

DISORDER from page 4
fit into the diagnostic criteria. A few include:

- Atypical Anorexia is a disorder that despite food restriction, the person's weight is average or above for their height, not under
- Rumination disorder (habitual regurgitation of food after eating, which may then be re-chewed, re-swallowed, or spit out) avoidant or restrictive food intake
- Pica (the persistent eating of non-food substances with no nutritional value, such as dirt, hair, paint chips, or soap)
- Orthorexia (an obsession with healthy eating with associated restrictive behaviors)
- Drunkorexia (skipping meals or excessive exercise along with heavy alcohol consumption.)
- Diabulimia is a life-threatening eating disorder specifically affecting individuals with Type 1 diabetes, characterized by the intentional restriction or omission of insulin to induce weight loss.
- Avoidant/Restrictive Food Intake Disorder (ARFID) is similar to picky eating in children or restricted intake in adults, this involves limiting food intake based on a lack of interest in food, avoidance of sensory characteristics (texture, smell), or fear of negative consequences (choking, vomiting).

In addition to affecting mental health, addictions can seriously damage the physical health systems: gastrointestinal, endocrine, nervous, cardiovascular, immune, respiratory problems, as well as liver damage and kidney disease.

It doesn't take long for tolerance to increase with substance use; more of the drug/alcohol is required to have the same effect. Dependence follows, and the body needs the substance to function normally.

Addiction takes time to develop but soon the cravings and compulsions are stronger than the consequences that follow. If you try to quit, the negative physical and mental health symptoms of withdrawal take over.

Recovery from substance use disorders and eating disorders have many similarities but also a big difference. Abstinence is the goal for many recovering from SUD, but for anyone with an eating disorder, abstinence becomes an eating disorder.

Never in your right mind would you even think about telling an alcoholic to have a beer for breakfast, wine for

lunch, cocktails for dinner and a few shots for snacks. One sip, one drug, or one cigarette and the body and mind crave the substance – substance reuse ensues!



For an eating disorder, food is both the enemy (drug) AND the cure. The body and mind crave food in the same way as a SUD, but eating is essential for recovery.

One must eat to regain both mental and physical health, yet EVERY SINGLE BITE triggers intense emotions, anxieties and potential knee-jerk bingeing/restriction reactions. One must sit with those overwhelming negative feelings day in and day out.

You can only imagine what it is like for those 35%-50% with dual diagnosis to abstain from substance use while relearning what is the right amount of food to provide the best nutrition for healing. What is good for the body will not feel good to the mind and the person resists!

The interplay between physical health and mental health is intense.

With food disorders, there is an interplay of the endo-

crine and nervous system constantly trying to keep the body at equilibrium whether a person is suffering from bingeing, purging or starvation caused by anorexia nervosa.

Once you're in recovery, it can take three months or more to heal metabolism after an eating disorder. This includes unwanted weight gain, digestive issues, thyroid and hormone problems, and fatigue.

Like alcoholism, anorexia can have fatal consequences without medical intervention. Typical eating disorder recovery takes three-six years.

Marilyn Barrett, author of "Creating Eden: The Garden as a Healing Place" encapsulated my recovery when she wrote:

"Come into the garden with me. Don't worry about not knowing your way: Your heart remembers, even if your head has forgotten. When you were small and first had time to create your dreams, you were at one with the earth you played in and with each leaf, bird, and cloud you saw. This is the garden to which I invite you to return.

Imagine a place to which you can bring stress, sorrow, loneliness, and confusion and from which you can leave with a sense of resolution, understanding, and calm. Imagine a place where you can express your own unique nature, create beauty, grow pure food, and gain control

over your life. In my life, the garden has been such a place."

Marilyn so aptly penned that the garden is a place for clearing away anger, confusion, and pain, the trash of the past. She added this clearing is a prerequisite to achieving inner peace, balance and harmony and people must sort through the emotional rubble of the past they have inherited, and they must get to the roots of attitudes and behavior patterns that have stunted their growth.

Getting to the roots of attitudes and behavior patterns that have stunted growth doesn't have to be in the garden. Return to what you loved as a child – sports, art, music, writing, hiking. Find a safe place to face the past.

If you are able, volunteering can be crucial in recovery addiction because it provides structure, fosters a renewed sense of purpose, provides new skillsets, builds a supportive sober community, and improves mental health by reducing depression and anxiety.

It helps individuals replace the self-centered nature of addiction with empathy and structure, ultimately reducing relapse risk by providing meaningful, productive activity.

Additionally, employers value volunteers because they demonstrate key, transferable skills like initiative, teamwork, and leadership, while also signaling a strong

work ethic and passion. On a resume, it fills gaps, shows practical experience, and indicates a proactive, community-minded employee.

For every addicted individual, the descent into dependency is uniquely complex as is the journey of recovery. Professional treatment makes for a more successful outcome, so please insist that all your symptoms and conditions are addressed.

Be honest so that you can understand your past and how it affects today's choices.

Joy and well-being will return with each little success!

National Eating Disorders Association: <https://www.nationaleatingdisorders.org/>

Multiservice eating Disorders Association: <https://www.medainc.org/>

Online Eating Disorder Treatment: Equip <https://equip.health/>

Quaboag Hill Substance Use Alliance: <https://qhsua.org/>

Recovery Center of Hope: <https://www.facebook.com/RecoveryCenterofHOPEWare/> 52 Main Street, Ware, RCH is run by people in recovery and helps those reach goals through a strengths-based and community-based approach.

(1 National Eating Disorders Association (NEDA), 2 National Institute of Health)

public notices

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Friday at 3 p.m.

visit www.publicnotices.turley.com

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampshire Probate and Family Court
15 Atwood Drive
Northampton, MA 01060
(413)586-8500
Docket No. HS24P0703EA
Estate of:
Paul Ricardo Flores, Jr.
Also known as: Paul Flores
Date of Death: 10/22/2024
CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT
A Petition for Order of Complete Settlement has been filed by **Renee Bavineau of Ware, MA** requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, the allowance of a proposed distribution 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 03/25/2026.**

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. **Diana S. Velez Harris**, First Justice of this Court.
Date: February 25, 2026

Mark S Ames,
Register of Probate
03/05/2026

Town of Warren
Notice of Public Hearing
In accordance with Massachusetts General Laws Chapter 166 Section 22, a public hearing will take place on the petition of National Grid to install 5 JO Poles on Reed St., and relocate 11 JO Poles on Reed St., beginning at a point approximately 1100 feet in a west direction. This hearing will be held on **Thursday, March 12th, 2026 at 6:00PM** at the Warren Senior Center, 2252 Main St., West Warren.
Richard Eichacker, Chairman
Board of Selectmen
02/26, 03/05/2026

Town of Hardwick
Conservation Commission
Notice is hereby given in accordance with the Wetlands Protection Act that a Public Hearing will be held for a Notice of Intent on **Wednesday, March 18, 2026 at 6:30 pm** at the **Municipal Office Building, 307 Main Street, Gilbertville**. All interested parties are urged to attend.
Applicant: Robert Kemp
Description of Proposed Work: Single family home, driveway, tie in to town water and sewer.
Location: 0 Main St., Gilbertville
Town: **Hardwick**
Interested parties may also view this Legal Notice at <http://masspublicnotices.org>.
03/05/2026



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- Close to Reid State Park

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➤ Do you want to work in your community helping local businesses connect with their customers?

➤ If so, then join our team! Turley Publications is looking for an outgoing, energetic person interested in selling advertising for our community newspapers and supplements. The right candidate will assume an established territory with a portfolio of customers.

➤ You must be a self-starter with excellent communication and organizational skills. Basic computer skills are required. Previous print sales experience is preferred but we will train the right candidate.

➤ Do you want a career supporting local journalism, which tells the unique stories of our communities?



Send resume & cover letter to:

Jamie Joslyn
24 Water Street
Palmer, MA 01069
Email: jamie@turley.com

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CLUES ACROSS

- Unit of dry measure
- One who defies authority
- Social media giant
- Render holy
- "Much ___ about nothing"
- Computer manufacturer
- Creed
- Immoral act
- Mountain pass
- Winged nut
- Don't know when yet
- Elected officials
- Corrupt tendencies
- Popular adult beverage
- Made a mistake
- Morally correct
- Type of whale
- Portable conical tent

- Native people of Congo
- More (Spanish)
- Classroom implements
- Cognizant of
- One who tells
- Free from bondage
- Thick piece of something
- Containing two adjacent nitrogen atoms
- Removed from the record
- Legendary singer
- Turner
- Broke up the earth
- Hunting expedition
- Contributes
- Unit of work or energy
- Wreckage on the sea
- Type of whale bed
- Affirmative! (slang)

CLUES DOWN

- "___ and flows"
- Humble request for help
- A position of leadership
- Continent
- Adherent of a particular religion
- Things that can be eaten
- Self-governing Netherlands territory
- Long-tailed crow
- Repeated
- Bluish greens
- Humanities
- Someone who serves in the armed forces
- Labor (Spanish)
- Zero
- Shared by involving three parties
- Queens ballplayer

- Consumed
- Rest here please
- Men's fashion accessory
- American unit
- Sound unit
- They ___
- Soviet Socialist Republic
- Places to play video games
- A sudden attack of illness
- When you hope to arrive
- Charges
- Actress Seyfried
- A tributary of the Ohio River
- Omit when speaking
- Armored fish
- Remain
- From a distance
- Adventure story
- Geological times
- Eat dinner