

Spring Recycling Events 2016

Drop-off Days Set to Dispose of Tires, Needles, Hazardous Waste, Medications, & Confidential Papers

New Bedford – The City of New Bedford, the Town of Dartmouth, and the Greater New Bedford Refuse District are hosting events this spring to help New Bedford and Dartmouth residents discard tires, needles, household hazardous waste, medications, and confidential papers.

Tire Drop-off Day will take place on April 23rd from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue, New Bedford, MA.

• **Open to New Bedford and Dartmouth residents only, ID required.**

* Fees are \$1 each for car tires, \$5 each for light duty truck tires, and \$15 each for heavy duty truck tires. Cash or check only.

* No commercial loads, no tires with a rim diameter greater than 24 inches, no off-road equipment tires. Tires 28-1/2 inches or taller are in the truck categories.

Sharps Drop-off Day will take place on April 23rd from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue, New Bedford, MA.

* **Open to New Bedford and Dartmouth residents only, ID required.**

* Sharps include needles, syringes, and lancets.

* Sharps must be in a red biohazard container prior to the drop-off day; sharps will not be accepted in any other type of container.

* New Bedford residents may pick up one free biohazard container at the New Bedford Health Department, 1213 Purchase Street. Biohazard containers may also be purchased from local

pharmacies.

Household Hazardous Waste Drop-off Day will take place on April 30th from 9 a.m. to noon at the Crapo Hill Landfill, 300 Samuel Barnet Boulevard, New Bedford, MA.

*** Open to New Bedford and Dartmouth residents only, ID required.**

* Examples of accepted waste include oil-based paints, paint thinner, and waste fuels.

* NO LATEX PAINTS. Dry out and throw it away in the regular trash.

* The maximum amount you can bring is 25 gallons or 25 pounds.

* Collection is for households only. No businesses, schools, or contractors, unless prior arrangements have been made.

National Drug Take-Back Day will take place on April 30th from 10 a.m. to 2 p.m. at the New Bedford Police Department Headquarters, 871 Rockdale Avenue, New Bedford, MA.

*** Open to residents of New Bedford and the surrounding communities.**

* Safely dispose of unwanted prescription drugs.

* Pills only (no liquids, needles, or syringes).

* Free and anonymous.

* Organized by the New Bedford Police Department in conjunction with the Drug Enforcement Administration (DEA).

Paper Shredding Day will take place on May 21st from 9 a.m. to noon in the parking lot across from City Hall, on the corner of William Street and North 6th Street, New Bedford, MA.

*** Open to businesses and residents of New Bedford and the surrounding communities.**

* Fee is \$5 per box (maximum 40 pounds each). Cash or check only.

* Paper clips and staples do not need to be removed, but

please remove paper from folders and binders.

* Fee is \$5 to destroy a hard drive. Cash or check only.

* Held in conjunction with the City's Department of Community Services.



Spring 2016 Recycling Events



Sharps (needles) Drop-Off Day

Saturday, April 23, 2016
9:00 am to noon

Who: New Bedford & Dartmouth residents only (ID required). Households only.

Where: Shawmut Avenue Transfer Station, 1103 Shawmut Avenue, New Bedford

What: Sharps may not be placed in the trash. Sharps must be in a red biohazard container. Call (508) 979-1493 to ask where to obtain one free biohazard container. Additional containers may be purchased from the pharmacy.

Sponsored by: Southcoast Hospitals Group / Hawthorn Medical Associates / City of New Bedford / Town of Dartmouth / Greater New Bedford Refuse District / ABC Disposal / Walgreens



Household Hazardous Waste Drop-Off Day

Saturday, April 30, 2016
9:00 am to noon

Who: New Bedford & Dartmouth residents only (ID required). Households only.

Where: Crapo Hill Landfill, 300 Samuel Barnett Blvd., New Bedford (Call 508-979-1493 for directions or visit gnbrmndistrict.org)

What: All types of household hazardous wastes are accepted including oil-based paints, paint thinner, & waste fuels. No latex paint (dry out and throw away in the regular trash).

The maximum amount you can bring is 25 gallons or 25 pounds.

Tire & Car Battery Recycling Day

Saturday, April 23, 2016
9:00 am to noon

Who: New Bedford & Dartmouth residents only (ID required). Households only.

Where: Shawmut Avenue Transfer Station, 1103 Shawmut Avenue, New Bedford

Cost: **Cash or check only**
\$1 each for car tires
\$5 each for light duty truck tires
\$15 each for heavy duty truck tires (no more than 6 heavy duty tires)

No commercial loads. Tires 28.5 inches or taller are in the truck categories. Max R24. Rims are ok.



Paper Shredding Day

Saturday, May 21, 2016
9:00 am to noon

Who: Residents & businesses from all communities.

Where: Parking lot across from New Bedford City Hall. Corner of William & North 6th Streets (enter on William Street)

Cost: \$5 per box (standard box size: used to hold reams of paper)

What: Paper clips & staples do not need to be removed, but please remove paper from binders or folders.

Shredding provided by Doc Shredding Corp.

National Drug Take-Back Day, April 30, 2016, 10:00 am to 2:00 pm
New Bedford Police headquarters, 871 Rockdale Avenue, New Bedford, open to all, pills only (no liquids).

call: (508) 979-1493 or email: recycling@newbedford-ma.gov

1850s Ladies offer Fun and

Games for Vacation Week

They're back! Ruth and Abby, the 1850s ladies, have returned to New Bedford Whaling National Historical Park after a long winter just in time for vacation week. Come join us this Friday, April 22 for Fun and Games with Ruth and Abby, from 11 AM- 2 PM at New Bedford Whaling National Historical Park, 33 William St., downtown New Bedford. Free.

Whales, Tales & Sails continues At National Park

Just about everyone has dreamed of flying. This Friday morning, April 22, Whales, Tales and Sails, New Bedford Whaling National Historical Park's free weekly story hour, will focus on the theme of wings. There will be songs, crafts and stories, and it all starts at 10:00 AM. The event features professional storyteller Jackson Gillman and includes stories, fingerplay, songs, and crafts at New Bedford Whaling National Historical Park's Corson Maritime Learning Center. Whales, Tales and Sails is geared for children ages 0-5. The sessions continue each Friday until the end of June. The park visitor center is located at 33 William Street in downtown New Bedford.

New Bedford Whaling National Historical Park was established by Congress in 1996 to help preserve and interpret America's nineteenth century whaling industry. The park, which encompasses a 13-block National Historic Landmark District, is the only National Park Service area addressing the history of

the whaling industry and its influence on the economic, social, and environmental history of the United States. The National Park visitor center is located at 33 William Street in downtown New Bedford. The visitor center offers information, exhibits, and a free orientation movie every hour on the hour from 10 AM-3 PM. The visitor center is accessible to all. Admission is free. For more information, call 508-996-4095, go to the park website at www.nps.gov/nebe, or visit the park's Facebook page at <http://www.facebook.com/NBWNHP>. Everyone finds their park in a different way. Discover yours at FindYourPark.com

The South Coast Hot Jobs List – 21 April 2016

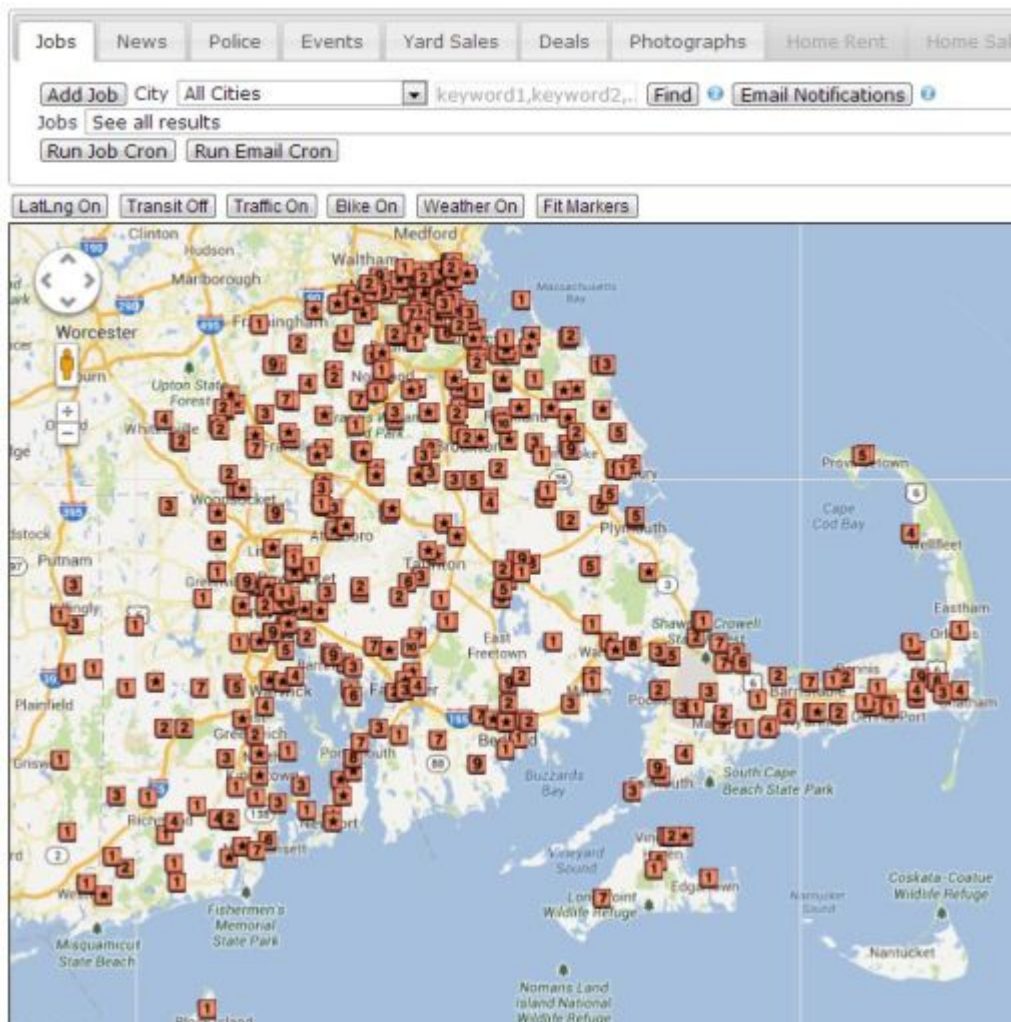


by
Michael
Silvia

The Greater New Bedford unemployment rate is much higher than the rest of Massachusetts, but believe it or not there really are a lot of available for qualified applicants. Sometimes the barrier to a new job can be the lack of information on available job openings.

To solve this, each week New Bedford Guide will pull jobs from our **jobs database** to inform job seekers about the hottest jobs in the area.

We will define “Hot Jobs” as those jobs that need to be filled by the employer immediately. For those looking to search some large job databases, checkout my **Best Job Search Resources for New Bedford Residents** article.



Here are the Hot Jobs in the New Bedford area from the **NewBedfordGuide.com jobs database**, as of April 21, 2016.

01. Reinhart Foodservice, L.L.C. – Class A Drivers (New Bedford)

\$5,000 Sign-On Bonus for those with food service experience. Transporting products from our distribution center to our customer locations, the individuals we select will conduct pre/post-trip inspections, unload cased products from trailers to desired locations, and handle other duties as assigned. In addition to competitive wages, we offer options for medical,

dental, and vision insurance, AD&D, disability, flexible spending accounts, 401(k), and home/auto insurance. Full job description can be found: [here](#).

02. Multiple Positions Open – Dunkin' Donuts (New Bedford)

Dunkin' Donuts is hiring for multiple positions in New Bedford and Fairhaven! The job pays \$10/hour plus tips. Benefits for employees that meet qualifications include: paid vacation and health insurance. Want to apply? Call 508.995.0513 and they will match you up to a store nearest you. You can also email: now-hiring@dalykenney.com. Full details and application process: [here](#).

03. Paving Laborer – PJ Keating Co (Acushnet)

This position will work with members of the construction team to ensure smooth operations of daily paving on each job. Performs a wide variety of tasks associated with the laying down of asphalt. For full job details and application process: [here](#).

04. Service Technician – Tasca Nissan (North Dartmouth)

We are currently looking for two experienced technicians. Nissan certification a PLUS. Multiple brand experience needed for one position. Positions include some nights and weekends. Nice clean shop and modern equipment. Please forward resume or fill out application on the Tasca website. Be sure to post for the Dartmouth location. For full job details and application process [here](#).

05. Financial Associate – Webster Bank (South Dartmouth)

Offer appropriate investment products to existing and prospective clients and provide ongoing service to all existing clients. Liaise with retail branch staff to ensure communication and updates related to WIS marketing and cross referral activities are delivered effectively. Full details and application process [here](#).

06. Athletics Assistant – Boys & Girls Club of Boston (Long

Island)

We are currently recruiting for the position of Athletics Assistant to work at Camp Harbor View located on Long Island, MA. Long Island is situated in Quincy Bay, in the middle of Boston Harbor. Major responsibility is to oversee the planning, implementation and ongoing evaluation of quality and developmentally appropriate programs, activities, services, and special events in the camp's athletic program areas for youth ages 11-14. Additional responsibilities include the oversight of program staff and coordination of program partners. For full job details and application process [here](#).

07. Campus Supervisor – High Point Treatment Center (New Bedford)

QUALIFICATIONS: Licensed Registered Nurse in Massachusetts, BS in Nursing preferred or equivalent experience. Management experience required. Must maintain and submit licensure/certificate necessary to perform the required position. For full job details and application process [here](#).

08. Electrical Service Department Assistant – RALCO Electric Inc. (Westport)

We are seeking to hire an individual to support our Electrical Service Department. This individual must have excellent customer service skills and be extremely comfortable with a computer and standard Microsoft applications. This individual must be a detailed and very organized person who can easily recognize inconsistencies. Be more of a leader and strive for excellence. Only experienced applicants will be considered for this position. For full job details and application process [here](#).

09. Solar Sales Manager – My Generation Energy (Dartmouth)

Manages the residential and small-scale commercial solar business, plans and executes direct marketing and sales of solar energy installations, coordinates all activities, documentation, scheduling, materials planning, and follow-up requirements for each installation, participates in strategic

and tactical planning for the business, collaborates with team to refine and improve sales processes, compiles market trends, competitive intelligence, and customer information. For full job details and application process [here](#).

10. Beauty Advisor – CVS Health (New Bedford)

To carry out all functions necessary in providing exceptional customer service, suggesting products to customers and merchandising in the cosmetic department. To carry out all cosmetic-related duties delegated by the Store Manager. Full details and application process [here](#).

Be sure to also check out our Job Portal to find jobs by location on a map: newbedfordguide.com/map-page#pm_jobs_tab. Want to get e-mail notifications for new jobs? Checkout our [e-mail subscription service](#).

Pilot Mobile Technology Program Shows Signs in Turning Around NBHS's Math Program; Closing Digital Math Gap

Dr. Irwin Jacobs, Qualcomm founder and NBHS alumnus, to visit NBHS: Tuesday, April 26, 2016 – 9:10 a.m.–11 a.m.

New Bedford High School freshmen participating in a pilot

mobile learning math program, using tablets, jumped two grade levels or more in mathematics over students being taught by traditional methods.

Midyear results of the pilot class show that these freshmen have demonstrated 39 points in mathematics growth – versus 9 points in the classes without the 1:1 tablets. Additionally, 63 percent of pilot students met middle of the year benchmarks – versus 48 percent in non-pilot classes.

“The pilot program has changed the way these students view math,” said one math teacher. “They are more engaged than I have ever seen before during class. The use of the tablet has broken the barrier for students who once feared math.”

In addition, participating pilot parents have observed higher engagement levels in mathematics. During a recent survey, one parent stated, “We talk about school every day... He has never said anything negative about the class... He’s been positive about learning math ... He finds using the tablets pretty cool.”

The pilot, funded by Dr. Irwin Jacobs, founder and former chairman of Qualcomm and a New Bedford High School alumnus, was designed to help New Bedford schools attack the algebra literacy and digital equity achievement gap.

The pilot provides students and teachers with access both on and off campus to interactive and engaging content, communication and collaboration tools and personalized remediation/support resources. This pilot has enabled, New Bedford Public Schools to combat the digital equity gap, high school dropout rates and challenges with math literacy. The district seeks to level the playing field by providing teaching and learning stakeholders with relevant and engaging access to 21st century curriculum and content.

“The results at New Bedford High School are clear and they are more than credible, showing that access to technology to supplement traditional learning means students are learning

math more deeply than before,” said Superintendent Pia Durkin. “The commitment of Dr. Jacobs, who attended this high school, to believe in our students and our teachers was the first step of this major project. With students performing at high levels because of access and exposure to technology, we clearly see that integrating technology into the classroom is a key component of giving every student in New Bedford the tools to make math an exciting force in their current and future education.”

The digital Algebra I pilot is being led by a team from the University of San Diego’s (USD) Mobile Technology Learning Center. Shawn Gross, Director of Technology and Innovation for USD’s MTLC and project lead, said, “The pilot has enabled students to have access to 21st century tools enabling them to make real world connections to algebra and furthermore provides a mechanism for communication and collaboration both on and off campus. Today’s student demand and expect immediacy in their personal and academic lives. These 21st century tools now allow students who struggle at home to connect to peers and teachers for immediate remediation and support.”

New Bedford Public Schools recognizes that locally and nationally, the passage of Algebra I as a critical success factor to decrease high school dropout rates. In a recent US Department of education study, eighty percent of high school dropouts cited that their inability to pass Algebra I as the primary reason for leaving school.

In order to maximize the opportunities for Algebra I students, individuals must be able to access relevant, meaningful and personalized content both on and off campus. As a result, the pilot provides participating 9th grade Algebra I students with a hybrid tablet along with unlimited access to the Internet via T-Mobile. With a large majority of socio-economically challenged families, the pilot aims to close the digital equity gap and equip students with 21st century tools. In a recent Pew Research Center report, only three percent of

teachers surveyed nationally in high poverty schools said that their students had access to digital tools required to complete homework assignments.

Dr. Irwin Jacobs, will visit NBHS on Tuesday, April 26, to tour algebra classes where every student has a mobile device tied directly to learning math.

Event information:

Dr. Jacobs will tour the classes, review technology integration stations, and talk directly with NBHS students and teachers who participate in the program.

Where: NBHS (Begin in the Little Theatre)

When: Begin 9:10 a.m.; End 11:00 a.m.

NBHS Drama Club Presents, 'Into the Woods'

Rehearsal: Caitlyn Baker (Baker's Wife), Tyler Rebello (The Baker), Seth Sweeney (Jack).

The New Bedford High School Drama Club presents "Into the Woods," music and lyrics by Stephen Sondheim, based on the book by James Lapine, as its spring musical, on Friday, April 29 and Saturday, April 30 at 7:00 p.m. and Sunday, May 1 at 2:00 p.m., at the Bronspiegel Auditorium of New Bedford High School, 230 Hathaway Boulevard.

This program is presented through special arrangement with Music Theater International (MTI), and supported in part by a grant from the New Bedford Cultural Council, supported by the

Massachusetts Cultural Council.

A whimsical musical that brings fairytales to life, "Into the Woods" centers around two main characters – 'The Baker' and 'His Wife,' who wish above all else to have a child. A witch promises to grant their wish if they can retrieve oddly specific items for her within three days. While retrieving these seemingly ordinary objects, the Baker and his wife cross paths with Little Red Riding Hood, Jack and his mother (Jack and the Beanstalk), Cinderella, Rapunzel, handsome princes, and many other characters who are also in the woods trying to make their wishes a reality. But once they get their wishes, will they truly be happy? "Into the Woods" is a musical that reminds audiences to be careful what we wish for, as well as to watch what we say as we never know who is listening and learning.

Sarah Cadieux, NBHS Theatre Teacher and Drama Club Co-Director, said she is especially proud of the cast and crew for tackling such a difficult and demanding show. She is also proud that the Drama Club has reached out to involve students from across the district in designing the production.

"The Fine Arts teachers throughout New Bedford have assisted the Drama Club by assigning students in every school with an art project to create leaves for our show," said Ms. Cadieux. "Each leaf is designed by a New Bedford student, and to tie in with the show, each student artist has inscribed each leaf with something that they wish for. It is our goal that as audiences arrive to see the show, they will walk through a forest of student wishes."

Lillianne Condez, Vice President of the Drama Club, said she thinks audiences can learn much from this production if they can look past the parts of the stories they already know.

"I think one of the biggest lessons to learn from Into the Woods is to truly be grateful for what you have," said

Lillianne. "The downfall of all our characters is that they do not appreciate what they already have and they are constantly searching and wishing for more."

As always, New Bedford High strives to take a fresh approach with the staging for every production; "Into the Woods" will be no different.

Hannah Novo, Student Technical Assistant, said, "We're taking a different building approach to the building for this show, which is resulting in a more interesting set this year than in the past."

Justyn Bernardo, President of the Drama Club, said hopes the talented student actors can drive audiences to the production and explains. "People should come see our production of 'Into the Woods' to see a real, genuine portrayal of beloved story book characters," said Justyn. "We've worked hard to exist in the world of the show and it's resulting in very heartfelt performances."

Tickets for Into The Woods can be purchased at the box office beginning 30 minutes before each performance. Adult tickets are \$12, while students and senior tickets are \$10.

"Into the Woods" is presented with special permission from Music Theatre International and is partially supported by the New Bedford Cultural Council, a local agency of the Massachusetts Cultural Council.

The show is co-directed by Sarah G. Cadieux and Aaron Valente and features over 50 students working both on and off the stage. Student performers include: Christian Borges, Zara Lemieux, Kenzi Farland, Tyler Rebello, Caitlyn Baker, Tayber Lima, Seth Sweeney, Carina Borges, Olivia Marques, Lillianne Condez, Ayanna Pediford, Kaitlyn Arruda, Kaylei Perry, Josh Botelho, Jon Furtado, Justyn Bernardo, Kaitlyn Arruda, Mikey Williams, Danielis Hernandez, Sophia Arribada, Megan Lima, Laura Bongiorno, CJ Rodriguez, Brian Rego, Jaalisa Douglas,

Chelsea Spitz, Mariah Demoranville, Morgan Miller, Rebecca Tavares, Eva Watts-Pine, Mason Duarte, and Diana Lima. Student Crew Members include: Hannah Novo, Julia Goncalves, McKyle Santos, Isabel Almy, Tyreice Mendes, Thea Racine, Shanyah Cunha, Danielle Guimont, Millenya Rodriguez, Haylei Duarte, Belinda Pestana, Yolanda Joia, Adrionna Greene, Rhyan Ramos, Madison Ashworth, Liani Werner, Araceli Lima, Allison Pereira, Jasmine Garrick, and Kaycee Langlois.

New Bedford Veterans' Advisory Board to Hold Ceremony Honoring U.S. Soldiers, Sailors Lost in WWII's Exercise Tiger

The City of New Bedford Veterans' Advisory Board and the Fort Rodman – Fort Taber Historical Association will honor the 749 United States sailors and soldiers who lost their lives during the devastating April 28, 1944 attack on the United States military training operation, Exercise Tiger.

Exercise Tiger was a D-Day dry run which was ambushed by a German E-boat flotilla and resulted in America's costliest incident of World War II, second only to Pearl Harbor. The surprise attack sank two American vessels and severely damaged a third. This year marks the 71st Anniversary of Exercise Tiger.

A memorial ceremony is planned to honor the service members who perished in this incident:

Sunday, April 24th, 2016 | Fort Rodman – Fort Taber Military Park | 1:00 PM

1000 c South Rodney French Blvd. | New Bedford, Massachusetts

The ceremony will include remarks by Mayor Jon Mitchell and guest speaker, Lieutenant Colonel Geoffrey Love, Senior Joint Logistics Officer Massachusetts Army National Guard. Also joining the ceremony as an honored guest will be Vincent Ricciardi, 92, of Dennis Port, MA, one of the last surviving local participants in Exercise Tiger.

In addition, the Northeast United States Navy Band and WWII era re-enactors British Red Devils will participate in the ceremony. Organizers will also remember that World War II ended over 70 years ago with a special speaker, Mr. George Mendonsa of Middletown, RI, who is widely recognized as the “kissing sailor” in Alfred Eisenstaedt’s photograph in Times Square on VJ Day 1945.

In addition, members of the US Army Brotherhood of Tankers will also be in attendance. The volunteers repaired, repainted, and re-stenciled the M4 Sherman Tank that is the centerpiece of the Exercise Tiger Memorial and mirrors the memorial erected to the fallen at Slapton Sands, Devon, England.

The City of New Bedford Veterans Advisory Board will also remember the many WWII veterans who worked to create New Bedford’s Exercise Tiger memorial and led the effort to relocate it to the Fort Taber Fort Rodman Military Museum at Fort Taber Park especially, Joseph Theodore, Jamye Rego, Norman Chartier, Robert Fredericks, John Sarkes.

All veterans are invited to attend and are asked to proudly display their service insignia. Refreshments will be available inside the Military Museum following the service.

For more information about the ceremony, please contact Bob Bromley, Chair of the Veterans’ Advisory Board at (774)

357-9591 (rbromley@juno.com) or Peter Clark, Chairman of the Exercise Tiger Service at petewclark@hotmail.com.

Your Theatre announces opening of “And Then There Were None”

Your Theatre, Inc., the SouthCoast's fully dedicated community theatre, rings down the curtain on its 69th (2015-2016) season with Agatha Christie's 1943 superlative mystery-comedy “And Then There Were None” which features an ending preferred by the author but never before used in an American stage presentation and only seen once in Europe.

Mrs. Christie's grandson, Matthew Prichard, made the unpublished special ending (which is unlike that of the novel as well as usual movie and theatre versions) available to Robin Richard of New Bedford, who will direct the show's 11-member cast whose performances are sponsored in part by Bank Five and Hawthorn Medical Associates, Your Theatre, Inc. corporate sponsors.

According to Mr. Prichard, the play's concluding scene is a specially commissioned dramatic version of the novel's ending based on private papers and correspondence.

Performances will be held Thursdays to Saturdays May 5-7 and 12-14, 2016 at 8 p.m. as well as Sundays May 8 and 15 at 2:30 p.m. in the Your Theatre Performance Complex at St. Martin's Church, 136 Rivet St. at County St., New Bedford, MA 02744-1814. Free off-street parking is located at the theatre complex entrance on County St. For reservations, call

508-993-0772.

"And Then There Were None", the world's best-selling mystery novel of all time, famously began life with the title "Ten Little Indians" which was eventually discarded in favor of the current title. Mrs. Christie, particularly deft at creating vivid, colorful and clashing characters, adapted the book for the stage in 1943.

The play, one of Ms. Christie at her murderous best, tells of ten strangers lured by a mysterious host for a relaxing weekend on a remote island. Once they have arrived there is a suspicious death. The host accuses each person, via a recording, of having escaped justice for a past murder. Unable to leave the island the guests begin to share their darkest secrets until they fall, one by one. The ever dwindling party rushes to unmask the hidden killer in their midst. Who is the murderer? Who is next? This highly entertaining whodunit will keep any audience member guessing until the play ends.

While boasting a straightforward, no-nonsense yet entertaining plot, the play's characters include an alluring secretary (Cassie Poirier of New Bedford), a dashing former soldier (Brandon Aguiar of Fall River), a British High Court judge (Roger H. Allen of New Bedford), a boorish a police officer (John Softcheck of Fairhaven), a bumbling general (Edward J. Maguire of Fairhaven), a nasty religious biddy (Laura T. Bomback of Swansea), a happy-go-lucky playboy (Daniel Gabriel Sallon of New Bedford), a surgeon (Michael McGill of Tiverton), a husband-and-wife cook and butler (Lee Bonia and Valerie Reynolds, both of New Bedford) and an island-to-mainland boatman (Mark P. Fuller of New Bedford).

Add to the mix a nameless host who shows up only as a recorded voice accusing everyone except the boatman of being responsible for the deaths of many people and the result is a heavy load of guilt thrown on 10 folks stranded on the island. However, the guilt is not as heavy as their fates when, one-

by-one, they drop off, as the figurine of a soldier topples from the living-room mantle..

Assisting Mr. Richard with a variety of production operation details for the play which is sure to keep audiences delightfully stumped and on the edges of their seats until it ends are Stage Manager Gil Cardona-Erazo and Assistant Stage Manager Stephanie Paquette, both of New Bedford.

Tickets are \$15 for general admission, \$12 for season subscribers and \$13 for senior citizens, students, and military personnel. More information is available by calling the theatre, emailing info@yourtheatre.org, or visiting YTI's web site www.yourtheatre.org

As a fully-dedicated community theatre serving Southeastern Massachusetts and surrounding areas, Your Theatre, Inc. features talented actors, experienced directors and skilled technicians supported by a loyal volunteer staff. The company also offers special attractions and events promoting theatre arts throughout the season.

The South Coast's Most Popular Yoga & Summer Bootcamp Return to Cushman Park ~ Free to the Public

Outdoor fitness is thriving at Cushman Park, Fairhaven, Massachusetts this summer! The South Coast community can keep fit and stay healthy with free exercise classes taught by two of the top fitness instructors in the area. □Twenty free

classes in all –Yoga in the Park with Kripalu Certified Yoga Instructor, Jeff Costa and Summer Bootcamp with Certified Functional Trainer, Wayne Goulart are held through the summer in Cushman Park on Green Street.

Yoga in the Park will take place starting June 21, 2016 and continues for 10 weeks through August 23 every Tuesday from 8:30 a.m. to 9:30 a.m. This is a gentle yoga series for all levels, designed to introduce newcomers to the basics of stretching and mindfulness and challenge yoga enthusiasts with a focus on compassion for the body. Summer Bootcamp, begins June 23 and continues each Thursday from 8:30 a.m. to 9:30 a.m. through August 25. The Bootcamp class consists of various exercises that build functional strength and core stability with circuits utilizing light dumbbells and body weight exercises.

Yoga in Cushman Park's instructor, Jeff Costa, E-RYT 200 is a Yoga Alliance Nationally Certified Instructor and a graduate of the Kripalu School of Yoga and Health. Jeff is the Fitness Director at Carabiner's Climbing and Fitness in New Bedford. With over 25 years experience in the fitness industry and a BA in Liberal Arts from Boston University, the strength of Jeff's teaching lies in his attention to detail and his compassionate approach to students' needs. Jeff's authentic voice and classical approach to alignment create a class environment which engenders happiness, personal power, and peace of mind.

Summer Bootcamp instructor Wayne Goulart's career in health and wellness began as a hobby when he started lifting weights with his brother in the basement of his family home. That hobby grew into a lifestyle and eventually a passion. Wayne is a certified personal trainer (A.F.P.A.) and has been working for ten years as lead trainer at the New Bedford YMCA. A certified group exercise instructor, Wayne's specialty is functional training and his clients are from all walks of life, ages and fitness levels.

Attendees to the classes should bring a mat for Yoga and a mat plus set of weights for Bootcamp. Classes take place weather permitting – cancellations are posted on the FaceBook page: [HYPERLINK “http://www.facebook.com/fitnessincushmanpark”](http://www.facebook.com/fitnessincushmanpark) www.facebook.com/fitnessincushmanpark .

Fitness in Cushman Park is once again presented free to the public, for the 5th year in a row, because of generous support from community contributions. Last summer’s classes were a resounding success with over one hundred fifty fitness enthusiasts attending sessions.

For more information about the fitness program or to sponsor Fitness in Cushman Park call 508-287-2482. Submitted by Susan Grace 508-993-1999

Special program for those impacted by Alzheimer’s Disease

Do you have a loved one with Alzheimer’s Disease or a related dementia?

Join us on Wednesday, April 27, 2016 from 1:00-3:00PM for a screening of “There is a Bridge” (DVD Documentary) for those caring for someone with Alzheimer’s/Dementia or for those who just want more information.

This groundbreaking documentary will change how you view Alzheimer’s Disease. It is produced by Memory Bridge for family members, loved ones and caregivers of those with Alzheimer’s Disease or a related dementia. “There Is a Bridge”

explores the deep, complex nature of human solidarity by weaving together mental health, psychology, art, philosophy and education to highlight individuals and path-breaking programs reaching out to elders affected by Alzheimer's disease. "There Is a Bridge" shows how communication with an Alzheimer's/dementia patient is always possible.

This program is FREE OF CHARGE and is open to all members of the community. It will be held at "The Bridge: A Center for Hope and Healing," 351 Elm Street, Dartmouth. To register, call 508.997.0903.
