

November 2009

## Stepping Up to the Plate

The Eastern Nazarene College 2009 Warren Business Forum presents Stepping Up to the Plate: The Journey Towards Becoming Leaders of Character. Featuring David Howard, Executive Vice President of Business Operations for the New York Mets. Thursday, November 12 at 6:30 p.m. at the Commons Mann Student Center, 23 East Elm Avenue. For more information, visit [www.enc.edu](http://www.enc.edu).

## Abigail in Perspective

Quincy Art Association and Quincy Historical Society are co-sponsoring an exhibit of original art inspired by Abigail Adams. More than 30 works in various media by area artists will be represented. The opening reception will be held on Wednesday, November 11 from 7:00 p.m. - 9:00 p.m. at the Quincy Historical Society - Adams Academy located at 8 Adams Street in Quincy. For more information, call the Historical Society at 617-773-1144.



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## Healthy Weekly Dinners - Fast!

**Wednesday, November 11th at 6:30 p.m.**  
**Fruit Center Marketplace, 10 Bassett Street, Milton**  
**Fee: \$10**

This is a timely talk for those on the go! Learn quick ways to ensure you have a perfectly balanced meal every evening. Dr. Ann will

## Employer Forum

Need to make your business more competitive in this economy? Join the Quincy Career Center for a seminar on the Workforce Training Funds available to businesses in MA. Guest speaker will be Michael Corcoran, Supervisor of Operations, Workforce Training Fund. The event will be held at the Quincy Career Center, 152 Parkway, on December 9 from 9:00 am - 10:15 am. Seating is limited, please call Laura Hoitt at 617-745-4066 to reserve your space and for more information.

## Online Lily Sale!

Clifford's Flowers is having a special online lily sale! Purchase a gorgeous lily for just \$29.95! Visit them online at [cliffords.com](http://cliffords.com)

**Clifford's Flowers**  
**1229 Hancock St.**  
**& 216 Ricciutti Drive**  
**(617) 479-8884**

## Captain Fishbones Helps Cradles to Crayons

When you bring in any gift of children's gloves, hats, or pants, you can order one item from Captain Fishbones dinner

first explain the importance of certain ingredients in our everyday diet. Then Jenei Ocean will be cooking up some delectable favorites! Contact Mike Dwyer at the Fruit Center Marketplace to reserve your spot: (617) 696-5274.



## Prism Energy Services on the Move!

Prism Energy Services will be moving to a new location at 1150 Hancock Street where their growing staff will be conducting business in new expanded digs, renovated using recycled cubicles with carpeting, energy efficient lighting, and low VOC paint. "Being Seen as Green" continues to be the forefront of Prism Energy Service's mission. By creating environmentally friendly office surroundings, Prism will be keeping over 3,000 pounds of waste from entering landfills and polluting the environment. Visit Prism Energy Services at [www.prisiconsultinginc.com](http://www.prisiconsultinginc.com).

## Edible Arrangements Celebrates 5th Anniversary!

Arthur Romanov and Irina Salgan recently celebrated five fruitful years in Quincy! On hand to congratulate them were Mayor Thomas P. Koch and Dean Rizzo - Quincy 2000 Collaborative.

**Edible Arrangements**  
1247 Hancock Street  
[Visit them online!](#)

*Pictured left to right: Dean Rizzo - Quincy 2000, Shari Valentin - Customer Service Supervisor Edible Arrangements, Arthur Romanov - Owner Edible Arrangements, Mayor Thomas P. Koch, Irina Salgan - Owner Edible Arrangements.*



selections and get a second one of equal or lesser value for free!

**Captain Fishbones**  
332 Victory Rd.  
Marina Bay  
[Visit our website!](#)

### G.I. Ginger Betty's Foundation

The great charity work of Beth Veneto and the G.I. Ginger Betty Foundation came to the attention of the Employer Support of the Guard and Reserve, who recently honored Ginger Betty with the prestigious Seven Seals Award. Click [here](#) to view a clip about the award from Plymouth Rock Studio's "The Series".

### An Afternoon of Music and Song

The First Church of Christ, Scientist, Quincy is celebrating their 90th anniversary as part of the Quincy community. Join them on Saturday, November 14 at 20 Greenleaf Street from 3:00 p.m. - 4:30 p.m. for an afternoon of song and music featuring their Skinner Organ, guitar and piano. Light refreshments will be served.



### Introduction to Green Building

We've all heard the term "green building", but what exactly does it mean? What issues are

## Quincyopoly Board Game for Sale!

The Quincyopoly Board Game will be on sale starting on November 18 at the Training Resources of America offices located at 1458 Hancock Street, 2nd floor. The cost is \$25 per game and proceeds from the sale of the game go to support YouthBuild. (Checks and cash only!) For more information, contact Suzanne Stewart at 508-797-0060 or visit [www.tra-inc.org](http://www.tra-inc.org).



## You Can Be a "House and Home" Featured Guest!

WEZE 590am is looking for featured guests for their "House & Home" program! If you or your business provides a product or service that is related to a "house and home", you can be a part of this public service program hosted by Carol Austin. It is a weekly 1/2 hour show airing on WEZE 590am at 6:30 a.m. and 2:30 p.m. each Saturday. "House and Home" provides a service to their listeners by giving you the opportunity to tell them all about your area of expertise! It's free and it's easy to be a part of the show. Simply call or email Pat Ryan, General Manager at 617-691-2521 or [patr@salemradioboston.com](mailto:patr@salemradioboston.com) and you'll be contacted and scheduled to come to their Marina Bay studios to be a featured guest!



## Feed the Hungry with Holiday Soul

This holiday season, Interfaith Social Services invites you to join them to help "Feed the Hungry" with a night of Holiday Soul at Lombardo's, Thursday, December 3, 2009 at 6:00 pm. There will be a reception, auction, elegant dinner and dancing to New England's high energy band, Souled Out. Tickets are \$65 and may be [purchased online](#) or by calling Rick Doane, Executive Director of Interfaith Social Services at 617-773-6203. Corporate sponsorship opportunities are also available.

## Hallowed Herbs Tea House

Hallowed Herbs Tea House is now selling their famous scones! They are a perfect and unique item to offer at your next business breakfast meeting. Also new to Hallowed Herbs, during the Sunday afternoon high teas you will be treated to the sounds of local

addressed by building green? Find out the answers to these questions and more at this free presentation by Patricia Burke, Quincy resident and Green Building Consultant at [The Green Roundtable](#). This presentation will be held in Quincy's newest green building, Quincy High School's Science and Technology Wing. It is open to the public. Adams Lecture Room, Quincy High School, Tuesday, December 8 from 7:00 pm - 8:30 pm

Quincy Park Department's Environmental Treasures Program Presents:

*Geology of Squaw Rock with Les Tyralla, Registered Geologist*

This free tour will look at the ancient bedrock exposed as well as more recent glacial features. Bring binoculars if you have them as you may also see some harbor seals or interesting birds. Saturday, November 14 at 2:00 p.m. (rain date: 11/15 at 2 p.m.) Meet at the parking lot by the Nickerson Post. For more information, call 617-472-0799.

Explore Fascinating Sites in West Quincy

This free tour, conducted by Stephen Cantelli, will explore several fascinating sites in West Quincy: the remains of the first operational blast furnace

musicians! It is a wonderful way to spend some time with friends and families during the upcoming holiday season. By reservation only.

**Hallowed Herbs Tea House**  
25 High School Avenue  
(617) 479-2259



## SuperFitness Offering Free Health & Fitness Screenings

To introduce their Medical Fitness Program, Super Fitness will begin free community health and fitness screenings on Saturdays from 10 AM to 2PM. The free screenings will be offered Saturdays from November 21st through December 19th. In addition to blood pressure and fitness screenings, the public can meet with one of our medically trained exercise physiologists. Their medical fitness program includes clients with diabetes, post cardiac and surgical rehabilitation, along with obesity or needing simple weight loss. Walk-ins are welcome, or for an appointment call (617) 770-1115.

SuperFitness is also hosting a Holiday "Last Minute Shopping" Fair on Saturday, December 19th from 9:30 AM to 2:30 PM. They are looking for Q2000 members to participate and display gifts of goods and services to sell to their members and guests that day. There is no charge for Q2000 members to participate! For info, call Shelly at (617) 328-3314.

**SuperFitness**  
150 Parkingway  
617-770-1115  
[www.teamsuperfitness.com](http://www.teamsuperfitness.com)

in our country, a monument to Solomon Willard, the architect of the Bunker Hill Monument, and a cemetery that includes the gravesites of Civil War heroes, a famous boxer and more. Meet in the parking lot of St. Mary's Church, 115 Crescent Street at 1:00 p.m. on Saturday, December 5. Rain date is Dec. 6 at 1:00 p.m.



Birthplace of the American Dream

Be sure to visit [discoverquincy.com](http://discoverquincy.com) for a complete listing of what's happening in Quincy!

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