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► See page 19.

# LAKES REGION **FreePress**

Vol. 31, Issue 19

May 8, 2020



Check out great local job opportunities on page 21.

## SeniorTimes inside!

Your semi-annual Senior Times edition is inside. We've got 6 pages of information for you on cybersecurity, health and finance. See pages 11-17.

**58**

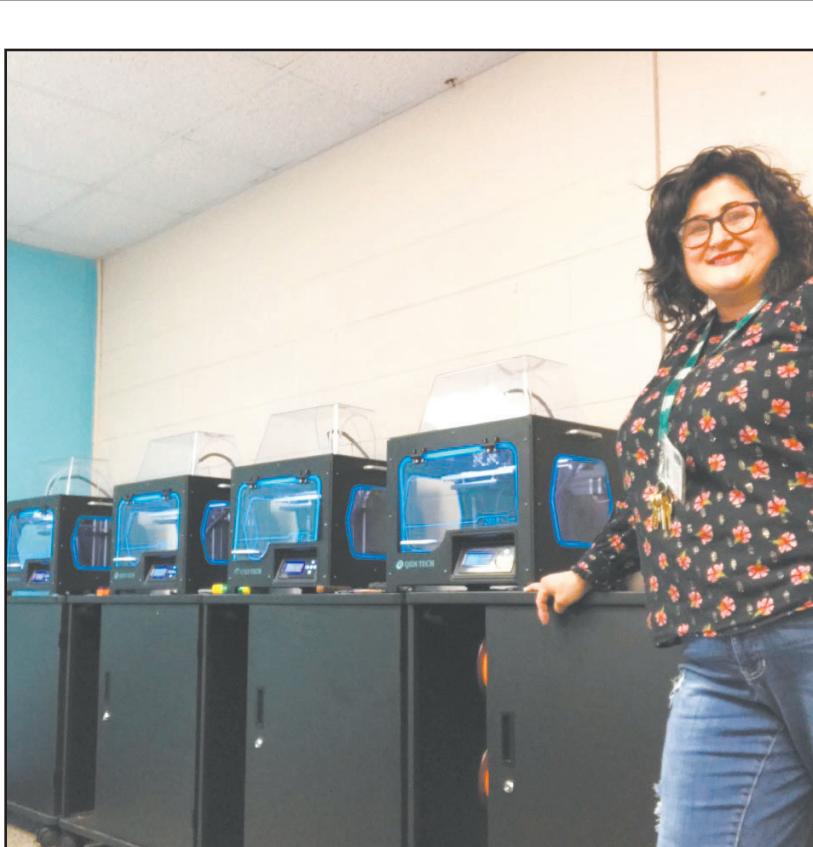
Finds under \$100 inside on page 19.

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### Printing face shields for healthcare workers

Jennifer K. Jones, director of Upward Bound at Castleton University (above), stands beside 3D printers on campus where she produced headbands for use by healthcare workers.

The headband design was developed in Sweden. Jones downloaded the file, made some adjustments for the university's printers and started printing them the week of April 20. The face shields she hole-punched and snapped to the headbands are report covers purchased from Staples (right).

Jones delivered 100 completed masks to the VA in White River Junction on Monday, April 27.



### Happy Mother's Day!

Complete the activities in this week's Kid Scoop to create a keepsake scrapbook page for your mom, aunt, stepmother, grandmother or other special woman in your life. Kid Scoop is on page 24, and it's sponsored by Saint-Gobain!

## Pawlet Scholarship applications due June 1

The Pawlet Scholarship Committee reminds all Pawlet and West Pawlet residents that applications for funding to support education costs are due Monday, June 1.

For more information and to download and print an application form, visit [www.pawletscholarships.org](http://www.pawletscholarships.org).

The committee accepts applications from Pawlet and West Pawlet residents pursuing their goals of continuing education beyond high school, including adults as well as current high school seniors.

Since its inception, Pawlet Scholarships has awarded over \$519,000 to deserving residents.

Completed applications and supporting documents can be submitted to any committee member or via mail to Pawlet Scholarships, PO Box 206, Pawlet, VT 05761.

## Virus victims' funerals postponed

By Duncan Campbell

Brown antique furniture rests inches away from the cream walls of Fair Haven's Durfee Funeral Home. Blue painter's tape skirts the ornate, pearl trim and floor molding. A clear tarp shields the patterned carpet. Peach-padded wooden chairs hug the perimeter of the visitation room.

Owner and funeral director Christopher Book said the opportunity to remodel his business arose recently. As families cannot grieve together, the space is seldom used.

Normally, Book orchestrates in the celebration of life for residents throughout the western part of Rutland County and into Hampton and Whitehall, New York. Along with Durfee, he operates funeral homes in Rutland and Pittsford, as well as the Birch Grove Crematory in North Poultney.

However, these days he is seeing

See **FUNERALS**, pg. 3

# Enhanced testing, contact tracing programs announced in Vermont

Vermont governor Phil Scott and members of his administration have announced the state is significantly increasing and strengthening its testing and contact-tracing programs in order to quickly identify, contain and suppress outbreaks of COVID-19.

In mid-April, the governor began taking steps to restart Vermont's economy under several guiding principles, including a goal to increase testing and tracing. On Wednesday, the administration laid out that strategy, detailing how even more testing and tracing – coupled with technology – will be used to quickly identify and isolate outbreaks, and better understand COVID-19 in Vermont.

"We have a strong and effective testing and contact tracing program in Vermont, but as we work to keep Vermonters healthy, and slowly and safely restart our economy, doing even more will be critical," said Gov. Scott. "This expansion of testing and tracing will help make sure that as we slowly ease public health restrictions and put more people back to work, we're able to identify cases quickly and better contain the virus so we don't lose ground on our progress."

Over the last several weeks, the state

has expanded testing beyond federal recommendations and built a robust program and strong supply chain.

Currently, Vermont provides testing for symptomatic patients referred by health care providers and pediatric patients, and universal testing of residents and staff at some congregate living facilities that had a single positive test reported. On average, the state has been conducting about 2,000 tests per week.

Gov. Scott, health commissioner Mark Levine and state epidemiologist Patsy Kelso today detailed a phased-in approach to have the state conduct up to about 7,500 tests per week. The increase will take place in stages over the next month, each expanding on the targeted populations to be tested.

The first expansion will bolster testing for vulnerable populations and health care workers in group settings where outbreaks have been most prevalent. Long-term care and other facilities housing vulnerable populations, and that have had a positive test result for COVID-19, will receive expanded, facility-wide testing. This will include universal retesting of residents and staff who test negative at day three, seven and then weekly after the initial tests. The

program will also now include testing of all intakes and discharges, in addition to residents who are regularly treated outside of the facility.

While symptomatic health care workers currently receive priority testing, the enhanced testing program will now test asymptomatic workers who have contact with COVID-19 patients and additional personnel in preparation for potential health care reopenings. All Department of Corrections staff will also be tested over the next two weeks, bolstering the testing protocols already in place.

The second phase will include populations that are key to restarting priority sectors, further focusing on health care and home health workers, as well as child care providers. And as Gov. Scott considers allowing more health procedures, testing would be expanded to many of these patients as well.

The final phase would further expand testing to these populations and allow for testing of some Vermonters who are under a mandatory 14-day quarantine as an option to reduce the quarantine period.

Levine also outlined the principles of the state's testing strategy, noting: "Throughout our pandemic response, our strategic planning and actions have been evidence-based and science driven. In developing this expanded program, we have sought to focus on Vermonters most vulnerable to serious impact of the virus, to improve on lengthy quarantines for asymptomatic people, and strive to suppress outbreaks whenever

they might arise. The health of Vermonters is critical to our Restart VT efforts."

The state's contact tracing program will also be enhanced to accommodate this new level of testing. Tracing will be expanded to include the 14 days prior to symptoms for COVID-positive individuals, to try to identify their source of infection.

The Department of Health will engage with cases and their contacts using SARA Alert technology, a text-based monitoring system. The state is able to handle 300-900 cases and their contacts per week under this new strategy. The state currently has 53 trained contact tracers who could handle up to 500 cases and their contacts per week and is implementing a plan to train additional tracers as needed.

"It's important to understand that as more testing is performed, and as people engage in greater activities, we will see an uptick in the number of positive cases – perhaps by a lot," said Kelso. "This program is designed to provide the data that will inform state decisions and help us to respond more quickly to what the data tell us about COVID-19 activity in our communities."

Gov. Scott emphasized the need to be nimble and responsive during this ramp-up and established the Vermont Enhanced Testing and Tracing Task Force, comprising experts from the Department of Health and agencies of Human Services and Digital Services to help monitor new developments and recommend new strategies.

## Memorial Day decorating contest in Fair Haven

While the Memorial Day Parade and Spring Fling have been canceled, the Fair Haven Historical Society will honor the observance of Memorial Day by asking residents to decorate their homes and businesses with a patriotic theme.

Participants must sign up via a

form located at <https://tinyurl.com/FHHSregister> so that judges know where participating homes and businesses are located.

The society has also created a site where residents can vote for their favorite decorated home and business. Voting will be open from Wednesday, May 20 through Monday, May 25.

The society requests that one vote per person and per email address be cast. Duplicate votes and voters will be invalidated. The ballot can be accessed at <https://tinyurl.com/FHHSballot>.

For more information and updates, visit the society's Facebook page at [www.facebook.com/FairHavenHistorical](https://www.facebook.com/FairHavenHistorical).



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# VNAHSR receives \$10,000 grant from Vermont Community Foundation

VNA & Hospice of the Southwest Region has received a \$10,000 grant from the VT COVID-19 Response Fund of the Vermont Community Foundation. The grant will be used to help the agency adapt to the changing realities of providing home health care and hospice during an epidemic.

"We are honored that the Vermont Community Foundation recognizes

the unique value and position that home health and hospice care provides to our community," said Ron Cioffi, RN, CEO of VNAHSR. "Our staff is on the front lines of the COVID-19 crisis providing essential services to our patients every day



Gifts like this from the COVID-19 Response Fund will help us address the overwhelming issues presented by caring for communities in crisis."

Support from this grant and other donations from the community will

be used to help the agency meet the ongoing needs of personal protective equipment and critical supplies to treat COVID-positive patients safely and support virtual visits where possible and equip office-based staff with the remote technology needed to maintain operations.

For more information about the VNAHSR COVID-19 Relief Fund, call 802-362-1255.

## Funerals

Continued from front page

families skip directly to cremations, or burials with no more than 10 people attending. Some clients are still using his services, while others forgo them entirely. Even the accompanying religious rituals are conducted at a literal distance.

"I've had a priest that did prayers through a window," Book said, referring to a recent case where the clergyman administered the last rites to a client from outside her home.

Gov. Phil Scott's "Stay Home, Stay Safe" order heavily encourages social distancing practices to help stop the spread of the coronavirus. The order's impact stretches towards a centuries-old tradition of celebrating lives lost, and funeral directors struggle to keep things business as usual.

"It's made things a heck of a lot more difficult," Book said.

Funeral directors choose to work

remotely with clients as much as possible. Walter Ducharme, owner and operator of Ducharme Funeral Home in Castleton, said he tries to make arrangements by email or by phone as much as possible. If this cannot be done, he allows only two members of the immediate family to meet with him in person.

Like Book, most of Ducharme's services consist of either direct burials, cremations or deferrals.

"If they do want to have a service, we limit it to the state thing of 10 people, and we space them out inside the funeral home," Ducharme said.

With these restrictions comes an emotional challenge for families. They cannot grieve because the intimacy of a wake is gone.

"I think that's the biggest change in our industry right now," Book said.

As of April 28, more than one million Americans tested positive for COVID-19, and 58,955 died. However, the virus has spread to only 855 Vermonters and killed 47; Rutland County confirmed only 44 cases and

one death so far.

While funeral directors are not anticipating an influx in clients, they still fulfill their obligations. They still need to protect themselves and others, however, and wear masks and gloves when they visit hospitals and nursing homes.

"People are still dying, but we treat everybody as (if) they have the disease just like the hospitals are doing," Ducharme said.

Funeral directors also endure the economic woes caused by COVID-19. Social restrictions discourage large crowds, causing funeral homes to yield a smaller profit from not using their full services. Jim Clifford, a fourth-generation owner of Clifford Funeral Home in Rutland, said people want to be with their loved ones one last time and now is not the best option to do so.

"The majority of families right now have canceled or have not planned to continue with a funeral service or ceremony at this time," Clifford said.

Families also postpone funeral services simply because they cannot

afford them. Seventy thousand Vermonters filed for unemployment claims, according to VT Digger.

"Not only are we out money on services, (but) people that we're doing services for (are) having trouble coming up with money," Book said.

Tentatively, Gov. Scott's order is set to end on May 15. Directors anticipate a boom in their businesses during later months, but this anticipation also brings stress from attempting to organize and fill a limited number of time slots.

"I don't even know how many services I've got pending," Book said.

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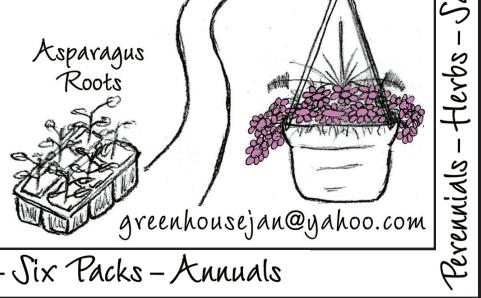
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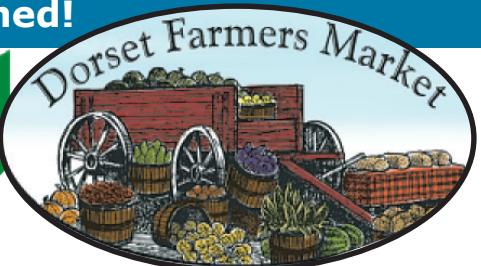
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Burke's Auto Repair						802-265-4722		
Carl Durfee's Store		✓			✓			
D & H Automotive						802-278-8660		
Fair Haven/Poultney Auto Supply		✓	✓			802-265-3012 802-287-9210		1-2 People in Store Only
G & L General Store	✓	✓	Please Ask	✓	✓	802-537-4041		
Heritage Family CU						802-252-8932		<a href="http://HFCUVT.COM">HFCUVT.COM</a>
Howard's Garage						802-265-7975		
Kingdom Automotive						802-683-9438		
Liberty Auto						802-278-8340 Sales 802-265-2358 Service		
Liberty Disc Bev Deli	✓	✓	Please Ask	✓	✓	802-265-3820		
Liberty Guns & Ammo						802-683-9546		
Mac's Market								
Maplefields/Subway						802-265-3009		
MCDonalds								
MMA Guns		✓						
Sam's Service Ctr					✓	802-265-3008		Please Call for an Appointment
Shaw's Super Mkt		✓				802-265-8100	✓	
The Cleaning Center						802-265-3603		Open Daily 5a-8p - Washers/Dryers Only
The Wheel Inn		✓		✓	✓	802-537-2755		
Usave Fuels						802-265-3008		Please Call for an Appointment
Will's Fair Haven Motors						802-265-9994		
Wooden Soldier	✓	✓	Thurs. Only			802-265-7985		
Fair Haven Pizza House		✓				802-265-8121		<a href="#">find us on facebook</a>
The Bur-Ger Farm		✓				802-537-3830		<a href="#">find us on facebook</a>
Foggy Meadows Produce		✓				802-537-4754		
Brown's Family Farm		✓				802-537-4474		<a href="#">find us on facebook</a>
BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Big G's Pub	✓	✓		✓		518-499-9933		
Brigg's Welding		Please Call				518-232-5143		
Busty's Brew & BBQ y		✓	✓		✓	518-499-5044		
Freakopolis Geekery							✓	<a href="http://freakopolis.com">freakopolis.com</a>
Grooming By Joan		By Appt.				518-530-9665		
H & R Block		By Appt.				518-499-1251		
Joe's Pizza	✓	✓	✓		✓	518-499-0534		<a href="http://joespizza.com">joespizza.com</a>
Bigfoot Wine & Liquor		✓	✓	✓	✓	518-499-0534		
MACLeods Lumber		Please Call	✓			518-499-0213		<a href="http://macleodslumber.com">macleodslumber.com</a>
Norm's Marine		Please Call				518-499-5459		<a href="http://normsmarine.org">normsmarine.org</a>

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## WHITEHALL, N.Y. CONT.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Putorti's Market	✓	✓		✓	✓	518-499-0788	✓	<a href="http://putortismarket.com">putortismarket.com</a>   "pizza" to 518-499-1406
RailYard Taproom	✓				✓	518-499-0411		<a href="http://therailyardtaproom.com">therailyardtaproom.com</a>
Skenevalley Agency						518-948-2928		<a href="http://skenevalleyagency.com">skenevalleyagency.com</a>
Smith Street Auto						518-948-2928		
WT Burns Insurance Agency		By Appt.				518-499-1333		
Champs Corner Restaurant	Please Call					518-499-5172		<a href="#">find us on facebook</a>
Mattison's Sport Shop	Please Call					518-527-0130		<a href="#">find us on facebook</a>
Green Mountain Food	Please Call					518-499-9101		<a href="#">find us on facebook</a>

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## ARGYLE, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Locust Grove Farm Smokehouse	✓	✓			✓	518-638-8591		<a href="http://locustgrovesmokehouse.net">locustgrovesmokehouse.net</a>

## COMSTOCK, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Great Meadow Federal Credit Union		Drive-Thru				518-642-8100		

## FORT ANN, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Walker's Farm Home & Tack	✓	✓			✓	518-639-5223		<a href="http://walkersfarmhomeandtack.com">walkersfarmhomeandtack.com</a>
Grumbellies Eatery	✓				✓	518-639-4143		<a href="http://grumbellies.com">grumbellies.com</a>
Battlehill Maple		✓	✓			518-926-8764		<a href="#">find us on facebook</a>

## FORT EDWARD, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Slickfin Brewing Co.	✓	✓	✓	✓	✓	518-223-0264		<a href="http://slickfinbrewing.com">slickfinbrewing.com</a>
Stumpy's Pizzeria	✓	✓	✓	✓	✓	518-747-3979		<a href="http://stumpyspizzaria.com">stumpyspizzaria.com</a>
Great Meadow Federal Credit Union		Drive-Thru				518-642-8100		
Ye Deli	✓	✓				518-636-5497		<a href="#">find us on facebook</a>

## GLENS FALLS, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Pack-It In Dumpsters			✓			518-791-3598		<a href="http://packitindumpsters.com">packitindumpsters.com</a>
Thai Sushi Aroy Dee		✓	✓			518-793-9666	✓	<a href="http://thaishusiaroydee.com">thaishusiaroydee.com</a>

## HARTFORD, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
As Time Goes By		✓				518-631-5166		<a href="#">find us on facebook</a>

## HUDSON FALLS, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Gus's Place	✓	✓			✓	518-480-4288		
I Love NY Pizza	✓	✓	✓		✓	518-747-4400		
Falls Farm & Garden Equipment	✓	✓	✓		✓	518-747-5252		<a href="http://fallsfarm.com">fallsfarm.com</a>
Calamity Jane's	✓				✓	518-832-4867		<a href="http://calamityjanesfirearms.com">calamityjanesfirearms.com</a>
Moss Street Deli	✓	✓			✓	518-747-6677		FREE meals to those in need!
Quality Hardware		✓	✓		✓	518-747-6344		<a href="http://saratogaqualityhardware.com">saratogaqualityhardware.com</a>
The Rock Bar and Grill	✓	✓		✓	✓	518-480-4030		<a href="#">find us on facebook</a>

## LAKE GEORGE, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
The Log Jam Restaurant	✓	✓	✓	✓	✓	518-642-8100	GrubHub DoorDash	<a href="http://logjamrestaurant.com">logjamrestaurant.com</a>

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## MIDDLETOWN SPRINGS, VT.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Grant's Village Store		✓	✓	✓		802-235-2251		<a href="#">find us on facebook</a>

## PAWLET, VT.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Pawlet Station		✓				802-325-2503		<a href="#">pawletstation.com</a>
Fair Haven/Poultney Auto Supply		✓	✓			802-287-9210		
Poultney House of Pizza	✓	✓			✓	802-287-9439		
TAPS Tavern	✓	✓		✓	✓	802-287-4064	✓	<a href="#">tapstavern.com</a>
Greens Sugar House		✓			✓	802-287-5745	✓	<a href="#">greennssugarhouse.com</a>
Donna P. Johnson Physical Therapy						802-265-4055		<a href="#">donnajohnsonpt.com</a>
York Coach Works						800-974-9877		<a href="#">find us on facebook</a>
Colburns Automotive						802-287-4016		
Parker Water Wells Inc.		Prepaid Only				802-394-7836		<a href="#">parkerwaterwellsvt.com</a>
Poultney Veterinary Hospital		✓			✓	802-287-9292		<a href="#">poultneyvets.com</a>
Williams Hardware		✓			✓	802-287-5791	✓	<a href="#">truevalue.com</a>
Poultney Laundrette								
Everyday Flowers	✓	✓	✓		✓	802-287-4094	✓	<a href="#">everydayflowersvt.com</a>

## RUPERT, VT.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Merck Forest		Prepaid Only				802-394-7836		<a href="#">merckforest.org</a>

## SARATOGA SPRINGS, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Quality Hardware		✓	✓		✓	518-584-9180		<a href="#">saratogaqualityhardware.com</a>

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BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Argyle Brewing	✓			✓	✓	518-338-7403		<a href="#">argylebrewing.com</a>
Battenkill Books		✓			✓	518-677-2515	✓	<a href="#">battenkillbooks.com</a>
Black Dog Wine & Spirits		At Window		✓	✓	518-677-2275		
Country Gals Café	✓	✓	✓		✓	518-428-2826		
Cambridge Food Co-Op		✓			✓	518-677-5731		<a href="#">cambridgefoodcoop.com</a>
Hoosick Tire		✓			✓	518-677-3636		
Burger Den	✓	At Window		✓	✓	518-677-5781	✓	<a href="#">burgerden.com</a>
Cambridge Valley Veterinary Hospital		✓				518-677-8815		
Clark's Pizzeria	✓	✓	✓		✓	518-677-7024		<a href="#">find us on facebook</a>
Coral's Corner & Cones	✓	✓				518-337-6643	✓	<a href="#">corals-corner-cones.square.site</a>
King's Car Care		✓				518-677-8177		<a href="#">service@kingscarcarecenter.com</a>
Silvanos	✓	✓	✓	✓	✓	518-677-7123		<a href="#">find us on facebook</a>
Subway	✓	By Request			✓	518-677-3142	✓	<a href="#">subway.com</a>

## GRANVILLE N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Fred's Pharmacy	✓	✓	✓		✓	518-642-3733		
Slate Town Brewing		✓		✓	✓	518-345-5357		<a href="#">find us on facebook</a>
On the Rocks Pub	✓	✓		✓	✓	518-345-5254		<a href="#">find us on facebook</a>
Chapman's General Store	✓	✓		✓	✓	518-642-1870		<a href="#">chapmansgeneralstore.com</a>
The Gold Trout			Shipping			518-615-4676	✓	<a href="#">goldtrout.com</a>
The Beverage Warehouse	Call	✓		✓	✓	518-642-8071		<a href="#">beveragewarehousellc.com</a>
Edward's Market	✓	✓	✓	✓	✓	518-642-2224		<a href="#">edwardsmarket.co</a>

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BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Granville Small Animal Hospital		✓				518-642-1283	✓	<a href="http://granvillesmallanimalhospital.com">granvillesmallanimalhospital.com</a>
Great Meadow Federal Credit Union	Please Call	Drive Thru				518-642-8100		<a href="http://greatmeadowfcu.org">greatmeadowfcu.org</a>
H&R Block	By Appt.					518-642-2738		
The Liquor Stop				✓	✓	518-642-9262		<a href="http://theliquorstop.com">theliquorstop.com</a>
Mandy's Spring Nursery	✓	✓	✓		✓	518-642-3676	✓	<a href="http://mandysnursery.com">mandysnursery.com</a>
The Village Yarn Shop	✓	✓	✓		✓	518-361-3464	✓	<a href="http://villageyarnshop.com">villageyarnshop.com</a>
Morse's Diner & Pizzeria	✓	✓	✓		✓	518-642-8007		<a href="#">find us on facebook</a>
Warner's Auto	Please Call	✓				518-642-1342		
Organbarn Bed & Breakfast						518-642-1814		
Shaw Insurance	By Appt.					518-948-2928		
Doran Auto		Key Drop			✓	518-642-1029		<a href="http://doranauto.net">doranauto.net</a>

## GREENWICH, N.Y.

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
Argyle Brewing	✓	✓	✓	✓	✓	518-338-7405		<a href="http://argylebrewing.com">argylebrewing.com</a>
Better Bee		✓	Shipping		✓	800-632-3379	✓	<a href="http://betterbee.com">betterbee.com</a>
Wash Co Co-Op Ins		Please Call				518-692-2881		<a href="http://wccic.com">wccic.com</a>
Capital Tractor	✓	✓	✓			518-692-9611	✓	<a href="http://capitaltractorinc.com">capitaltractorinc.com</a>
Robertson's Farm Feed						518-791-5700		<a href="#">find us on facebook</a>

BUSINESS NAME	TAKEOUT	CURBSIDE	DELIVERY	ALCOHOL	GIFT CARDS	PHONE	ORDER ONLINE	WEBSITE / NOTES
A&J Enterprises		✓	✓		✓	518-854-7414		<a href="http://a-jenterprises.com">a-jenterprises.com</a>
Dry Brook Sugar House	✓	✓	✓			518-854-3955		<a href="#">find us on facebook</a>
Salem Farm Supply		✓				518-854-7424		<a href="http://salemfarmsupply.com">salemfarmsupply.com</a>
Bain's Service Center			✓			518-854-3000		
Borador Animal Hospital		Veterinary care mailing meds				518-854-3005	✓	<a href="http://boradoranimalhospital.com">boradoranimalhospital.com</a>
Matthews Automotive						518-854-3070		
Ondawa Greens Golf Course	Driving Range is Open / Carts Available Club House / Pro Shop Closed				✓	518-338-7513		<a href="http://ondawagreens.com">ondawagreens.com</a>
Pizza World	✓	✓	✓			518-854-9988		<a href="#">find us on facebook</a>
Gardenworks						518-854-3250		<a href="http://gardenworksfarm.com">gardenworksfarm.com</a>
Mapleland Farms, LLC						518-854-7669		<a href="http://maplelandfarms.com">maplelandfarms.com</a>
Wild Hill Maple		✓	✓		✓	518-430-8050	✓	<a href="http://wildhillmaple.com">wildhillmaple.com</a>

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# LAKES REGION SeniorTimes

## Castleton Community Center adapts to COVID-19 challenges

The Castleton Community Center has been working to meet the challenge of staying in touch with its members, providing socialization and combating social isolation during the COVID-19 pandemic.

The center has been closed since March 16 and is not scheduled to reopen until May 15 or later based on government recommendations. The staff receives daily updates from the Vermont Department of Health.

According to director Jo Ann Riley, "The COVID-19 crisis poses a special challenge for senior centers like the Castleton Community Center that provide older adults an opportunity to socialize, eat in our dining room and participate in activities like exercise classes, crafts, games, and educational programs. We have been working each day to expand virtual and remote programming to continue many of these programs for our members and to hold participatory online classes to increase social engagement."

All meals served at the center are discontinued during the closure, but adults 60 and older can arrange for home-delivered Meals on Wheels or for at-home shopping services by calling the Southwestern Vermont Council on Aging at 802-786-5990.

The center's wellness classes



**A group of Castleton senior meal participants recently coped with isolation by meeting in the parking lot at the community center to enjoy sunshine, fresh air and each other's good company, all while maintaining a safe distance.**

have an enormous positive impact on the quality of life for older adults. Program director Laurie Knauer has been working to bring some of the fitness classes to "at home" members via the internet and PEG TV. "We want to help folks find a level of activity that is comfortable for them in a format they can access either on their computers or on TV," Knauer explained. Weekly online or TV classes include: Better Balance, Bone Builders and Tai Chi. Information on how to access the programs can be found in the May Community Center Newsletter and on the center's

website at [www.castletoncsi.org](http://www.castletoncsi.org).

Some other activities that are providing "virtual" programming include guitar lessons, ukulele club, and The Great Courses. An attorney from the Senior Citizens Law Project of Vermont Legal Aid recently offered a free legal advice virtual clinic for Vermonters age 60 and older to replace the in-person clinic originally scheduled at the center.

The center's walking trail has seen a major increase in activity since the stay home, stay safe directive. It includes a Story Book Trail for the kids

with a story posted on the trail signs to read along the walk. There is a Fit Walk if you want to add a few exercises to your walk. In May, Level One, an easy beginner program will be posted. June will have Level Two, an intermediate program and in July Level 3 will offer more advanced exercises. And, there is a Walking Challenge with a trail sign showing how many laps it takes to get to various locations along the East coast. Walkers are asked to email the center each Friday at [homestead@shoreham.net](mailto:homestead@shoreham.net) with the distance completed for the week along with their name to see where we end up on Labor Day.

A Fun and Games page in the center's May newsletter invites everyone to play the "Triple Challenge" game every Monday and Wednesday. You have to decide what three items have in common and then email the correct answer to [homestead@shoreham.net](mailto:homestead@shoreham.net) between 10 and 10:15 a.m. on that day. The winner will be a different emailer each day, and they will receive a gift certificate for a milkshake or sundae courtesy of Stewart's Shops.

For additional information about Castleton Community Center programs and services call 802-468-3093 or visit [www.castletoncsi.org](http://www.castletoncsi.org).

## Getting to know . . . Mary P. Hollister, CPA

Mary P. Hollister, CPA, uses her services and experiences to help the people of Whitehall benefit themselves and others.

The close relationships and trust she builds with clients allow them to meet their accounting goals. She said this also allows her to be truthful and show them how to achieve those goals.

"I consider my clients to be a part of my extended family," she said. "I always have their

best interest in mind, care about their goals and work with them to achieve success."

Hollister's year-round services are tailored to clients' individual needs. In addition to filing taxes, she conducts payroll, bookkeeping and advice for individuals as well as service-based businesses, professional service providers and health-care professionals.

Off the clock, Hollister enjoys reading suspense and historical

fiction novels and volunteers with the Girl Scouts. She said her volunteer work enables her to encourage girls to grow to become strong leaders and role models in their communities; a benchmark for success in oneself and in others.

"Leadership is providing the right tools and guidance to help someone else achieve success," she said. "True success is when that person then pays it forward by doing the same for someone

else."

Hollister also encourages clients to wake up every day and look forward to tackling the challenges that await them. She advises clients to make every decision count in order to make the most out of their time.

"Be very intentional about your business because success in business does not just happen," she said. "If you leave your business to chance; it will consume you."

# Snapshots from Poultney's Young at Heart Senior Center in the era of COVID-19



Mary Thomas welcomes you.



During this challenging time, the center's kitchen crew and drivers are working hard to prepare and deliver Meals On Wheels with their usual good cheer.



The center is grateful to Janice B. Edwards and the sewing crew who donated face masks.

All photos are from the Young at Heart Senior Center Facebook page.

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*Please note: Spouses of military personnel, men or women, can join the auxiliary. If you are the son of a veteran you are eligible to join the Sons of the American Legion*

**FOR MORE INFORMATION CALL:**  
American Legion Post 49  
72 South Main Street, Fair Haven, VT  
**802-265-7983**

# Tips for combating loneliness during social distancing

As a result of the coronavirus pandemic, many people are staying in their homes to help prevent the spread of the disease. Feeling lonely from time to time is natural, but this unprecedented time of social distancing could lead to increased loneliness.

There are some easy ways to feel connected to others, even when you aren't seeing them in person. Consider these tips from Dr. Doug Nemecek, Cigna chief medical officer for behavioral health.

**Use technology . . . but not too much.** Social media is a favorite and easy way to stay connected to family and friends, but too much use can leave you feeling lonely. Cigna's 2020 U.S. Loneliness Index found that 72% of very heavy social media users identify themselves as lonely. Balance technology use with disconnecting and taking time for yourself. Use real-time interactions with others, like video chats, to build meaningful connections and limit time spent passively scrolling social media. Read a book, take a walk or do a puzzle after screen time. It may help you feel more connected when you spend time online.

**Join a virtual club or group.** There are plenty of resources

available to find virtual book clubs, craft communities or even fitness challenges. You can start a new hobby, learn a skill or find others who are interested in the same things as you, remotely. Once the guidelines for social distancing are lifted, you'll have new friends you can meet in person.

**Spend time outdoors.** Simply leaving your house to take a walk around your neighborhood or to walk your dog a few blocks could improve your spirits, refreshing you for the next time you virtually connect with others.

**Ask those you reach out to how they're really doing.** How you connect with those in your

network makes a significant difference in how lonely you feel. People tend to feel less lonely when connecting on a deeper level. Cigna's study found that those who do not feel they have close relationships that give them emotional security and well-being have an average loneliness score of nearly 15 points higher than those who do. When video chatting with friends, ask them for their most honest response when you ask how they're doing. Everyone will likely feel better for it.

**Rethink working hours.** We spend approximately 90,000 hours at work over our lifetime, so how we spend that time will

play an important role in how we feel overall. Improving your work-life balance and connecting with colleagues can reduce loneliness. Your employer may also benefit from you feeling less lonely. Lonely employees are less productive, produce lower-quality work and miss more days of work. So, talk to your boss about slight changes you can make to how you spend your working hours. This could help you feel less lonely and benefit your company.

Being unable to spend time with others in person will likely cause many of us to feel lonely, but there are ways to help lessen those feelings during this challenging time.

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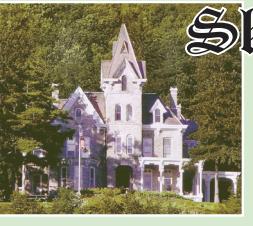
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# Treating foot and ankle conditions during the COVID-19 crisis

During this unprecedented time, it's still important to take care of your overall wellness, and your feet are no exception. Healthy feet and ankles are crucial for balance, mobility and a healthy body.

However, it's important to identify those issues that can be taken care of via telemedicine and those that should be done in person. It's also important to take steps on your own to keep feet healthy.

"Foot and ankle surgeons are here to help keep you healthy via telemedicine visits for non-urgent care and in the office for urgent or serious issues," said Dr. Brett Sachs, DPM, FACFAS, a foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons.

Not sure whether your condition requires an in-person appointment? According to Dr. Sachs and the experts at the American College of Foot and Ankle Surgeons, the following conditions can be seen by foot and ankle surgeons via telemedicine:

- Heel and arch pain, generalized foot pain
  - Achilles tendinitis
  - Metatarsalgia
  - Skin rashes and athlete's foot

■ Planter warts  
 ■ Big toe pain  
 ■ Arthritis  
 ■ Gout

However, Dr. Sachs noted that you should visit your doctor for the following conditions and situations:

- Postoperative care
- Injuries (sprains or trauma, anything that requires an x-ray for suspected bone fractures)
- Infections
- Ingrown toenails
- Wounds
- Foot ulcers
- Calf pain with warmth, redness or swelling, which could possibly be a blood clot

It's important to know that if you do have to make an in-person appointment, foot and ankle surgeons are taking many steps to protect patients. These measures include taking patients' temperatures and performing a

comprehensive screening process, having patients and staff wear masks or face coverings, limiting the number of patients and family in the waiting room, limiting patient appointments to prevent overlap, practicing social distancing where possible and performing extensive deep cleaning of all patient rooms and common areas throughout the day.

A bit of preventive care can also support healthy feet. Here are a few tips from the American College of Foot and Ankle Surgeons you can follow while at home:

- Stay active by doing sit-ups, pushups, planks, squats and leg lifts or check out virtual fitness classes online. You can still get outside for fresh air without putting yourself at risk. Go for a walk, run or hike while practicing social distancing. If you feel better staying inside, take scheduled breaks to get up and walk around your home.

■ If you suffer from foot pain, such as a neuroma, avoid wear-

ing narrow shoes and also avoid walking on hard surfaces barefoot, even in the house.

■ Do eccentric strengthening exercises like calf raises on a step to prevent or treat Achilles tendinitis.

■ Examine your feet regularly for bumps, lumps or other changes.

■ Wear comfortable, sensible shoes, especially for exercise. Continue using padding, insoles or whatever special footwear you've been prescribed.

To find a foot and ankle surgeon near you or to find more foot and ankle health tips, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

"While the COVID-19 crisis is understandably top-of-mind for many right now, taking steps to protect your overall health is vital," said Dr. Sachs. "Because so many health problems stem from the feet, paying attention to them is essential for your comfort, safety and overall wellness."

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# Keeping personal information safe during a pandemic

Americans are spending more time at home, which means they're likely spending more time online. While their attention is focused on staying healthy, they shouldn't forget to stay vigilant about cybersecurity either.

The FBI recently warned that cybercriminals are taking advantage of the current environment to steal personal information and money. The scams come in various forms, including fake emails from the Centers for Disease Control and Prevention and World Health Organization claiming to offer new information on the virus; emails asking users to verify personal information for an economic stimulus check from the government; and emails selling counterfeit COVID-19-related products or treatments.

Personal health information can be a target for hackers, too.

According to the Office of the Inspector General, personal health information (name, social security number, Medicare number) can be stolen and used to file false Medicare or other health insurance claims. If this



Photo copyright SeventyFour/iStock via Getty Images Plus

## Stay vigilant about cybersecurity.

occurs, individuals might experience a disruption in medical care should they need it.

Bob Davis, deputy chief information security officer, Cigna, has a few simple steps to protect individuals and families from threats.

### Never open email or attachments from unknown senders.

Many scams occur when clicking on fraudulent links or attachments in emails. Sometimes these emails can look similar to those received from legitimate sources, such as a health insurer, making it difficult to notice the difference. Pay attention to details: Does it look

like other valid communications you've received? Is the sender email address correct? To check a link's legitimacy, hover over the text to see where it will redirect.

Also note, when communicating with health insurers online, it will likely be done through a secure email portal, which automatically encrypts (secures) emails and can only be accessed by signing in using a predetermined password.

### Guard personal information.

As a general rule, health insurers will never ask for credit card information or account passwords in an email. Report emails asking for this information to your health insurance company immediately.

**Hang up and call back.** Not all threats occur online. Be wary of phone calls from someone claiming to be your health insurance company asking for personal information. To confirm legitimacy, simply hang up and call

the customer service phone number listed on the back of the insurance card. In most cases, if information or payment is needed, individuals will receive a letter in the mail, not a phone call.

### Monitor texts and social media.

Many use cell phones as a primary way to communicate, so it should be no surprise that cybercriminals are turning to text messages as a way to steal information. Text messages should be approached the same way as emails. Don't click on links or share information with unfamiliar numbers. The same goes for social media. Don't click on suspicious advertisements or links.

### Remind friends and family.

Just like friends and family are reminded to stay healthy, the same should be done with cybersecurity threats. Remind loved one to pay close attention to unsolicited emails and calls and to limit the information they share over the internet. If you think that you may have been victim of a scam, contact Medicare as soon as possible at 1-800-MEDICARE.



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# How to make the CARES Act part of your financial plan

For many Americans, the current state of the economy is creating real financial challenges and concerns. However, the federal government's recently enacted CARES Act is intended to provide some financial relief to families and business owners who may be struggling to manage their finances, using cash disbursements, expanded unemployment benefits, and different loans and tax credits.

In addition to reading up on CARES Act programs, experts say there are several ways to make sure you get as much financial support from the bill as possible.

Here are three things to think about:

**Estimate the value of your economic impact check and plan how you will use the money.** The Internal Revenue Service is sending up to \$1,200 to individual taxpayers and \$2,400 to married couples, plus another \$500 for each qualifying child. Tools such as The Washington Post's stimulus check calculator can help you determine the amount

you may receive. Then you can decide what to do with your check, for example, pay your bills, buy essential goods, save it or even invest it.

## Check your eligibility for unemployment

**benefits.** The CARES Act created a new Pandemic Unemployment Assistance program to provide benefits to people who lost their jobs, had their hours reduced or are unable to work for reasons related to COVID-19. You may qualify for these benefits even if you are self-employed or an independent contractor. Unemployment benefits have also been increased by \$600 a week and extended to up to 39

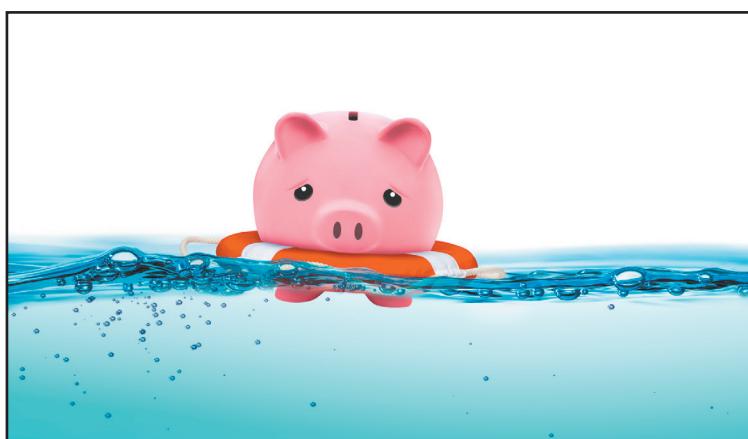


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**With some thoughtful financial planning, you can weather this economic storm.**

weeks of coverage. The Department of Labor's website ([www.dol.gov/coronavirus](http://www.dol.gov/coronavirus)) has more information on these changes, as well as guidance on applying for unemployment.

**If you own a small business, consider applying for a federal loan.** The CARES Act set aside hundreds of billions of dollars for the Small Business Administration and the Treasury Department to provide financial relief to business

owners and their employees. Loan options include the Paycheck Protection Program to help businesses keep workers on their payrolls and the Economic Injury Disaster Loan to help cover a temporary dip in revenue. Visit the SBA's website at [www.sba.gov/funding-programs/loans/coronavirus-relief-options](http://www.sba.gov/funding-programs/loans/coronavirus-relief-options) to learn more and apply.

A certified financial planner (CFP) professional can help you understand these programs and make sound decisions about how to use your stimulus funds. A CFP professional can also provide competent, ethical advice on maintaining your financial well-being during this period of uncertainty. And this advice can be provided remotely via phone calls, emails and video conferencing technology. To find a CFP professional near you, visit [www.letsmakeaplan.org](http://www.letsmakeaplan.org).

With thoughtful planning, you can make the most of these and other financial resources to weather the economic storm.



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# April is National Child Abuse Prevention Month



Child abuse can be hard to distinguish, but certain visual clues or changes in behavior may indicate there is a problem. The Child Abuse Prevention Center and other organizations offer these signs of child abuse or neglect:

- There may be visible signs of injury, including bruises or burns.
- Abused children may appear scared or anxious. They may also seem withdrawn or depressed. However, abused children also may act like nothing is wrong or become "class clowns" in an attempt to avoid unpleasant feelings.
- Some abused kids may fear going home or to places where they may be abused.

- Changes in school performance may indicate a problem. Some children will fall behind on work or have difficulty concentrating. Others may do especially well on tests or be obsessive about getting good grades for fear of punishment.
- Abused and neglected children may suffer from a lack of personal care or hygiene. Clothing may not be appropriate for the weather or appear dirty.
- Abused kids could have sleep disturbances that cause them to appear tired.
- Children who are abused may balk at normal, appropriate touch. They may not be able to distinguish between good and bad touch.
- Risk-taking behavior may be present in abused children. The youngsters may be testing their minds and bodies to extremes

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• Children who have been sexually abused may exhibit overly sexualized behavior or use explicit sexual language.



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**TOOL BOX** for full size pick up truck, diamond plated. \$60. 860-941-9888  
**WOMEN'S GEORGIA BOOT** Sport & Trail, Thinsulate Ultra 400. Like new, size 7M. Paid \$100, sell for \$50. (518) 692-8519  
**WOMEN'S SIZE LARGE** pull-up underwear. 10 packages. \$75. Greenwich (518) 232-2282  
**WOODEN MOTORCYCLE** work stand 19" high roll on and off. Asking \$35 obo. (802) 645-0442

## FREE ADS! FINDS UNDER \$100

**Place an ad absolutely NO CHARGE!**
**AD RUNS FOR 2 WEEKS**

Just fill out these handy coupons to place your FREE ads.  
Then send this form to us by mail or FAX.

### HERE'S HOW IT WORKS JUST A FEW SIMPLE RULES:

- Manchester Newspapers WILL NOT TAKE FREE ADS OVER THE PHONE.
- Inquiries are prohibited.
- Merchandise ads only - excludes all animals and firewood.
- Limit 4 ads per name/address/phone number per month.
- Limit ONE ITEM PER AD, maximum 15 words per ad.
- Item price must be under \$100 and clearly stated in ad.
- Manchester Newspapers reserves the right to reject any advertising.



MAIL THIS FORM TO: Manchester Newspapers PO Box 330, Granville, NY 12832  
YOU CAN ALSO E-MAIL US YOUR AD INFORMATION: [classifieds@manchesternewspapers.com](mailto:classifieds@manchesternewspapers.com)  
(Be sure to include your name, address & phone number with e-mail)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Please type or print.  
Heading: \_\_\_\_\_

## Finds Under \$100

Limit 15 words.

Please type or print.  
Heading: \_\_\_\_\_

## Finds Under \$100

Limit 15 words.

Please type or print.  
Heading: \_\_\_\_\_

## Finds Under \$100

Limit 15 words.

Please type or print.  
Heading: \_\_\_\_\_

## Finds Under \$100

Limit 15 words.

**Announcements**

ALTHOUGH MANCHESTER NEWSPAPERS tries earnestly to check all Classified Advertising submitted for legitimacy and accuracy, we cannot be responsible for ads that may be misleading. Once an ad has started running it is non-refundable.

**Articles for Sale**

**COOLER PANELS** (insulated) 30+, all sizes. \$1 each. 802-353-6189

**IR 185 COMPRESSOR** John Deere Diesel. \$3500 (802) 265-3644

**PATIO DOOR:** sliding glass, vinyl, still in box, unassembled. Paid \$675. Sell \$400/obo. (802) 287-0958

**Firewood/Fuel**

**100% GREEN HARDWOOD.** Also have Ready-to-burn Hardwood as well. Please call for pricing. 518-915-4040.

**Free**

**ONE BOX OF CRAFTING** paper, magazines & books. FREE - TAKE ALL! (802) 265-4707

**Guns & Ammo**

**CRAIG'S GUN SHOP**  
BUY \* SELL \* TRADE  
105 State St, Rutland, VT  
802-773-9781 WORK  
802-558-2300 CELL

**Lawn and Garden**

**HUSKEE RIDING MOWER** 24hp twin, 54" cut, hydrostatic drive, electric PTO, very good condition. \$500  
Steve 802-265-7921

**Attorney/Legal**

**APPLYING FOR SOCIAL SECURITY DISABILITY** or appealing a denied claim? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE consultations. Local attorneys nationwide 1-866-945-2549! Mail: 2420 N. St. NW, Washington DC. Office: Broward Co. FL (TX/NM Bar)

**Financial**

**ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES?** Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 888-626-3581

**Health**

**VIAGRA and CIALIS USERS!** 100 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed, 24/7 CALL NOW! 888-445-5928 Hablamos Espanol

**Home Improvement**

**DEALING WITH WATER DAMAGE** requires immediate action. Local professionals that respond immediately. Nationwide and 24/7. No Mold Calls. 1-800-506-3367

**ELIMINATE GUTTER CLEANING** forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-995-2490

**STAY IN YOUR HOME** longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-866-945-3783

**STAY IN YOUR HOME** longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-534-6198

**STOP STRUGGLING ON THE STAIRS.** Give your life a lift with an ACORN STAIRLIFT! Call now for \$250. OFF your stairlift purchase and FREE DVD & brochure! 1-844-325-8610

**Medical**

**DO YOU HAVE CHRONIC KNEE OR BACK PAIN?** If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! Call 1-800-217-0504

**LIFE ALERT. 24/7.** One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE brochure. CALL 800-457-1917

**OXYGEN-Anytime.** Anywhere. No tanks to refill. No deliveries. Only 2.8 pounds! FAA approved! FREE info kit: Call 1-855-917-4693

**Medical**

**RECENTLY DIAGNOSED** with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 877-648-6308 today. Free Consultation. No Risk.

**STILL PAYING TOO MUCH** for your MEDICATION? Save up to 90% on RX refill! Order today and receive free shipping on 1st order - prescription required. Call 1-888-906-1529

**Miscellaneous**

**A PLACE FOR MOM.** The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-855-799-4127

**AT&T Internet.** Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-888-796-8850

**ATTENTION OXYGEN THERAPY USERS!** Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds! FREE information kit. Call 877-929-9587

**ATTENTION:** Auto injury victims. If you have suffered serious injury in an auto accident, call us! Our attorneys have the experience to get you the full compensation you deserve! Call Now: 855-341-2271

**BECOME A PUBLISHED AUTHOR!** We edit, print and distribute your work internationally. We do the work... You reap the Rewards! Call for a FREE Author's Submission Kit: 866-951-7214

**COMPUTER ISSUES? GEEKS ON SITE** provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 866-969-2936

**DIRECTV NOW.** No Satellite Needed. \$40/month. 65 Channels. Stream Breaking News. Live Events. Sports & On Demand Titles. No Annual Contract. No Commitment. CALL 1-866-825-6523

**DISH TV - \$59.99** for 190 Channels + \$14.95 High Speed Internet. Free installation, smart HD DVR included, free Voice Remote. Some restrictions apply. Call 1-877-925-7371

**Miscellaneous**

**DISH TV \$59.99** For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply 1-833-872-2545

**INVENTORS-FREE INFORMATION PACKAGE** Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-855-380-5976 for a Free Idea Starter Guide. Submit your idea for a free consultation.

**MOBILEHELP, AMERICA'S PREMIER MOBILE MEDICAL ALERT SYSTEM.** Whether you're Home or Away. For Safety and Peace of Mind. No Long Term Contracts! Free Brochure! Call Today! 1-844-892-1017

**NEED SOME CASH?** Sell us your unwanted gold, jewelry, watches & diamonds. Call GOLD GEEK 1-844-209-9872 or visit www.GetGoldGeek.com/nani BBB A+. Rated. Request your 100% FREE, no risk, no strings attached appraisal kit. Call today!

**Only the highest quality CBD products** from Ace-Wellness! We guarantee highest quality, most competitive pricing on CBD products. Softgels, oils, skincare, Vape & more. Coupon code: PRINT20 1-855-681-3113

**Dogs-Cats-Pets**

**FREE ADULT CATS** looking for barn/farm home. Whitehall, NY. Text 518-538-6678

**FREE TWO INDOOR** adult cats. Spayed/neutered. One white male, one black female. Granville NY. 518-480-9130.

**Farm Animals**

**WANTED:** Will take FREE goats, rabbits, sheep, laying hens, alpacas, dogs, peacocks and household birds. Will pick up. (518) 642-3776 or (802) 228-2101

**Hay & Grain**

**ALL NATURAL, NON-GMO Feeds Corn:** Whole, Ground, Cracked, Soymeal, Oats. Feed made-to-order for cows, pigs, chickens, horses, etc. Dry hay and Baleage. Elsworth's (518) 692-2781 or (518) 932-9860 cell. Closed Sundays.

**ATTN: AREA CHURCHES****Religious News & Church Services Directory**

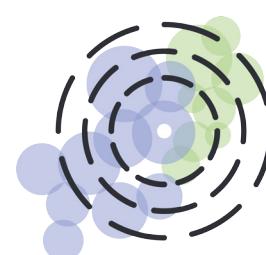
List your church services here for as low as



A WEEK!

↑ SAMPLE AD SIZE ↓

For more information email  
[classifieds@manchesternewspapers.com](mailto:classifieds@manchesternewspapers.com)  
or call us at  
**518-642-1234**



**Manchester**  
**Media**

14. E. Main St., Granville, NY

518-642-1234

[www.manchesternewspapers.com](http://www.manchesternewspapers.com)

# EMPLOYMENT

To place an ad, call  
**518.642.1234**



## PHARMACY TECHNICIAN

- 30 Plus Hours Per Week
- Competitive Pay

*Superior customer service required*

*Experienced as well as inexperienced welcome to apply*

Stop in or mail resume to  
Fred's Granville Pharmacy  
79 Quaker St., Granville, NY 12832

### Career Training

**AIRLINES ARE HIRING** - Get FAA approved hands on Aviation training. Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704

**TRAIN ONLINE TO DO MEDICAL BILLING!** Become a Medical Office Professional online at CTI! Get trained, certified, & ready to work in months! Call 888-572-6790. (M-F 8am-6pm ET)

### Education

**COMPUTER & IT TRAINING PROGRAM!** Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Now offering a \$10,000 scholarship qualified applicants. Call CTI for details! 888-449-1713 (M-F 8am-6pm ET)

## Town of Fair Haven, VT. Summer Help Position

The Town of Fair Haven is accepting applications for a summer help position to maintain lawns at the Town cemetery, play ground and other areas as needed. Applicants must be able to perform physical labor.

This is a temporary, seasonal position, and is 20 hours per week. Starting salary is \$10.00/ hour.

Send resume and letter of interest to the Fair Haven Town Manager at 5 North Park Place, Fair Haven VT, 05743 or via email at fhmanager@comcast.net.

Resumes must be received by 4:00pm, May 15, 2020. Equal Opportunity Employer.

INTERNATIONAL PAPER

**IP** works for me.

## Your Future is Waiting to be Written.

**International Paper**, a major pulp and paper producer is seeking its next generation of top operators. Best advancement opportunities available in decades. Our Ticonderoga Mill needs hourly production workers at entry rate of \$16.14. Technologically advanced operations, leading edge training, outstanding benefits, and employment with a community leader awaits you.

### JOB REQUIREMENTS

- Minimum high school graduate, GED, or equivalent work experience.
- Must be:
  - At least 18 years of age
  - Eligible for employment in the U.S.
- Must be willing to meet the following requirements:
  - Undergo a drug screen for illicit use of drugs as a condition of employment
  - Submit to periodic drug screens as a condition of employment
  - Work any shift and/or a rotating shift schedule
  - Work overtime on a regular basis and with last minute notification
  - Work holidays and/or weekends on a regular basis
  - Wear required safety equipment
  - Operate or work in industrial conditions (may be warm/hot, dusty/dirty, around hazardous chemicals, noise, heavy machinery or elevated working surfaces (with proper safety training and safety protection)

### BENEFITS

- Family medical and dental, life insurance, short-term and long-term disability, paid holidays and vacation time, retirement and 401K savings plan.

**Qualified applicants should apply online**  
[www.internationalpaper.com](http://www.internationalpaper.com)

Equal Opportunity Employer

Minorities/Females/Individuals with Disabilities/Veterans

**Infinite Possibilities**  
[internationalpaper.com](http://internationalpaper.com)

**Career need a shift in gears?**

Find that perfect job right here in the classifieds!

**STONE BRIDGE IRON & STEEL, INC.**

Stone Bridge Iron & Steel is an AWS & AISC Quality Certified Fabricator of structural steel and miscellaneous metals located in Gansevoort, NY. We specialize in fast-track commercial and industrial projects.

We have fulltime openings for the following positions.

**CNC Machine Operators:** Knowledgeable in programming CNC equipment. Requires strong math skills, ability to lift 50 lbs and perform other duties as necessary.

**Welders:** Welding structural members with GMAW, FCAW, SMAW as specified by layout or welding diagram, positioning parts, utilizing torch to straighten, cut and camber members, grinds excess weld and slag, operates overhead cranes and power tools, performs other duties as necessary. Ability to read, interpret, apply weld symbols, read tape measure and basic blueprints, strong math skills.

**Class B Driver/Laborer:** Assists in loading/unloading truck, perform pre-trip inspection, maintain electronic drivers log, drives to destination, responsible for cash, checks, receipts, perform laborer duties in shop as necessary.

**Laborers:** Delivers parts or stock to designated areas. Operates overhead cranes, ironworkers, hand operated tools and small equipment. Cleans plant areas inside and out as needed. Ability to read, interpret safety rules and operating instructions.

If you're ready to join a highly competitive and sophisticated fabricator with a family feel, then Stone Bridge Iron & Steel is for you. We offer a competitive wage and excellent benefit package.

**Apply in person to complete an application or send resume to:**

**Stone Bridge Iron & Steel, Inc.**

**Attn: Human Resources**

**426 Purinton Road**

**Gansevoort, NY 12831**

**personnel@stonebridgeiron.com**

EOE/AA/W/M/Vet/Disability

**CHECK OUT EMPLOYMENT OPPORTUNITIES AT**

<https://www.facebook.com/RutlandCountyJobs>

# AUTOMOTIVE

## Autos

**1980 MERCEDES BENZ** 240d four door, cream w/tan leather. Never driven in the winter. Always stored inside heated garage. A great second vehicle, first-time driver, or second home vehicle. \$8500 OBRO. 802-537-4422

**2014 KIA SORRENTO** in excellent condition. Has 107,821 miles. Brand new brakes and tires. Roof rack, trailer hitch, bluetooth, Sirius XM, CD player and more. \$8100. For more info call 802-671-8210.

**DONATE YOUR CAR** to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

## Autos Wanted

**CARS/TRUCKS WANTED!!!** 2002 and Newer! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

**CARS/TRUCKS WANTED!!!** All Makes/Models 2000-2019! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-513-1505.

## Autos Wanted

**CASH FOR CARS:** We Buy Any Condition Vehicle, 2002 and Newer. Nationwide Free Pick Up! Call Now: 1-800-864-5960.

## Four Wheel Drive

**2003 SUBARU BAJA** 4x4 with tip up fiberglass tonneau cover, automatic four cylinder. Needs windshield and break pads, runs great. \$500 518-642-3776

## Motorcycles



**HONDA VALKYRIE MOTORCYCLE** trike. Beautiful shade of blue. \$16,000. (802) 645-1925



# Double YOUR IMPACT with Print & Online ADVERTISING!

## Services Directory

### Plumbing & Heating

**SMILANSKY PLUMBING & HEATING**  
Granville/Salem/Greenwich  
Robert Smilansky Owner  
518-832-0086

### Tree Service

**BOURN TREE SERVICE**  
Over 30 Years of Service  
Fully Insured \* Free Est.  
Brush Clipping \* Land  
Clearing. (518) 642-2182

### "My Guy Joe"

**ROTOTILLING**  
Small Garden - \$30  
Larger Gardens - Negotiable  
Contact:  
**Joe 802-558-1124**  
**jrosanj47@yahoo.com**  
**All-Purpose Handy-Guy**

For more information call  
Manchester Media  
today  
at 518-642-1234 or

email  
[advertising@manchesternewspapers.com](mailto:advertising@manchesternewspapers.com)

### Manchester Media Spectacular ADVERTISING OPPORTUNITY SERVICES SPOTLIGHT

**Get your new business  
or service noticed now!**

**\$75 per month for all papers!  
\$50 per month for one state only.**

(A minimum 3 months commitment)

Your business card-sized ad will run weekly in the Granville Sentinel, Whitehall Times, North Country Free Press and the Lakes Region Free Press and listed on social media!

Granville  
**Sentinel**

THE WHITEHALL  
**TIMES**

NORTH COUNTRY  
**FreePress**

LAKES REGION  
**FreePress**

**Great for all sorts of advertising types:  
Landscapers, firewood, hairdressers, drywallers, painters, etc.**



**FOR MORE INFORMATION ABOUT THIS GREAT OPPORTUNITY:**

email: [classifieds@manchesternewspapers.com](mailto:classifieds@manchesternewspapers.com)  
or call 518-642-1234 today for more information.



# REAL ESTATE

## For Sale

**NEW HOMES** priced from the low \$100's available immediately in active adult 55+ landlease community in Smyrna Delaware. Close to DE Beaches and Dover Downs. Low taxes. 302-659-5800 or [www.BonAyre-Homes.com](http://www.BonAyre-Homes.com)

## Apartment Rental

**GRANVILLE VILLAGE:** 1bdrm, downstairs, 1 yr lease, 1st mo & security req. (518) 345-5267

## Storage Rental

**EXIT ONE SELF-STORAGE**  
Heated Units Also Available  
Route 4-A  
Fair Haven, VT  
802-265-3330

## Realtors® and Vacation Rental Agents

Advertise Your Properties For Sale or Vacation Rentals throughout the north country in free distribution newspapers with over 500,000 circulation for only

**\$99 FOR A 25-WORD CLASSIFIED**



**MANCHESTER MEDIA**

Call 518-642-1234 to place your ad today!

## Granville Office for Rent Available Immediately

Newly renovated 2 room office in center of Granville Village. Bright, sunny rooms. Full bath. Excellent location-high visibility with large street sign. Off street parking. Sit and have free coffee on front porch with the Bear. Utilities and services included. No smoking. References required.

Call George: 518-642-9640.

**Green Roots REAL ESTATE LLC**  
**Valarie Batchelder**  
Real Estate Broker  
(518) 669-8211  
[greenrootsrealestate.com](http://greenrootsrealestate.com)  
1240 State Rte 29, Greenwich, NY

"The paths we take and the roots we're from, help define who we become."

**Christine Nemec**  
Associate Real Estate Broker  
Seniors Real Estate Specialist  
Seller's Representative Specialist  
518-669-5310  
[cnenemec@bhhsblake.com](mailto:cnenemec@bhhsblake.com)

**BERKSHIRE HATHAWAY HomeServices Blake, REALTORS®**

*If you are considering a move, give me a call. I can help you through the process, whether it's getting your house sold or finding the next one. I'm here for you.*



**Bird Real Estate**  
*Listings Fly With Bird!*



## Middletown Springs

GREAT PLACE TO CALL HOME..4 bed, 3 bath Colonial situated on 1.39 acres with mature trees and lovely perennial gardens. A great room was added in 1970 featuring cathedral ceilings, exposed beams and a beautiful gas fireplace. Master bedroom on first floor with full bath. Wonderful country kitchen with walk in pantry/laundry area. Dining area looks out onto the picturesque back yard. The 2 car garage is detached and also offers lots of storage, a huge heated work shop. MLS# 4779772. Nance 802.558.2556

**\$269,000**



**LAKE & COUNTRY PROPERTIES**  
222 Indian Bay Road, Bomoseen, VT 05732  
**(802) 468-2228**  
[WWW.BIRDREALESTATE.COM](http://WWW.BIRDREALESTATE.COM)



## TEAM TINKHAM



### MacEHREN WAY, CAMBRIDGE

Location "Hedges Lake" Location 1000 +/- ft of prime water frontage on one of the most sought after spring fed lakes in upstate NY.

Comfortable, two bedroom, 2 1/2 bath year round residence, and a three bedroom seasonal guest cottage, which makes for great rental income. Two car garage w/ heated workshop. Near ski areas. less than an hour to Albany, Saratoga NY, Manchester or Bennington Vt

Team Tinkham • 53 High Street, Hoosick Falls, NY 12090  
**(518) 892-9427**



4061 State Rt. 22, P.O. Box 550, Salem  
**(518) 854-7888**  
[www.PrebleRealty.com](http://www.PrebleRealty.com)



312 PRIEST RD ~ SALEM



This 3 season camp is nestled on a 5+ acre mostly wooded lot. Located on a dead end lane, this home-away-from-home offers quiet privacy with lots of amenities. Enjoy watching the deer from the large deck and wandering through the trails. The nicely finished interior has a kitchen, living/dining area, one bedroom and full bath. A very special get a way. Most furnishings stay.

**Asking \$84,900**

## Home of the Week

### 4880 COUNTY RT 48, ARGYLE

A little bit of paradise at this ranch style home set on top of a hill. The entire home has been refreshed inside and out. Family room with a cathedral ceiling and propane fire place for those chilly nights, not to mention making the holiday season more festive! The master bedroom includes an all new full bathroom with a walk-in spa style porcelain shower and new vanity and toilet. The common bath has new sink and toilet with wood flooring. The kitchen is a cook's dream with large center island all open to the dining room. The summer fun will never end with a 16 foot by 32 foot in-ground pool with patio. So much living to do at this home for years to come! For added fun the Cossayuna Lake State boat launch is only one and a half miles away!



**\$280,000**

Call Green Roots Real Estate at 518-669-8211

**ADVERTISE IN THE REAL ESTATE SECTION**  
**ALL COLOR - ALL THE TIME!**  
Call 518-642-1234 for advertising info.



THE AWARD-WINNING PRINT &amp; ONLINE FAMILY FEATURE



© 2020 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 36, No. 22

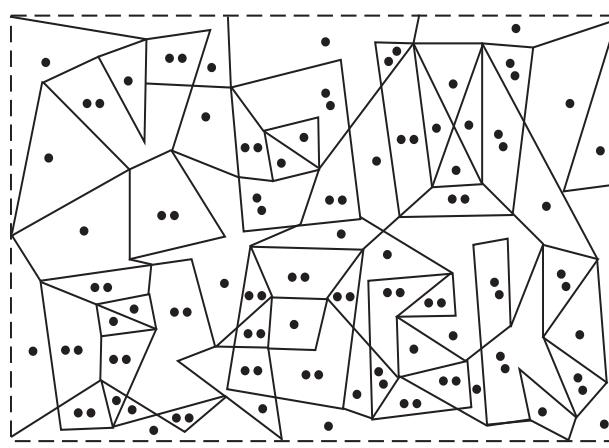
# Make a Mother's Day Scrapbook Page!

Write your name and color this page topper:

## Mother's Day 2020



CREATED BY:



Spaces with two dots, color red, and the spaces with one dot, color yellow to reveal a special message.

Use the secret code to complete this message:

H P R  
DAY IS  
F LL D W TH  
SUNSHINE  
ND H PP  
TH GHTS!

A =	O =
E =	U =
I =	Y =

Standards Links: Reading Comprehension: Follow multiple-step written directions.

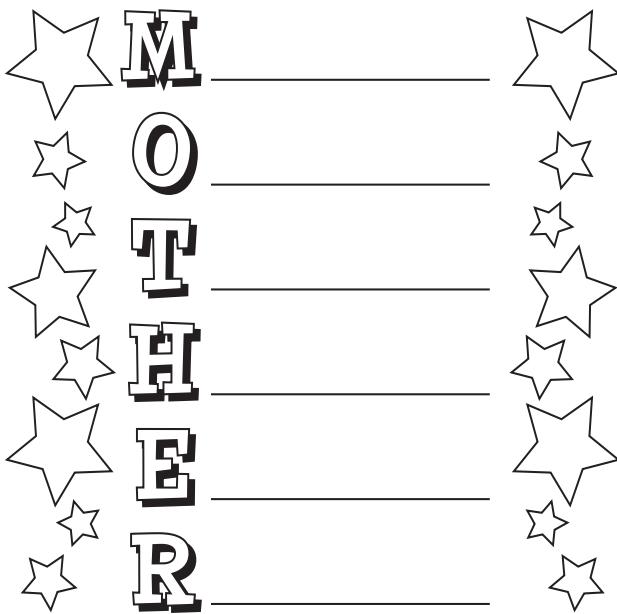
## Stuff you'll need:

- Kid Scoop
- Newspaper
- Glue Stick
- Crayons
- Scissors
- Construction Paper



Follow instructions and complete the activities on today's page to create a keepsake scrapbook page for your mom, aunt, stepmother, grandmother or another special woman in your life.

## Why You're a Superstar!



Describe your mom or other special person with words you find in the newspaper that start with each letter of the word "mother." Arrange the words to spell out "mother" vertically.

## Favorite Things:

## Dream Vacation:

Find pictures and words in the newspaper to paste in the boxes above of your mom or other special person's favorite things and dream vacation.

## How to Make a Scrapbook Page

- Complete the activities in the scrapbook boxes on today's page.
- Cut out each box.
- Paste the boxes on a large piece of construction paper.
- Add photographs or draw a picture of you and your mom doing something together. Or, write about a special memory that you two share.
- Present your gift and watch your mom smile!

**Extra! Extra!**

### Mystery Note for Mom

Cut out letters from the newspaper and use them to write a mystery note to your mother.

Standards Link: Writing Applications: Write friendly letters.

## Kid Scoop® Puzzler

Circle the object that should come next in each row.



Standards Link: Investigation: Extend patterns.

## Double Double Word Search

MOTHER  
KEEPSAKE  
SCRAPBOOK  
PICTURE  
CRAYONS  
CODE  
SPECIAL  
SMILE  
WOMAN  
SCISSORS  
SHARE  
MEMORY  
PAPER  
YOU  
GIFT



Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

## FROM THE LESSON LIBRARY

### Classified Mom

Imagine you had to run an ad to hire someone to replace your mother. Write a classified ad for a mom. Look at the classified ad section of the newspaper to see what those ads look like. Calculate the cost to run your ad. Can you rewrite it to cost less?

Standards Link: Writing: Use stylistic and rhetorical aspects of writing.

## Write On!

### Talking Cocoon

Send your story to:

*One day I heard a tiny voice.  
Looking around, I saw that  
the voice came from a little  
cocoon. Finish this story.*

Deadline: May 31 Published: Week of June 28  
Please include your school and grade.



Granville, NY | 518-642-2200