project has cost more than \$7.5 million so far, with the current work on the north side costing about \$2.5 million. The town has been successful in getting grant money to fund the project, which started about eight years ago.



LEFT: The "sheets" that form the frame of the wall at Union Wharf in Fairhaven are 50 feet long, with most of that length driven into the bottom. The ibeam holds the sheets together. Next will come concrete. MIDDLE & RIGHT: The bulkhead on the southwest corner (middle) and on the west side (right) have been rebuilt and show what the north side will look like when finished. *Photos by Beth David.*

SBs: cont'd from page 4

half funded by fees and half funded b the town.

The center offers a variety of programs every day and some evenings, including a singles supper club and an LGBTQ supper club.

To learn more about the senior center and its programs, see page 9, call 508-979-4029; or visit the center at 229 Huttleston Avenue, Fairhaven (near Sop & Shop).

Veterans Services Officer Michael Jenney told the board that his department administers the program that helps veterans pay for rent, fuel, medicines, and other expenses. He said they are towards the end of recertification for people in the program, which they need to do twice a year.

He said it is a "lengthy process," but they only had "one or two stragglers left.

His department also participated in Wreaths Across America, placing wreaths on or near the graves of veterans in Fairhaven cemeteries, with the help of volunteers. He said funds were a little short this year, but they are in good shape for next year and should be able to place wreaths on the grave of every veteran in Fairhaven this year.

The VSO is also getting ready for the Memorial Day parade, which requires permission fro the state to close Route 6 at the high school intersection.

Mr. Jenney said the parade committee has already been meeting. They want to "build the town spirit up," he said.

They would like to see more people in the parade and more people watching along the route.

Mr. Jenney, who started in the position in November, said he has been getting out and about meeting people. Veterans are realizing he is there and available to help, he said, citing an "uptick" in people going into the office.

He said they are on the right track getting people the help they need and deserve.

One piece of big news, he said is

the acquisition of a wheelchair van. He said he worked with the New Bedford Disabled American Veterans chapter. The Veterans Administration in Providence donated a van for the use of the town. It will be housed in New Bedford.'

He said they will have 15 volunteers to drive people to appointments.

"Which is a huge, huge win for the veterans," said Mr. Jenney, adding that a lot of times disabled veterans cannot get to appointments because they need a special vehicle.

The VSO is also working with the police department, which got a grand for opioid addiction, to help veterans with substance abuse problems.

Mr. Jenney said veteran Bill Kligel was instrumental in getting the van. Mr. Jenney also credited former VSO Brad Fish with still being available for questions.

"I have backup," said Mr. Jenney,

He noted that Jane Bettencourt has been in the office for years and knows the ropes.

Fairhaven beats Voc-Tech 52-49



The Fairhaven Blue Devils beat Greater New Bedford Voc-Tech 52-49, on Tuesday, 1/23, with Hansen Zhao scoring 28 points to help the Blue Devils capture their first win the past six games. Demetrius Baptiste led Voc-Tech with 19 points. ABOVE LEFT: Fairhaven's Blake Christopher (right) battles for a loose ball underneath the basket with GNB Voc-Tech's Malik Pires on 1/23/24 when Fairhaven won 52-49. ABOVE MIDDLE: GNB Voc-Tech forward Jhaden Reis has his shot blocked by Fairhaven's Nate Deslauriers (RIGHT) while teammate Rafael Burgos (11) attempts to draw an offensive foul. ABOVE RIGHT: Fairhaven's Hansen Zhao drives to the basket. BELOW LEFT: GNB Voc-Tech guard Demetrios Baptiste goes over Fairhaven's Rafael Burgos to pull down a rebound. BELOW MIDDLE: Fairhaven High School's Ryan Ptaszenski (right) ties up GNB Voc-Tech forward Jhaden Reis below the basket. BELOW RIGHT: Fairhaven High School's Evan Lamontagne moves the ball along the baseline. *Photos by Bruce David*.



Fairhaven Neighborhood News

Acushnet students adopt a cow

Press Relase

Acushnet Superintendent of Schools, Dr. Paula J. Bailey, and Kindergarten Teacher, Jo-Ann Silva, are pleased to share that the Kindergarten class is participating in the Discover Dairy's Adopt a Cow program this school year.

The Adopt a Cow lesson is part of the free Discover Dairy program. The program provides a fun, year-long experience for students to be able to get an inside look at dairy farming by adopting a cow for their classroom.

Acushnet Kindergarten students adopted a 94-pound dairy calf named Oreo from MacGlaflin farm in Vermont. Oreo is a Holstein cow, born on Sept. 13, 2023. Kindergarteners are connected virtually with Oreo through photos, live chats and stories about her life on the farm.

The program includes lessons, videos, activities, crafts and recipes for students. Students also take turns bringing the classroom stuffed cow home for a special family writing project, "The Adventures of Oreo."

Silva is provided with Discover Dairy activity sheets and lessons for her kindergarten class that follow Next Generation Science Standards and Common CORE standards in Math, Reading and Science.

"Our students love this program," said Silva. "They look forward to updates about Oreo each month. This program creates an interactive and educational experience in the classroom allowing students to learn about farming and the impact it has on our community.

The program allows Kindergarten through grade eight classrooms all over the United States to bring the dairy farm into their day-to-day curriculum. Discover Dairy is an interactive cross-curricular, multileveled lesson series, that incorporates Math, Science, Reading and Social Studies concepts to show students where milk comes from and how dairy farms contribute to the world every day.



Acushnet Kindergartener Adalynn Victoria with the classroom stuffed cow, which students take home for a special family writing project, "The Adventures of Oreo," as part of the "Adopt a Cow" program, while a picture of Oreo, the class's adopted cow, is projected behind her. *Photo courtesy Acushnet Public Schools.*

McConnell announces run for state Republican Committee

Press Release

It's Robert Scott (Bob) McConnell here from beautiful Fairhaven in the Second Bristol and Plymouth District, including Dartmouth, New Bedford, Acushnet and Mattapoisett. We are located here on Buzzards Bay, a seaside community in Southeastern Massachusetts.

I'm running for Republican State Committee Man and will appear on the Presidential Primary Ballot March 5, 2024. My intention is to continue to grow the dynamic coalition we are building in our District. Since my election to chair of the Fairhaven Republican Town Committee in November 2021 the change, growth, participation and involvement of not only the members of our growing committee, but throughout the surrounding towns has been amazing. It's obvious to a great many people something is happening. People are networking throughout the local Republican Town Committees, as a result sincere lasting friendships and a real sense of community are developing.

I wanted to tell you this good news first, because these activities are my goals, desire and passion. My message is clear and simple to understand: "Civic awareness and Civic participation". I want as many caring people as possible to know who is responsible for representing their interest and how through minimal effort they can effect change.

My hope is this will encourage participation. Empowerment through participation requires effort, but your participation will reap immediate results through a sense of well being. Which leads to longevity and good health. I'll be most grateful for your vote March 5th.

Robert Scott McConnell, Fairhaven







Public Hearings/Legal Notices

NOTE: All legal notices are available on the Neighb News website, www.NeighbNews.com, under the "Legal Notices" tab on the top of the main page. Legal ads are also available at http://masspublicnotices.org, search under "Fairhaven Neighborhood News"

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together.

Project plans and documents for the Waterways

application are on file for public viewing electronically at: https://eeaonline.eea.state.ma.us/EEA/PublicApp/

(enter the project address in the Search Page as the

Location Address). If you need assistance, please contact Carlos.fragata@mass.gov or if you do not have access to email, please leave a voicemail at (617) 413-

3768 and you will be contacted with information on

Written comments must be addressed to: Carlos T. B. Fragata, Environmental Analyst, DEP Waterways Regulation Program, 20 Riverside Drive, Lakeville, MA

season, let us be reminded to take

this opportunity to foster unity

through open dialogue. In a time

where social interaction is essential

for our collective well-being, we have

to go beyond the superficial con-

nectivity of social media and

prioritize genuine human connections.

to actively engage with those vying

for leadership roles, to understand

their values and visions. We need

leaders who embody compassion,

empathy, and humility — individuals

who acknowledge their limitations,

are willing to embrace trainings and

steering our community towards a

not only the ability to listen but also

the courage to embrace constructive

criticism. Our community deserves

leaders with open minds and ears,

capable of discerning both positive

and negative feedback. Let us seek

leaders who prioritize the common

good over personal agendas and

possess the strength to bring us

our greatest strength. By actively

participating in the democratic

process and selecting leaders who

embody these qualities, we can pave

the way for a more cohesive and

In these challenging times, unity is

while

Effective leadership necessitates

confidently

I urge fellow community members

FNN 2/1/24

DEPARTMENT OF ENVIRONMENTAL **PROTECTION WATERWAYS REGULATION PROGRAM**

Notice of License Application Pursuant to M. G. L. Chapter 91 Waterways License Application Number 23-WW01-0127-APP Ray Charles Realty Trust NOTIFICATION DATE:February 7, 2024

Public notice is hereby given of the waterways application by Ray Charles Realty Trust to construct and maintain a pier, ramp and float and repair and

Join Local Republican Committee

It's a new year and time to make a difference. Start 2024 with a New Year's resolution to help create lasting change and join the Fairhaven Republican Town Committee. Our Committee slogan: "A republic, if you can keep it," was Benjamin Franklin's response in 1787 to the question: "Well, Doctor, what have we got, a republic or a monarchy?"

Our Committee encourages civic participation. We believe we are called to serve and participate as Americans. We exercise our Constitutional rights, most especially the five guaranteed in the first amendment, by our individual faith, by making our voices heard, by our peaceable assembly and by our petitions. The Fairhaven Republican Town Committee provides leadership by example: actively participating in Fairhaven's personal government, showing responsibility by voting, campaigning for important issues, serving as candidates for office or, supporting those with the courage to do so.

Our Committee achievements in 2023 demonstrated our Republican values in action.

- Committee member Daniel Lopes was elected to Board of Public works in the 2023 Fairhaven Town election
- Committee members John Pond continues his service on the

maintain a stone/concrete seawall and to maintain stone armor at 162 Main Street, in the municipality of Fairhaven, in and over flowed tidelands of Acushnet River. The proposed project has been determined to be water-dependent.

The Department will consider all written comments on this Waterways application received within 30 days subsequent to the "Notification Date". Failure of any aggrieved person, municipality or group of ten citizens or more, with at least five of the 10 residents residing in the municipality(s) in which the license or permitted activity is located, to submit written comments to the Waterways Regulation Program by the Public Comments Deadline will result in the waiver of any right to an adjudicatory hearing in accordance with 310 CMR

From our readers

Sustainability Committee, and Kim Hyland on the Board of Registrars

- Shared and promoted our Committee's efforts and conservative values and through local news outlets and attending area events
- Made significant contributions to the ballot initiatives signature gathering for Voter ID and Legislative Audit ballot questions
- Assisted in establishing new Town and Ward Committees in our district. New Bedford Ward 3 has filed a Statement of Organization.
- · Created unity across the Southcoast district by promoting and attending local Republican Town Committee meetings and events. Wonderful new associations and sincere friendships have developed within the RTC communities of Westport, Fall River, Dartmouth, New Bedford, Fairhaven, Mattapoisett, Marion, and Rochester
- Hosted a summer Campaign "Kick-Off" and nomination signature collecting event for the Second Bristol and Plymouth District State Committee Man and Woman elections in March 2024

Please consider joining us. You are not alone.

Let's create change...together.

Cheers, Bob McConnell, Fairhaven RTC Chair

Unity is Our Greatest Strenath Readers, As we approach election

Jessica Fidalgo, Fairhaven

resilient community.

One more week to get nomination papers in Fairhaven

The Select Board race in Fairhaven continues to heat up with six people having pulled papers for two seats as of press time.

Nomination papers for all townwide elected positions and Town Meeting are available in Fairhaven until Thursday, 2/8.

Town-wide offices require 50 signatures; town meeting requires 10 signatures from the precinct in which you are running.

Call the town clerk's office, 508-979-4023, ext. 3, for more information on how to run for office in Fairhaven.

The election will be held on Monday, 4/1/24. Polls will be open from 10 a.m. to 8 p.m.

Six people have now taken out papers for Select Board, with the addition this week of JP Lemieux. In addition to Mr. Lemieux, Patrick Carr, Donna McKenna, Cathy Melanson,

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HAVE A BUSINESS TO PROMOTE? Place a classified ad! Only \$7 for three lines, \$1 each additional line. Call Beth at 508-979-5593.

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Replace your old alarm system with a new system for as little as \$299 Complete FREE ESTIMATE: 508-992-7633

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FOR RENT

APARTMENT in New Bedford, Carter Brooks School area. One bedroom. Large LR, large kitchen, large BR, walk-in closet, W&D. \$1550/month includes all utilities/cable TV. Ideal for retired person. Call 508-542-1650.

HELP WANTED

JANITORS/CUSTODIANS Custodians needed in a variety of settings, including offices, light manufacturing facilities, etc. Duties include dusting, mopping floors, cleaning restrooms, emptying trash, and other tasks as necessary. Full and part time positions available. Five days/week, day shift; and five days/week evening shifts available. Call Cyclone Cleaning Services, 508-995-8816 or 508-400-4494.



New Bedford? Now Hiring Captains for the 2024 Season Must be USCG licensed or ready to test, some support available for great candidates Subject to Random Drug Testing Boat Handling Skills a plus Professional, Friendly & Enthusiastic Manner This is a Fun and Satisfying Job! Contact Us: info@newbedfordharbortours.com

FRANKIE: cont'd from page 10

© 2023 Geneva Woodruff Comments and letters can be sent to Frankie at dearfrankiecolumn@gmail. com. The Fairhaven Neighborhood News publishes the Dear Frankie column. To receive a free online subscription, readers can email neighbnews@comcast. net, request their name be added to the email list or visit www.neighbnews. com to read the paper online or to download the latest issue. ALL PHASES OF CARPENTRY Windows, doors, decks. Small jobs, big jobs. Free estimates. Call Dave, 508-971-0929.

> HOUSE CLEANING Experienced cleaner, \$15/hour Call 508-991-1104

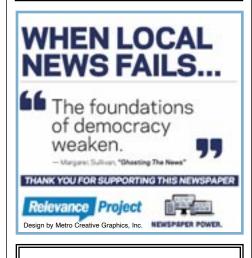
LOCAL ELECTRICIAN: 28 years' experience. Lic. #13901A. Small jobs preferred. *Old houses a specialty.* Generator hook-ups. Eric, 774-849-0425.

FIREARMS SAFETY COURSE State approved for Mass. license to carry firearms or FID card. Call Phil Lacerda, 508-989-6093.

GT CARPENTRY Exterior, interior painting and repairs, sheetrock, siding, yard cleanup. Call George, 774-810-5008.

BEGINNER DOG OBEDIENCE TRAINING New class starts Feb 21, 2024 The Wampanoag Kennel Club, 1121 Main St. Acushnet. \$125 for 8 weeks. Call/text 508-858-9962

Public Auction at Devon Self Storage at (16 Lambeth Park Rd Fairhaven, MA). The Property contained in the units will be sold to satisfy the Owner's lien for rent under the Massachusetts Self Storage Facility Act. Property contained in the units will be sold to the highest bidder via an online auction on www.storagetreasures.com. Online bidding will begin on 2/12/24 at 10 AM and will continue until 2/26/24 at 10 AM. Devon Self Storage reserves the right to set minimum bids and to refuse bids. Please refer to www.storagetreasures.com for all other terms and conditions governing the bidding and auction process. A069 FREDRICK KELLY TOTES/BOXES C052 JOSEPH BOOKER BOXES M6 BRADFORD BARITEAU DECORATIONS/SIGNS/BICYCLES



Don't forget to tell our advertisers you saw their ads in the Neighb News!

Upcoming Meetings

Fairhaven Board of Appeals

Board Of Appeals Tues., 2/6, Town Hall, 6 p.m.

Board of Public Works Mon.. 2/5, Arsene St., 6 p.m.

Commission on Disability Thurs., 2/8, Town Hall, 6 p.m.

Conservation Commission Mon., 2/5, Town Hall, 6 p.m.

Financial Policy Review Thurs., 2/1, Town Hall, 5:30 p.m.

Marine Resources Comm Thurs., 2/1, Town Hall, 7 p.m.

School Committee Wed., 2/7, Media Ctr/Lib., 6:30 p.m

Select Board Mon., 2/12, Town Hall, 6:30 p.m.

Acushnet Selectboard

Tues., 2/6, Town Hall, 4 p.m.

Board of Appeals Tues., 2/20, Town Hall, 6:30 p.m.

Board of Assessors

Wed., 2/7, Town Hall, 4 p.m.

TIDE TABLE

US Army Corps of Engineers, Cape Cod Canal/Piney Point

Feb. 2024		H a.m	IGH . p.m.	LO' a.m.	W p.m.
Thursday	1	0004	1224	0504	1716
Friday	2	0054	1314	0601	1810
Saturday	3	0144	1405	0707	1911
Sunday	4	0237	1504	0809	2009
Monday	5	0341	1613	0913	2110
Tuesday	6	0444	1712	1024	2216*
Wednesday	7	0536	1801	1123*	2318*
Thursday	8	0623	1847		1213*
Friday	9	0709	1935	0014*	1302*
Saturday	10	0758	2026	0112*	1353*
Sunday	11	0848	2116	0211*	1440*
Monday	12	0937	2205	0303*	1522*
Tuesday	13	1027	2257	0349*	1602*
Wednesday	14	1120	2353	0435*	1644*
Thursday	15		1218	0530*	1735*
Friday	16	0051	1315	0702	1845
Saturday	17	0148	1413	0910	2005
Sunday	18	0247	1518	1035	2231
Monday	19	0356	1630	1135	2336

*= Predicted minus tides from -0.1 ft. to -1.0 ft **Predicted minus tides from -1.1 ft to -2.0 ft or more

Introducing Southcoast Holistic Group

Press Release

We are a collaborative group of established healthcare practitioners who specialize in whole health interventions to balance Body. Mind. & Spirit for optimal health and wellness.

Located at 78 Middle St in Fairhaven, MA, our practice includes:

Elaine Vercellone is a Certified Meditation Reflexologist and Reflexology Instructor. is an alternative medical practice which involves the application of pressure to specific points in the feet, ears, and hands. Reflexology can boost circulation, reduce stress and tension, as well as aiding the body and mind in healing. Treatments are accompanied by warmth and meditation, along with "TLC", sprinkled with a dose of love.

Elaine can be reached for appointments by text or by calling: 201-388-0225. Questions? You can also contact her at: reflextobalance@ gmail.com.

Janice Gagnon-Warr is a Board Certified Psychiatric and Holistic Registered Nurse, Healing Touch Certified Practitioner. Certified Clinical

Aromatherapy Practitioner and Instructor, Certified Polarity Therapist and Meditation instructor. She provides transformational healing sessions for the management of life transitions, acute and chronic pain and stress, and addiction recovery support.

Call or text Janice at 508-308-4356; www.JaniceGagnon-Warr.com

Katie Brown. PMHNP, is а Psvchiatric Mental Health Nurse Practitioner. Her clinical practice includes comprehensive assessments, evaluations, medication management and supportive psychotherapy for adults.

Self-scheduling at Katie's website: www.PeaceofMind WellnessMA.com Call or text Katie at 774-320-4141 with any questions.

Check out our ongoing classes and frequent "pop-up" events featuring local holistic practitioners & free giveaways, certification classes. events, and "like us" on Facebook @ Southcoast Holistic Group, and Instagram! Gift Certificates are also available for that special someone.



L-R: Katie Brown, Janice Gagnon-Warr, and Elaine Vercellone of Southcoast Holistic Group, a collaborative healthcare group specializing in whole health interventons. Submitted photo.



1/16 page One week run: \$26.00 4+ weeks: \$22.00/week (\$884/month) Color: \$148/mo.

1/8 page One week run: \$45.00 4+ weeks: \$32.00/week (\$128/month) Color: \$188/mo.

1/4 page One week run: \$77.00 4+ weeks: \$54.00/ week (\$218/month Color: \$336/mo.

1/2 page vert. or hor. One week run: \$130.00 4+ weeks: \$107.00/ (\$428/month)

One week run: \$235.00

4+ weeks: **\$180.00/week** (\$720/month) Color: \$960/mo.

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