

Don't sit still for arthritis pain.

Arthritis hurts. Physical activity can help. Studies show that 30 minutes of moderate physical activity three or more days a week can help you move more easily. You can break it up, too. Start with a walk. Later, rake leaves or wash the car. Keep it up, and in four to six weeks you could be hurting less and enjoying life more.

Physical Activity. The Arthritis Pain Reliever.

Call 1-800-766-9449 to learn more.

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION
THE ARTHRITIS FOUNDATION
THE DEPARTMENT OF HEALTH & HUMAN SERVICES




Got Local News?

LOG ON TO
www.thecommunityjournal.com

Adopt A PET

The second week of every month, The Community Journal will publish a directory of homeless animals from

Winchendon Animal Control
Winchendon (978) 297-3533

Worcester Animal Rescue League
Worcester (508) 853-0030
www.worcester-arl.org

Ahimsa Haven Animal Rescue
Winchendon (978) 297-3862
www.ahimsahaven.org

Animal Shelter, Inc. of Sterling
Sterling (978) 422-8585
www.sterlingshelter.org

Ahimsa Haven Animal Rescue



Juju's been with us longer than anyone else, through no fault of his own - he is a great dog and would make a wonderful companion for an active person or family. He's a smart guy, and is housebroken and knows "sit," "shake," "down," and "come." He loves to play, and ride in the car. And he soaks up attention like a sponge and becomes putty in your hands! He adores people and would love to be someone's "best bud" again - only this time for real and forever! Come on - a gorgeous, well behaved, intelligent guy! What else could you ask for? He's a two year old Akita mix, weighs about 70 lbs., and gets along with most other dogs.

Sponsored by:

Crowne Jewelers

12 Lindell Ave., Leominster • (978) 534-4040

Ahimsa Haven Animal Rescue



Hi, I'm **Tia** and this is my life partner, **Jake** (a purebred cocker spaniel). He's deaf, so he relies on me to clue him in on what's going on. He's a mellow, smiley guy. I am a very jolly girl, so much so that I do a dance (which you'll just have to see) and give you a smile when we meet. Our foster mom says we are a joy to be around, and always give her a chuckle! We would love to find a forever home of our own, but would also be interested in a foster home or a sponsor.

Sponsored by:

Brian and Ben Bachant

Rutland

ANIMAL SHELTER OF STERLING

Due to the overwhelming number of kittens, we are running a wonderful feline friendly adoption special. Adopt ONE kitten (\$150) and get a 2nd companion kitty for half price (\$75).

We have another 20+ kittens not pictured!



Due to the large number of cats and kittens in the summer months ... we are hoping you will help our shelter by adopting cats/kittens in pairs. Please help us help the felines!

1. Special special...adopt any cat 1 year or older \$50.
2. Adopt one adult cat and we will waive the adoption fee for the 2nd cat (1 year and older)
3. Adopt a kitten and we will waive the adoption fee of an adult cat over 1 year old.

Sponsored by:

The Pampered Pet

711 Pleasant St., Paxton • (508) 799-6176

Ahimsa Haven Animal Rescue



Giacomo is a 1 yr. old sheperd/hound mix. He gets along with other dogs as long as he can be the Alpha! Playful and affectionate with people.

Sponsored by:

Holden Grooming at the Pet Place

196 Campbell St., Rutland • (508) 886-2604

Ahimsa Haven Animal Rescue



Sweet and petite, that's our **Chloe!** She's about 2 yrs old and weighs 26 lbs. She is very friendly with people and other dogs. She's not too crazy about rides in the car, but she IS crazy about being somebody's best friend and companion!

Sponsored by:

Central Glass Co.

127 Mechanic St., Leominster • (978) 537-3962

Ahimsa Haven Animal Rescue



Clarisse is a JRT/CHI mix who has a wonderful temperament. She's sweet as anything, and extremely intelligent. Because she is a skilled escape artist, she will need a small breed experienced home. She loves to run, and would be a great agility dog. To adopt

Clarisse, please visit www.ahimsahaven.org and fill out our adoption application.

Sponsored by:

Holden Home Modernizing

57 Putnam Lane, Holden • (508) 829-3754

Worcester Animal Rescue League



Aubrey is a 3 year old domestic short hair gray cat. I was found on someone's door step in Auburn. I am very sweet and lovable. I would love to find a new home to take good care of me. I will make a great addition to any family. I just don't want to go outside anymore because I have been lost once already.

Sponsored by:

Creative Floors, Inc.

1653 N. Main St., Jefferson • (508) 829-7444

Worcester Animal Rescue League



Bart is a 1 1/2 year old Black Lab looking for a new home. I would like a home without young kids because I can get very excited. I have a lot of energy and I just love to run around. I have lived with another dog and I just love to play.

If you have the energy to keep up with me then I would love to meet you.

Sponsored by:

The Barn in Paxton • A Country Flea

West St. (Open April-Dec.) • Hours: 9:30-4:30 Sat. & Sun.

Worcester Animal Rescue League



Buster is a 2 year old Beagle in search of a new home that does not have young children. I tend to be hyper and dominant with them. I love to play and run around.

I would make a great walking companion. Just come down to meet me and see how sweet I am. I would prefer a home with no other animals.

Sponsored by:

John & Maryann Cameron

Worcester Animal Rescue League



Dubs is a 2 year old domestic short hair black and white cat looking for a good home. I am a handsome young man looking for the right family to take me home. I love to talk and look out the window. I will keep you company all day and snuggle at night.

Sponsored by:

Carol, Bob & Jessey Oliver

Holden

The next "Adopt A Pet" page will appear on November 10
The cost to sponsor a pet is only \$20/month or \$180/year.

To become a sponsor or for more information,
Call Gordon at (508) 829-5981 ext. 11
by Thursday, November 2 at 5 p.m.