

## Six reasons why you should take your mental health seriously

By Stan Popovich

Many people underestimate the impact that mental illness can have on an individual or family. It can be difficult to admit that you have a mental health problem in your life. Secondly, it can be just as difficult in getting the people you know to understand your situation without making any kinds of judgments.

As a result, here are six reasons why you should make your mental health an important priority in your life.

**1. Your situation will improve if you get help:** Your anxieties and fears can be challenging to manage and more than likely you will need some help. Just as you talk to your doctor about your regular health, you should not be hesitant in seeking help for your mental health. If left untreated, your anxieties

and fears may not go away.

**2. Drugs and alcohol are not the answer:** Drugs and alcohol can make your problems more complicated. Many people have said that drugs and alcohol will only add more problems to your situation. Be smart and learn how to **cope with your mental health issues** by talking to a qualified professional. There are many health professionals in your area that can give you some ideas on where you can go for assistance.

**3. You will save time and money:** Eventually, you will have to confront your fears and mental health issues. Save yourself the time and heartache and confront your problems now rather than later. You will save months of struggling by getting help right away. The sooner you get assistance the faster you will start getting some relief.

**4. You are not alone:** Everyone deals with fear, stress, and anxiety in one's life whether your friends and others care to admit it. In addition, do not be embarrassed that you are getting help. We all learn new things from others daily and learning how to manage your anxieties is no different. In addition, your goal is to get your life back on track and not to get everyone's approval. If people start asking you questions, just say you're dealing with stress. Most people can relate to dealing with stress and anxiety!

**5. Do not make the mistake of doing nothing:** There are many people who struggled with anxiety and other mental health related issues, and they tried to ignore their problems. As a result, some of these people struggled daily and eventually things became more difficult. It can be scary asking for assis-

tance, but the key is to take things one day at a time.

**6. You have a variety of options:** There are many mental health support groups, organizations, and counselors in your area that can help get your life back on track. Talk to your doctor to get more details on where you can go for some assistance. Help is available but you must be willing to make the choice of getting better. Remember that every problem has a solution. You just have to make the effort to find the answers.

### BIOGRAPHY

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>.

## PUBLIC NOTICES

### SALE OF MOTOR VEHICLES

Under G.L. c.255 Sec. 39A

Notice is hereby given by Interstate Towing, Inc. pursuant to the provisions of G.L. c. 255, section 39A, that on 12/29/2023, at Interstate Towing, Inc the following Motor Vehicles will be sold at private sale to satisfy our garage keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicles.

1999 Dodge Dakota  
VIN: 1B7GG22Y3XS187032  
Steven Morales Vidal  
212 Main St.  
Wilbraham, MA 01095

2002 TOYOTA CAMRY  
VIN: 4T1BF32K62U529631  
Rodrigo Dos Santos  
148 S Quinsigamond Ave.  
Shrewsbury, MA 01545

2002 Toyota Tundra  
VIN: 5TBBT441X2S247948  
D Buckingham  
21 Westhill Rd.  
North Falmouth, MA 02556

2003 Toyota Highlander  
VIN: JTEHF21A230132052  
Yolangeles Pabon Serrano  
42 W Glen St.  
Holyoke, MA 01040

2004 Honda Pilot  
VIN: 2HKYF18564H585988  
Melanie Rodriguez  
16 Juniper Ct.  
Greenfield, MA 01301

2005 Chevrolet Venture  
VIN: 1GNDV03EX5D129784  
Eduardo Hernandez  
81 Division St.  
Waterbury, CT 06704

2005 Ford Explorer  
VIN: 1FMZU77K75UB46337  
Tyves Rocco Rovito-Duprey  
682 Enfield St.  
Enfield, CT 06082

2005 Freightliner X line  
Motorhome  
VIN:4UZABFDC05CN82091  
El Shaddi Dental Associates  
PC  
Po Box 486  
Randolph, MA 02368

2006 Yamaha Yzfr1  
VIN: JYARN15E16A002292  
Rafael Ortiz  
97 Washburn St.  
Springfield, MA 01107

2009 Ford Taurus Sel  
VIN: 1FAHP27W49G109527  
Omar Rivera  
PO Box 6482  
Holyoke, MA 01040

2010 Ford Focus Se  
VIN:1FAHP3FN7AW214684  
Mark Antonellis  
28 Eddy St.  
Waltham, MA 02453

2014 Toyota Camry  
VIN:4T4BF1FKXER426902  
Yasandra Feliberty  
6 Cycle St.  
Westfield, MA 01085  
12/15, 12/22, 12/29/2023

Commonwealth of  
Massachusetts  
The Trial Court  
Hampden Probate and  
Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758

Docket No. HD23P2603EA  
Estate of:  
Dolores M Johnstone  
Also known as:  
Dolores M Tobias  
Date of Death: 11/10/2023  
CITATION ON  
PETITION FOR  
FORMAL  
ADJUDICATION  
To all interested persons:  
A Petition for Formal  
Probate of Will with  
Appointment of Personal

Representative has been filed by Amanda M Burgess of Atkinson, NH requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Amanda M Burgess of Atkinson, NH be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 01/17/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested

in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.

Date: December 20, 2023  
Rosemary A. Saccomani  
Register of Probate  
12/29/2023

Commonwealth of  
Massachusetts  
The Trial Court  
Hampden Probate and  
Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758

Docket No. HD22P2216EA  
Estate of:  
Waclaw Rozanski  
Date of Death: 09/21/2022  
CITATION ON  
PETITION FOR  
ORDER OF COMPLETE  
SETTLEMENT

A Petition for Order of Complete Settlement has been filed by Marcin Rozanski of Chicopee, MA requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, a determination of testacy and heirs at law and other such relief as may be requested in the Petition.

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written

appearance and objection at this Court before: 10:00 a.m. on the return day of 01/23/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court.  
Date: December 20, 2023  
Rosemary A. Saccomani  
Register of Probate  
12/29/2023

Commonwealth of  
Massachusetts  
The Trial Court  
Hampden Probate and  
Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758

Docket No. HD23P2531EA  
Estate of:  
Malvin David Silva Davila  
Also known as: Malvin Silva  
Date of Death: 11/01/2023  
CITATION ON  
PETITION FOR  
FORMAL  
ADJUDICATION

To all interested persons:  
A Petition for S/A - Formal Appointment of Personal Representative has been filed by Karen Michelle Torres of Chicopee, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.  
**IMPORTANT NOTICE**

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 01/22/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.  
Date: December 18, 2023  
Rosemary A. Saccomani  
Register of Probate  
12/29/2023

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visit [www.publicnotices.turley.com](http://www.publicnotices.turley.com)

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling).

Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands.  
Thank you.