

# Norwood

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September 2023

## Oh What A Day!

**Norwood Day is Saturday, Sept. 9!**

The most wonderful time of the year? Here is Norwood, some may argue it is not a day in December, but early September, and more specifically, Sept. 9, as that is NORWOOD DAY! It's a day that brings the Town together with the biggest, best block party around!

This annual celebration brings businesses, organizations, and family and friends together to share information, goods, and services, but just as importantly, celebrate and commend this wonderful town. The event will be held Saturday, Sept. 9, 9:30 a.m.-3 p.m., with vehicle traffic closed to accommodate the thousands of residents and visitors.

While it takes a village and many months of planning, this spectacular event is organized by many volunteers and the staff of the Norwood Recreation Department, and Superintendent of Recreation John Kinney. Not



every town hosts a party like this but Kinney has put a lot of hours into its preparation and is ready and excited for the big day.

"It has been very exciting as I get closer to the date," Kinney said. "There is definitely a learning curve to setting up a day like Norwood Day. I know that this is a very big event

in the town and I am putting a lot of thought and energy into this. I know when I first came on the scene, everyone's first question to me was in regard to Norwood Day. I didn't want to change too much but also I wanted to add a few more attractions to give people of all

**NORWOOD DAY**  
*continued on page 2*



McDonagh with his family after finishing the 2023 Boston Marathon.

## Grit, Determination, and a Newfound Love of Running

BY GRACE ALLEN

"Age is no barrier. It's a limitation you put on your mind."

— Jackie Joyner-Kersey, 3-time Olympic gold medalist in track and field

How old is too old to start running marathons? According to Tim McDonagh, you're never too old, and middle age is a great

time to start.

The 45-year-old Norfolk resident and Norwood Police Department (NPD) police officer had just finished the Boston Marathon this past April when he started eyeing the Chicago Marathon as his next goal. He'd been bitten by the

**RUNNING**  
*continued on page 3*

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Reservations by Sept. 7<sup>th</sup> (for 09/9) and by Oct. 12<sup>th</sup> (for 10/14)

NORWOOD DAY

continued from page 1

ages something at the event that they could try.

What a scene Kinney will take in! The streets are filled with people enjoying live entertainment, games, kiddie rides, crafters, food bites from local restaurants, sidewalk sales, and tables and booths of businesses and non-profit groups, and town department displays. Approximately 160 booths are currently scheduled, which is up from 150 from last year. With a waiting list to get in, many are anxious to be a part of this special day!

The very popular beer garden will be back, with beverages served by Castle Island Brewery. We will have a few local food vendors around the beer garden; OCC, One Bistro and Smokehouse BBQ. The beer garden will open at 11:30 a.m., and proof of age 21+ will be needed to buy beverages. Proper ID will be required and patrons will receive a band to be served.

Unfortunately, the Norwood Day celebration will not be having the fireworks display this year. The display location, which has been at the Coakley Middle



School every year, is under construction.

“After much deliberation about this event, it has been determined that having the fireworks up at the Coakley with all of the construction underway would not be a safe place to hold them,” Kinney said. “We had no choice but to cancel the fireworks during the construction project of the middle school.”

On Saturday, September 9, at 9:30 a.m., the parade will kick off the festivities which will begin at the Morrill Memorial Library with the Norwood High School (NHS) marching bands and fall sports teams proudly strutting their school colors and entertaining spectators. The parade concludes at the town gazebo where the NHS Spirit Club will award the Anne Lydon Volunteer of the Year Award. The prestigious

No fireworks this year. . . Unfortunately, due to the Coakley Middle School Construction, there will not be fireworks this year. But the Recreation Department will be focusing all their energy to bringing you the BEST NORWOOD DAY EVER!!

Award recognizes and honors a Norwood resident who has gone above and beyond to help the local community.

Immediately after the parade, the spectacular street carnival begins with booths of local retail merchants, community organizations, crafters, food vendors, and much, much more sharing their goods, information, and swag! A

stage at the Washington/Walpole streets intersection outside Conrad’s will stand as a periphery anchor with local bands, performers and dance groups providing live entertainment throughout the day, while the far end of Washington St. and the town gazebo lawn will serve as the second anchor with amusement rides. But don’t forget the Town Common;

even more vendors line the sidewalks!

The entire communal party will run from 9:30 a.m. to 3 p.m., and for a great bargain of only \$3 (prior to event) for a Norwood Day button (\$5 the day of the event), entrance and participa-

NORWOOD DAY continued on page 4

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**RUNNING**

*continued from page 1*

marathon bug.

“I wish I had started running in my twenties,” admitted McDonagh, a detective sergeant. “It would’ve helped with reducing stress, kept me in better shape, and maybe I’d have raised more money for charity. But now I know, and it’s better late than

support of a healthy, fit lifestyle. For the runners among them, McDonagh helped establish the Norwood Police Running Club, an official U.S. Track and Field club. The group’s members run as a team in local races, and the club designation lends a certain cachet and legitimacy to their efforts.

Last fall, the club ran the BAA Half Marathon and raised close to \$6,000 for Dana Farber and the Jimmy Fund. The group has also participated in Run for a Vet, Boston’s Run to Remember, turkey trots in Norfolk and Norwood, and other local races.

McDonagh also encourages the younger officers in the department to try running while they have more stamina and are less prone to injuries, telling them he regrets waiting so long to take up the sport.

“I tell them we have to be in shape for our job,” McDonagh said. “I

hope that our running club helps motivate everyone to run and stay healthy. Maybe I can inspire some younger officers by showing them it can be done at any age.”

Mostly self-taught, McDonagh has immersed himself in the running world, focusing on nutrition and proper form—things he never really considered as he ran his first Boston Marathon in October of 2022. But he bested the time from that race in his recent April, 2023 marathon, which was the focus of an article

in the April Norfolk/Wrentham and Norwood editions of Local Town Pages (see [www.norfolk-wrenthamnews.com/archives](http://www.norfolk-wrenthamnews.com/archives)). He finished his second Boston Marathon in 4:30, shaving 19 minutes off his 2022 attempt. McDonagh had started to pay attention to the mechanics of successful distance runners and now draws inspiration himself from the older athletes—known as masters—he meets.

And while he is currently focused on the Chicago Marathon, McDonagh has a bigger goal in mind. He’s set his sights on the

Abbott World Marathon Majors, a race series of six prestigious marathons across the globe. The Marathon Majors include the Boston, Chicago, Berlin, London, New York, and Tokyo marathons. Finishers of all six marathons receive a special medal and entrance into a global community comprised of Olympic and elite athletes, as well as amateur runners ticking off a bucket list goal.

McDonagh said after Chicago, he plans to run Boston again in 2024, followed by the New York City Marathon in November of that same year. In 2025, he hopes

to run the London Marathon. Berlin and Tokyo will follow.

But for now, training for the Chicago Marathon and raising money for Open Heart Magic is his mission. The father of two said children’s charities will always strike a chord with him. McDonagh himself was born with a collapsed lung and a heart murmur, and struggled with bad asthma throughout his childhood. If he can give hope or inspiration to others struggling—no matter

**RUNNING**

*continued on page 4*



McDonagh after finishing the Run to Remember.

never.”

The NPD police officer will run the Chicago Marathon on October 8 in support of the children’s charity, Open Heart Magic, which trains volunteers to become hospital magicians. Working alongside child life specialists, the magicians engage and empower children undergoing serious medical treatment.

McDonagh credits his colleagues at the NPD for their encouragement and comradery in

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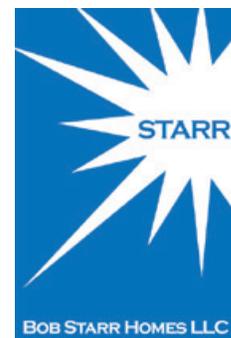
54 Mountain Ave.....	\$506,000	3 Alpine Rd.....	\$620,000
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### NORWOOD DAY

continued from page 2

tion is free to almost all events. Buttons can be purchased at the Civic Center, Town Hall, Morrill Memorial Library and the Senior Center. Buttons can also be purchased at the informational booths on the day of the big event. The theme of the Norwood Button this year is to celebrate the life of John Carroll.

According Kinney, Norwood Day still remains completely self sufficient. All expenditures are satisfied by corporation donations, sponsorships, and the sale of Norwood Day buttons. To help keep costs down, however, and in full demonstration of a town that pulls together, Norwood High School sports teams do their part to contribute to the day by helping with assisting vendors with set up and break downs. Local businesses have created strong partnerships with the Recreation Department to contribute greatly financially to make this event a huge success. Norwood Day would also not be possible without the countless volunteers who donate their time for months planning the event and throughout the day giving directions, selling buttons, and ensuring a smooth schedule for all.

Any resident who is interested in being a part of this spectacular

day, volunteers are welcome for any time frame; even an hour will allow another volunteer to experience the occasion. For more information to lend a hand, call the Civic Center at 781-762-0466 or email John Kinney at jkinney@norwoodma.gov.

Norwood Day attracts approximately 13,000-15,000 visitors from in around Norwood. Many are from Norwood, but word has gotten out about the grand festival and residents from surrounding communities cannot resist supporting Norwood and joining in on the fun!

“We realize that this celebration is a very popular and well attended event; our main focus is to have a very safe and fun day for everyone on September 9th,” Kinney said. “We have all worked very hard and will continue to work hard until the event is done that day. We hope that everyone is able to enjoy the day!”

Norwood Day has become a valuable opportunity for local organizations and merchants to meet their neighbors and celebrate the spirit of the town. Even without a button, there is so much to do, learn, buy, and eat....buying a button, however, helps support the event and provides more opportunity to join in the fun and celebrations!

### RUNNING

continued from page 3

how old they are--he feels all his efforts are worth it. McDonagh noted his children have started entering kid's races, and he'd like to think he's setting a good ex-

ample by leading a healthy, active lifestyle. More importantly, he hopes he's exemplifying that it's never too late to start.

And in this era of community policing, McDonagh would like

to think he is modeling a way to be involved with the greater community by supporting and acknowledging the needs of others. For him, police officers running for a charity is one way to do that.

“It's the community that's going to be there when we need them,” McDonagh said. “Form-



The Norwood Police Running Club at the BAA Half Marathon last year.

ing strong relationships, getting involved, and giving back in ways like this, well, I hope it shows people we care.”

As McDonagh and his colleagues continue to run races for

openheartmagic.org. To contribute to McDonagh's fundraising efforts for the organization, visit <https://haku.ly/e0a9d5f293>.

## Norwood Fire to the Rescue

Norwood's bordering towns have mutual agreements to aid when necessary; it could mean assisting with a fire or officially on standby.

On Aug. 20, Engine 5 responded mutual aid to the town of Canton for their working fire on Nancy Circle. Initially assigned to RIT (rapid intervention team) (teams of firefighters who act as standby rescuers on a fire scene) the Norwood crew was put to work assisting with overhaul and chasing fire extension.

On Aug. 23, at 7:50 NC2 and



Engine 5 provided mutual aid to a Walpole ambulance for a motor vehicle accident involving a motorcycle at Route 1 and Union St.

Crews arrived and found

a single patient suffering from multiple traumatic injuries and requested the availability of Medflight. With an ETA of less than 10 minutes, crews were able to quickly stabilize the patient before transporting them to Norwood Airport to an awaiting helicopter who transported the patient to Massachusetts General Hospital in serious condition. Norwood Police Department is investigating the accident.

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# BSAC PET CORNER

## Meet Mason - Our Long-Term Cat Who Needs Sponsoring



Mason is our long term diabetic older man, about 11 years old.

His expenses include prescription special diabetic dry food, fancy feast canned food and \$120/month on his insulin.

Who wouldn't love Mason? He's a character, enjoys attention, gets along well with other cats and tolerates dogs and little humans if they don't pick on him.

Sadly, Mason was returned to BSAC after family "situations" changed and his medical care became more challenging. He and his brother were returned. We are

happy he came back to us after he almost went to another "rescue" who would not have done what we are doing. His brother found his forever home, and rest assured the boys were fine living separately.

Mason moved to Florida with his forever caretaker. He was diagnosed with diabetes prior to his return. He was not treated with the required insulin he needed. Mason is on prescription food also.

Mason has since been under veterinary care and twice daily insulin therapy. It took many months to regulate his required insulin dosage which costs approximately \$130/month. Luckily his veterinary technician caretaker has been able to acquire some help through work.

Bottom line is, BSAC is and will continue to care for and treat Mason. His expenses will need the BSAC's community of supporters help always. Please see our story and photos on our website and video

on our other social medias. Help us continue to help them.

Meow

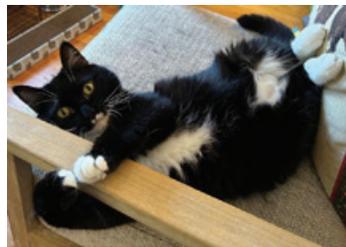
If you would like to contribute to Mason's care or any of our long-term cats, please visit our Chewy Wish List. The food you purchase is sent directly to his foster family as well as others who are in our long-term care. As is BSAC's way, we care for our cats furrever.

Visit the Chewy Wish List at [www.baystateanimals.org](http://www.baystateanimals.org), scroll to the bottom of the list on the left hand side to Chewy Give Back.

### FOR ADOPTION

#### Meet Gabby

Gabby is an 11 year-old independent kitty whose human has



moved to a nursing home. Gabby takes her sweet time to adjust to new folks and reacts cautiously.

Her new foster has reported that she is "a completely different cat" since she was taken in just a little while ago. Gabby is exploring, rubbing against her foster mom's legs, and purring up a storm. It's clear that it takes her some time to feel comfortable.

Can you give Gabby her new lease on life with a new human? She is so deserving for this second chance. Pick Gabby if you are patient, have no other cats (as we are unsure how that might affect her), best in a home without young children. A compassionate soul is what Gabby seeks. We know they are out there!

#### Meet Sophie

Sophie is 11 years old and has lived happily with her current family since she was adopted as six weeks. She came into the family a nervous kitten, but over time she has learned to settle down. She does, however, find anything new (people or items) quite stressful.

Unfortunately, as this family introduces more and more grandchildren, Sophie has become more and more unhappy. She gets very nervous when the kids are



around or when new people come into her life; which can sometimes turn into aggression.

She would love someone who has experience with cats and will understand the time it will take for her to get comfortable and bond with them. Once this happens, she will show that she craves attention and loves to sit on your lap (with a blanket!) Sophie loves to sit and look out the window, however, she can get a little territorial if another cat walks by. Just let her chill out until she calms herself.

Sophie doesn't jump on counters or scratch furniture. Her favorite spot is a corner of the couch where there is a blanket

for her to curl up for napping. She uses her litter box at all times. She does not eat excessively, but is a little overweight. She has maintained her present weight for the last five years or so. She is large but healthy.

Her family is heartbroken that she has to leave, but it will be for Sophie's best interests if she can be loved in a home that does not stress her out and that would be one without children or other animals.

To adopt one of our cats: a \$175 adoption fee includes spay or neuter (if needed), age appropriate vaccines, feline leukemia test, FIV test if over 6 months of age, microchip, flea treatment and roundworm treatment as needed, additional treatments as deemed necessary.

Thank you for your consideration of adopting a cat from the Bay State Animal Cooperative. If you do not hear from one of our volunteers in a reasonable amount of time, please do not hesitate to reach back out to us. We operate strictly on the generosity of our volunteers and they may get busy at times.

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# Senior News

BY MICHELE TARANTO

While inflation figures have somewhat subsided, it is still up 3% compared to June, 2022, and many households are continuing to look for ways to save money. For seniors, budgeting and saving dollars is especially hard while living on a fixed income.

### Gas Saving Solutions

Gas costs are especially hard hit as in the suburbs you need to fuel up for work commuting, errands, doctor appointments, and entertainment. AARP has the mature population (but basically anyone driving a car) covered with some helpful hints on saving money at the pumps. For a complete list of money-saving ideas, visit [northeast.aaa.com](http://northeast.aaa.com)

Fill up at local gas stations. Gas stations near highways often charge more as overhead is generally high as land near highways are considered more valuable.

Remove excess weight from your trunk or the car. Extra weight reduces mileage, especially on inclines.

Reduce idling to save gas. Idling uses a gallon of gas per hour. This will help save on fuel and emissions.

Never overfill your gas tank. To avoid spills and waste, stop fueling at the first 'click' of the fuel nozzle.

Ensure the gas cap is closed tightly. Make sure the gas cap clicks three times when finished fueling up. If improperly sealed, fuel can vaporize.

If you have a AAA card, use their app for the best gas prices at [AAA.com/mobileapp](http://AAA.com/mobileapp).

Make sure your tires are properly inflated; this can improve gas mileage by more than 3% per tire.

Keep windows closed. Open windows cause aerodynamic drag which can affect fuel consumption.

Delivery truck at the station? Maybe come back later; recent deliveries can stir up sediment which can clog fuel filters.

**EVENTS SENIORS MIGHT BE INTERESTED IN AROUND NORWOOD**

**Navigating the Next Chapter  
Norwood Senior Center  
9 a.m.**

This fair is designed to edu-

cate adult children of aging parents on discussions to have as their parent's age. The morning is also targeted to educate seniors on things to have in place in the event they need services one day. The panel discussion will run from 9:30-10:30 a.m. The panelists consist of representatives from the legal, banking, and funeral home industries as well as a company who helps you organize your important financial, medical and personal information.

There will be time before and after the panel discussion to visit the 20+ vendors representing the fields of home care, assisted living, real estate and home modification to name a few. For questions, call the Senior Center at 781-762-1201.

### **MBTA Zoning Communities: Information and Input Morrill Memorial Library 7 p.m.**

What is 3A, the MBTA Multifamily Zoning Law? Where did this law come from? How does this effect Norwood?

Learn the answers to these questions and more at an in-person program with Norwood Town Planner, Sarah Dixon. Sarah will begin this information session with some brief Zoning 101, explaining common terms

used in town planning. The audience will next get an overview of the MBTA Communities law, and a summary of the housing crisis in MA and Norwood specifically. Sarah will describe the Town's efforts so far and share a status update on the public engagement we have had to date. The evening will wrap up with a Q&A and discussion. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

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

The Friends of the Norwood Council on Aging will be sponsoring their monthly Ballroom Dance,

With music will be provided by The DB Band. Cost is \$12 per person and includes coffee, tea, desserts and water. There are also door prizes! Newcomers welcome! To stay updated on all Friends events, visit their Facebook page: Friends Of The Norwood Council On Aging.

### **Norwood Farmers Market Summer Recovery-Adult Self Care Town Common 2-6 p.m.**

Welcoming back fall and kids

going back to school, it's time for parents to recover! The Norwood Farmers Market is welcoming specialty vendors, such as eye care, chiropractic, beauty, and much more! These vendors will be on the common 3-5 p.m., with games for the kids so parents can have a little time off! Of course, the Market will also have their well-known variety of vendors, including 4 farmstands, bakeries,

fish, chicken, sports cards, non-profit organizations, specialty foods, and more! There will be games for the kids and music. Stay up to date on all that happening at the Norwood Farmers Market and learning more about vendors by following their Facebook page at <https://www.facebook.com/Norwoodmafarmersmarket>. It's all happening on Tuesdays on the town common!

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# Living Healthy

## Aging Eyes? Here's What to Look For

September is "Healthy Aging" Month and, while you may not buy into the theme-of-the-month concept, it is a good reminder to consider the three most common eye issues that can come with collecting more birthdays: cataracts, macular degeneration, and glaucoma.

Cataracts occur when the lens inside the eye becomes cloudy, which can cause blurred vision, glare, and even double vision. They usually progress slowly, over years, but certain types can change rapidly. Thankfully, cataract surgery improves vision almost immediately, has low complication rates and, by using advanced lens implants, can possibly eliminate the need for glasses entirely.

Macular degeneration (AMD) affects central, high-resolution vision due to the deterioration of the retina (the tissue in the back of the eye that senses light). Early AMD can have no symptoms, but some people

might notice difficulty adapting to dark conditions, distorted central vision, and blind spots. AMD is classified as either "dry" or "wet". "Wet" AMD involves leaky blood vessels which, if left untreated, results in significant vision loss. There are treatments available for "wet" AMD, and the first treatment for advanced "dry" AMD was recently approved by the FDA.

Glaucoma affects peripheral vision by damaging the optic nerve that transmits light signals to the brain (like a USB cable that connects your camera to your computer). This is due to elevated eye pressure which is symptomless until the late stages of the condition when significant vision loss has already occurred. Eye drops and surgeries lower eye pressure to manage glaucoma.

The best way to delay the onset or progress of these ocular conditions (and other aging eye conditions), as well as to reduce their severity, is through lifestyle



choices like eating a healthy diet, getting adequate exercise, stress reduction, and avoiding heavy alcohol consumption and all nicotine products.

As with most aging conditions, early detection and treatment are critical. Regular eye exams are the only way these conditions are diagnosed and

treated. For those younger than 65, comprehensive eye health exams should happen at least every two years, or more often if there are any ocular or systemic risk factors. People aged 65 and up should have a comprehensive eye health exam every year, or as recommended by their eye physician.

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# Living Healthy

## Just Because You Can't See Them Doesn't Mean They Aren't There

Parasites live on or in other organisms and thrive to the detriment of their host. Many different parasites can affect humans, and they can pass on diseases such as Giardia, Lyme and

Trichomoniasis. Ensuring that food is fully cooked, using insect repellent and following good hygiene practices can reduce the risk of getting parasites. More and more people have been getting infected from fruit, meat, fish and unwashed lettuce. Travel abroad can also contribute to acquiring other parasites including amoeba from drinking the water. Common symptoms of intestinal parasites include abdominal pain, diarrhea, nausea, vomiting, gas, bloating and bloody stools.

Stacey H entered our office complaining of the symptoms above. Her symptoms were so bad she was afraid to leave her home for fear that she would have an accident if a bathroom was not nearby. Prior to coming to The Holistic Center at Bristol Square she had an endoscopy and colonoscopy and was diagnosed with IBS. She was prescribed prednisone as well as other meds for IBS which did not improve her symptoms.



Dr. Rochelle Bien & Dr. Michael Goldstein

Examination revealed that Stacey was suffering from parasites, bacteria and Candida in her intestinal tract. She was prescribed a treatment plan including a restricted diet, NIS (Neurological Integration Systems) sessions and supplements to detoxify and heal her gut. Today Stacy can confidently leave her home without fear of having an accident and is enjoying her life pain free.

If you are experiencing similar symptoms and want to make a change in your health, call THE

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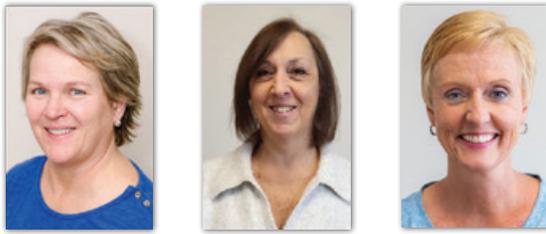
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# Viola Sastavickas Scholarship Awarded to Raceja Velavan

Joseph and Viola Sastavickas and their children used the library for many years. In the last years before Viola's death, they received service in their home from the Homebound Deliveries Department of the library. When Mrs. Sastavickas passed away in 2006, her children made a generous donation to the library to endow a

perpetual \$500 scholarship in memory of their mother. Additional familial support has raised the annual scholarship to \$1,000. According to her daughter, Kathy Sastavickas, the scholarship is "a fitting tribute to our beautiful mother and to the library and staff which treated her with great respect and affection."

This year a committee reviewed the applications submitted and selected Raceja Velavan to receive the Viola Sastavickas Scholarship, now in its 17th year. This committee included the 2022-2023 Chairman of the Library Board of Trustees, Marguerite Cummings; the Chapter Chair of the AFSCME Library Unit, Kate Tigie; and Library Director Clayton Cheever.

"Raceja is a dedicated scholar who is destined for greatness," Director Cheever noted. "Her passion, motivation, and skill at working well with everyone she encounters make her stand out amongst her peers."

In the fall, Raceja will be starting her third of seven years of studies at the Massachusetts College of Pharmacy and Health Sciences (MCPHS) in Boston. She is currently pursuing a Bachelor of Science in Premedical Health Studies—Medicine Pathway and is aiming to earn a combined Bachelor of Science in Premedical Health Studies from MCPHS and a Doctor of Medicine (MD) from St. George's University (SGU) School of Medicine in Grenada.

This scholarship will help offset the expenses raceja will incur in her academic journey. As an employee at the Morrill Memorial Library, Raceja has



Joanne Rabbitt, Library Director, Clayton Cheever; Raceja, Page Supervisor and acting head of Borrower Services; Donna Montgomery, 2023-2024 Chair of the Board; and Kate Tigie, Head of Children's Services and Chapter Chair of the AFSCME Library Unit at the Morrill Memorial Library.

proved herself an invaluable team member, always reliable, and eager to take on new challenges. Her first volunteer opportunity was at the library when she was in middle school and helped in the children's department. She returned to the library in the summer before her second year in college and credits the library with helping her develop her self-confidence, communication skills, and ability to work well with members of the public. After immigrating to the United States from

India when she was in middle school, Raceja has already accomplished so much. Her colleagues report always being delighted when they have an opportunity to work with her and the entire library staff agree that the healthcare field is going to be very lucky to have her once she graduates in a few years.

"Raceja is a perfect candidate for this award and will put it to great use in her studies," Director Cheever said.

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# Leashrly Life- 5-Star Staff Delivering 5-Star Service for You and Your Pets

BY ANGELA WEICHERDING-FITTON

In 2006, Angela Wilcox had a dream of starting a pet care business. That dream became a reality, and she became a one-woman-show, walking every dog that came to her, sitting for every dog or cat whose owner needed somewhere safe for their pet to go. This was the beginning of Leashrly Life. Twenty-seven employees later, Angela's dream is still growing.

Leashrly Life is a full service pet care establishment, with the ability to allow customers to book appointments, pay, request a meeting or cancel an existing appointment (generally with 48 hours notice) all online.

Most popular of the services provided by Leashrly Life are dog walking and pet sitting. There is also basic obedience training available, and a number of clients are strictly cat owners. In addition, they care for smaller animals such as fish, birds, hamsters or rabbits. For dog walking, a majority of the clients have ongoing, regular appointments, most frequently between 11:00 am and 2:00pm. But, there are definitely one-off dog walks, so if you have an emergency, need to work late or need someone quickly, don't hesitate to reach out and Leashrly Life will find someone to take care of your pet.

"We treat all the animals like family, because we know that to their owners, they are family."

Wilcox takes great pride in all of her employees, as well as Leashrly Life's stellar customer service. She offers free



meet and greet sessions to be sure that every pet in her care is paired with the right sitter or walker. The meet and greet is a key meeting for both client and walker.

Typically, walkers are accompanied by a member of the administrative team to collect important information about the pet and its routine and to allow the animals a chance to get to know its walker. Once a connection is made, the animal and its caregiver see each other on a regular basis, but if there is a need for a backup, Leashrly Life makes sure they are as good a fit as the regular caregiver.

Insured and Bonded, all clients and pets are protected under the care of Leashrly Life. Wilcox states that her administrative team are key people in the success of the business. "Each team member is chosen very carefully. They need to be responsible, reliable, love animals and be a good fit with the others on staff." She emphasizes that she has a really exceptional team of people.



A majority of the employees at Leashrly Life are from an older demographic. Some of them are even retired. One employee in particular sticks out from the crowd. "Marilyn is one of the most popular and busy members of the team. She is 80 years old and absolutely wonderful. Clients will book her up to a year in advance if they know they're going on vacation or will be away from their pet." Like all of her employees, Mari-

lyn goes above and beyond.

Leashrly Life has been around for a long time. They know what they're doing, they're convenient, affordable and flexible, all the things you're looking for in someone who will be caring for a member of the family. "People love our sitters and walkers," Wilcox states. "Our customers know their babies will be with someone who really cares."

"It is imperative for pet owners to know that we get it. We cover all the bases-how to properly access the home, who to contact in case of emergencies, each pet's routine and schedule, food allergies, medication and more. We make sure all the logistics are taken care of."

Leashrly Life is always on the lookout for new team members. Growing and expanding is part of what makes it a premier place for people to go. "Retirees make some of the best team members. People who think they can't do dog walking or pet sitting in their own home can always consider taking care of the smaller animals who also need to be fed and played with in clients' homes. There ARE opportunities for them at Leashrly Life," says Wilcox.

If you're looking for a pet sitter or walker, or a job doing something you love, please visit the website at [Leashrlylife.com](http://Leashrlylife.com) or call (781) 241-2083.

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 Thurs. Sept 21 – Comedy Night with Joe Buckley  
 Fri. Sept 22 – Reg Bloor / Zero Times Everything  
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# Rhododendron Needlers Quilt Guild Awards Scholarship to Norwood Resident

The Rhododendron Needlers Quilt Guild (RNQG) is excited to announce their 2023 scholarship recipient is Meredith Graham, of Norwood High School. RNQG awards a scholarship to a high school senior pursuing a career in the arts, preferably textile.

Meredith will be attending the Massachusetts College of Art and Design. The guild is proud of her and wishes her all the best in her future studies and career.

Since the scholarship recipient is from Norwood, RNQG also makes a donation to that town's public library, the Morrill Memorial Library, with the funds earmarked for the purchase of quilting related books or DVDs.

In addition to awarding both the scholarship and funds to the public library to a town in their member net-



**Lisa Steinka of Franklin, outgoing president of RNQG, Norwood High School Senior Meredith Graham, and Nancy Pond of Norwood, incoming president of RNQG, presenting the scholarship award to Meredith**

work, the guild's philanthropy includes donating an average of 100 comfort quilts per year, through local social service agencies, as well as supporting the New England Quilt Museum. This year the guild selected Norwood as the recipient town for these awards as it was the town with the highest concentration of members.

RNQG has been in existence since 1983 and is cur-

rently 80 members strong, representing 35 towns around southeastern Mass. Guild meetings are the third Wednesday of each month, September through June, 7 p.m., at the Knights of Columbus Hall, in Walpole. Reference rnqg.org for specifics and consider joining the guild, now in its 40th year, to start or continue your quilting journey.



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# Art Walk Continues in Norwood

By MICHELE TARANTO

In May, Norwood Art Walk brought the gift of artistry to Norwood with displays of original art by local artists to downtown Norwood, and later at the Norwood

held at a free reception on Friday, Sept. 15, 5-8 p.m., at Tax Solutions, 642 Washington St., Norwood, in downtown Norwood. His works will remain on display through Nov. 12.

Tax Solutions owner Susana Murphy hosted a budding artist in Art Walk and was enthused to offer her business again as a art vessel.

“Susana is a passionate supporter of artists and is an advocate for the Arts,” marypaz said.

Cardoni participated in Norwood Art Walk in the spring at the Space Center and embraced the opportunity to show his fabulous photos at a formal show, and in fact, his first solo art show. Any items on display can be purchased with an option to order prints as well.

“I have a few interests with regards to subject matter,” Cardoni said. “Most of this show focuses on black and white images as well as a few color pieces of places and objects we see each day. I add a unique look or perspective that may help people view things differently.”

Marypaz and Murphy intend on continuing a partnership to expose the arts, and more specifically, local artists to Norwood residents through these private receptions and displays.

“I plan on continuing to work with Susana and booking more artists because artists need a showcase and Norwood would benefit from ongoing

exhibits and cultural displays,” marypaz said. It all fits in with my work as a Board member of the Norwood Cultural Council, but it is an independent venture of my own. In the long run, I hope to find additional businesses who would like to participate, in all areas of the town, thus giving artists more places to display their works, the viewing public more opportunities to see art, and business owners more foot traffic in their stores.

Cardoni, is proud to be the inaugural artist featured in this new artistic platform in town and sure to enhance Norwood’s reputation as not only a diverse restaurant community but an artistic one.

“Art should be accessible to all,” Cardoni said. “Artwalk is helping present more artists in more places. I am privileged to have been asked to be among the first artists presented by Art Walk.”



Space Center. Coordinator, Norwood Cultural Council member, and fellow artist, Marypaz is excited about the newfound interest in artistry in Norwood and has organized another opportunity for local photographer Jonathan Cardoni with his own private show.

“The exhibit of Jonathan Cardoni’s striking photographs is part of my effort to give artists opportunities to display their work to the public and to involve local businesses, and is a continuation of work I have been doing through my dba Norwood Art Walk,” marypaz said.

The official opening will be



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# Library Hours Expanded!

This past August marked the first time in many years that the Morrill Memorial Library has been able to welcome visitors seven days a week in July and August. The Norwood Town Meeting recently approved the financial support the library needs to stay open seven days a week all year. The expanded hours went into effect once the new Fiscal Year turned over and we confirmed the support of all of the key parties, including Town Administration and the staff Labor Union.



The library, located at 33 Walpole St., is now open the following hours:

- Monday; Tuesday, Wednesday, and Thursday, 9 a.m.-9 p.m.
- Friday; 10 a.m.-5 p.m.
- Saturday; 9 a.m.-5 p.m.
- Sunday; 1-5: p.m.

Library Director Clayton Cheever explained the reasons behind the library hours extensions.

"We have been watching the numbers of people visiting the library every day of the week and Saturdays have stood out as our busiest day for months on end," Cheever. "We know a lot of people in Norwood have to work from Monday to Friday and can only carve out time to visit us on the weekend. We have also historically experienced the

slow return of library patrons on weekends after we have been closed in past summers. It is remarkable how quickly all of us can develop routines and how

most vulnerable members. Cheever appreciates the billboard in front of another library that reads 'We love you air-conditionally.'

In conjunction with the expanded hours, the library is also aligning the days it is closed with the holiday closure schedule for the rest of Norwood town government. For example, the Library will be closed the Friday

after Thanksgiving, and when a holiday falls on a weekend (like Veterans day and others will sometimes) the library will be closed for the town's observance on either Friday or Monday, in addition to being closed on the holiday itself. This alignment will help improve consistency with other town departments, as well as provide reliable support for library staff and their families.

The library's hours and holiday closure schedule are posted online at [www.norwoodlibrary.org/hours-and-closings/](http://www.norwoodlibrary.org/hours-and-closings/). Inclement weather can impact opening and closing times, so whenever in doubt, visitors should call to verify by calling the library at 781-769-0200.

long those routines then take to change. The more consistent our hours, the better we can serve the greater community."

Before the recent extension of library hours, Sunday open hours (from October through Memorial Day only) were for an hour less time, opening later at 2 p.m.

"Even just one extra hour can provide a better window for potential visitors, and just makes us that much more available to our patrons," Cheever said.

As the world is experiencing one of the hottest summers on record, the library is prepared to serve as a cooling center to help people find relief from the heat. Studies have shown that the presence of welcoming cooling cen-

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# Norwood Sports

## Riding Is Another Way To Save Lives

By CHRISTOPHER TREMBLAY

Stephen Chisholm has been saving lives with his fellow Norwood firefighters for years now, but this year he decided that he wanted to help even more so he decided to hop aboard a bike and ride the Pan Mass Challenge (PMC).

The PMC is a Massachusetts-based bike-a-thon that raises more money for charity than any other single athletic fundraising event in the country. All funds are raised for the Dana-Farber Cancer Institute, a world leader in adult and pediatric cancer treatment and research. One hundred percent of all rider-raised funds go directly to cancer research and treatment at Dana-Farber and the Jimmy Fund. The PMC is Dana-Farber's single largest supporter and is more than 60 percent of the Jimmy Fund's annual revenue. Since 1980, the PMC has raised \$900 million for Dana-Farber.

Not only did Chisholm want to be able to help those individuals afflicted with cancer, but he noted that cancer is the number one killer of firefighters across the nation, giving him yet another reason to ride.

"I have always been interested in helping out, but never really did anything," Chisholm said. "I'm not much of a runner, so marathons were definitely out. I



knew that there had to be something that I could get behind to do and with the PMC all I had to do was ride a bike."

Chisholm was convinced to join fellow riders Joe Mawn, Paul Ronco, and a bunch of other firefighters on the 186-mile ride from Sturbridge to Provincetown. The first-time PMC rider found out rather quickly that the event was more than just riding a bike.

"The last time that I rode was on my blue and white mountain bike when I was around 15 years old," Chisholm said. "The training was definitely an eye opener, and the event was much more than just riding a bike. I had to

get myself a 10-speed bike and then learn how to use the breaks properly while shifting the gears."

His fellow firefighters were there for him every step of the way as he began his training and they had him getting used to riding up and down hills with the mileage racking up on each ride. Unfortunately, we happened to have somewhat of a rainy summer, which made training tougher for the first-time rider, but he was able to get through it and by the time the actual ride came during the first weekend of August, the riders found themselves with two beautiful days to support Dana Farber and the Jimmy Fund.

Despite all the help from his co-workers, Chisholm found that during his first long ride, he was not ready.

"My first long ride (31 miles) came right after I got off my shift, so I grabbed a cup of coffee and went from there," Chisholm said. "Not having any breakfast or water, I learned quickly that these are really important. It wasn't long before I got some cramps that took me back to my high school football days. I was severely underprepared."

According to Chisholm, it took him another four or five rides to get used to his new bike and he really wasn't fully comfortable with it until right before the event.

The morning of day one of the event in Sturbridge, Chisholm packed his stuff into the



bus, grabbed some breakfast, and made sure he was fully stretched out before he got onto his bike for the 100 plus miles that was in front of him. There was no turning back now.

Having ridden 80 miles on Saturday, Chisholm thought to himself that he still had another 30 miles to go before he could get off the bike and relax for the evening before he had to get up and do it all again.

"The hills of Sturbridge are

unforgiving," Chisholm said. "But once you get over them, it's very humbling to see all the people cheering and thanking you. It's an eye opener and gives you the sense of having to stay on that bike no matter how tough it is going."

As he rode through the towns on his way to Bourne, Chisholm noticed a lot of signs that made him emotional. He recalls a

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PMC

continued on page 17

# Norwood Sports

## Norwood Sr Babe Ruth Makes Its First Regional Appearance

By CHRISTOPHER TREMBLAY

Way back into 1966, the Norwood Senior Babe Ruth League (ages 16-18) was established and since that time that time the Norwood nine has been able to capture a couple of South Shore League Championships (2015 and the last in 2020).

This year, under the guidance of manager Steve Cline and coaches Mike Dooley and Matt Hajjar, Norwood has been able to venture where no Norwood Sr Babe Ruth Team has gone before. Norwood traveled north into Keene, NH, where they participated in the New England Regional Tournament as the Eastern Massachusetts representative.

“We have a lot of guys returning from last year, which was a grind,” Coach Dooley said. “So being able to represent Eastern Massachusetts and Norwood in the New England Regional Tournament means a lot to them and all the hard work they put in.”

Norwood, which is sponsored by Norwood Diamond Club, BMW of Norwood, and Boston Children’s Hospital, was up to the challenge this season looking to play good baseball the right way, while forcing their opponents to make plays. The local nine was very aggressive on the base paths which allowed them to capture many wins.

“We had a couple of blowouts, but the majority of our games were very close and those are the games that really matter,” Dooley said. “If you can handle the close

games, then you should be alright; pressure makes diamonds.”

Leading up to the tournament, the coaching staff made it very clear that one bad inning could cost them everything, and unfortunately one inning was Norwood’s downfall in the tournament. In their opening game against the Worcester All Stars, Norwood allowed four runs in the first inning and then only allowed four more runs the rest of the way to their first loss. During their next contest against New Hampshire, the Massachusetts team once again had one bad inning and before they knew it, their inaugural visit to the New England Regional Tournament was done.

Some of the athletes that led the Norwood team this season were Quinn Burgess, who was one of the high school’s top hitters in the Tri-Valley League this spring, and the Sr, Babe Ruth team’s ace on the mound; Cam Badger provided Norwood with a big bat throughout the year, while Frankie Hernon gave the squad balance.

In addition to Burgess on the mound, Michael “Big Train” Curran was ready to go and very reliable.

“He’s got Greg Maddox stuff on the mound,” the Coach said. “He doesn’t have a fastball to blow by you, but he can make you look really stupid. He was used more as a relief pitcher to shut the opposition down.”

Also on the mound was Nick Berardinelli who can also play



many other positions on the field. According to Dooley, last season Berardinelli had some big moments for the team, and this year his rubber arm allowed the team to use him in multiple innings. Dooley also noted that the hurler is electric when he takes the ball and is always fired up.

Konrad Schletzbaum, another Norwood pitcher, threw a no-hitter this year while limited his walks. He is a kid that loves to pitch and throws gas.

The remainder of the team is made up of Joey Manning, John Cavanaugh, Alex Hues, Dan Hachey, Jamie Crisp, Jack Kiley, Anothy Reardon, Jayden Moreno, and Dom Giampa.

Cline and his two coaches also won the Sportsmanship Award of the Regionals on how they coached and how the players played the game and conducted

themselves on and off the baseball diamond.

International Babe Ruth League Baseball Board Member, George R Lally Jr, who had run the senior division in Norwood since 1994, stated that he was proud and honored how the Norwood team played and coached while representing the town on a New England level.

Although Norwood’s trip up

north was short lived, the squad came back home and immediately found themselves playing in the South Shore League Tournament. In the second round, Quincy took the local nine to three games before Norwood took the series 2-1 to move into the Finals against Dorchester. The winner of the two out of three series will be named the South Shore League Champions.

### PMC

*continued from page 16*

couple that really stood out like ‘Layla is 25 now because of you and Dana Farber and I’m here as a survivor because of you.’

“Cancer is nothing that you can ever understand,” Chisholm said. “But by doing this we can make a difference. Having cancer is worse than riding a bike for 180 miles; it’s the least that I can do.”

One of the things that deters a lot of individuals from riding is

the fundraising part of the event and how they are going to be able to get donations to participate, but Chisholm didn’t find that to be a distraction whatsoever.

“I have been lucky enough to have a great group of friends and family that helped me out with the donation part,” Chisholm said. “With that, it was always in the back of my mind as I rode, it was something that kept pushing me.”

After two days of sitting atop a bike and riding for 186 miles, Chisholm was finally able to see

the finish line in his sights; knowing that he was coming to the end of the event.

“Seeing the finishing line was awesome,” Chisholm said, “I was so pumped up, I began to pedal faster to get across the line, but as soon as I crossed it I realized that I had to slow down so I wouldn’t hit anyone.”

Just like that Chisholm’s first PMC ride was in the books, and depending on how his body feels, he’s hoping to do it all again next August, with the second time around being a lot easier.



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# Calendar of Events

**Sept. 5**

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

Entering the fall harvesting season which means in addition to delicious and fresh local produce, the Market's 4 farmstands will also be offering a variety of seasonal options! The Market also hosts a huge variety of vendors, including bakeries, fish, chicken, artisans, sports cards, non-profit organizations, specialty foods, and more! Stay up to date on all that happening at the Norwood Farmers Market and learning more about vendors by following their Facebook page at <https://www.facebook.com/Norwoodmafarmersmarket>.

**Sept. 7**

**Stuart Plumer Author Series:  
Rachel Kadish  
Morrill Memorial Library  
7 p.m.**

The Stuart Plumer Author Series is being presented in memory of avid reader, Stuart Plumer, who served on the Board of Trustees of the Morrill Memorial Library for 33 years. Registration is required for this in-person event; please register using the form below. To register, email [www.norwoodlibrary.org/morrillcalendar/](mailto:www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 8**

**Sensory-Friendly Art Classes for Adults- Session 1  
Morrill Memorial Library  
10:30 a.m.**

Join art instructor Ms. Stephanie for Sensory-friendly Art Classes for Adults, a program specially designed for adults with intellectual and developmental disabilities. The attendees will get a chance to create an art piece in a sensory-friendly and inclusive environment. The program is free and open to 18+. To register, email [www.norwoodlibrary.org/morrillcalendar/](mailto:www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 9**

**Norwood Day!  
Downtown Norwood & Town Common  
10:30 a.m.-3 p.m.**

A day filled with live local en-

**No fireworks this year... Unfortunately, due to the Coakley Middle School Construction, there will not be fireworks this year. But the Recreation Department will be focusing all their energy to bringing you the BEST NORWOOD DAY EVER!!**

tertainment, games, prizes, crafters, food, sidewalk sales, business groups and town department displays! Button are \$3 in advance (Civic Center, Morrill Memorial Library, Town Hall, Senior Center) or purchase day of event for \$5. The button will allow access to kiddie rides, rock climbing, Big Daddy Racing, gaming truck & more!

**Sept. 11**

**The Biggest, Busiest and Best Suburban Municipality in New England": George F. Willett,  
Norwood  
Morrill Memorial Library  
6:30 p.m.**

At the beginning of the 20th century, local industrialist and philanthropist George F. Willett nearly single-handedly transformed the civic and physical landscape of Norwood. His vision was to transform the small, industrial town into what he described as "the biggest, busiest and best suburban municipality in New England," and a model for other cities and towns. To

register, email [www.norwoodlibrary.org/morrillcalendar/](mailto:www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Parkway Concert Orchestra Open Rehearsals  
First Congregational Church  
7:30 p.m.**

The Parkway Concert Orchestra, a 50-piece community orchestra under the musical direction of Thomas Kociela. There are openings for all positions with emphasis on violin, viola, cello, string bass, and bass trombone. Experienced volunteer musicians are invited. For more information, call 781-444-5041 or email [parkwayconcertorchestra@gmail.com](mailto:parkwayconcertorchestra@gmail.com). For more information about the orchestra, visit the orchestra's web site at [www.parkwayconcertorchestra.org](http://www.parkwayconcertorchestra.org).

**Sept. 12**

**Women's Business Networking Meeting  
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](mailto:wbnofnorwood@gmail.com).

**Norwood Farmers Market  
Summer Recovery-Adult Self Care  
Town Common  
2-6 p.m.**

Welcoming back fall and kids going back to school, it's time for parents to recover! The Norwood Farmers Market is welcoming specialty vendors, such as eye care, chiropractic, beauty, and much more! These vendors will be on the common 3-5 p.m., with games for the kids so parents can have a little time off! Of course, the Market will also have their well-known variety of vendors, including 4 farmstands, bakeries, fish, chicken, sports cards, non-profit organizations, specialty foods, and more! There will be games for the kids and music. Stay up to date on all that happening at the Norwood Farmers Market and learning more about vendors by following their Facebook page at <https://www.facebook.com/Norwoodmafarmersmarket>. It's all hap-

pening on Tuesdays on the town common!

**Norwood Toastmasters Club  
Virtual (Zoom)  
6:45 p.m.**

The Norwood Toastmasters Club, now in its 25th year, helps develop communication and leadership skills for members and the community at every level. Guests are always welcome. For more information, visit <https://norwoodtoastmaster.toastmastersclubs.org/>

**Sept. 13**

**Author Heather Wolf on Birding  
Morrill Memorial Library (Virtual)  
7 p.m.**

This is a virtual author talk with Heather Wolf about her book, *Find More Birds: 111 Surprising Ways to Spot More Birds Wherever You Are*. This will be a fascinating conversation about being in the moment and noticing the wonderful and varied birds around us. September this is a high migration time--perfect to see even more birds in your backyard! To register, email [www.norwoodlibrary.org/morrillcalendar/](mailto:www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 14**

**Getting Started in Lithuanian Family History Research  
Morrill Memorial Library  
6:30 p.m.**

Get started in researching your family history, or take the next step in your genealogy journey with this three-part genealogy series this Fall as part of the Norwood Memories Project. To register, email [www.norwoodlibrary.org/morrillcalendar/](mailto:www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 15**

**Sensory-Friendly Art Classes for Adults- Session 2  
Morrill Memorial Library  
10:30 a.m.**

Join art instructor Ms. Stephanie for Sensory-friendly Art Classes for Adults, a program specially designed for adults with intellectual and developmental disabilities. The attendees will get a chance to create an art piece in a sensory-friendly and inclusive environment. The program is free and open to 18+. To register, email [www.norwoodlibrary.org/morrillcalendar/](mailto:www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

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

The Friends of the Norwood Council on Aging will be sponsoring their monthly Ballroom Dance,

With music will be provided by The DB Band. Cost is \$12 per person and includes coffee, tea, desserts and water. There are also door prizes! Newcomers welcome! To stay updated on all Friends events, visit their Facebook page: Friends Of The Norwood Council On Aging.

**Sept. 16**

**Old Winslow Neighborhood Tour  
Grace Episcopal Church  
3 p.m.**

The tour will be hosted by Norwood Historical Society Board member Laurie Kearney and Irene Ingemi and will include the Grace Episcopal Church, Emmanuel Lutheran Church, the Trinity Community Church, Winslow Park (previously American Soldiers of Foreign Wars Memorial Park, now Disabled American Veterans Memorial Park), two houses on Berwick Place, two houses on Fisher Street, and two houses on Walpole Street, including the historic Oak View Mansion at 289 Walpole St. Donations to the Norwood Food Pantry, located at the Grace Episcopal Church, are always appreciated. Rain date, Sept. 23.

**Sept. 18**

**Teen Anime Night  
Morrill Memorial Library  
7 p.m.**

Calling all anime fans! Join the library for a Teen Anime Night. There will be snacks, and a themed craft to work on, and a showing of an episode of a selected anime title as well. This month, they will be making Soot Sprite Jars! This is a Teen event, and registrants must be 13 or older to participate. To register, email [www.norwoodlibrary.org/morrillcalendar/](mailto:www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Parkway Concert Orchestra Open Rehearsals  
First Congregational Church  
7:30 p.m.**

The Parkway Concert Orchestra, a 50-piece community orchestra under the musical

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**CALENDAR**

*continued from page 18*

direction of Thomas Kociela. There are openings for all positions with emphasis on violin, viola, cello, string bass, and bass trombone. Experienced volunteer musicians are invited. For more information, call 781-444-5041 or email parkwayconcertorchestra@gmail.com. For more information about the orchestra, visit the orchestra's web site at www.parkwayconcertorchestra.org.

**Sept. 19**

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

Is there a more beautiful time to be on the Town Market can fall? And shopping while enjoying the beautiful weather is a bonus! Visit the Norwood Farmers Market for a wide variety of fall produce from 4 farmstands, then browse around the approximately 15-20 other vendors that include bakeries, fish, chicken, sports cards, artisans, non-profit organizations, specialty foods, and more! Stay up to date on all that happening at the Norwood Farmers Market and learning more about vendors by following their Facebook page at <https://www.facebook.com/Norwoodmafarmersmarket>.

**Fall Family Storytime w/Dr. Ella Levy  
Morrill Memorial Library  
4 p.m.**

Join in for a storytime about fall and new beginnings! There will be reading books, singing songs, and a craft. This is a family storytime, and all ages are welcome. Registration is required. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**MBTA Zoning Communities:  
Information and Input  
Morrill Memorial Library  
7 p.m.**

*What is 3A, the MBTA Multifamily Zoning Law? Where did this law come from? How does this effect Norwood?*

Learn the answers to these questions and more at an in-person program with Norwood Town Planner, Sarah Dixon. Sarah will begin this information session with some brief Zoning 101, explaining common terms used in town planning. The audience will next get an overview of the MBTA Communities law, and a summary of the housing crisis in MA and Norwood specifically. Sarah will describe the Town's

efforts so far and share a status update on the public engagement we have had to date. The evening will wrap up with a Q&A and discussion. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 20**

**Turn the Page-The Reading List  
Morrill Memorial Library  
10 a.m.**

This month, the group will be discussing 'The Reading List,' a novel written by Sara Nisha Adams. Copies of the book in regular, large print, and audio are available at the circulation desk. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2. Email Patty Bailey with questions at [pbailey@minlib.net](mailto:pbailey@minlib.net) or call 781-443-8864.

**Turn the Page-The Reading List  
Morrill Memorial Library  
6:30 p.m.**

This month, the group will be discussing 'The Reading List,' a novel written by Sara Nisha Adams. Copies of the book in regular, large print, and audio are available at the circulation desk. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2. Email Patty Bailey with questions at [pbailey@minlib.net](mailto:pbailey@minlib.net) or call 781-443-8864.

**Building Bridges: Supporting  
Refugee Integration in  
Massachusetts  
Morrill Memorial Library  
7 p.m.**

In the current climate of border crisis and conflicts, do you wonder what you can do to help refugees and immigrants feel welcome in your communities? Join an in-person information session presented by RIAC. The RIAC is a non-profit refugee resettlement and human service agency that provides comprehensive services to refugees and immigrants. RIAC's mission is to promote cultural, educational, and socioeconomic development in the refugee and immigrant community. The presenter, Alexa Ruotolo, is the community engagement coordinator at the RIAC. She works to bring awareness to and engage the local community with the refugee community in Massachusetts. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 22**

**Sensory-Friendly Art Classes for  
Adults- Session 3  
Morrill Memorial Library  
10:30 a.m.**

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Join art instructor Ms. Stephanie for Sensory-friendly Art Classes for Adults, a program specially designed for adults with intellectual and developmental disabilities. The attendees will get a chance to create an art piece in a sensory-friendly and inclusive environment. The program is free and open to 18+. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

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

The Morrill Memorial Library is offering an in-person sensory-friendly movie on the 4th Friday of the month for adults with intellectual and developmental disabilities. The September movie in the Sensory-friendly Friday movie series is Marvel's Ant Man and Wasp: Quantumania, rated PG 13. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 23**

**Household Hazardous Waste Day  
Winter Street Recycling Center,  
370 Winter St.  
8-11 a.m.**

**Navigating the Next Chapter  
Norwood Senior Center  
9 a.m.**

This fair is designed to educate adult children of aging parents on discussions

to have as their parent's age. The morning is also targeted to educate seniors on things to have in place in the event they need services one day. The panel discussion will run from 9:30 -10:30 a.m. The panelists consist of representatives from the legal, banking, and funeral home industries as well as a company who helps you organize your important financial, medical and personal information.

There will be time before and after the panel discussion to visit the 20+ vendors representing the fields of home care, assisted living, real estate and home modification to name a few. For questions, call the Senior Center at 781-762-1201.

**Sept. 25**

**Let's Talk About It! Discussion  
Group  
Morrill Memorial Library  
7 p.m.**

Let's Talk About It! is a new monthly discussion group for community members interested in taking part in challenging but civil conversations, learning about misinformation and bias in reporting, sharpening their media literacy skills, and exploring new ways of thinking about different perspectives. This month's topic will be: Media literacy and information-seeking behavior. Registration is required to receive the list of materials for the month. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 26**

**Women's Business Networking  
Meeting  
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 [wbnforwood@gmail.com](mailto:wbnforwood@gmail.com).

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

Visit the Town Common for today's dinner, the week's pro-

duce, and even some personal items! The Market has grown throughout the season as vendors now request to share their items to Norwood shoppers. Stay up to date on all that happening at the Norwood Farmers Market and learning more about vendors by following their Facebook page at <https://www.facebook.com/Norwoodmafarmersmarket>. It's all happening on Tuesdays on the town common!

**Graphic Novel Club  
Morrill Memorial Library  
3 p.m.**

Do you love graphic novels? Every month, the Morrill Memorial Library will host a a group to meet and take turns talking about which graphic novels they have read, and there will be snacks and activities. There is no assigned book, just bring a smile and be ready to talk about your favorite graphic novel! For ages 6-11. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Norwood Toastmasters Club  
Virtual (Zoom)  
6:45 p.m.**

The Norwood Toastmasters Club, now in its 25th year, helps develop communication and leadership skills for members and the community at every level. Guests are always welcome. For more information, visit <https://norwoodtoastmaster.toastmastersclubs.org/>.

**Sept. 26**

**Titles on Tap Book Group - 'Hidden  
Pictures'  
Napper Tandys  
7:30 p.m.**

Sponsored by the Morrill Memorial Library, Titles on Tap meets at Napper Tandy's in Norwood, in the left-hand-side bar. The September title will be

**CALENDAR**

*continued from page 19*

“Hidden Pictures,” by Jason Rekulak. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart.

**Sept. 28**

**At the Sports Stadium w/ NBC Sports Journalist Trenni Casey Morrill Memorial Library (Virtual) 10 a.m.**

Meet Trenni Casey, on-air sports journalist for NBC Sports Boston/NBC 10! The discussion will include how Trenni got to where she is; what it takes to be a sportscaster in New England, especially as a woman; and the current state of Boston sports. Bring your questions, because this is sure to be a fascinating and enlightening conversation! To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

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

Join the L.E.A.D. students

in this creative adventure. 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, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

**Sept. 29**

**Sensory-Friendly Art Classes for Adults- Session 4 Morrill Memorial Library 10:30 a.m.**

Join art instructor Ms. Stephanie for Sensory-friendly Art Classes for Adults, a program specially designed for adults with intellectual and developmental disabilities. The attendees will get a chance to create an art piece in a sensory-friendly and inclusive environment. The program is free and open to 18+. To register, email [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781 769 0200, ext. 2.

# Real Estate Corner

## Norfolk County July Housing Prices Surge

Norfolk County Register of Deeds William P. O’Donnell reported that Norfolk County recordings for July show a significant increase in average property sale prices compared to both the previous year and the previous month. This surge can likely be attributed to having limited hous-

increased competition among buyers. This makes it harder for homebuyers in general but especially for first-time homebuyers who must now deal with the added cost of higher interest rates to afford homes and properties.”

Notwithstanding the increase in average property sales prices,

total document volume at the registry,” Register O’Donnell said.

The Registry of Deeds recorded 8,620 documents in July, 2023. This was 21% less than in July, 2022, and 18% less than in June, 2023.

“On a positive note, for the



ing inventory in a competitive market.

“Average property prices are up significantly this month, and while this may be good news for sellers and investors, it makes it increasingly difficult for first-time homebuyers and homeowners looking to move, especially with high interest rates relative to what they were in 2020 and 2021,” Register of Deeds William P. O’Donnell stated.

The average sale price of commercial and residential properties for July, 2023, was \$1,452,378, a 19% increase compared to July, 2022, and an increase of 40% from June, 2023. However, the total dollar volume of commercial and residential sales is down, decreasing 7% from last year, but up 7% from last month.

“Based on prior years and trusted economic theory, we know that even when demand remains the same but the supply of an item decreases, the price will increase,” Register O’Donnell said. “Unfortunately, when prices rise without a corresponding rise in inventory, it may result in

the total number of deeds for July, 2023, which reflects both commercial and residential real estate sales and transfers, was 1,272, down 18% from July, 2022, and decreased 26% from June.

“Higher interest rates have a particular impact on first-time homebuyers, especially given that the average price for commercial and residential property is 43% higher than the value in 2021, and 74% higher than the value in 2020,” Register O’Donnell noted. “Higher interest rates also affect seasoned homebuyers’ eagerness to refinance and willingness to sell, which results in fewer mortgages being recorded.

For the month of July, lending activity overall continued to decline. A total of 1,258 mortgages were recorded, which is 47% less than last year, and 14% less than last month.

“Overall real estate activity is on a downward trend, driven by two likely factors: limited inventory and high interest rates, which reduce the number of deeds and the number of mortgages, which make up a large portion of the

first time this year, we are seeing a reduction in both the number of foreclosure deeds and the number of notices to foreclose compared to last year,” Register O’Donnell said.

The Norfolk County Registry of Deeds continues to closely monitor the foreclosure market. In July, 2023, there were five foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in July, 2022, there were nine recorded. Additionally, this month there were 18 notices to foreclose, the first step in the foreclosure process, less than the 21 recorded in July, 2022.

“There is no question that these foreclosure numbers are good news,” Register O’Donnell said. “With that said, we cannot forget that foreclosure activity has a human face associated with it, and there are still a number of our neighbors who have lost their homes, and even more are dangerously close to losing their



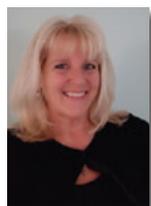
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**JULY SURGE**  
*continued on page 22*

# Real Estate Corner

## The Ins and Outs of Home Titles

People sometimes confuse the terms deed and title. A deed is a written document that transfers ownership rights to a property from one party to another. Unlike the title to a vehicle that consists of a one-page document issued by the Registry of Motor Vehicles, title to real estate is a legal principle that establishes whether a party has the legal right to use, control and eventually sell a property as evidenced by documents that are recorded and become public records.

The majority of documentation affecting the title to real estate is recorded here at the Registry of Deeds. In Norfolk County, the Norfolk County Registry of Deeds is located at 649 High St., in downtown Dedham across from the gold domed Superior Court. However, there are numerous instances where title to real estate may also be affected by records filed with the Probate and Family Court. Most people acquire their property by a deed that identifies the grantor and the grantee, the purchase price, if any, and a legal description. The deed is recorded here at the Norfolk Registry of Deeds for the 28 communities that make up Norfolk County. The trained staff indexes the relevant information and stamps it with a book and page reference. Copies of the deed can be easily accessed by checking indexes which can be found on the Registry website, [www.norfolkdeeds.org](http://www.norfolkdeeds.org), and obtaining the book and page reference. All the land records dating back to the establishment of Norfolk County in 1793 are available via the Norfolk Registry's internet land record research system.

Deed book and page references may be needed when a party is preparing to sell or mortgage property or drafting estate plans. Banks or insurance companies may need book and page references to process loan applications or insurance policies.

The Registry often get questions from property owners who can't find the book and page reference to their deed. More often than not, that is because the owner acquired their title through the probate process, not by a recorded deed.

When a person owns real estate in just their name and dies, their property, including any real estate, passes to their estate which is then probated in the Probate Court for the county where they resided. The Probate and Family Court for Norfolk County is located at 35 Shawmut Rd., Canton. Most experienced attorneys and title examiners, when examining title to a specific property, will examine not only the records at the Registry of Deeds but will also check the Probate and Family Court records.

When the decedent (the individual who passed away) leaves a will, the party that has been named in the will as a personal representative submits the will and supporting documentation including a petition for formal or informal probate of the will. Title to the real estate passes under the terms of the will to whomever is named as the devisee or devisees for that property, subject to the Court issuing a decree allowing the will. A similar process is followed when the decedent does not leave a will. In that case, title to the property would pass per Massachusetts State Law to the

decedent's heirs-at-law. In either case, the party acquiring title to the property has the same interest they would have if the property was deeded to them. However, with title that is acquired through the probate process, there is no recorded deed with a book and page reference.

The problem with the lack of a deed reference when title is obtained through probate was alleviated somewhat when Massachusetts enacted the Massachusetts Uniform Probate Code in March, 2012. The Massachusetts probate statute now provides for the recording of a "deed of distribution" from the personal representative to the devisees or heirs. This allows owners of recorded land to reference the book and page of the deed of distribution that is recorded at the Registry of Deeds as their source of title. However, if the property is registered land, deeds of distribution are not filed and additional steps have to be taken to establish title in the devisees or heirs.

There are two categories of land records in Massachusetts: recorded and registered. All land is in one category or the other, and it is possible for a single parcel

### TITLES

*continued on page 22*



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# Real Estate Corner

## JULY SURGE

*continued from page 20*

homes. I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on our website, [www.norfolkdeeds.org](http://www.norfolkdeeds.org).”

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.

“We have seen some good news in regard to the decrease in foreclosure activity only to be tempered by a limited housing inventory creating an increasingly competitive market,” Register O’Donnell concluded. “We need

to increase new home construction and housing initiatives in order to increase the supply and make homeownership more attainable.”

To learn more about these and other Registry of Deeds events and initiatives, “like” them on Facebook at [facebook.com/norfolkdeeds](https://facebook.com/norfolkdeeds) or follow on Twitter and Instagram at [@norfolkdeeds](https://twitter.com/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](http://www.norfolkdeeds.org). Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email at [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).

## TITLES

*continued from page 21*

to include both types. Registered land comprises about twenty (20%) percent of the property in Norfolk County. Registered land deeds are given a document number and noted on a certificate of title that is issued in the name of the new owner. Registered land was created in Massachusetts by state law in 1899 and Norfolk County’s registered land department in the Land Court at the Norfolk Registry of Deeds began in 1900.

Title to registered land is subject to the rules of the Land Court, a department of the Trial Court. Deeds of distribution are not accepted for registered land. In order to establish title to registered land in the name of a devisee or heir-at-law, a petition and copies of the probate proceedings have to be filed with the Land Court in Boston. Once the Land Court is satisfied that the necessary steps have been taken to establish title in the devisees

or heirs, the Court will issue an order that is filed in the Registry’s land registration section and a new certificate will be issued. The Chief Title Examiner of the Land Court has issued a memorandum detailing the process that can be found on-line at: <https://www.mass.gov/doc/land-court-chief-title-examiner-memorandum-re-land-court-guideline-14-death-the-effect-of-death/download>.

Divorce records filed in the Probate and Family Court records may also impact title to real estate. Purchasers of property from parties who are in the process of getting divorced or have been divorced should examine the terms of any separation agreement that have been filed to make sure the terms of the agreement as it relates to the real estate have been complied with. Attorneys and title examiners tasked with certifying title to a real estate property will check the Probate and Family Court records, including any divorce records. In addition, by operation

of Massachusetts law, the tenancy of parties who acquired title as tenants by the entirety will become a tenancy in common upon the final judgment of divorce. If either party dies before they convey the property, the interest of the deceased party will have to be probated; it will not pass to the surviving party.

The Norfolk Registry of Deeds has a computer on-site dedicated to Probate and Family Court records for the convenience of attorneys and title examiners. The Trial Court also has a website at <https://www.masscourts.org/eservices/home.page.2> where records can be found pertaining to cases filed in the various courts, including Probate and Family Court divorce and probate records.

As always, if Norfolk County residents have a Registry related question about the title to their property, the answer is just a phone call away by dialing the Customer Service Center at (781) 461-6101. The department is open Monday through Friday, 8:30 a.m.-4:30 p.m.



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