

“Yes You Can” Party for The Hoyt Foundation



Dick and Rick Hoyt

Team Hoyt is an inspirational story of a father, Dick Hoyt, and his son Rick, who compete together in marathons and triathlons across the country. Together Team Hoyt (facebook) founded The Hoyt Foundation, an organization that strives to help those who are physically disabled become active members of the community. I am asking you and your community to join us in spreading The Hoyt Foundation’s message: “Yes You Can!”

My name is Lindsay Wilkinson, I am a special education teacher for children with severe special needs and severe behavior issues. I recently graduated with a master’s degree in the field of Applied Behavior Analysis to further my knowledge of how I can help children with disabilities such as Autism. As an educator, I realize the limitations that children face on a daily basis – The Hoyt Foundation is dedicated to leveling the playing field for all, much like me. The Hoyt Foundation and I share an altruistic love for children and surpassing expectations... which is why I am running with them.



Training for a marathon will be a challenge, but it is nothing compared to the daily struggles that the physically disabled face every day of their lives.

Please join me in supporting the “Yes You Can!” message by coming to our, “Yes You Can... Party!” As a runner, I have committed to raise over \$4,500 to benefit the foundation. Your attendance at the party will guarantee a great time, and when you buy a ticket, your donation of \$20.00 will help those in need achieve their goals! The party will take place on Saturday, March 5th, at the Hawthorne Country Club in Dartmouth, MA. A DJ will be playing your favorite dance music, a cash bar will be set up, and a wonderful raffle is in the works! So far raffle prizes include a one-night stay plus dinner at the Marriott Hotel, gift cards to local restaurants and bars, a family membership to the New Bedford Ocean Explorium, a fabulous item from Contrary Boutique, gift baskets, Bikram Yoga gift cards, and a one month membership package from Howland Place Fitness Center! There will be even more prizes to come!

I hope to you see at the event! If you cannot make it and would still like to donate to this wonderful cause you can do so at www.firstgiving.com/lindsaywilkinson. Thank you everyone, and remember...YES YOU CAN!

The Beer Club Chronicles: Rose Alley Ale House



by Matt
Neumann

I've been intrigued by beer clubs ever since the night I sat inside that small bar near Battleship Cove and read through their beer club menu. Like everyone else, deep down, I want to be part of something fun. Furthermore, I love beer. I love drinking different types of beer, and I love being part of unique clubs. At the center of it all is an ale house located in the heart of downtown New Bedford: The Rose Alley Ale House.

Although its only been around a short time, Rose Alley has established itself as a mandatory stop on any night out in New Bedford. Their wide variety of beers, friendly bartenders, and delicious chicken wings are essential to anybody's downtown experience. All of these factors combine to make Rose Alley a great choice for the first installment of my *Beer Club Chronicles*, a multi-part series of articles dedicated to beer clubs in and around the South Coast area. Enjoy!



The Rose Alley Ale House

Beer Club Name: The Rose Alley Beer Summit

Location: 94 Front Street, New Bedford, MA

The Challenge: Drink 28 out of a possible 38 draft selections over 28 days. What's the catch? Rose Alley chooses the 28 you must drink, and you ONLY have the month of February to finish the challenge and become part of their exclusive club.

Cost: Entry is free. The only cost associated with this challenge is the cost of beer.

Types of Beer: Rose Alley includes a selection of all different styles and origins in the contest.

Membership Perks: All entrants receive a personalized t-shirt, plus a 25 oz. mug numbered according to how long it takes the person to finish the "Beer Summit." If you're looking for competition, look no further than the champion of last year's "Beer Summit," Trevor Carter. Trevor finished the summit in 4 days last year.



A selection of beer on tap at Rose Alley.

All mugs are personalized and handmade, and allow for entrants who complete the challenge to receive extra ounces when

ordering a beer over the whole year: eleven (11) ounces for the price of ten (10), eighteen (18) for the price of sixteen (16). Are you a real beer lover? Only participants in this challenge are eligible to take advantage of the huge and largely discounted 25 oz. pour!

Additional Info: Beers are rated by the drinker on a scale of 1-5 as they are checked off on their membership card. The highest rated beer goes on discount for the first week of March, which also happens to be Rose Alley Ale House's anniversary.

There you have it...the first edition of *The Beer Club Chronicles*. Be on the lookout for the next one, when I will be visiting another beer club at another bar in the area.

**A special thanks to Jordan Chabot, author of New Bedford Guide's Brewsletter, who is also the bar manager at Rose Alley.*

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New Age Gawain and the Green Knight at Artworks!

New Age Gawain and the Green Knight
~ A Mischievous Medieval Romp ~



Featuring Storyteller Diane Edgecomb
Accompanied by Margot Chamberlain on Celtic harp
January 22, 2011

Loosely based on the 14th century poem *Sir Gawain and the Green Knight*, Diane Edgecomb's comedic adaptation has New Age Arthurian knights running for their therapists faster than you can say "Litigation!" Celtic harper Margot Chamberlain provides an evocative background of original and traditional tunes as we take this fun-loving journey along the 'road less traveled by.'



Margot Chamberlain
(seated) and Diane
Edgecomb.


Diane Edgecomb is one of the most versatile voices in the storytelling movement today, known for the seamless way her performances weave together story and music. Diane has received three Storytelling World Honors Awards as well as a Year's Best Performance Award from the Boston Herald.

Margot Chamberlain studied piano at the Oberlin Conservatory and early music with Marleen Montgomery. She enjoys the wide range of expression, from earthy to ethereal, from mysterious to comedic, that the harp makes possible.

As a duo, Diane and Margot combine rich story material with carefully orchestrated underscoring of original and traditional music. They have been featured on National Public Radio as well as at theaters, coffeehouses, colleges, museums, and nature centers throughout the United States.

"A storyteller in the grand tradition, Edgecomb is a virtuoso of the spoken word... an entire cast rolled into one."
Publisher's Weekly

"National Public regulars Diane Edgecomb and Margot Chamberlain have elevated storytelling to mythic heights."
The Worcester Phoenix

ADULT OPEN MIC: Sign up for your eight minute (maximum)  turn at the mic beginning at 7:00 p.m. Share your own story, song, music, essay or poem.

DATE & TIME: January 22, 2011. 7:00 P.M. – 9:00 P.M. (Feature begins at 8:00 P.M.)

LOCATION: Artworks, 384 Acushnet Avenue, New Bedford, MA

ADMISSION: FREE (pass the hat for the featured performers)

AUDIENCE: 14 and older

INFORMATION: Email Karen Chace at storybug@aol.com or call Artworks at (508) 984-1588.

DIRECTIONS: <http://www.artworksforyou.org/hours.html>

Sponsored by Artworks! Partners for the Arts & Community
ArtWorks! is supported in part by the MCC ,along with individual members and businesses.

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Owner Spotlight: Destination Soups



by Matt
Neumann

Restaurant Name: Destination Soups

Location: 141 Union Street, Downtown New Bedford

Owner: Devin Byrnes

How long have you been owner of Destination Soups?

We opened our doors December 2008, so we just hit our two year birthday.

What did you do before owning Destination Soups?

I was a chef, and I've been working in restaurants for my entire adult life. Prior to moving back to New Bedford, I ran a kitchen in Manhattan for five years.



How would you describe the dining experience in your restaurant?

I would describe it as very casual, sort of "come-as-you-are." We let the food do the talking, its pretty unpretentious. We try to have good music... a lot of people describe our place as very "homey."

What is the meaning behind your business name?

I have always thought that New Bedford could be a "destination" for music, culture, and food. I want people to come here to my shop when they think of soup. I want people to come back downtown. The name is a blessing and a curse, because we have a lot more than just soup, we do a lot of sandwiches, salads, and great, healthy options in the summertime too.

Do you have a favorite chef?

No, not really, I don't consider myself a "foodie," and I don't really pay attention to the culinary world. In general,

the places I am drawn to provide simple, fresh food without being overly hung up on technique or coolness.

What are the most popular food items at Destination Soups?

Our grilled cheese sandwich is the best in town, with cheddar and provolone on sourdough that you can add avocado, bacon, tomato, or salami to. Our yummy chopped salad is popular, and our chicken vegetable and creamy tomato basil soups always sell out. Also, we have chowder on Thursdays and Fridays that many people request for us to have everyday.

What kind of regular specials do you have?



The menu is somewhat seasonal. In the fall and winter, I make three to four special soups a day in addition to our regular soups that I mentioned above. We do a lot of vegetarian dishes. For example, we just had a chickpea peanut curry soup. We've also had a butternut squash soup with turkey, apple, and sage, and a delicious chicken corn chowder. In the springtime, we do things like special wraps and special salads, plus there is usually a special sandwich year-round. One of my favorites is a southwest chicken wrap with chicken, guacamole, corn, pico de gallo, cheddar cheese and lettuce.

If you could tell New Bedford residents anything about your restaurant, what would it be?

Everything is fresh and homemade. I try very hard to keep the menu interesting and varied. We're open Monday-Friday until 6pm, and now open on Saturdays from noon to 4 P.M. Don't forget about us in the summertime! We do a gazpacho that will

knock your flip-flops off!
Share

New England Patriots Preview and 2010 NFL Predictions



by Matt
Neumann

Can you feel it? Are you getting excited yet? It's that time of the year again. The time almost all of us wait for every year; the 2010 NFL Season! That means a new season for the New England Patriots, and like every other season in the past

10 years, we have something to look forward to. How fortunate we are to have an organization that values winning and usually makes the right moves in the off-season to make sure that that happens.

I'll jump right into my preview for the 2010 New England Patriots with the bad news. I know, I know... Debbie Downer over here starting out with the negatives. But the truth is there are some things to worry about. The most obvious concern for the upcoming season is the uncertainty of the defense. Early in the preseason the team lost defensive lineman Ty Warren, who was the anchor of the defensive line last year. For all intents and purposes, Warren has been replaced on the line by Mike Wright. This is the same Mike Wright who's been battling injuries his whole career and has never been able to reach his full potential.

Moving on to the linebacker corps, the Patriots have Tully Banta-Cain and Derrick Burgess on the outside and Jerod Mayo and Gary Guyton on the inside, protecting the middle of the field. This is one part of the defense that does not concern me...talk about speed in the middle of the field!

My next concern with the defense is the secondary. Hard hitting? Yes, but will they provide great coverage? I'm not so sure. Currently the Patriots secondary looks like this: Leigh Bodden and Darius Butler at cornerback, with Brandon Meriweather and Brandon McGowan at strong and free safety, respectively. I just don't see this group becoming a lockdown secondary. I think New England can hit with the best of them, but the question is whether or not they will be able to contain the big plays. We will have to take a wait-and-see approach with the Patriots defense, because with this many questions, I truly believe we sit right in the middle of the pack as far as NFL defenses go.

The most overlooked issue for the 2010 Patriots is their schedule. In a word, it's brutal. Let's take a quick look:

The first four weeks will give the Pats a tough start, with a

talented, division-winning team in the Cincinnati Bengals coming to Foxboro for the home opener. The next week doesn't get any easier, with a game at the New Meadowlands, against the hard-hitting Jets. In week 4 they play the Miami Dolphins, a very talented team that will likely fly under the radar this year and possibly snag the division or a wild card spot.

The next seven weeks will see the Patriots schedule become even more difficult. In week 5, the Patriots play a Baltimore Ravens team that constantly gives them fits, and in week 6 they play one of the most talented teams in the NFL, the San Diego Chargers. Week 7 brings the Brett Favre and the Vikings to New England. In week 10, the Pats head to Pittsburgh, where they will likely encounter hostile and very awful playing conditions. Week 11 brings the annual showdown with Peyton Manning and the Colts, with this year's meeting taking place at Gillette.

Weeks 12-17 will also present many challenges to 2010 version of the New England. However, we have something that no other teams have: three-time Super Bowl Champion, Super Bowl MVP and regular season MVP, Tom Brady. Two years removed from his devastating knee injury, Mr. Brady comes back this season healthy and ready to go. He is armed with many weapons, including Wes Welker in the slot, Randy Moss flying down the sideline and a rejuvenated Laurence Maroney/Sammy Morris tandem in the backfield. This team could easily end up as one of the top offensive teams of all time (falling short of their 2007 campaign, which was truly epic). With one of the deepest running attacks in the league, and a suddenly deep tight end corps (remember the names Hernandez and Gronkowski, one of those two will emerge as the tight end of the future), the Patriots will look to a sound running game to set up the play action bombs to Randy Moss and quick slants to Wes Welker (crossing the fingers for a healthy season).

In closing, the Pats will contend in a very challenging AFC

National Football Conference										
East Division										
	W	L								
Y Dallas Cowboys	10	6								
X Washington Redskins	10	6								
Philadelphia Eagles	9	7								
New York Giants	8	8								
West Division										
	W	L								
Y San Francisco 49ers	11	5								
Seattle Seahawks	8	8								
Arizona Cardinals	6	10								
St. Louis Rams	3	13								
North Division										
	W	L								
Z Green Bay Packers	12	4								
X Minnesota Vikings	10	6								
Chicago Bears	7	9								
Detroit Lions	6	10								
South Division										
	W	L								
Y New Orleans Saints	11	5								
Atlanta Falcons	9	7								
Carolina Panthers	7	9								
Tampa Bay Buccaneers	4	12								

X – Clinched Playoff Spot, Y – Clinched Division, Z – Clinched Conference

AFC Playoff Bracket

▪ *Note: Teams will be re-seeded after each round.*

Wild Card Weekend			Divisional Weekend			AFC Championship		
1	Ravens							
	bye							
3	Patriots	27						
6	Texans	17						
			1	Ravens	31			
			5	Bengals	17			
						1	Ravens	24
						3	Patriots	20
5	Bengals	17						
4	Chargers	14						
	bye							
2	Colts							
			3	Patriots	21			
			2	Colts	17			

NFC Playoff Bracket

▪ *Note: Teams will be re-seeded after each round.*

Wild Card Weekend			Divisional Weekend			NFC Championship		
1	Packers							
	bye							
5	Redskins	20						
4	Cowboys	28						
			1	Packers	38			
			6	Vikings	28			
						1	Packers	24
						4	Cowboys	13
6	Vikings	34						
3	49ers	21						
	bye							
2	Saints							
			4	Cowboys	24			
			2	Saints	17			

	Super Bowl
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1	Packers	24
1	Ravens	21

NFC EAST	W	L	T	PCT	HOME	ROAD	DIV	CONF	PF	PA	DIFF	STRK
Dallas	2	1	0	.667	0-1-0	2-0-0	0-0-0	0-0-0	41	38	+3	Won 1
Philadelphia	1	1	0	.500	1-0-0	0-1-0	0-0-0	0-0-0	37	49	-12	Lost 1
Washington	1	1	0	.500	1-1-0	0-0-0	0-0-0	0-0-0	45	40	+5	Lost 1
NY Giants	1	1	0	.500	0-1-0	1-0-0	0-0-0	0-0-0	48	40	+8	Lost 1
NFC NORTH	W	L	T	PCT	HOME	ROAD	DIV	CONF	PF	PA	DIFF	STRK
Green Bay	1	1	0	.500	0-1-0	1-0-0	0-0-0	1-0-0	51	51	0	Won 1
Minnesota	1	1	0	.500	0-0-0	1-1-0	0-0-0	1-1-0	38	22	+16	Lost 1
Detroit	1	1	0	.500	0-0-0	1-1-0	0-0-0	0-0-0	32	43	-11	Won 1
Chicago	0	2	0	.000	0-1-0	0-1-0	0-0-0	0-0-0	27	57	-30	Lost 2
NFC SOUTH	W	L	T	PCT	HOME	ROAD	DIV	CONF	PF	PA	DIFF	STRK
Tampa Bay	1	1	0	.500	1-0-0	0-1-0	0-0-0	0-0-0	27	23	+4	Won 1
New Orleans	1	1	0	.500	1-0-0	0-1-0	0-0-0	0-0-0	62	47	+15	Won 1
Atlanta	1	1	0	.500	1-1-0	0-0-0	0-0-0	0-0-0	30	38	-8	Lost 1
Carolina	0	2	0	.000	0-1-0	0-1-0	0-0-0	0-0-0	15	26	-11	Lost 2
NFC WEST	W	L	T	PCT	HOME	ROAD	DIV	CONF	PF	PA	DIFF	STRK
San Francisco	2	0	0	1.000	1-0-0	1-0-0	0-0-0	1-0-0	52	27	+25	Won 2

St. Louis	1	1	0	.500	0-1-0	1-0-0	0-0-0	0-1-0	26	45	-19	Won 1
Arizona	1	1	0	.500	1-0-0	0-1-0	0-0-0	0-0-0	29	40	-11	Lost 1
Seattle	1	1	0	.500	1-1-0	0-0-0	0-0-0	0-1-0	44	45	-1	Lost 1
American Football Conference												
AFC EAST	W	L	T	PCT	HOME	ROAD	DIV	CONF	PF	PA	DIFF	STRK
Miami	2	0	0	1.000	1-0-0	1-0-0	0-0-0	1-0-0	37	33	+4	Won 2
New England	2	0	0	1.000	1-0-0	1-0-0	0-0-0	0-0-0	55	34	+21	Won 2
Buffalo	1	1	0	.500	1-0-0	0-1-0	0-0-0	1-0-0	51	63	-12	Won 1
NY Jets	1	1	0	.500	0-1-0	1-0-0	0-0-0	0-0-0	25	34	-9	Won 1
AFC NORTH	W	L	T	PCT	HOME	ROAD	DIV	CONF	PF	PA	DIFF	STRK
Baltimore	2	0	0	1.000	1-0-0	1-0-0	0-0-0	0-0-0	40	15	+25	Won 2
Pittsburgh	2	0	0	1.000	1-0-0	1-0-0	0-0-0	0-0-0	47	24	+23	Won 2
Cincinnati	2	1	0	.667	2-1-0	0-0-0	0-0-0	1-0-0	62	49	+13	Won 2
Cleveland	1	1	0	.500	0-1-0	1-0-0	0-0-0	0-0-0	44	43	+1	Lost 1
AFC SOUTH	W	L	T	PCT	HOME	ROAD	DIV	CONF	PF	PA	DIFF	STRK
Tennessee	1	1	0	.500	1-0-0	0-1-0	0-0-0	0-0-0	42	30	+12	Won 1
Jacksonville	0	2	0	.000	0-1-0	0-1-0	0-0-0	0-1-0	53	55	-2	Lost 2
Houston	0	2	0	.000	0-0-0	0-2-0	0-0-0	0-0-0	36	57	-21	Lost 2

Indianapolis	0	2	0	.000	0-1-0	0-1-0	0-0-0	0-1-0	38	71	-33	Lost 2
AFC WEST	W	L	T	PCT	HOME	ROAD	DIV	CONF	PF	PA	DIFF	STRK
Oakland	2	0	0	1.000	0-0-0	2-0-0	0-0-0	0-0-0	49	26	+23	Won 2
San Diego	1	1	0	.500	1-1-0	0-0-0	0-0-0	0-0-0	39	26	+13	Lost 1
Kansas City	0	2	0	.000	0-0-0	0-2-0	0-0-0	0-0-0	23	40	-17	Lost 2
Denver	0	2	0	.000	0-1-0	0-1-0	0-0-0	0-1-0	44	58	-14	Lost 2

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