

# Atlantic White Cedar Swamp a Little Known Local Treasure



*Atlantic White Cedar Swamps are a very unique and delicate ecosystem that only occur on the east coast.*

by Emily Neal

It has been a long, cold winter, and I have been really looking forward to getting back outside. As a dog owner, mom, and nature enthusiast, I am always searching for new places in the SouthCoast area to get out and go for a walk. Recently I found one: the Acushnet Cedar Swamp in New Bedford.

The Acushnet Cedar Swamp State Reservation encompasses over 1800 acres of wetlands in New Bedford and North Dartmouth. It contains an Atlantic White Cedar Swamp, a type of swamp characterized by thick stands of Atlantic White Cedar trees growing from moss-covered hummocks that rise from brownish water. This Atlantic White Cedar swamp was designated as a "National Natural Landmark" by the National Parks Service in 1972, and is only one of eleven Natural Landmarks in the state. It is one of the largest cedar swamps in Massachusetts,

and is rumored to be exceptionally wild and impenetrable.



*The Atlantic White Cedar has soft, flat sprays of scaly leaves and tiny light-blue cones.*

It is currently managed by the Massachusetts Department of Environmental Protection and is protected by the "Massachusetts Wetland Protection Act," which regulates any activity that may affect the health of the swamp, like land clearing or filling. Atlantic White Cedar Swamps are a very unique and delicate ecosystem that only occur on the east coast; many are currently threatened by commercial and residential development.

Atlantic White Cedar (scientific name: *Chamaecyparis thyoides*) is an evergreen conifer tree that is in the Cypress family. It has soft, flat sprays of scaly leaves and tiny light-blue cones. The tree grows in a cone shape and can grow up to 80 feet tall. It is possible for these trees to live to 1,000 years but most live to around 200 years old. The wood of the cedar tree is very fragrant and durable. For over three hundred years it has been harvested in Massachusetts to be used for shingles, posts, fencing, boats, and more. Harvesting of wood these days is limited, however, due to the negative impacts that it has on the health of the swamp.

For much of the year the trees are partially submerged in standing water. They rely on regular water level fluctuations throughout the year in order to survive, which makes them

especially vulnerable to land clearing for residential and commercial development which can change local water levels.

I have been excited to visit this site for some time. I have been to other Atlantic White Cedar Swamps, both on Cape Cod. There is a beautiful boardwalk trail through the cedar swamp in Welfleet, near Marconi beach. The boardwalk winds over the water between the trees, minimizing impact to the ecosystem but still allowing hikers to get a close-up look at this amazing ecosystem. Unfortunately, I wasn't able to find any such boardwalk trail through the cedars here in New Bedford.

I did find a lesser-known entrance on the west side of the Reservation on High Hill Road in North Dartmouth. The entrance is marked by nothing more than a brown metal gate, and there are one or two spaces for cars by the side of the road. The trail leads into the woods and splits off toward private properties on a few occasions. The trail was wide and seemed relatively well maintained. Since three feet of winter snow just recently melted, the trail was very wet and at times nearly impassable. Other than the wetness, it was quite a pleasant walk. The trail seemed to skirt the edge of the Reservation and stayed upland from the swamp. We walked in dry, mixed woods the entire time, and I never saw a single cedar tree! I noticed mostly beech and pine trees, among other species that characterize these drier, upland areas associated with the Atlantic White Cedar Swamp.



*Sphagnum* moss, commonly known as peat moss, is an indicator that Atlantic White

*Cedars are about.*

I didn't hike all of the way to the end of the trail. I am not sure if this trail even leads into the cedar swamp, or if it simply goes around it. I wouldn't be surprised if the trail did not enter the wetland area unless there is a boardwalk, because the water would likely get very deep. I will go back to this site and explore further, however. There were a few side trails (watch out for those marked "Private Property") that I want to explore, that appeared to head down in elevation a little bit (and possibly into the swamp itself). I think at this point I will wait until the ground dries out some more.

There is also access to the Acushnet Cedar Swamp at Turner Pond in New Bedford, and maybe there I will have some luck. Overall I had a very difficult time finding information about the swamp, and subsequently a way into the swamp, and I admit I still have some exploring to do. But I will continue my search, as these magical watery forests are well worth the effort.

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**Appearance of Dandelions  
Marks the Start of a New  
Foraging Season**



*Dandelions have been used for medicinal purposes for thousands of years.*

by Emily Neal

A familiar weed has recently made its first appearance in my yard: the dandelion. Although they can be a nuisance, dandelions aren't all bad- they are edible and may have medicinal value as well. Dandelions are highly nutritious, delicious, and easy to find. Eating dandelion salad in the spring brings back fond memories for me, and I am excited to try it this year, and maybe some new recipes as well.

Dandelions (scientific name: *Taraxacum officinale*) are one of the first wild edible perennials to show up in spring. They have familiar toothy yellow single flowers and tufty white seed balls and are part of the sunflower family. They are one of the most common and easily recognizable weeds and can grow just about anywhere- roadsides, driveways, meadows, and gardens, as well as wooded areas. Dandelions are one of the first plants to colonize newly disturbed soil, and can be a persistent pest to homeowners due to their abundance and resilience.



- All of the parts of the dandelion plant can be eaten:
- The roots can be roasted, ground and brewed like coffee.
- The young leaves (before flowers appear) can be eaten in a salad or as a cooked green.
- The mature leaves can be dried and made into tea.
- The flower buds can be boiled or pickled.
- The flowers can be made into fritters, or used as a salad garnish.
- The crown (the white part just below leaves and above the root) can be eaten as a cooked vegetable or made into fritters.

Dandelions have been used for medicinal purposes for thousands of years. The plant is known to be an excellent source of Vitamin A, as well as Vitamin C, Vitamin B1, iron, protein, antioxidants, and calcium. Tea from dandelion roots has been used as a laxative, a diuretic, and as a blood cleanser. It also can be used as a liver tonic and may be able to help rejuvenate a damaged liver. Other parts of the plant have been used to bring down a fever, stimulate lactation in nursing mothers, and decrease congestion. The antioxidants found in the plant may help to prevent cancer. Dandelion sap may be used directly on skin irritations, as it has antimicrobial, anti fungal, and insecticidal properties. Dandelion may be used to help regulate blood sugar levels, treat anemia, jaundice, high blood pressure, and acne, among other medicinal uses. Many health food stores carry dandelion tea and supplements meant to treat some of these conditions. The effectiveness of dandelion for any medicinal use has not been approved by the FDA.



*I remember loving this  
salad that my  
grandmother prepared  
every April.*

Despite potential health benefits, dandelions have worn out their welcome by invading people's lawns. Many people choose to use pesticides on their lawn, but while these chemicals are effective, they can also be very dangerous. Exposure to pesticides poses a health risk to children, dogs, and other household pets. Many of these chemicals used can be passed on through breast milk, and have been linked to cancer, leukemia, and miscarriage. Also, pesticide runoff can contaminate groundwater and local streams and rivers, having negative effects on local wildlife. Eating dandelions is an excellent way to get them off our lawns without introducing harmful chemicals to our environment. When harvesting with intent to eradicate, be sure to dig up the large tap root, which will continue to regenerate dandelion leaves and flowers unless it is pulled.

I am interested in trying all of the parts of the dandelion that are edible. So far I only have experience eating young dandelion leaves. I usually have them fresh tossed with oil and vinegar and a bit of salt. This way of eating them is reminiscent of the way my Italian grandmother made dandelion salad when I was young. Although dandelions have a distinct bitter flavor, I remember loving this salad that she prepared every April. In fact, it was a Marathon Day tradition for my family. We would go watch the race (near the eight-mile marker) and then head back to my grandmother's to watch the finish on television. We always had dandelion greens with chicken soup for lunch as we watched. Now my grandmother is 94. She no longer lives at home and does not pick dandelions. I've stopped going to the Boston Marathon since the experience has changed so much in recent years, and I won't be going this year, either. I will, however, make some more dandelion salad

and continue that part of the tradition- possibly this time with some dandelion crown fritters as well.

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## New Youth Advisory Group Seeking Participants



*YAG will have its first meeting on April 27 from 4 p.m. to 5:30 p.m. at Child & Family Services located at 3057 Acushnet Avenue in New Bedford.*

The Community Service Agency (CSA) program at Child & Family Services is recruiting males and females in the transition age youth population (ages 14 to 24) to their new Youth Advisory Group (YAG).

YAG will have its first meeting on April 27 from 4 p.m. to 5:30 p.m. at Child & Family Services located at 3057 Acushnet Avenue in New Bedford. The aim of the group is to engage and



empower transition age youth to contribute to the dialogue around mental health in our community. Attendees will participate in activities in order to develop a plan to include young adult voices in the overall agency publications and marketing strategies. It is also an opportunity to spread the word about young adults in CSA services.

“The transition age can be such a difficult time for young adults, and it’s important for them to know that they have a voice,” said Erin McAlonan, CSA program coordinator.

“This group will be a great chance for the young adults of our community to interact and spread information about the services and supports available to them,” she added.

The group will meet the last Monday of each month. A light dinner and gift cards will be offered at every meeting to all attendees. Transportation passes will be available if needed. For more information or to RSVP, please contact Brandy Mohn at 508-742-3872.

The Youth Advisory Group is made possible by the STAY (Success for Transition Age Youth) Together grant through the Massachusetts Department of Mental Health. The goal of the Massachusetts Department of Mental Health is “to help young persons embark on a positive path into adulthood – toward the goals of personal stability, community housing, employment, education and positive family/ social relationships.”

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## **NEW BEDFORD FISHING HERITAGE**

# CENTER ON THE MOVE



*The captain and mate of the F/V Rose Marie offload the catch. Photo by Phillip Mello*

The story of New Bedford's fishing community is being shared through the efforts of a newly established non-profit organization, the New Bedford Fishing Heritage Center, Inc. (FHC). A monthly film series, a 12-week school residency, a 2-week summer camp, and two temporary exhibits are already underway. The Center will also conduct an inventory of fishing community artifacts and develop an interactive website with digital exhibits and current industry information.

The New Bedford Fishing Heritage Center is looking for a permanent home and plans to establish a physical facility with archives, exhibits, and programs dedicated to the preservation and presentation of the history and culture of New Bedford's fishing industry. Over the next year or so, the FHC will hold focus groups and meetings with members of the fishing industry, educators and others to solicit community input as exhibits and programs are developed.

The FHC is a community driven organization with a board of directors made up of individuals who work in, or closely with, the fishing industry. Phillip Mello (Chair) is the Manager of

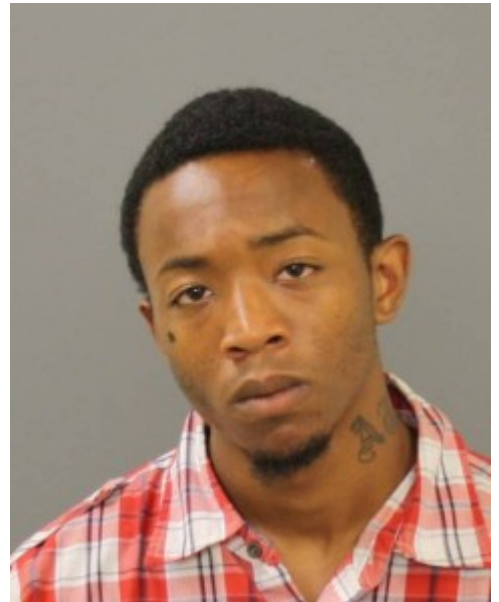
Bergie's Seafood. Anne Jardin-Maynard (Treasurer) is owner of Jardin & Dawson Settlement House. Kirsten Bendiksen (Secretary) is co-owner of Reidar's Manufacturing (a gear shop). Cassie Canastra is co-owner of Bela Flor Seafood and her father and uncle own and operate BASE (seafood auctions in New Bedford and Gloucester). Kevin Stokesbury is the Chair of the Department of Fisheries Oceanography at SMAST at the University of Massachusetts, Dartmouth. Madeleine Hall-Arber is the maritime anthropologist at MIT Sea Grant who has worked with the fishing industry for over 30 years. Laura Orleans, Executive Director of the Fishing Heritage Center, is a folklorist and founding director of the Working Waterfront Festival. The New Bedford Fishing Heritage Center is a 501c3 non-profit organization. For more information contact the Center at 508-993-8894 or nbfishingheritagecenter@gmail.com

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## **New Bedford man to serve up to 6 years for armed robbery**

A 19 year old New Bedford man has been sentenced to 3  $\frac{1}{2}$  to 6 years in state prison on an armed robbery.

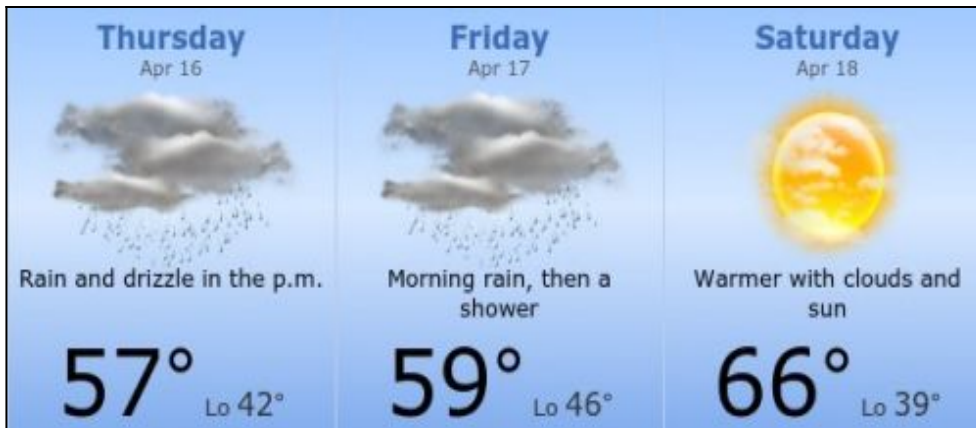


An investigation by Det. Carlos Taveira showed that the suspect entered the Costa's Cash Express at 211 Union St. on June 5, 2014 and robbed the business with what appeared to be a firearm. During the robbery, the suspect punched the 27 year old female clerk several times and she was transported to St. Luke's Hospital with minor injuries.

The suspect, Anthony Rice age 19 of 321 Union St., was identified and taken into custody approximately 3 weeks after the robbery and has been in the custody of the Sheriff's Department ever since. He will be transferred to a State Prison facility to complete his sentence.

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## **16 Things to do this Weekend (April 17 – April 19)**



The good news about the weather this weekend is that we will crack 60 degrees for the first time this year. Indeed, we will reach a balmy, sweltering 66 degrees on Saturday! The bad news is that Friday we will experience rain. Friday will have morning rain followed by a shower. Sunday will “cool” down to 57 degrees, but both Saturday and Sunday will be mostly sunny. This is a fantastic time of year whereby we have warm days and cool nights and mornings.

As always, click on the title for more or detailed information on the event. Most of the events were pulled from our [event calendar](#) where you can find hundreds of local area events each month. The event calendar is FREE, so if you are a local business, and not taking advantage of FREE publicity, shame on you! Are you a local business and want to sponsor this high traffic, weekend guide? Contact [info@newbedfordguide.com](mailto:info@newbedfordguide.com) for more details. Have an event to add? Check out our [tutorial](#). For more info, you can click on each title. Know of another event this weekend? Post a reply!

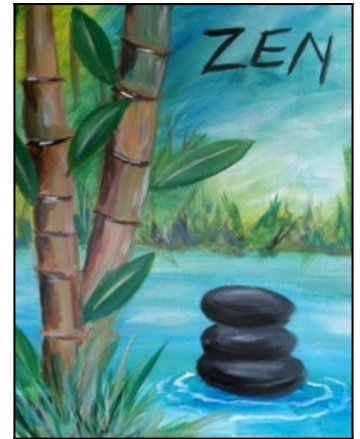
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## Friday, April 17th

### **FREE Dock-U-Mentaries: “Maritime Capsules” (7:00pm)**

The Dock-U-mentaries film series continues with “Maritime Capsules”. Films about the working waterfront are screened on the third Friday of each month in the theater of the Corson

Maritime Learning Center. All programs are open to the public and presented free of charge. 33 William Street, New Bedford.



*Have fun painting  
"Zen" at Painting  
w/ a Splash!*

**Painting with a Splash: "Zen" w/ Roz (7:00pm)**

Welcome to Painting with a Splash where you are the artist! Painting with a Splash is the newest addition to Historic Whaling City Downtown New Bedford. Bringing you an experience of art as entertainment. Add a little wine (BYOB) that will surely tap into your creative side. With step by step instruction and a little music, you and your friends will create the evening's featured painting with a splash of your own uniqueness. NO EXPERIENCE NECESSARY! Just a desire to have fun.

**FREE UMass Dartmouth's International Film Series: "I Am Yours" (7:30pm)**

Screening of "I Am Yours" (Norway, 2014). About a young, single Pakistani mother trying to balance her traditional family's expectations and her desire for a social life. Strong sexual content. In Norwegian, Swedish and Urdu with English subtitles. In Room 153, College of Visual and Performing Arts. Free. Films selected and introduced by Prof. Charles White. 285 Old Westport Rd. Dartmouth.

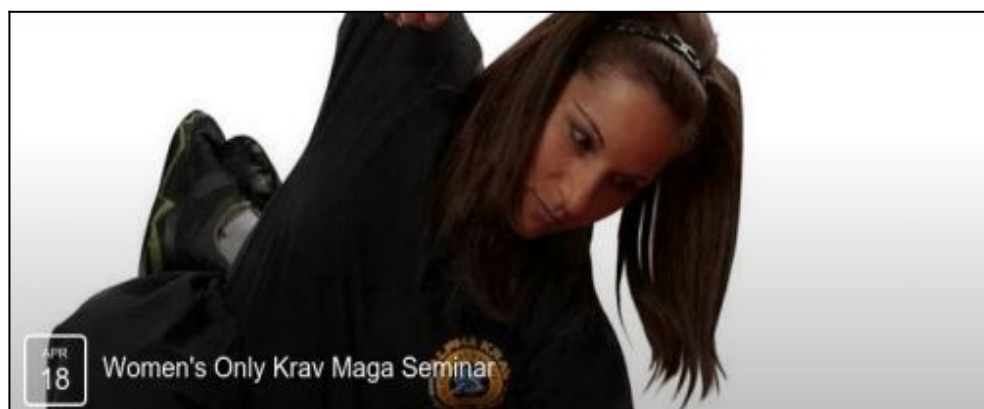
**Laugh Your A\$\$ Off! (Westport) (8:00pm)**



Looking for a few laughs? Head to White's Of Westport and do just that with Boston Comedians Paul Keenan, Bill Campbell and Josh Ramirez. There will be laughs and a cash bar. 66 State Road, Westport.

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## Saturday, April 18th



### **FREE R&W Rope's Ropefest (8:00am-4:00pm)**

A free, family-friendly event featuring demos by expert knot tyers and splicers, informational sessions on recreational climbing, fitness, and rescue, and giveaways—plus everything will be on sale! The event is free to attend and includes rope related demos, educational and safety seminars, FREE climbing wall from Carabiner's, FUN 107, gift certificate giveaways, food, refreshment and more! Fun for the whole family! An event KNOT to be missed! Phone: (508) 995-1114. 39 Tarkiln Place, New Bedford.

### **Dollar-a-Bag book sale (Fairhaven) (9:00am-1:00pm)**

We welcome you to come and fill a bag of good reads for only a dollar! The Oxford Book Haven & Cafe is located downstairs in the Church of the Good Shepherd, 357 Main St., Fairhaven. There is a large selection to choose from. Home-made dessert, coffee, and other beverages available.

### **A World of Discovery – FREE Activities day at GNB Voc-Tech w/ FUN 107 (10:00am-2:00pm)**

Bring the kids for a day that will be jam-packed with fun activities like music, storytelling, resource tables, bubble bounce, and entertainment from the likes of Toe Jam Puppet Band, Zumba w/ Jacqui, Big Ryan's Tall Tales and MORE! GNB Voc-Tech, 1121 Ashley Blvd., New Bedford. For more info, contact 508.999.9930 x120. Brought to you by P.A.C.E. INC., Child Care Works.



*Saturday at Buttonwood Park Zoo is "Party For The Planet" a day FULL of fun activities!*

### **Women Only Self-Defense Seminar (11:00am)**

Nearly two million women are assaulted each year in the United States, and more than half of women will be physically assaulted during their lifetime. As a woman, the matter of your safety is your own responsibility. In Krav Maga, there are no hard-and-fast rules, and no distinction in training for men and women. It is not a sport, and all the techniques focus on maximum efficiency in real-life conditions. Attackers pick on women that are perceived to be easy victims. It doesn't matter how tough you really are, but how tough the attacker perceives you to be.

This two hour seminar on April 18th will teach you the basics of Krav Maga. During the first hour you will learn basic strikes; such as punches, elbows, groin kicks and knees. You will use those strikes during the second hour as you learn

defenses against bear hugs, hair pulls, etc. The cost of this two hour seminar is \$25 and will be taught by Krav Maga Boston South Coast Instructor Kristen Eaton. This seminar is open to women 14 and older. Reserve your spot today by sending an email to [kravmaga.deaton@gmail.com](mailto:kravmaga.deaton@gmail.com) or by calling us at (508) 259-1592. Krav Maga Boston South Coast, 527 Church Street, New Bedford, MA 02745.

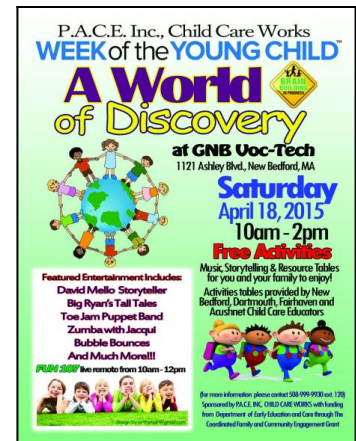
### **Party for the Planet at Buttonwood Park Zoo (11:00am-3:00pm)**

Party for the Planet is the largest combined Earth Day celebration in North America! More than 100 AZA accredited zoos and aquariums across the country celebrate with activities, giveaways, and special events. Join us at the Buttonwood Park Zoo as we offer our visitors the opportunity to learn and participate in fun activities presented by local organizations that speak to sustainable living and making choices to ensure the health of our planet for generations to come.

There will also be fun giveaways, music, characters in costumes, face painting, a fire truck, earth day inspired enrichment demos with the animals, and so much more! It's a party for the planet, come celebrate with us! Note: Rain date is Saturday, April 25th. Click on event title for a full list of exhibitors and a complete schedule of activities.

### **UMass MFA Thesis Exhibition (3:00pm)**

The opening reception of the 2015 MFA thesis exhibition culminates the two to three years of intensive research and preparation of UMass Dartmouth MFA degree candidates in the visual art. Thesis work from Artistry, Design, and Fine Arts at UMass Dartmouth on view from Apr 11 to May 17, 2015. Other events include The Creative Complex: A Ceramic Post-Bac Exhibition until April 15. UMass Dartmouth, College of Visual & Performing Arts, 715 Purchase St. New Bedford.



*Look at all these activities!*

### **“Pearly Turns Thirty” – Pearly Baker Band’s 30th Birthday celebration at the “Z” (7:00pm)**

New Bedford’s own Pearly Baker Band celebrates ! 30 years of music-making with a concert at the beautiful Zeiterion to raise money for the United Way Hunger Commission. Please bring non-perishables for a food drive at the door.

### **Painting with a Splash: Sailing Through, Horseneck Beach, Van Gogh (3:00pm, 7:00pm, 7:00pm)**

Welcome to Painting with a Splash Where you are the artist! Painting with a Splash is the newest addition to Historic Whaling City Downtown New Bedford. Bringing you an experience of art as entertainment. Add a little wine (BYOB) that will surely tap into your creative side. With step by step instruction and a little music, you and your friends will create the evenings featured painting with a splash of your own uniqueness. NO EXPERIENCE NECESSARY! Just a desire to have fun.

### **1st Annual Spring Fling for Holy Family-Holy Name (Dartmouth) (7:30pm-11:30pm)**

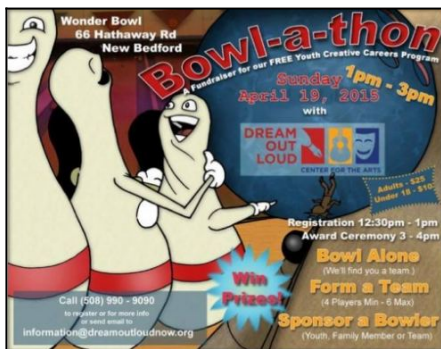
What better way to reunite with your classmates and raise money for the school at the same time? Cash bar. Silent auction. Live entertainment. Hors D’oeuvres. This event is for alumni, current parents of children at HFHN, and those who want to support it. Grab your classmates and spend the night

reminiscing about HFHN and learn about the innovations at HFHN right now. Proceeds to benefit Holy Family – Holy Name School in New Bedford. 970 Tucker Road, Dartmouth.

## Sunday, April 19th

### **Bowl-A-Thon (1:00pm-3:00pm)**

Everyone's favorite bowling center will be hosting a special event: Bowl-A-Thon – a fundraiser for their FREE Youth Creative Careers Program. You can come alone and they will find you a team, you can form your own team of 4-6 players, or sponsor a bowler. Registration is 12:30pm-1:00pm and the award ceremony will take place from 3-4:00pm. For more info: contact [information@dreamoutloudnow.org](mailto:information@dreamoutloudnow.org) or 508.990.9090. Wonderbowl, 66 Hathaway Road, New Bedford.



*Have a ton of fun bowling the day away on Sunday, and help a great cause: our youth!*

### **Winter Warming: Jazz at the Public Library (1:00pm)**

Up and coming jazz musicians. New Bedford high school jazz combo. Christian Borges, Alto Saxophone. Emma Pacheco, Trombone. Keegan Marshall-House, Piano. Benjamin Lacasse, Bass. Andrew Madeira, Drums. UMass Dartmouth jazz trio. Miles Flisher, Piano. Evan MacLeod, Upright Bass. Al Nawrocki, Drums. All proceeds go to support programming for children's events at the libraries. Tickets at the door only \$15. non-

members, \$10. 613 Pleasant St. New Bedford.

### **National Park Week's "Instameet" (2:00pm-4:00pm)**

New Bedford Whaling National Historical Park will be kicking off the 2015 National Park Week with its first-ever Instameet. In addition to the 2PM meetup in front of the park visitor center at 33 William Street, the park will be hosting special programs. Visitors will have the unique opportunity to get a behind-the-scenes look at the old former bank vault located within the visitor center. Ruth, one of the park's 1850s ladies, will be on hand to tell stories of the building's past. There will be photo opportunities with Ruth inside this historic structure. The event is free of charge to all.



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Want to sponsor this weekend guide? Contact [info@newbedfordguide.com](mailto:info@newbedfordguide.com) for more details.

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# **Whales, Tales and Sails story**



# hour welcomes parents and toddlers



*It looks like storyteller Jackson Gillman is keeping these two young ladies entertained!*

Moms, dads and caregivers might wonder where to find free, engaging activities for their young children. The answer may be found at your local national park: Whales, Tales and Sails, a free, one-hour story hour each Friday morning beginning at 10:00 AM through June 26.

The weekly event features professional storyteller Jackson Gillman and includes stories, songs, music, and crafts at New Bedford Whaling National Historical Park's Corson Maritime Learning Center. This activity is geared for children ages 0-5. The 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. It is open seven days a week, from 9 AM-5 PM, and 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](http://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](http://FindYourPark.com)

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## **Yoga & Summer Bootcamp Classes Return to Cushman Park**



*The classes are free to the public!*

Outdoor fitness is alive again 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 16 and continue for 10 weeks through August 18 every Tuesday from 8 a.m. to 9 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 18 and continues each Thursday from 8 a.m. to 9 a.m. through August 20. 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-RYT200 is a Yoga Alliance Nationally Certified Instructor and a graduate of the Kripalu School of Yoga and Health. He is the Fitness Director at Carabiner's Climbing and Fitness Gym in New Bedford. With 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, in 2009 Wayne was a featured instructor at Fitness at Cushman Park. 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 a set of weights for Bootcamp. Classes take place weather permitting – cancellations will posted on the FaceBook page: [www.facebook.com/fitnessincushmanpark](http://www.facebook.com/fitnessincushmanpark)

Fitness in Cushman Park is presented free to the public only because of generous support from community contributions. Last summer's classes were a resounding success and up to one hundred fitness enthusiasts attended each session.

For more information about the fitness program or to sponsor Fitness in Cushman Park call 508-287-2482.

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# UPDATE: Investigation Ongoing in Fatal Wareham Crash



The deceased victim in last Wednesday's crash is identified as Timothy S. Melcher 2d, 24, of Cotuit. The surviving victim, a 20-year-old Wareham man, remains hospitalized at Rhode Island Hospital with serious injuries. The cause of the crash remains under investigation. Also under investigation is which of the men, both of whom were ejected, was driving. No further information is being released at this time.

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## Troopers Respond to Fatal Crash in Wareham



*Cause of the accident remains under investigation.*

At 7:37 p.m., troopers assigned to the State Police Barracks in Bourne responded to calls for a vehicle rolled over on Route 25 eastbound in Wareham. The preliminary investigation indicates that the driver of a 2008 GMC Savanah van lost control of the vehicle. The vehicle rolled over in the roadway, ejecting both occupants into the roadway. The first occupant, a 24-year-old male, was pronounced dead at the scene of the crash. The second occupant, a 20-year-old male, was transported to Rhode Island Hospital by medical helicopter for treatment of serious injuries. The cause of the crash and the determination of which occupant was driving the vehicle remain under investigation at this time. No charges have been filed at this time.

Troopers from the Collision Analysis and Reconstruction Section, Crime Scene Services Section and a Patrol Supervisor from the State Police Barracks in Middleboro assisted with the investigation. Also assisting at the scene were the Wareham Fire Department and the MassDOT. No further information is available at this time. Please do not contact the barracks.