PUBLIC NOTICES

Commonwealth of Massachusetts **The Trial Court Hampden Probate and Family Court** 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24P0163EA Estate of:

Kenneth Wayne Francis Date of Death: 02/14/2023 CITATION ON PETITION FOR **FORMAL** ADJUDICATION

To all interested persons: A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Ashley M Carlson of Springfield, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Ashley M Carlson of Springfield, MA be appointed as Personal Representative(s) of said estate to serve With Personal 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 02/21/2024.

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: January 24, 2024 Rosemary A. Saccomani Register of Probate 02/02/2024

Commonwealth of Massachusetts The Trial Court **Hampden Probate and Family Court** 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24C0026CA In the matter of: Ebaghae Wendy

Imhanlahimi CITATION ON PETITION TO CHANGE NAME

A Petition to Change Name of of Adult has been filed by Ebaghae Wendy Imhanlahimi of Chicopee, **MA** requesting that the court enter a Decree changing their

Ebaghae Wendy Igbinomwanhia IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampden Probate and Family Court before 10:00 a.m. on the return day of 02/20/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this pro-

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

Date: January 23, 2024 Rosemary A. Saccomani Register of Probate 02/02/2024

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 February 2, 2024, 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.

1994 Geo Prism VIN: 1Y1SK536XRZ104788 Ronald Horne 14 Quarry Dr. Wappingers Falls, NY 12590

1997 Dodge Dakota VIN: 1B7FL26X9VS226051 Juan Acevedo 202 Nonotuck St. Florence, MA 01062

1998 Honda Accord VIN: 1HGCG1649WA006022 John Wallace 74 Grande Ave. Windsor, CT 06095

2000 Wabash National Corp Base VIN: 1JJV532W7YL462728 Lakay Transportation LLC 110 Cambridge St. Manchester, CT 06042 2001 Toyota Corolla VIN:2T1BR12E51C431096 Sisters of St. Joseph 577 Carew St.

2003 Chevrolet Impala VIN: 2G1WF52E439186224 Awbahtaysha Ferrel 141 Union St.

Springfield, MA 01104

Vernon Rockville, CT 06066 2003 Honda Accord VIN: 1HGCM56313A069621 Fern Lavelle 40 Dodge Ave.

Pittsfield, MA 01201 2003 Jeep Grand Cherokee VIN: 1J4GW48S93C610941 Kathleen Rogers 32 1/2 Oak St., Apt. 8

Indian Orchard, MA 01151 2004 Dodge Stratus VIN: 1B3EL36J74N366711 Juana Estrada 705 Union St., Apt. 2R

West Springfield, MA 01089 2004 Ford F250 Super Duty VIN: 1FTNX21LX4ED85713 Wilfredo Amador 557 Varnum Ave., Apt. 14 Lowell, MA 01852

2004 Lexus Is300 VIN: JTHBD192140090755 Stephen Fung-Fook 1149 Pearl Lake Rd. Waterbury, CT 06706

2004 Lincoln Aviator VIN: 5LMEU88HX4ZJ13645 Fatu Nyenswah 1111 Balboa Ave. Capitol Heights, ML 20743

2004 Pontiac Vibe VIN: 5Y2SL62894Z409489 Justin Wheatley 23 Chateaugay St. Chicopee, MA 01020

2005 Mercury Sable

VIN: 1MEFM55S45A629587 Joshua Danko 175 Gratten St. Chicopee, MA 01020

2006 Great Dane Trailer VIN: 1GRAP0625JT114946 KM Trans Corp. 637 Classic Lane Greenwood, IN 46143

2006 Honda Cr-V VIN: JHLRD78946C034508 Linda Rice 760 Granville Rd. Westfield, MA 01085

2007 Mercedes-Benz VIN: 4JGCB65E37A053340 Lyubov Lisyananya 1 Brentwood Dr. Westfield, MA 01085

2007 Nissan Sentra VIN: 3N1AB61E17L641735 Yamilex Beltran 58 Elcon Dr.

Chicopee, MA 01020

2007 Lexus LS 460 VIN: JTHUP1D22N5001660 Miguel Cirino Madera 75 Crystal St. Southbridge, MA 01550

2008 Dodge Ram 1500 VIN: 1D7HU18N88S613759 Enrique Cruz 97 Newland St., FL2 Springfield, MA 01107

2008 Toyota Sienna VIN: 5TDZK23C58S187733 Brian Martinez 329 Main St., Apt. 1 Hellertown, PA 18055

2009 Jeep Liberty VIN: 1J8GN28K99W536966 Joshua Vivenzio 107 Winton St. Springfield, MA 01118

2010 Chevrolet Hhr Lt VIN:3GNBABDB3AS641822 Valentine Pachot 10 West School St. Westfield, MA 01085

2012 Ford Escape VIN:1FMCU9D72CKB60379 Ryan Pretlow 74 Glenham St. Springfield, MA 01108

2012 Toyota Rav4 VIN:JTMRK4DV0C5106907 Willfredo Rodriguez 20 Plante Cir. Chicopee, MA 01020

2012 Volvo Vn Vnl VIN: 4V4NC9EJ0CN542486 A 2 Z Express LLC 38 Greenwood St. Westfield, MA 01085

2020 Honda Cr-V VIN:2HKRW2H52LH696823 Shawn Burnham 200 Lambert Terr.

Chicopee, MA 01020 2022 Lexus Is 500 F Sport VIN: JTHUP1D22N5001660 Malena Christine Tracy 38 Mountain Ave. South Hadley, MA 01075

01/19, 01/26, 02/02/2024

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 February 19, 2024, 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 vehi-

2000 Dodge Stratus VIN: 1B3EJ46X8YN265733 Nathashi Bobadilla 79 Summit St. 1 Central Falls, RI 02863

2001 Honda Civic VIN: 1HGEM21971L108734 Carlos Wood Cruz 196 Oak St., Apt. 2R Holyoke, MA 01040

2003 Ford Explorer VIN: 1FMZU77E43UA25627 Marc Allen Lheureux 43 Orient St., Apt. 3 Worcester, MA 01604

2004 Dodge Caravan VIN: 1D4GP45R04B510550 Morgan Wood 141 Glendale Rd. Southampton, MA 01073

2004 Honda Civic VIN: 2HGES16584H542670 Doreen DeCosta 481 Rounseville Rd. Rochester, MA 02770

2005 Chevrolet Tahoe K1500 VIN: 1GNEK13T95J174072 Mark Donahue/Marks Towing 9 Clamshell Rd. Clinton, MA 01510

2005 Honda Accord VIN: 1HGCM56455A115608 Christopher Vazquez Matos 586 N Main St. Brockton, MA 02301

2006 Ford Taurus VIN: 1FAFP53U96A100687 Kenneth King 75 Ashley Lane Marlborough, MA 01752

2006 Lexus Rx330 VIN: 2T2HA31U26C106401 Sean Menard PO Box 225 Haydenville, MA 01039

2007 Hvundai Elantra KMHDU46DX7U145911 Luis Cruz-Devilla 75 Manitoba St. Springfield, MA 01108

2008 Audi A6 VIN: WAUDH74F98N166420 Basille Neglawi 21 Starling Way Leominster, MA 01453

2008 Ford Edge Sel VIN: 2FMDK48C38BA38846 Loren White 7 Will St. Nashua, NH 03060

2009 Ford Econoline E250 VIN: 1FTNS24L69DA19013 Jose Cruz Pena 285E 171 St., B221 Bronx, NY 10457

2009 Hyundai Sonata VIN: 5NPET46CX9H447523 Wafaa Makhoul 617 Limestone St. Catasauqua, PA 18032

2010 Ford Focus VIN: 1FAHP3FN7AW284878 Angela Caristinos 99 Willow St. Chelsea, MA 02150

2010 Mazda Mazda3i VIN: JM1BL1SG8A1301594 Deja Chantel Wallace 9 Bay Meadow Rd. Springfield, MA 01109

2012 Acura TSX VIN: JH4CU2F49CC004735 Luis Daniel Delarosa 350 Harrison Ave., Apt. 532 Boston, MA 02118

2013 Chevrolet Malibu VIN: 1G11B5SAXDF132079 Zyaire Cottle 144 Yale St. Springfield, MA 01109

2014 Honda Pilot VIN: 5FNYF4H78EB047716 Amanda Mccollaum/Jason Byrne

1151B Elm St., Apt. 3 West Springfield, MA 01089 2015 Nissan Altima

VIN:1N4AL3AP8FC476017 Brvan DeJesus 53 Beston St., Apt. 3 Chicopee, MA 01020

2015 Volkswagen Tiguan WVGBV7AX5FW538063 David Leftwich 25 Beechmont St., Apt. B Worcester, MA 01609

2015 Volvo Xc60 T6 VIN: YV4902RK4F2743911 Robert Anderson 1 Kingston St.

South Portland, ME 04106 2016 Nissan Altima VIN:1N4AL3APXGC226120

Christopher Wilson 289 Windsor Ave. Windsor, CT 06095

2017 Freightliner Cascadia 113 VIN:

1FUBGADV7HLHV9492 Christopher Cordova 363 Dale St., Apt. B Chicopee, MA 01020

2018 Hyundai Elantra VIN: 5NPD74LF1JH279676 Ashley Burke Henderson 35 E 40th St., Apt. 5E Paterson, NJ 07514

2020 Honda Accord Sport VIN:1HGCV2F3XLA029677 Remache Arevalo Daniel 476 Quinnipiac Ave. New Haven, CT 06513 01/26, 02/02, 02/09

Commonwealth of Massachusetts The Trial Court **Hampden Probate and Family Court** 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24C0018CA In the matter of: Karisa Marie Perez CITATION ON PETITION TO CHANGE NAME

A Petition to Change Name of Adult has been filed by Karisa Marie Perez of Chicopee, MA requesting that the court enter a Decree changing their name to:

Karisa Marie Jackson IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampden Probate and Family Court before 10:00 a.m. on the return day of 02/16/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

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

Date: January 19, 2024 Rosemary A. Saccomani Register of Probate 02/02/2024

Commonwealth of Massachusetts The Trial Court **Hampden Probate and Family Court 50 State Street** Springfield, MA 01103 (413)748-7758 Docket No. HD24P0178EA Estate of: Frank Joseph Kowal Date of Death: 06/22/2000 **CITATION ON** PETITION FOR **FORMAL ADJUDICATION**

To all interested persons: A Petition for **Formal** Adjudication of Intestacy and Appointment of Personal Representative has been filed by Paul Kowal of Southwick, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Paul Kowal of Southwick, MA 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 02/22/2024.

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: January 26, 2024

Rosemary A. Saccomani Register of Probate 02/02/2024

Commonwealth of Massachusetts The Trial Court **Hampden Probate and Family Court** 50 State Street Springfield, MA 01103 Docket No. HD23D1166DR Jocelyn Velazquez

VS. **Charles Asinor** DIVORCE SUMMONS BY PUBLICATION AND MAILING

To the Defendant: The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for Irretrievable Breakdown.

The Complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. SEE Supplemental Probate Court Rule 411.

You are hereby summoned and required to serve

Jocelyn Velazquez 22 Denton Circle, Apt. 2A Springfield, MA 01104

your answer, if any, on or before 03/08/2024. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court. Date: December 26, 2023

Rosemary A. Saccomani Register of Probate 02/02/2024

> See more legals on page 11



Chicopee Register February 2, 2024 | Page 9

PUBLIC NOTICES

Commonwealth of Massachusetts The Trial Court **Hampden Probate and Family Court** 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24C0012CA In the matter of: Lacey Marie Lizardi CITATION ON PETITION TO CHANGE NAME

A Petition to Change Name of Minor has been filed by Lacey Marie Lizardi of Chicopee, MA requesting that the court enter a Decree changing their name to:

Lacey Marie Bermúdez-Lizardi IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampden Probate and Family Court before 10:00 a.m. on the return day of 02/13/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

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

Date: January 26, 2024 Rosemary A Saccomani Register of Probate 02/02/2024

> Commonwealth of Massachusetts **The Trial Court**

Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24C0013CA In the matter of: Logan Ryan Lizardi CITATION ON PETITION

TO CHANGE NAME A Petition to Change Name of Minor has been filed by Logan Rvan Lizardi of Chicopee, MA requesting that the court enter a Decree changing their name to:

Logan Ryan Bermúdez-Lizardi IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampden Probate and Family Court before 10:00 a.m. on the return day of 02/13/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

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

Date: January 18, 2024 Rosemary A Saccomani Register of Probate 02/02/2024

> Commonwealth of Massachusetts The Trial Court **Hampden Probate and Family Court** 50 State Street

Springfield, MA 01103 (413)748-7758 Docket No. HD24C0011CA In the matter of:

Melissa Marie Lizardi CITATION ON PETITION TO CHANGE NAME

A Petition to Change Name of Adult has been filed by Melissa Marie Lizardi of Chicopee, MA requesting that the court enter a Decree changing their name to:

Melissa Marie Bermúdez-Lizardi IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampden Probate and Family Court before 10:00 a.m. on the return day of 02/13/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this pro-

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

Date: January 17, 2024 Rosemay A Saccomani, Register of Probate

Commonwealth of Massachusetts

The Trial Court **Hampden Probate and Family Court** 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24C0019CA

In the matter of: Silas Ryder Perez CITATION ON PETITION TO CHANGE NAME

A Petition to Change Name of Minor has been filed by Silas Ryder Perez of Chicopee, MA requesting that the court enter a Decree changing their name to:

Silas Ryder Jackson IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampden Probate and Family Court before 10:00 a.m. on the return day of 02/16/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

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

Date: January 19, 2024 Rosemary A. Saccomani Register of Probate 02/02/2024

Commonwealth of Massachusetts The Trial Court **Hampden Probate and**

Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24P0168EA

Estate of: Edward F Skiba Also known as: **Edward Skiba** Date of Death: 12/25/2023 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 Ronald Skiba of Chicopee, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Ronald Skiba of Chicopee, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administra-

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 02/21/2024.

This is NOT a hear-

ing 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

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: January 25, 2024 Rosemary A. Saccomani

Register of Probate

HEALTH

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HELP WANTED

ASSISTANT TOWN ACCOUNTANT

The Town of Palmer is seeking applicants for the full-time position of Assistant Town Accountant

The applicant should have a working knowledge of accounting theory and accrual concepts along with strong organizational, interpersonal, and analytical skills as well as experience with Microsoft Office. Previous experience using MUNIS accounting software is a plus. Complete job description can be found at https://townofpalmer.com/jobs. Please e-mail a cover letter and resume to gpotter@townofpalmer.com or via mail to the Town Accountant's Office at 4417 Main Street, Palmer, MA 01069. This position will remain open until filled. The Town of Palmer is an EOE/AA

The Norcross Wildlife Foundation in Wales is looking for a part-time (16 **ADMINISTRATIVE** ASSISTANT to assist with operations and office management duties. For a full job description, please visit www.norcrosswildlife.org or email dgugliotti@norcrosswildlife.org.

Post your job openings

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ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law All nersons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

FOR RENT



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference nitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

New Year's resolutions for mental wellness

From Miravista Behavioral Health Center

HOLYOKE - As we approach the dawn of a new year, Miravista Behavioral Health Center is championing the spirit of mental wellness by encouraging individuals to set realistic and attainable New Year's resolutions. Recognizing the importance of fostering positive mental health habits, Miravista is dedicated to empowering individuals on their journey towards overall well-being.

In a world where the pursuit of perfection can sometimes overshadow the significance of self-compassion, MiraVista Behavioral Health Center emphasizes the need for resolutions that prioritize mental health and which are both realistic and achievable. This approach aims to reduce the pressure often associated with traditional New Year's resolutions and promotes a more holistic perspective on personal

So how best to set resolutions which focus on one's mental health and well-being? MiraVista offers these helpful key

Prioritize self-care rituals

Resolve to incorporate daily self-care rituals into your routine. This could include activities like meditation, reading, taking a warm bath, or going for a nature walk.

Establish healthy boundaries

Set clear boundaries in your personal and professional life. Learn to say 'no' when necessary and prioritize activities that contribute positively to your well-be-

Cultivate mindfulness and presence

Make a commitment to being more present in the moment. Practice mindfulness through activities like meditation, deep breathing exercises, or simply taking a moment to appreciate the present.

Nurture positive relationships

Focus on building and strengthening positive relationships. Invest time in meaningful connections with friends and family, fostering a support system that contributes to your emotional well-being.

Limit screen time

Reduce the time spent on electronic devices and social media. Allocate time for activities to promote mental health, such as reading, engaging in hobbies, or spending quality time with loved ones.

Practice gratitude

Start a gratitude journal and make it a habit to reflect on the positive aspects of your life. Regularly expressing gratitude can shift your focus towards positivity.

Engage in regular physical activity

Choose physical activities that you enjoy and make them a regular part of your routine. Exercise has proven benefits for mental health, releasing endorphins that can boost mood and reduce stress.

Seek professional support

Break down the stigma surrounding mental health by committing to seeking professional support when needed. Therapy or counseling can provide valuable tools for managing stress, anxiety, or other mental health challenges.

Embrace a healthy sleep routine

Prioritize sleep by establishing a consistent sleep routine. Ensure that you are getting enough restorative sleep each night, as it plays a crucial role in mental and emotional well-being.

Learn a new skill or hobby

Engage your mind in positive and creative activities by learning a new skill or picking up a hobby. This can provide a sense of accomplishment and contribute to your overall sense of well-being.

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digital tear sheets by newspaper title.

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