

Making a Difference One Can at a Time

BY BETSY MILLANE

There is a man in Norwood, Bob Lieberman, who collects empty cans and bottles and brings them Walpole Redemption Center to redeem the deposits. He then donates all the money he collects to MAKE-A-WISH. So far, he has raised \$2,000!

The first question I had for Lieberman was: "Why MAKE-A-WISH?"

He explained he had wanted to do something for years involving children. He saw a program on his computer about MAKE-A-WISH. The broadcast showed "suffering beyond belief" in children, young children, "children who have had short lives," and thought about what he could do for them. "It means so much to the kids" to be given a free vacation from MAKE-A-WISH.

Why cans?

Lieberman has worked on golf courses and knew they would be easy to collect from the numerous trash receptacles.



He intended to collect 20,000 recyclables, which translates into \$1000, and he did. But now his goal has shifted to collect 100,000 cans!

And he is well on his way. 40,000 is his latest count.

How does he do this?

Lieberman is an early riser. He goes to the golf courses, he visits the recycling centers.

And he counts each one, storing 200 in each plastic bag he brings to the Walpole Redemption Center. Sometimes he has 3,000 cans to bring, which is quite a lot of cans to fit into his car, but he does it.

Along the way, Lieberman has encountered great kindness

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Join in the Second Annual Juneteenth Celebration

BY BELLA CAGGIANO

On June 19, 2021, President Biden proclaimed June 19 as Juneteenth National Independence Day of Observance and a legal public holiday. In 2022, with the hard work of Norwood Police Officer Geoffrey Baguma as the event's primary organizer, last year's inaugural Juneteenth celebration was a success.

"The overall response from the community was that the Norwood Juneteenth celebration left them with feelings of positive energy and feelings of becoming closer to their community neighbors," Baguma said.

This year's event will be held on Saturday, June 17, 12:30-3:30 p.m., again, on the Town Common, Norwood's central hub, which last year drew approximately 350 visitors.

"People passing through the area were also seen stopping and taking the opportunity to take in the celebration," Baguma said. "People coming out of the theater were also surprised by ad-



ditional live performances, where most of them stayed to watch.

This year's Juneteenth theme is FREEDOM. The question is, "What is your definition of freedom." The statement is, "No one is free until we are all free."

"Every year that we put together Norwood Juneteenth, the goal is to always educate and cel-

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and generosity. While he was collecting the cans and bottles at the Robert E Lynch golf course in Brookline, a man approached him, asked him what he was doing, and then told Bob he was the CEO of MAKE-A-WISH. The manager of the course is now sorting the bottles and cans from the trash, to make things easier for Bob four days a week.

Even Lieberman's dentist, who heard his story while he was in for an appointment on his birthday, told him it was a "very nice thing you are doing." She found him in the parking lot as he prepared to depart. She said, "I am here because of what you said. My brother benefitted from MAKE A WISH. Here's a donation." The donation was the numbers of his birthday.

Lieberman been retired for 20 years but implements the skills he acquired as a salesperson. The best advice he had been given was to: "Plan your work and work your plan and you will do fine" He plans his collections every day, and is astounded at what success he has met due to his desire and effort, and the gen-

erosity of others. His neighbors have come to his assistance and have been collecting cans for the past six months, which has accelerated the numbers. A fireman heard the story and donates cans.

"The abundance flows," Lieberman said. "Life is always full of secrets and surprises."

Lieberman attributes all his good luck to a gentleman he didn't know well, who ordered some deli meat from him at the Roche Bros. deli department a month ago. They started talking, and before Bob knew it, he gave him a plastic bracelet from his wrist, which looks like rosary beads and a cross. He insisted Lieberman put it on. Since that day, Bob has had more spiritual uplifting and more positive luck around him on his MAKE-A-WISH endeavor. He does not take it off, unless he has to. Lieberman said he is speechless over this incident, has never seen the man again, but wishes he did.

"If this article inspires anyone, MAKE-A-WISH would love to accept any donations, of any denomination, from people who would like to return their cans to the Walpole Redemption Center, like me," Lieberman said.

To donate directly, MAKE-A-Wish of MA and RI is located at 133 Federal St., 2nd Floor, Boston MA 02110, or visit their website: <https://wish.org/massri>.

If you are in Walpole and want to make a donation, visit the Walpole Redemption Center; 747 Main St. Tell them Bob and MAKE-A-WISH sent you!

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ebate," Baguma said. "This is and will always be a great opportunity to learn together. By learning together, we can understand each other better. With a greater understanding of each other, we can then celebrate our new found connection."

Activities on the Common will include events for kids, a dj, singers, poetry readings, dance, artwork, and possibly a dramatic performance. Currently scheduled for entertainment are the Mathematics, Trend N Motion, a songstress from Norwood High School, a melodic performance from the Coakley Middle School chorus, and much more! Bring an appetite as mouth-watering food

will be available and possibly a beer garden. Informational vendors will also be present to share their with the community.

There still may be time for businesses and residents who may be interested in participating. Inquires can be directed through email at norwoodjuneteenth@gmail.com.

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To make an even greater positive impact on the entire com-

munity, support and donations are greatly welcome. For more information on how and where to donate, reach out to the Norwood Juneteenth Committee at Norwoodjuneteenth@gmail.com.

More opportunities for donating were in process during press time. To stay updated, visit their social media sites on Facebook and Instagram, [NorwoodJuneteenth](https://www.facebook.com/NorwoodJuneteenth).

Juneteenth commemorates the freedom of enslaved people in the United States and is considered the oldest tribute on the ending of slavery dating back to Galveston, TX in 1865. It is the first new national holiday since the creation of Martin Luther King Day nearly four decades ago.



Donate Food Today



Girl Scout Troup 74231 is sponsoring a Food Drive to benefit the Norwood Food Pantry.

Drop off locations are: Norwood Public Library, Walpole Public Library, Walpole Scout House.

The Food Drive will be held through June 15.

The Norwood Food Pantry, established in 1989, serves approximately 400 families in Norwood and Westwood each month.

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New Spanish-Dominican Restaurant in Norwood

Since 2014, Prieto Empanadas has been delighting Massachusetts with the authentic taste of quality, classic empanadas and other cherished Dominican family recipes, thanks to owner Jose M. Pimentel. Open seven days a week for breakfast, lunch, and dinner, Prieto Empanadas is the go-to spot for a quick and satisfying meal in Dorchester. And now, as of February this year, the Norwood community can also enjoy the delectable offerings at the recently opened Prieto Empanadas II.

From a young age, Jose Pimentel learned the art of cooking from his mother in the Dominican Republic. He actively assisted in the kitchen, helping to prepare empanadas and bocadillos for their family. Over time, this mother-son tradition evolved into Pimentel running his own business, starting with a makeshift empanada mini cart outside his mother's home. After moving to Boston in 2010, Pimentel revived his enterprise with the original Prieto Empanadas location in Dorchester. The menu boasts a wide variety of empanadas, featuring fillings such as beef, cheese, and even pizza. Additionally, customers can



Business spotlight

savor other mouthwatering options like quipes, cassava buns, chicken croquettes, roasted and fried chicken, pork ribs, desserts, and natural juices.

The new Prieto Empanadas II in Norwood has been warmly received by the community, chosen specifically for its proximity to Jose and his wife Asia's home. Recognizing a niche in the market and an opportunity for expansion, the enterprising couple decided to seize the chance, given the success they have enjoyed in the Boston area over the past decade. Family-run establishments like Prieto



Empanadas are unique, making it difficult to find lesser-known Spanish-Dominican dishes that are not as popular elsewhere.

While some customers may

be unfamiliar with the various styles of food on the menu, the inviting aroma of freshly baked and fried delicacies emanating from the glass cases can pique

even the most skeptical taste buds. Classic bean, cheese, or beef empanadas are a safe and delicious starting point for those unacquainted with this cuisine. However, more adventurous eaters will find an array of unique options, including pizza, breakfast, seafood-filled empanadas, and more. For those with a sweet tooth, dessert empanadas in flavors like guava or cinnamon are available, along with over a dozen fruit juices, including passion fruit, cherry, tamarind, and soursoap.

If you're eager to try something new or simply crave a fresh empanada, visit one of the Prieto Empanadas locations and keep an eye out for special deals. Use promo code SAVE15 at checkout to receive 15% off your next order, or take advantage of Monday specials offering two empanadas and a drink for only \$11. For more information, visit their website at <https://prieto-empanadas.com/Norwood>.

With its extensive selection of crispy, fried meals and refreshing beverages, Prieto Empanadas II is the ideal destination for flavorful and affordable dining experiences.

PAID ADVERTISEMENT

Third Annual Pride Picnic on the Common

The Town of Norwood is hosting the town's 3rd Annual Pride Picnic on the Norwood Town

Common on Thursday, June 1, 5-7 pm. This event is bring your own, so feel free to enjoy a picnic,

blanket, chairs, and whatever else you'll need to prepare for comfort and weather. Everyone is advised to dress comfortably and colorfully for this fun, casual picnic with neighbors. This is a drop-in event and no registration is required.

Norwood's Pride Picnic marks the beginning of Pride Month, a month dedicated to celebrating and honoring LGBTQ+ history and culture with parades and other events around the country. These annual events, gatherings, and parties grew out of the Gay Liberation Movement following the Stonewall riots in 1969. Modern Pride events seek to celebrate, center, and affirm the experiences, contributions, and identities of LGBTQ+ people the world over.

"We're so excited for this year's Pride Picnic," Library Director Clayton Cheever said. "The library's table will have lawn games, free swag, and of course books! We've been able to make so many positive connec-

tions with residents at previous Pride Picnics. Community-driven events like this only fuel our commitment to supporting the LGBTQ+ community throughout the year, not just for Pride Month in June." Spearheaded by Progress Norwood and proudly sponsored by the Town of Norwood and the Morrill Memorial Library, this year's Pride Picnic is supported by a rainbow of other town departments and local organizations, including the Norwood Police Department, Norwood Health Department, the Norwood Council on Aging, Friends of Norwood Center, Norwood Historical Society, Black Norwood, League of Women Voters, and Norwood Juneteenth.

The Norwood Police Department will be selling rainbow NPD patches, with all proceeds going to support the Trevor Project, which provides 24/7 crisis support services to LGBTQ+ young people. Progress Norwood will also have Norwood Pride lawn signs available for \$10 each.

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PROGRESS NORWOOD



NPD Well Represented in 5 Miler

The Run 4 A Vet 5 Miler had a great turnout on May 13, especially by Norwood's own police officers! NPD Officer Silva created this road race as a way to help out his fellow veterans in need. He was joined by several members of the NPD Running Club. Officer LaRoche even medaled for his age group!

Norwood Ahead of its Time in Recycling

Effective November 1, 2022, mattresses, box springs and textiles can no longer be disposed of in landfills, transfer stations, or waste to energy facilities in Massachusetts. These items must be properly disposed of at facilities that promote their recycling. Fortunately, Norwood has had these facilities in place for many years so the recycling of these items remains simple.

Mattresses and Box Springs

If you are getting a new mattress and box spring, take advantage of the retailer removing and recycling the old mattress and box spring for you. You can also bring your old mattress and

box spring to the Winter Street Recycling Facility on Saturdays between 8 a.m. and 1:30 p.m. Maximum 3 items per week and a residential sticker is required for entrance. Please make sure the mattress and box springs are dry, clean and not infested with bugs. If they are not dry, clean, or free of bugs, they will be rejected.

The mattresses and box springs are then taken to a facility that remove and separate the fabric, wood and metal springs for reuse.

Textiles

Textiles are clothes, shoes, belts, linens, towels, curtains, cloth accessories, etc. They

should never go in the recycling cart and now are not allowed to be put into your trash cart (unless they are moldy or contaminated - then they can go in the trash). If you have items that are reusable, consider donating them to a local thrift store. Otherwise, take advantage of the 10 convenient textile drop off boxes throughout Town. There is a textile box at every school and at the Winter Street Recycling Facility.

These textile boxes take "the good, bad and the ugly." Just make sure they are dry and clean. If you have a ripped shirt, they'll take it. If you have only one shoe, they'll take it.

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Every Tuesday and Thursday, 1-2 p.m., patrons from anywhere in Massachusetts can Zoom one-on-one with a law librarian from the Trial Court Libraries of Massachusetts for legal information about whatever legal situation they may be experiencing - just remember, they can't give legal advice! Like their other reference services, they're happy to share law and case law, court forms and rules, information

about court processes if available, and more!

To schedule a Zoom chat, visit Zoom video chat with a law librarian | Mass.gov. To view other schedules, email the law librarians (brocktonlawlibrary@jud.state.ma.us). To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

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Buy Bag; Give to BSAC

The Bay State Animal Cooperative (BSAC) is happy to announce it has been selected for the Stop & Shop Community Bag Program at the Walpole Stop & Shop, 565 Main St. (Rte. 1A), in Walpole. This benefit will run the entire month of June.

The Stop & Shop Community Bag Program, which launched in May, 2019, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work.

BSAC was selected as the June beneficiary of the program by store leadership at the Walpole Stop & Shop. BSAC will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased at this location during June, unless otherwise directed by the customer through the Giving Tag attached to the bag.

The Bay State Animal Cooperative is a nonprofit organization. It is entirely volunteer run and focuses as a non-kill shelter to rescue homeless and surrendered

cats as well as provide education and support to the local community. For more information about BSAC, visit their website at www.baystateanimals.org.

For more information on the Stop & Shop Community Bag Program, visit stopandshop.2givelocal.com.

Sponsor a Foster Cat

Many of the cats in Bay State Animal Cooperative's (BSAC) care are long-term foster cats. What does that mean? Let's first clarify what we consider a long-term foster cat. A long-term foster cat is one we have taken in as a surrender or rescued during a trap-neuter situation. A long-term foster could be a compromised cat taken from a local kill shelter that was not willing to spend their funds or their time on an "unadoptable, imperfect" cat, and in our professional opinion, is worth saving and loving in the manner they deserve.

We too have determined these creatures to be atypical

and adoption is not a great option, but long-term fostering fits their needs. What makes a cat a long-term foster cat in our opinion, depends on many factors. In some cases, the cats can be aggressive towards humans, but love fellow kitties. In some cases, the cat is rescued with one or more diseases, injuries, or ailments that most adoptive parents are not looking for. In some cases, the kittens were rescued or surrendered for all the right reasons, but in the end, were determined to be creatures who would not do well in the general human population.

Like all things, the ability to sustain a long-term foster cat's existence, depends upon resources, and many, many sacrifices. Sacrifices and resources shared by the long-term foster caretakers and our organization. We need sponsors to help us help them for the entirety of their lives, and with the best quality of life.

BSAC is a non-profit organization, run entirely by volunteers and through the generosity of others through monetary donations and fundraisers. Help us to continue the care for our long-term fosters.

What your monthly donation makes possible:

- \$10: litter for 1 month
- \$12: flea treatment for 1 month
- \$15: food for 1 month
- \$20-25: annual exam and core annual vaccines
- \$35: annual wellness or senior blood work
- \$50: sick/disease related work ups to evaluate quality of life.
- Quality of life, priceless!

Sponsor Mary Poppins

Mary Poppins (Mary) was rescued from a backyard in Walpole where a kind man was feeding her. I wish we could tell you how she ended up outside! She had a litter of kittens in a very unsafe garage (later torn down for safety). She's gentle, shy, and a little nervous, but thanks to nice BSAC volunteers, she's a bit more trusting

of us big humans. Mary Poppins prefers her fellow feline friends. She currently resides in a "cat" only private space in sunny Florida with her friends. Consider subsidizing her and her housemates' specific needs by going to our website and selecting the Chewy Give Back tab from our main menu or by being her Angel Sponsor with a monthly donation through our website www.baystateanimals.org.

Please consider fostering Mary Poppins so she can experience her best life!

Thank You from Mary Poppins!



It's Finally Here! The BSAC Annual Dog/Car Wash!

Back to its original month, the Bay State Animal Cooperative is holding their Annual Dog/Car Wash on Sunday, June 11, 9 a.m.-2 p.m., Norwood Municipal Parking Lot (across from Civic Center), 165 Nahatan St. The car wash (\$10), and dog wash (\$8), will be 9 a.m.-2 p.m.



There will also be dog nail clipping (\$5) compliments of the Dirty Dawg Wash, 10 a.m.-1 p.m. All dogs must be on a leash.

This is a fun wash the Norwood community looks forward to every year! Car washes are weekly events at Norwood's parking lot but it is not every day residents drive by with four-legged friends getting a spring cleaning!

BSAC is welcoming volunteers to assist in dog and car washing. For more information, or to volunteer, email Jackie, at jesthus@baystateanimals.org. So much fun for a great cause!

www.baystateanimals.org



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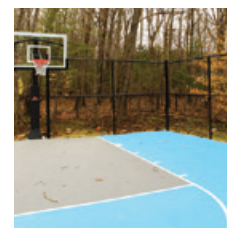
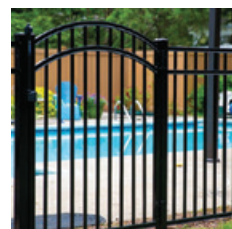
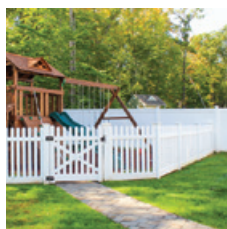
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Fresh is Back on the Common!

By BELLA CAGGIANO

Last year marks the return of the Norwood Farmers Market after a two-year hiatus due to the pandemic. Was the community ready to group together again? Could a weekly market successfully make it back into the homes and on the tables of Norwood neighbors? Yes, and yes! And this month, the Norwood Market will be back again, bigger and better!

“Last year’s market exceeded my expectations,” Norwood Farmers Market Chairman Peter McFarland said. “We are looking to increase the number of vendors and activities this year.”

The Norwood Farmers Market will again be open for 18

weeks this season, however, it will begin a month earlier due to July 4 falling on a Tuesday, and well, everyone knows what happens around Norwood on the 4th of July....only room for one festival that day! It will run again on Tuesdays, June 13-Oct. 17, 2-6 p.m., Norwood Town Common.

Market patrons who visited last year will see many familiar faces and vendors in the 2023 season. McFarland still continues as Chairman and Michele Taranto will be present every Tuesday afternoon as the manager. The vendor lineup was still being finalized at press time, however, many vendors from last year were anxious to reserve their lawn spot

this year, such as Jordan Seafood, Oakdale Farms, Tateo Organics, Morrill Memorial Library, and Wild Willys Sports Cards. The list is not complete and changes daily throughout the year! This season, however, is already scheduled with more activities, more special events, and a diverse assortment of vendors.

In addition to more vendors, special themed events will be held each month, such as Pet Day, Children’s Day, National Farmers Market Day, Return From Summer Relaxation, and Harvest Day to close out the season! Each week will bring new and exciting foods, textiles, goods, businesses, and nonprofits to the Norwood Common!

The Norwood Farmer’s Market is a collaboration between the Norwood Sustainability Commission and the Friends of Norwood Center. Its original and primary initiative is to encourage people to eat healthy, buy locally, and build the local community. Credit to the market’s success is spread through many areas in addition to the volunteers, the two organizations and two market managers. Generous sponsorships will help make this year another success.

“We are very grateful for our sponsors and patrons would sup-



port the Farmers Market: DCD Automotive, Dedham Savings, Norwood Light and Broadband, Members Plus Credit Union, Rockland Trust, Susan Lewis, One Local Bank, Neponset River Region Chamber, and the Friends of Norwood Center,” McFarland said.

On the ground, the market would not thrive without the smooth flow of traffic, setup and breakdown assistance, and communication of the Norwood DPW, Norwood Town Hall, and especially the student volunteers.

The Norwood Farmers Market has developed not only as a destination to purchase fresh local produce and food, but with the Central Ave. picnic area, to enjoy and take in entertainment, music, demonstrations, eat, and participate in the fun, family activities on the Common!

“Having Central St. closed enhances the feel of the Com-

mon, not just for the Farmers Market but for the community,” McFarland said. “It’s not the cut-off island at the busiest intersection in town. You can go by the Common any time of day and see people enjoying it, I never saw that before in my 40 years in town.”

It’s not too late for vendors, businesses, and nonprofit groups to join showcase and share their food, wares, creations, and information.

Any interested vendors or organizations in participating in the Norwood Farmers Market can contact Committee Chair Peter McFarland, at 781-690-2714 or email at ptmcfarland@gmail.com for more information.

“We are always looking for local businesses and organizations who want to connect with people and share their product, service, or mission,” McFarland said.

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An estimated 11% (6.4million) of US school aged children have been diagnosed with ADHD in their lifetime. Additionally, 4.4% of adults have ADHD in the US. ADHD is a neurobehavioral disorder that is characterized by a persistent pattern of inattention and/or hyperactivity or impulsivity that interferes with function and development. Some of the symptoms include lack of focus, inability to complete tasks, and impulsive behavior. Many people choose to treat this disorder with medication and behavior modification, while others choose a more holistic approach which targets the cause and not just the symptoms.



Dr. Rochelle Bien & Dr. Michael Goldstein

Marla P. was frustrated dealing with her 8 yearold son. He had difficulty finishing school-work and difficulty completing his daily tasks at home. She would ask him repeatedly to get dressed, brush his teeth and put his toys away. He would start but not finish these tasks because he became distracted easily. At first, she thought he was just lazy, but very quickly realized there was something wrong. The behavioral patterns of inability to focus, complete tasks or sit still for any length of time “set off bells” in her head. She realized that something was not right and that he

might have ADHD. She didn’t want to put him on meds and decided to take a holistic approach. A dear friend suggested she call The Holistic Center At Bristol Square in Walpole.

Within 2 weeks of beginning treatment, Marla noticed that her son could sit to do his homework and complete the assignment without screaming, yelling and tears. Within 4 weeks, he was completing his daily tasks at home easily and happy to do so. Within 2-3 months her son was happy and more confident, because he was finishing his assignments in school as well as at home

in a reasonable time frame.

If you or someone you love is suffering from ADD or ADHD don’t hesitate to contact

Dr Rochelle Bien or Dr Michael Goldstein at The Holistic Center at Bristol Square,1426 Main Street in Walpole.

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Friends of Norwood Center Launches New Website

By MICHELE TARANTO

Norwood residents are very fortunate as they live in a vibrant downtown that not only offers an abundance of entertainment, restaurants, activities, social organizations, businesses, retail, and more, but also many online, print, and local television media to learn about the happenings and opportunities around town. Another valuable resource for everything Norwood has just been enhanced with the Friends of

Norwood Center's (FNC) new website launch. Visit it today at www.norwoodcenter.org!

The revitalized website, which entailed 12 months of hard work from FNC volunteers, now provides links to every Norwood Center business, and offers optimal design and SEO strength to improve their presence as a business and community organization.

"The goal/concept was to have a robust and concise site for

the Friends of Norwood Center to highlight businesses in the Center and important events," FNC President John Carbone said. "The site would also serve as an up to date resource for residents and prospective visitors of what the Center has to offer."

In order to maintain the site, as well as support the FNC as they champion the benefits of Norwood businesses, the non-profit group is asking for organizational membership support



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through a \$100 annual fee.

"Through this support, FNC will continue to represent Norwood Center business efforts, maintain a dynamic website for all Center businesses, and continue to seek and support vibrant downtown events to celebrate Norwood Center," an FNC press release stated.

Some FNC membership benefits include:

Monthly meetings for opportunities to network and collaborate

Sponsored events in the downtown

A listing in the new business directory for direct access to your website and contact information

Support and representation at government meetings that involve the Center's interests

Be featured in FNC social platforms

A map to public parking in the Center

Funding for the website was made possible with a grant through the Neponset River Regional Chamber of Commerce.

The Friends of Norwood Center is a non-profit organization that advocates for local businesses and organizations in Norwood Center by building relationships with town government officials and local residents. By building stronger support, local dollars are spent which will benefit not only the Center stores, but also brand Norwood Center as a place to experience food, shopping, and culture.

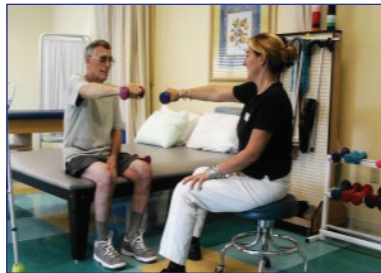
"We connect businesses, residents, visitors, and town offices to deliver a downtown experience that works for everyone," Carbone said.

If you are interested in supporting the Friends of Norwood Center, consider a membership as FNC continues to grow and support the local business community. To become a member, visit www.norwoodcenter.org/become-a-member/. FNC also welcomes local business owners and residents who are interested in contributing to the community to volunteer for the organization.



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Find Your Balance At Universal Power Yoga

Trying a new skill for the first time can be intimidating, but Jen Palmer, the owner of Universal Power Yoga, is on a mission to make the practice of yoga accessible to everyone. With locations in Norwood, Westwood, and Wrentham, UPY offers a wide range of yoga styles and levels, catering to both beginners and experienced practitioners. Classes include vinyasa yoga, beginners yoga, power yoga, yoga sculpt, slow flow, restorative, and yin yoga, with newcomers encouraged to start at a level that feels comfortable to them.

Under Jen Palmer's health-oriented guidance and the expertise of the studio's professionals, UPY prioritizes building a welcoming community and creating a nurturing learning environment. Just like Jen herself, many individuals turn to yoga as a means of finding balance and healing. After experiencing extreme stress and suffering a knee injury from marathon training, Palmer discovered yoga and never looked back. "I finally felt peace," she shared, reflecting on her journey, "I felt centered, calm and clear. Things bothered

me less, and I started to feel more connected with my body. I fell in love with life again. If you're feeling stressed or disconnected, I've been there. Yoga can help."

As instructors guide students through movements and breathing techniques, the natural process of yoga helps regulate the body, both on and off the mat. "When we stretch, strengthen, flow, and relax during our practice, we are improving our health and developing skills for real-life situations," Jen explains, highlighting the value of incorporating yoga into one's life. Combining her business background with her passion for yoga, Jen embarked on her heartfelt business venture after graduating from Bentley with a Bachelor's and MBA. Universal Power Yoga has been serving the community since 2013 and has thrived in its three locations.

In its commitment to making yoga accessible, Universal Power Yoga offers new clients the opportunity to take 6 classes for \$60 to familiarize themselves with the studios. After the introduc-

Business spotlight

tory deal, clients can choose the frequency of their attendance. Membership options include a 4-class-per-month package or an unlimited monthly membership. With a variety of classes and teachers, UPY members can enjoy diverse experiences and benefits throughout the week. "You can relax and restore one day and challenge yourself the next day," Jen envisioned when creating the class schedule.

Beyond caring for its immediate clients, Universal Power Yoga extends its business mission to giving back to the larger community whenever possible. The studio donates yoga class passes to schools and other organizations throughout the year and has been the top fundraising team at Yoga Reaches Out for several years, raising \$47,725 for Boston Children's Hospital in this year alone. Building a sense of com-



munity and spreading positive energy are central to Palmer's business philosophy, and the entire team works to ensure that individuals can feel this atmosphere when they step through the studio doors.

A message from Jen Palmer:

"As we celebrate a decade of our yoga community, which began here in Norwood, we want to express our gratitude to everyone who has been part of our journey. If you haven't vis-

ited us before, come and give us a try! If it's been a while, we miss you, so reach out! And to all our dedicated and loyal community members, thank you from the bottom of our hearts! We eagerly anticipate sharing the practice of yoga with you and many more individuals in the next ten years!"

For more info, or to sign up for classes, please call: 774-256-4480 or email: staff@universalpoweryoga.com

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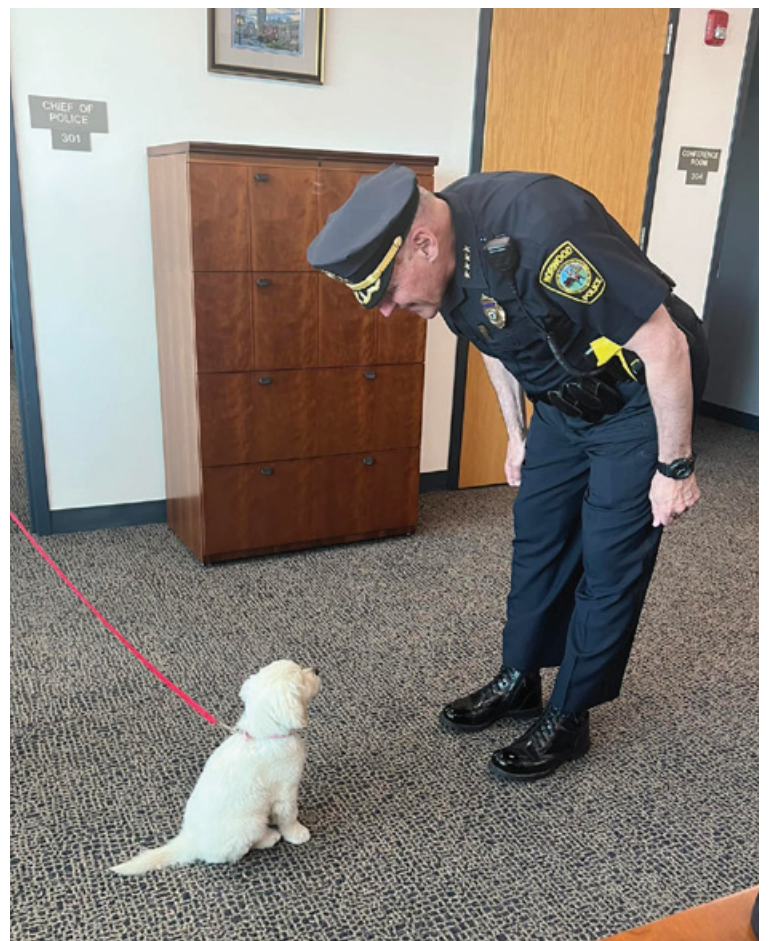
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Meet Norwood's Newest Recruit!

Chief Brooks and the Norwood Police Department (NPD) were excited recently with their announcement of the arrival of their newest officer. The smallest and youngest member of

the NPD is an 8 week old female golden retriever puppy. She comes highly recommended for her pawsitive people skills and passed her Good Girl background check with flying colors!

This new officer was sworn in by Chief Brooks on May 9 and got right to work showing off her

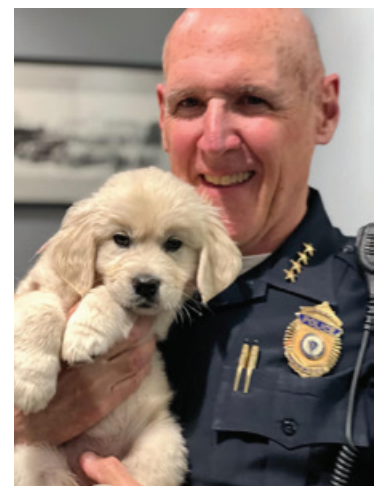


escalating stressful situations and individuals in crisis with the goal of peaceful resolutions.

When you see this pretty lady around Norwood, be sure to use her full name. Do not just address her as Sally, it's Mustang Sally!

A big thanks to all in the Norwood Public Schools and local residents for their name suggestions and voting!

Stay tuned to learn more about Mustang Sally, Norwood Police Department's newest recruit in next month's issue!



cuteness capabilities. She will be assigned with School Resource Officer Baguma where the two will complete a Police "Pup" Academy. The two will undergo hundreds of hours of training before they are able to graduate and work within Norwood schools and the community to create peace and calm for whoever may need it. After completing her academy with SRO Baguma, she will be able to assist in de-

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Senior Steps

BY MICHELE TARANTO

**Newport Playhouse Trip
Tuesday, June 13
\$139.00 per person**

Bloom Tours will be taking Norwood seniors to the Newport Playhouse & Cabaret Restaurant to enjoy a show and lunch.

For more information, call 781-762-1201, or stop by the Senior Center, 275 Prospect St.

**June 16
Monthly Ballroom Dance
Norwood Senior Center, 275
Prospect St.
7-10 p.m.**

The Friends of the Norwood Council on Aging will be sponsoring the June monthly dance, with music by Dave Valerio. Cost is \$12 per person and includes coffee, tea, desserts, and water. There will also be door prizes! Newcomers welcome. For more information on the Friends of the Norwood Council on Aging, visit their Facebook page.

**The Boston Duck Tours Trip
Tuesday, June 27
\$123 per person**

Hop aboard Boston's Original and World Famous, Boston Duck Tours and enjoy a fully narrated, historic tour of Boston in a WWII style amphibious vehicle that travels on land and water. Enjoy lunch afterward at Venezia.

For more information, call 781-762-1201, or stop by the Senior Center, 275 Prospect St.

**Norwood Memory Cafe Inc.
Thursday, June 22
Norwood Senior Center, 275
Prospect St.
1:30-2:30 p.m.**

The Norwood Memory Café is a monthly social gathering with caregivers and their loved ones who are living with memory changes. The group meets the third Thursday of every month. Drop-in ok. For more information, contact Jean Cotton, MS, Gerontology, C.D.P., at Je7cot@msn.com or call: 781-762-1611. www.norwood-memorycafe.com

SNAP Update

For those receiving SNAP benefits, Governor Healey has reinstated some of the COVID benefits for the next three months to help ease the transition of losing COVID SNAP benefits. Recipients should have received additional funds on April 7, and May 2, and will receive an additional deposit on June 2.

Norwood Anti Scam Task Force Tips

Protect data on your cell phone:

Protect Yourself From Shoulder Surfing. When you unlock your phone or are opening applications that you have to enter a username and password, be aware of your surroundings. The term shoulder surfing is when someone is close by and watching you enter your passcode and/or username and password and then steals your phone and is able to get into your personal accounts. Always close out of applications when you are done using them and don't store your username and password in the application.

Have You Heard Of Juice Jacking? The FBI has advised people against using public cell phone charging stations due to "Juice Jacking." When charging your phone in a public charging station or USB port in an airport, train station etc., you risk the chance of having malware added to your phone and your personal information can be stolen.

Hessco Nutritionist at the COA

Looking for advice on healthy eating and recipes? Maybe have questions on diabetes, heart disease, or any other nutritional advice? Come meet with nutritionist, Kelsey, at her new monthly office hours at the Norwood Senior Center. Call for a FREE 30 minute appointment. Appointments offered between 1:30 and 3 p.m.

Call to schedule your appointment at 781-762-1201, ext. 5.

**June 5
Mental Health Workshop:
Serving Yourself While Serving Others
Morrill Memorial Library
6:30 p.m.**

The Morrill Memorial Library is partnering with the Norwood Health Department to bring psychologist, Dr. Ebony Butler for this mental health and self-care workshop. Are you a caregiver, in a service role, or feeling the strain of caring for others? Dr. Ebony Butler will provide psychoeducation and useful tips to improve mental health and self-care, especially for those who serve others. It is not uncommon for your own mental health to be neglected when you're serving others. But, during this time, it is imperative that we take a break and prioritize our own mental health and self-care. Let's talk about how to do that! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Hacks To Make Every Day Life Easier For Seniors:

Instead of trying to reach

the back of the refrigerator, try using a lazy Susan so you can rotate it to get to everything!

For those with eye problems, try using raised stickers on frequently used buttons on the remote.

Round off rough edges of furniture with corner guards. You could find them in the children's section of a store!

If it is difficult to wrap you had around a glass, try putting rubber bands around them for a better grip.

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Writers Wanted!

Our Town Publishing is currently seeking freelance writers local to the Metrowest area to cover stories for **Norwood**.

If you're interested, please send a resume and two writing samples to editor@norwoodtownnews.com.

New Norwood Fire Chief Appointed

Norwood General Manager Tony Mazzucco recently announced, on behalf of the Town of Norwood, and the Norwood Fire Department, the appointment of Timothy Bailey, Jr. as the new fire chief.

Effective July 10, Bailey will take over the duties as fire chief. Jim Wright is currently serving as interim chief.

General Manager Mazzucco signed a contract with Chief Bailey earlier this week.

"Chief Bailey has more than 35 years of experience in fire service and will bring a wealth of knowledge to the department," Mazzucco said. "I am confident he has the background, skills and commitment to excel in this role."

Chief Bailey began his career

at the Walpole Fire Department in 1986 as an Emergency Medical Technician (EMT). The following year, he began his career as a full-time firefighter for the Town of Walpole. He served in this position for seven years before being appointed lieutenant, and later captain.

In 2005, Bailey was appointed chief of the Walpole Fire Department and has served in the role for over 17 years. Additionally, he actively serves on the Fire Chiefs Association of Massachusetts (FCAM) Board of Directors.

Chief Bailey is a graduate of the Massachusetts Fire Fighting Academy and the National Fire Academy, where he completed multiple fire training courses. He holds an associate's degree in fire



science technology from Massachusetts Community College.

Photo Courtesy Town of Norwood

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The Master Plan is a comprehensive document that lays out a vision for guiding Norwood's future growth and development.

All residents are encouraged to apply, however, the screening committee is particularly interested in looking at individuals

with interest or experience in the following areas:

Housing, Education, Sustainability, Transportation, History/Historic Preservation, Open Space & Recreation, Real Estate/Property Development, Arts/Culture

Involvement in this committee is expected to entail a 24-36

month commitment in monthly meetings with occasional additional meetings and site visits.

In person attendance will be required at times as well as potential site visits.

If interested, send a resume and letter of interest to: MasterPlan@norwoodma.gov.

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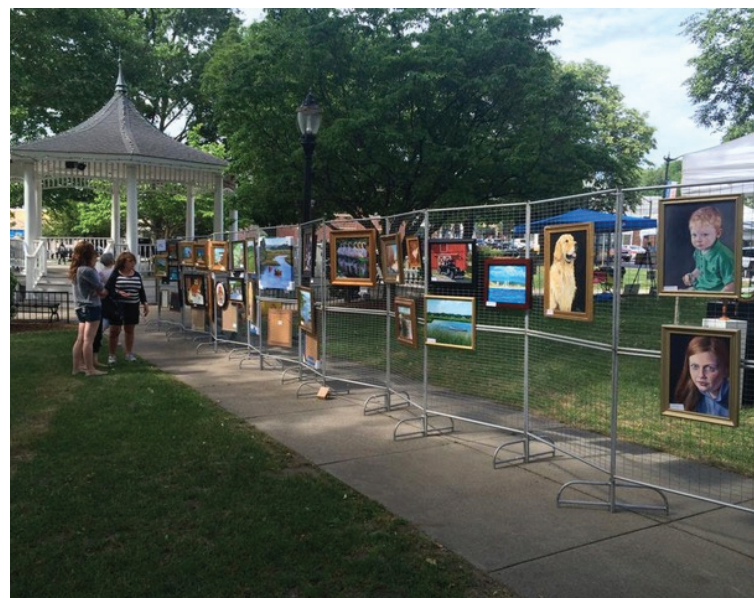
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Join the Norwood Art Association for their 46th Annual Art in the Park Show and Sale, Saturday, June 10, 10 a.m.-3 p.m., Town Common. Rain date, June 11.

Categories will include oils, acrylics, watercolors, pastels, mixed media, photography and drawing. Also included in the event will be vendor tables with textile, art, glasswork, pottery,

sculpture, jewelry and wood art. As in previous years, there will be bin work around the gazebo with unframed originals, photographs, and prints.

There will also be a Kids' Table with projects and face painting, provided by students from Norwood High School, 11 a.m.-3 p.m. Live acoustic music will be provided by a local musician.

This year, the NAA will once again award the \$1,000 Inez Reardon Memorial Scholarship to a young graduating student artist from Norwood High School. This scholarship is presented annually to a high school senior furthering their education in the Arts. The presentation will take place at approximately 12 noon.

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Norwood Sports

Jack Cropper Headed To Northeastern

By CHRISTOPHER TREMBLAY

Around the age of six years old, Norwood's Jack Cropper was looking to get involved in sports. His uncle was a good baseball player and his dad loved the sport, so they both wanted him to give it a try. Once he started playing baseball, he found that he

at a showcase throwing around 85 and they liked what they saw and extended me an offer. A few weeks later I committed to play baseball for them."

In addition to the Huskies, Cropper was also talking to Boston College and Bryant University, but he felt that Northeastern

Like so many younger kids, the ability to play baseball at a higher level was always a dream, but one which he didn't know would ever come true.

"As a kid you always dream about playing in college, but I wasn't sure if it would ever happen," Cropper said. "I worked

Skipper said. "He's become a pitcher extraordinaire. He went from a sophomore body to an 18-year-old Division 1 pitching prospect. He has definitely done the work."

Unfortunately, he never got to play that season due to Covid-19.

"Going in I didn't know where I'd play; I was hoping to try being a two-way player (hitting and pitching), but I just wanted to make the team," Cropper said. "When we found out there was not going to be a season, I was very sad and angry. A lot of emotions were flowing, and I just tried to keep a positive attitude about everything and continue to work hard."

The Norwood athlete worked hard on his game hoping there would be a season come his sophomore campaign. As a sophomore, he made the varsity squad and batted third in the lineup, but found his pitching was something to be desired. Facing the older athletes, Cropper found things difficult, but never wavered in terms of his talent.

"It was tough going against the older hitters, but I was definitely encouraged to improve," Cropper said. "One day, I'm going to be the older athlete in their position, and I'll be dominating."

Originally, Cropper thought of himself as more of a hitter, but by the time he turned 15ish he started to really focus on his pitching, and obviously that was the right choice.

"A lot of people told me that I had a strong arm and should

try pitching," Cropper said. "I continued to do both until I realized that pitching would take me further."

Following that sophomore season, the Norwood hurler went out and got himself a pitching coach (Chris Costello, who was the coach of the Walpole High School baseball team). It was with Costello that he perfected his mechanics and learned how to pitch properly; it was also when things began to take off for him on the mound.

"His fastball is unhittable, and his slider is a close second," Igoe said. "It's not easy to catch a high school pitcher who is throwing 95 mph, but Angel (Olaveirra) [Norwood catcher] is doing a great job. Knowing that he's headed to Northeastern, we're trying to be cautious with him and do the right thing by him so his future is not tarnished."

At the time of this writing, Igoe has only given Cropper the ball for three starts. The senior hurler has gone 14 innings allowing only two earned runs and striking out 33.

As a senior pitcher throwing in the mid 90's, Cropper has attracted a lot of attention from pro scouts and it's not uncommon to see double digit scouts in the stands every time he takes the mound.

"Last year, Jack did a couple of showcases and things opened the eyes of the professional scouts," Igoe said. "Now he's getting quite the following and he hasn't disappointed them."

When asked about the scouts in the stands and the possibility of turning pro, Cropper was still pretty much intent on going to Northeastern.

"It's intimidating seeing a bunch of scouts in the stands watching you play, but it's also pretty cool," Cropper said. "To turn pro right away, I guess it would all depend on the money. It would have to be a life changing amount because going to a good school like Northeastern is top on my list."

As the senior continues to



really enjoyed how fun the game was and that he got to play it with all of his friends.

Now some 12 years later, Cropper is on the verge of graduating from Norwood High School and headed to Northeastern University, where he'll be playing baseball.

"It was during my sophomore year when Northeastern came calling," Cropper said. "I was

would be offering him a notable education as well as having a great baseball program. The two made it a great fit for the Norwood athlete.

"Jack's a poised individual that absolutely has all the tools to play the game," Norwood Coach Kevin Igoe said. "He has an electric arm, and no one works harder than he does; he's definitely ready to go."

hard and did all that I could to make it happen and now that it has I'm glad that I'll have the opportunity to play for Northeastern."

Entering high school, Igoe knew that he had something in Cropper but was not exactly sure what he was getting in the incoming freshman.

"We knew that he was good, but how good?" the Mustang

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Norwood Sports



From left: Freshman Riley Barnett, Sophomore Zoe Faller, Senior Caroline Bussier

Norwood Girls Tennis; A New Beginning

BY CHRISTOPHER TREMBLAY

Myra Durham was working in the health care field but was looking for something else. Last year, her daughter was playing tennis in Canton, and she was helping out. Having been a four-year tennis player in high school, and another four years in college in addition to a bunch of other leagues that she took part in over the years, she really enjoyed the sport.

“I really enjoyed helping to coach the girls on the tennis court,” Durham said. “I was ready to give up on my job in the health care industry and was looking to find something else. That’s when I decided to look for coaching jobs.”

Having been around tennis forever, Durham finally landed a coaching position with the Norwood girls tennis team. This spring, the Mustangs had an abundance of girls (20 plus) join the tennis team and Durham has been doing her best to get each of them some time on the courts in some aspect.

A lot of the girls who have decided to pick up a tennis racket are doing so for the first time and don’t have that much knowledge

of the game, so the first-year coach is teaching them from scratch. Being new to the sport leaves plenty of room to grow and that bodes well for the program if they all continue to work during the off-season and return next year.

“Tennis is a difficult sport, especially during the winter months unless you have access to indoor courts,” Durham said. “You may not be able to work on specific tennis skills if you can’t get on a court, but you can work on conditioning and coming into the season in shape and ready to go.”

Unfortunately, Norwood opened the season with three very strong teams in Medfield, Hopkinton, and Westwood. While the Mustangs may have been unlucky in drawing three seasoned teams to begin the year, it did give the new coach a glimpse of what the girls could do and what they needed to work on to improve.

One glaring weakness that the Mustangs will be facing is the fact that five out of the seven girls in the starting lineup are seniors and will be gone next year, so come next spring the Norwood squad will look totally different.

The only senior playing singles

will be number one player Sathvika Kommera. She is a very reliable and consistent player on the court, but unfortunately has the task of playing the toughest competition. She has only been able to pick up a few wins this year, but she has been able to keep all her matches close.

Following Kommera in second and third singles are the teams only starting underclassmen. Freshman Riley Barnett is playing second singles, while sophomore Zoe Faller is in the third singles position. The two have both faced their struggles on the court this spring but are staying positive as they look to the future. According to the coach, Barnett brings a high energy to her game, is very good at analyzing her play and can problem solve as she goes along. Faller has a very good understanding of how to strategize and change up her game as needed. Both athletes have the potential to get better as they get older.

Norwood’s double teams are made up of all seniors, two having played together and two that have not until this year. Playing together once again this year at first doubles will be Mary Kate

Gunning and Caroline Bussier. The duo seem to be very comfortable and strong while on the court together. They work well as a team and knows exactly how the other plays.

On the other hand, Livia Zaldivar and Ayushma KC are playing together for the first year at second doubles. Durham has seen an improvement in the second team and as the season has moved along they are figuring each other out and have started to play well. According to the coach, Zaldivar has been consistent all around, while her partner

KC has shown a strong net presence.

Prior to the season beginning, Durham had met with the girls to talk about the upcoming season.

“When we talked before the season got underway, they all said that their number one goal this year was to build a strong team,” Durham said. “Following that, we would like to improve upon last year’s three-win season. They are all learning to play the game and are working hard while keeping a positive attitude. I see a lot of potential in them all.”

CROPPER

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make a name for himself, he is getting to do it with a lot of those friends that he made earlier in life because of baseball, and he is honored to be playing aside them for Norwood.

“I’ve met some of my best

friends playing baseball,” Cropper said. “Baseball is a game where you fail more than you succeed, so you just need to take it for what it is and never get discouraged. Playing with these guys has made it that more special.”

Although his future is looking bright, he is still in high school with the baseball season still on-

going and Cropper and his Mustang teammates are hoping to get into the Division 2 State Tournament once again this spring and make a run at the State Championship before they leave the Norwood diamond for the last time.



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Calendar of Events

June 5

Mental Health Workshop: Serving Yourself While Serving Others
Morrill Memorial Library
6:30 p.m.

The Morrill Memorial Library is partnering with the Norwood Health Department to bring psychologist, Dr. Ebony Butler for this mental health and self-care workshop. Are you a caregiver, in a service role, or feeling the strain of caring for others? Dr. Ebony Butler will provide psychoeducation and useful tips to improve mental health and self-care, especially for those who serve others. It is not uncommon for your own mental health to be neglected when you're serving others. But, during this time, it is imperative that we take a break and prioritize our own mental health and self-care. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 6

Gender Equality & the Carter Administration
Morrill Memorial Library (Virtual)
2 p.m.

Explore the state of Women's Rights issues in the 1970s, the Equal Rights Amendment of 1972, and the Constitutional means the Carter administration embraced to address gender inequality. The discussion will be guided by relevant primary sources of the National Archives and the Carter Library, with opportunities for attendees to weigh in with their perspectives. Led by Joshua Montanari, Education Specialist at the Jimmy Carter Presidential Library. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 7

Sensory Stations
Morrill Memorial Library
10 a.m.

Get ready to explore the 5 senses! Miss Nicole will read a book and kids can participate in several themed sensory activities. This program has the potential to be a little messy so make sure you dress to play and have fun!!! For ages 2 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Nurturing Early Literacy: Hooray for K!
Morrill Memorial Library
6:30 p.m.

Parents and caregivers of kids under 5 are invited to participate in Hooray for K!, a series of 3 in-person workshops at the Morrill Memorial Library to learn how to prepare their child for kindergarten. It's never too early to start learning! Parents will learn how to build the preliteracy skills kids need to become successful readers and writers, with a focus fine and gross motor activities. For parents of kids under 5 years old. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 9

Trivia Night: Pride Month
Morrill Memorial Library
7 p.m.

This month, the library will be celebrating PRIDE Month with questions involving LG-BTQIA+ history and culture. Play solo or organize a team! For security purposes, participants' videos will be disabled, so no need to worry about having a working webcam to play. The ability to view slides on a screen is all you need for this fantastic trivia fun! Please note that trivia questions are geared towards adults in terms of difficulty. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 10

46th Annual Art in the Park
Town Common
10 a.m.-3 p.m.

The Norwood Art Association will be hosting their 46th Annual Art in the Park Show and Sale! Categories will include oils, acrylics, watercolors, pastels, mixed media, photography and drawing. Also included in the event will be vendor tables with textile, art, glasswork, pottery, sculpture, jewelry and wood art. There will also be a bin work around the gazebo with unframed originals, photographs, and prints. There will be a Kids' Table with projects and also face painting, provided by students from Norwood High School, from 11 a.m.-3 p.m. Live acoustic music will be provided by a local musician. Rain date, June 11.

June 13

Women's Business Networking Meeting
Workspaces Norwood, 66 Winter St.
8 a.m.

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

The Adventures of Two Grannies on the Road
Morrill Memorial Library (Virtual)
10:30 a.m.

They're not ready for the rocking chair yet! Two young-at-heart grandmothers will share their love of exploration and adventure, showing that they can be business owners, wives, grandmothers, and still have fun! Join "Grannies" Beth Sobilloff and Marcia Rothwell as they share stories and reflect on their adventures touring all over the Commonwealth. Whether it is a restaurant, a statue, a historic building, library, museum, art, llamas, farms, mountains or the sea, they have visited it all and have gotten to know the people who live there. Come hear their story about how they've reinvented themselves later in life, and are living their retirement years to the fullest! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Bert & Lou: The Story of the Herbert Hoover Family
Morrill Memorial Library (Virtual)
2 p.m.

Learn about the life of the 31st President of the United States, Herbert Hoover, and his wife Lou Henry Hoover. Born in Iowa, the Hoovers would become world travelers and spend much of their lives in public service, helping provide food relief to millions of people around the world. The presentation will include film clips of home movies created by Lou and the first known color moving images of the White House. Led by Craig G. Wright, Supervisory Archivist at the Herbert Hoover

Presidential Library. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Norwood Farmers Market-Opening Day!
Town Common
2-6 p.m.

The Norwood Farmers Market officially opens for the season! The town common will be hopping with a variety of vendors, including farm stands, bakeries, fish, baseball cards, non-profit organizations, specialty foods, and more! There will be games for the kids and music. Meet your neighbors, purchase a fresh dinner, and have some fun!

June 14

A Celebration of Massachusetts Libraries: A History of Libraries in the Bay State
Morrill Memorial Library (Virtual)
7 p.m.

From the early days of European settlement to the present, Boston and Massachusetts have been friendly to the printed word. In fact, the first printing press in British North America arrived at Harvard in 1636. Libraries -- private, public, and academic -- quickly followed. Massachusetts author and historian Alan Earls will present a slideshow and discussion of some of the important milestones, architectural gems, and key figures in this story as well as an overview of just how richly endowed we are with libraries of all kinds today. Highlights include Ben Franklin's gift to found the first free public library in Franklin; the first library for industrial workers; the first children's library; and the first tax-payer funded town and city libraries, as well as pioneering cataloging systems, philanthropists, architects, and more. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Norwood Junior Woman's Club Meeting
Conrad's
7:30 p.m.

For more information, email Norwoodjwc@gmail.com or visit their website at Norwoodjwc.org. The NJWC is sponsored by the General Federation of Woman's Clubs, one of the largest and oldest women's volunteer service organizations. New members always welcome.

June 15

Your Story Begins Writing Workshop
Morrill Memorial Library
6:30 p.m.

Join a transformative writing workshop that will ignite your creativity and hone your writing skills! Whether you are a seasoned writer or just starting out, this workshop is designed to help you tell a story from your life and leave a legacy for loved ones. Don't miss this opportunity to take your writing to the next level and bring your stories to life. Open to 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 16

Monthly Ballroom Dance
Norwood Senior Center, 275 Prospect St.
7-10 p.m.

The Friends of the Norwood Council on Aging will be sponsoring the June monthly dance, with music by Dave Valerio. Cost is \$12 per person and includes coffee, tea, desserts, and water. There will also be door prizes! Newcomers welcome. For more information on the Friends of the Norwood Council on Aging, visit their Facebook page.

June 17

Juneteenth Celebration
Norwood Town Common
12:30-3:30 p.m.

This year's Juneteenth is FREEDOM. Activities on the Common will include events for kids, a dj, singers, poetry readings, dance, artwork, and possibly a dramatic performance. Currently scheduled for entertainment are the Mathematics, Trend N Motion, a songstress from Norwood High School, a melodic performance from the Coakley Middle School chorus, and much more! Bring an appetite as mouth-watering food will be available and possibly a beer garden. Informational vendors will also be present to share their with the community.

June 20

A Trip To Scotland: Finding the Underwater Gannet in the Shetland Islands
Morrill Memorial Library (Virtual)

CALENDAR

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10:30 a.m.

Follow Ken Carlson's journey to the Shetland Islands in Scotland as he searched for a way to photograph the graceful Northern Gannet seabird diving underwater to fish. Not being a scuba diver made this a challenge, but Carlson finds a way after following up on a clue. Carlson is a nature, landscape and Fine Art photographer living in Harrington, Maine, after living and practicing veterinary medicine in Ipswich for 43 years. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Interrogating Presidential Photos Morrill Memorial Library (Virtual) 2 p.m.

Since John F. Kennedy, most Presidents have had an official photographer, resulting in a wealth of primary source material. But what can Americans of all ages learn by taking a deeper look, past the subject matter and into the backgrounds and material culture represented in these photos, to learn more about how the lives of our leaders are presented? Led by Richard Weld, Education Specialist for the Gerald Ford Presidential Library and Museum. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Norwood Farmers Market Town Common 2-6 p.m.

Visit the town common to check out a variety of vendors, including farm stands, bakeries, fish, baseball cards, non-profit organizations, specialty foods, and more! There will be games for the kids and music. It's all happening on Tuesdays on the town common!

Out of the Shadows, and Into the Spotlight: Hollywood's History with LGBTQIA+ Experience Morrill Memorial Library 7 p.m.

Join Frank Mandosa, a local film historian in exploring Hollywood's LGBTQIA+ history. For over a century, Hollywood and the films it produces have had a troubled history with both onscreen depictions and the real-life interactions with the LGBTQIA+ community. This program explores not only the ongoing evolution of this dynamic before, during, and after the cameras roll, but also different portrayals of the LGBTQIA+ experience in films of

all genres both past and present. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 21

Turn the Page Book Group-'Clock Dance' Morrill Memorial Library 10 a.m.

The group will be discussing Clock Dance, a novel written by Anne Tyler. Copies of the book in regular, large print, and audio are available at the circulation desk.

Email Patty Bailey if you have any questions at pbailey@minlib.net or call 781-443-864. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Artist-in-Residence: An Evening of Haitian Storytelling & Riddles Church of God, 190 Vanderbilt Ave. 6 p.m.

Sponsored through the Morrill Memorial Library, titled "Krik? Krak! Haitian Storytelling and Riddles," the program will be presented in a mix of Haitian Creole and English. Riddles and storytelling are an integral part of the Haitian oral tradition and carry both remembrances and traditions of Africa, but also serve as mechanisms to preserve ancestral cultures and impart traditional wisdom to the younger generations, and teach in the areas of health, family interactions, and daily living. This session will feature the most popular Haitian riddles and folktale characters. Doors open at 6 p.m.; the program will begin at 6:30 p.m. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

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Email Patty Bailey if you have any questions at pbailey@minlib.net or call 781-443-864. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 22

Sensory-friendly Lego Club for Adults Morrill Memorial Library 12:30 p.m.

Join in on a creative Lego adventure for adults! Just bring your imagination – the library

will provide the Legos! The Club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with intellectual and developmental disabilities. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 23

Sensory-Friendly Friday Movie at the Library Morrill Memorial Library 1 p.m.

Join the Sensory-Friendly Friday Movie at the Library, a program specially designed for adults with intellectual and developmental disabilities. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 26

American Red Cross Blood Drive Knights of Columbus, 572 Nichols St., 1-6 p.m.

Myth Busting Trans & Gender Diverse Health Misinformation

Morrill Memorial Library 7 p.m.

As part of their Pride Month programming, the Morrill Memorial Library is hosting Fenway Health physician Alexandra Arce, MD, for a presentation on misinformation about gender-affirming medical care. Finding the facts about gender-affirming health care amidst swirling media and social commentary can be difficult. Join Fenway Health physician Alexandra Arce, MD, to sift through the noise surrounding trans and gender diverse care. Dr. Arce will bust common myths, discuss the impact of misinformation, and address how to find accurate information. There will be an opportunity to ask questions at the end of the program. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

June 27

Women's Business Networking Meeting

Workspaces Norwood, 66 Winter St., 8 a.m.

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

Out of the Archives: A Look Back at the Marshall Plan Morrill Memorial Library (Virtual), 2 p.m.

Two years after V-E Day, Europe lay in ruins, with its economies devastated and its people facing famine. In a commencement address at Harvard University, Secretary George Marshall

CALENDAR

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CALENDAR

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called for American assistance in restoring the economic infrastructure of Europe. Western Europe responded favorably, and the Truman administration called for legislation. The resulting massive aid package – the biggest of its kind and named for Marshall – provided more than \$13 billion in funding for housing, infrastructure and industry. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

**Norwood Farmers Market
Town Common
2-6 p.m.**

Visit the farmers market to check out a variety of vendors, including farm stands, bakeries, fish, baseball cards, non-profit organizations, specialty foods, and more! There will be games for the kids and music. It's all happening on Tuesdays on the town common!

**Author Talk: 'The Original
Dropkick Murphy'
Morrill Memorial Library
(Virtual), 7 p.m.**

This book chronicles for the first time the unbelievable life of Dr. John "Dropkick" Murphy, a professional wrestler who put himself through medical school during the Great Depression and then opened Bellows Farm, a one-of-a-kind institution that served as both a facility where elite athletes could train as well as a secluded place where down-on-their-luck alcoholics could go to sober up discreetly. The celebrities who frequented Dropkick Murphy's farm were many, and numerous professional athletes would go there to focus on their training and work out in his state-of-the-art gymnasium. As a result, Bellows Farm featured an unrivaled and revolving cast of colorful characters who brought it to life. Drawing on years of research and interviews, author Emily Sweeney goes behind the scenes to reveal the untold story of Murphy's life, his farm, and the legendary events that unfolded there. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call 781-769-0200.

Real Estate Corner

Norfolk County Shows Decrease in Overall Real Estate Activity

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of April, 2023 indicate a continued decrease in overall real estate activity, with significant drops in mortgage activity, average property sale price, and number of properties sold as compared to April, 2022.

"As compared to last year, we are still seeing significant decreases in the number of documents filed," O'Donnell said. "Despite the overall decline in activity throughout the county, there are still pockets of the market here in Norfolk County that are seeing growth and stability, particularly in certain neighborhoods and property types. As the market continues to shift and adapt, it will be important for buyers, sellers, and agents alike

to stay informed and nimble in order to make the most of the current conditions."

The Norfolk County Registry of Deeds recorded 7,650 documents in April, 2023. This was 32% less than in April, 2022 and 10% less than in March, 2023.

"The decrease in overall real estate activity is likely due to a variety of factors, including rising interest rates, a slowdown in new construction projects, and a lack of existing inventory," O'Donnell noted. "Factors like these are resulting in a housing market that is becoming increasingly competitive and challenging for buyers, particularly first-time homebuyers, who may struggle to find affordable options in desirable areas."

Overall lending activity showed a continued downward trend for the month of April. A

total of 1,106 mortgages were recorded this month, 50% less than a year ago at the same time and down 14% from last month.

"A continued decline in the number of mortgages recorded at the registry may indicate that homeowners who locked in lower interest rates that were out there in years past are hesitant to make moves with average mortgage interest rates above 6%," Register O'Donnell said.

The number of deeds for April, 2023, which reflect real estate sales and transfers, both commercial and residential, was 1,119, a decrease of 21% from April, 2022 and a decrease of 10% from the previous month of March.

"The decrease in the number of deeds is likely due to a lack of inventory of new and existing homes, which means fewer homes



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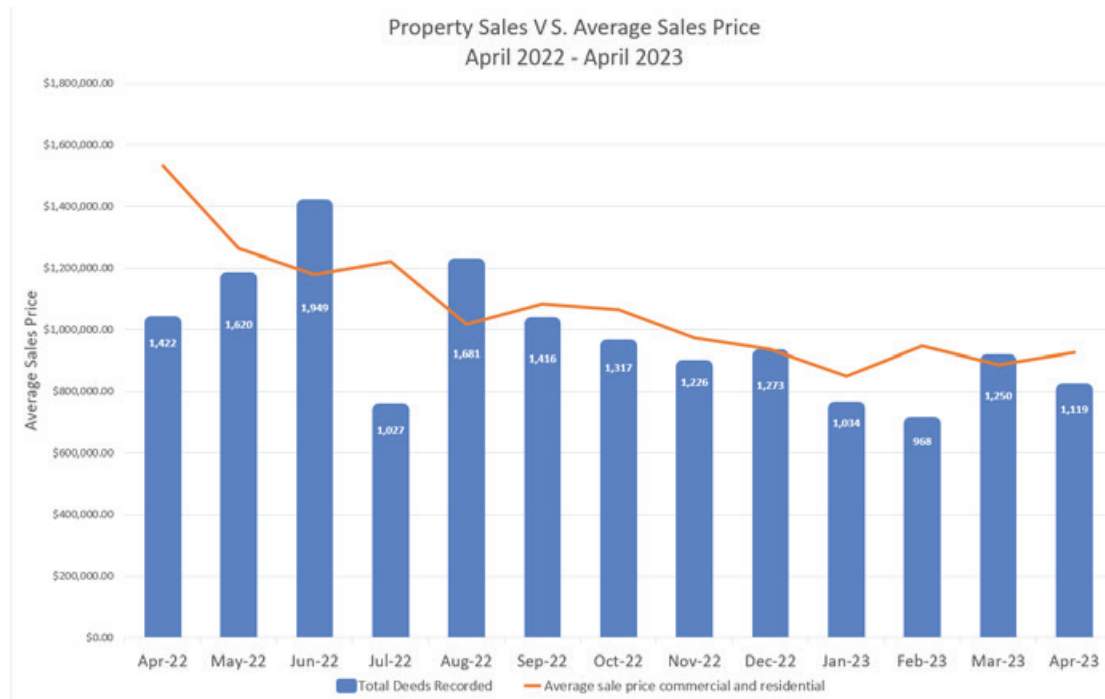
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Real Estate Corner



are listed, keeping costs above pre-pandemic prices,” Register O’Donnell said. “Higher prices also mean that some buyers may be struggling to find affordable homes within their budget, leading to a decrease in the number of potential buyers and further decreasing the number of home sales.”

Sale prices for April appear to have dropped compared to April, 2022. The average sale price in April was \$926,960, a 40% decrease from April, 2022 and a 5% increase from March, 2023. The total dollar volume of commercial and residential sales is down, decreasing 58% from one year ago and decreasing 5% from last month.

“While prices have come down significantly from a year ago, the demand to live and own a home in communities that make up Norfolk County remains high,” O’Donnell said. “This may suggest that the decrease in dollar volume may be due to a shortage of available properties and a decline in the number of individuals with the ability to buy.”

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In April, 2023, there were 10 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in April, 2022, there were four recorded. Additionally, this month there were 30 notices to foreclose, the first step in the foreclosure process, significantly more than the 22 recorded in April, 2022.

“The increase in the number of these notices is troubling,” O’Donnell said. “It suggests that more of our neighbors may have financial difficulties in the future. We will continue to monitor these figures.”

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General’s Consumer Advocacy and

Response Division (CARD), at 617-727-8400.

“If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance,” Register O’Donnell said.

“The current economic climate that the country is currently facing has a ripple effect on several aspects of the local real estate market impacting buyers, sellers, and real estate agents. Despite recent declines, there are still areas in Norfolk County that are seeing growth and stability.”

To learn more about these and other Registry of Deeds events and initiatives, “like” them

on Facebook at facebook.com/norfolkdeeds or follow on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a

need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry’s website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org

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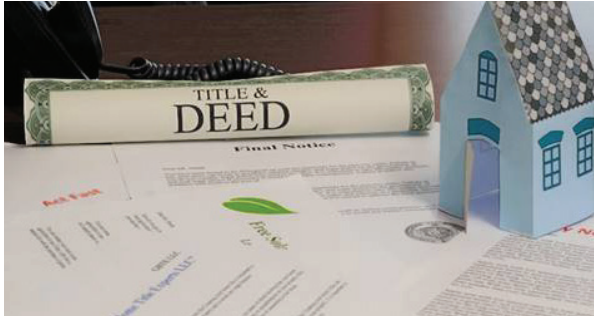
Protect Your Home Against Deed Theft

As home transactions pick up speed as spring continues, and in light of recent publicity relating to “deed theft,” Norfolk County Register of Deeds, William P. O’Donnell, today, reminds residents about the Registry’s Consumer Notification Program

Deed theft can take different forms. The most common type of fraud preys on people who are in danger of losing their property, usually rental property, through foreclosure. The owners are told that they qualify for a “short sale,” a process where the foreclosing lender settles for less than the amount owed on the mortgage, and that if they sign the deed over to a third party, they can avoid the foreclosure. The owner signs a deed over to the third-party scammer, not realizing they are still responsible for the debt, and the scammer, rather than negotiating the short

sale, collects and keeps the rental payments until the lender eventually forecloses.

Another type of deed theft targets elderly people who sign over



their property without realizing what they are doing. This is often done by a family member. Deed theft is a serious crime that can result in the loss of one’s home and equity. Homeowners should be aware of these scams and talk to a lawyer before signing any papers that have to do with their property.

Less common is forgery, where a scammer fakes a homeowner’s

signature on a deed and records it in the registry of deeds. A forged deed is not valid and conveys nothing. If a buyer or a lender rely on a forged deed and don’t do their due diligence on a property’s title, they are out of luck. They, not the legitimate property owner, will ultimately lose any money paid to the thief. Forgery is a felony in all fifty states, punishable by jail time and heavy fines. The court may

also require restitution for damages caused by the forgery, such as the costs of clearing the title.

Companies now offer paid subscription services that will check public records and let a property owner know if a deed has been recorded that changes who owns their property. It is not title insurance, and most of the time, if a fraud has happened, it won’t offer any extra services.

“Our mission at the Registry of Deeds is the safety and security of all property records,” Register O’Donnell said. “We recognize that there are unscrupulous individuals who may try to take advantage of the property rights of others. In 2015, we at the Norfolk County Registry of Deeds initiated a Consumer Notification Service, a free service whereby subscribers sign up to be notified when any document is recorded under their name. This initiative came about in response to the Federal Bureau of Investigation (F.B.I.) indicating property and mortgage fraud was one of the fastest growing white-collar crimes in America.”

Information on “Consumer Notification” can be found on the Registry website, www.norfolkdeeds.org under the heading “Services”. The Registry Customer Service Department can assist anyone who would like to set up the notification for their property.

“I want to reiterate that our free notification service, like the paid services, does not protect against fraud but will at least alert the owner if a fraudulent deed has been recorded,” Register O’Donnell concluded. “This way, the homeowner can take steps right away to combat the fraud. Also, owners should always be aware of what they are signing when it comes to any document that may affect the title to their real estate and should scrutinize any company that promises to alleviate debt if you sign over a deed to them. In Massachusetts, a deed should always be signed in front of a notary public. Massachusetts notaries are obligated to request identification from the party signing the deed.”

Any questions about the notification service can contact The Norfolk County Registry of Deeds Customer Service Center, at 781-461-6101, Monday through Friday, 8:30 a.m. to 4:30 p.m.

“Working with Gail was a pleasure! My husband and I have worked with Gail twice now - once when we bought our last home and when we were selling it. She is extremely knowledgable, wise and is always there when you need her. Best of all, she has a sense of humor and knows how to keep things light. Her strategies for selling our home were smart and they worked. She walked us through each step of the process of making an offer when buying our house, and it was the same when we sold it. She is the best realtor we have worked with and we highly recommend her. If you’re looking for a wise real estate agent who is pleasant and fun to work with, look no further!” - Brian and Amy G.



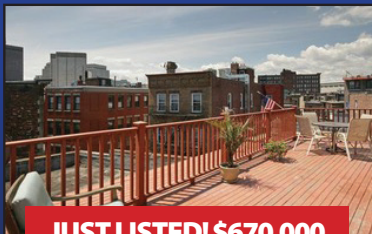
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Median List Price
↓ 9%

 **105.13%**
Sales Price / List
Price Ratio
↑ 5%

 **16**
No. of Prop. Sold
↑ 7%

 **8**
Avg. Days on Market
↓ 75%

Based on data from MLS Property Information Network, Inc. for property type(s) single family townhome multi-family condominium Lot/Land/Farm land/farm in the price range \$0 - \$999,999 for the period January 2022 - April 2023. April 2023 stats are compared to previous 3 months' average. Source data is deemed reliable but not guaranteed.

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