

# HEALTH & WELLNESS



Teaching fire safety...

**Wilbraham Fire Capt. Kevin Brown discusses proper fire extinguisher operation to folks at the Wilbraham Senior Center. He joined the center on Oct. 28 to offer fire safety and prevention strategies.** TIMES PHOTO BY DAVID MILES

## Endocrinologist joins Baystate Wing staff

PALMER - Baystate Wing Hospital announced the addition of Dr. Raju Pant, endocrinologist, to their medical staff.

Panta earned his medical degree from the College of Medical Sciences in Bharatpur, Nepal, completed his residency in internal medicine at Wyckoff Heights Medical Center, Brooklyn, New York, and his fellowship at State University of New York in Buffalo, New York.

"We are pleased to welcome Dr. Panta to our team to provide endocrinology care in our region," Dr. David Maguire, chief medical officer

for Baystate Health's Eastern Region, said. "An endocrinologist is a specially trained physician that diagnoses and treats disorders such as diabetes, thyroid diseases, osteoporosis and other hormonal disorders. Dr. Panta brings this much needed specialty to our community."



Dr. Raju Pant

Prior to joining Baystate Health, Panta was a hospitalist at Lakes Region General Hospital in New Hampshire.

For more information or to schedule an appointment call Baystate Endocrinology and Diabetes at Baystate Wing Hospital at 413-370-7881.

## Red Cross encourages holiday blood donations

DEDHAM — The American Red Cross encourages people to share their good health this holiday season by donating blood for patients in need.

A decline in donations typically occurs from Thanksgiving to New Year's Day when donors are busy with holiday activities and travel. The Red Cross reminds eligible donors that patients don't get a holiday break from needing lifesaving transfusions. According to their statistics, every two seconds, someone in the U.S. needs blood.

From Thursday, Nov. 16 through Saturday, Nov. 25, various blood drives will take place in Springfield at the Blood Donation Center located 150 Brookdale Drive. Additionally, the Eastfield Mall will conduct a drive Sunday, Nov. 19 from 10 a.m. to 3 p.m.

According to the Red Cross, by giving blood or platelets, donors may give patients more time – and more holidays – with loved ones. To make an appointment, visit [redcrossblood.org](http://redcrossblood.org) or call 800-733-2767.

# Senate votes to curb campus sexual assaults

BOSTON - The state Senate voted 39-0 Nov. 2 to pass comprehensive legislation to combat sexual violence on college campuses with statewide policies for all higher education institutions in Massachusetts.

These policies include annual training for students and staff on sexual violence prevention as well as the distribution of information on resources available to survivors. The bill also requires schools to designate a campus safety officer who can better coordinate responses between college, outside sexual assault services and law enforcement.

"One thing we know about sexual assault is that it is preventable with greater training and awareness. With these policies, perpetrators will be held accountable and colleges will be charged with taking action. Young people are counting on us to do something about this. It is up to us to protect survivors and their right to seek justice, to improve campus reporting systems and ultimately to end this scourge of violent crime on our college campuses," Senator Eric P. Lesser said.

Sexual assault was a frequent topic of discussion in last year's series of millennial roundtables, when Lesser and his colleagues met with young people in cit-

ies and towns around Massachusetts. At a roundtable in Amherst, college students acknowledged knowing someone who had been sexually assaulted.

One in five women and 1 in 16 men are sexually assaulted while in college, according to research by the National Sexual Violence Resource Center.

Because an overwhelming majority of these cases go unreported, the Senate bill also requires annual reporting on sexual assault so that the legislature can revisit the issue in the future and take further action if needed.

The bill was filed by Sen. Michael O. Moore of Millbury, who serves as Senate Chair of the Joint Committee on Higher Education.

"As a legislator, and as a father, I recognize that there is more we should be doing to help prevent incidents of sexual assault on our college campuses," Moore said. "Through improved training, transparency and enforcement of policies, this bill supports initiatives that work to ensure our postsecondary institutions are implementing systems students can trust. The bill also helps to fill the void created by the recent rollback of Federal protections."

The bill now goes to the State House of Representatives.

## PUBLIC NOTICES

**Hampden-Wilbraham Regional School District**  
621 Main Street  
Wilbraham,  
Massachusetts 01095  
**NOTICE TO BIDDERS**  
**NEW SERVICE GARAGE**  
**HAMPDEN-WILBRAHAM**  
**REGIONAL SCHOOL**  
**DISTRICT**  
621 MAIN STREET  
WILBRAHAM,  
MASSACHUSETTS 01095

The Hampden-Wilbraham Regional School District (HWRSD), the Awarding Authority, invites sealed bids for the concrete and site work for the New Service Garage at 621 Main Street, Wilbraham, Massachusetts 01095.

The work involves the concrete and site work for the construction of a new service garage building. Estimated concrete and site work cost is sixty-five thousand dollars (\$65,000). No pre-qualifications are required.

Bidder selection, procedures and contract awards shall be in conformity with M.G.L. Chapter 149 Section 44A-H. State mandated prevailing wage rates must be paid according to M.G.L. Chapter 149 sections 26-27H.

Drawings and Specifications may be examined and obtained at the office of Roy S. Brown Architects, 85 Chilson Road, Wilbraham, Massachusetts 01095 after Wednesday, November 08, 2017 after 2:00 pm. Paper copies of these documents may be obtained by eligible contractors from the same office with a certified check or cash deposit of seventy-five (\$75) dollars per set, made payable to Roy Brown. This deposit is refundable upon return of said documents in good condition not later than ten (10) days after the opening of the bids. A non-refundable shipping and handling fee of twenty-five (\$25) dollars made payable to Roy Brown will be charged for each set of documents requested by

mail. All sets of bidding documents will be shipped via United States Postal Service only.

A project walk-thru is planned for Wednesday, November 15, 2017 at 1:00 pm.

Sealed Bids will be accepted from eligible bidders at the office of the HWRSD Superintendent, 621 Main Street, Wilbraham, Massachusetts 01095 until 2:00 pm, Monday, November 27, 2017 at which time they shall be publicly opened and read aloud. A bid security in the form of a bid bond, cash or certified check in the amount of five percent (5%) of the bid price must accompany the bid.

The Awarding Authority reserves the right to reject any or all bids, should it be deemed in the public interest to do so.

**Edward Cenedella,**  
Director of Facilities and Operations  
11/09/17

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621 Main Street  
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**NOTICE TO BIDDERS**  
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WILBRAHAM,  
MASSACHUSETTS 01095

The Hampden-Wilbraham Regional School District (HWRSD), the Awarding Authority, invites sealed bids for the rigid frame metal building for the New Service Garage at 621 Main Street, Wilbraham, Massachusetts 01095.

The work involves providing and installing a rigid frame metal building. Estimated rigid frame metal building cost is one hundred fifty thousand dollars (\$150,000). No pre-qualifications are required.

Bidder selection, procedures and contract awards

shall be in conformity with M.G.L. Chapter 149 Section 44A-H. State mandated prevailing wage rates must be paid according to M.G.L. Chapter 149 sections 26-27H.

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# SUNDAY BINGO

## LUDLOW ELKS

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### PROGRESSIVE GAME

DOORS OPEN 4 pm • Kitchen Opens 4:30 pm

GAMES START AT 6:00 PM

## 589-1189