

# **A dozen apartments damaged, one cat dead after New Bedford fire**

At approximately 8:30 PM on July 5, 2017, New Bedford Fire Fighters were dispatched to a structure fire at the Harborview Towers East apartment building located at 60 South Second Street.

District Chief James Fortin was the first on the scene along with Engine 1. DC Fortin reported flames were coming from the fifth floor of the building with extension to the sixth floor and at this time, a second-alarm was called. The NBFD dispatched multiple companies to the scene including Engines 6, 7, 9, and 11, Ladders 1, 3 and 4, Unit 1 and two inspectors. All occupants of the 72-unit building were evacuated and the fire was brought under control within an hour.

District Chief Fortin reports that approximately 12-14 units were damaged. American Red Cross has provided these tenants with temporary lodging. Residents not affected by the fire were allowed to return to their apartments shortly after 1:30 AM.




Although there were no injuries were reported to tenants or firefighters, one cat has died. The cause of the fire is still under investigation. Mutual aid was provided by local fire departments in Acushnet, Fairhaven, and Dartmouth Districts 1 and 3.

Video by Carlos Pimentel Felix.

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# 14 Things To Do This Weekend (July 7 – July 9)

Humidity will be the name of the game this weekend. For those of you who have visited Florida, you'll have flashbacks, not just of the humidity but even with the occasional thunderstorm. Just look at the showers as a temporary cool down and remember...it could have been snow, so let's keep our perspective! There's plenty going on this weekend on the South Coast and beyond so head on out and enjoy!

<b>FRIDAY</b> JUL 7	<b>SATURDAY</b> JUL 8	<b>SUNDAY</b> JUL 9
		
74°/62°	82°/58°	83°/58°
Heavy rain tapering off	A t-storm in spots; warmer	Mostly sunny and less humid

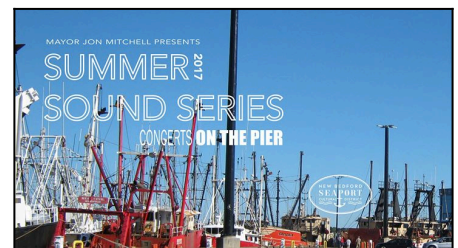
As always, click on the title for more or detailed information on the event. Most of the events were pulled from our [event calendar](#) where you can find hundreds of local area events each month. The event calendar is FREE, so if you are a local business, and not taking advantage of FREE publicity, 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? Add it **here**. Know of another event this weekend? Post a reply!

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## Friday, July 7th

### **Summer Sound Series: Hipshot Band (CANCELED DUE TO WEATHER) (6:00pm-8:00pm)**

Mayor Jon Mitchell presents the 2017 Summer Sound Series with FREE Concerts on the Pier Fridays 6:00pm – 8:00pm! Bring your own chair, sit back and relax, or get up and dance! Hipshot Band LLC will perform July 7. Bringing you the best dance music of “THEN & NOW”. Port of New Bedford, 52 Fisherman’s Wharf, New Bedford.



*FREE concerts each  
Friday evening from  
6:00pm-8:00pm!*

### **2017 Cape Cod Hydrangea Festival Cocktail Trail (6:00pm-11:00pm)**

Gotta try 'em all! Cool off from the heat of July while you are enjoying the gardens of 2017 Cape Cod Hydrangea Festival! Stop in at participating local restaurants, venues & stores along the Hydrangea Festival Cocktail Trail. Each location is serving their own Hydrangea-inspired cocktails that you can only try during the festival. Stop in at participating local restaurants, venues & stores along the Hydrangea Festival Cocktail Trail. Each location is serving their own Hydrangea-inspired cocktails that you can only try during the festival. Monday-Friday: 10AM-6PM, Saturday: 11AM-4PM, Tours ONCE Daily at 11:00am.

## Saturday, July 8th

### **Cars & Coffee at Rosecliff (8:00am-10:00am)**

Or better yet Motors & Mansions! Join The Preservation Society of Newport County and the Audrain Automobile Museum for Cars & Coffee at a historic mansion on Bellevue Avenue each month for the rest of the season through October! Motorcycles and scooters are welcome. Come one, come all! #MotorsAndMansions #CarsAndCoffeeNewportRI. Audrain Automobile Museum, 222 Bellevue Ave., Newport, RI.

### **Open Hearts | Open Skies Yoga Retreat (9:00am-8:00pm)**

Open Hearts | Open Skies is a day-long yoga retreat that blends nature, yoga, music and peace into our lives over a warm and wonderful summer Saturday. All activities are based out of our Stone Barn property. Arrive ready for morning yoga from 9am to 10:30am, followed by brunch. You are free to enjoy free time at the beach or exploring the local ares and shops before reconvening at the Barn for meditation, then a long afternoon yoga workshop that is suitable for all levels. We finish the day with a gourmet dinner and time for a guided evening beach hike. Mass Audubon Allens Pond's Stone Barn Farm, South Dartmouth.



*Find some local treasures at New Bedford Antiques at Wamsutta Place this weekend!*

### **Acushnet Farmers Market (9:00am-1:00pm)**

Join us as we kick off the season. Great lineup of vendors including many of your favorites from last year. A fine selection of fruits, vegetables, baked goods, eggs, honey, chicken, beef, BBQ sauce, dog treats, jewelry and so much

more. Cooking demos, hot breakfast and lunch sandwiches, music and events. Ample off street parking, rain or shine. Accepting SNAP and farmers market nutrition coupons. Stone Bridge Farm, 186 Leonard St., Acushnet, MA.

### **55th Wickford Art Festival (10:00am-6:00pm)**

Featuring approximately 200 fine art artists on the streets of historic, seaside Wickford, browse the work of established and emerging artists in all fine art mediums. Purchases of fine art are tax-free in Rhode Island. Plenty of parking, free shuttle from Wickford El, Wilson Park and Wickford Middle School, food trucks, kids corner, and lots of stunning art is waiting for you! For more information, visit <http://www.wickfordart.org> or call 401-294-6840. Wickford Art Festival, 36 Beach St., Wickford, RI.

### **22nd New Bedford Folk Festival (11:00am-9:30pm)**

The New Bedford Folk Festival and The Z present two full days of the best in contemporary, Americana, traditional, blues and Celtic folk music. More than 100 artists will perform on nine stages throughout historic downtown New Bedford – ranging from the 1,200 seat Zeiterion to the intimacy of the Meet-The-Performer stage. Two days of amazing music. 2017 Performer Schedule, map and the 2017 Performer Line-Up . More details: <https://zeiterion.org/nb-folk-festival/>

### **New Bedford Antiques Center at Wamsutta Place (11:00am-6:00pm)**

Antiques, collectibles, and history all in one place! The Center is home to over 200 dealers and consigners featuring antiques and collectibles from early Americana to Mid-Century to today's treasures. With specialty stores within the Center which include a flower shoppe boutique, an ephemera store, the cast-iron store and vintage clothing. The Center is also the largest antique consignment venues in the Southcoast Region. So if you have one piece or an estate full of treasures , the Center will preview your items and consign them. The staff has over 100 years of collective knowledge in the antique trade from buying to selling to refinishing to retailing. There are

public bathrooms, the center is handicap accessible and, pet-friendly! Phone: (508) 991-8700. Wamsutta Place, 61 Wamsutta St., New Bedford.



*Two days of world class folk, Americana, blues, Celtic, and more at the 22nd Annual New Bedford Folk Festival!*

### **Newport Kite Festival 2017 (12:00pm-5:00pm)**

The Newport Kite Festival an annual event held on the second weekend of July at Brenton Point state park in Newport Rhode Island. The Newport Kite Festival is a free event! Free parking! Brenton Point State Park, Newport, RI.

### **Bennett Farm Concert Series (2:00pm-10:00pm)**

Music all day! Bring your eyes, ears, picnics and blankets to Bennett Farm for our annual music festival. Performances by Celisse Henderson, Kevin So, Neal McCarthy, Soundstreet, Phil D, Rebecca Correia and more! Bennett Farm, 339 North Ave., Rochester, MA.

## **Sunday, July 9th**

### **55th Wickford Art Festival (10:00am-5:00pm)**

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School, food trucks, kids corner, and lots of stunning art is waiting for you! For more information, visit <http://www.wickfordart.org> or call 401-294-6840. Wickford Art Festival, 36 Beach St., Wickford, RI.



*Enjoy art and trivia?  
You'll love the FREE  
Courtyard Trivia  
Contest every Sunday  
at The Vault Gallery  
of Fine Arts. 169  
Rockdale Avenue, South  
Dartmouth.*

#### **New Bedford Wellness Program For Adults (10:30am)**

Qigong with Stephen and Marcia Rath (10:30), Aerobics: Pilates with Joan Davignon (11:00), Nutrition: Everyday Wellness with Dana LLC (Noon), Yoga: Joan Davignon (1:00), Hypnotism: Smoking Cessation with John Barboza (1:00), Mindfulness: Jonathan (2:00), and Open 3 on 3 Basketball (2:00pm). Boys and Girls Club of New Bedford, 166 Jenney St, New Bedford.

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#### **42nd RI Capeverdean Independence Day Festival (11:00am-7:00pm)**

Since 1976, the Rhode Island Cape Verdean Independence Day

Festival is the oldest celebration of the Cape Verdean community in the United States. It preserves the Cape Verdean culture and celebrates the Cape Verdean heritage. The festival goes from noon to dusk and features traditional music, dance and food, along with a cultural, health/wellness and educational tents. We will also have this year arts and crafts from local artists including various activities for children. Last year's event was a huge success. We always make this a special occasion and we anticipate a memorable event with a crowd of thousands to come and experience the culture of the Cape Verde Islands. To put on this spectacular event we need help from sponsors who make a difference in our community. Funds raised will go toward upfront festival costs such as park rental, security, sound and entertainment, various cultural tents and other miscellaneous expenses. We hope that you will partner with us to celebrate the Cape Verdean heritage and culture while also bringing to light the unity and strength of the businesses in the area that are patronized by the Cape Verdean community.

### **Courtyard Trivia Contest (FREE) (3:00pm-6:00pm)**

Every Sunday! Trivia Contest and Scavenger Hunt for answers. FREE and fun for art lovers, one and all. Every Thursday a new set of questions will be available via, in the gallery or on our website:[www.vaultgalleryfinearts.com](http://www.vaultgalleryfinearts.com). Then on Sunday the person or team with the most correct answers will receive a discount on any item in the gallery (the value is as high as \$3,500.00 depending on your selection) good until the next contest. There is always a guaranteed winner! All this is going on during Sunday Salon at the Gallery..eat drink and be merry! The Vault Gallery of Fine Arts. 169 Rockdale Avenue, South Dartmouth.

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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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# Police respond to suspicious vehicle at Hanscom Air Force Base

At approximately 0945 hours today Massachusetts State Police were notified of a suspicious moving truck that had been stopped by base security at Gate 1 at Hanscom Air Force Base. A standard screening of the truck and its cargo revealed indicators of potentially hazardous material. The Massachusetts State Police Bomb Squad has responded and our Air Wing is responding as well. As a safety precaution, an area around the gate has been evacuated.

Massachusetts State Police have set up a perimeter extending 1,500 feet from the truck in all directions and closed the exit from Route 2A to Hanscom AFB while the ongoing situation is investigated further.

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# Mattapoisett Fire Rescue Uses Jaws Of Life To Extract Driver; Medflighted By Helicopter

*Photo by Mattapoisett Fire Rescue*

Just after 2am this morning Chief 1, Engine 1, Engine 4 and

Rescue 1 responded to Route 195 East Bound for a reported motor vehicle accident with entrapment. Crews arrived to find a vehicle in the median that struck a tree. The driver was removed using the Jaws-of-Life and crews also had to extinguish a brush fire that started underneath the vehicle from the car exhaust.

The driver was medflighted by helicopter from a landing zone next to the Police Department to the hospital.

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## **The Glass Horse Project calls for auditions for Romeo and Juliet, 7/8**

The Glass Horse Project, in association with City of New Bedford Public Library and Department of Parks, Recreation, and Beaches, is happy to announce auditions for Shakespeare in Buttonwood's first production: ROMEO & JULIET!

"This production takes the text out of the 16th century into the future, pairing Shakespeare's language with a dystopian based reality in order to examine love and the human condition against the backdrop of a new, uncharted theme that is beloved in popular culture and has made famous with titles like The Hunger Games, The Walking Dead, and The Handmaid's Tale," said Korey Pimental, founder of The Glass Horse Project.

"Shakespeare's Romeo & Juliet is a timeless work of art and we are excited to show our community the continuous relevance of literature in today's society." said Olivia Melo, director of the New Bedford Public Library.

The decision to set the show in a dystopia was an easy one, according to Korey Pimental, founder of Glass Horse, “the misconception about Shakespeare is that he’s inaccessible; much of the anxiety is about the language being so old. When, in reality, he was the people’s playwright and we wanted everyone to come and see it in a new light, especially given how popular dystopias are.”

Open auditions, regardless of experience, gender, or ability, on July 8 at Gallery X on 169 William St in New Bedford. General auditions are 3-5pm and as needed callbacks are from 6-8pm on the same night; please come prepared with two dramatic monologues (no more than 2 minutes each)—one contemporary and one Shakespearean. The performance will be on September 16 in Buttonwood Park with rehearsals taking place every Sunday starting July 16 at Gallery X from 3 to 7pm. Please send any questions to [theglasshorseproject@gmail.com](mailto:theglasshorseproject@gmail.com), or find The Glass Horse Project on Facebook.

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## **29-year old man killed in Wareham motorcycle crash**

At approximately 12:07 a.m. today, troopers from the State Police barracks in Bourne responded to a report of a crash involving two motorcycles on Route 495 northbound, prior to Exit 2, in Wareham, which resulted in the death of one of the motorcycle operators.

Preliminary investigation by Trooper Austin Dooley of the Bourne Barracks indicates that two Endure-style motorcycles were traveling on Route 495 northbound when for reasons still under investigation they collided.

The operator of one of the motorcycle, Jordan Pina, a 29-year-old man from East Wareham, was transported to Rhode Island Hospital where he succumbed to his injuries. The operator of the second motorcycle left the scene after a Plymouth Police Officer traveling through the area stopped to assist. The second operator a 47-year-old man from Wareham was later located and transported to Rhode Island Hospital for treatment of injuries he suffered in the crash..

The cause of the crash remains under investigation.

Trooper Dooley is being assisted in this investigation by the State Police Collision Analysis and Reconstruction Section, the State Police Crime Scene Services Section and Plymouth CPAC. Also assisting on scene were members of Plymouth PD, Wareham PD, and Carver EMS.

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## **HELP WANTED: City of New Bedford is hiring for a Lead Water Treatment Plant Operator**

**PAY:** \$56,950 – \$71,193

**DEPT. OF PUBLIC INFRASTRUCTURE**

Assists in matters involving supervision, scheduling, technical problems and reports, buildings and grounds, watershed preservation and upkeep, pond management, reservoir facilities, maintenance, performance reviews, training programs, tours, public relations, safety and housekeeping.

Completes all forms and reports necessary on a daily, monthly and yearly basis for in-plant and State and City files.

Ensures that chemical and fuel inventories are adequate at all times; establishes daily workloads, assigns work, ensures quality control.

Oversees the preventive maintenance program for the Water Treatment Plant and High Hill Reservoir; plans and assigns maintenance tasks, and works with staff to perform maintenance. Oversees maintenance of City-owned watershed lands and an eight mile transmission main pipeline; plans and assigns maintenance tasks and sometimes works with staff to perform maintenance.

High school graduate or GED equivalent; four years of experience in a water treatment facility; or any equivalent combination of education and experience. Possession of or ability to obtain a Grade IV Certification from the Commonwealth of Massachusetts Board of Certification of Operators of Drinking Water Supply Facilities within the time-frame designated by the rules and regulations of said Board. Possession of a valid Massachusetts driver's license and good driving record.

For application/complete job description, please visit [www.newbedford-ma.gov](http://www.newbedford-ma.gov) or contact the Personnel Dept., 133 William St., Room 212, 508-979-1444. Applications will be accepted until a suitable candidate is found. EE0

**New Bedford has a residency requirement.**

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# **New Bedford Regional Airport earns new federal certification**

New Bedford Regional Airport passed Federal Aviation Administration (FAA) inspection and received certification to support service to a greater range of potential destinations.

The certification, known as a “139 certification,” would enable carriers to fly certain aircraft with more than the nine seats currently allowed, which makes new routes commercially viable for the first time.

The new designation will allow New Bedford Regional Airport to support flights to various destinations across the United States. Of the more than 200 airports in New England, New Bedford joins just 22 others to hold 139 certification, effective July 1, 2017. New Bedford Regional Airport previously held 139 certification but it lapsed in the 1990s.

New Bedford’s airport has increased its economic impact and job growth with sizable gains in the past several years, according to a 2015 study on the airport completed by the Massachusetts Department of Transportation (MassDOT) Aeronautics Division. In 2015, it generated \$32.4 million in local economic activity, up from \$26.3 million in 2011 – a 23% increase in four years, according to a standard economic modeling process approved by the FAA. The study also found that New Bedford Regional Airport supports 297 public and private jobs with an annual payroll of \$10.6 million. In 2011 the corresponding figures were 234 jobs, with an annual payroll of \$8.3 million, an increase of more than 60 new jobs in four years.

“This is a major step forward for New Bedford Regional

Airport, adding serious potential to our airport's capability to support flights," said Mayor Jon Mitchell. "It's an exciting opportunity and means our airport will soon connect to major airports around the nation that will make travel extremely accessible from New Bedford."

"The airport received support and cooperation from the Mayor's office, City Council, airport commissioners and city departments to meet the FAA requirements," said Airport Director Scot Servis. He added that Airport Solutions Group provided support to make the certification possible.

Servis said the next step in the airport's process to expand flight service is Transportation Security Administration certification, adding TSA screening equipment to the airport to provide service for anticipated flights.

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## **Do you have a love/hate relationship with your smartphone?**

It's no secret that we love our technology and can't live without our smartphones. You're reading this article on one right now! Perhaps one of the most frustrating things that can happen is when we get careless with them and end up with a dead battery or a cracked screen. It's even worse when we don't know why our phone is giving us trouble. So here are some helpful tips we've put together that are universal and can really extend your phones life. What frustrates you the most about your phone? Got any great tips you'd like to share? Tell us in the comments.

**1. Don't charge your phone overnight:** Long a source of debate, and while it's true that most "smart" phones know not to overcharge the real issue is temperature; Make sure you take your phone case off at night if you're going to leave your phone plugged in and charging. If you have a case on your device that does not allow heat to escape, this heat will increase the temperature of the battery and will cause cell oxidation, which will shrink the capacity and shorten the lifespan.



**2. Invest in a good case:** Phones are getting lighter, thinner and more fragile every year. Scratches and damage reduce the value of the phone and make the user experience frustrating. There are lots of choices, make an educated decision and customize it to make it personal.

**3. Use a screen protector:** There are high quality ones that really extend the life of the glass. It's much easier to replace a screen protector than it is to pay for a brand new screen.



**4. Avoid humidity:** This seems like common sense, but I'd wager most of you take your phone in the bathroom when you shower in the morning. Steam from the shower can cause rust between connectors which leads to touch and LCD issue.

**5. Be aware of excessive heat and sunlight:** Another sure fire way to damage the screen and the display, don't leave your phone on the dashboard of your car this summer.

**6. Use quality accessories:** Whether is the charging cable or a new screen, don't skimp. A cheap part is cheap for a reason. Quality is important so it's worth the extra \$5 to \$10 for a genuine OEM part. If you have an \$800 phone take care of it.

**7. Turn down the brightness and turn off Automatic Brightness:** It's probably obvious at this point, but you'll be surprised by how much this one alone helps to improve battery life.

Want to read more about Mr. Fix & Customize? Check out our spotlight.

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## **Mr. Fix & Customize**

200 North Dartmouth Mall

North Dartmouth, Massachusetts

Monday-Saturday: 10:00am-9:00pm

Sunday: 11:00am-6:00pm

**Phone:** (508) 999-5900

**Facebook:** [facebook.com/MrFixCustomize](https://facebook.com/MrFixCustomize)

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# Six things I learned since being diagnosed with sleep apnea

It's been about six months since I learned that I have sleep apnea – a sleep disorder that causes me to stop breathing throughout the night that can be deadly or cause long-term health issues.

I recently wrote about the **causes and diagnosis of it** and thought I'd share the things I've learned about the disorder since being diagnosed.



**1. CPAP machines are the most effective initial and long-term treatment** – CPAP stands for Continuous Positive Airway Pressure and is what most physicians will use to treat someone diagnosed with sleep apnea. It's an amazing machine that provides initial pressure through a mask to open your airways and increases the pressure when you have an apnea. My CPAP came with a humidifier and it is lightweight to take with you when you travel. My life was miserable without it – I would wake up with head ringing several times a night. I was also having low oxygen levels during my sleep test, so the machine is literally saving my life.

My CPAP machine even came with an iPhone app that allows me to track my results to include duration, how good my mask seal is, the number of apneas I'm having per hour and more.



**2. In most causes sleep apnea is curable by losing some weight** – if you are obese or even just a little overweight and snore, you should talk to your doctor about sleep apnea, especially if you wake up with headaches and feel tired during the day. Gaining weight can cause your airways to get blocked while you sleep thus the apneas. Losing weight is considered the best way to cure your sleep apnea and preferable to surgery.

**3. Surgery should be considered a last resort**– in some cases, sleep apnea can be caused by a blockage in your airways. Surgery can help, but there are dangers to removing tissue from your throat. My doctor reported that surgery was 50% effective with her patients – half of those that decided on surgery had long-term adverse issues like trouble with swallowing. The risk-reward of surgery can be dramatic so my doctor suggested surgery be a last resort. A CPAP machine, losing weight, a dental mouthpiece and even acupuncture should be considered first before considering surgery.

#### **4. Dentists have some success with treating sleep apnea –**

through my research I've learned that dentists can produce a mouthpiece that can keep your airways open while you sleep. If you fall asleep easily and nothing seems to bother you,



it's something to consider. For me, sleeping with a mouthpiece isn't my first choice as I'm a light sleeper. It's something I will strongly consider if losing weight doesn't resolve my sleep apnea.

#### **5. Sleeping on your side is best for people with sleep apnea –**

every health care professional that I talked to from doctors to acupuncturists told me to sleep on my side. When you sleep on your back your tongue and head position can restrict your airway. It can be the main reason someone even has sleep apnea.

Consider sleeping on your side with a pillow to your back and/or one near your chest. Manufacturers even sell pillows specifically designed to help with sleeping on your side. I find sleeping on my side with a CPAP machine has helped significantly reduce my apneas. I've gone from 40+ per hour to 4-6 per hour, which is considered normal.

#### **6. Finding the perfect mask can take time, but it is critical for those with a CPAP –**

I went through three different categories of masks before I found the one for me. I started off with a nasal-only style mask and when that didn't work out for me I switched to a partial-mask (nearly a full mask), but it turned out I was more of a mouth breather when sleeping. Finally, I settled on a full mask that covers both my mouth and nose. The key is don't settle for the first mask you try. Once you find the perfect mask, you'll find yourself having a better night's rest.

Have sleep apnea and tips to share? Post them in the comment section!

*This article is sponsored by **Cape Medical Supply** – New England's premiere provider of sleep therapy service and orthopedic bracing solutions*



## Resources

- WebMD – Sleep Apnea
  - American Sleep Apnea Association
  - Mayo Clinic – Sleep Apnea
-