

Teen Clay Gnomes Workshop

WILBRAHAM— The Teen Department at the Wilbraham Public Library is excited to announce a Clay Gnomes Workshop on Tuesday, March 24 from 5 to 6:30 p.m.

Taught by Master Potter Rick of Pied Potter Hamelin, this teen workshop is where creativity knows no bounds! While exploring hand-building techniques such as pinch pots, coils and slabs, teens will work with white clay and transform it into an adorable gnome.

Each teen will paint their creation, and then take it home at the end of the workshop. No experience necessary and all supplies will be provided.

This workshop is for students in grades 6-12 and registration is required as space is limited. To sign up, please contact the library at 413-596-6141, or visit the Event Calendar at www.wilbrahamlibrary.org. This program is sponsored by the Wilbraham Friends of the Library.

Wilbraham Junior Women's Club to offer Sewing Classes

WILBRAHAM - Have you always wanted to learn how to sew? Now's your chance!

The GFWC Wilbraham Junior Women's Club is excited to offer a beginner sewing class series for Wilbraham and Hampden resident adults and children ages 10 and older. Whether you are brand new to sewing or just looking to refresh your skills, this supportive, hands-on class will guide you step-by-step as you create a lined fabric tote bag.

Classes will be held at the Wilbraham Senior Center on three consecutive Saturdays beginning March 7, from 10 a.m. to Noon. The class is free, though participants will be asked to bring some of their own materials. Space is limited, so early registration is encouraged.

To register or for questions, please contact Cate Duquette at CDuquette@charter.net or 413-596-8315.

PUBLIC NOTICES

Town of Hampden Notice of Public Hearing

The Hampden Planning Board will hold a Public Hearing on **Wednesday, March 25, 2026 at 6:30 PM** in the Town Hall, 85 Wilbraham Road, Hampden, MA on the application of Salmar Realty, LLC c/o Peter Martins for a Special Permit under Section 6, Table of Use Regulation Use Code 4.14 within Table 6.0 of the Zoning Bylaw for a restaurant and a Special Permit with Site Plan Approval under Section 6, Use Code 4.12 for a retail establishment both within the Business District located at 2 Somers Road, Lot #3 (Parcel #12-040-000) owned by Hampden Farms LLC. Information related to this application is on file in the Town Clerk's Office and is available for review by the public during normal business hours.

For the Board,
Madison Pixley, Chair
Hampden Planning Board
03/05, 03/12/2026

L. Jed Berliner, Chair
Zoning Board of Appeals
03/05, 03/12/2026

Hampden-Wilbraham Regional School Committee Proposed Regional Budget FY2027

The Hampden-Wilbraham Regional School Committee announces the public hearing on the proposed regional budget for FY2027 is scheduled for **Thursday, March 12, 2026, 6:00 p.m.** at

Minnechaug Regional High School IRC, 621 Main St., Wilbraham, MA and via Live Stream on YouTube:
<https://youtube.com/live/kNuCFByffjA?feature=share>
For additional information visit:
<https://www.hwrds.org/>
02/26, 03/05/2026



Please check the accuracy of your legal notice prior (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.

Hampden Zoning Board of Appeals Notice of Public Hearing

The Hampden Zoning Board of Appeals will hold a Public Hearing on **Tuesday, March 24, 2026 at 6 PM** in the Town Hall, 85 Wilbraham Road, Hampden, MA, for those interested in the petition of owners Kevin and Kelly Sacco for a Special Permit or Variance for the side setback under Section 7, Table 7.2 of the Zoning Bylaw to allow the addition of a garage (14 ft 6 in X 24 ft) to their residence located at 356 South Road. The petition and related materials are on file in the Town Clerk's office and may be viewed during normal business hours. For the Board,

Rotary Club Scholarship applications now available

WILBRAHAM - The Scholarship Committee of the Rotary Club of Wilbraham-Hampden has announced that applications for the 2026 Rotary Club Scholarships are now avail-

able in the Counseling/Guidance Departments of Minnechaug Regional High School, Wilbraham & Monson Academy, Pope Francis Preparatory School and LPVEC's Career and Tech-

nical Education Center.

Applications are due no later than April 1, 2026. The scholarships are available to qualified high school seniors who are residents of Wilbraham or Hampden. The

club will award nine scholarships, each in the amount of \$2,000.

Applications may also be obtained from Brad Sperry by calling 413-537-4171.

DISORDERS from page 6

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 skill-sets, 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>MainStreet,Ware.RCH> is run by people in recovery and helps those reach goals through a strength-based and community-based approach.

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

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

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CLUES ACROSS

1. Unit of dry measure
5. One who defies authority
8. Social media giant
12. Render holy
14. "Much ___ about nothing"
15. Computer manufacturer
16. Creed
18. Immoral act
19. Mountain pass
20. Winged nut
21. Don't know when yet
22. Elected officials
23. Corrupt tendencies
26. Popular adult beverage
30. Made a mistake
31. Morally correct
32. Type of whale
33. Portable conical tent
34. Native people of the Congo
39. More (Spanish)
42. Classroom implements
44. Cognizant of
46. One who tells
47. Free from bondage
49. Thick piece of something
50. Containing two adjacent nitrogen atoms
51. Removed from the record
56. Legendary singer
57. Broke up the earth
58. Hunting expedition
59. Contributes
60. Unit of work or energy
61. Wreckage on the sea
62. Affirmative! (slang)

CLUES DOWN

1. "___ and flows"
2. Humble request for help
3. A position of leadership
4. Continent
5. Adherent of a particular religion
6. Things that can be eaten
7. Self-governing Netherlands territory
8. Long-tailed crow
9. Repeated
10. Bluish greens
11. Humanities
13. Someone who serves in the armed forces
17. Labor (Spanish)
24. Zero
25. Shared by involving three parties
26. Queens ballplayer
27. Consumed
28. Rest here please
29. Men's fashion accessory
35. American time
36. Sound unit
37. They ___
38. Soviet Socialist Republic
40. Places to play video games
41. A sudden attack of illness
42. When you hope to arrive
43. Charges
44. Actress Seyfried
45. A tributary of the Ohio River
47. Omit when speaking
48. Armored fish
49. Remain
52. From a distance
53. Adventure story
54. Geological times
55. Eat dinner