

Wes Welker Signed Mini-helmet Contest

This Saturday, January 14th, Tim Tebow and the Denver Broncos will come to Gillette Stadium and take on Tom Brady and the New England Patriots. To celebrate the success of the New England Patriots, New Bedford Guide will be giving away a signed Wes Welker mini-helmet certified by JSA to one lucky winner. This helmet is certified and comes with a certificate of authenticity (see photo).



Contest Details

The Wes Welker signed helmet will go to the person who can guess the combined score of the Denver broncos and New England Patriots match-up and Wes Welker's total receiving yards. For example, if the Patriots win 26 -10 and Welker gets 91 receiving yards, the combined score (36) and receiving yards (91) would be 127. The person that guesses the exact combined total will win the Welker signed helmet. For a tie-breaker also post how many passing yards Tom Brady will throw.

If the Patriots win and no one guesses the exact score we will run the contest again the following week until the Patriots either lose or win the Superbowl. If the Patriots lose or win the Superbowl, we will take the person with the closest guess and award them the helmet. Your guess must be posted by 7:30pm EST on 14 January, 2012

How to Participate

1. Post your combined prediction (total combined game score

+ total Wes Welker receiving yards) in a comment to this **Facebook photo and "Like" the Photo**. One guess per person! Also, post how many yards Tom Brady will throw in the game. In the event of a tie, the person that comes to closest will win the helmet. An example post would be, "I guess 155 and Brady will throw 350 passing yards."

2. To gain an extra 5 points (plus or minus) on the combined prediction total, share this article or photo on your Facebook wall. For example, if you guess 100 and the final point total is 97, you will be the winner (or go to the tie break if more than person wins). Post in your response that you shared the article. You will need to prove that you shared the article. This extra 5 points does not count towards Tom Brady's passing yards. To confirm these points, we must be able to publicly see that you shared the article on Facebook or see proof in person.

Rules

- You must be a New Bedford Guide Facebook fan.
- You must "like" the image on Facebook and post you guess as a comment to the image.
- One guess per person
- Your guess must be posted by 7:30pm EST on 14 January, 2012.
- There is only one Wes Welker signed helmet and only one winner.
- If you can't pick up the prize, we will mail the item with delivery confirmation, but we are not responsible for it being lost in the mail. If the delivery confirmation shows it was delivered to the address, we will not be responsible for any lost or damaged prize.
- Participation in this contest confirms you have read the rules.

Post your guess now and share this article. Good luck and go

Patriots!

What's "Best" for Diet and Exercise in 2012?



by
Franny
Goodrich

Funny you should ask. Here's my 2012 "Best List" of everything that matters:

The Best Muscle Building Workout?

Brief, infrequent, high-intensity weight-training workouts continue to be the most scientifically supported muscle-building strategy. It's a hard pill for my muscle-head friends to swallow, but the 30-minute/one-set per-exercise training protocol simply makes the most sense, produces the best muscle-gains, and is the least likely to cause long-term, over-use joint injuries.

The Best Weight-loss Workout?

When "weight-loss" is one's primary goal, the best exercise strategy often comes down to just "moving more." It bears mentioning that effective weight-loss has more to do with eating-habits than any exercise routine. Brisk-walking sessions, more intense cardiovascular-type training, and even weight training, can all can play an effective role in a

successful weight-loss strategy. However, if you're obese and it's mainly due to an overly sedentary lifestyle, the best weight-loss workout is to just move more. Begin by simply finding ways to add more movement to your day.



"Effective weight-loss has more to do with eating-habits than any exercise routine."

The Best Sports Supplement?

Uhg, do I really have to go there? I would rather say they ALL suck, 'cause they mostly do nothing. However, if I had to choose one, "Creatine" actually has some scientific evidence backing its effectiveness. That said, it should hardly be expected to work magic. The theoretical improvement on short burst of energy-output is only incremental. It will NOT add 50 lbs. to your bench press or 30 lbs. of muscle to your physique. Stop dreaming!

The Best Diet Strategy?

"Portion Control" will always be the most practical and most sensible dieting strategy. It's probably not, "what" you eat that has you packing on the pounds, but instead, "how much" you eat. Learn to eat "any" food in sensible amounts and you won't have to give up bacon or hot fudge sundaes. Portion Control makes weight-loss a breeze. Stop torturing yourself with overly restrictive n' dumb diets.

The Best Overall “Body Makeover” Strategy?

“Smart Exercise and Sensible Eating” (See above). Yes, it is just that simple. Nonetheless, few people actually use this strategy, mostly because they’re too lazy and too busy looking for a short cut. This is the reason the weight-loss and fitness industry is a multi-billion dollar business. There’s a “sucker” born every minute. In 2012, don’t you be one.

The Best Commercial Dieting Plan?

Again, I don’t feel they are necessary, but if I had to choose one, I would conclude that “Weight-Watchers” makes the most sense. The eating program is nutritionally sound, the least restrictive, relatively inexpensive, and the “support meetings” work for many folks.

The Best Gym to Join?

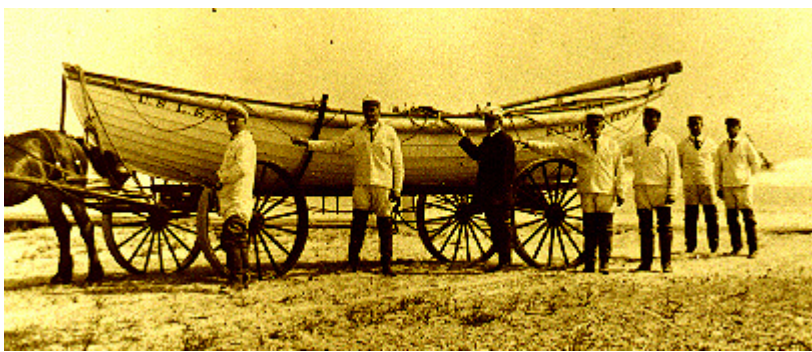
This is a bit tricky, but in my opinion and experience I’d give this advice: If you are an “experienced” workout enthusiast – needing NO instruction or guidance, and are not likely to succumb to high-pressure sales tactics on supplements and useless, mostly under-qualified Personal Trainers, I’d have to say that the “big box” chain gyms are hard to beat. For about \$10/month you often get hundreds of thousands of dollars’ worth of the best exercise equipment money can buy, and plenty of it. Additionally, these-type clubs are often open 24/7.

If you are more of a “novice” or workout beginner, you may find your locally own neighborhood gym more suitable. The owner is usually on-hand and customer service can be much better and more personal. You can usually get some free workout advice regarding the “basics” of exercise from the owner, gym-manager, or what is generally a friendlier clientele-base. The one caveat; there “are” exceptions to EVERYTHING I just said. Trust your gut whenever you “checkout” a new gym – because it’s usually correct.

The Best Source of Weight-loss and Exercise Information?

Why it's the incredibly informative and unbiased book, "Diet, Exercise, & Weight-Loss BullShit- Exposed!" By Franny Goodrich, of course. Did you really expect a different answer?

Storm Warriors Film Showcases America's Early Coast Guard



The Dock-u-mentaries film series continues Friday, January 20th at 7pm with STORM WARRIORS: THE STORY OF THE U.S. LIFE SAVING SERVICE. The 55 minute

film, tells the dramatic story of shipwrecks and rescues in America's early Coast Guard, the United States Life Saving Service.

According to the Third Wave Films web site, "These heroes of the surf used iron courage and super-human efforts to rescue ship wreck victims. Their story is told through the imaginative use of a re-created rescue, archival motion pictures, photographs, and interviews with historians. Viewers learn how and why the Life-Saving service was formed, methods they used for rescue, and of outstanding men like Joshua James and Owen Chase. Noted authors Ralph Shanks and Wick York appear in the film with Life-Saving Service historian Maurice Gibbs. Shot on location in seven states, the film captures the national significance of this great humanitarian organization."

Local history buffs will be interested to note that the Coast

Guard Academy got its start in New Bedford in 1877 with the Revenue Cutter School of Instruction located at the north end of Fish Island.

Dock-U-Mentaries is a co-production of New Bedford Whaling National Historical Park and the Working Waterfront Festival. Films about the working waterfront will be screened on the third Friday of each month beginning at 7:00 PM in the theater of the Corson Maritime Learning Center, located at 33 William Street in downtown New Bedford. All programs are open to the public and presented free of charge.

The Working Waterfront Festival is a project of the Community Economic Development Center of Southeastern MA, a non-profit organization. The FREE festival, a family friendly, educational celebration of New England's commercial fishing industry, features live maritime and ethnic music, fishermen's contests, fresh seafood, vessel tours, author readings, cooking demonstrations, kid's activities and more. It all takes place on working piers and waterfront parks in New Bedford, MA, America's #1 fishing port, on the last full weekend in September, this year on September 24 and 25. www.workingwaterfrontfestival.org.

Annual Martin Luther King, Jr. Day of Remembrance Celebration



New Bedford's 2013 event
details: <http://www.newbedfordguide.com/new-bedford-martin-luther-king-jr-day/2013/01/15>

Mayor Mitchell is pleased to join with the Greater New Bedford Area Dr. Martin Luther King, Jr. Committee in welcoming the public to attend the "Annual Dr. Martin Luther King Jr. Day of Remembrance Celebration." The Celebration will be held on Sunday, January 15, 2012 at 3:00pm at Tifereth Israel Congregation, 145 Brownell Avenue, New Bedford.

"This is an important day for our city and I encourage everyone to attend the Celebration and take advantage of the opportunity to reflect on Dr. King's message of peace and unity," said New Bedford Mayor Jon Mitchell.

Dr. King was an integral part of the Civil Rights Movement which laid the foundation for the equality of treatment and opportunity enjoyed in America and around the world today. Though he was assassinated in 1968, Dr. King's dream lives on, touching the hearts and minds of people throughout the world.

The theme for the 2012 Dr. Martin Luther King, Jr. Day of Remembrance Celebration is "*A Stone of Hope*" inspired by the MLK memorial recently dedicated in Washington D.C. The Committee will incorporate special features of the memorial within the program. The keynote speaker this year is Congressman Barney Frank, an influential legislator who represents New Bedford and was first elected to the United

States House of Representatives in 1980. Congressman Frank recently announced that his current term will be his last term in office.

The program will also include performances by the Carney Academy and Betsy B. Winslow School Chorus and the New Bedford Public Schools Marching Band. Also scheduled to perform are Miss New Bedford 2012 – Marlena Johnson, Lavalley “Chops” Turner and extraordinary vocal talent and recording artist Sririam of Berklee College of Music will make a special musical presentation.

Prior to the Celebration, attendees will gather in the Tifereth Israel parking lot at 2:30pm and will march into the building’s main entrance located on Hawthorn Street. The procession will be led by the New Bedford High School Marching Band.

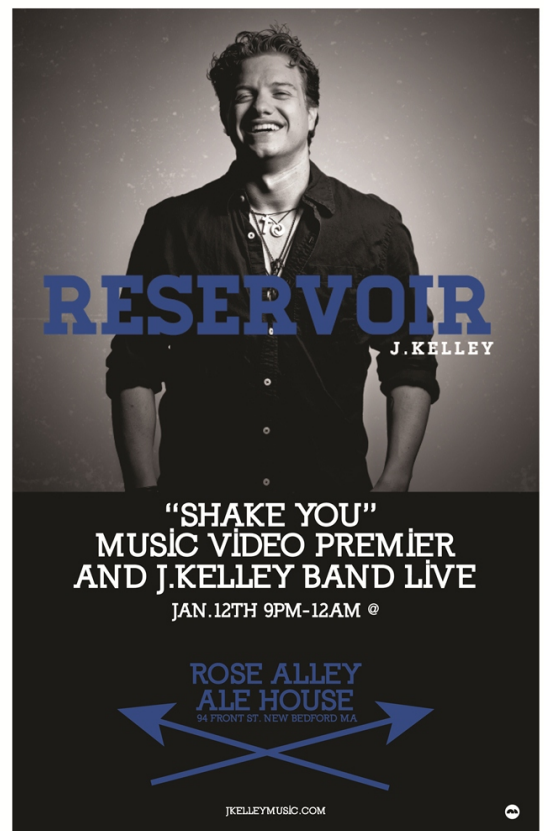
Members of the MLK Program Planning Committee include representatives of New Bedford Branch of the NAACP, the Human Relations Commission, the City of New Bedford, Grace Episcopal Church, Bethel AME Church, New Bedford Public Schools, Tifereth Israel Congregation, Our Lady of Guadalupe at St. James, and the Jewish Federation of Greater New Bedford.

Members of the MLK, Jr. Service Planning Committee include the New Bedford Branch of the NAACP, The Human Relations Commission, The City of New Bedford, Grace Episcopal Church, New Bedford Public Schools, Baha’i Faith, Tifereth Israel Congregation, The Jewish Federation and Our Lady of Guadalupe.

For additional information visit the City website at www.newbedford-ma.gov or contact Marci Pina-Christian or the City of New Bedford Human Relations Commission at (508) 979-1464.

J.Kelley Band “Shake You” Music Video Release Party (12 Jan)

After months of planning, hard work, and several casting calls for lead roles and extras, the J.Kelley Band’s “Shake You” music video is finally ready to be released for public viewing at Rose Alley Ale House (94 Front St., New Bedford). The music video was shot in downtown New Bedford at the Waterfront Grille, Candleworks Restaurant, Rose Alley Ale House and in the Chippi Mobile.



The J.Kelley Band will play from 9pm-12am with the premier of the music video at 11pm. A teaser of the Music Video can be seen on YouTube and Facebook. A Facebook event has been created [here](#).

“Shake You” is one of the featured songs on the band’s new CD titled “Reservoir.” Copies of Reservoir will be available for for \$10 at the event, and on iTunes and CD Baby shortly after. The music video will then be released on the J.Kelley Band YouTube Page, where the band hopes to get hundreds of thousands of views through marketing and promotion.

Several \$25 Rose Alley Ale House Gift cards and tons of Miller Lite prizes will be given out throughout the night. The \$25 gift cards will go to three lucky fans that check-in to Rose Alley on Facebook when they arrive.

Behind the scenes of Shake You:

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Adaptive Baseball for the Blind



The beep ball makes a noise and all batters wear a blind-fold.

by Bob Branco

When I was at the Perkins School for the Blind, I participated in several sports, including bowling and baseball. Forty years ago, baseball was not adaptable for the blind the way it is today, so the children at Perkins played regular baseball. The pitcher would throw the ball to home plate on a bounce, and as soon as the batter heard the bounce, he swung. When the player ran the bases, he would be called to the next base if he

couldn't see where he was going. I felt at the time that the game was well suited for someone blind or visually impaired, because of all the assistance we received by our fellow playmates and staff members.

Under those circumstances, I would feel the same way today about regular baseball. Having said that, a new form of baseball was invented exclusively for the blind. The new game, known as Beep Ball, is similar to regular baseball in some ways, but it also had different rules designed to make the game more convenient for blind participants.

First of all, the ball is slightly bigger than a regular baseball, and when not in use, has a wooden pin inserted inside. When the ball is ready for use, the pin is removed, allowing the ball to release a loud continuous beeping sound. With this sound, everyone in the game has a better idea of where it is. As the ball continues to beep, fielders can locate it easier, and the batter knows when it's being thrown by the pitcher, given him an opportunity to hit it. In Beep Ball, players do not run the bases the way they do in regular baseball.



Beep ball bases are touched and there are only two of them. The batter must reach a base before a fielder gets the ball.

There are two bases, one where third base normally is, and one where first base normally is. Each base makes a sound, and someone will activate it when the ball is hit. If the ball is hit toward third, the base is activated, and the base runner would head there. If the ball is hit toward first, then the runner would head for that sound. The object of the game is to reach your base, whichever one it is, before a fielder finds the ball. If the runner successfully reaches base, a run scores, and he/she then heads back to their bench.

The game has less rules than regular baseball. In other words, there are six fielders, and all they have to do is position themselves around the field to find the ball before a batter reaches his destination. If the fielder locates the ball first, it's an out. There are still three outs in an inning of Beep Ball.

In 2001, I had the pleasure of managing a Beep Ball team in New Bedford, and we played a few games against other teams throughout the state. I found it to be quite a learning experience, although not difficult. In case you didn't know, Beep Ball has its own World Series, so it is organized.

We should be grateful that many sports are adaptable for persons with disabilities, allowing us a chance to use our skills.

Here is a video example that showcases and explains Beep Ball.

White Spotted Bamboo Shark Hatches at Ocean Explorium

The Ocean Explorium is pleased to announce the arrival of a baby White Spotted Bamboo Shark. After approximately 100 days in the egg, this fully-formed young shark hatched Friday, January 6th.



“This is very exciting,” said Warren Gibbons, exhibit curator for the Ocean Explorium. “Volunteers and staff were the first to see the baby and we are all looking forward to more hatching in the next few days. There is significant activity within a few of the egg cases, indicating the babies are preparing to hatch.”

Mr. Gibbons added, “The young shark appears to be quite healthy. It breathes easily, moves along the bottom of its isolation tank, and is already eating.” The baby shark measures about six inches in length and displays faint bands of contrasting color which will darken with age.



The egg-laying White Spotted Bamboo Shark is one of three species exhibited in the Ray and Shark Touch Tank within the Ocean Explorium; other species include the Atlantic Stingray and Cownose Ray. In addition, a Scallop Touch Tank and Rocky Shore Touch Tank permit visitors

to interact with sea life.

The Ocean Explorium, located at 174 Union Street in Downtown New Bedford, is open Thursday through Sunday, 10:00 am – 4:00 pm, and is handicap accessible through the building's rear entrance.

New Bedford's 2012 Moby Dick Marathon

The New Bedford Whaling Museum will host the 16th Annual Moby Dick Marathon from 6-8 January. Full schedule below. The marathon will last for 25-hours with other activities including a performance by the critically acclaimed American tenor, Jonathan Boyd. Admission to the marathon is free.



Friday, January 6

- 5:30pm: Ticketed buffet dinner and cash bar, Jacobs Family Gallery.
- 7:15pm: Public lecture, "Moby-Dick in American Popular Culture," with Dr. Timothy Marr, Cook Memorial Theater.

Saturday, January 7

- 10am: Stump the Scholars II, Cook Memorial Theater.
- 11:30am: Moby-Dick "Extracts," Bourne Building.
- 12:00pm: Moby-Dick Marathon begins, Bourne Building.

- 1:30pm: Chapters 7– 9 in the Seamen’s Bethel with tenor Jonathan Boyd.
- 2:30pm: Marathon continues, Jacobs Family Gallery.
- 3-5pm: Chat with a Melville scholar, Wattles Family Gallery.
- 3-5pm: “Imaging Moby!” tour with Dr. Robert Wallace, Centre Street Gallery.
- 7pm: Chapter 35 to Chapter 40. “Midnight, Forecastle” performed by Culture*Park, Cook Memorial Theater.
- 8pm: Marathon continues, Jacobs Family Gallery.

Sunday, January 8

- 1pm: Marathon concludes with the Epilogue.

South Coast’s Favorite Places to Eat in 2011



No Problemo in downtown New Bedford topped our list with 428 votes, nearly twice as much as the second place finisher Antonio's Restaurant.

In May of 2011, we asked New Bedford Guide Facebook fans what their favorite places to eat were in the South Coast. We started with a list of a dozen restaurants and the list grew to a 100 total entries with 3,184 total votes. You can view the results [here](#). Here is a list of the top 10 restaurants in order of most votes.

No Problemo (428 Votes) – 813 Purchase St, New Bedford

Antonio's Restaurant (226 Votes) – 267 Coggeshall Street, New Bedford

Riccardi's Restaurant (187 Votes) – 38 Sconticut Neck Road, Fairhaven



Riccardi's Restaurant finished third and the top Fairhaven/non-New Bedford Restaurant.

Gary's Best Hot Dogs (135 Votes) – 958 Ashley Boulevard, New Bedford

Not Your Average Joe's (121 Votes) – 61 State Road, North Dartmouth

Freestone's City Grille (105 Votes) – 41 William Street, New Bedford

Pa Raffa's (104 Votes) – 2857 Acushnet Avenue, New Bedford

The Pasta House (97 Votes) – 100 Alden Road, Fairhaven

Ma Raffa's (75 Votes) – 85 Rockdale Avenue, New Bedford

Turk's Seafood (60 Votes) – 83 Marion Road, Mattapoisett

What are your favorite places to eat? Leave us a comment!

New Year, More Yoga



by Pam
Teves

With a new year comes new resolutions. Hopefully, one of your resolutions is to do more (or start) yoga! If your not sure where to start here is information on a few different yoga style options that are offered around the South Coast area.

Hatha Yoga – This slow, conscious practice emphasizes breath and a long hold in poses. This yoga style is perfect for beginners. Typically, a Hatha class starts with a longer meditation or relaxation period compared to other yoga practices. It will stretch and lightly twist its way into a full practice.

Vinyasa Yoga – Vinyasa takes the basic Hatha practice and incorporates movement to breath. This style is still a great introduction for beginners who want to break a sweat and feel great after practice. A Vinyasa class will incorporate Sun

Salutations and breathing techniques, along with other pose-series that the teacher will create.



Power Yoga – This is like the Vinyasa practice, but sometimes includes a bit more muscular endurance. A power yoga class usually will have flow posture series, and then incorporate other muscle conditioning moves (crunches or extra

chattarungas). Along with focusing on your breath, a power class is perfect for those who want to have fun, break a sweat, and feel they deserve the savasana (a relaxing posture intended to rejuvenate body, mind and spirit) at the end. Power classes are for all levels of yoga students.

Finding the right class for you is the best way to keep up your yoga practice. I encourage everyone to take classes in all styles and with as many teachers as possible. Finding what makes you happy, and feeling accomplished, will keep you on track and into those advanced poses before you know it. Check out the list of yoga studios and classes in the South Coast area.

For some basic yoga terms, be sure to check my last article Nama-whatta and read my other articles here.

Have any yoga questions? Please feel free to email me at southcoastyoga@gmail.com or check out my website www.southcoastyoga.net.