

Missing man's remains discovered in North Attleboro

The human remains discovered by an area resident in North Attleboro on April 7th have been positively identified, Bristol County District Attorney Thomas M. Quinn III announced today.

The deceased has been identified as Joseph Pinheiro, 49, who previously resided in East Providence, RI. Foul play is not suspected in this case.

On April 7th at around 5:30 p.m., a town resident who was walking his dogs in a wooded area near Betts Drive discovered what appeared to be human bones. During the next 24 hours, North Attleboro Police and Massachusetts State Police conducted an extensive search of the area and discovered other bones, clothing and personal items, all belonging to Mr. Pinheiro.

It has been determined that Mr. Pinheiro was last seen by his family on January 9, 2016 and was officially reported missing by his brother on January 18, 2016.

Although foul play is not suspected, the death investigation is ongoing.

New Bedford City Council praises police for taking

guns and criminals off streets

The New Bedford Police Department's success at taking guns, drugs and criminals off the streets has earned praise from the New Bedford City Council.

At their April 12 meeting, the City Council agreed to send letters thanking police department members for their efforts.

Letters were sent to Police Chief Joseph Cordeiro, New Bedford police union officials, the command staff of all three city police stations, detectives and gang and narcotics units.

The letters sent "a strong message of congratulations for their heads-up, hard work, commitment and dedication to continually hitting the streets, taking drugs, guns and criminals off the streets throughout the city."

The letter called for citizens to recognize this hard work and to "support the police department in their continuing efforts to make neighborhoods across the city safe."

On behalf of the entire department, the chief thanked the council for its recognition. "I am grateful for the city councilors' continued support and recognition of our department. I am extremely proud of all the men and women of the New Bedford Police Department, officers and civilians alike, as I am most appreciative of their exemplary work and dedication to our great city. I am equally grateful for the public support and appreciation of our officers' daily efforts to serve and protect our residents."

14 Things To Do This Weekend (Apr. 21 – Apr. 23)

With temperatures in the 50s all weekend, it'll be just right to head out and partake in the many activities going on across the SouthCoast. Typical for this time of year, we'll have rain – plenty to deal with on Friday and some showers, early morning on Saturday. Sunday we'll be scott free from precipitation, but it will be cloudy.

FRIDAY APR 21	SATURDAY APR 22	SUNDAY APR 23
		
50°/46°	58°/41°	55°/42°
Cooler with periods of rain	A morning shower; warmer	Mainly cloudy

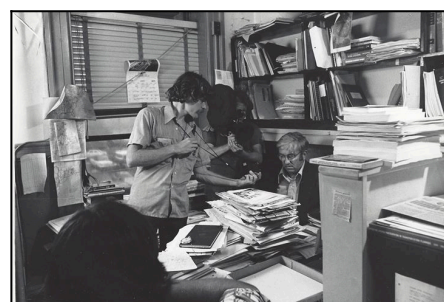
As always, click on the title for more or detailed information on the event. Most of the events were pulled from our [event calendar](#) where you can find hundreds of local area events each month. The event calendar is FREE, so if you are a local business, and not taking advantage of FREE publicity,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

Friday, April 21st

Fireside Live Music: Grayson Ty (5:00pm-10:00pm)

Join everyone for an extended evening wine tasting! Set in the Meadow Room overlooking the cafe lawn fire-pits, enjoy live

music from Grayson Ty while you sip and savor. Enjoy wine tastings, as well as wine, beer and sangria from the Vineyard Cafe bar and light nosh from their Wine-d Down Menu. After head upstairs to Brix Restaurant for \$10 wine -OR- beer flights. 5pm–8pm: Extended Tasting Hours, 5pm–10pm: Dine at Brix. Wine Tasting is \$12 or \$15 with the souvenir logo glass. SPECIAL: 1/2 price wine tasting for Cru/Case Club Members AND DOUBLE POINTS in the Marketplace and Brix that evening only. RSVP above|Pay at the door. Newport Vineyards, 909 E Main Rd., Middletown, RI.



FREE film about oil drilling in the state on Friday evening.

Massachusetts Story – DockUmentary Film Night (7:00pm-9:00pm)

Massachusetts Story, created in 1977, studies the then proposed oil drilling on Georges Bank and its potential impact on the New England Seacoast- particularly the fishing industry. It was produced and directed by Gordon Massingham, a native of New Bedford and features many scenes of the port in that era. It was instrumental in alerting the public to the potential hazards of exploration. New Bedford Whaling National Historical Park, 33 William St., New Bedford.

Live Music: “DJ Tom Cooney” at the Greasy Luck (9:30pm-12:30am)

For over a decade, Tom Cooney has been DJing in various capacities from California to Massachusetts. What started at a house party in San Diego has turned into gigs at bars, clubs, radio, private events, weddings and so much more. His

dedication to his craft keeps him up to date with what's happening in the music industry and on the cutting edge of what's fresh. His style reaches out to anyone who appreciates good music. A selection of Hip-Hop, R&B, Funk, Soul, Reggae and everything in-between can be heard when he's on the turntables. At New Bedford's hottest new spot: The Greasy Luck Brewery at 791 Purchase St. New Bedford, MA.

Saturday, April 22nd

Fairhaven Bike Path Annual Spring Clean Up (9:00am-1:00pm)

Please join us on our 4th annual volunteer clean-up effort for the Fairhaven Bike Path. Together we can help keep our town looking great for residents and our visitors. We will have some gloves, pickers and bags available to use courtesy of Rocky's Ace Hardware. Please bring your own gloves if you have them. All volunteers who register behind the rec center will be entered into a raffle to win a gift card from Stop and Shop. Free donuts and coffee will be provided by BRW Property Services. Hosted by Fairhaven Bikeway Committee. Fairhaven Recreation Center, 227 Huttleston Ave., Fairhaven.

Oxford Book Haven & Cafe Book Sale (Fairhaven) (9:00am-1:00pm)

We have a large selection of books—most are 50 cents. We currently have a special section for our DOLLAR- A-BAG-BOOK SALE. Coffee, tea, soda and home-made coffee breads are available. We welcome anyone to join us in working on our puzzle. Computers and WiFi is available to the public. 357 Main Street, Fairhaven.



*Find some local
treasures at New*

*Bedford Antiques at
Wamsutta Place this
weekend!*

Spring Flower Design Workshop (9:30am-11:30am)

Hosted in partnership by Aquidneck Growers Market and Little State Flower Company, spend a glorious spring morning with internationally known design artist and author, Jill Rizzo, of Studio Choo and local sustainable flower farm owner, Anna Jane Kochon, of Little State Flower Company for a dynamic flower design workshop with these two stars of the flower design firmament! Learn the value of using seasonal local flowers to our economy and environment, get growing tips from Anna Jane, and be entered in the drawing for great door prizes with your registration. Newport Vineyards, 909 E Main Rd., Middletown, RI.

2017 New England Cannabis Convention (11:00am-5:00pm)

After growing to over 110 vendors & 90+ speakers in 2016, the 2017 New England Cannabis Convention is poised to once again double in size in 2017! With MMJ programs growing across the region & rec bills looming, this is the absolute MUST attend show for anyone and everyone! Hynes Convention Center, Boston.

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.

Weekend Music Series: Leslie Grimes & Matt Bruneau with Bob Howa (1:00pm-4:00pm)

Savor the season, glass in hand, enjoying live music overlooking the vines. Join us this coming Saturday, April 22 for a wine tasting, lunch or wine by the glass and enjoy live music from Leslie Grimes & Matt Bruneau with Bob Howard 1pm – 4pm. No tickets required – just simply live music during our weekend wine tasting. See you there! Newport Vineyards, 909 E Main Rd., Middletown, RI.



*Catch the
International
Portuguese Music
Awards at the
Zeiterion on Saturday
night!*

March for Science (2:00pm-4:00pm)

This is a community space for Boston area people who love science and are interested in a sister march to the DC March for Science. There will be kid-centric entertainment on the main stage from 1:00 to 2:00 and a separate kids' corner afterward. The March for Science champions publicly funded and publicly communicated science as a pillar of human freedom and prosperity. We unite as a diverse, nonpartisan group to call for science that upholds the common good, and for political leaders and policy makers to enact evidence-based policies in the public interest. This group is inclusive of all individuals and types of science. Boston Common, Boston.

2017 International Portuguese Music Awards (IPMA) Show (7:00pm-10:00pm)

The International Portuguese Music Awards (IPMA) is an annual awards show recognizing outstanding achievement in the music industry by artists of Portuguese ancestry. The show will be televised on various media outlets, including worldwide via RTP Internacional and will feature LIVE performances. Zeiterion Theatre, 684 Purchase St., New Bedford,

House of Bricks Pro Wrestling "Wishamania" (7:00pm-10:00pm)

Last year, House Of Bricks Pro Wrestling teamed up with the members of the Moose Lodge 914 of New Bedford, MA for a series of extremely successful fundraising events starting with last April's first ever #HoB #Wishamania that benefited the Make-A-Wish America Foundation. This year, we are beyond excited to announce that on Saturday April 22nd, the members of Moose Lodge L00M 914 tag team with House Of Bricks Pro Wrestling to once again raise money for the Make-A-Wish Foundation as we bring to the Moose Lodge, 119 Rockdale Avenue in New Bedford, MA, HoB WISHAMANIA 2! ALL TICKETS for this event are just \$10 with proceeds going to the Make-A-Wish Foundation and just like last year, we here at #HouseOfBricks plan on packing the Moose Lodge and helping out such a wonderful cause in the Make-A-Wish America!

Sunday, April 23rd

Osprey Nest Checks – A Field Experience (10:00am-12:00pm)

Join everyone for an important day in the field – and help check osprey nests for occupancy and incubating birds in both branches of the Westport River! We'll meet at the Allens Pond Wildlife Sanctuary field station, then depart in our own vehicles with one team working from roadside viewing points along the East Branch of the Westport river and the other team doing the same on the West Branch. Sanctuary Staff will lead each team and provide insight into the lives of the osprey. Families are welcome to take part in this great learning

experience. Mass Audubon Allens Pond, 1280 Horseneck Rd., Westport.

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.

Petting Zoo Day (1:00pm-4:00pm)

Come join us for a fun filled afternoon on the farm! Meet & interact with our cute and friendly animals such as alpacas, mini goats, mini pigs, and mini donkey. We also have mini cows, ducks, and chickens. There will be pony rides, face painting, and a bounce house. We hope to see you there! Entry Fee: Adults \$4. Children \$8 (children 1 and under free) We accept cash only please. Children's price includes pony rides, petting zoo, face painting, & bounce house. Clover Creek's Farmyard Friends, 268 New Bedford Road, Rochester.

Want to sponsor this weekend guide? Contact info@newbedfordguide.com for more details.

Mayor Mitchell to Hold April Neighborhood Office Hours at Main Library Branch

New Bedford Mayor Mitchell will hold neighborhood office hours for the month of April next Monday, April 24, 2017 5:30 p.m.

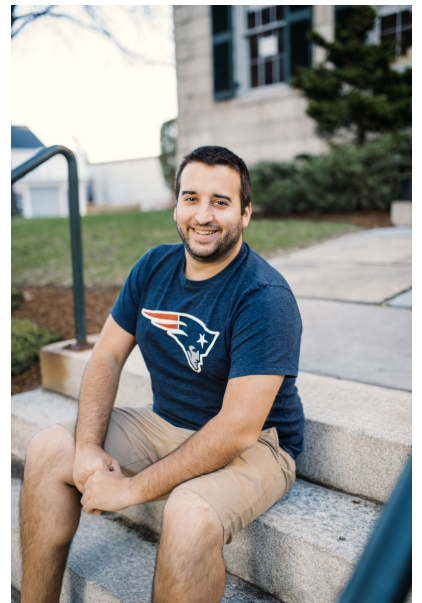
-7:00 p.m. at the Main Library Branch, 613 Pleasant Street in New Bedford.

Last fall, Mayor Mitchell announced he would set aside time each month to hold office hours in city neighborhoods so that residents could meet with him outside of normal business hours and in their own neighborhood.

City residents are invited to attend the neighborhood office hours to meet with Mayor Mitchell directly and share their concerns and ideas. The sessions are open to all New Bedford residents, no advance appointments are required and meetings with the Mayor will be done on a first come, first served basis

Faces Of New Bedford #99: Jordan Paiva

Meet Jordan Paiva, 25-year-old singer and DJ.



Growing up, Jordan was always interested in music and sang in several school organizations. During trips with his parents,

he was fascinated by the way the entertainers were able to get the crowd involved and it was then that he realized what he wanted to do for a career. It was at the age of 15 when he started DJing, getting a gig at Fairhaven High Schools's homecoming dance. He quickly grew from small birthday parties and events to weddings in no time, taking pleasure in being a young entrepreneur.

He takes pride in not just being a DJ, but entertainment. His clients have told him they enjoy that he not only interacts with the crowd but checks in to make sure that their night is stress free. To him there is something special about bringing two families together, that may come from two different cultures, to enjoy themselves while celebrating such an important event as a wedding.

With his success in what he does, he feels it is so important to give back to the community. With the loss of his grandmother in 2010 to pancreatic cancer, he decided he wanted to help raise money to fight cancer. He has since volunteered at several Relay for Life events and contributes to the American Cancer Society.

"It's not about making money, it's about doing what you love."

Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to colton@coltonsimmons.com

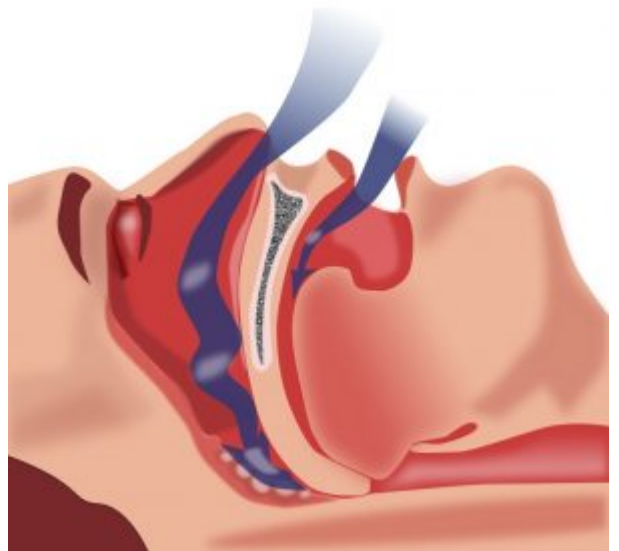
Follow Colton on Instagram:
<https://instagram.com/simmonscolton>

Sleep apnea – diagnosis and causes of the sleep disorder

Late last year I was diagnosed with sleep apnea, a sleep disorder that causes me to stop breathing throughout the night. Left untreated, sleep apnea can be deadly. I'm writing this article to educate the tens of thousands of people out there with sleep apnea, but may not know it.

Diagnosis and causes of sleep apnea

I was one of thousands of people living with sleep apnea, but didn't know about it until I started waking up with ringing in my ears and fatigue throughout the day. A sleep study in Taunton confirmed that I would stop breathing about 40 times an hour and had a severe case of sleep apnea.



I was diagnosed with obstructive sleep apnea, which means my airways were being obstructed while I slept – likely caused by my throat being overly relaxed through the night. Being overweight, or having nasal/throat obstruction issues or allergies are common causes as well. WebMD provides a list of causes [here](#).

The other forms of sleep apnea are central sleep apnea – when your brain fails to signal your muscles to breath – and complex sleep apnea which is a combination of obstructive and central sleep apnea. These usual occur with people who have had heart attacks or strokes and caused damage to the respiratory control center. Your doctor will diagnose

one of the three forms of apnea, which is important for treatment.

Dangers of sleep apnea

I've read a ton of articles on apnea and I can tell you from the readings and my experience, your symptoms will start with snoring, headaches and fatigue. If left untreated, the dangers rise to high blood pressure, ringing in your ears and falling asleep while sitting and even behind the wheel. Eventually diabetes, stroke and heart attacks can occur. Ever heard of someone dying in their sleep? Severe sleep apnea could be the cause of the heart attack or stroke in the middle of the night. I've also read reports where sleep apnea increases the risk of cancer significantly.

Treating and curing sleep apnea

The good news is sleep apnea is treatable today. The most common first step in treatment will be to use a continuous positive airway pressure machine, most commonly referred to as a CPAP. It's what I started with and currently using today. My CPAP machine is a small computer with a tube and mask that I use when sleeping. It takes about a month to get used to, but now I'm used to it and feeling the benefits. The CPAP machine tracks my apnea events throughout the night, increases air pressure when I need it and records all the data for my doctor. I get to track the results with the website and phone app. Your doctor will adjust your settings to help manage the amount of apneas you'll have overnight.



Other treatments include mouth pieces formed by a dentist, acupuncture and surgery as a last resort. Surgery is only 50% effective, but the 50% that don't get cured through surgery have life long discomfort afterwards and why you shouldn't jump right into it.

Hopefully, this article educated you on the basics of sleep apnea. If you have a sleeping partner, they will be the first to detect your snoring and if you stop breathing throughout the night. If not, remember these symptoms, especially if you are over 40 years old. Because of health insurance requirements, it can take weeks or even months to get diagnosed with sleep apnea and treated.

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



CAPE MEDICAL
SUPPLY

THE SOUTHCOAST REGION'S home
for **CPAP** solutions and supplies

[LEARN MORE >>](#)

Resources

- **WebMD – Sleep Apnea**

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

Aaron Hernandez Prison Death Ruled Suicide

The death of former New England Patriots player Aaron Hernandez on Wednesday at the Souza-Baranowski Correction Center has been ruled a suicide, according to Worcester County District Attorney Joseph D. Early Jr., Col. Richard McKeon, superintendent of the Massachusetts State Police, and Secretary of Public Safety Daniel Bennett.

Mr. Hernandez, 27, was found hanging from a bed sheet in his cell shortly after 3 a.m. on Wednesday. He was brought to UMass-Memorial Health Alliance Hospital in Leominster where he was pronounced dead about an hour later.

Chief Medical Examiner Dr. Henry N. Nields performed an autopsy on Mr. Hernandez on Wednesday and concluded today that the manner of death was suicide and the cause asphyxia by hanging.

An investigation into the death by the State Police Detectives assigned to the District Attorney's Office and Department of Correction investigators found cardboard jammed into the door tracks of his single-inmate cell to impede entry into the cell.

There were no signs of a struggle, and investigators determined that Mr. Hernandez was alone at the time of the hanging.

Mr. Hernandez was locked in his cell about 8 p.m. and no one entered the cell until a correction officer observed him at 3:03 a.m. and forced his way through the impeded door to render aid.

The cell was processed by State Police Detectives and Crime Scene Service Troopers. Investigators found three hand-written notes next to a Bible in the cell.

The Office of the Chief Medical Examiner released Mr. Hernandez's body on Wednesday, but withheld some tissue including his brain until the cause and manner of death was determined. Now that the cause and manner of death have been determined, the brain will be released to Boston University's Chronic Traumatic Encephalopathy Center as Mr. Hernandez's family wishes. The center studies a progressive degenerative brain disease found in some athletes who have experienced repetitive brain trauma.

Mr. Hernandez was serving a life sentence after being convicted of first-degree murder in 2015 in the 2013 shooting death of Odin Lloyd in North Attleboro.

Absentee voting available for Special Election for Ward 3 City Council seat

A Special Ward 3 Municipal Election will be held on Tuesday, April 25, 2017 to fill the vacant Ward 3 City Council position.

On Saturday, April 22, City Hall, 133 William Street, will be

open from 8:00 a.m. until 12 noon for absentee voting. Any voters who will not be able to make it to the polls for any reason on Tuesday can cast their ballot in the Office of the Election Commission, Room 114 at City Hall, on Saturday morning or Monday, April 24, also from 8 a.m. to 12 noon.

After the Special Preliminary Election last month, two candidates will appear on the ballot and the top vote-getter will be the newly elected Ward 3 City Councillor.

Voters whose status has been inactivated because they did not respond to the City's Street List Census or have not voted in the past two to four years, are reminded that they will be asked to show identification at the polls on election day and will be required to complete and sign an affirmation of continuous residence before they will be permitted to vote.

If you have any questions on absentee ballots, voting status, or voting precinct, please call the Elections Office at (508) 979-1420 or (508) 979-1421. On Election Day, Tuesday, April 25, 2017, the polls will be open from 7:00 a.m. to 8 :00 p.m.

The polling places in Ward 3 are:

3A Hayden/McFadden School County St. Entrance Door K

3B Hillside Court 525 Coggeshall St.

3C * Taber Mill Community Center 217 Deane St. (Coffin Ave. entrance.)

3D * Holy Name of the Sacred Heart of Jesus Mt Vernon St.

3E * Holy Name of the Sacred Heart of Jesus Mt. Vernon St.

3F First Church of the Nazarene 764 Hathaway Road

Now You Know: The Sea Flower art in downtown New Bedford

You've probably driven past the wooden piece of art that looks like a Sea Flower or Sea Urchin, that is not too far from the octopus intersection just behind the court house and Social Security Administration building. It's a recognizable piece of art, but there isn't much near it to detail its origins, so we asked for details on our **Facebook** **paged and learned about it:**

Shelley Cardoos: "Yes! It's called Sea Flower or Sea Urchin. The sculptor's name is James Surls and was installed in 1978."

Caleb Fiero: "The Sea Flower was created by artist James Surls and installed in 1978. It is meant to represent New Bedford's seafaring history. As an art student at UMass, this was one of my favorite sculptures in the city. The most un-interesting thing I've learned is that a lot of people hate this sculpture. As usual, the majority of people hate abstraction, and only think realism is good art. Those people are boring."

You can join the discussion **here**.

New Bedford police hiring domestic violence intern

Want to do something rewarding that could change someone's life and your own as well? Our domestic violence unit is looking for day interns for the summer and fall semesters. **THIS IS FOR COLLEGE STUDENTS ONLY LOOKING TO COMPLETE AN INTERNSHIP FOR THEIR COURSEWORK.**

Duties include assisting victims through the restraining order process, accompanying victims to court, filling out required forms and making referrals to appropriate agencies. Interns must have valid drivers' licenses, clear a criminal background check and, preferably, be students within the criminal justice field, including psychology and sociology.

For more information, e-mail kristine.silva@newbedfordpd.com or call 508-991-6300, ext. 79546.